



Teaching program in Népal



Overview

Teach basic conversational English and other subjects of your interest to children from different age groups in Nepal depending on the program: **Education** or **Kindergarten** project.

The main goal of these programs is to help kids grow in their confidence and learn better English which will help them in many ways in the future.

1. Education Project

Your role as a volunteer

As a participant, you will support local teachers in classrooms, helping students develop their English skills and broaden their education. No prior teaching experience is required—you'll assist with lessons, classroom activities, and creative learning experiences that make education fun and engaging.

You will have the freedom to use different teaching methods, from structured lessons based on the school curriculum to interactive learning through conversation, music, arts, and games. Subjects may include English, mathematics, history, science, geography, computer skills, personal development, and environmental awareness. With all higher education in Nepal conducted in English, your role in helping children improve their language skills is crucial.

You will be teaching at local schools **from Monday to Friday**, delivering **four to five lessons per day**. Your responsibilities may include:

- Assisting local teachers with lesson planning and classroom management
- Teaching English and other subjects using both course books and interactive methods
- Organizing creative activities such as storytelling, music, arts, and games
- Encouraging students to engage in sports and outdoor activities
- Supporting students in developing confidence and essential life skills

The schools usually have a very dull curriculum, so out-of-the-box activities and creative experiences such as sports or games are more than welcome and really appreciated by the children.

2. Kindergarten Teaching project

Your role as a volunteer

- Assist teachers in managing daily activities and classroom routines.
- Teach basic English through songs, games, and storytelling.
- Encourage creativity by organizing activities like coloring, drawing, and arts and crafts.
- Engage children in interactive learning through fun games and educational play.

- Help improve classroom organization, ensuring a safe and stimulating environment.
- Be a positive role model, bringing energy, enthusiasm, and kindness to the classroom.

Schedule

Monday to Friday

- Coordinating with the teachers and supporting them on daily schedule and activities
- Help children to improve creative skills such as coloring, artwork, etc.
- Teaching basic written and conversational English
- Teaching children some interactive games

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Mandatory Orientation Day

On the Monday of your **first week** at this location, you will join our orientation day, to familiarize you with the surroundings as well as local culture. Your program will continue as usual from Tuesday onward throughout the rest of the week.

- **Welcoming Ritual** - Puja to the Gods & goddess and name giving ceremony with Ice breaking activities
- Review the schedule
- Social behaviors norms **dos & don'ts** in Nepali culture
- Cross culture seminar on eating, drinking, clothing bathing & toileting customs in Nepal
- **Lunch**
- Talk on safety & security during the program. Signing up the Code of Conduct, Child Protection Policy and Release & Waiver of Liability. Collection of passport copies, photos, and police clearance
- Information on placement and visiting the placement site.
- Assignment to find the local civics places in and around the program house neighborhood. Get personal accessories (Photocopy, money exchange, ATM and take picture). Clothing shopping at the local market.
- **Dinner**

Accommodation

There is a mini library where you can read, a beautiful garden to relax in and dining and lounge areas where you can hang out with fellow participants. Furthermore, there is a refrigerator which you are welcome to use to store food and beverages.

- Persons per room : 4-6
- Wifi in public areas
- Safety box
- Hot shower
- Bed linen
- Laundry facilities (at an additional fee)

There are **no** towels and air conditioning.

Meals

Three meals per day during weekdays and two per day on weekends.

You will be provided with three meals a day on weekdays and two meals per day on weekends. The meals are a mix of Western and Nepalese food, consisting mainly of vegetarian dishes including rice and vegetables. You can expect to have a chicken dish about once per week. We may also serve meals based on your dietary requirements, but you need to inform us in advance.

In addition, food arrangement varies based on your program. Typically, Breakfast, Lunch and Dinner will usually serve at the Accommodation Center, however, for participants having outdoor activities or placement will may have packed lunch or take lunch at the local restaurants nearby. Finally, you are free to relax and explore the local area and local dishes during your spare time or on the weekends but at your own cost and expense.

Facilities

Our house is located five kilometers away from the city center, where you can find anything you might need.

There are many taxis or transportation around the accommodation. You can easily catch one from the main road to reach your destination of choice in the City Center.

