Volunteer Placement Profile
Early Childhood Education Volunteer

AntarDristi Nepal
Hetauda, Nepal
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Job Description

Antardristi works in the field of mental health, and aims to empower youth and children to overcome various psychological problems and to lead healthier lives. Established in 2003, Antardristi Nepal has three residential centres in: Kathmandu (2007), Pokhara (2008) and Hetauda (2010). All three centres offer teacher sensitivity training, community outreach programs, awareness classes and mothers' groups.

Antardristi's residential centres also take in children who are in need of victim support and counselling. The main goal of Antardristi is to provide counselling services to victims of child sexual abuse and allow these children to have a brighter, safer future. The children Antardristi cares for live in the centre for one year and are provided with food, shelter, access to education and counselling. Antardristi also provides parents of a victim with support and access to vocational training to assist them in providing a stable environment for the child when they return home.

Limited staff makes taking care of the children of Antardristi, Hetauda Centre a challenge. Volunteers are needed to assist the current staff and help make the workload more manageable.

A volunteer teaching assistant may be asked to help the children get ready for school, take younger kids to school in the morning and then to the centre in the afternoon, assist with clean-up, teach the kids about proper hygiene, read books etc.

Volunteers may also develop and implement extra curricular activities to engage the children or help the staff with administrative tasks.

Volunteer Tasks Required

Teach English

A volunteer teaching assistant may visit a community school and teach English to various classes. This would be appreciated by all, as speaking English is important in Nepal in order to obtain many of the jobs, especially in the tourist industry.
Children also enjoy being taught by foreigners.

**Tutoring**

Volunteer teaching assistants may help kids with their studies by assisting them to do their homework assignments. Kids will be back from school around 4pm and volunteers may help them in their studies from 4-6pm.

**Teach Rhymes and Dance**

The best way to connect with children is by singing and dancing. In general all kids want to sing and dance. Volunteer teaching assistants may teach the kids some useful and catchy rhymes that help them to learn to speak English easier. A volunteer may also demonstrate some modern dance moves from their country and at the same time learn some traditional Nepali dance moves.

**Play With the Children**

Volunteer teaching assistants can learn a great deal about a child's needs and concerns through play activities. It is a good way to introduce yourself gently to the child. After a relationship has been established more educational themes can be initiated.
Organization Details

Antardristi Nepal, a non-governmental organization (NGO) and member of the Nepal Social Welfare Council, has been braving a new path in the future of women’s and children’s rights. Established by a team of women seeking to promote greater mental health among minors, AN was founded in an attempt to combat sexual violence against young Nepali women and children. Giving young survivors a voice and a choice—AN provides them with a brighter, safer future.

Antardristi Nepal (AN) works in two facets: Education/Awareness and Healing/Empowerment.

• Education/Awareness: AN hosts a number of community outreach efforts like educational workshops, seminars, family empowerment training and student-based dramas designed to raise awareness in schools, for both teachers and students. Programming is aimed at educating the wider community on the realities of sexual abuse and its prevention with a goal to change the perceptions of abuse within the local belief system in the Nepali community.

• Healing/Empowerment: AN operates 2 residential centers at the moment (Pokhara and Hetauda)—providing a safe sanctuary for survivors of abuse up to 19 years of age. These young women and children victims have their basic needs met at these centers. They receive psychological counseling, job-skill training and/or schooling (depending on their ages). Over time they are encouraged and supported to realize their potential and rebuild their confidence—empowering them for the eventual reintegration into their communities.

The care and support AN provides has a enormous impact in the advancement of the lives of the survivors, their families, and the wider community.

When the Organization was Founded

Antardrstri works in the field of mental health, and aims to empower youth and children to overcome various psychological problems and lead healthy lives. Established in 2003, Antardrstri Nepal has three residential centers: Kathmandu (2007), Pokhara (2008) and Hetauda (2010). At present the two centers at Pokhara
and Hetauda offer teacher sensitivity training, community outreach, awareness classes and mothers' groups.

It was establish to help in the psychological healing of children and to help reintegrated them back into society.

How the Organization is Funded

Antardirsti is funded by different donor organizations, and also with individual foreign and local donors. Nobal House Foundation is supporting eight children for education and accommodations. Max Khatri is supporting the Hetauda Center of Antardristi with electronic supplies and carpeting.

They organize different fund raising programs as well.
Placement Location Information

This placement is a one story, blue building with 11 rooms. It has all the facilities required for a home stay. There is an office, kitchen, dinning room, storage room, kids room, volunteer bedroom and also a staff room.

This building is situated near a number of government offices. It is just 15 minutes walking distance from Hetauda Bazaar (the market). Since it is very hot during the summer months, they have fan in each room. There is a television with cable facilities for entertainment to kids as well as a DVD player for watching movies. They have computers for their staff as well as internet access. The office is poor equipped and if volunteers needs to utilized computer, you will need to bug to them. So it will be good to bring your own laptop. For playing they have few sports items but not much for recreational activities.

