



VHS Bhaktapur

Infopack for New Volunteers
& Interns

2025

Welcome to VHS Bhaktapur !

What do we do?



VHS Bhaktapur is a community learning center. As a social business it is our dedication and goal to fill the educational gaps and be a place for innovative approaches in the field of education in Nepal. VHS Bhaktapur not only works in the field of German Language and conducts Language examinations, but is also holding community programs, cultural events, trainings and workshops, Nepali language classes and cultural workshops for foreigners. Unlike several VHS in Europe VHS Bhaktapur is not financed by any parent organization. VHS Bhaktapur is a self-sustaining organization which co-finances its activities from the service it provides. VHS Bhaktapur is partnered in several Erasmus+ program in the field of Capacity building for youths.

What is our goal?



VHS Bhaktapur, the main focus lays on creating an environment in which project ideas can become a reality. We hope to be the nursery for innovative ideas by training and counseling young innovative persons and laying the base for practical and informal education. We work with international volunteers and interns to make the workshops and seminars happen. Our goal is to create a surrounding where such an engagement is beneficial to all sides: the volunteer, the organization, the host family and the community.

Who is our target group?



Our main target group are young adults (from around 16 years onwards), who want to educate themselves and learn languages or benefit from our other communal services and projects: who are interested in learning about Germany, Austria or Switzerland or want to prepare for their German Language Examination. We aim to interact with our students not only on an educational level, but try to offer an interactive, same-level approach, in which Nepali students and German-speaking or European students can meet and exchange perspectives on everything that matters to them.

Where are we?

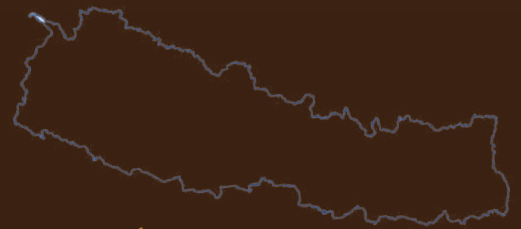


VHS Bhaktapur is located in the beautiful, traditional, and culturally rich city of Bhaktapur, situated 20 km outside of Kathmandu. This is also where volunteers are accommodated, whether they choose to stay at our guesthouse or with a host family. VHS operates from two office premises—one in Bhaktapur and the other in Kathmandu. The distance between VHS Bhaktapur and VHS Kathmandu is approximately 16 km, and transportation is arranged by the office taxi, which takes about 30 to 40 minutes of travel time. In January 2025, VHS Pokhara—an extension of VHS Bhaktapur—was established as a distinguished institution located in the heart of Pokhara, beyond the bustling Kathmandu Valley. We are committed to delivering exceptional education in the German language, building on our extensive experience of over 13 years in the field. Our mission is to empower students with linguistic proficiency and cultural knowledge, paving the way for their academic, professional, and personal growth.



NEPAL

Federal Democratic Republic



Inhabitants : 2.92 Million

Capital: Kathmandu

International phone code: +977

Area: 147,516 km²

Currency: Nepalese Rupees

Official Language: Nepali

8 out of the 10 highest mountains
in the world are in NEPAL

Highest point: 8848m (Mt. Everest)

Religions:
Hinduism (more than 80%)
Buddhism (ca. 10%)
Islam (ca. 5%)
Christianity (ca. 2%)
and other, smaller religious groups

Nepal is the only country whose flag
doesn't have a rectangle shape

Literacy rate: 77.4%
(Male: 85.8 % & Female 70.1 %)

HISTORY

2011

VHS Bhaktapur started as a German Language institute to accompanate 100s of students not able to get the placement in Goethe. Started as a one room organization and initial insvestment of 170 Euros VHS gained its high level of service reputation and grew big within a year. VHS Bhaktapur was able to identify as a reputed institution in Kathmandu Valley.

2012

Co-operation with GIZ, VHS Bhaktapur started hosting weltwärts volunteers. Exposure to the German volunteers and working on different types of community projects brought a huge change in local team. VHS administration understood well bringing two different cultural behavior and idology in one table creates synergy and brings outstanding output.

2013

Growing number of students and working team VHS Bhaktapur swiftd its operation to a new and morden building in Bhakapur. In 2013 VHS revised its vision and mission and decided to expand its working area beside German language to community based programs focusing youths. VHS started training for teachers for German language teaching, community talk programs, Art classes, and several programs.

2014

Seeing the needs and creating the alternative opportunities for Nepali Students VHS started preparation for Language Examination Options. VHS Initiated Career Counseling project in Nepal.

2015

Growing the number of students and high demand VHS Bhaktapur started its second operation center in Kathmandu. Relation with German Embassy florished in 2015 official visit of Embassidor. Same year VHS officially received OSD license to hold examinations. Visit of representative of DVV international, selected for Erasmus+ project and several community programs was highlight start of 2015. After the devastating earthquake in Nepal VHS initiated relief campaign co-ordinating more than 400 volunteers. Same year reconstruction project started "NepalHilfe der VHS Bhaktapur"

2016

VHS Bhaktapur started first time B2 level of German language in Nepal. Conducted DaF trainings for teachers from VHS and Goethe. Organized several exams.

HISTORY

2017

VHS Bhaktapur organized one month of exposure for its teachers in several universities, VHS and youth organizations in Austria and Germany. Same year VHS Bhaktapur was able to send youths from Nepal for job shadowing in Italy, Spain and training in North Macedonia.

2018

Focusing on its primary tasks relating to German Language. VHS Started new service of Translation in the request of German Embassy. In 2018 VHS Bhaktapur focused on empowering Nepali team providing several softskills trainings. The year was more focused on Uplifting the Nepali team. Although Volunteering was as usual for volunteers from Germany, Austria and other european countries. They were more focused on training Nepali team on didactics.

2019

Year 2019 was the year for trainings, seminars and workshops for youth workers traveling to different hosting countries Mecedonia, Italy, Greece and Belgium. And after returning several training programs was hosted for Nepali youths. Team was grown to 32 permanent staffs in VHS working full time.

2020

In 2020 VHS Bhaktapur was hosting international trainings for the youth organization all around the world under the erasmus+ projects. Participants from 12 different organizations and 11 countries. In beginning of March VHS Bhaktapur helped sister organisation to organize Seminar of Erasmus+ project in Dhulikhel, Nepal. From mid of March Nepal was hit by COVID19 and closed continues 9 months. End of 2020 due to huge financial burden VHS Bhaktapur gave up its Bhaktapur premises and many of our staffs lost their jobs. December 2020 VHS Bhaktapur started with its german language teaching in Kathmandu with limited manpower and resources. Pandamic shrinked the operation of VHS but the motivation inspiration in the team has never broken. VHS developed its classes in moodle and started conducting online classes.

2021

At the beginning of March 2021, the second wave of COVID-19 led VHS to shut down once again for three months. During this period, VHS conducted its classes online. By the end of 2021, VHS had downsized and continued operating at a minimal level while still providing high-standard classes in Kathmandu. The rental contract for the VHS building in Bhaktapur ended that same year, requiring us to move out. Subsequently, all operations were relocated to the VHS Kathmandu building, and the team size was reduced from 32 to 10 members.

HISTORY

2022

With minimal capacity and an overworked structure, VHS slowly rebuilt its standards in the market. We were able to offer ÖSD examinations at the VHS Kathmandu building. In the same year, all previously halted ERASMUS+ projects were resumed, and VHS successfully completed all the tasks assigned to us by these projects. Several of our team members traveled to various countries—including Belgium, Italy, Uganda, Vietnam, and North Macedonia—for training purposes.

2023

In June 2023, VHS Bhaktapur reopened in Jagati with two classrooms. After six months, we were finally able to return to our original building in Adarsha under a new contract. VHS once again began conducting examinations at the Adarsha, Bhaktapur location. The year 2023 also marked the first time since the COVID-19 pandemic that we were able to host volunteers again. Through hardship and the unwavering enthusiasm of our team, VHS reestablished its presence in the market, earning recognition as the largest German language school in all of Nepal. Within just one year, we successfully conducted examinations for more than 1,200 examinees.

2024

In 2024, VHS successfully paid off all the loans it had taken during the COVID-19 period. That year also marked a major milestone, as VHS became one of the most recognized brands in the Nepali market as a center for German language education. Toward the end of 2024, VHS made the strategic decision to expand beyond the Kathmandu Valley, with plans to establish a new examination center in the vibrant city of Pokhara. Preparation work and documentation began to bring this vision to life. In the same year, VHS restructured its departments and redefined responsibilities to streamline internal processes. Additionally, VHS Bhaktapur launched a pilot project aimed at youth, offering preparation classes for school and college-level students in Nepal, including successful evening classes. By the end of the year, VHS was operating 15 hours a day, and the team had grown to 45 dedicated members.

2025

In January 2025, VHS proudly opened its first center outside the Kathmandu Valley. The dedication and hard work of the entire team paid off as we launched our third center under the VHS umbrella—VHS Pokhara. As a pioneering institution for German language education, VHS now serves over 800 students enrolled in daily classes.

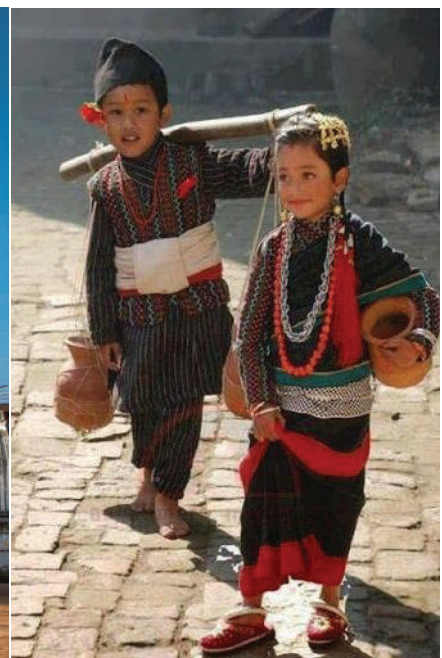
In 2025, VHS aims to expand its focus beyond language education by reviving activities such as workshops, seminars, events, and exchange programs at both national and international levels. We are committed to building strong partnerships and cooperation with youth organizations across Nepal and abroad. By diversifying our identity beyond German language instruction, VHS seeks to develop new projects that engage young people and reintroduce VHS as a dynamic youth hub for young adults.

Bhaktapur



Bhaktapur is one of the main three cities of the Kathmandu Valley. In medieval times it was the seat of the royal family and has preserved much of its unique architecture from that time - that is why today the area around the old palace complex is declared as a UNESCO world heritage site.

Since Bhaktapur is smaller than its two sister cities, Kathmandu and Patan, and also located a bit further away from them (around 20 KM). It is less overrun by tourists and western dilution in the lifestyle and culture, which makes it a perfect location to experience traditional lifestyle, handicrafts and religious festivals firsthand. Even though it's easy to get lost in its confusing network of narrow streets and its bustling, colorful charm, many of our volunteers and interns have expressed that they prefer Bhaktapur to Kathmandu with its dusty, busy, traffic-laden roads (but don't worry- you will always have the possibility to go into Kathmandu whenever you want.)



VHS Bhaktapur

VHS Bhaktapur is a community learning centre based 20 km outside Kathmandu. As a Social Business it's dedicated to fill in the educational gaps and become a place for innovative approaches in the field of education. We share a good relationship with several European organizations like GIZ, Deutscher Volkshochschulverband and ÖSD, but is an independent organization. We finance our operative costs through a balance of formal classes, service fees as hosting agency to cross finance youth work, community learning and informal education.

Our core team of 30+ fixed staff, connects with around 8 – 10 independent youth workers, trainers and activists, engaged on a project basis with VHS and is more or less permanently supported by 2 – 3 interns and volunteers.

VHS Bhaktapur not only works in the field of German Language in bigger picture VHS Bhaktapur is holding community programs, cultural events, Trainings, workshops , Nepali Language classes and Cultural workshop for foreigners. Beside that VHS Bhaktapur is continuously engaged on development of new curriculum for workshops and new programs. Youth mobility is always a motto of VHS Bhaktapur. VHS Bhaktapur has successfully engaged in various Erasmus+ youth mobility projects together with European, African and Asian youth Organizations to foster the youth ability in terms of informal and nonformal learning possibility.

VHS Bhaktapur has hosted over 400 international volunteers and interns from countries including Germany, Austria, Hungary, Switzerland, Australia, the Philippines, Uzbekistan, Turkey, India, Iran, North Macedonia, Italy, Vietnam, Thailand, the USA, Greece, Belgium, France, the Netherlands, Armenia, Spain, and Ghana. The engagement of youth from diverse cultures in a single project has consistently led to meaningful and impactful outcomes.

Through exchange programs that integrate Social and Emotional Learning (SEL) into teaching methodologies, VHS has evolved into a vibrant hub where international individuals come together to share their stories. This cultural exchange provides Nepali youth with rich learning experiences, fostering empathy, communication, and global understanding.

Normally Volunteers and interns are based in Bhaktapur Branch and engage themselves in different programs either in administrative tasks, softskills workshops, talk programs or anything in the field of german teaching and evaluating.

As a volunteer or intern you will be working on a daily basis in different activities connected with our goal of creating an environment of learning, cultural exchange and promoting VHS Bhaktapur among the youth of Nepal.

Typical activities could be.....

- * Planning, preparing and conducting events on various topics, be it educational or just for fun
- * Engaging with our students in Conversation classes
- * Teaching German (Background in DaF are encouraged)
- * Updating our social media and coming up with interesting and engaging stories to tell our followers
- * Eating Momos(Nepali dumplings) and exploring valley
- * helping us out with IT-related tasks
- * immersing yourself in Nepali festivals and other cultural activities
- * assisting the VHS team members with various day-to-day activities
- * helping out during German Language exams (i.e. as a supervisor)
- * working on your own project or idea -anything is possible: you shape your own voluntary service or internship!

A typical day in the life of a volunteer



A typical weekday at VHS Bhaktapur begins with a cup of sweet tea and a small home-cooked breakfast between 8:00 and 9:00 a.m. After that, volunteers and interns attend to their individual tasks—such as leading conversation or German classes, planning a Fun Friday event, updating our social media, blog, or newsletter, or meeting with their coordinators. At noon, all team members gather in the hall for lunch, usually a traditional Nepali meal of daal, bhat, tarkari (lentils, rice, and vegetables). After lunch, it's common for the team to relax in the premises with a cup of tea and friendly conversation. Following a short break, everyone resumes their daily tasks. The typical workday starts at 7:00 a.m. and ends at 3:00 p.m., when the office taxi arrives to pick up all team members. In the afternoon and evening hours, Bhaktapur offers a delightful variety of rooftop and local snack bars, perfect for trying Nepali cuisine and practicing your newly acquired Nepali language skills. You might spend time people-watching a favorite pastime among many Nepalis or even make a few new friends.

Life in Nepal truly unfolds in the streets. On your way to or from work, you might come across people playing music, groups dressed as "demons" in traditional masks and costumes, locals selling homegrown vegetables, confident goats wandering freely, or even a wedding procession. You never know what to expect so be sure to keep your eyes and mind open.

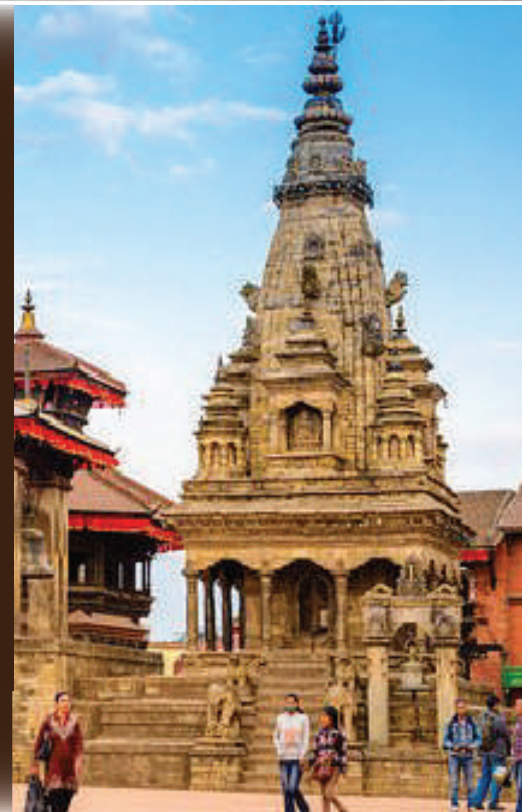


Our Cultural Introduction Seminar

During our Cultural Introduction Seminar(CIS) we want to give you a first impression of some aspects of Nepali culture and your new home, the beautiful city of Bhaktapur. Usually, we try to make the CIS one of the first things on your agenda as a new volunteer or intern at VHS(but in case of several new VHS-members arriving around the same time, you may have to wait a week or two).



Our Cultural Introduction is usually conducted over the course of 3-4 days and covers topics like Nepali history, geography, demography, economics and the development of the Nepali industry. Language(s), religions (especially Hinduism, its many Gods and some of their interesting stories), the cast system and societal/family structures and social practices in Nepal. We do our best to make it as exciting and "alive" as possible by arranging fun and interactive games, quizzes, walking tours and photo safaris and visits at traditional workshops throughout Bhaktapur (just a few examples).



You will also learn some practical tools that will prove useful in your daily life and ventures, covering some basic Nepali words and phrases to buy fruits and groceries in the market, learning how to successfully cross a busy road with seemingly no traffic rules, how to take a bus or haggle over the taxi fare, how to cook some typical Nepali dishes, what to bring as a gift when you are invited to someone's house, how to make the famous Nepali tea and how to use your body language so that people will understand you even without any Nepali Language skills:-)

Accommodation: Our Host Family

Contact info:

Address: Byasi-10, Bhaktapur
Email: damodarsuwal@yahoo.com
Mobile : +977 9849825100
+977 9841712990 (Ira)

FACILITIES

Rooms: There are three bright rooms with big windows (One has a balcony) available for visitors, each is equipped with a bed, a table and an armchair
Hot water: yes
WIFI: yes
Washing maschine: yes
Breakfast and dinner (as well as lunch if you are at home) included: yes
Toilet : Western Style

FACILITIES

The house of the host family lies close to the Byasi Bus Park on the north end of the old city of Bhaktapur. This area is well connected to busses, which go to Kathmandu and it's a 10 minutes walk to the city center. To VHS in Bhaktapur: 15-20 minutes walk. To VHS Kathmandu: Taxi service of VHS will pick you early morning around 6am and drop you back around 3pm.

To medical facilities: The closest hospitals are the Bhaktapur hospital, Cancer Hospital, Ewamura Memorial Hospital 10 minutes walking distance.

The Suwal Family is Newar- the most common ethnic group here in Bhaktapur. The Newar have their own language, cultural habits and rituals. Damodar Suwal is working at the Tourist information center in Bhaktapur and additionally to this he is working voluntarily as a teacher of economics. His wife Ira is working as a school teacher. They have a son, ISHAN. Damodar's mother Laxmi, who also lives in the house and stays at home, speaks only Newari, but with her body language and her warmth she makes you feel welcome despite of the language barrier. Damodar, Ira and Isan all speak English quite well, additionally to their Nepali and Newari and are very interested to have an exchange and a dialogue with you about your life and culture. Damodar enjoys taking about local culture and has lots of stories to share all the time. Ira leaves for school everyday at 9am and comes back at around 4pm. The family is very keen on including visitors in their daily routines and as often as they find the time, for instance they like to cook together, show you around the city, include you in most of the events and celebration(as long as you are interested to join). Morealess, as soon as you enter the house you are essential part of the family as long as you are in Nepal.



VHS in Kathmandu

VHS Kathmandu is branch office of VHS Bhaktapur located in Putalisadak Kathmandu established in the year 2015. VHS Kathmandu has 12 classrooms, one seminar hall, shared office space, teacher's room, administrative offices, library, printing room, kitchen and huge area for parking.

Distance from VHS Bhaktapur to VHS Kathmandu is 17 KM. Volunteers are traveling to VHS Kathmandu in the taxi service of VHS together with other staffs. VHS Kathmandu is focused on German Teaching (over 30 classes in a single day) and occasionally offering workshops and seminar on different topic typically once every month.



VHS Bhaktapur in Kathmandu
Lalupate Marga

Putalisadak

Kathmandu Ward No. 29

NEPAL

TEL: +977 1 4544834

Opening hours: Monday- Friday
7:00 am - 5:00 pm



Location

VHS Pokhara

VHS Pokhara, an extension of VHS Dhaktapur, is a distinguished institution located in the heart of Pokhara, beyond the bustling Kathmandu Valley. We are dedicated to delivering exceptional education in the German language, building on our extensive experience of over 13 years in this field. Our mission is to empower students with linguistic proficiency and cultural knowledge, paving the way for academic, professional, and personal growth.

As a trusted subsidiary of VHS Dhaktapur, we bring the same level of excellence and commitment to language education that has earned us recognition over the years. Our approach combines innovative teaching methods, experienced instructors, and a supportive learning environment to help students achieve their goals in mastering the German language.

Looking ahead, we are thrilled to announce our plans to become the second ÖSD (Österreichisches Sprachdiplom Deutsch) Examination Center in Nepal by mid-2025. This milestone will not only provide students with the opportunity to earn internationally recognized German language certifications but will also position VHS Pokhara as a vital hub for language learners in the region.

After spending a couple of weeks in Dhaktapur and familiarizing themselves with the work structure, volunteers are encouraged to travel to Pokhara for a unique work-and-travel experience. As one of Nepal's main tourist destinations, Pokhara offers a vibrant setting for cultural immersion and exploration.

VHS has arranged a well-equipped apartment in Pokhara to ensure a comfortable stay for volunteers. As VHS Pokhara is still in its development phase, we welcome and value the support of volunteers in contributing to various aspects of the center's growth. Their involvement plays a key role in helping the local team build and strengthen operations in this exciting new location.

VHS Pokhara
Chipledhunga-09
Newroad, Pokhara
NEPAL

TEL: +977 61 450266
Email: info@vhspokhara.org
www.vhspokhara.org

Opening hours: Monday- Friday
7:00 am - 3:00 pm



Location

Food!

There is no better way to understand Nepal and the Nepali people, than through their cuisine. Nepal does not have one distinct cooking style. However, food habits differ depending on the region. Nepali food has been influenced by Indian and Tibetan styles of cooking. Authentic Nepali taste is found in Newari and Thakali cuisines. which are available in a large number of eateries spread all over the valley.

The regular Nepali meal is dal (lentil soup), bhat (boiled rice) and tarkari (curried vegetables), most often accompanied by achar (pickle) or just raw chillie. Curried meat is very popular. Acquired from Tibetans, momos (steamed or fried dumplings) deserve a mention as one of the most popular snack among Nepalis. It is also taken as a whole meal especially by office goers during lunch. Rotis (flat bread) and dhedo (boiled flour) also make meals in some homes especially in rural areas.

Dal Bhat is the epicenter of Nepalese culinary culture (Challenged, perhaps, only by the tasty, spicy, energizing milk tea, "Chiya"), being served at least twice per day. It is rice (Bhat) with lentil soup (dal), typically accompanied by some vegetables, chutneys/pickles and sometimes meat. At VHS Bhaktapur, you will have the pleasure of freshly prepared (vegetarian) dal bhat everyday !

When in NEPAL....



Festivals!

Nepal literally has countless festivals, most of them of religious origin. While staying in Bhaktapur, you will have hard time NOT seeing at least one group of colorfully dressed people singing and dancing in the streets. Depending on the time you choose for your visit, you will experience different variations of the Nepali people's devotion to their gods (and to fun, music and good food!) firsthand.

Holi, the festival of colors, is celebrated in late February or early March, to welcome spring. Around this time god Shiva's birthday is also celebrated. During this time, you will see many sadhus in Kathmandu valley, and one is encouraged to smoke marijuana as an offering to Shiva. But the biggest Hindu festivals fall in September/ October: Dashain, the celebration of the victory of good over evil, is comparable in its importance with Western Christmas: Families gather, Nepalis from all over the world fly home to be with their loved ones (consider this in terms of ticket prices and availability if you plan on arriving around this time) and copious amounts of delicious food are prepared. A warning for animal lovers: during Dashain it is common for every family to sacrifice a goat. If you have a hard time dealing with dead animals and blood, this is not the time for you to come to Nepal. However, if you dare, you will not regret experiencing a totally different way of celebrating life and death and everything in between.

Hiking/Trekking!

One of the things people associate with Nepal is its breathtaking nature. More specifically: its mountains. Lucky for you, you don't need to climb Mount Everest (or Sagarmatha, as Nepali call it) to experience the real Nepal, as there are lots of other possibilities to get a glimpse of Nepal's beauty. The hills around the Kathmandu valley are full of hidden gems only waiting for you to explore them and many of these trips can be easily done within a day or two. We are always happy to give travel advice and tips on good sport and how to get there.

In case you are planning a longer trip (some of our volunteers went to Mustang and the Annapurna region), we recommend you to plan your trip during your stay here. We understand that you would want to travel and experience the country and VHS Bhaktapur always cares about the travel time for volunteers. During your 3 or 3+ months of your stay we would advise you to choose the right time for the travel. We recommend you to choose the right travel agency and guide for the travel.



Public Transportation/ Transport from airport to the school or your accommodation



Public transportation in Nepal can be daunting at first but don't fret- we will provide you with some tricks and advice during our cultural Introduction seminar and soon you'll stop the bus like local, haggle over the taxi fare like a pro and ride the tuk-tuk as if you were starring in your very own bollywood road movie. You would not find trains, tramps or underground metro in Nepal nor the trolleybus, basic transportation in Nepal are public bus, Taxi or moterbikes. Ride sharing is emerging in Nepal recently.

We will pick you up from the airport upon arrival (please provide us with your flight details, like time of arrival and airlines) with VHS' very own car, so you don't have to worry about taxis or buses right away. If you need to go anywhere during your working hours, we can make arrangements with our driver.

But we do encourage you to try taking the bus eventually, since you'll be more flexible in your exploration of the valley. Also, the bus is by far the cheapest option: a trip from Bhaktaur to Kathmandu is between 25 and 30 rupees !



Cost Calculation

Here is some useful info on what stuff costs here in Nepal, to help you plan your budget better. Below you see our fixed prices for interns and volunteers. Further down, you see items of everyday life and their approximate prices.



Some things are fixed: you need to calculate with there if you're planning to come and stay with us*:

Your Bhaktapur City pass lets you enter the "restricted" area of the old city without having to buy a ticket every time : ca. 15€

Your Hosting Charge : 100€/ 4 weeks

Cultural Introduction Seminar and Nepali classes : 150€

Accommodation : up to 200€/ 4 weeks, depending on where you choose to stay (check our website for an up-to-date price list for housing)

Some things are not fixed; you decide how much you want to spend while you are here. These are some examples of things that you might have to or want to spend money on (excluding all the tempting products and souvenirs you will find on every street corner).

A Nepali simmcard: 1-2 Euro

(recharge cards are available everywhere at similar prices & data packs are just as cheap)

**After July 2021, mobile phones bought out of Nepal would not support nepali sim card so we would organize a simple mobile phoneset for you.*

A bottle of water (1L): ca. 0,20 €

A Movie ticket(for an international movie):: ca. 3,20 €

Entry tickets to most touristic sites,i.e. Pashupatinath, kathmandu Durbar Square etc: ca. 10-15 €

A meal (at a local restaurant): 1-2 €

A meal (at a touristic restaurant): 4-5 €

A bus ride(i.e. one-way between Kathmandu and Bhaktapur): ca. 0,15€

A taxi ride(i.e. one-way between Kathmandu and Bhaktapur): ca. 10€

A beer(domestic, 0,5L bottle): ca. 1,80€

** If you join us as a DaF-intern and thus support our business with your skills by teaching German or otherwise help us improve aspects of our DaF-department, you don't have to pay for the Cultural introduction Seminar, the Nepali Classes and the hosting charge- you merely pay for your accommodation.*

Before your adventure begins...

We have had many wonderful, fun, and rewarding experiences with volunteers and interns in our VHS backpack. We constantly strive to make your stay as fulfilling, meaningful, and unforgettable as possible. However, it's important to remember why you decided to embark on this journey—whether for a volunteering experience or an internship—in a place like Nepal, which is vastly different from Europe in many ways.

Before you commit to supporting us with your time, effort, and creativity, we want to highlight a few key points to keep in mind. These are not strict rules, but experience has shown that following them makes everything run more smoothly and ensures a positive experience for everyone involved.

Few Things to Keep in Mind

I understand that this program is a cultural exchange and a learning experience.

I will do my best to learn, share, and actively participate in all organizational activities.

I will make an effort to understand and respect the local culture, people, and customs to the best of my ability.

I will inform my coordinator of any health and safety concerns or potentially hazardous situations that may pose a risk to myself or others. I will also report any accidents or incidents promptly.

I will keep my coordinator updated on my progress and daily experiences.

If I need medical attention or a hospital visit, I will inform my coordinator and have someone accompany me. I will NOT go alone.

If I experience culture shock, homesickness, or frustration due to cultural differences, I acknowledge that this is normal. I will openly communicate with my coordinators or fellow volunteers, as sharing experiences can provide support and valuable advice.

I will conduct myself in a professional, respectful, and courteous manner towards all staff, clients, and the public in my role.

I take full responsibility for keeping my accommodation clean and orderly. I will wash my own dishes after eating (this should be a given, but it's worth mentioning!).

If I live with others (such as a host family or roommates), I will be respectful, communicate openly about any concerns, and follow the house rules.

If I wish to change the nature of my contribution, I will inform my coordinator.

I will be open and honest in my interactions and provide constructive feedback when needed to improve the volunteer program and support system.

I understand that my primary role is to contribute. Any holiday exceeding 10 days must be taken before or after my time at VHS. I am entitled to 2 days of holiday per month, which can be combined. For a three-month stay, this means I will have a total of 6 days of holiday, excluding weekends. Including weekends, this would amount to 10 days in total.

I am about to embark on a life-changing, adventurous, and vibrant journey. I will make the most of this experience and look forward to meeting incredible people along the way!



Before you board your Flight.....

You're almost ready, you have bought your tickets, informed our volunteer co-ordinator of your arrival time and read all the guide books on Nepal that you could find at your local bookstore. But have you remembered everything? Below we have compiled a small list of things you should bring for your adventure in Bhaktapur. We also recommend you to check out our website www.vhsbhaktapur.org there you will find some useful links and things to remember before taking off...

Passport pictures (at least 10- trust us, you will need them for literally everything)

a copy of your passport

enough cash for your airport visa (€/\$ are accepted)

good walking/hiking shoes

basic medical kit (desinfectant, medicine for diarrhea and travel sickness etc.

something for the cultural shock: some chocolates, foods that remind you of home

In case you want to bring gifts: chocolate is always a winner:)

warm clothes(houses are not isolated, so it may get very cold especially at night between Oct./Nov. till Feb, and summer clothes (the outside climate is mostly mild)

adapter for electric plugs (not absolutely necessary, but if you want to make sure that your charger won't fall out at the slightest movement)

and lots of excitement, smile and openness for new experience!!!

Before you fly please scan the QR fillup the pre visa application form print it and carry along with you it will be easier to obtain on-arrival-visa at the immigration desk.



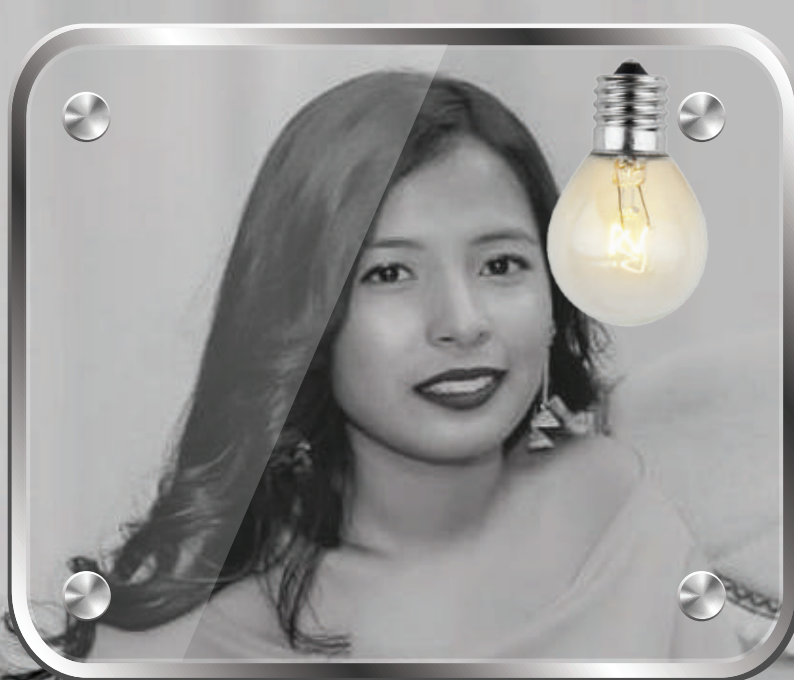
Meet us!

Sujina Shilpakar
Administrative Co-ordinator
Email: s.shilpakar@vhsbhaktapur.org



Sujina will be occasionally fulfilling gap of Prajan and communicating via emails and what'sapp with volunteers.

***See a full gallery of our staff in
www.vhsbhaktapur.org**



Prajan Bastola
COO
Email: prajan@vhsbhaktapur.org



Prajan is your contact person regarding everything from your accommodation and everyday kind of questions as about life in Nepal to your ideas, projects and plans. He also holds weekly team meetings with you and the other volunteers, organizes the Cultural introduction Seminar and other workshops and just in general makes your workplace a little bit sunnier.

Saroj Bastola
Founder/CEO
Email: s.bastola@vhsbhaktapur.org



As a CEO of VHS Bhaktapur, VHS Pokhara and it's sister organization CDN (Career Counseling for Nepalese Youth), Saroj is very busy. You will likely meet him handling 3 projects at once while still cracking jokes and finding the time to ask how are you doing.





VHS Bhaktapur
Adarsha-7
Bhaktapur

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