

Post Disaster Relief Project 2015

Introduction

Volunteers Initiative Nepal is a non-profit, non-governmental organization working on the community development programs. VIN has been working with three communities. VIN implemented its programs in Jitpurphedi community from its established date (2007). We have been working with Jitpurphedi for almost 8 years. We started working to its next site Okhaldhunga from 2013 and Okharpauwa from 2015.

Some Stats of the Massive Earthquake on the 25th April, 2015

Nepal was hit by a strong earthquake of 7.9 magnitudes. The epicenter of this earthquake was Bakpak, Gorkha between capital Kathmandu and tourist town Pokhara. This strong earthquake was followed by many powerful aftershocks of which the strongest one was 6.7 magnitudes on Sunday, 26 April and 7.3 Magnitude on the 12th May.

The earthquake and aftershocks took over 8500 lives, over 18,000 thousand people injured. 600 thousand houses were fully / partially destroyed. 5000 schools were destroyed. Many people were trapped under the rubble and took so long to rescue. 1.7 million Children and 130,000 pregnant women directly affected.

The communities VIN has been working in, Jitpurphedi, Okhaldhunga and Okharpauwa, have been devastated! Almost all houses were destroyed and people have nowhere to live. Their food, clothes and cooking resources are all buried under the broken houses! Jitpurphedi and Okharpauwa alone have witnessed 22 deaths and dozens many injured!



VIN's Rapid Response to Post Disaster Campaign in the Communities:

VIN started immediate relief work from the next day of the earthquake. Major activities we have started immediately are - Support to fitting tents, support in getting stuffs out from the destroyed houses safely;



help people to build temporary houses, toilets; make people aware on hygiene and sanitation and support soaps for not to spread communicable diseases; teach techniques on how to purify water; spray disinfectant in surrounding environment, make people aware on diarrheal diseases and epidemic of infectious diseases; conduct mobile health camp in communities.

Post Disaster Rapid Response to the Massive Earthquake Survivors in Nepal

Despite of the massive earthquake destruction, the life is slowly becoming normal. Offices and business are open as normal hours. Electricity, communication, and means of transportation have been in system. Now people need help rebuild their houses, schools and other public entities. So we would like to invite international communities to consider volunteering with us for hands on and educational activities like reconstruction, renovation, health & sanitation. People in the cities and villages are living outside in the rain due to broken houses.



SHORT TERM WORKCAMPS

Code	Name of Project	Location	Date	Type	Vols No.	Male	Female	Age
<u>VINWCEQR-01</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	5 June-17 June 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-02</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	18 June-31 June 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-03</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	5 July-17 July 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-04</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	18 July -31 July 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-05</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	5 August-17 August 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-06</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	18 August-31 August 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-07</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	5 Sept-17 Sept 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+
<u>VINWCEQR-08</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	18-31 Sept 2015	MANU, ENVI, EDU, HEALTH	14	7	7	18+

Project Detail

Background/Project:

Many parts of the communities are destroyed to dust and many lives lost their houses and properties in this earthquake. This massive earthquake not only left people poor but many people are now homeless and bedding their nights on the street. This tragic moment made VIN realize that reconstruction of houses of poor families, public properties, religious temples, and cultural heritage sites would be one of the best ideas to support the community people.

Natural disasters trigger epidemic outburst and as we can see, after the big earthquake on 25th April, Maximum population are living in a tent (shelter) in a group where different types of viral diseases are possible to get epidemic. VIN aims to run health camps in each places of the working sites in order to avoid such problems among the population.

VIN invites those to volunteers who are interested in this issue. The work of a volunteer involved in this project can be conducting awareness campaigns on different health and mental issues and run health camps in different part of the community. Recognising these concerns, VIN organises camps to address these environmental and educational issues. It focuses on environmental protection, tree planting, working along with local partners and community people to spread health and hygiene awareness among the community people. The work will vary largely in the camps and will include some simple physical work.

Our aim through this project is also to construct temporary houses, toilets, create awareness among the people and to give them more instruments to feel confident and feel free to decide for their future, and for the future of a new generation. VIN cooperates with several local partners in assisting various schools by creating awareness about the environment; health and hygiene; working with local schools in teaching basic English through creative learning methods; simple renovation activities like painting, cleaning or construction etc.

