



## Info pack for volunteers

### Survival kit



## NEPAL

### WORLD NEPALESE STUDENTS ORGANISATION

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## 1. Youth in Action Programme and the EVS

### Youth in Action programme



On 15 November 2006, the European Parliament and the Council adopted [Decision No 1719/2006 /EC](#), which establishes the Youth in Action programme for the period 2007 to 2013. This document is the legal basis of the Programme for its entire duration.

Youth in Action is the EU Programme for young people aged 15-28 (in some cases 13-30). It aims to inspire a sense of active citizenship, solidarity and tolerance among young Europeans and to involve them in shaping the Union's future.

Youth in Action is a programme for all! It promotes mobility within and beyond the EU borders, non-formal learning and intercultural dialogue, and encourages the inclusion of all young people, regardless of their educational, social and cultural background.

Youth in Action is the successor of the [YOUTH Programme](#) (2000-2006). Building on the experience of the previous programmes for youth, Youth in Action is the result of a large consultation with the different stakeholders in the youth field and aims to respond to the evolutions and needs of young people at European level.

With a total budget of 885 million euros for seven years (2007-2013), the Programme supports a large variety of activities for young people and youth workers through five [Actions](#).

The Youth in Action Programme aims to achieve the following general objectives:

- promote young people's active citizenship in general and their European citizenship in particular;
- develop solidarity and promote tolerance among young people, in particular in order to foster social cohesion in the European Union;
- foster mutual understanding between young people in different countries;
- contribute to developing the quality of support systems for youth activities and the capabilities of civil society organisations in the youth field;
- promote European cooperation in the youth field.

### European Voluntary Service

*The Youth in Action programme offers young Europeans the chance to make a real difference to the world – and to their own lives – through the European Voluntary Service.*

The European Voluntary Service (EVS) provides young Europeans with the unique chance to express their personal commitment through unpaid and full-time voluntary activities in a foreign country within or outside the EU. In this way, it seeks to develop solidarity, mutual understanding and tolerance among young people, thus contributing to reinforcing social cohesion in the European Union and to promoting young people's active citizenship.

### Learning for life!

Open to all young people aged 18 to 30, EVS is a true 'learning service'. Beyond benefiting the local communities, by participating in voluntary activities, young volunteers can develop new skills and, therefore, improve their personal, educational and professional development. Volunteers can benefit from specific training throughout the activity and agree on their expected learning outcomes, processes and methods in advance. Their learning experience is formally recognised through a [Youthpass](#). Participation is free for the volunteers (except for a possible contribution of a maximum of 10% of the travel costs) who also get board and lodging, insurance cover and an allowance for the duration of the project. Special conditions apply to encourage the participation of [young people with fewer opportunities](#). For instance, they can participate as of the age of 16. Further information can be found in the Youth in Action Programme Guide as well as in the [Inclusion Strategy](#) of the Programme.



## Co-operation and friendships

A successful EVS project requires close co-operation among at least three key players: a sending organisation, a host organisation and the volunteer. One of the organisations involved in this partnership also plays the role of coordinating organisation and applies for an EU grant on behalf of the partnership. Organisations perform a number of roles: they identify volunteering opportunities and develop projects that benefit the local community. They also recruit and prepare the volunteers, host them, and ensure follow-up.

EVS activities can be carried out both individually or in group. Up to 30 volunteers can now participate in the same EVS project!

The European Voluntary Service spans a wide range of areas, such as culture, youth, sports, social care, cultural heritage, the arts, civil protection, the environment, development co-operation, etc. One thing all the activities have in common is a clear European and intercultural learning dimension. EVS is a mutually beneficial process, where everybody gains from getting to know the other's culture.





## 2. The EVS Charter

### European Voluntary Service Charter

The European Voluntary Service (EVS) Charter is part of the Youth in Action Programme Guide and highlights the roles of EVS Sending, Host and Coordinating Organisations and the main principles and quality standards of EVS. Each EVS Project promoter adheres to the provisions set out in this Charter.

#### **EVS partnership**

A solid partnership between EVS Sending, Host, Coordinating Organisations and the volunteer is the basis of every EVS Activity. Adequate matching between the volunteer profile and the tasks has to be in place. An Activity agreement is signed by all the partners before the beginning of the Activity.

- The Sending Organisation is in charge of the preparation and support of the volunteers before, during and after the EVS activities.
- The Host Organisation has to ensure safe and decent living and working conditions for the volunteer throughout the entire Activity period. It has to provide adequate personal, linguistic and task-related support, including the identification of a mentor for the volunteer.
- The Coordinating Organisation (applicant) has the role of facilitating the implementation of the project by offering administrative and quality support to all project partners and enabling their networking.

#### **EVS principles to be ensured**

- The non-formal learning and intercultural dimension, through a clear definition of a learning plan for the volunteer.
- The service dimension through a clear definition of the non-profit-making character of the project and the volunteer tasks. Full-time service and active role of the volunteer in implementing the activities have to be ensured. EVS volunteer activities must not replace any employment.
- The benefit to and the contact with the local community.
- EVS is free of charge for the volunteers.
- Accessibility and Inclusion: when recruiting EVS volunteers, the organisations maintain the overall accessibility of EVS for all young people, without prejudice related to ethnic group, religion, sexual orientation, political opinion, etc. If the project targets volunteers with fewer opportunities, facilities and capacity in providing tailor-made preparation, and support have to be in place.

#### **EVS quality standards to be ensured**

##### Support to the volunteer

- Before, during and after the EVS activities, in particular in crisis prevention and management.
- For insurance, visa, residence permit, travel arrangements and all the EVS administrative procedures.
- By facilitating the volunteer's participation in the EVS training cycle (pre-departure training, onarrival training, mid-term evaluation and evaluation of the Activity).
- By foreseeing proper evaluation measures.

##### Information

- All EVS partners have the right to receive complete information on the Activity and agree on all aspects.
- Visibility, dissemination and publicity measures have to be in place.

##### Recognition

- Each EVS volunteer is entitled to receive a Youthpass.



### 3. About Across Continents



Across Continents is a European Voluntary Service (EVS) project, action 2 of the Youth in Action Programme of the European Commission.

The project started in January 2012 and ends in July 2013. It foresees volunteering activities in Colombia, Nepal and Argentina: 12 volunteers from Italy, France, Spain and Netherlands will work on a voluntary basis with children and youth from various contexts and backgrounds, developing human rights education activities, arts, sports, among other, contributing to the community development and at the same time learning valuable experiences and competences useful for their future at personal and professional level.

Across Continents is an enriching experience for the NGOs and volunteers involved. Through volunteering and international cooperation it aims to promote a culture of peace and human rights world-wide.

For further information visit our website! - <http://www.acrosscontinents.ceipes.org/>

#### The partnership



pistes solidaires  
WWW.PISTES-SOLIDAIRES.FR



#### The project coordinator - CEIPES

CEIPES was created in 2007 and it stands for International centre for the Promotion of Education and Development (in Italian Centro Internazionale per la Promozione dell'Educazione e lo Sviluppo). CEIPES is a non-profit international organization with seats in 5 European countries - Italy, Portugal, Turkey, Spain and Belgium and antennas in Greece, Bulgaria, Romania and Czech Republic. CEIPES is an independent organisation, without links to political parties, but nevertheless politically active and seeking the active participation of all. CEIPES work is inspired in the principles and values of Peace and nonviolence, Equality in diversity, Human rights, Democracy and active participation, Respect to environment, Cooperation, Communication, Solidarity, Social inclusion, Respect, Tolerance and Interculturalism.

At European and International level CEIPES works in straight cooperation with more than 20 organisations, universities and public bodies. The main common goal shared by all partners is to work for social and human development in order to contribute to processes of positive change and social cohesion in a world that respects human rights and democratically involve all human beings in its own construction.



## Mission and Vision

CEIPES is a non-profit global organisation active in the field of social and human development that works through education for a world of peace and equality in order to grant the fulfilment of the universal human rights.

The mission of CEIPES is to foster and support the sustainable development of local communities and individuals' empowerment through education and training, human rights and international cooperation.

