

Description about VEEP Nepal's Programme

1. Environment Awareness Programme

As it sounds the "EA" programme endeavors to teach the Nepalese children awareness about their surroundings form and Environmental points of View. Volunteers will both in and out of the classroom, teach the importance of recycling as well as the aforementioned volunteers will also get a change to get their hands dirty ! Appropriate Rural technology or A.R.T. Plays a Vital part with in the programme, digging pit latrines, constructing smokeless stoves and assisting in irrigation programmes not only provide great team buildings excursions, the also furnished localities with essential facilities.



2. Education Programme

As one would expect, the primary function of this programme is to teach young Nepalese people how to speak English. However, there is the opportunity to expand into other subjects depending on personal skills or qualifications the volunteer already holds subjects such as

Geography
World studies
Sports
World history

All are Very popular

3. Health and sanitation awareness programme

This is probably VEEP's most important programme. Nepal is reputed to be one of the worlds poorest countries, its easy to see therefore, that people are more worried about where the next meal will come form or how they will keep warm night rather than putting litter in a bin or brushing their teeth.

Volunteers will cover a board range of topic form personal hygiene to sports. As with the "EA" Programme pit latrine and smokeless stove building is also a possibly.

4. Nepalese culture study programme

Rather than working with in a community, this programme enables volunteer to learn about the lifestyles, history, religion and problems of Nepal.

Volunteers will spend their time living with a family observing, participating and learning about what makes Nepal. this programme is designed to get beneath the glossy tourist coating of the city .

If you have ever fancied working in a paddy field, eating with your hands, living in a mud brick house or wearing a Tikka (third eye) then this programme is defiantly for you.

5. Orphanage Aid Programme

The "OA" programme is not for the joint hearted. Those pictures that one see during the "come relief" season are all a reality. Social work is a big part of working with in an orphanage here – teaching children how to interact with each other and a basic education are what volunteers can expect. We recruit very limited volunteer for this programme.



6. Construction Aid Programme

Local facilities such as schools and health posts don't just appear. VEEP is offering the chance to build these badly needed structures, throughout the country. Obviously, building a school is not need every day of the year. There fore programmes are limited and one may have to wait until enough people volunteer to form a construction party.



Construction Aid Programme (News)

Currently VEEP is working on our New Programme "Construction Aid programme"

Duration 3 weeks.

Starting date of our programme

1st Aug 2005

1st Nov 2005

Construction Aid programme

Basically in this Programme Volunteer will be staying 3 Weeks in Nepal. In those periods they will get 5 days Nepali Language training after the language training they will move to the rural or suburban areas where they will involve in different activity Like: School Building construction, Water tap construction in community, Community development projects, Health Post construction etc.

Programme Cost: 400 US \$ (including food and Accommodation)

Send us e-mail for the information info@veepnepal.org.np

General Programme information

- There is a chance in certain circumstances to mix and match elements of the one programme with those of another.
- Although no previous skills are required for the Volunteers, those with relevant qualifications will be given preference.
- Full training will be given prior to your placement, and the chance for sight seeing will be also be catered for
- The Maximum Volunteer placement is five months, preference should be given during ones application

School Information

Government run school

- Beware the teachers at these establishments no little more English than the student do. Rather than arriving at work to educate the next generation, the main reason for their attendance is too collect their wages.
- Don't be put off though, teaching at such and establishment is a real
- Challenge and you will be helping students much more than your can imagine.
- Facilities are very basic, things such as stationary and school books are in high demand, so bringing the add pile of pens and / or books will be much appreciated.
- Age range 6 to 15 , however, the language skills of all students are generally on par , and are very basic

Private Run schools

The majority of the children attend private schools where their parents have to pay for their education. Standards of learning are generally very high, students no older than seven can usually hold simple conversation with you.

Ages range 6 to 16.

