



NEPAL

**PROJECT
SHEET**



INFOBOX

Airport

International Airport Tribhuvan - Kathmandu

Location

Kathmandu (PepsiCola district)

National holidays

09/01 - 20/01 (Lhosar holiday)
 16/02 - 19/04 (Dashain holiday)
 20/09 - 05/09 (Tihar holiday)
 19/10 - 26/10 (Winter vacation)

We will provide you with the YearOut volunteer certificate. It will enable you to obtain reduced prices for medical certificates, insurance, vaccination, criminal record and criminal charges certificates.

DONATION

When registering, we will ask you to pay the membership fee of 20 euros.

Your donation, on the other hand, varies depending on the weeks of your stay, and includes: food, accommodation, transport costs to/from the airport, transport costs for the project during the volunteering period, 24-hour staff support, financing of materials needed for activities, initial training and Nepali language lessons.

Daily lunches are not included under the heading 'food'. Their cost can vary from about €0.80 (100 NPR) for a meal in a bar or snack shop, to about €4 (400 NPR) for a meal in a restaurant.

Should you wish to take part in the project at the Monastery, either in Kathmandu or Pokhara, an extra fee of €55 per week and €30 for transport to Pokhara, is required (to pay locally).

Donation per week of stay (€)				
2	3	4	8	12
1050	1200	1330	1680	2160

ACCOMODATION

During the volunteer period you will live with a Nepalese family that has been properly trained to host international volunteers. You will have your own simple but comfortable room. You will share moments of family life and immerse yourself in the Nepalese way of life and culture.

ACTIVITIES

Volunteers collaborate with local staff by carrying out activities to provide useful services in the fields of education, health and women's rights.

- You will teach English to young monks at monasteries and schools, with the aim of improving educational standards and knowledge of the English language.
- You will help the poorest and most marginalised women in the Women Centre, improving their education and level of English.
- In the disability centre you will assist children with special needs, particularly with motor, intellectual or hearing disabilities in three facilities: School for deaf children, Centre for Children with Intellectual Disabilities, Physiotherapy Hospital & Disable Centre.



FLIGHT

You will arrive at the Tribhuvan International Airport in Kathmandu. The cost of the flight depends on the time of departure and the advance with which it is purchased. You can buy the flight yourself or with our support by contacting Cisalpina Tours, an agency that deals in humanitarian travel.

VISA

A visa for Nepal is easily obtained at the Kathmandu airport and the fee is payable in any major currency. Costs vary depending on the validity of the visa:

- validity 15 days: \$30
- validity 30 days: \$50
- validity 90 days: \$125

You will find all the indications on how to proceed in the Information Pack.

PASSPORT

The approximate cost of issuing a passport is €116.

The passport must have a residual validity of at least 6 months from the date of return, otherwise it must be renewed.

MEDICAL CERTIFICATE

It is necessary to have a medical certificate confirming good psychophysical condition and suitability for voluntary work. The cost depends on the doctor.

VACCINATIONS

We always advise you to refer to the ATS (former ASL) for guidance on any vaccines and prophylaxis to follow. Please contact your doctor for guidance.

Vaccines will be administered on the same day as the preliminary interview at the ATS. Vaccines must be in your body about 3 weeks before arrival in the foreign country. Present your volunteer certificate to take advantage of any benefits.

Where to go?

To an ATS (former ASL) in your region of residence, authorised to administer international vaccines.

When?

It is advisable to book the vaccinations in advance (2 months in advance): at ATSs with a large territorial jurisdiction (such as Milan) and in summer, the timeframe is longer!

For further information:

Farnesina <https://www.viaggiasesicuri.it/find-country/country/NPL>

World Health Organization <https://www.who.int/countries/nepal/en>

CERTIFICATE OF CRIMINAL RECORD AND PENDING CHARGES

In order to carry out voluntary work, you need to submit your Criminal Records and Pending Charges. These documents will certify that your criminal record is clean.

For both documents you need €8 (approx.) revenue stamps.

INSURANCE

Each volunteer must obtain insurance cover before travelling. YearOut suggests insurance cover with Siscos to all volunteers. We have chosen to rely on SISCOS because their services are aimed at NGOs, Onlus and Associations that carry out international cooperation activities and need to protect their staff or volunteers in development projects abroad with adequate insurance cover.

With SISCOS you will stipulate a group policy that includes: emergency assistance and medical repatriation (Europ Assistance), Sickness Reimbursement of expenses for medical services (Generali Italia), Accident and Death (Generali Italia), Civil Liability towards third parties (Unipol). You will take out your insurance with Siscos through YearOut. You will pay the cost of the insurance together with the balance of your donation, one month before your departure.

Total cost of collective policy			
2 weeks	1 month	2 months	3 months
100,85	126,02	252,04	378,06

NB. It is possible to change the limits with a consequent increase/decrease in the cost of the policy.

ALL THE STEPS TO GET READY FOR DEPARTURE!

1 Identify the project you are interested in (via InfoDay, Digital Info Session, call, office appointments, website www.yearout.it, YearOut Facebook and Instagram pages) and email info@yearout.it to schedule an interview;



2 Talk to ex-volunteers, whose contacts we will give you, to ask for advice and opinions;

3 Fill in the application form electronically. Proceed to print and sign it. Scan it and send it to: coordinamento@yearout.it; Pay the membership fee of 20 euro.



4 After booking the flight together, make an advance payment of 50% of the total donation. One month before departure the total donation will have to be paid;

5 You will receive from YearOut a certificate stating your voluntary activity, that will allow you get reduced prices for medical certificates, vaccinations, insurance, criminal record certificate, etc. Alice and Chiara will assist you in collecting all the necessary documents for your departure;



6 You will receive the Information Pack related to the chosen project: read all the material available, start thinking about the activities you would like to take part in or design a personal project;

YOU ARE READY TO LEAVE



MEMO

Use this page to remember all the documents you will need and tick them off once they are ready!

APPLICATION FORM AND MEMBERSHIP FEE

PLANE TICKET

PASSPORT

VISA

INSURANCE

VACCINATIONS

MEDICAL CERTIFICATE

CERTIFICATE OF PENDING CHARGES

CRIMINAL RECORD

NOTE



Do you have any questions?
Do you need more information?

You will find us in Milan:
Via Giulio Cesare Procaccini, 4
Fabbrica del Vapore - Lot 15

You can contact us by calling +39 3348606453 or by
sending an email to info@yearout.it

The YearOut staff will answer all your questions!

Follow the adventures of our volunteers on social media:

Instagram ([@yearout_](#))

Facebook ([@yearoutitaly](#))