

CPCS

“Child Protection Centers and Services”



2023-2025

« Becoming a volunteer for children at risk in Nepal »

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Being a volunteer

Whether you are a volunteer, a tourist, a friend and/or a sponsor, there are many ways to do « something ». « Volunteering », working for a good cause, is growing in importance all over the world. And the boundaries between humanitarian tourism, cooperation, social work, north-south relations and self-financing programs are often difficult to distinguish. Therefore, the functioning of our project needs some explanations.

At CPCS, the following is expected from the volunteers :

To help the children during classes and with their homework (for the schooling boys and girls);
To help in the kitchen or with domestic chores ; To organise cultural, artistic or sports activities ;
To give tuitions at local schools ; To participate in gardening/farming activities ; If necessary, to help with administrative tasks (translations...)

On top of those activities, CPCS is looking for people with specific skills able to teach children, staffs, teachers from partner public schools. Depending your background, experiences, please propose us something specific you could bring. Exemples : Teaching new pedagogical tools to local teachers, improving the libraries of few schools, teaching magics or games, improving our farming activities, teaching English, giving cooking lessons, training a football team, improving our accounting system, creating a pottery, etc. Please present us a project (short) BEFORE coming and be sure, you can provide the materials to do so. (if not available in Nepal, please bring it). Organic Farming, meditation, sports, working skills, infrastructure improvement, painting courses, there are so many things possible. We will support, the team will support but be ready to be inventive, active and in a context where sometimes easy things don't work... !

General conditions (to be read carefully !) :

1. Being 18 years old. (Ideally more than 21 years old) and with some clear experiences, skills, motivations to serve CPCS, its kids and youth.
2. Being autonomous and independent. This is an important condition to be able to work in the existing structure. The volunteer must not be a burden to the team. He/she has to manage his daily routine and transportation himself, and be able to deal with the difficulties that come with distant travels (cultural, social, medical, practical).
3. Being prepared and informed about the country, reading the documents about the project and undertaking steps to raise funds (as a participation to the project and its centers and departments).
4. Being insured by an insurance company that covers medical repatriation, and support costs (even in case of conflicts/earthquakes in the country or the need of an helicopter evacuation).
5. Coming to Nepal with an active, respectful and social attitude. (We have no time to loose with people complaining all the time, wifi-addicted, judging, etc. We need support and positivity)

Some remarks:

- a. There are excellent travel agencies that organise trips to Nepal (and the Nepalese economy needs them). You can contact them for a touristic trip.
- b. The hippie scene in Kathmandu is over since 30 years.
- c. To meditate and resource yourself, there are excellent Buddhist centers and Hindhu ashrams all over the world. The children for whom we work already, face enough psychological and identity problems.

→ Being a volunteer is devoting oneself to others, sharing with them, giving, learning, watching, feeling, living, creating things with them. However, it is also a difficult step to integrate oneself into an existing system (in a different culture, with different habits and many things you may not understand!)

CPCS (Child Protection Centers and Services) :

Please check our website : www.cpcs.international

And about our methodologies : www.cpcs-alliance.org

Connect on our facebook (friends of CPCS) or CPCS International Page.



CPCS works on 24 programs/actions helping 1500-1800 children/youth in street situations and children/youth at risk every month:

1. Socialization centers facilities welcoming 30 to 50 children daily
2. Informal Education Service: working in the street and meeting with 20 to 50 children and youths daily
3. Field activities covering more than 20 areas in 8 districts (mainly around Morang, Sindhuli, Dolakha, Kathmandu and Lalitpur districts): 4000 to 5000 beneficiaries per month
4. Emergency line available 24 hours a day in Katmandu and focusing on children and youths in street situations
5. Recovery center and medical care for 50 to 70 children, youths and street adults monthly
6. Counseling and psychological support for 200 to 300 children monthly (mainly in Dolakha and Kathmandu offices)
7. Research on various issues (abuse)
8. BHCA (Better Health Care Access) and awareness (about Gender Based Violence, Sexual Education, Drugs, etc.) for schoolchildren and guardians daily (12 000 to 15 000 beneficiaries per month)
9. Youth Empowerment Programs for 20-40 youths in street situation
10. Family visits and reunification for 10-15 children monthly
11. Schooling support for 15.000 children (through BHCA program or other programs).
12. Public awareness campaigns
13. Socialization and alphabetization classes for 1600-1800 children daily
14. Raise of international awareness about children's rights and the case of children in street situations
15. Local networking and international partnerships
16. Rehabilitation process for 30-50 children and youths
17. Hygiene and clothes distribution for 1200 to 1600 Children
18. Street bank for children in street situations
19. Leisure activities as picnics, camps or games in the open
20. Kitchen club – feeding 100 to 200 children daily (+ snacks for 1500)
21. Raise of children's self-esteem and awareness about children's rights, fundamental rights and national law.
22. Children library and literacy classes for 1500-1800 children daily
23. Child social rehabilitation process, and individual interventions for children and youths
24. Child rights protection programs – security, legal help and court actions

