

CPCS

“Child Protection Centers and Services”

2025-2026



2025-2026

Becoming a **“Volunteer”**

(no specific qualifications required) for children at risk in Nepal

Or a **“Mentor”**

(specific knowledge needed) to train our team, our youth at risks
and bring your professional skills to CPCS

Index :

BEING A VOLUNTEER OR A MENTOR.....	3
1. VOLUNTEERING :.....	3
2. MENTORING	4
GENERAL CONDITIONS (TO BE READ CAREFULLY !) :.....	4
CPCS (CHILD PROTECTION CENTERS AND SERVICES) :	6
THE PROGRAMS IN WHICH THE VOLUNTEERS OR MENTORS WILL BE ACTIVELY INVOLVED :.....	8
<i>PROGRAM 1 (FOR ALL) : GODAWARI (KATHMANDU VALLEY) – FIRST CONTACT WITH CPCS, NEPAL AND CHILDREN AT RISKS :</i>	<i>8</i>
<i>PROGRAM 2 : THE REHABILITATION AND SCHOOLING PROGRAM (DOLAKHA DISTRICT – NEPAL)</i>	<i>8</i>
<i>.....</i>	<i>10</i>
<i>PROGRAM 3 : MAINLY FOR MENTORS WITH SKILLS/PROFESSIONAL EXPERIENCES – MONITORING AND TRAINING FOR YOUTH AT RISKS (AND TEAM FROM OUR PARTNER AT LES TERRASSES)</i>	<i>11</i>
HOUSING, MEALS AND TRANSPORTATION :.....	15
FUND RAISING (NOT COMPULSORY BUT STRONGLY SUGGESTED) :.....	17
IMPORTANT RULES AND USEFUL ADVICE :	19
USEFUL ADVICE:	20
NEPAL :.....	22
THE VOLUNTEERING PROCEDURE:.....	23
PEOPLE IN CHARGE OF CPCS IN NEPAL.....	24
ADDITIONAL INFORMATION.....	25
APPLICATION FORM.....	26

Being a volunteer or a mentor

1. Volunteering :

Whether you are a volunteer, tourist, friend, or sponsor, there are many ways to get involved. Volunteering, or working for a good cause, is becoming increasingly important worldwide. However, the lines between humanitarian tourism, cooperation, social work, north-south relations, and self-financing programs can often blur. That's why we want to explain how our project operates.

At CPCS, we expect the following from our volunteers:

- Assisting children during classes and with their homework (for both boys and girls attending school).
- Helping in the kitchen or with domestic chores.
- Organizing cultural, artistic, or sports activities.
- Providing tutoring at local schools.
- Participating in gardening or farming activities.
- Assisting with administrative tasks if necessary (e.g., translations).

To be a volunteer, you need to bring your own passion and motivation. We welcome new project ideas, talents, or knowledge you can share with our staff and children. We would love it if you could contribute something specific based on your background. For example:

- Teaching new educational tools to local teachers.
- Improving the libraries of several schools.
- Teaching magic tricks or games.
- Enhancing our farming activities.
- Offering English lessons or cooking classes.
- Training a football team.
- Improving our accounting system.
- Starting a pottery workshop, and more.

It doesn't have to be something big or impressive; you'll find that bringing a personal project adds more meaning to your volunteer experience.

No specific skills are required to become a volunteer—just plenty of motivation!

Please present your project (briefly) ****before**** arriving, and ensure you have the necessary materials. If certain items aren't available in Nepal, we ask that you bring them with you. From small projects in organic farming, meditation, sports, or infrastructure improvements, to painting courses—so much is possible, even with limited skills! We'll support you, the team will support you, but be prepared to be creative, proactive, and flexible in a setting where even simple tasks can sometimes be a challenge!

2. Mentoring

While we don't require specific skills from our volunteers, their motivation is more than enough. However, we do have higher expectations for our "Mentors." Being a mentor at CPCS means having specific professional skills, knowledge, and experience, and being able to share them with our team.

We are currently looking for mentors in the following areas:

- Agriculture and farming activities (animal care, husbandry, beekeeping)
- Building management (plumbing, electrical work, insulation, etc.)
- Hospitality industry (cooking, hotel management, etc.)
- Social sector (case studies, child care approaches)
- Accounting

Mentors work closely with a dedicated part of the team and are expected to design and implement a training program. Whether offering guidance or hands-on mentoring, these programs can be either short-term or long-term.