## Objectives

1. To promote education and development of all people at any age as a tool to foster individual and collective grow.
2. To fight all forms of discrimination with the aim of contribute to community development and to social inclusion.
3. To encourage intercultural dialogue with the objective of promote understanding and respect between individuals from different cultures creating the awareness of the intercultural enrichment achieved through the sharing of values, traditions and different *modus vivendi*.
4. To promote peace, nonviolence and human rights as the only way to reach a world of equality and solidarity in which all human beings enjoy their fundamental rights.
5. To conduct International cooperation projects respecting equal opportunities and the principle of self-determination of people.



## 4. My host country: useful information



### The city

As you have been chosen to go to Kathmandu, you should realize how lucky you are! Kathmandu is an amazing city, with lots of History in every corner, and with so different cultures that you may know.

Kathmandu is the capital of Nepal, with a population of 1 million inhabitants, approximately. It is settled on the Kathmandu Valley with its 5 million inhabitants and that because its cultural heritage has the recognition under the World Heritage list of the UNESCO.

There are evidences that the first inhabitants arrived about 2000 years ago, so you may imagine how many monuments you will find! The people from Nepal follows the Hinduism and Buddhism and there are lots and lots of temples, the most of them from the XVII century, so you will enjoy the Kasthamandap, the Hanuman Dhoka, the Kumari Ghar and so many more always having the Durbar Square as the center of the city; the square is the complex of palaces, courtyards and temples that are built between the 12th and the 18th centuries by the ancient Malla Kings of Nepal. It is the social, religious and urban focal point of the city. Taleju Temple, Kal Bhairab (God of Destruction), Nautalle Durbar, Coronation Nasal Chowk, the Gaddi Baithak, the statue of King Pratap Malla, the Big Bell, Big Drum and the Jagnath Temple are some of the interesting things to see in this Square..

Even when Nepalese is the official language of Nepal, you may find that people understands and speaks English at the government offices and some bussiness, especially because Nepal and Kathmandu have become important tourist destinations from the 60's.

Kathmandu is in a valley, of course, but don't forget that you will be in the country with the highest mountains on Earth, like the Everest! Kathmandu has an elevation of 1.400 meters and it is surrounded by 4 major hills :Shivapuri, Phulchowki, Nagarjun and Chandragiri. Nepal has an incredible diverse of territories in contrast with its small size. Flora and Fauna are rich and you will enjoy the beautiful landscapes of this unique country.

The city generally has a salubrious climate with comfortable warm days followed by the cool mornings and nights. Unpredictability of weather is expected as during winter, temperatures during the winter months have dropped to 3 °C. The rainfall which is mostly monsoon based (about 65% of the total concentrated during the monsoon months of June to August),

### Emergency numbers:

- District Police Office, Kathmandu 4261790, 4261945
- Ambulance Nepal Red Cross Society 4228094

For further information:

<http://nepal.saarctourism.org/kathmandu.html>

<http://www.nepalhomepage.com/>

<http://www.nepalvisitors.com/nepal-general-information.htm>



## The host organization



World Nepalese Student Organisation (WNSO) is a highly esteemed platform for students from Nepal. It was established by a group of pioneering students whose primary objective was the provision of accurate and comprehensive information for those eager to study abroad.