There are also several ATMs in the area where we stay. The nearest ATM and supermarket are located a 15-minute walk away from our accommodation.

There are nice local cafés, convenience stores, supermarkets, pharmacies, and restaurants near to our accommodation. A beautiful and peaceful place where you can enjoy fresh juices, snacks etc.

All necessary amenities can be found in the city, remember we are located in the country's city after all!

Equipment

- Modest clothing (covers knees and shoulders)
- Comfortable walking shoes, sandals, water shoes
- Sun hat, fleece sweater, windproof rain jacket (depending on weather)
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt locks for bags
- Personal entertainment (books, cards, music player)

Location

Kathmandu, the capital and largest city in Nepal, is like no other city in the world. The decaying buildings in the heart of the city are a contrast to the lively atmosphere that permeates the streets. The smell of incense wafts from the stores while street sellers push their wares, and people go about their daily lives, all against a backdrop of historic temples and carved statues.

For several hundred years, Kathmandu was one of three rival royal cities, along with Bhaktapur and Patan. Situated in close proximity to each other, today these three almost run together. The highlight of Kathmandu has long been Durbar Square, the largest of the palace squares in the three royal cities and a UNESCO World Heritage Site. Temples and monuments of varying shapes, sizes, styles, and faiths can be found here.

Kathmandu's Durbar Square was severely damaged in the 2015 earthquake, with many buildings destroyed beyond repair.

For most visitors to Nepal, Kathmandu Valley is the arrival point and the primary focus of the visit. This small, mountain-sheltered valley is the historical center of Nepal, a place where kingdoms rose and fell, where palaces and temples were built and rebuilt, and where Nepali art and culture was developed and refined. Rivers and streams interlace with the landscape, the brick-red villages cling to ridges to preserve precious land, and even from the bustling centers of each of the cities, it is possible to catch a glimpse of the snow-capped peaks of the majestic Himalayas against the intense blue skies.

Climate

Weather conditions in Nepal vary from region to region. **Summer and late spring** temperatures range from about 28C in the hill region of the country to more than 40C in the Terai. **In the winter**, the average maximum and minimum temperatures in the Terai range from a brisk 7C to mild 23C. The central valleys experience a minimum temperature often falling below the freezing point and a chilly 12C maximum. Much colder temperatures prevail at higher elevations. The Kathmandu Valley has a mild climate, ranging from 19 to 27C in the summer and 2 to 20C in the winter. In the winter, it only snows in the high elevations, around 9,000 feet. In the highest elevations, it snows year-round. The monsoon can last from mid-June to mid-August although the majority of the rain arrives in July.

Nepal's **autumn** season is considered to be the best time to visit the country and is the most popular among international visitors. Autumn runs from September until December and occurs just after the rainy season. During Autumn, the skies are clear but the region's abundant plant life is lush after the plentiful rainfall occurring from June to September. If you are looking to see the famous rhododendron forests in bloom then Spring, February to April is the best time to visit. Summer in Nepal, from April to June, can be incredibly hot, with temperatures in the high 30s °C or high 90s °F, while the coolest season, winter, occurs between December and February.

- **Winter:** From December to February, the mornings and evenings will be cold; in the daytime, you will be fine with a sweater or thin jacket.
- **Spring:** From March to May is the best time to be in Nepal as it is neither hot nor cold. However, it does get quite windy.
- **Summer:** June to August. Hot, humid and monsoon season.
- **Fall:** Very pleasant and mild weather. It gets a bit windy but you will be fine with a sweater or a jacket.

Culture

Nepal's many ethnic groups are as varied as its land with their own languages and cultures. A wide variety of ethnic groups occupy the mid-hills. In the Kathmandu Valley the major population that we find is Newars, whose culture and artistry have earned them an international reputation. The Sherpas are known as tough mountain climbers. Brahmins and Chhetris are scattered over the hills and valleys, and Tamangs are found in the districts around the Kathmandu Valley. The Rais, Limbu, Gurung, Magars of the mid-hills have earned fame as Gurkha soldiers. Lowland ethnic groups such as Maithili, Bhojpuri, and Tharu enhance the colorful mosaic. The population of Nepal is about 28.98 million.