

OAP
NEPAL
overseas action program



Welcome to World Youth International's Overseas Action Program in Nepal.

The Overseas Action Program is a group volunteer placement in Nepal.
This program will empower you to make a difference.

We trust that your queries will be covered in this document but if you have any further questions, please email us at admin@worldyouth.org.au or call us on 08 8340 1266.

For information on fees and dates, please visit our website at www.worldyouth.org.au



Educate & Empower

WORLD YOUTH
INTERNATIONAL

Contents



- Nepal Country Information 3
- Program Inclusions and Exclusions 4
- Standard Program Itinerary 5
- Optional Adventure Package 6
- Previous OAP Stories 7
- Frequently Asked Questions 8
- Application Procedure 9
- Fundraising 9
- Research Links 9



Nepal Country Information

The Federal Democratic Republic of Nepal is a land-locked country of about 30 million people in an area of 147,181 square kilometres. The small Himalayan nation is wedged between two major Asian superpowers – India and China. The country has become a favourite destination for hikers and trekkers as the mountainous north has eight of the world’s ten tallest mountains, including Mount Everest (called Sagarmatha in Nepali).

Nepal’s population consists of over forty different races and ethnic groups. The two major groups in Nepalese society are Tibeto-Burmans, or Mongoloids from the north, and Indo-Aryans from the south. Many customs are inherited from both sides and have been developed by the influences of the land, climate and available resources.

The overwhelming majority of the Nepalese population (around 81 per cent) follows Hinduism. Shiva is regarded as the guardian deity of the country. Nepal is home to the famous Lord Shiva temple, the Pashupatinath Temple, where Hindus from all over the world come for pilgrimage.

Nepalese cuisine is quite simple and has had many influences during its development. Indian, Chinese and Tibetan flavours and aromas can easily be detected in Nepalese meals. The climate has made it possible for the country to grow crops such as rice, lentils, wheat, corn and potatoes; as such, these ingredients commonly feature in traditional Nepalese meals. The staple diet of most Nepali people is dal-bhat-tarkari. This is a spicy lentil soup poured over boiled rice, served with curried vegetables and pickles or chutney. Beef is rarely consumed in Nepal, as cows are considered sacred by most of the population. Chicken, buffalo, goat and pork are more likely to be used in Nepalese meals, if possible and affordable.



Based on recent UNDP data, Nepal ranked 125 in life expectancy with the average Nepalese person living to 68 years. Disease prevalence is higher in Nepal than it is in other South Asian countries, especially in rural areas. Leading diseases and illnesses include diarrhoea, gastrointestinal disorders, intestinal parasites, leprosy and tuberculosis. Despite the government’s efforts in addressing development strategies on an equitable basis, the health gaps between the poor and the rich are very wide. Malnutrition among children, adolescents and women continues to be a serious public health problem, as is food availability and security in rural hill and mountain regions. Natural hazards like floods, landslides and drought also affect different geographical zones with a varying degree of damage to the health infrastructure and people’s health each year.

Currently, the adult literacy rate in Nepal stands at only 59% of people aged 15 years and over. Legally, there are two types of school in the country: community (public) and institutional (private). Community schools receive regular government grants whereas institutional schools are funded privately. However a third type of school also exists. This is the kind run by local people who are enthusiastic about having a school in their district. They do not receive regular government grants and most of them do not have any other sustainable financial source. They are supported and managed by the local people and can be identified as the ‘real’ community schools. These are the schools we encounter most commonly on our Overseas Action Programs.

Most visitors come to Nepal to visit and hike through the Himalayas. These people only see the small areas that receive considerable economic benefits from tourism. One only needs to step behind the backdrop of the beautiful mountain scenery and into the remote regions of Nepal to learn that the majority of the population lives in poverty. In spite of substantial external development assistance, Nepal remains one of the least developed countries in the world.



Program Inclusions and Exclusions

Your program fee includes:

- All accommodation
- All meals
- In-country transport
- Airport transfers
- A four-day orientation and sightseeing program held in Kathmandu
- All costs relating to materials and local labour hire for community development projects
- Sightseeing activities throughout program
- Nepali language lessons
- YOUR 13-DAY ADVENTURE PACKAGE!
- A three-day Rest and Relaxation package halfway through your program
- Welcome party and farewell celebration
- 24 hour guidance and support provided by an experienced Team Leader and local staff
- Entry to the Personal Empowerment Program (a four-day program held annually in Adelaide)
- WYI polo shirt
- WYI Step Out membership
- Contribution towards the sustainable growth of WYI which supports our work in developing countries



Your Program fee does not include:

(all costs listed are a guideline only)

Air Travel, Taxes and Travel Insurance

You are required to organise your own airfares to the nominated destination point. Travel insurance is compulsory for all programs. Contact WYI for our recommended travel agent and insurance company.

