



Pre-Registration Booklet-Nepal



World's Most Affordable Volunteer Program Fee

“ 14 years of Volunteer Abroad Experience
Over 14,000 Happy Volunteers ”

RCDP International Volunteer Program

- Pay as low as \$75 per week to volunteer
- Pay directly to the projects and host families in Nepal
- Over 14,000 satisfied volunteers since 1998
- RCDP has gone global, partnered BTCV (UK), AID Camps (UK) and Yeti (US)
- We've worked with various US and UK based volunteer organizations



Dear Volunteer,

Thank you for inquiring about RCDP volunteer program in Nepal. This pre-registration booklet will provide you with valuable information on RCDP volunteer programs in Nepal. It will also give you tips about how to make your volunteer experience rewarding as well as memorable.

In Nepal, you will enjoy the warm hospitality of the local people and enjoy magnificent ruins found all over the country. RCDP International offers various volunteering opportunities in Nepal like working in orphanage, teaching English, conservation, teaching Buddhist monks and volunteering in a healthcare project.

Many volunteer organizations run programs in Nepal. But RCDP programs are completely different from others in many aspects, most importantly in terms of how low our program fee is and how we allocate the program fee directly to the projects and the host families. In the pdf, you will also find how our meaningful our programs really and how as a volunteer you can empower the locals.

Please remember this booklet is just the beginning of the wonderful support you will enjoy when volunteering with RCDP. You will be helped every step of the way when you volunteer with us and have a meaningful and rewarding. If you have any questions after reading this pdf, please feel free to contact us.

We look forward to hearing from you soon.

RCDP International Volunteer Program

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Legitimacy of RCDP and Why you should join an RCDP volunteer program



I found out about RCDP on the Internet. How do I know that RCDP is a legitimate organization?

Brief Internet research will confirm the legitimacy of our program. We are registered with the government of Nepal's Social Welfare Council. RCDP has been running volunteer program since 1998. Since then, we have served nearly 14,000 volunteers. You can find hundreds testimonies, photos, and blogs of our past volunteers at http://rcdpnepal.org/about_rcdp/testimonies_nepal.php RCDP has been working with many leading UK- and US-based volunteer organizations. Some of our partners include: Experiment in International Living, US (experiment.org) the British Trust for Nature Conservation, UK (btcv.org.uk) AIDS Camp International, UK (aidcamps.org), Youth Enhancement and Training Initiative, US. If you are still not convinced we would be glad to give you the email addresses of at least 10 volunteers who have joined our program recently.

Why isn't RCDP based in a developed country like the US, UK, Australia or New Zealand?

Yes, our main office is based in Kathmandu, Nepal. But many UK- and US-based organizations run programs through local organization like us in many countries. Just being in the US, the UK, New Zealand, or any developed countries does not make any organization genuine. As we are increasingly in the Internet Age, why can't an organization run a program just as effectively from New Zealand as in Kathmandu?

There are hundreds of volunteer organizations every where. Why should I join an RCDP volunteer program?

In RCDP we aim to offer all kinds of volunteering opportunities to all kinds of volunteers. We don't want affordability to hinder anyone's willingness of serve humanity. Therefore, our volunteer programs are humanitarian missions. We do not run our volunteer programs to make profit or earn money. We do not get external funding. Our program fees are the world's most affordable, starting at fees as low as \$250 per week.



I found the orphanage to be run very well and the kids well taken care of. I had an excellent time, working with the children on their homework and playing with them after school. I chose orphanage project because I have never been around children before and it was a great personal challenge to work with 28 kids. Thank you so much for everything.

- Stacy Schrader, USA

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1. You directly pay your host families and projects

Except in the Nepal office, where we collect program fees and allocate funding to host families, projects, and our ongoing community projects (two orphanages), you pay all of your money directly to host families and projects. In some countries, you pay our coordinators, who will arrange room and food. Otherwise you directly pay your host families and projects, which makes sure that your money does not go to middlemen or as a profit for company but go directly to people who deserve it. We challenge you to find any other organization that runs program this way.

