

## Accommodations in Nepal

Nobody in Nepal is as prepared as we are to make your volunteer experience a complete success. We have our own volunteer house in Maharajgunj, near the huge Bhat Bhateni supermarket. Here you can use the Internet to check e-mail, hang out with other volunteers, learn some Nepali and ask our dedicated and professional staff about any aspect of Nepali culture. In addition to your volunteer placement needs, we will take you on city tours, show you where the locals shop and help you learn all about life in Kathmandu.

Your program fee includes pick up and drop off at airport, introduction at your volunteer placement, travel advice and assistance and staff support 24/7. You will have a shared bedroom (3-4 persons per room), western style bath with solar hot water, two Nepali meals each day (breakfast and dinner), and free use of the Internet at the volunteer house, including WiFi, so feel free to bring your laptop.

## Straight talk about where your money goes

We are a charity supporting the programs where you will be volunteering. A minimum of \$100 is used from your fees as a donation directly to your placement, making you both a volunteer and donor. In addition to the costs associated with paying the rent, buying food for your meals, providing Internet and 24/7 staffing, many of our staff come from disadvantaged backgrounds and are now attending college, nursing school or other medical programs from the funds we earn by hosting you in Nepal. The Mountain Fund keeps just 10% of the fees to support ourselves leaving 90% of the money in Nepal, helping Nepalis.

## Why volunteer with Mountain Volunteer Nepal

The Mountain Fund received the coveted Sir Edmund Hillary Medal for our service in Nepal over the past decade. We are not a placement organization but rather a real, working NGO in Nepal, committed to improving life for all Nepali people. Since 2007 we've hosted hundreds of volunteers from more than 22 countries. Mountain Volunteer Nepal is highly selective about the programs we send our volunteers to work in. We require our partner programs to exhibit the highest standards of honesty, integrity and service.



## Contact Us

### The Mountain Fund

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# MOUNTAIN VOLUNTEER NEPAL



Mountain Volunteer Nepal is a volunteer placement program committed to providing enriching and affordable volunteer experiences in Kathmandu and rural Nepal. Whether you choose to teach English, work with At-risk Children, or enroll in our Medical Program, The Mountain Volunteer Nepal can help you get the most out of your experience. The Mountain Volunteer Nepal is a program of The Mountain Fund, which is a registered U.S. 501(c)3 non-profit organization.

# Medical Internship

During this month-long program you will make daily rounds with a Nepali doctor, participate in all phases of the hospital operations and even scrub-in to observe surgical procedures. There will be lectures from the Doctors who are dedicated to teaching you all that they possibly can about healthcare in Nepal. This program is suggested for those with some medical training such as nursing, paramedic and medical school students.



Cost is \$1150 for the one month program and \$105 per week thereafter, if you'd like to extend your time in Nepal. Includes room and board, airport pickup, free Internet and WiFi, 24/7 staff support and daily work at the hospital.

# At-risk Children

Thousands of children live on the very edge of society in Nepal. Some have only one parent, some are living in the worst imaginable slum areas and many would be left at home alone all day if not for the efforts of the organizations we support. Kids from slums are getting educated, children have a safe place to stay while their poor parents work for this day's food. You can be part of the programs that are saving at-risk children in Nepal.



You can make a real difference in the lives of Nepali children by giving your time, your talents and your attention to them which significantly increases their daily amount of human contact. Placements are available in Kathmandu at day-care centers with children of all ages.

Cost is \$710 for 2 weeks and \$105 per week thereafter. Includes room and board, airport pickup, free Internet and WiFi and 24/7 staff support. No required length of stay.

# PRE MED Program

An incredible opportunity to observe all facets of medicine in a Kathmandu Hospital with English-speaking doctors. You will get experience in x-ray, laboratory, dental, eye-care, emergency, pre and post-operative, OB/GYN and the surgical theatre. Make daily rounds with doctors who will engage you in the diagnostic process and treatments. This will look great on your medical school application.



Minimum time for this is 2 weeks and cost is \$810 for 2 weeks, \$105 per week thereafter. Includes room and board, airport pickup, free Internet and WiFi and 24/7 staff support. No

# Teaching English to Tibetan Refugees and Other Ethnic Minorities

You may think that teaching is difficult and not for you, but it is one of the most rewarding placements we at Mountain Volunteer Nepal can offer and gives daily satisfaction and sense of accomplishment when you see the light of understanding in a student's eyes. English skills are in great need in Nepal and essential for any decently paid job, so the motivation to learn is very high at all ages. No previous experience or TEFL-certificate is required, all you need is some creativity and to be able to speak English fluently. Most places have a syllabus to follow. Additional tips on teaching, suggestions and games are also available.



Cost is \$710 for 2 weeks and \$105 per week thereafter. Includes room and board, airport pickup, free Internet and WiFi and 24/7 staff support. Ideally, teaching volunteers should be able to stay in Nepal for 2-3 months or more. However, short term volunteers will still be considered.

# Journalism

Nepal is a land of infinite stories and spectacular photographic opportunity. During this month long internship you will be tutored by a working professional journalist and working daily with an English language media outlet in print media, photo journalism, radio or TV. It's a once in a lifetime opportunity to create your own story as a documentary, photographic show or written article for publication at home as well. You will be published on the Mountain Fund site. Cost of this one-month program is \$1150.00 and additional weeks are \$105.00 if you'd like to extend your time. Includes room and board, airport pickup, free Internet and WiFi, and 24/7 staff support as well as supervision and support by a professional,



# Combination Placements

Many volunteers find that they wish to take up an extra part-time placement when they arrive in Nepal. This is particularly true for volunteers at children's homes, who find their mornings and early afternoons empty when the children are in school, or people wishing to take up a morning English class before their normal workplace opens. Therefore, we now offer placements at different organizations simultaneously. A very popular combination is placement at a children's home and teaching adult morning classes, but we can arrange any combination of the above mentioned placements, both with equal emphasis or with the main focus on one of the placements.



"I absolutely had the time of my life in Nepal! It still doesn't seem real to me just how much I got to see, do, and feel. I can't believe how fortunate I am to have been able to experience what I did."