General conditions (to be read carefully !):

For volunteers :

1. You must be at least 18 years old (ideally over 21) with clear experience, skills, and strong motivation to serve CPCS, its children, and its youth.
2. You should be autonomous and independent. This is crucial for working within the existing structure. Volunteers must not be a burden to the team and should manage their daily routine and transportation independently, as well as handle the challenges of long-distance travel (cultural, social, medical, and practical).
3. Be prepared and well-informed about the country. It's important to read the project documents and take steps to raise funds as part of your contribution to the project, its centers, and departments.
4. Have insurance coverage that includes medical repatriation and support costs (even in case of conflicts, earthquakes, or helicopter evacuation).
5. Arrive in Nepal with an active, respectful, and positive attitude. We don't have time for constant complaints, Wi-Fi dependency, or judgmental behavior. We need support and positivity.

Additional remarks:

- There are excellent travel agencies that organize trips to Nepal, which support the local economy. For a touristic experience, we recommend contacting them.
- The hippie scene in Kathmandu has been gone for over 30 years.
- For meditation and spiritual retreats, there are many excellent Buddhist centers and Hindu ashrams around the world. The children we work with already face significant psychological and identity issues.

Being a volunteer or mentor is about devoting yourself to others—sharing, giving, learning, observing, feeling, living, and creating with them. However, integrating into an existing system, especially in a different culture with unfamiliar habits, can be a challenging process!

For Mentors :

In addition to the conditions listed above, mentors must have a specific professional skill they can teach to our team or youth. (Our youth program focuses mainly on agriculture and the hospitality business.)

Some remarks:

- a. There are excellent travel agencies that organize 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 Hindu ashrams all over the world. The children for whom we work already, face enough psychological and identity problems.

Being a volunteer or mentor is about devoting yourself to others—sharing, giving, learning, observing, feeling, living, and creating with them. However, integrating into an existing system, especially in a different culture with unfamiliar habits, can be a challenging process!

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
<https://www.facebook.com/CPCS.INT>



CPCS works on 24 programs/actions helping thousands of 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

Please check our website for the most recent reports :

<https://cpcs.international/index.php/en/reports-and-publications/annual-reports/>

The programs in which the volunteers or mentors will be actively involved :

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

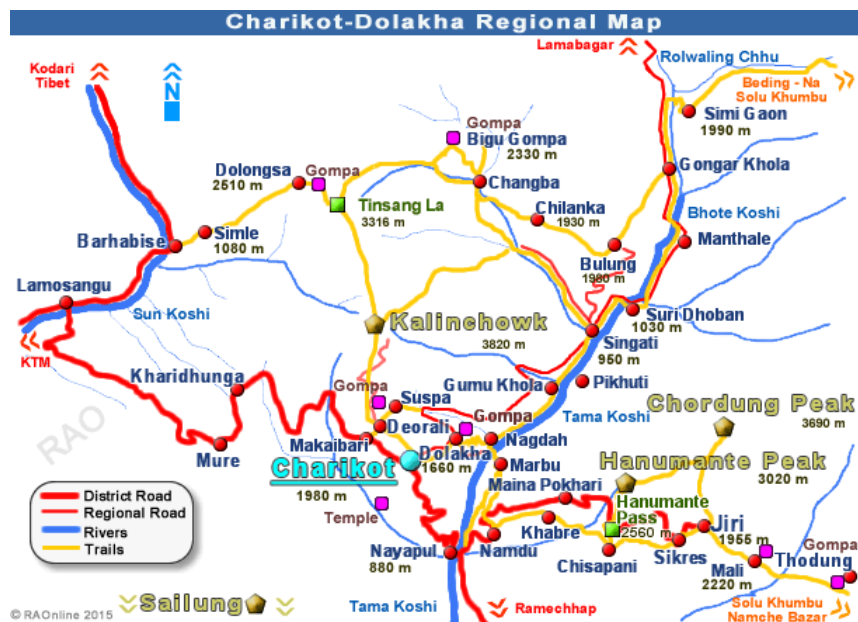
When you arrive at Kathmandu Airport, you will be welcomed and hosted in our Godawari Office in a local lounge. For 2-3 days (depending on our vehicles movement, bus, etc), you will be explained about CPCS programs in Nepal and mobilized for basic tuitions, activities, games with the children sheltered in our Socialization and Recovery Center. This place supports children at risk 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 countryside). Godawari is located 40 minutes from the airport (depending on traffic jams) :

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

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” (<https://www.lesterrasseshimalayanresort.com>) (next door). Team members and children are living close by (next door) and the area is very beautiful.



Reaching the center is not easy but our team will ensure that the volunteer reaches 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 find 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 8 pm (with breaks) (not earlier, nor later because of several reasons) ;
- Helping the schooling children (interns and locals) with their homework during the morning class (7am – 9am) and the evening class (5pm – 7 pm)
- Go to school with the children and help the teachers (10am – 1pm or 4pm)
- Organizing fun activities (in-between class hours);
- Organizing and planning activities on Saturdays and holidays (music, games, sport, manual activities like painting, coloring, origami,...) this is the best moment to do your project
- Helping during the cooking youth program (in Les Terrasses)
- Supporting those who do not go to school during class hours;
- Maintenance activities in the center (painting, etc., if the budget allows it) ;
- Basic English is necessary for a good communication with the team;
- Snacks and meals with the children and the team (Rice, lentil, good local food!) ;
- Daily tuitions in kindergarten in Partner Public Schools; ?
- Gardening and farming in the NGO property; ?
- Library Management with the team;
- Accommodations 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 !