City Description

Hetauda is considered one of the cleanest and greenest cities in Nepal, although there is no official data to support this claim. Due to its geographical features and its climate, it has been a popular choice for people migrating from the northern hilly regions to the south and from the southern Terai region, hence its causing increase in the population every year.

Hetauda is situated in a unique geographical structure called Doon, which means that it has a geography like a valley. It is surrounded by hills - the Mahabharata range in the north and the Siwalik range in the south. The rivers Rapti, Samari and Karra run through the city and flow southwest to meet Narayani, one of the bigger and popular rivers in the nation.

With so many entry and exit points leading in and out of this town, Hetauda is set to grow into a commercial powerhouse if only the country realized its potential.

Points of Interest

Most popular attractions of Hetauda is the unique Martyr Memorial Park. The Park
has become a tourist spot since its completion in 1994. The main attraction of the park are sculptures of people that are sculpted on one big boulder. The sculpting of the faces was accomplished by the student volunteers of Nepal Lalit Campus. The park is mostly famous as a picnic spot among younger generations as there are not any alternatives in town other than the popular Nepalese custom of going on a picnic on the bank of a river. The park is considered by many as a popular escape from the hustle and bustle of the city life. Now the park has zoo which contains some of endangered and some common wild animals, from the common monkey to the leopard. It also has a swimming pool which is popular among youth during summer days. Some game activities in the weekends are also a major attraction for the kids and some other interested people as well.

Similarly, Makwanpur Gadhi is another site east of the city, a fort of historic importance dating back to the unification process of Nepal. Prithvi Narayan Shah, the king that led the unification of the country into a greater Nepal, was married to the princess of Makawanpur whose father was a king of the Sen dynasty that ruled Makawanpur. Historians observe that this marriage, in fact, was a political strategy by King Prithvi Narayan Shah, who saw the strategic benefit of an alliance with Makwanpur to encircle Kathmandu Valley.

Weather in the Area

Hetauda has a tropical monsoon climate with high humidity throughout the year. This area is located in the central climatic zone of the Himalayas, where monsoon season starts in mid June and lasts until late September. During these weeks most of the 2,500 mm yearly precipitation falls – it is pours rain. After mid-October the monsoon clouds have retreated, humidity drops off, and the top daily temperature gradually subsides from around 36°C to 18°C. Nights cool down to 5°C until late December, when it usually rains softly for a few days. Then temperatures are rising gradually.

Transportation From BaseCamp

From the BaseCamp house in the Naya Bazaar district of Kathmandu, walk or drive around 2km north west to Balaju where you can take a bus to Balkhu - around a twenty minute drive. From there, volunteers will have to take a Tata Sumo (Jeep) to Hetauda. Although the drive is only around 80km, it can take as long as four hours
because it is safest to drive slowly. Once in Hetauda, Antardristi staff will pick you up and take you to the placement.
Accommodation and Meals

All of our volunteers begin their stay in Nepal at our BaseCamp Center in Kathmandu. Given that this placement is more than a 1 hour 15 minute commute from BaseCamp, volunteers here will be living with a host family after your orientation. Living with a host family is an awesome experience for a person looking to really experience Nepal and its culture.

The following information outlines a brief description of life at BaseCamp and also what someone can expect living with a host family in Nepal.

If you think that living with a host family is not for you, then this placement might not be the best fit with what you are looking for. You should try completing our application. It's totally free and will allow our team in Nepal to come up with a list of exactly which placements they would recommend for you based on your personal preferences, background, skills and interests.
BaseCamp Nepal

BaseCamp Nepal Address
Uttam Chowk, Ekikaran Road
Ward No 16
Kathmandu, Nepal

BaseCamp Nepal is located in the Naya Bazaar district of Kathmandu just a few minutes walk from the popular backpacker district of Thamel. We are situated in a beautiful four story building, with nine rooms and a capacity for almost forty guests. Each level of the house has four balconies, plus the hostel has two roof top patios. Pillows, sheets and blankets are provided.

The second and third floor of the hostel each have a spacious common area. The kitchen and large dining room are on the fourth floor. A fire pit and plenty of seating make the roof top patio a favourite gathering spot. Great for viewing the rising or setting sun, planning your next adventure or relaxing with a cup of chiyaa.

Back on the ground, there is an organic community garden in our courtyard in which
interested guests are always welcome to help tend. Wireless internet access is available throughout the house, making it easy to stay in touch with friends and family back home.

The meal plan at BaseCamp is a 14 day rotation of various dishes from around Nepal. The idea behind our plan is that volunteers will familiarize themselves with local dishes and meal table etiquette before moving on to a host family. For the volunteers who stay in BaseCamp throughout their program, the meal plan offers a diverse and authentic diet.

BaseCamp Nepal is also where language training and orientation workshops take place. We have a classroom area for the more formal parts of our orientation and each day we will visit various parts of Kathmandu as volunteers become familiar with life in Nepal.
Living with a host family in Nepal is a fantastic way to gain a deep understanding of and appreciation for the people and customs of the country. Each home-stay will provide a bed and three meals per day for our volunteers. The majority of host families offer private rooms with only one or two volunteers living with the family.