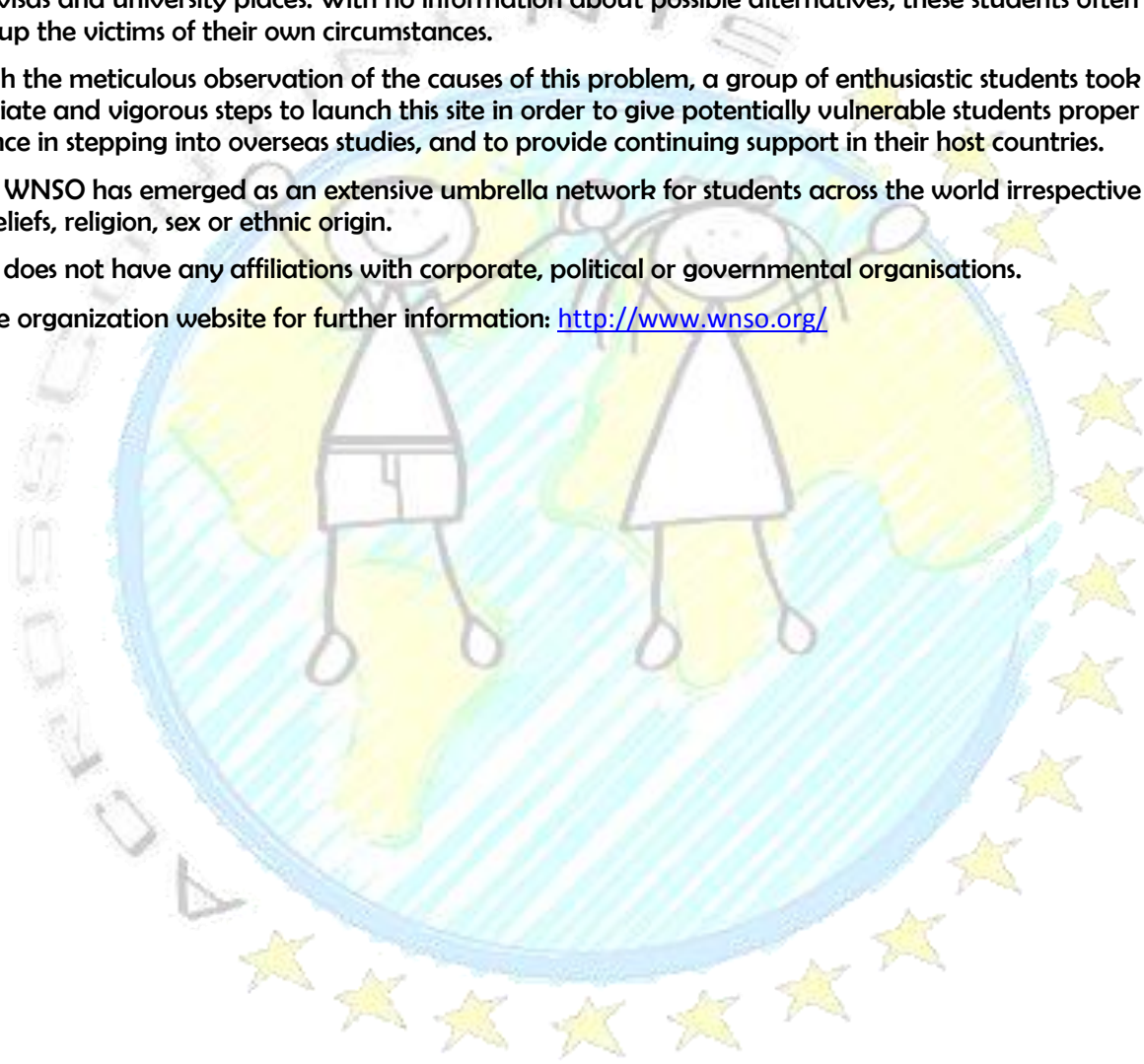
The idea for WNSO stemmed from the recognition of a major problem facing prospective overseas students from Nepal. Over the years, countless students have fallen easy prey to mediators and brokers. Often, they have had to spend huge amounts of money in order to secure visas and university places. With no information about possible alternatives, these students often ended up the victims of their own circumstances.

Through the meticulous observation of the causes of this problem, a group of enthusiastic students took immediate and vigorous steps to launch this site in order to give potentially vulnerable students proper assistance in stepping into overseas studies, and to provide continuing support in their host countries.

Today, WNSO has emerged as an extensive umbrella network for students across the world irrespective of their beliefs, religion, sex or ethnic origin.

WNSO does not have any affiliations with corporate, political or governmental organisations.