Food

Daal Bhat

- Rice is the staple food of Nepal and so is served with every major meal “Bhat” meaning cooked rice.
- Daal is lentils, having this slightly flavors the rice.
- Gundruk can be used as a substitute for daal and is slightly more spicy
Gundruk Meaning dry vegetable.
- Tarkari – this is basically stew, one usually has some form of it with Daal Bhat.
- Saag – your favorite and mine, greens!
- Roti – generally served towards the end of the meal, roti is basically pitta bread.
- But serves as a welcome change to rice.
- Meat- unlike in the west, meat is not seen as a necessity. Beef is a taboo, as here the cow is scared, so you can look forward too the occasional goat, chicken or buffalo and then generally only at festival time.
- Achar is a mean pickle that only those of a strong constitution should try!
- Warm Milk – unlike at home, one doesn’t buy milk already pasteurized here. Instead it is boiled on the stove and is served at the end of the meal.

Others

- Samosa – a small pyramid shaped snack that consists of potato and vegetables coated with pastry.
- Halua +roti – Halua is a form of paste that has a sweet flavor and served in roti.
- Pakoda – roasted onion in batter.
- Aloo chop- fried potato and vegetables in batter.
- Other than the above there are many forms of biscuit and dry food stuff. Fruit is also available.
- Beaten rice – flattened and dried rice grains (Chiura) usually served with tea or Vegetable.

Weather

In April the weather becomes warmer (25 to 30 degree Celsius) and in May the temperature reaches around 35 degree Celsius.

Autumn Monsoon rain normally starts July ends by middle of September. Sometime rain drags on to the first week of October.

Summer starts from middle of May and remains until beginning of July. This is the hottest period. But not so hot for people who lives in temperature above 35 degree Celsius.

From the second half of November weather starts getting colder and in the mountain snow starts to fall. Average temperature above 3000 to 4000m is around 4 to 18 degree Celsius.

Programme cost

VEEP Nepal is totally funded by volunteer's program fees. Program fees are as follows:

- 2 weeks US \$300
- 1 month US \$350
- 1 and half months US \$400
- 2 months US \$450
- 2 and half months US \$500
- 3 months US \$550
- 4 months US \$650
- 5 months US \$750

[Click Here](#) to convert your currency.

- **Extra Administrative charge \$150 for each program, non- refundable.**

The above costs include the following:

- Transportation to and from Kathmandu Airport.
- Transportation to and from village placement.
- Accommodation and meals during training period and placement.
- Language and cultural information classes.
- Special training according to the program.

- VEEP staff visits to the placement.
- You will get VEEP Nepal's T-shirt
- Sightseeing around the Kathmandu Valley.

In addition, you will be responsible for your flight tickets to Nepal and visa fees which are as follows:

- US\$30 for the first two months
- US\$50 per month thereafter for a maximum of 5 months per year.
- For latest Visa fee structure
[Click Here](#) for UK
[Click Here](#) for USA

Please contact VEEP Nepal at info@veepnepal.org.np for information regarding fees for placement longer than 5 months.

Should you wish to spend more time in Kathmandu pre and post placement period, go trekking, rafting please remember to budget accordingly. These costs will not be covered by VEEP (Non VEEP activity) . Additionally, volunteers are responsible for any incidentals (extra food, laundry, sodas etc) occurred during training and placement.

The program should be paid either in local currency or US dollar upon arrival in Kathmandu.

NB: remember at the present does not offer the medical and emergency evacuation insurance services. You have to purchase insurance policy before leave your country.

Cancellation fees:

- Before starting training program -> full refund *
- Before completing training programme -> 25 % refund*

***Excluding administrative charges**

Application Process

Step- 1

You have to send us an Application form our website. And you will get the Acceptance letter form the VEEP Nepal.

Step -2

After getting the Acceptance E-mail form VEEP Nepal you have to send us a Confirmation e-mail. In that e-mail you have to mention your starting date of your programme.

Step- 3

You have to inform the Flight details before 15 days of your chosen date. After getting your flight details your seat will be reserved.

Contact

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