Vaccinations

As WYI is not a registered medical organisation, we can only direct you to www.tmvc.com.au (Travel Doctor) or www.dreref.com.au/travel.html for country-specific advice and general travel health tips.

Visas

You are required to enter Nepal on a tourist visa. WYI will provide you with the necessary forms and guide you through the process.

Police Check

You are required to provide a current National Police Clearance Certificate. Please visit your local police station and request the appropriate forms.

Medical Examination

With the assistance of your regular doctor, you are required to complete and submit our medical examination form prior to your departure.

Personal Items

You must supply your own clothing, travel equipment, toiletries and personal entertainment (eg. books, iPod, magazines, etc.)

Spending Money

You will require personal spending money for souvenirs, phones and SIM cards, toiletries you may require, and any snacks or drinks outside of what WYI provides (eg. chocolate bars, energy/alcoholic drinks, junk food, etc.)

First Aid Kit

A First Aid Kit will be supplied to your team throughout the program, however antibiotics and other medications will not be provided. We encourage you to visit a Travel Doctor or GP to fill your own First Aid Kit with personal medications to suit you.

Transport

Transport to Adelaide for the four-day Personal Empowerment Program.

Standard Program Itinerary

WYI offers five week programs in Nepal. The following itinerary is an example of a five week program.

We require all volunteers to arrive in Kathmandu one day prior to the advertised commencement date. You will be collected from the airport by the Team Leader and transferred to our local accommodation. If you are travelling overland, you can arrange a central meeting point with the Team Leader. Your accommodation and food expenses will be covered by WYI for the day prior to the program start date. Should you arrive any earlier, the Team Leader will still collect you from the airport and arrange your accommodation, but you will be required to pay for your food and accommodation during this time.

Although subject to change, below is the standard format for a five week Overseas Action Program in Nepal:

Day 1

Morning welcome, general program introduction and sightseeing activities around Kathmandu. Your day will include a trip to the shopping markets so you can purchase a traditional dress outfit. Language training will commence from day one.

Day 2 – 3

Orientation in Kathmandu, including program overview, cultural discussions, health and safety briefings, team building activities, introduction to local staff and familiarisation activities around the city. Rickshaw rides and language training included on this day.

Day 4

Orientation and language training continues on this day. You will also go shopping in Kathmandu for last minute needs.

Day 5

Transfer to rural community village. You will have the chance to meet local community members and become familiar with your new surroundings.

Day 6 – 18

Commence project work in the community. As a team, you will work alongside local community members on sustainable, community-driven development projects as sourced by WYI's in-country staff. Individually, you may choose to take on a personal project in a field which interests you. This might be at a local school or community centre, with a women's group or youth group, or within a medical clinic (relevant qualifications essential). The Team Leader will collaborate with you to find an individual project that benefits the community and suits you.

The structure of your work days will be determined by the Team Leader according to a roster system. You will either work on the major team project or participate on a pre-arranged individual placement, and you will generally have one or two days off from work per week.

You and one or two other members of your group will live with a host family within the community throughout this period.



Day 19 - 21

After spending around two weeks working on the project, you will take a few days off to rest up and recharge your batteries. The Team Leader will take you on a Rest and Relaxation Package, where you will visit a stunning location in Nepal, enjoy the local food and participate in fun activities. This is the perfect way to re-energise and prepare yourself for the rest of your program.

Day 22 – 33

You will return to the community rejuvenated and ready to complete your major group project. At the end of your placement, there will be a community celebration to acknowledge your efforts and achievements. You will continue to live in with a host family within the community throughout this period.

Day 34 - 35

You will return to Kathmandu. Your final days of the program will be devoted to debriefing and celebrating. This is a chance for you to reflect on your group and individual achievements and prepare yourself for your return to Australia.

Once your program has completed, you might like to participate on the Optional Adventure Package as a way to celebrate and unwind with the rest of your OA group. The Optional Adventure Package in Nepal will be an incredible thirteen-day trek through the majestic Annapurna region. The trek can be intense at times, with lengthy days of walking and navigating steep steps. But it will all be worth it when you see the breathtaking scenery, the local wildlife, the quirky little villages and the majestic, snow-capped peaks of the Himalayan Mountains.

More information about the Adventure Package in Nepal can be found on the following page.