At VIN working area, utmost number of people don't have houses to live in and children don't have proper schools and classroom to study. Many temples, cultural heritage sites and tourist attraction sites are destroyed by the earthquake. If we don't aim to rebuild and reconstruct these broken homes and buildings then people will have to face a lot of problems regarding health and mental, social and emotional, economic and cultural issues.

In order to take this project to another level VIN needs maximum support in terms of human resources and funds. We have already started building temporary houses, provide food and water. Monsoon is approaching very near. Over 4000 (out of 5000) families who VIN works for need shelters but we do not have enough manpower and resources. We need your immediate HELP to assist more people in dire need. The most useful way you can help us now is volunteering directly for these relief projects.



We also would like to request you to raise some funds. Your donation will go DIRECTLY to the affected families of the communities of Jitpurphedi, Okhaldhunga and Okharpauwa. We have been coordinating our relief work with the local community so that there is no duplication of the work and effective use of the funds – people get the most out of what people donate! One hundred Euros can provide immediate relief like temporary shelter for one family. We still have 4000 + families who need your immediate support! Please consider how you can make a difference for the people in these communities who need your help now! Ask your friends and family to spread this message, encourage volunteering and donation.

Objectives:

- To provide shelter to the earthquake victims of the communities
- To restore the cultural and religious sites and help to rebuild the nation
- To raise awareness and provide training on correct health and hygiene practices, to manage the waste of the community.
- To renovate, reconstruct and improve the irrigation channel, drinking water supply, roads, schools, houses or any public or private properties.
- To conduct some medical camps.
- To provide psychological classes to the community people as they are mentally distress and bring them in normal state.
- To promote the friendship, understanding and solidarity among local young volunteers and cross-

national volunteers.

- To provide opportunity to understand and appreciate the Nepalese culture and tradition or cultural immersion.

Work / Activities:

- Help local people construct temporary houses and toilets.
- Reconstruction and renovation of the old buildings, houses, schools, classrooms and public properties.
- Reconstruct and renovate temples and cultural heritage sites.
- Renovate, reconstruct and improve the irrigation channel, drinking water supply, roads, schools, houses or any public or private properties.
- Help conduct health camps with local doctors and nurses.
- Conduct awareness campaigns, Training on basic health and hygiene, Garbage collection & management
- Work with local women/farmers to support in their farm in order to improve their economy and living.
- Conduct psychological and some life skills sessions to the local children, youths, women and farmers.

(Note: The volunteers will conduct some of these activities on the need base of the community. VIN will orient each group on arrival which of those activities will be available)

Placement Support Process:

Each volunteer is greeted and received by VIN local staff from the airport and dropped to local host family. The first day is the arrival day. The second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Then actual workcamp starts on from the third day. You will always be guided by a Nepali camp leader and VIN supervisors will visit you time to time for follow up support. Should you have any concerns on the workcamp, you may always call us for immediate help. During or after the workcamp, our staff will take you on a half day sight-seeing tour to cultural heritage sites. On the last day of the workcamp, you will submit a detailed work report, fill up an exit form and sit with VIN executives for exit interview and feedback session.

Location:

JitpurPhedi Community of Kathmandu District, which is only about 11 km away from main ring road to Balaju, Kathmandu and Okharpauwa community of Nuwakot district which is 17 km far from Kathmandu.

Accommodation:

The volunteers will stay with the host family/hostel identified by VIN. We have enough families available in the community and they are safe. The living facilities are simple and basic. Male and female Volunteers will share the same living area with separate rooms. There will be 2-4 persons in one room. Volunteers are required to sleep on the simple beds. Please bring your sleeping bag.



Language:

Basic English should be spoken among participants

Participation Fee:

The participation fee 230 Euros is to be paid on your arrivals at VIN Office or upon booking the placement by Paypal or bank transfer.

For your payment from your home country, if less than €500 it's cheaper /more efficient to use paypal, [click here](#).

You can donate via **paypal**, [click here](#) to donate or copy this link

http://www.volunteersinitiativenepal.org/donate_now/earthquake-emergency-relief-funds/ onto your internet browser!

For European donors, WIRE Transfer to Friend's of VIN, Netherlands Account will be free of charge.