Living with a host family can greatly enhance your performance at your placement. For one, it will have a huge influence on the speed with which you gain familiarity with the local language. This, along with your deeper understanding of cultural practices and beliefs that you are likely to gain in this environment, can go a long way to improving or strengthening your relationships with your team mates at work. Furthermore, a significant percentage of our host families are closely affiliated with the organizations with which our volunteers work. As such, even the evening meal or hanging out around the house can become valuable time during which volunteers can share their ideas and continue their support of their host organization.

All of this being said, living with a host family is not for everyone. It is very important for volunteers to honor the house rules in their host family and to be punctual. Also,
depending on how remote your placement location, host families can be very rustic. Our staff in country can give you a better idea of what exactly you can expect from a host family in any particular community. However, in general, if these things sound like they might pose a challenge for you, we strongly suggest that you look at a placement within commuting distance from BaseCamp Nepal.
How the Program Works

Our program structure and costing is completely flexible which lets our volunteers ensure that they only pay for exactly the degree of support that they want.

Option 1 - Free Services

Some volunteers prefer to coordinate their own accommodation, meals and other support while overseas.

Anyone is welcome to use our volunteer placement search tool to help in finding a placement that is well suited to their interests. Once someone finds a placement that they wish to work with, they are welcome to make all the rest of their arrangements on their own.

As well, our team of staff overseas are often able to offer a few helpful pointers for volunteers 'doing it on their own'. Just send us an email with your questions and we will put you in touch with our team abroad. We only ask that you keep your requests fairly general, as this type of advice is exactly how our team earn their living. :)

Option 2 - Placement Support - 250 USD

Other volunteers would like assistance in selecting and confirming their placement, but they plan to manage their own accommodation and other expenses on their own.

These volunteers have the option of choosing to only have our assistance with selecting and confirming their placement. This option also includes ongoing placement support while abroad, so a volunteer would be able to ask our team for help if things at their placement were not working out.

In providing Placement Support, our team works with each volunteer through email, telephone and either Skype or Google Hangouts, to ensure that each volunteer has a clear understanding of their placement options. Our in-country staff will put together a custom list of placement options for each volunteer that they believe are the most appropriate matches with the volunteer's background, skills and interests.
Then each volunteer can work with our team both in Canada and abroad to go through each of the options and narrow-down their selection.

**Option 3 - Full Program Support**

For most volunteers who are volunteering for less than a year, they are looking for an option that includes their accommodation, meals, airport reception, country and program orientation and placement support. This is what our Program Fees are designed for.

We are proud of how over the years we have ensured that our program fees are amongst the most reasonable of any program in the world while we continue to provide exceptional volunteer support both at home and abroad.

Our Program Fees and listings of what these do and do not include are listed below:
## Program Fees Nepal

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<tr>
<th>Registration Fee</th>
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<tbody>
<tr>
<td>Registration Fee</td>
<td>250</td>
</tr>
<tr>
<td>1 Week</td>
<td>295</td>
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<tr>
<td>2 Weeks</td>
<td>400</td>
</tr>
<tr>
<td>3 Weeks</td>
<td>505</td>
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<tr>
<td>4 Weeks</td>
<td>610</td>
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<tr>
<td>5 Weeks</td>
<td>715</td>
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<tr>
<td>6 Weeks</td>
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<td>7 Weeks</td>
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<tr>
<td>8 Weeks</td>
<td>1,030</td>
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| Additional Weeks | 95 |

All program fees are listed in US Dollars.
Inclusions & Exclusions

What is Included

- Pre-Departure support
- Placement consultation
- Airport reception & transfer
- 2 Day orientation
- Accommodation (BaseCamp or host family)
- Breakfast and dinner
- Emergency & placement support

What is Not Included

Before Departure

- International flight
- Travel medical insurance
- Visa costs where required
- Work permits where required

While Overseas

- Daily transportation to and from placement
- Transport to airport on departure
- Placement fees if required
Program Dates

Our regularly scheduled program start dates are the first Friday of each month, every month of the year. We strongly recommend beginning your program on one of these dates as this will allow you to go through our orientation alongside other international volunteers.

If you would prefer, our application will also allow you to select a custom start date for your program. Keep in mind that there is an additional fee for a custom start date which ranges from 50 to 75 USD.

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<td>Jun 07, 2019</td>
<td>Jul 05, 2019</td>
<td>Aug 02, 2019</td>
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<td>Sep 06, 2019</td>
<td>Oct 04, 2019</td>
<td>Nov 01, 2019</td>
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<tr>
<td>Mar 05, 2021</td>
<td>Apr 02, 2021</td>
<td>May 07, 2021</td>
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PLEASE NOTE:

These dates are the day that volunteers should plan to arrive on the ground in country. We can accommodate arrivals in-country at any time day or night on these dates.