FREE Adventure Package

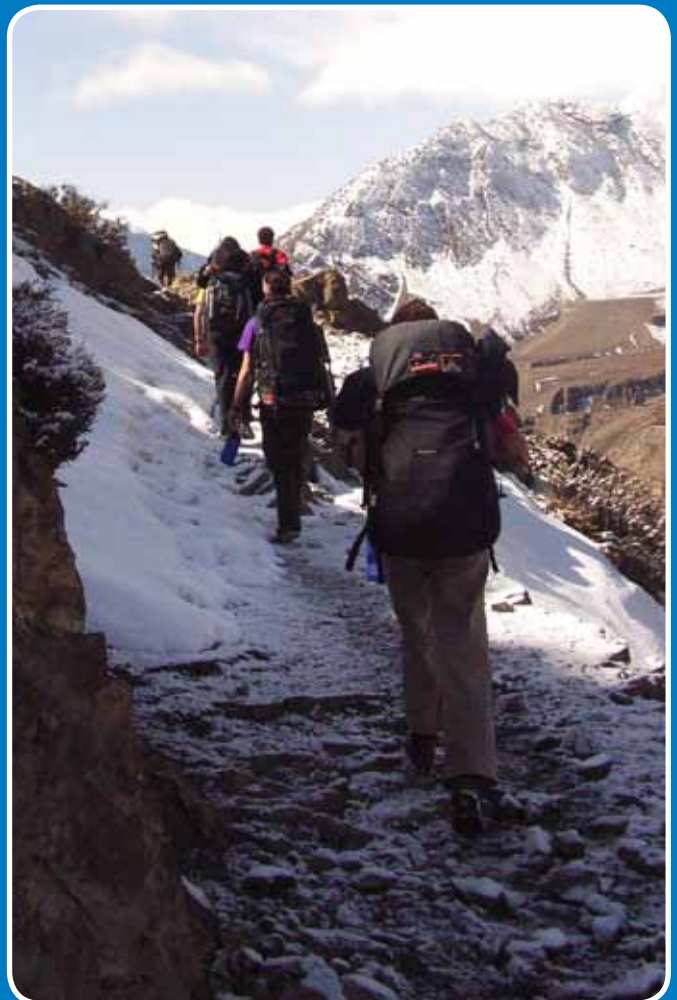
The Adventure Package at the end of your program is highly recommended and a great way to complete with your OA team. It allows you to take time out, relax and enjoy the natural beauty of Nepal after so many weeks of hard work!

In conjunction with a qualified trekking agent in Nepal, WYI offers you the chance to participate on a thirteen day, all-inclusive trek through the Annapurna Ranges. The trek will include white-water rafting at Mugling, several days spent relaxing in Pokhara (Nepal's second largest city) and more than a week of trekking through picturesque snow-capped mountains and staying in small mountain lodges.

The OAP Team Leader will accompany you throughout the trek and ensure that all WYI safety and security measures are met. The Adventure Package is run separately from WYI Australia and is completely optional, so the cost is not included in the Overseas Action Program fee.

The Adventure Package in Nepal will include:

- Rafting cost and accommodations
- All meals (breakfast/lunch/dinner) and accommodation on trek.
- All meals (breakfast/lunch/dinner) and accommodation in Pokhara
- Helper/porter fees
- Guide and other trek staff fees
- Medical insurance for guides and Helpers/porters
- Entry fees to National Park
- Trekking registration fee
- Transport from Kathmandu to Mungling and from Mungling to Pokhara.
- Tourist bus from Pokhara to Kathmandu



Previous OAP Stories

Water Tank and Classrooms, Panchkhal and Jhagare Danda

Taking part in an Overseas Action Program in Nepal was truly a life changing experience that was rewarding and enriching on so many levels. It was the perfect way to experience the beautiful Nepalese culture, to be a part of creating something tremendously beneficial for a community and to empower myself with the knowledge, skills and close friends I gained.

Participating in a 10 week program meant that I took part in two development projects. The first of these was a school rain water tank that would provide clean drinking water for students as well as boost the schools ability to store a sufficient amount of water for the dry season. The second project was the construction and fit out of two classrooms for a small school that had more students than space and resources. With the help of Nepali tradespeople, our team built these projects from the ground up, and although this was very challenging at times, seeing the finished product gave us an incredible feeling of accomplishment.

With the help of our amazing team leaders and In County Coordinator we were all able to enhance our volunteer experience by initiating a personal project in an area of interest to us. Some of these included, teaching English, community fun days, health clinics and a domestic violence workshop. What we achieved was truly astonishing, I couldn't believe just how easy it was to take an idea and passion and turn it in to a tangible way of giving to the community.

Although the program is essentially about the development projects, living with a family really made the program a holistic experience and gave me a greater appreciation of Nepali culture. I learnt to adapt to the Nepali lifestyle by eating, sleeping and living as my family did, and I was treated as a sister and a daughter. When it came time to leave the village it was very difficult saying goodbye to my family and there were tears all round.

Jane Ali
Participant



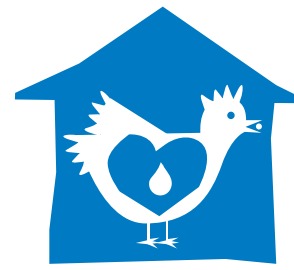
Community Water Tank, Suntakhan, Nepal

Safe drinking water and adequate sanitation are basic human necessities, and continuous access to these services is a fundamental right. Yet, in Nepal many Nepalis are deprived of water and sanitation facilities despite the constant government and non government efforts. The Nepal Demographic and Health Survey 2006 reports the national drinking water coverage of the country at 82 percent. A large proportion of people belonging to poor and excluded groups, those living in areas beyond the sources, or scarce in ground water resources still have not been able to receive drinking water facilities (Nepal Water for Health).

In March, 2007, we ran a project to provide water to over 50 households in the Suntakhan community through the installation of a 5000 litre reserve water tank. We lived with local families in Suntakhan who would benefit from the project, and got to experience first hand how hard it was to live day to day without easy access to water.

After a great deal of hard work and overcoming a number of challenges, our small group - along with members of the local community - completed the project and 'turned on the taps' to provide the water which was so desperately needed. A committee of residents was established to manage the tanks use and all reports are that the tank has made a lasting difference to the many households who have benefited from this project. Not only has it made life less burdensome by removing the need to travel and cart water as required, but health and sanitation considerations have also been significantly improved for the tank beneficiaries. Our group of volunteers left Suntakhan knowing that our efforts there had made a positive difference to many people and we were proud of our achievements!

Shane Roos
Team Leader



OAP
NEPAL
overseas action program

Frequently Asked Questions

How old do I need to be?

You must be between 18 and 30 years of age to participate on an Overseas Action Program.

Do I need any qualifications?

Formal qualifications are not required. All training will be provided at the commencement of your program.

What is the selection criteria?

WYI looks for flexible and resilient participants to take part on these programs. They must have good communications skills and be able to live and work in a team environment.

What areas of Nepal will I travel to?

You will spend time in Kathmandu and in small rural mountain communities. Village placement locations will vary but are generally within three hours travel from Kathmandu. If you choose to take on the Optional Adventure Package, you will travel west to Pokhara and trek through the Annapurna ranges.

What will my living arrangements be?

During the orientation period and at the end of your program, you and your team will stay at a hotel in the major tourist district of Kathmandu called Thamel. For the remainder of your program, you and one or two other members of your group will live with a host family in a rural community. Your host home will contain very basic furnishings, a squat toilet and may have sporadic access to electricity. Most rural village locations have mobile phone reception.

What sort of food will I be eating?

During your orientation period and at the end of your program, you will eat most meals at local cafes and restaurants in Kathmandu. For the remainder of your program, a trained cook will join your group in the village and prepare breakfast and lunch for you each day. Dinner will be prepared by your host family and eaten in the family home. This meal will generally be dhal baht, a lentil soup served over boiled rice with side servings of curried vegetables, pickles and chutneys.

When should I apply for a position on the OAP?

As programs fill quickly, WYI recommends that you apply at least six to nine months prior to the scheduled commencement date. Your program fee might take some time to pay off in monthly instalments, so advanced planning is strongly advised. WYI accepts applications until 60 days prior to program commencement, providing places are available on the program. If the program is full, you can be placed on a waiting list or choose to travel at a later date.

Is my program tax deductible?

All donations to WYI and most donations towards your program fee are also tax deductible.

ATO tax legislation stipulates that DGR status does not extend to our participants. Any contributions that come from you, your immediate family members, or money raised through general fundraising activities where donors receive goods or services in return for their contributions (such as trivia nights, chocolate drives, raffles or movie nights) are not tax deductible. All other contributions are tax deductible.

How many other volunteers will be in my team?

The minimum number of volunteers required to run an Overseas Action Program is six. We will accept a maximum of twelve participants in one group.

How does WYI select its OAP projects & what kind of projects will I be working on?