CPCS International is represented in France by CPCS-France (www.cpcs.fr) and in Belgium by CPCS-Belgium (www.cpcs.be)

The programs in which the volunteers will be actively involved :

Program 1 (for ALL) : Godawari (Kathmandu Valley) – First contact with CPCS, Nepal and children at risks :

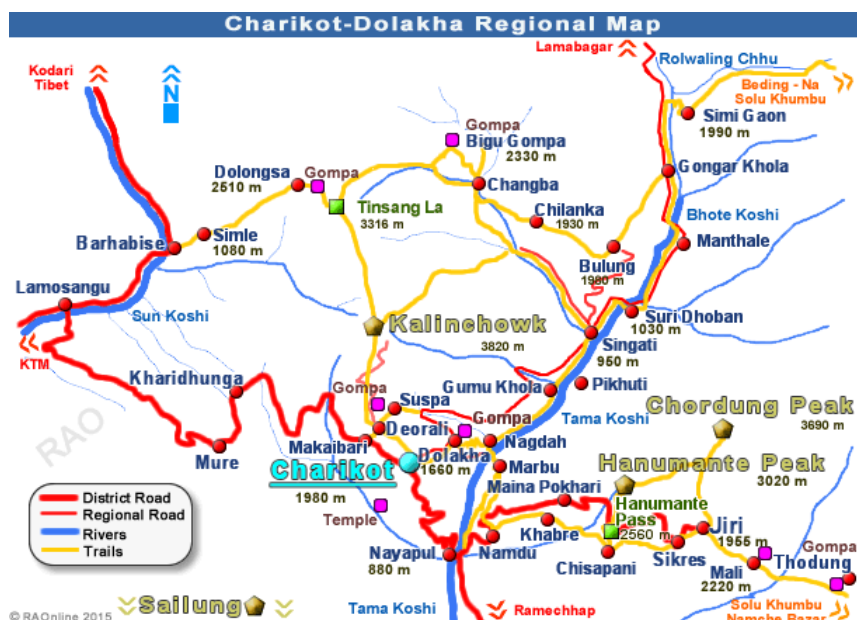
When you arrive at Kathmandu Airport, you will be welcomed and hosted in our Godawari Office in a local lounge. For 2-3 days (depending our vehicles movement, bus, etc), you will be explained about CPCS programs in Nepal and mobilized for basic tuitions, activities, games with the children sheltered in our Socialisation and Recovery Center. This place support children at risks and children in street situations and offers them medical care, socialization, educational activities, etc.

As per our possibilities, you will be accompanied to the Program 2, in Dolakha (in the country side). Godawari is located 40 minutes from the airport (depending traffic jams) :

<http://www.nepal.com/central/godawari/>

Program 2 : The rehabilitation and schooling program (Dolakha District – Nepal

This Regional office is located at Deurali, in the remote district of Dolakha (5 hours drive from Kathmandu – east side of the country). The volunteers will be sheltered in “Les Terrasses Mountain Resort” (www.lesterrasses.info) (next door). Team members and children are living closeby (next door) and the area is very beautiful.



Reaching the center is not easy but our team will ensure that the volunteer reach the place safely, with our own transport or in Public Buses. (On the map: Just up from Charikot - near Suspa – Deurali (Deurali)) In this center, 30-60 girls and boys are sheltered in a rehabilitation program (before going back to their own house) and 500 families (2000 children) are supported in various local schools.

Children in the **Rehabilitation program** are accommodated in this center. This phase takes as long as the child needs it and until he can go back to his family or another organization.

This center also hosts the **schooling program**, which is part of the rehabilitation program. This program is the first phase in which the child who has just been brought off the Streets integrates socially through activities such as creating art, education, sports and psychological support. If returning to their family does not appear as being an option for the child, they are instead encouraged to join the rehabilitation program in which they can engage and become more accommodated to the idea of going to school. We support all children who want to go (back) to school.



The shelter and rehabilitation center accommodates between 25 and 80 children. (Sometimes more)

Several photos or videos of this program can be found on youtube (type : CPCS International)

Details concerning volunteering in the Dolakha Regional Center :

- Maximum four volunteers (M/F) ;
- Schedule to arrange with the head of the department, from 7 am to 6 pm. (not earlier, nor later because of several reasons) ;
- Helping the schooling children (interns and locals) with their homework;
- Cleaning the center, washing clothes;
- Organising fun activities (in-between class hours);
- Activities on Saturdays and holidays;
- Helping during the Kitchen Club;
- Supporting those who do not go to school during class hours;
- Maintenance activities in the center (painting, etc., if the budget allows it) ;
- Musical and sports activities;
- Basic English is necessary for a good communication with the team;
- Snacks and meals with the children and the team (Rice, lentel, good local food!) ;
- Daily tuitions in kindergarden in Partner Public Schools;
- Gardening and farming in the NGO property;
- Library Management with the team;
- Accomodations are just outside of the Regional Center Complex, in “Les Terrasses” Mountain Resort.
- Attention, from november to February include, Dolakha is a cold place ! But views of the Himalayas are wonderful !



Housing, meals and transportation :

In Dolakha, the accommodation for our volunteers are shared rooms (2 persons per room max) in “Les Terrasses” Mountain Resort. This hotel is used as a training center for our youth. Meals will be taken in the center along with the team and children. In Katmandu, for the two initial nights, a cosy (simple) room in a lodge is taken. (Attention, only food in centers is provided by the office)

The following facilities are included in the requested contribution of 2500 NPR per day (+- 17 euros) :

- Airport pick up
- Transport to the location (Dolakha, in the beginning and end of the volunteer period – not during weekends or small holidays) with our cars or local bus (with a staff)
- Standard rooms (shared, one room for max 2 volunteers)
- Cleaning of the room (two/three times a week)
- Clean sheets (twice a week) / towels
- All local meals in Dolakha. (in the centre only, hotel restaurant bills is not covered). In Kathmandu (Godawari), morning meal (rice at 9), evening meal and snacks in children centers.
- Safe drinking water in Dolakha
- Cold and (sometimes) hot water
- Follow up by an english speaking staff



Les Terrasses – Resort (In Dolakha) (formal opening from October 2023)

Fund raising (not compulsory but strongly suggested) :

You are encouraged to organise a Small event/fundraising activity that ensures your daily expenses are covered. You can take your fundraising even further by distributing some of the fundrasing to the activities that are done by CPCS. This is a request, not compulsory!

It is important to know that CPCS does not benefit from governmental funds nor receives international grants. (UN, European Union, agencies, etc).

Our survival and independence of the projects depend on our capacity and efforts to gather funds worldwide. Thousands of children are dependent on and receive support from CPCS. This adventure must continue to live and giving the growing need, the gathering of funds is the atmost importance.

This is also why we request the volunteers to pay the accommodation by themselves, so we do not have to use « children/project money » to cover volunteers expenses. Volunteering as such is for free, but fundraising for CPCS also assures us that those participants who come to our centers are not « simple tourists », but motivated people that put a lot of themselves into our cause and the children we support.

« Fundraising » is an important part of our administrative work. Therefore, we think it is logical to implicate people who come to Nepal with a real intention to help us in this.

The financial situation of the volunteers should not under any circumstance be an obstacle to a participation to the programs. It is self-evident that the private costs of the trip must be covered in one way or the other. Our program does not only target wealthy people. We advise the future volunteer to mobilise his close environment (family and friends), to organise events, to contact local institutions (clubs, scouts, organizations).



