

Volunteer for BAS Nepal



BAS in Nepal is a small nonprofit organisation. To be a volunteer at BAS involves a lot of responsibility to find and perform different tasks. This gives enormous freedom in doing and helping in the way you want and feel is possible. However, it can sometimes be hard to see what you can do and to understand what is expected of a volunteer. We have developed this document in order to facilitate your stay with BAS; a daily schedule with approximate posts, a list of different tasks and needs from BAS in Sweden.

BAS responsibility and your responsibility

BAS in Sweden arranges the contact with BAS in Nepal and the shelter in Kathmandu. Your trip is entirely your own responsibility. BAS is not responsible for either you or your belongings during your visit in Nepal. We bring you a different and unique experience - then it is you who have the significant impact on your time at the shelter and the result of your stay will depend on your activity, your commitment and your will. It is only you who are setting the limits!

BAS in Nepal

The BAS shelter home consists of four floors; first and second floor serves as a patient shelter for the poor and the ill. Where they are staying while waiting to be admitted to the hospital, during or after the treatments. Many of the patients are children with cancer who spend long periods at BAS. On the third floor, the people who are permanently living at BAS; children with disabilities, and two families whose illnesses makes BAS their permanent home. It is these families who represent the employees at the shelter. The fourth floor has an office, a room for volunteers and a roof terrace with views of the Kathmandu Valley!

The days at the shelter begins early and there are many children to care for. But during the day, specially during the middle of the day, you can take long breaks or go to the city centre. In Nepal, flexibility and patience are the key characteristics to pick up and daily routines can change. You can be assured that nothing will be constant but that is also what is the fascination with the country because it is so totally different from our Swedish society. Feel free to come up with your own ideas about activities and projects at the shelter and discuss it with the responsible person at place. If you want to go out on your own, in town, at excursions, etc., it is important that you inform the responsible person at the shelter in advance.

Accommodation

At the shelter, there is a room with a bathroom for volunteers, if there are several volunteer you share the room. There are maximum two volunteers at the shelter at one time. Bed and sheets are included. Washing and cleaning you take care of yourself.

Staff on site

Responsible of BAS in Nepal is Raj Kharel, he will introduce you at the shelter, and you can always turn to him with questions and reflections. BAS is also working with another Nepalese volunteer organisation and there will sometimes be other volunteers at the shelter during the day. At the BAS shelter Cali, Ram



Kumari, Ram Bahadur "the younger" and "older" work, and you will be working together with them. If there will be several volunteers at the same time at BAS, perhaps you all can split up and create "work teams", together with the employees. Take this opportunity to learn some Nepali and learn more about the Nepalese culture!

Only a little part of the residents and employees speak English so prepare yourself by learning a few phrases in Nepali. Employees receive English lessons a couple times a week, so you can support them in simple conversations in English.

Daily schedule with approximate timing

("The Children" refers to the children with disabilities - the other children are called the "school children")

7.00 The children

- Feed the children when breakfast is ready
- Change diapers, wash the children, brush their teeth, change clothes and sheets if necessary

8.30 Household chores

- Sweeping and mopping the floors throughout the house
- Take the laundry to the roof and wash it, take down yesterday's clean and dry laundry and fold it
- Clean the children's room

12.00 The Children

- Check diapers at noon
- Entertain the children, massaging them, singing, playing take them up on the terrace to enjoy the fresh air and sunshine.
- Feed the kids around one o'clock
- Check diapers at three o'clock

16.00 School children

- Helping the school children with their homework
- Making up activities and play with the school children

19.00 The Children

- Feed the children when evening meal is ready
- Brush their teeth, check diapers, change sheets if necessary

All times are approximate and you work together with the employees. The day routine give great flexibility and possibility to have fun together with the residents on BAS shelter.

Suggestions for other activities:

- Help in the kitchen and learn to cook Nepalese food
- Find activities with school children, maybe go with them to a "fun park"
- Buy fruits and feed the children between the meals, as a snack
- English/Nepali language sessions with Cali, Ram Kumari, Ram Bahadur
- Assist with activities for the residents, discussion groups, crafts
- Yown projects and ideas are very welcome!