2. Our services

RCDP feels proud of its efficient communication and prompt delivery of services. RCDP guarantees an efficient and accurate reply to your email within 48 hours. If you send your telephone number, we guarantee that you will be called within 48 hours. From our many years of experience, we have learned the importance of quick communication. Please drop us one email and see how efficient we are!



RCDP have helped in many ways to ease the problems or difficulties that volunteers face. All in all, I had a wonderful time; I have learnt a lot and hope that students and teachers at my school have learnt some worthwhile things from me too.

- Emily Thorn, England

3. Program quality

- Do you believe that by just charging you \$2,000 for two weeks of volunteer program, good-quality services are guaranteed?
- Do you believe that volunteer fees are very high for many US and UK volunteering organizations because of expenses such as salaries, or profiteering?
- Do you believe that many UK- or US-based organizations that run their program through local partners (like RCDP) keep a large chunk of your fee as profit?
- What would you feel when you meet many volunteers from leading UK, US, Australia, New Zealand organizations working in the same orphanages or teaching projects, and living in the same host families, basically getting the same shelter and food, but paying nearly 1,000% more in program fees?

You may associate low program fees with low program quality. This should not be done. Since 1998, we have been running extremely affordable, safe, and yet high-quality programs serving nearly 14,000 volunteers. Please read our testimonies or please ask us for the references of volunteers who have joined our program recently and find the quality of our program. As a humanitarian organization, we aim to grow and serve humanity. This is only possible if we win your trust. Therefore, we want to provide you with the best volunteer experience with the cheapest price possible. When you land in developing countries and when you find everything so cheap, you might wonder where all of your program fee is being spent. With RCDP, payments are directly made to families, to get the best experience and best value for your money.

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4. Experienced staff ers/host families and screened projects

When we started our volunteer program in 1998, nearly 100 enthusiastic volunteers from different parts of the world joined the RCDP-Nepal program. In the first year, we understood the importance of having an organized program, dedicated service, meaningful projects, and concern for safety. Ever since then, RCDP has been a respected and recognized name in the field of volunteering. We are committed to maintaining our reputation.

When we develop a new program in a new country, we do not just do it by email correspondence. We travel each country and spend at least one month time recruiting local staffers, visiting many host families and projects. We select a few host families and projects which have worked with or served the volunteers from UK- and US-based organizations. This way, we ensure the safety and quality of the program. RCDP feels proud of our staffers and host families. All of them are socially respected, experienced or worked with international volunteers, and believe in making your volunteer experience wonderful.

5. Flexibility—customized projects

We understand that every volunteer has different needs and expectations. Therefore, in each location, we have developed partnerships with different kind of local projects like orphanages, schools, healthcare centers, HIV/AIDS programs, women's empowerment projects and NGOs working in different areas. Therefore, we can tailor your need and meet your expectations.

We know that some volunteers want to work many hours while some want to travel more. Some enjoy rural areas and some need cities. Some volunteers want to stay in host family for cultural experience while some prefer living with other volunteers in a hostel. Therefore, before assigning any project or host family we carefully read your application, try to understand your needs and expectations, and match the best placement for you.

6. Ongoing Support

From the day we receive your email, we take care of you. We work hard to make sure that you are getting all support. Our support structure is varied.

- When we get your email, we reply within 48 hours
- When we get your telephone number, we call you within 48 hours
- Before you apply, we send you a pre-registration package
- When we get your application, we guarantee placement within four weeks
- Before your departure, our country coordinator will email or call you to answer last-minute questions
- Before your departure, you get a comprehensive booklet
- Our coordinator and staffers come to welcome and pick you up at the airport
- Our coordinator introduces you to the projects and host family, and gives a short orientation about country
- Our coordinator meets or calls you every two week to find how things going
- If you need any help our group coordinators are always there for you

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7. Safety first

Like your parents, we are concerned about your safety. Safety is the first priority of RCDP volunteer programs. We ensure your safety in many ways.