The view from the Mountain Resort in Dolakha (Les Terrasses)

To arrange yourself (not done by CPCS) :

- The visa. It can be obtained in the Nepalese embassies in Europe. (Belgium : 210 avenue Brugmann 210, 1050 Brussels) or directly at the airport in Kathmandu.
 - Attention!!: The Nepalese tourist visa is only valid for 5 months (150 days) and long-term visas are very difficult to obtain.
- The plane ticket. The prices vary from 600 to 1.500 Euro. Different companies fly to Nepal: Etihad, Gulf Air, Turkish Airlines, Qatar Airways, Jet Airways, etc.
- Vaccinations. Talk about it with your doctor. The most important vaccines are: typhoid fever, hepatitis B, possibly meningitis and do not forget basic vaccinations such as tetanus. Malaria pills are not necessary, unless you plan on going to the Terai (Chitwan).
- Insurance and medical care (these are to be paid by and be the responsibility of volunteers themselves). Contact your mutual insurance company
 - Attention!!: Ensure to include reappatriation – helicopter transfer, etc
- The pharmacy. Foresee the necessary and do not forget the mosquitos.
- Personal hygiene
- Clothes suitable for the season in which you plan to stay. The Winter is quite cold (long pants and warm jumpers), while the summer is very hot and rainy due to the monsoon season (appropriate summer clothes and umbrella).
- Transportation and taxis. Taxis are cheap and local buses are extremely cheap.
- Other personal costs (this depends on one's own needs and budget).



Important rules and useful advice :

ATTENTION! CPCS Has a CHILD PROTECTION POLICY and it has to be respected and Signed !

- It is important **not to give anything directly** to the children. Our « education-ticket » system and our philosophy does not allow this.
- **Respect the Nepalese legislation.**
- **Alcohol is strictly forbidden in our centers.** Even drinking 1 glass before entering a center is not allowed.
- **Do never give or lend any money to our staff members.**
- Pay attention to your **personal belongings**, **Do not bring** any valuable things with you in the centers.
- The use of **marijuana** or any other type of drugs is **strictly prohibited**.
- **It is not allowed to be alone with a child** (without the presence of a staff member). (see the child protection policy !)
- It is **not allowed to leave the center with one child or a group of children without permission** (seldom) of a senior staff (even if it is an organised group activity). A visit outside the center and in the field can exceptionnally be organised, with permission of the direction and the management.
- Concerning pictures we have a **strict policy** (consult our brochures). Do always ask for permission before taking pictures of the children. Also even when you have returned home, please try to respect our policy and do not show any profiles (except in some cases such as the documovie Beli). Give the priority to group pictures. The pictures on which the children can be clearly recognised can only be shown in private circles (except with the permission of the administration).
- **Creating a good bond with the staff members is important.** Nevertheless, do keep in mind that keeping a social harmony in CPCS is not an easy matter. For example : a high number of staff members, difficult work conditions, low salary, huge work pressure, caste-system (and difference), different backgrounds, etc. Avoid mingling in tensions that could exist between staff members such as jealousy. No gifts should be given.
- **ATTENTION !** A CPCS volunteer comes to support the children and the organization. In order to maintain a good atmosphère, it is important to keep in mind the cultural différences as well as the attraction of occidental stuff (such as visa and money). **Again : it is important to maintain a good atmosphere. Holiday flings with staff members are very inappropriate !** Relationships (love affairs) between a staff member and a volunteer will be immediately sanctionned. The volunteer aswell as the staff member will have to leave the organization immediately.
- Be aware of the fact that for our staff members aswell as the inhabitants of our centers, « the european » and the country where he comes from is a dream to them. A paradise. **Avoid maintaining this stereotype.**

Be aware that some things in CPCS may seem odd and difficult to understand. Nothing is black or white. Our organization and our staff members definitely have their flaws but also a lot of qualities. Avoid judging the staff members and the children too fast. They often have years of history with the streetlife.