Visit the organization website for further information: <http://www.wnso.org/>







## 5. Me and my role

PEACE IS IN OUR HANDS  
CULTIVONS LA PAIX  
CULTIVEMOS LA PAZ



السلام بين أيدينا  
Мир в наших руках  
让我们播种 和平

The volunteer has an important role as a **young ambassador for a culture of peace and human rights**. Volunteers travel to various places of the world representing themselves but also their countries and their NGOs. Throughout this

long-term travel they are engaged in useful activities in various local communities and they meet very different people in the most different contexts, developing their personalities and themselves as human beings and world citizens. This way volunteers attitudes and values, their eagerness to communicate and engage in positive exchanges is always a key issue, as through their interactions they spread a way of being and a way of living in this world. Not a model to be copied as the best and only one, but an approach to diversity and a willingness to understanding and cooperation that are key values to world peace and to the achievement of a culture of peace and human rights. It's in their hands to contribute to a better world, not as empty words coming out of politicians discourses, but in a real and practical way!

In 2000 the United Nations developed the “Declaration and Programme of Action on a Culture of Peace” (A/RES/53/243) that defines a culture of peace in the following way:

A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on:

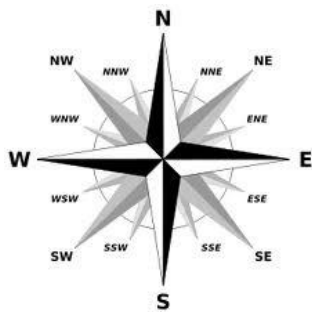
- (a) Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation;
- (b) Full respect for the principles of sovereignty, territorial integrity and political independence of States and non-intervention in matters which are essentially within the domestic jurisdiction of any State, in accordance with the Charter of the United Nations and international law;
- (c) Full respect for and promotion of all human rights and fundamental freedoms;
- (d) Commitment to peaceful settlement of conflicts;
- (e) Efforts to meet the developmental and environmental needs of present and future generations;
- (f) Respect for and promotion of the right to development;
- (g) Respect for and promotion of equal rights and opportunities for women and men;
- (h) Respect for and promotion of the right of everyone to freedom of expression, opinion and information;
- (i) Adherence to the principles of freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations; and fostered by an enabling national and international environment conducive to peace.

This way we expect from the volunteers to be active actors in the promotion of this culture of peace and human rights, demonstrating, developing and promoting some important values:

- promotion and protection of human rights
- communication in a nonviolent way
- attitude towards conflict transformation
- cultural openness
- humbleness
- eagerness to learn from the other and to share
- respect and valorisation of diversity
- critical thinking
- transparency
- solidarity
- flexibility



## 6. My reference points



### Host coordinator

The host coordinator is the person in charge of the project in the host country. S/he is responsible for maintain contact with the sending ac coordinating organization. Besides is the person in charge of the overall coordination of the volunteers activities and the last responsible for the good implementation of the project at the local level.

Volunteers should refer to him/her for any situation related with the project such as receive the pocket money and food allowance, difficulties related with the project implementation, the proposal of a personal project, monitoring and evaluation of the project, etc.

### Mentor

The mentor is responsible for:

- Show the town and help with the basic needs
- Present national culture and its customs
- Regular meetings to share experiences and evaluate the learning outcomes
- Introduce to local people and support social integration
- Fill in the Youthpass

### Activities responsible

This person(s) is the one in charge for the activities where volunteers collaborate. Volunteers should address them for issues related with the activities.

### Sending organization responsible

The coordinator of the project in the departure country of the volunteer. S/he is your reference person for issues connected with the travel, the medical insurance, the visa and the project follow up. During the volunteering period you should address this person if there are difficulties you cannot solve with your mentor and host organization responsible. Besides s/he will always keep in contact with the volunteer and ask for news!

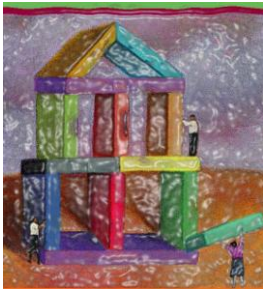
### Coordinating organization responsible

This person is the responsible for the overall project and she is always in contact with the sending and host organizations. In principle there will be no need to address this person as all situations will be referred to her through the other responsible.

### The other volunteers

The other volunteers are always an excellent reference point as they live the same experience and they have for sure a lot of resources and ideas to furnish. The exchange among volunteers, through emails and forum, is strongly encouraged.