Account Holder: Friends of VIN, Netherlands

Bank Name: ABN AMRO

Account no.: 471865737

IBAN code: NL73ABNA0471865737

Swift/BIC code: ABNANL2A

The Participation Fee Covers:

Food and Accommodation: Nepali Standard at a local host family – 3 meals a day

Transportation: Airport pick up and pick up and drop to the working community site

A half day guided **sight-seeing** for the world heritage site of Kathmandu

Materials for the work-camp, community development projects support

Local volunteer support cost

VIN certificate of participation

24 hours emergency support

VIN admin cost,

What's Excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sites, Personal travel and weekend activities expenses etc

Meeting point:

VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that. You also can come VIN office, Balaju on the first day at the latest 12.00 midday.

Airport :

Tribhuvan International Airport, Kathmandu

Leisure Activities:

VIN takes you a half day cultural sightseeing. Either before, during or after your workcamp, there exists the options to undertake VIN-organized tour to Nepal's nearby attractions.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)

LONG AND MEDIUM TERM VOLUNTEERING PROJECTS

Code	Name of Project	Location	Date	Duration	Type	Vols No.	Male	Female	Age
<u>VINLMTVEQR-01</u>	Post Disaster Relief Project 2015	Jitpur/ Okharpauwa community	Starts on each 1 and 15 of the month.	Minimum 4 weeks	MANU, ENVI, EDU, HEALTH	12 Each intake	6	6	18+

Background/Project:

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Work / Activities:

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- Renovate, reconstruct and improve the irrigation channel, drinking water supply, roads, schools, houses or any public or private properties.
- Help conduct health camps with local doctors and nurses.
- Conduct awareness campaigns, Training on basic health and hygiene, Garbage collection & management
- Work with local women/farmers to support in their farm in order to improve their economy and living.
- Conduct psychological and some life skills sessions to the local children, youths, women and farmers.

Note: The volunteers will conduct some of these activities on the need base of the community. VIN will orient each group on arrival which of those activities will be available

Application for Placement booking

Volunteers must apply to our partner organizations in their own country.

- Attach your updated resume / curriculum vitae (CV) with two referee contact details (referees can be for your work/university/family);
- Await confirmation from VIN for acceptance;
- VIN Volunteer / Internship project induction starts on the 1st and 15th of each month.
- The induction period is considered part of your project period. If you wish to come in between for a short period, you will receive a basic orientation before the placement. Please arrive one day prior (e.g. on the 14th if you are starting on the 15th) to the project induction date.

Placement:

After you receive the confirmation letter from VIN, you will also receive your placement information; project specific information, a host family information sheet, fundraiser TIPS, a project schedule and other induction information etc. Your placement information sheet will contain all the information that you need to prepare for your journey and stay in Nepal. It is very important that you read the entire information sheet at least once and understand all the contents. Your information sheet will be sent to your sending organization at least 3 weeks prior to your arrival in Nepal. The pre-arrival letter will include all the necessary information that will make your journey to Nepal as smooth and trouble free as possible.

Day of Arrival:

Volunteers must send their flight details so that VIN staff can receive the volunteers from the airport. Please arrive one day prior to the project start date with your method of transportation (this is usually flight). Our project starts on the 1st and 15th of every month.

Induction

The induction is spread over three days and starts on 1st and 15th of each month. During the induction you will have different sessions.

These sessions include:

- Introduction to the organization: Brief introduction about VIN - history, projects, working communities etc.
- Arrival review: We will have a talk about how your first day was, about the airport pickups, as well as answering questions about problems and concerns.
- Sightseeing: Sightseeing is also part of the induction period, comprised of two different places of cultural importance heritage of Kathmandu valley, such as Boudha, Patan Square, Pashupatinath etc.
- Cultural Tips: When compared to western culture, there are a lot of differences in culture. We provide tips which will help to adapt into the Nepali life style smoothly.

- Placement Information: You will receive a support pack with detailed information about the host family, your daily schedule, their traditions and family members.
- Project Orientation: Briefing about your chosen project, e.g. teaching Tips
- Health Tips: You will be provided with some vital health tips by the VIN doctor.
- Nepali Language: You will receive two to three basic Nepali language classes.

Project Exploration

You will have a project coordinator with you to introduce the place you will be staying at and your work. VIN staff will coordinate your work throughout your stay – you are however expected to maintain a high level of independence.