- Our pre-departure booklet explains many safety issues
- RCDP places you in trustworthy, screened projects where volunteers from other organizations work
- We screen host families carefully and place you with a host family with high social status and previous experience with volunteers
- Our country coordinator will visit or call you regularly
- We train our staffers, host families, and project workers about the importance of safety
- Our offices are available 24/7 for you
- If you prefer, we guarantee that you will live and work with other volunteers

8. A sense of family and friendship

RCDP volunteer programs are humanitarian missions. The RCDP founder, staffers, host families, project workers and volunteers are all considered to be a family working for the noble cause of serving humanity. Many host families and volunteers develop strong ties of friendship. We recently launched a Facebook website where you can see our growing family. It is our sincere hope that our program will develop a friendship between you and RCDP and help us to grow and better serve communities in future.



I would recommend RCDP for other volunteers looking for a rewarding volunteering experience. My advice would be to make sure you can stay long enough- I have only been here two weeks and if I could do things over again I would stay for two months or longer. There is so much to learn, see and do.

- Maddy Macdonald, USA

9. Our Experience

RCDP has been running its volunteer abroad program since 1998. So far we have successfully placed more than 14,000 volunteers. Nearly 99% of our volunteers were very happy—please ask us for the references of the past volunteers. We offer a thorough, well-rounded, and successful volunteer program which often exceeds the expectations of participants. RCDP volunteer programs are not just a simple volunteer placement services. We aim to offer meaningful abroad programs which include language courses, cultural immersion, volunteer opportunities and amazing travel experience, ensuring that volunteers do not miss out on a single lifelong memory. RCDP programs consist of language and cultural immersion programs, volunteer service projects, and excursions.



Program Overview



Discover the diversity of people, landscape and culture in amazing Nepal with our meaningful and very affordable volunteer programs.

From hot and sweltering region bordering India, the landscape of Nepal rises steeply and sometimes steadily to reach the mighty Himalayas. Within this, you will find green valleys, deep gorges, forests, steep terrains and rivers that crisscross the landscape. The people of Nepal are as diverse as the landscape. The population is made up of Aryans that migrated from India and Iran, and Tibeto-Burmans groups that arrived from Tibet, China and Burma. RCDP-Nepal's volunteer program taps into this beauty of Nepal by offering cultural program, where you will get intimately connected with the warm and ever welcoming people. With our volunteer in Nepal programs you will work to improve the lives of desperately poor people. You can choose from volunteer programs like Work in Orphanage, Teaching English in school or Buddhist monastery, Health Project, Environment and Conservation Project, Photo Journalism and many others.

Contact us now to find out more, or Enroll in the program to realize your dream of visiting this fascinating country.

Volunteer Locations

RCDP has volunteer placements in Kathmandu Valley, Pokhara and Chitwan.

Start and Duration of Programs

All the programs start every 2nd and 4th Monday of each month. Volunteers can choose to volunteer for 1 to 12 weeks.



I volunteer at an orphanage and it was really a very nice experience. The children were great and I was made to feel at home there. I also felt I was able to make a difference in their lives even if it was only for a short period of time.

- Darryl Lee, USA

Skill and Qualification Requirements

No specific skills and qualifications are required. But volunteers must be 18 or above and should have love and passion for serving poor kids, and respect the local culture and religion. Volunteers should also be flexible, self-motivated, open-minded and eager to learn. Any volunteer interested in joining healthcare program needs certification for being a medical student, nurse, doctor or other medical-field professional. Volunteers without professional medical credentials are not allowed to work in this program because of risks involved.



Work in Orphanage (Kathmandu, Chitwan, Pokhara)



Volunteer to give orphaned children healthy, secure and constructive childhoods.

Poverty and past conflicts have seriously affected the people of Nepal. This has resulted in the deaths of thousands of people and made many children orphans. The situation is even worst in the villages. Thousands of them migrate to urban centers like Kathmandu and Chitwan in search of jobs and better life. Unfortunately, the reality of life in a city is very different from the charmed life they have imagined. The children face torture and exploitation. Many of them work over 14-hours a day in industries, hotels, and restaurants and many of the sleep in the street.

There is no government initiative to protect the children and their fundamental rights and privileges. Many concerned organizations have opened orphanages and tried to house, care and educate the children. RCDP-Nepal works with established orphanages in 3 urban centers in Nepal to help them do a better job of caring the children. When you join the program, you will help the orphanages in their struggle to improve the lives of poor orphans. Through your dedication and time you will spend with the kids you will change lives of the children for the better.

Teaching English in Nepal (Kathmandu, Chitwan, Pokhara)

Teach English to children who are very enthusiastic to learn from international volunteers while immersing in Nepalese culture and widening your perspective on the world.

The pressure to learn English in Nepal for young children is enormous. It's not only the second language of Nepal, it's also the language used in trade, commerce and communications. Without the knowledge of English, the chances of securing a good job are severely restricted.

The schools and institutions that educate children in English with qualified and experienced teachers are mostly expensive and unaffordable to the poor. Our volunteers in teaching English project in Nepal will work in schools attended by students of poor families. You will teach students who are eager to learn from volunteers like you. You will converse with them to improve their speech, teach English according to official curriculum and use your own material or creative ideas to teach English in a different but fun way.

Join now and contact us for details. This is also a perfect opportunity to gain teaching experience in a fascinating country, serve the poor and build your own career.



The staffs in the school were equally kind and arranged activities for entertainment outside school hours. I observed teachers the first day and then taught alone. Before arriving I feared that my presence would be unnecessary in the school; I might be assisting only. I was glad to see however that I was needed while I was there.

- Aisling Marron, Ireland



Teaching English to Buddhist Monks in Nepal (Kathmandu, Pokhara)



Volunteer to teach young monks and learn about their lifestyle in a fascinating monastery.

Nepal has many spectacular Buddhist monasteries. Most of them are Tibetan monasteries opened by Tibetan refugees that fled the Chinese occupation. These monasteries house hundreds of monks enrolled in the life of a monkhood from early in their lives. They study and live in the monastery. They mostly use Tibetan language only during their study and their chances of learning English are very limited.

Recently, the Rinpoche (or the high Lama) of the monasteries have realized that the monks need to learn English if they are to spread the teaching of Buddha and communicate effectively with outside people. Hence, the monasteries are looking for volunteers to teach English to Buddhist monks. Teaching English to Buddhist monk is an excellent opportunity for volunteers who are interested in Buddhism and culture. In the monasteries, volunteers will also have a wonderful opportunity to learn Vajrayana form of Buddhism and witness colorful rituals and prayers.

Environmental Conservation (Chitwan)



Nepal's forest cover has been dwindling at an alarming rate as demand for firewood continues unabated in Nepal. The growing human settlement in forested land and industrialization has also intensified the problem. Many local non-government and international organizations have been raising awareness against the issue. The effect of this campaign can be seen with community forests and many other local initiatives to halt the march of deforestation.

Realizing the need of nature conservation, RCDP-Nepal has started a village nursery in a small rural village (Chitwan) where volunteers prepare seedlings of different plant species and distribute free to local villagers and schools. There are frequent nature preservation awareness and cleaning campaigns also. While working in the project, volunteers can learn a great deal about nature, conservation efforts, work in nursery and awareness drives.



Health Projects



Gain medical experience in a fascinating country with diverse and lively culture and work with local doctors to treat Nepalese.

Nepal's health sector is slowly moving towards standards seen internationally. But the cost of using the facilities is very expensive and can't be afforded by the poor. The few government hospitals that exist are often poorly run and very slow in delivering their services. They are located in urban centers, away from rural areas where the poor often originate.

RCDP-Nepal has worked in conjunction with local hospital to offer health projects for volunteers willing to help poor and serve the humanity. During your work, you will treat many poor working together local medical professionals and bring smiles to their faces.



“Our time spent on the conservation project was time well spent. Working with team leader each day made it even more enjoyable. He included the volunteers in all aspects of the project and he is a lot of fun to work with. The RCDP staffs were friendly and helpful, as was the orphanage staff.”

- Amanda Provencher(Canada)
- Paul Schults, (USA)

Photojournalism (Kathmandu)



Nepal is a perfect destination to come to learn photo journalism. From the majestic snow-capped mountains, the cultures and the people of Nepal, the country presents photographers and cultural enthusiast with an abundant opportunity to really enjoy the country. You couldn't ask for a better destination.

You will work under the close supervision of a seasoned professional that'll guide you and teach you all the skills required to make it as a photo journalist. Editing photos, taking advantage of light, aperture control and etc, are all part of the tricks you'll learn while you volunteer.



“My host family is lovely. It was an interesting experience to stay in a real home in a host country, seeing how everything works, sitting with the family and joining in the meal, talking and laughing. The experience allows total immersion in to daily life. The food was good and serving generous. My accommodation was really good-comfortable, private and everything I required there. The family was really lovely and made me feel at home.”

- Bronte Prosser



Accommodation

RCDP is responsible for looking after the accommodation and the meal of the volunteer during your program in Nepal. Volunteers will stay either with a host family during their program. Our host families in Nepal are well screened and they are socially respected. The family will offer you a safe and secure place to stay. Staying with a host family is a wonderful way to immersion in a local culture.

Our resident cook will prepare you 3 local meals in the Hostel, while in the host family our volunteers will enjoy 3 meals with the host family. Like the country, the people and the culture, the food in Nepal is also reflects different influences that have amalgamated in Nepal from nearby region. The momos (dumplings) are the favorite snacks for Nepalese. Sometimes they have momos in their main course also. Rice and lentil soup with vegetable curry (spicy like in India) is a staple food for most families and is consumed daily. The bamboo shoot curry (bamboo shoot is an Oriental influence while the curry is an India influence) is another very popular food that reflects the different influences in the food of Nepal.

During the project, we will constantly monitor your progress and inquire if you are happy with the project or not. Our local coordinator lives close to the project and you'll have access to his mobile phone number 24 hours.

Food

Nepal has wide varieties of food. Whether you stay in a host family, home base or a project hostel, we provide you three local meals a day. Nepalese foods include rice, dal baht (lentil soup), vegetable curries, salads, milk and yogurt. Three local meals a day are provided.

Language and Cultural Program (Kathmandu, Chitwan)

Would you like to learn about the culture, tradition and history of Nepal before you begin your volunteer program so you can volunteer with confidence and finish your program successfully while immersing in fascinating local culture? If you do, this is an ideal program for you.

RCDP-Nepal provides 2-weeks orientation program comprising of language training, cultural tours, village hikes, visits to popular tourist sites, and a 2-3 day stay at the Chitwan National Park with a jungle safari. The main aim of our unique language and cultural orientation program is to teach volunteers local language, culture and customs. An important part of this program is the home stay, where our volunteers will spend time with warm and welcoming host families, eat Nepalese food and observe village culture.

Travel and Tours

RCDP recently teamed up with reputable local travel agencies to offer highly affordable and quality tour programs with very special insiders' pricing only for our RCDP Volunteers. RCDP offers the following treks and tours in Nepal:

- Annapurna Trekking (5 Days) - \$375
- Annapurna Trekking (7 Days) - \$450
- Cross Nepal (10 days) - \$449
- Annapurna Base Camp (11 Days) - \$599
- Everest Base Camp Trek (14 days) - \$699



Program Fees – the world’s most affordable

Every year, hundreds of volunteers arrive in Nepal to volunteer from UK- and US-based organizations and end up paying up to \$2,500 to volunteer for 2 weeks. . The program fee is divided in as registration fee of \$269 and weekly fee.

In Nepal, in addition to volunteer programs, RCDP runs many projects to help poor children and orphanages. We are presently running 2 orphanages in Nepal and school construction/renovation program. For details, visit www.rcdpnepal.org/about_rcdp/achievements.php. Most of your program fee is used for your program. However, RCDP aims to support poor communities and children, and use any remaining savings to run or manage our orphanages and community projects. The breakdown of expenses on a weekly basis is:

Project	Weekly Program Fee											
	1wk	2wk	3wk	4wk	5wk	6wk	7wk	8wk	9wk	10wk	11wk	12wk
Kathmandu/Chitwan Orphanage/ School	\$75	\$150	\$210	\$270	\$330	\$390	\$450	\$510	\$570	\$630	\$690	\$750
Pokhara (all projects)	\$265	\$415	\$540	\$665	\$790	\$915	\$1,040	\$1,165	\$1,290	\$1,415	\$1,540	\$1,665
Medical	\$185	\$235	\$360	\$410	\$535	\$585	\$710	\$760	\$885	\$935	\$1,060	\$1,110
Monastery	\$205	\$330	\$405	\$480	\$555	\$630	\$705	\$780	\$855	\$930	\$1,005	\$1,080
Photo Journalism	\$220	\$330	\$440	\$550	\$660	\$770	\$880	\$990	\$1,100	\$1,210	\$1,320	\$1,430

- * Airport Pickup and Transfer (30 minutes) \$25
- * Comprehensive Travel Insurance \$3.49/day
- * Language and Culture Program fee \$250

What the program fee covers

- Airport pickup
- Transfer to a lodge or host family (one way)
- Accommodation and food (3 meals a day)
- Support from local staffs
- Orientation upon arrival
- Customized volunteer placement
- Regular visit or call (at 1-2 week intervals)

What the program fee does not cover

- Airfare, visa, visa extensions
- Daily transportation (between project and host family, if required)
- Return/transfer to airport, airport taxes
- Any personal expenses
- Mineral water and soft drinks
- Gifts to project staffs and host family
- Laundry, telephone, immunizations



Visas

All volunteers need a visa to go to Nepal. You volunteer on a tourist visa. Though you can get a tourist visa upon arriving at the international airport in Kathmandu, RCDP suggests that volunteers obtain a visa in a Nepali embassy or consulate. It is your responsibility to arrange your visa and the flight. Please contact us if you need any further information on getting a visa.

Vaccinations

We suggest vaccinations against public health threats and other communicable diseases. Please refer to CDC website <http://wwwnc.cdc.gov/travel/destinations/nepal.aspx>
The following vaccinations are recommended:

- Hepatitis A
- Hepatitis B
- Meningitis
- Japanese Encephalitis
- Rabies
- Typhoid
- Malaria
- A booster shot for tetanus



Safety

The safety of our volunteers is our first priority. There are many layers of support for you in Nepal. You will get support from the country coordinator, project directors/staffers, host family, your embassy, and our Nepal office. However, your main support comes from our in-country coordinator. Our in-country coordinator is a full-time position specially created to support and help our volunteers (at any point for any reason). In Nepal, we work with terrific country coordinators. They are mature, educated, socially respected, and having long history of working with international volunteers.

Communication:

There are many Internet centers in Kathmandu. You can email your family and friends at home from there. You will be able to easily send and receive emails and make international calls. You can also use a mobile phone. If you bring a mobile phone that is SIM card compatible you can get a SIM card and Nepali mobile number for approximately \$10 which is great for keeping in touch with other volunteers and also home. Both international and local/long distance calls can be made. The country code of Nepal is 977. You will be guided on this during orientation.





3-Step Application Process:

If you want to volunteer with RCDP International and gain incredible experience of helping grassroots communities thrive, please apply online at www.rcdpinternationalvolunteer.org/apply.php

Please make sure you know which program you are volunteering and how long you want to volunteer before filling up the form. For details, please visit www.rcdpinternational.org

First Step:

Please submit your application using on line application system. A \$50 refundable application fee is needed to apply.

Second Step:

Once we receive \$50, we will immediately forward your application to country coordinator for processing. Our coordinator will visit the project and confirm the placement for you. We will also make necessary arrangements for rooms/foods. Once everything is confirmed and arranged, we will send you a confirmation letter and placement sheet through an email. This process may take up to 2 -4 weeks. Once you receive the confirmation letter, you can start to prepare for the trip as it means you have been accepted in our program. Your preparation includes vaccination, visa, ticket, collecting information about Costa Rica etc.

Three Step:

Once you confirm your flight itinerary, you will pass the information to us. When you arrive at the airport, one of our staffs will be waiting for you. You will pay the weekly project fee directly in the orphanage in the first day. Then start your project without any worries as we will take care of your every need during your stay.



If you have any questions, please email us at info@rcdpvolunteers.org
RCDP-International Office