## 7. Logistics and other practical aspects



### Food and accommodation

In Nepali family (WNSO Family) in individual/double room. The house is located 200 meter ahead of Gangabu Chowk, Near ChakraPath.

### Local displacements

EVS volunteers will have access of microbus (public vehicle) which is always available from the early morning and late evening. For the short distance, i.e. 10-15 minutes they can walk around. As per need, if they wish to go for sightseeing or personal tour, they can take or hire a taxi.

### Language course

Nepalese course for 2 months in a total of 42 hours.

### Contacts

Jagannath Kharel  
00977 9841423422 (mobile)

Mr. Rajesh Pathak - Mentor  
00977 9841700716

President WNSO  
Mr. Yadav Prasad  
Bhattacharai  
00977 851078717

### Visa

Please beware that your travel itinerary will be as TOURIST (only for immigration purpose), and you'll get maximum 90 days visa from immigration desk at airport during your entry time, so **please fill the form accordingly and mention your purpose of visit to Nepal as TOURIST** (see immigration website).

You'll get additional 60 days visa permit after arriving to Kathmandu and you will get total 150 days stay permit in Nepal. WNSO Nepal will help you to extend your visa in Kathmandu.

Visa costs 100 US Dollars or other convertible foreign currency equivalent thereto (it is the equivalent to more less 75€, precisely = 75,6258). Please take this amount with you.

Remember you will also need photos so do them before departure.

### Other practical aspects & Safety issues

Volunteers will be expected to live according to Nepalese culture, customs and context. Many things that we take for granted in Europe are not available and are not used in Nepalese houses.

Electricity is unreliable and runs from 6-10 hours/day. Due to little electricity, fridges, electric cookers and other are not used.

There is currently a water shortage in Kathmandu valley, therefore water ought to be used sparingly, running hot water is not common in Nepalese houses (water must be heated on the stove and then used).

Internet will be available in the WNSO office during office hours but it will depend on electricity supply.

One of the health structures volunteers we will refer in Kathmandu is:



Bir Hospital, Maha Boudha, Kathmandu

tel. 00977-1-4223807 / 4221119 / 4221988

All safety rules can be found on-line in available websites. Inform yourself before departure. After arrival the host organization will also give you some important advices.

### What to bring with you

- Towels
- Mobile phone (unblocked so that another SIM card can be used)
- Things that will make you comfortable in home sick moments ☺
- A lot of energy and willingness to share
- Rain coat
- Umbrella
- Personal computer



## 8. Finances



### Pocket money

Each volunteer will have the own pocket money for the personal expenses. For Nepal it is 50€ each month. This money will be given to the volunteer by the host organization at the beginning of each month. Each time the volunteer has to sign a paper declaring s/he received the amount foreseen.