Performance monitoring and follow up

Each volunteer is allocated an L/MTV Coordinator on his/ her arrival. The L/MTV Coordinator is a staff of VIN and s/he supports you with your project. Monitoring your progress during your voluntary service through Monthly re- ports, L/MTV get-togethers, one to one sessions, emails and phone calls. The L/MTV Manager also makes monthly project visits during the placement where possible.

Meetings:

Meetings are conducted once in every month. They are held on a Friday (Saturday is public holiday in Nepal). During the meeting you can share your experiences, challenges and plans. This is also a great way to meet volunteers from different projects, different countries and cultures.

Evaluation and Exit:

At the end of your volunteering period you will have to submit a few reports, including an exit form, a handover note for the next volunteer who will take your placement and an article about your experience. You will then sit for an exit interview with the Executive Director and the Volunteer Manager. This also serves as a feedback session. Finally, you will then receive a Certificate of Completion from VIN for your volunteering period.

Participation Fee Structure and Payment system

Duration	Volunteer
4 weeks	499 EUR
5 weeks	559 EUR
6 weeks	619 EUR
7 weeks	679 EUR
8 weeks	739 EUR
For each extra week	+60 EUR

The participation fee is to be paid on your arrivals at VIN Office or upon booking the placement by Paypal or bank transfer.

For your payment from your home country, if less than €500 it's cheaper /more efficient to use paypal, [click here](#).

You can donate via **paypal**, [click here](#) to donate or copy think[http://www.volunteersinitiativenepal.org/donate now/earthquake-emergency-relief-funds/](http://www.volunteersinitiativenepal.org/donate_now/earthquake-emergency-relief-funds/)into your internet browser!

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Transportation: Airport pick up and pick up and drop to the working community site
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Materials for community development projects support
Local volunteer support cost
VIN certificate of participation
24 hours emergency support
VIN admin cost,

What's Excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sites, Personal travel and weekend activities expenses etc

Meeting point:

VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that. You also can come VIN office, Balaju on the first day by 10 am.

Project Location:

JitpurPhedi Community of Kathmandu District, which is only about 11 km away from main ring road to Balaju, Kathmandu and Okharpauwa community of Nuwakot district which is 17 km far from Kathmandu.

Accommodation:

VIN arranges accommodation for your induction period and your placement period; this means two to three nights at a hotel in Thamel, Kathmandu and then your host family. During your induction, VIN covers your accommodation and in simple hotel and provides lunch at office. The costs are covered by your project fee. In placement accommodation, your sleeping arrangements may be shared with other volunteers and in most cases you will be required to share a bathroom and toilet facilities with your host family. It is important for you to realize that bath- room and toilet facilities and standards of hygiene will be in accordance with local standards. These facilities and standards may sometimes be very basic and may not be up to in western standards. You must be prepared to cope with this.



Food:

VIN provides food during the placement from the project fee. You will receive three meals a day throughout the placement, which will be of Nepali standards and usually Daal Bhat (lentil soup and rice), vegetable curry, pickle etc. If you wish to supplement your diet with other food the responsibility and cost lies with you. We will only cover food and accommodation for the period agreed for your placement and only at your placement.

In most cases you will be staying with a host family after the project induction and will share the same food with them. Should you have any specific dietary needs, please let us know before your arrival in Nepal. Should you wish to visit the city on the weekends then you must cover your own food and accommodation costs.

Transportation:

You will be received from the airport and dropped off at the hotel on the day of your arrival. After the induction period you will be placed with your host family. At the end of your entire volunteering period you will be picked up from the host family and dropped off at a hotel or the VIN office. All of the above mentioned transportation facilities will be provided by VIN. Your personal travel (not including the first drop off at your placement and your final pick up from your placement) will be at your own costs.

Registration:

All the registration formalities will be completed in the first three days during the induction period. This will consist of understanding and signing a contract and paying the project fee. Please note that the entire project fee will be collected during the induction days.

You will have to produce a photocopy of your passport and of your visa as well as a pass- port photo. VIN will issue a volunteer identity card for you.

Airport :

Tribhuvan International Airport, Kathmandu

Leisure Activities:

VIN takes you a half day cultural sightseeing. Either before, during or after your workcamp, there exists the options to undertake VIN-organized tour to Nepal's nearby attractions.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form from the sending organization)



One of the schools in Jitpurhedi after earthquake



One of the houses destroyed during earthquake



Figure 1: Shelter for people after earthquake

THANK YOU FOR YOUR SUPPORT!