All projects selected by WYI are community driven and focus on sustainable development. Applications from within the community are submitted to WYI for review and appraisal. If proposals are in alignment with our development model and fall within the fields of income generation, education, environment or health care, we will proceed with the project. Project reviews are completed over the following year to ensure the ongoing success of the project.

How safe am I in Nepal? Are there risks I should be aware of?

The design of our Overseas Action Program in Nepal ensures that any risk to you is minimised. We have extensive risk management plans in place, as well as evacuation and emergency procedures. Our Team Leaders and in-country staff are fully trained in these areas, and will be responsible for you and your team's safety in the unlikely event of an emergency.

The personal security risk to you in Nepal is low. Nepal is generally a safe and friendly country, with the usual exception of cities late at night. Although you will spend time in Kathmandu, we tend to avoid late night activities for safety and security reasons. The main threat to you will be theft and pick-pocketing in Kathmandu, though reports of these crimes are few and far between. Strikes and political rallies can also occur, though your group should be unaffected by these events. We avoid the city as much as possible on our Overseas Action Program, placing you off the beaten track in small villages and communities several hours away from Kathmandu.

Why choose World Youth International?

WYI has been offering volunteer placements since 1988 and is proudly a not-for-profit, non-religious and non-political Australian-based organisation. We have sent thousands of volunteers across the globe and have had no major injuries, accidents or deaths on any of our programs. WYI is an approved charity. We have flourished as an organisation through word of mouth and we rely on our volunteers to share their experiences and outcomes with their peers.

Why do you offer only a limited amount of countries to volunteer in?

At World Youth International, we focus on quality and not quantity. We ensure that our destinations provide our participants with the greatest possible volunteering experience. We have worked in countries like Nepal and Kenya since 1992 and have a large network of strategic local and international partners. This allows WYI to offer a range of placements options to you and focus more of our efforts into making your experience a success.

Application Procedure

You can reserve a position on our Overseas Action Program in Nepal by applying online now at www.worldyouth.org.au, or by downloading an application form and submitting it to our office at:

World Youth International
PO Box 25
Hindmarsh SA 5007

Our staff will process your application and contact you by phone within three days. You will be required to complete a short Online Interview Form before receiving a personalised, 60 minute information session from the Overseas Action Program Coordinator. This will be conducted by phone. The intention of the call will be to assess your suitability, establish a relationship with you, provide you with information about the program and address any of your immediate questions. Applicants will be notified of their suitability for the program at the conclusion of this call.

If you have any questions before submitting your application, please do not hesitate to contact us at the office on 08 8340 1266 or email admin@worldyouth.org.au.

Fundraising

Do you want to participate on one of our overseas volunteer programs but are restricted financially? Perhaps you should consider fundraising!

Rally your colleagues and corporate groups and encourage them to make a donation. Get a group of friends together and organise a quiz night, movie night or garage sale. Hold a sausage sizzle or host an informal tea party with a Nepali theme. Encourage your Facebook friends to donate to your campaign via donation websites. You might be surprised by how successful your fundraising efforts could be. Some participants have managed to fundraise their entire program fee and have extra remaining to use on projects within the country!

Should you choose to fundraise, WYI will provide you with a Fundraising Kit which includes a tax deductible receipt book, fundraising ideas, terms and conditions, an authorisation card, plus handy hints and tips. The donations you receive are fully tax deductible* and can be directed towards your program fee or the sustainable development projects you and your group will work on in Nepal.

Please contact the office on (08) 8340 1266 for more information on how you could fundraise your program fee!

*A 'donation' requires the donor to receive nothing in return (eg. chocolate bars and raffle tickets are not tax deductible.)

Research Links

Nepal Country Information and News

www.trust.org/alertnet

www.cia.gov/library/publications/the-world-factbook/geos/np.html

www.worldbank.org

www.who.int/countries/npl/en

Embassy of Nepal (ACT)

www.necan.gov.np

Consulate General of Nepal (Victoria)

www.nepalconsulate.net.au/index.php

First Aid and Medical Sites

www.tmvc.com.au

www.stjohn.org.au

Tourism

www.tourismnepal.org

www.lonelyplanet.com/nepal

www.tourism.gov.np

Travel Advice

www.customs.gov.au/webdata/resources/files/GuideForTravellers.pdf

www.smartraveller.gov.au

www.casa.gov.au/scripts/nc.dll?WCMS:STANDARD::pc=PC_91455

World Youth International Facebook Group

www.facebook.com/group.php?gid=4753488502

World Youth International Facebook Page

<http://www.facebook.com/WYIHome>