Your preparations

- Read about the country and learn some Nepali
- Arrange you own travel booking, see links to different websites below.
- Vaccination according to the advice for Nepalese countryside - although you will find yourself in a big city, you are constantly in contact with people from the rural areas. For example, TBC are common in Nepal.
- Make sure you have insurance for your trip, maybe you need a special certificate; contact your Social Insurance Agency.
- You can get a Visa upon arrival at the airport in Kathmandu (or at the Nepali Embassy in Stockholm). You must apply for a tourist Visa since there is no volunteer Visa in Nepal. Bring Dollars or Euros for payment of Visa. You can take a photo for your Visa at the airport.
- The currency is the Nepalese Rupee (N T), there are plenty of cash machines (ATMs) in Kathmandu.
- You will live and work in Kathmandu which is a somewhat chaotic city with lots of traffic and pollution, you will not live in the country but you will easily be able to travel to the Nepalese countryside and experience both the Himalayas and the southern jungle areas - *take the opportunity to enjoy the great outdoors!*

Packing List

- Flashlights (electricity is scarce)
- Mosquito net (there is a lot of mosquitoes from April to September)
- Dress for the season and culture - when you are staying at the shelter, you should wear clothing that covers knees and shoulders and are not too short.
- Towel
- Personal hygiene items.
- Slippers/Flippers (that are water resistant)
- Nepali dictionary/phrase book.
- Water purification tablets - to avoid stomach problems, always use these also for boiled water.
- Bring and show pictures from your home, family and everyday life - they are much appreciated!
- A diary may be a good idea for reflections.
- Bring as little as possible - all can be found in Kathmandu!

Important to know!

- Nepal is a politically unstable country, which means that the infrastructure does not always work. This applies to electricity, buses, shops, telephone, internet, etc.



- There is no risk for your personal safety if you use your "common sense". If you are unsure, ask responsible person at BAS.
- Water is a scarce commodity, so be very careful with the use. When electricity is not working at the shelter, there is no water.
- Water purification tablets should be used in all the water you drink, about 70% of all the water you buy is contaminated!
- The food is Nepalese cooking, like Indian food, with mainly rice and vegetables and occasionally fish and chicken. You will be served three meals per day at the shelter. Please notify BAS if you have any allergies.
- Your cell phone will work when the network is working. At the shelter there is access to a cell phone with Nepalese SIM card that can easily be refilled.
- Internet works depending on the electricity supply. At the shelter there is Wi-Fi and computer access.
- Electricity is available depending on the season (monsoon), time of the day and district (according to the city's electrical diagram).
- When in Nepal – do as the Nepali do - appropriate dress and manner is important.
- Always consult Raj or Rita if there is anything you wonder about or if something feels strange.
- Please notify in advance if you are planning to return to the shelter late in the evening. Normally the gate is locked at nine o'clock.
- Do not give money or gifts to the residents at the shelter, if you want to give something (which you certainly do not need) do it through Rita. This is to prevent begging and the image of Westerners being "cash machines".
- In case of illness BAS has contact with a private hospital, your health insurance is valid here (if you have one).
- Smoking, drinking and other drugs is not allowed at the shelter. Drugs are forbidden throughout Nepal!

Costs

- Travel costs are about 6-8 000 SEK (the booking you make yourself)
- Cost of your stay with BAS: 5000 SEK per month (of which about 2 000 represents food and shelter costs and is a 3 000 contribution to BAS)



Support to BAS in Sweden

The activities of BAS in Sweden built entirely on voluntary effort, therefore we are enormously grateful to the following help from you as a volunteer at site in Kathmandu:

- Blogging on the BAS website and Facebook to share information about activities in Nepal - at least once a week, and preferably more.
- Being the link between BAS in Sweden and Nepal during your stay.
- Submit a report at the end of the stay via: https://docs.google.com/document/d/1owDNFApd8K3_kbj4GqJ6vWFfp8xk4-oChM_s5qouXC4/edit?usp=sharing
- After your return, please give feed-back to volunteer responsible in Sweden.

Contact BAS Nepal

When you are in Nepal
(before that you will have contact with responsible in Sweden)

Raj Kharel, tel: 00977 - 9813 385431

Rita Kharel, tel: 00977 to 9841 439 898

Address:

BAS - Brahmasthani Awareness Society Home
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**For more information go to BAS website:
www.basinsweden.org**

Welcome to