### Food allowance

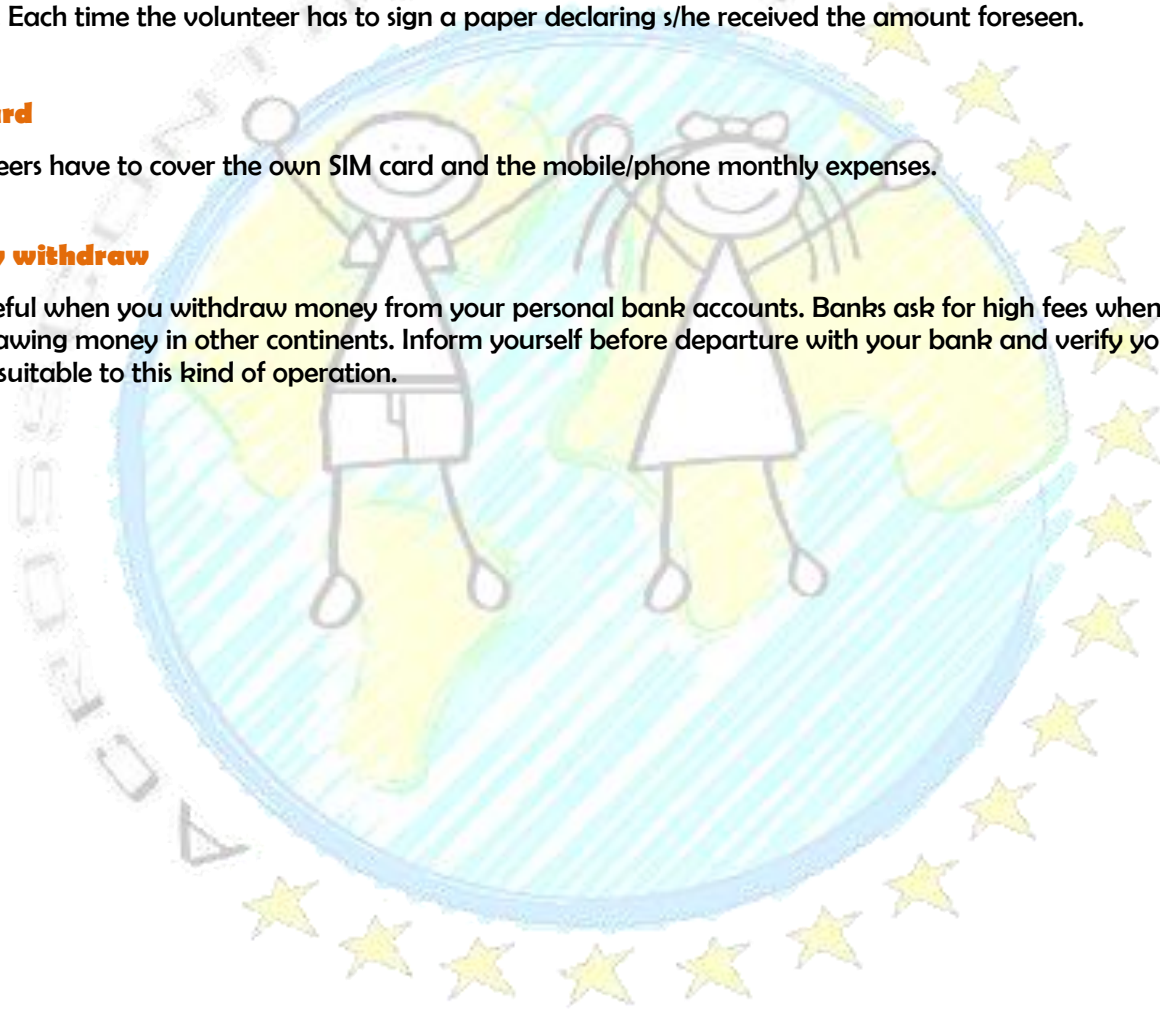
Each month volunteers will also receive the food allowance. Again this amount will be given by the host organization at the beginning of each month. Each time the volunteer has to sign a paper declaring s/he received the amount foreseen.

### SIM card

Volunteers have to cover the own SIM card and the mobile/phone monthly expenses.

### Money withdraw

Be careful when you withdraw money from your personal bank accounts. Banks ask for high fees when withdrawing money in other continents. Inform yourself before departure with your bank and verify your card is suitable to this kind of operation.



## 9. My working programme



### First week

Activities	Date	Responsible for/Where
<b>1</b> Pickup the volunteers from Airport and facilitate them to stay in residence, support for arrangement and also meeting with responsible of the project and mentor/s, walking around the residence to observe the station, market places and surrounding community	May 2 & 3, 2012	Mentor/s, project focal person and associates
<b>2.</b> Nepali Language course (Intensive course), 2 hours/day	May 4-7	At residence (optional: WNSO training hall)
<b>3</b> Visit nearby place, marketing places and other importance places into the Kathmandu Valley	May 3 & May 4	Members of WNSO and associates
<b>4.</b> Orientation class about cultural and local perspective and sharing the expectations	May 5	WNSO president, Mentor/s, project focal person and others guest trainers/speakers
<b>5.</b> Visit work placement areas and/or volunteering station/s	May 8	Concerning organizations/Kathmandu Valley
<b>6</b> Visit work placement areas and introduce with local school of disabilities, Orphanages, and Higher Secondary schools/colleges	May 9	Concerning organizations/Kathmandu Valley

