



COMMUNITY ACTION NEPAL

Registered Charity No: 1067772

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Information about 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, where there might be a lack of clean running water let alone the luxury of a school for the children or basic healthcare for the sick.

CAN is currently funding varied projects including installing clean water supplies, building and equipping Schools, providing Health Posts, building and maintaining Porter Shelters and selecting and paying for teaching and nursing staff. Income generation and self-sufficiency feature highly in future development plans. CAN encourages the local communities to become involved in the project, reducing the risk of donor dependency and giving the people a strong feeling of ownership and pride in the project. Volunteers are needed to provide the skills that the local people are unable to give. Qualified doctors, dentists, nurses, midwives, teachers and healthcare workers are particularly encouraged to volunteer. A TEFL certificate is the minimum, acceptable teaching qualification. CAN also finds it increasingly necessary to ask volunteers to have a basic knowledge of Nepali.

Other Details - due to the ever-increasing demands on CAN's funds we are unable to pay for transport to Nepal or for any onward journeys. Once at the project site, however, CAN will provide volunteers with food and accommodation throughout the duration of the placement. Flights can be booked through **Community Action Treks Limited** via contact with the CAN UK office.

If you are a medical professional or a teacher and are able to bring your own supplies, we would encourage you to do so. There is little medication or equipment available in the middle hill communities so anything you could take would help, although it would have to be approved by the appropriate Manager in Nepal.

Notes about the Application Form - please provide us with as much information about your qualifications, training and life experience as possible. Qualified engineers, construction workers and people experienced in community development might provide a valuable service to CAN, as well as those with agricultural, horticultural, craft and building trade qualifications.

Helping in Other Ways - if you would prefer to help in the UK you might like to organise fundraising events in aid of CAN or help at CAN's own fundraising events. The money raised could be sent to the UK office from where it will be directed to communities in CAN's project areas most in need of help and support. You might like to take out a Standing Order making a personal donation on a regular basis. All donations sent to CAN go directly to Nepal without deduction for UK administrative costs. Overhead expenses are covered by profits from goods' sales and from sales of posters and prints.

Schools in Nepal are always delighted to receive supplies of pens, pencils and notepads from people passing through a CAN project area. Other items such as inflatable world globes, inflatable footballs and basic reading books are gratefully received. All gifts should be passed to either the school headmaster or to someone in authority for distribution.

NB please do not send items for Nepal to CAN's UK office as currently we do not have facilities to forward them to Nepal.

For further information or advice please contact CAN's UK office - 01768 484842 - Ruth Moore
Any contribution you are able to make to CAN will be greatly appreciated by the project area communities