Program 3 : Mainly for mentors with skills/professional experiences – Monitoring and Training for Youth at risks (and team from our partner at Les Terrasses)

The Youth Program was developed with the aim of providing services and interventions tailored to the specific needs of young individuals. CPCS achieves this by assigning them responsibilities and offering guidance towards their professional and future endeavors, taking into account their literacy levels, educational backgrounds, and aspirations. CPCS promotes youth responsibility through their participation in daily work activities, involvement in CPCS programs, tutoring, office assistance, kitchen support, and participation in discussion groups.

“Mentors” with skills are more than welcome to come and train the youth (along with les terrasses (our partner) team members. Many things can be done : building renovations and management, financial training, hospitality management, cooking, development of our farm (husbandry and orchard), bees keeping, bakery, restaurant management, etc. The mentor with a specific skill will be involve in training the team (including of course the youth involved).

Some explanations about the program :

Youth have the option to choose from various pathways that offer progressive responsibilities:

- ✓ Training in 5 levels leading to becoming a social worker: Starting as a junior social worker, progressing to a social worker assistant, and eventually becoming a full-fledged social worker.
- ✓ Vocational training in various fields (such as electricity or mechanics) provided by partner organizations. (and eco-farming since 2022/2024 + hospitality, tourism, trekking in 2024 by Les Terrasses Mountain Resort.
- ✓ Informal classes in art and sports.

Keeping youth in street situations away from city attractions during their Eco farming training in the Dolakha Center (in link with and coordinated by Les Terrasses Mountain Resort) can have several important reasons and benefits:

1. Distraction-Free Environment: By being away from city attractions, youth in street situations can focus more effectively on their eco-farming training. City attractions often come with distractions such as entertainment venues, social gatherings, and other temptations that can divert their attention and hinder their learning process. Being in a serene and less stimulating environment allows them to concentrate on acquiring the necessary knowledge and skills.

2. Reconnecting with Nature: Dolakha's rural setting provides an opportunity for youth in street situations to reconnect with nature. Spending time away from city distractions allows them to immerse themselves in the natural surroundings, which can be therapeutic and conducive to personal growth. It enables them to appreciate the beauty of the natural environment and develop a deeper understanding of the importance of ecofarming and environmental conservation.

3. Reduced Negative Influences: City attractions can sometimes expose youth to negative influences such as substance abuse, criminal activities, or unhealthy social behaviors. By being away from these attractions, they are less likely to be influenced by such detrimental activities. Instead, they can focus on positive learning experiences, building healthier relationships, and engaging in activities that promote personal and professional development.

4. Building a Strong Community: Being away from city attractions encourages youth in street situations to form a close-knit community with their peers and trainers in the Dolakha center. This sense of community fosters a supportive and encouraging environment, where they can share experiences, learn from one another, and collaborate on ecofarming projects. It enhances their social skills, teamwork, and creates a sense of belonging and camaraderie.

5. Immersion in Agricultural Environment: Dolakha's rural setting provides a unique opportunity for youth in street situations to fully immerse themselves in the agricultural environment. By being away from city attractions, they can experience firsthand the challenges, rewards, and practical aspects of Eco farming. This immersive experience helps them develop a deeper connection to the land, understand local agricultural practices, and cultivate a passion for sustainable farming.

6. Cultivating Discipline and Responsibility: Distance from city attractions can contribute to cultivating discipline and a sense of responsibility among youth in street situations. Living and working in a rural environment with structured training schedules and farming tasks instills important values such as punctuality, perseverance, and accountability. These qualities are essential for success in Eco farming and can also be applied to other aspects of life.

7. Promoting Healthy Lifestyles: City attractions often revolve around sedentary activities and unhealthy habits. By being away from these attractions, youth in street situations are more likely to engage in physical activities, embrace healthier lifestyles, and develop habits that promote their overall well-being.



Eco farming involves physical work, outdoor activities, and a focus on nutritious food, which further supports their journey towards a healthier lifestyle.

Overall, being away from city attractions during Eco farming training in the Dolakha center provides youth in street situations with a conducive learning environment, shields them from negative influences, fosters community building, immerses them in agriculture, cultivates discipline, and promotes healthier lifestyles. These factors contribute to a more effective and transformative training experience, empowering them to create sustainable futures for themselves and their communities.

Progressively, various hospitality trainings (hotel, restaurant, trekking, bar, household, ...) will be provided to Youth at risks. Between 40% and 60% of the profits generated will ensure self-funding of some social activities.



