

# LONG TERM VOLUNTEERING- GUIDE FOR THE VOLUNTEERS

*This document is separated into **two sections**; the first section delves in the work based content while the second section goes deeper into Nepal, its culture and the city that will be your home.*

## PART I

This section will inform you about the professional end of your stay in Nepal. It will try to inform you about our organization, about your accommodation, general areas of work and what we expect from you.

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VHS BHAKTAPUR  
[WWW.VHSBHAKTAPUR.ORG](http://WWW.VHSBHAKTAPUR.ORG)

VHS (Volkshochschule = community learning center) was established in 2011 as a German language school and learning center in Nepal. Our main branch is located in Bhaktapur, but since 2015 we also have a branch in Kathmandu (Putalisadak). Students get the chance to learn German from A1 to B2 and take certified language exams.

Additionally, VHS offers a volunteer program and internships for foreign applicants in order to further the intercultural exchange between Nepal and the rest of the world. We also try our best to create opportunities in the Nepali job market and educational field for Nepalese and take part in several social and educational projects. VHS Bhaktapur is a non-profit organization.

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## AIRPORT PICK UP

It would be a unique experience for you, as you would land in Tribhuvan International Airport, which in comparison is a small airport. (The information about VISA would be shared at a different time through a different document)

Keep patience normal functionality in the airport seems a bit chaotic. Best possible way to get to the VHS Bhaktapur is to get the prepaid taxi inside the airport before you get out. It would cost you around \$10.

**But do note that there will already be someone waiting to pick you up from the airport to your accommodation.**



## ACCOMMODATION

The first 1 month, the volunteer would be staying with the Nepali host family. It is an opportunity for the volunteer to discover the Nepali/Newari life, create contact, spend time with Nepali family and get to know the Nepali culture and food.

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The family members are locals since their birth. They are a Newari family with Ira (Mrs), Damodar (Mr), Grandmother ☺ and Ishan (20 yr old son). Basic standard of living will be provided to you during your stay with the host family.

After the first month\*, the volunteer would be shifted to their own apartment.



The apartment you'll be staying in has a kitchen, a rooftop and a bedroom. You might have to share your kitchen with other volunteers at times. The city center is only 5-10 minutes' walk from your apartment.

VHS's main office in Bhaktapur is a walking distance from both the above locations.

*\*The stay can be extended if the volunteer chooses to.*

## MENTOR

Volunteers will have a mentor. It is a person/people identified by the host organisation, who is responsible for providing personal support during the Project.

There are 4 major tasks of the mentor:

- The volunteers will be supported by person from host organisation, who will be the contact person responsible for the overall running of the EVS project in terms of activities of the volunteer, learning process, practical arrangements, allowance, etc. The volunteers will have a weekly meeting with the mentor.
- Help with domestic life: help in shopping, public transport, mobile phones using, explaining of rules of behaviour typical for the city, support with visits to doctor, library and other social institutes.
- Help with finding contacts in the local community and take part in leisure time activities and get to know the life of community.
- With emotional mood of volunteers: to spend celebrations together, to present culture and youth subculture of the city, to talk about problems, troubles etc.

## FOCUS AREAS OF WORK

VHS is a community learning center that initiates a lot of youth related activities such as training, soft-skill workshop, dance, theatre along with that, VHS's main work is German language teaching. So the volunteer would be expected to help the teachers, support staff and the general running of the organization.

- 6 to 10 hours- working with creating plans and events through social media to host different events in VHS, help running the social media and run events.
- 3 hours a week- Learning Nepali Language.
- 2 to 6 hours a week – work with the students (German students), with the help of teachers, (if they'd like) to run various language games, hiking, movie screening etc.
- 2 hours a week– Monday evaluation and planning meeting 5 to 7 hours a week– preparation for workshops, space for individual activities in VHS.
- 2 hours a week– spreading information about VHS and the Youth in Action Programme.
- 1 to 2 hours a week– help in running the VHS office.

NOTE: Since we expect the volunteer to bring their own competencies and skills, they can run their own workshops and teach their skills to either the VHS team and/or with the local youths.



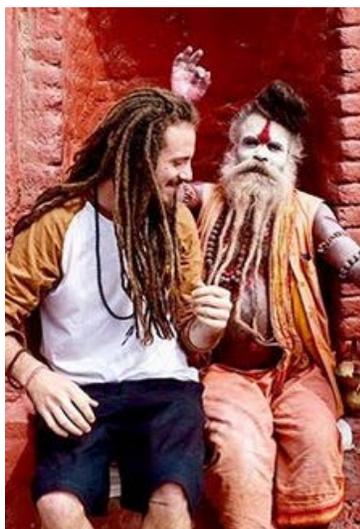
## REQUIREMENT OF THE VOLUNTEER

### *Be Adventurous!*

Nepal is an absolutely new country and a new culture for a lot of volunteers and therefore, it can be a lot. So, if you are applying, please keep an open mind to new experience!

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It would be a definite advantage for the youth and VHS if the volunteer has some knowledge in teaching languages. VHS being a language institute and an examination center would prefer volunteers that might already have some exposure to German Language.



## PART II

*In this section we will introduce you Nepal, its culture, food and the city that you will be living; Bhaktapur.*

### NEPAL AS A COUNTRY AND CULTURAL ASPECT

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Nepal is a landlocked country with a rich diversity of ethnicities and cultures. The country's topography and ecology are highly varied, ranging from fertile plains in the south to mountains in the north. Nepal's landmass falls under three ecological zones – the Terai (plains), the hills and the mountains.

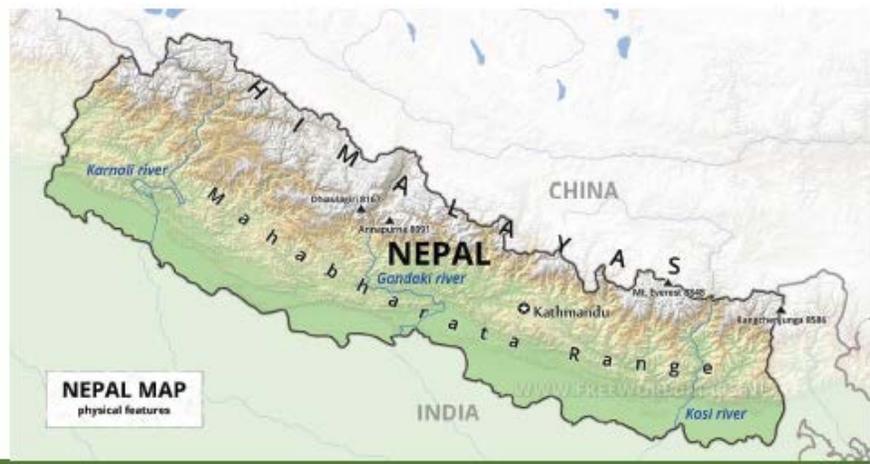
**Location in the Globe:** In Asia between India in south, east and west and China in North.

**Area:** 147,181 sq.km.

**Capital City:** Kathmandu -- Population 1 Million (known as city of temples)

**Country Population:** 30 Million

**Language :** Nepali is the national Language along with more than 72 Ethnic Languages and Dialects. However travel and trade people understand and speak English.



### BHAKTAPUR: WORLD HERITAGE CITY – YOUR CITY!

Located about 20 km east of Kathmandu in the Kathmandu Valley, Bhaktapur is known as the 'City of Devotees', the 'City of Culture', the 'Living Heritage', and 'Nepal's Cultural Gem'. It is one of the 3 royal cities in the Kathmandu Valley. The others are Kathmandu (the capital of Nepal) and Patan.



Bhaktapur is filled with monuments, most terra-cotta with carved wood columns, palaces and temples with elaborate carvings, gilded roofs, open courtyards. The city is dotted with pagodas and religious shrines.

Lying along the ancient trade route between India and Tibet, Bhaktapur is surrounded by mountains and provides a magnificent view of the Himalayas.

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- Also called Bhadgaon and Khwopa (in the native tongue).
- Religions: Hindu 92%, Buddhist 7%
- Castes: Newar 63%, Brahman 10%, Chettri 18%, Tamang 5%
- Bhaktapur's population is approximately 225,000.
- Main agricultural production: paddy, wheat, corn, pulse, millet, citrus, guava, pears haluwabed, cauliflower, peas, beans, cucumber, and pumpkin.
- Bhaktapur depends on tourism for about 60% of its revenues.
- No cars are allowed in Durbar Square; no heavy vehicles in central Bhaktapur.



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## COMMUNICATION AND LANGUAGE

Nepalese do speak English but with very limited vocabulary. So, learning Nepali during your stay would do you wonders. In Bhaktapur, the locals speak another language along with Nepali called Newari.

VHS Bhaktapur will offer you language course for the first month. It will be 3-4 hrs a week where you will learn basic communication phrases. You can continue after the first month through payment.

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## TRANSPORTATION

- For most work related transport, VHS will be providing you with in-house car.
- However, if you'd like to travel within the city, there are bus services that are very hectic but very very cheap (around €0.30). We want you to have the local experience but after a while it can be very tiring and the buses usually get very crowded and they aren't available during the night and don't connect a lot of places even within the main cities.
- So, taxis are the way to go. Taxi fares are more fluctuating- between €5 - €15 (from your place to the *hippiest* part of the country, [Thamel](#))
- There is a new method of travelling through carpooling motorcycles (or motorpooling ☺). Through this app [android](#) and [iOS](#), you can get a motorbike ride to your destination for a relatively cheaper price (€2 - €5)

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## CLIMATE

It is one of the interesting factors that Nepal has six seasons instead of four and can be visited all round the year.