- **Nepal is not a dangerous country**, even if the media pretends it is. In Kathmandu in particular, the situation is completely under control. Still, you need to be vigilant and make sure not to go walking around alone during the night, etc. In times of political troubles (which there are many of), it is important to follow the instructions of the local administration and the European head administration. We are not responsible if the volunteer does not follow these instructions. We consider the volunteer as a mature independent person with a sense of responsibility.
- **Avoid encouraging streetbegging and do not give any money to the children in street situations.** We are trying to stop this money flow that makes some children even richer than our staff members. This makes the children be more distant towards our services (more information can be found in the brochure).
- **Any information about the life and background of our beneficiaries are strictly confidential.** Keep this in mind. Avoid using this information (for example, for research) without the authorization of the organization. We are open to university research but also respect professional secrecy. This is of great importance. Also, the street children have a right to privacy. Some subjects are sensitive and must be left secret such as seropositivity, the past of an abused child, criminality, etc. On the other hand, it is problematic and difficult to create a bond of trust with the child when it is constantly being overwhelmed by researchers who always ask the same questions.

Useful advice:

- Drinking one glass of alcohol (ore more) in the evening is of course allowed. But make sure that parties do not have a negative influence on your work. (never come inside a center after having drinking, it's against the rules)
- Buy a travelguide such as Routard or Lonely Planet and a small dictionnary.
- **Cultural tips:**
 - Avoid shocking or hurting other people.
 - For the ladies: do not wear revealing clothing such as uncovered legs (i.e : shorts) and/or uncovered shoulders (i.e : strapless tops) - these are not tolerated.
 - Do not eat from your neighbours' plate. Nepalese people are generally very tolerant, however you should respect their cultural valves.
- **Do not hesitate** to visit other centers/NGO's that help children in street situations, because CPCS relies on cooperation and mutual enrichment.

House rules in “Les Terrasses” Mountain Resort :

- Keep in mind that the accommodation is an hotel. Maintain a good atmosphere and make sure everybody has a good and pleasant time. This place serve also has a training center for youth at risks. (organic farming, goat farm, hospitality training, etc.) and 50 % of its profits is going back to social projects in Dolakha.
- Treat the Nepalese employees and neighbors with respect.
- The use of drugs is strictly prohibited.
- It is not allowed to bring guests nor children or youngsters into the Resort. In case an « outsider » (also a staffmember of CPCS) is invited, the direction has to be informed about it.
- Respect the hygiene of the common bathrooms.
- **In Dolakha:** Do not forget that you are in a remote area and to respect the environment you are living in.
- Respect the dress code : no bare shoulders, no bare legs.
- Always consult those in charge before you plan any activity.

Nepal:



Nepal is a small country of 147.181 km² situated between India and China, in which there are immense diversities between landscapes.

Till 1951, Nepal was a closed kingdom to foreigners. The most important source of income was agriculture. However, Nepal soon became a popular destination for hippies but now it attracts a lot of tourists (for trekking, hiking, safaris and rafting). Also, a lot of occidentales are attracted to Nepal in search for spirituality.

The official language is Nepalese and the currency is the Nepalese rupee.

Nepal is one of the poorest and least developed countries worldwide. 42% of the population lives under the povertyline. The population contains 60 different ethnic groups and castes. 80% of the Nepalese are Hindu and Buddhism is the second religion. You can find temples in Nepal where both religions are being practiced.

Untill recently, Nepal was a constitutional monarchy with King Gyanendra as head of the state up until 2007. He became king after the murder of his brother, King Birendra during a royal massacre at a monthly dinner reunion.



The new and unpopular king is accused of being against a multi-party system. In 2007, there was a transition government consisting of representatives of all the most important political parties. Of these ministers, five of them belong to the maoist ex-guerilla. On the 28th of December 2007, the parliament approved a resolution with 270 votes against 3, which abolished the monarchy. A new governmental body was created after the elections in mid-april 2008, which had to establish a new constitution and declare Nepal as a « federal democratic republic ». At this present moment, Nepal continues to deal with its difficult and chaotic ways of facing democracy. This is a very difficult task because of the fragile economical system, the extreme poverty, the ethnical differences and the cost of demographic growth.