The training centre is located next to the Regional Office – Dolakha. It's a prime touristic area located 3 to 4 hours from Kathmandu. There is a significant potential for development with superb tourist sites located nearby (Kalinchowk – 4000 m high – pristine Hindu Sanctuary) – Dolakha Old town – Thami Historical museum, etc. The risk of failure is very low. The resort will be the best place 100 km around. (A Quality mountain resort, with nice, clean facilities.)

An English-speaking staff will help the mentor to ensure his/her skill can be transferred to local communities and youth.

Housing, meals and transportation :

In Katmandu, for the two initial nights, a cozy (simple) room in a lodge is taken. (Attention, only food in centers is provided by the office)

In Dolakha,

We have 3 types of facilities available for volunteers :

1. Option 1 : Simple – Cheap and Local :

Small local cottage just next door from the Regional Centre and next our partner “Les Terrasses” (www.lesterrasseshimalayanresort.com)

The accommodation for our volunteers are shared rooms (2 persons per room max, shared with a local team member or another volunteer).

This is a local “style” cottage with basic amenities. A very simple toilet/bathroom outside.

All meals will be provided for free at CPCS along with the team and children.

You still enjoy a 25% discount at Les terrasses on food and drinks. We charge volunteers (not mentors) 1500 NPR per day including transport from Katmandou, rooms and food.

2. Option 2 :

A better accommodation is available inside “Les Terrasses” Himalayan Resort¹, a hotel next to the rehabilitation center. Meals will be taken in the center along with the team and children. The hotel also has a restaurant where volunteers can take a drink, a snack or a meal but this is not covered. (25% discount offered on drinks and food) for volunteers : The following facilities are included in the requested contribution of 2500 NPR per day (+/- 17 euros). For mentors, those facilities are free of cost as a recognition of the skills, knowledge, trainings provided to our team and/or Youth :

- 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 in hotel (single)
- Cleaning of the room (one time a week)

¹ 1. The purpose of this hotel is partly to ensure training for youth at risk that stay in the center such as eco-farming (the hotel has goats, chickens and several fields of plantations), hospitality, tourism, cooking,... but also to give tourists the opportunity to experience the tranquility of this place overlooking the mountains. For more information about the hotel : <https://www.lesterrasseshimalayanresort.com>

- Clean sheets (one time a week) / towels
- All local meals in Dolakha. (in the center 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

3. Option 3 :

All rooms of “Les Terrasses” are available for our guests with a discount of 25 % on normal room rates (and on food and drinks) : www.lesterrasseshimalayanresort.com



Fund raising (not compulsory but strongly suggested) :

You are encouraged to organize a small event/fundraising activity that ensures your daily expenses are covered. You can take your fundraising even further by distributing some of the fundraising 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 utmost 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 mobilize his close environment (family and friends), to organize 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 repatriation – 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 organized group activity). A visit outside the center and in the field can exceptionally be organized, 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 recognized 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 or mentor comes to support the children and the organization. In order to maintain a good atmosphere, it is important to keep in mind the cultural differences 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 sanctioned. The volunteer as well as the staff member will have to leave the organization immediately.
- Be aware of the fact that for our staff members as well 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 street life.

- **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 street begging 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 (or 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 travel guide such as Routard or Lonely Planet and a small dictionary.
- **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 neighbors' plate. Nepalese people are generally very tolerant, however you should respect their cultural values.
- **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 our accomodations :

- Keep in mind that the accommodation is also an hotel if you decided to use the Option 2 or 3. Option 1 is outside of the resort premises. 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 staff member 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 occidentals 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 poverty line. 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.

Until 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 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 taxi drivers, 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 plane is delayed, please call
Bijesh Shrestha (00977 9801245503 / 9841572649)*

At the Central Office, you will receive any necessary information. Then, 2 or 3 days later (depending on our vehicular local bus movement 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, Don’t 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)
Whatsapp +32 490368202

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 accommodations to be paid directly to the Himalayan 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 socialization 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) :

Do you apply for volunteer or mentor position ?

If you apply for a mentor position, please sent a full CV, and any additional info you think necessary (description of your skills and experience and how you plan to use it in CPCS, to ensure our team and/or youth benefits from your knowledge and experience).

Motivation (both for mentor or volunteer, explain in few words, why you want to join CPCS :

Duration of stay (approximately):

Months and dates (approximately):

Option of accommodation chosen (you can change later on the spot)

Option 1 : Shared room (1500 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 are not included.)

Option 2 : 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 are not included.)

Note that option 2 is free of charge for mentors !!!

Option 3 : Resort rates (minus 25%) – rates on www.lesterrasseshimalayanresort.com

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

For the daily contribution for accommodations, I reserve a place for _____ days at _____ NPR 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 repatriation and any medical covering as well as helicopter evacuation if needed.

Place and date:

Signature: