



Information for Volunteering Overseas

Working in the Middle Hill regions of Nepal is very rewarding. CAN volunteers are placed in some of the poorest villages in the world. Many communities do not have clean running water, the luxury of a school or basic health care for the sick.

The types of project that CAN is currently funding range from building and equipping schools, setting up Community Development Projects and providing Health Posts and clean water systems – all the things we in the West take for granted. CAN encourages local communities to become involved in the projects thus reducing the risk of donor dependency, giving the people a strong feeling of ownership and pride in the project.

Volunteers can provide skills that the local people are not able to give. Doctors, dentists, nurses, midwives, physiotherapists, fully-trained teachers with current classroom experience and healthcare workers could be useful volunteers if a vacancy exists at the time of their application.

Other Details

Due to the ever-increasing demands on the funds available to CAN, we are unable to pay for transportation costs to Nepal and for any onward journeys. Once at a project site CAN will provide food and accommodation throughout the duration of the placement but contributions to these comparatively small costs are particularly welcome. Flights can be booked through **Community Action Treks Limited** at Unit 7, Sunset Hill, Keswick, Cumbria CA12 4RN – 017687 71890. **Any internal flights, accommodation and/or portering costs must be repaid by the volunteer, to CATreks Ltd in Nepal. CAT will raise the appropriate invoice. This invoice must be paid to CATreks Ltd Kathmandu office before a volunteer returns to their place of residence.**

If you are a medical professional or teacher and are able to bring your own supplies, we would encourage you to do so. CAN's Managers in Nepal will advise you via the UK office. There is little medication or equipment available in the Middle Hill communities.

Notes about the Application Form

Please provide us with as much information about your qualifications, training and life experience as possible. People experienced in community development and income generation schemes could all provide a very valuable service to CAN.

Helping in Other Ways

If you would prefer to help CAN in other ways, there are many cost effective things that you can do in this country such as holding fundraising events in aid of CAN, taking out a Standing Order, making a personal donation on a regular basis.

Schools in Nepal are always keen to receive supplies such as pens, pencils and notepads, so if you are passing through an area of Nepal where CAN is funding a project, these donations will be gratefully received by the head teacher. You can even use your imagination and include items such as inflatable world globes, colouring pencils, paints and basic reading books. In addition clothes and shoes (small sizes please!) are always very well received (in Nepal, not to be sent to the CAN office please as transport is expensive).

For further information or advice, please contact the UK Co-ordinator