



Nepal is rich in natural resources, magnificent landscapes, culture, hospitality, traditions and many more. Unfortunately, it is one of the poorest in terms of economical and infrastructural development. It is really a shame that the Nepalese who are well-known as hardworking, friendly and brave have started being identified as poor and it is true because majority of them earn below USD 1 per day but it is mainly restricted to the rural villages.

Amongst many, child labour remains a major problem, both socially and economically in Nepal. It exists strongly in villages as well as cities due to the lack of a powerful government as well as the illiteracy and poverty.

Secondly, these rural villages are also deprived of basic health and education resulting in high mortality rate, high illiteracy, and high incidence of poverty. Due to not having access to common medical support, many even risk losing their lives. This is upsetting, particularly when the deceased is the sole bread winner of the family. In those cases, the family is left with no

source of income affecting the living of the whole family.

The lack of income and also education force many women and girls into prostitution and sadly, the trafficking of women and girls for prostitution is awfully regular. Many of these innocent girls land up in neighbouring India and the Middle East while a remarkable number live in the capital city of Kathmandu. Although Kathmandu is the wealthy island within a ocean of poverty, it is also the home to thousands of poor like the child labours, street children and the homeless living in slums. Their living standard is very poor compared to the residents of Kathmandu and the gap is getting wider.



Various government and non government organizations are actively playing a crucial role in alleviating poverty in Nepal and they have their own approaches to it. The government has its own Poverty Alleviation Fund and many programs to alleviate poverty which it monitors, coordinates and supports.

Likewise, the local communities have also started forming their own groups and identifying their problems. They solve their problems by resorting to solutions like micro credits etc. These efforts are supported by the



government as well as non-government organisations. Likewise, business organisations also help the poor by investing in several sectors and also by providing employment.

Similarly, INGOs and NGOs organise women empowerment programs, skill development trainings; provide technical and financial support to the community, provide medical assistance and help in infrastructural development.

Besides common goal to alleviate poverty, one another thing that is common to all of these programs is the attachment of international volunteers in their implementation. Volunteers link themselves to any one of these organisation before involving in voluntary activities. These organisations welcome or deploy volunteers from abroad. One such international organisation is the International Cultural Youth Exchange (ICYE). It supports couple of good projects related to education, health and environment. You could contact them at +493028390550 or icye@icye.org. Another good



international organisation is the International Volunteer HQ which has lots of programs and projects you could join. You could contact them at +6467587949 or volunteer@volunteerhq.org.

Maiti Nepal is a reputed national organisation if you want to volunteer in the field of human trafficking and women empowerment. You could contact them at +97714492904 or

info@maitinepal.org. If you want to help the children and orphans then it would be a good idea to contact SOS Nepal at +97716630391 or info@sosnepal.org.np. Nepal Children's Organisation is another favourite organisation amongst the foreign volunteers. You could contact them at +97714411202 or info@nconepal.org.

For volunteering, there are many opportunities available in Nepal and this is a chance to get experience in a field you would like to work in. Mainly opportunities are related to major issues like the health, women empowerment, education for children, youth development and nature conservation. Other opportunities are projects related to Human Rights and Refugees issues.

If you are into health science, there are lots of projects related to HIV/AIDS and other Health prevention activities along with sanitation. Women



empowerment projects are also immense in the nation especially for victims of human trafficking.

Another major issue is the education for deprived children. Opportunities like Children's Development including Early Childhood Development; Flexible Schooling for decade long conflict victims and support for Orphanages are available.

Opportunities are also available in the field of youth development like the formation of youth club or providing sports training and language development classes. Volunteering can also be done in Teacher Development projects including workshops, seminars and exchange visits. There are also opportunities for Agro forestry projects and wildlife and nature conservation projects.

Foreign volunteers need to be over 18 years of age and passed higher secondary education. Those wanting to be involved in medical and technical must have relevant certificates. It is highly recommended that one has some knowledge of Nepal along with some volunteering experience if possible. Volunteering is not possible in a tourist visa.

Nepal warmly invites volunteers from all over the world who has a vision to serve. It is absolutely safe and can become a lovely excellent experience. One should never avoid this opportunity as it can ameliorate the lives of the poor, physically and spiritually. It is always a gratifying experience and an opportunity to offer something back to the community. Truly, volunteering in Nepal is an experience of diverse opportunities and fun, not always available to you elsewhere.