**WINTER (DECEMBER - FEBRUARY):** Temperature is between 1-18 degree C. Mornings and night temperature drops but during the day there is warm sun. As Bhaktapur is in hilly, the weather is mild during winter. We advise you to carry some warm clothes (esp: 2 heavy jackets and few sweaters would do). There is no snow and it barely rains in this season. There is no room heating and cold in Nepal is not as extreme as in Europe.

**SPRING (MARCH - MAY):** March is the beginning of the Spring season. It is neither too cold nor too hot. This season is also considered as a windy season with no or limited rainfall. This is great season to visit the country. Average temperature is 8-24 degree C.



**SUMMER (JUNE- AUGUST):** The first half is quite hot and the second half is monsoon. It is the season to see the waterfalls/ greenery of the mountains. This is also the season to plant rice and **monsoon** season is just beautiful!

**AUTUMN (SEPTEMBER- NOVEMBER):** This is another best season to visit Nepal. The weather is the most appropriate to trek or tour. The mountains are seen beautiful in this season. Several flower blooms in this season.

## FOOD

Daily lunch will be provided in VHS during the workdays. The lunch would be usually daal, bhat, vegetable curry, freshly cut salad, chutney. It's illegal to sell beef and in the office, we rarely eat meat.

- A bottle of water (1L): ca. 0.25€
- A packet of Cigarette: c.a. 2-3 €
- A meal (at local restaurant): ca. 1-2€



MO:MO



Dal Bhat



Sel



Khaja set



Paratha

*These are some typical Nepali food you may be encouraged to try out. And names of the dishes are advised to remember we would have some game during the sessions.*

Cost of few things:

- A Nepali SIM card : €1-2 (pre-paid recharge cards are available everywhere at similar price)
- Internet data and 4G is available (around €10/ month)
- Entry tickets to most touristic sites i.e. Pashupatinath, Kathmandu Durbar Square, Bhaktapur Durbar Square: ca. €10-15
- Bus fares within the city is never higher than €0.5

CONTACT:

VHS BHAKTAPUR :

GOOGLE MAPS:

<https://goo.gl/maps/mCBrwR4VLJq1UGz99>

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Instagram:  
[https://www.instagram.com/vhs\\_bhaktapur\\_volunteers/](https://www.instagram.com/vhs_bhaktapur_volunteers/)

**Facebook:** <https://www.facebook.com/vhsbhaktapur>

**Opening hours:**  
Monday- Friday  
7:00 am - 5:00 pm

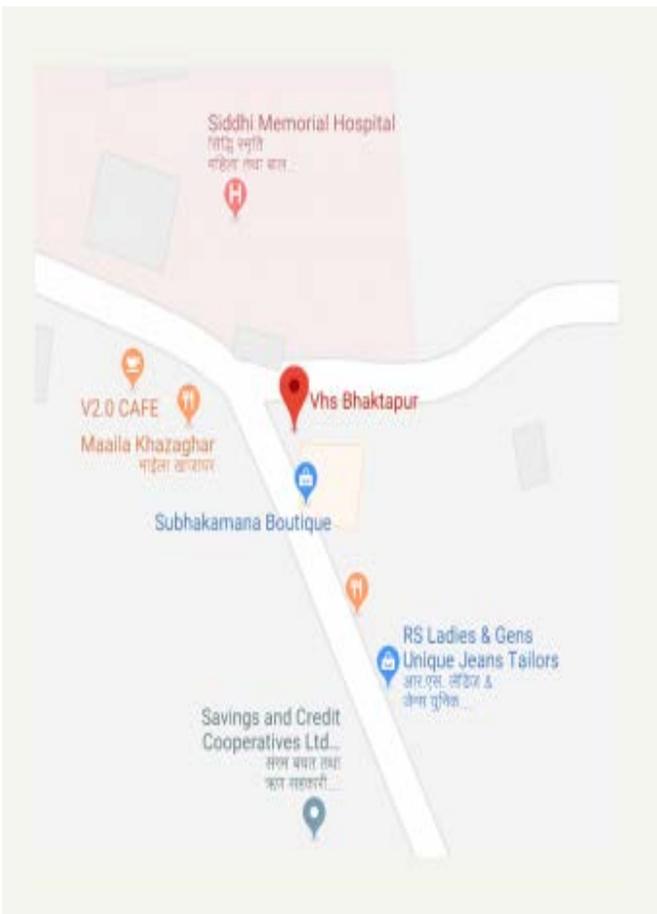


Figure 1 <https://goo.gl/maps/mCBrwR4VLJq1UGz99>

## WELCOME TO NEPAL

NAMASTE नमस्ते



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