Information:

www.nepalnews.com

www.kantipuronline.com

The volunteering procedure:

When you have read the document carefully and made your decision, you can send your application to the following addresses: inge@cpcs.international – jean-christophe@cpcs.international

Reminder for the visa :

A visa for Nepal is valuable for maximum 5 months (150 days)

Your contribution will be paid directly in Nepal to “Les Terrasses” Mountain Resort. (after you reach Dolakha, payment can be in cash or from October 2023 by credit card).

A small guide – The beginning of your journey:

*So, your plane lands in Kathmandu – you’re finally here... Welcome!!
We advise you to exchange a bit of money in the airport (a small amount).*

The exit of the airport is full of taxidrivers, people who offer you all kinds of « good deals », cheap lodging, etc.

Do not follow them. A CPCS member will wait for you at the airport (outside) with a small signboard with your name written on it.

*In case you lose the way or your play is delayed, please call
Inge Bracke: 00977 98 981245501
Bijesh Shrestha (00977 9801245503 / 9841572649)*

At the Central Office, you will receive any necessary information. Then, 2 or 3 days later (depending on our vehicle or local bus movement), you will go to Dolakha along with a staff member.

During your first days in Godawari, please Inform your EMBASSY or Consulate about your presence in Nepal!

Keep Positive ! Being in Nepal is great ! Sometimes things may get complicated or unusual ! But, Dont stress ! Cool Down ! Adapt and learn !

People in charge of CPCS in Nepal

Attention!! Due to a big workload, the CPCS-team is unable to take care of the following practical matters: appropriate clothing, lodging, food, transport, and vaccinations.

Who to contact for all kinds of administrative problems concerning the volunteering

Inge Bracke inge@cpcs.international
(Dutch/English)
Country Director Nepal
00977 981245501

Inge Bracke : inge@cpcs.international
(Dutch/English/French)
Country Director Nepal
00977 981245501
Whatsapp : 0032485922157

Bijesh Shrestha : bijesh@cpcs.international
(English)
Executive Director (Nepal)
00977 9801245503

Jean-Christophe Ryckmans : jean-christophe@cpcs.international
(English / French)
Whatsapp : 0032 477719027

Additional information

A. Bank data for donations (extra support) – (not the daily contribution for the accomodations to be paid directly to the Mountain Resort in Dolakha) :

CPCS International
Rue de Larmont 18
5377 Noiseux
Belgium
Account number: BE 90 0689 0378 8332
Swift: GKCCBEBB

(free of transfer cost from any European country)

B. Internships – unemployment:

For possible internships, an agreement can be made at CPCS in Nepal. This is only in the case of administrative and practical matters of the internship being limited and appears useful for the education and socialisation of the children.

C. The « Friends of CPCS »:

After your experience as volunteer in Nepal and have now returned home, you can continue being involved with our projects by becoming a « Friend of CPCS » or join the volunteers Facebook page: CPCS Volunteers or CPCS Belgium or CPCS France. You can also create your own support group in your place !

APPLICATION FORM

To send back completed and sign inge@cpcs.international and jean-christophe@cpcs.international

Surname:	First name:
Complete address:	
Phone number:	Email:
Person to contact and details (phone, mail, name) - in case of emergency (when in Nepal) :	

Qualifications and/or professional experience (in line with the project):

Motivation:

Duration of stay (approximately):

Months and dates (approximately):

Shared room (2500 NPR) per day ! (covering transport/lodge/shared room (simple)/food (all meals in the centers (with children and staffs – Meals and drinks taken in Les Terrasses Resort is not included.)

I, the undersigned, _____, hereby confirm that I have read and accepted all information and conditions of the document « Becoming a volunteer ».

For the daily contribution for accomodations, I reserve a place for _____ days at 2500 NPR (+- 17 euros) per day (taxes and service charge include) = _____

I will pay that amount at “Les Terrasses” Mountain Resort per day spent. (including the 2/3 nights in Godawari)

I am coming as an independent person and am aware of the fact that neither CPCS International in Europe nor CPCS in Nepal are responsible for me during my stay. I will have my own insurance covering reappatriation and any medical covering as well as helicopter evacuation if needed.

Place and date:

Signature: