A **Meaningful Exchange** Enterprise

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MONK TEACHING PROJECT

KATHMANDU, NEPAL

PROGRAM DOCUMENT

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PROJECT INTRODUCTION

Kathmandu is the capital city of Nepal. This is a bustling city Aii is approximately 20 minutes from the airport. Most people travel by foot, minibus or bicycle. Volunteers here have all the conveniences of Internet connections, Western style food, both Internet and Landline telephone coverage. Volunteers working in this region should bring appropriate clothing for this environment. It is warm during the days, but gets cold once the temperatures drop. Volunteers are also advised to bring sunscreen lotion, lots of insect repellent and appropriate inoculations and vaccinations for Malaria, Meningitis, Typhus fever, Hepatitis A & B, and appropriate clothing to be working in this environment. All of the villages are located within a half to one and an hour's bus ride to Kathmandu's center. Most have a well developed infrastructure, with water readily available and reliable roads. Primarily, the village economy is agrarian you will eat many fresh vegetables. In addition to a local "Tea House" most of the villages will have a few shops where you can purchase bottled water, biscuits (cookies), and stationery. Local phone calls can usually be made and international phone calls accepted, but Internet access is usually not available.

FEATURES
There are several features of the project, please have a look below;

About Monastery
Kapan, there is 32 monks from ages 6 - 15. They have come from very remote parts of Nepal - some are orphans, many are poor. In the morning and evening, they are involved in prayer, chanting, and memorizing script. During the day they do schoolwork. Volunteers can assist the monks with their homework and teach English language. This is a great experience for those interested in learning about Tibetan Buddhism or teaching kids.

Beneficiaries
Monks

No. of Beneficiaries
32

Volunteering Days (In a week`s time)
05 days in a week (Monday to Friday)

Volunteering Hours (In a day's time)
03 to 05 hours (In a day)

Any Special Background Required
No (For 18 years or elder)

Project Recommended for
Open for all

Project Duration (Minimum to Maximum)
01 Week to 20 weeks

ACTIVITIES (MOST POSSIBLE)

- Teaching English (Tenses, Grammar Part, Speaking, Pronunciation, Introduction etc.)
- Teaching Mathematics (Basic)
- Helping the slow learners
- Inviting them so learn through illustrations
- Create some new and graphical form of teaching
- Outdoor games with them
- Educational games
- Helping them to make their introduction in English and learning
- helping the local monastery staff in taking care of the monastery

PROJECT FEE

As you know that this world revolves around money and economics based on currencies. Like any other services these services and projects are having a fee that will cover your application process, your pick-up, orientation, lodging & boarding, support, emergency assistance, government and legal formalities, ground staff and local teams, marketing, social campaigns and of course corporate social responsibility. That`s why every project has a fee to join and as we have mentioned that we are the most affordable meaningful Travel enterprise so don`t worry at all. The projects fee has a range from $15/day to $50/day depends on the destination, donation, fee and other subject matters. Once you apply for the project you will receive an invoice to pay through wire transfer or PayPal. Pay as you wish.

You're Itinerary

PRE-DEPARTURE ASSISTANCE

Once you book the program and deposit the fee, our team will start assisting you with all the necessary information about the country, project location and project. We will be helping you out with the visa, flights, insurance and other related stuff that is mandatory to have. Some other

documentation would get done from our side as well. You will get a complete e-guide on Nepal projects, pre-departure kit, packing list, vaccinations and medicines etc. Before departing to Nepal we will make you all set go.

FLIGHT INFORMATION

By the time our team will take flight information from you. This is the responsibility of the volunteer to inform us via e-mail about the flight details; carrier, date and time. In case there is any delay or sudden change in the flight schedule it`d volunteer`s duty to inform us immediately. We will share some Whatsapp contact no. for instant contact. Once we get the details of the flights we will transfer the details to ground Nepal team for arranging your pick-up from Kathmandu airport. Please notice that all Nepal project volunteers must arrive in Kathmandu only. From here after orientation they will be send to their respective locations.

PICK-UP FROM KATHMANDU AIRPORT & TRANASFER TO HOTEL

Once you arrive at the airport you will meet our team member with Aii pla-card and your name on it. You can go with them to the hotel/guest house managed to take for the sightseeing. Please attention that in case you don`t find anyone, don`t panic wait for some another minutes and they will be there. In worst condition, if you don`t find anyone, immediately contact the Aii head office no. that are shared with you in the pre-departure kit. That no. is available 24X7. You are going to stay at night in the hotel and all meals are on you. The next day would be your orientation and Kathmandu sightseeing.

ORIENTATION, KATHMANDU SIGHT-SEEING & NEPALI LANGUAGE CLASS

In the morning our coordinator will be there for your orientation about the Nepali culture, program, country, people, beliefs and language. Then your Kathmandu sight-seeing will start followed by the orientation. In Kathmandu sight-seeing you will visit magnificent ancient temples like Baoudhnath, Swayambhunath, Pashupatinath along with the royal architecture & historical Kathmandu Durbar Square, Kopan monastery and some other places if the time allows. Here the meals are on you. The next day would be a free day for you to travel by yourself or arrange a tour by us for the rest of the places. The night stay would be at the hotel.

TRANSFER TO VILLAGE PLACEMENT

Next morning you would be taken by the local coordinator to your village placement or the project location you have chosen like Chitwan, Pokhara or Kathmandu.

MEET WITH YOUR HOST FAMILY AND KNOW THE LOCAL AREA

After reaching the project location, the local coordinator will take you to your project stay with a host family. Be gentle and open to ask questions and be friendly because you have to stay for the entire duration with the family. The people are so welcoming and calm and you will really enjoying staying with them.

PROJECT VISIT AND MEETING WITH BENEFICIARIES

The same day if time allows you will be visiting the project area with the local staff and you will meet the beneficiaries with whom you are going to work. The local projects are real and they really need volunteering assistance and care. The teaching projects need a real and practical plan because the English language of Nepali natives is very low and as the global requirements for any job is English.

FIRST VOLUNTEERING DAY

Here from the same visiting day you can choose to stay on the project or you can come the next day as well. The next day after waking up you will be having a Nepali tea with the rest of the family members. Then you will take an authentic Nepali breakfast and then you will leave to the project. Meet your supervisor there for the schedule for the day and start your work out there. In lunch you can come back to the house and can have it with the family or take a lunch-box with you there. After finishing the project you can come back to the host family by walking because mostly the projects are at walking distance. Enjoy your evening with the family, neighbors and walking around. Have your Nepali dinner and stay at night. This is how a typical volunteer day would be.

REGULAR ROUTINE AND WORK DAYS

This would be your regular routine and you will work from Monday to Friday on the projects. Weekends would be totally off and you can use them as you want to be. Relax, trekking, visiting, enjoying, clubbing, washing clothes etc. Choice is yours. You can take travel excursions and information from our local coordinator and make a group with the other volunteers to go on group excursions; the cheap and best way to wander. Our local coordinator will check you on every two weeks and would be in contact through phone with you, host family and project.

PROJECT COMPLETION

The last Friday of your volunteer project would be slightly different and fun-filled. Take group pictures, selfies and show your gratitude towards the staff and other volunteers for the cooperation, affection and support. A small party with the host family at the last day and spend some emotional moments. Meet all the friends you made during your stay, thank them and have your own time. This is how your last day would be.

DROP AT KATHMANDU AIRPORT

The local team would take you to the Kathmandu airport before a day of your departure to avoid any discrepancy. The final day of your departure you will be dropped at the airport and from here you are on your own. Say a final good bye to the team member and here your journey ends with a lot of memories and learning of life.

Services of the program

SERVICES INCLUDED IN THE FEE

Nice question! Yes, there are a plenty of services those are most needed and important to know. In this project fee you will get the following services included:

- Pick up from Kathmandu air port
- One night stay on arrival during the orientation period in Kathmandu at Volunteer's home where you will meet 2 to 5 Volunteers from different country
- Kathmandu sight-seeing
- Volunteer placement and Project
- Nepali Language and Culture information during orientation – 2 hours a day
- Orientation about project before you head to the placement – 1 hour
- Local transportation to the placement and back to Kathmandu
- Project accommodation in a host family near by the project
- Daily two main meals a day during your stay in the placement
- Visits every two weeks during your time
- Contacting you by phone two times every week
- Regular local coordinator visits

- One night stay in Kathmandu after finishing the project
- Assistance & support 24 hours available

SERVICES NOT INCLUDED

Every other service(s) that is not mentioned in the above list '**SERVICES INCLUDED IN THE FEE**'

ACCOMMODATION

During the project you will be staying with a Nepali host family near by your project placement. The host families are so welcoming and believe in lasting relationships. The stay would be a basic one with all basic amenities. Staying with local host families will enable you to know the real Nepali culture, tradition and you can get a chance to celebrate the local festivals as well.

MEALS

During the project you will be getting 02 major meals of the day. The food will be authentic Nepali food and if you wish to cook for yourself sometimes you can take permission from the family to cook for you. In most cases volunteers are treated as a family member and they are free to do cooking very often. Everything depends on your attitude towards the family and cooperation with them.

WEEKEND PLANS

There are many things to see in Kathmandu. There are many roadside temples (both Buddhist and Hindu), and areas of interest here depending on your travel taste. Highlights of Kathmandu include: ·

- Three Goddesses Temple
- Mahakala Temple
- Durbar Square
- Swayambhunath (Monkey Temple)
- Pasupatinath · Bodhnath
- Dakshin Kali Temple
- National museum of Nepal
- Kwa bahal
- Garden of dreams
- Shechen Monastary
- Changu Narayan

- Langtang National Park

And so many other places as well. If you request to our local team to o organize tours for you, they would love to do it for you. For any other information please write us an e-mail at info@work-travel-learn.com

Thanks & regards
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