### Weekly schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b> <b>10 -13</b>	Weekly staff meeting  Preparation for the week activities.	Preparation for the activities and Desk support to the community organization as	Preparation for the activities	Preparation for the activities and Desk support to the community	Preparation for the activities and Desk support to the community organization as



		per needs		organization as per needs.	per needs
<b>Afternoon</b> <b>14 – 17</b>	Youth Human Right Education Club (HRE Club).	Assistance for people with disabilities at School of Disabled.	Youth Human Right Education Club (HRE Club)	Assistance for people with disabilities at School of Disabled.	Organize leisure activities in an orphanage

13 pm to 14 pm is interval time for lunch. Lunch will be taken normally before the office time at residence as general practice in Nepal.

### Activity 1 - Youth Human Right Education Club (HRE Club)

Target: high/higher school/college students in Kathmandu valley

We are selecting some of the partner schools /colleges, we have already discussed with management/principal for the placement of volunteers. Volunteers will run classes (informal) and be involved in discussion with students of schools/colleges. It is located in different places of Kathmandu; volunteers will join the club occasionally in rotation basis in the selected schools.

**Activity 2** - Assistance for people with disabilities at School of Disabled.

**Activity 3** - Organise leisure activities in an orphanage.

**Activity 4** - Personal activity and organization development and Networking support (in the leisure time)

**Activity 5** - Desk support: desk work as per requirement of organization/orphanage/disable school, for example, help to staff or organization to prepare report, daily management support, disseminating information, lobbying for organization, proposal/plan preparation etc. that are directly related to the welfare of the community when volunteers have time. They have different ideas or think many things after involving the activities, so they can support for documentation etc under the volunteering criteria.

Two groups will be formed among the four volunteers and mobilize them rotation basis.

1	PwD Children School (disabled children school)	Nava Jeevan Kendra, Chakrapath (30 min public vehicle from residence)
2	Orphanage	Sisu Orphanage, 45 min. public vehicle distance from residence
3	Schools 4 Secondary Schools & 4 H.S Schools	Location: 1 New Baneshowr, 1 Bahaktapur, 2 Schools from Gangabu/Nepaltar 4 High schools from central Kathmandu. ( 15 minutes to 40 minutes distance of public Vehicle)
4	Other Work place	WNSO office and Contact of office of WNSO at the residence of volunteers
5	Other tour Arrangement-optional (Personal cost basis)	Volunteers can be joined and participated in rafting at Trisuli, our in Chitwan National Park/Bardiya NP tour, participate in Cultural Shows, involve in a short trekking and many more if they wish (12-15 days) in case they wish to work 6 days in a week and save the holiday for their personal tour. The days of working can be changed from Sunday to Friday instead Monday to Friday to save for their holiday time for the tour.



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**Note:** The additional vacation will be counted max two days in a month only.

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### Other tasks

All volunteers in the project have to fulfill the following tasks:

- E-learning course on human rights education and anti-discrimination before departure
- Volunteers blog
- Write 1 article about the own experience
- Fill in the Youthpass
- 1 audio-visual production about the own experience (photo album, video, etc)





## 10. Training of the volunteers



All volunteers have the right and the duty to participate in the various training moments foreseen by the sending and host organizations. These moments will be organized by the various partners and proposed to the volunteers in the relevant moments. The common training moments foreseen are:

- 1) Pre-departure training – including e-learning course
  - Focus on logistical issues but also on important aspects to take in consideration before departure and while in the host country
  - Based in email exchange, Skype and in presence meetings and phone calls
- 2) On-arrival training (2 days during the 1<sup>st</sup> week after arrival for Colombia and Argentina and 2 days during the 4<sup>th</sup> week for Nepal)
  - Focus on sharing expectations, volunteering and the role of the volunteer, intercultural learning, communication, conflict resolution and problem solving, Youthpass
  - Includes cultural visits and first orientation in the city
  - Includes visits to the places where activities will take place and first meeting with all project actors (mentor, activities responsible, host project coordinator)
  - Based in non-formal education approach
- 3) Language training
- 4) Task related training (depends on each host organization)

## 11. Recognition of the learning experience: Youthpass for all!



EVS has two main scopes, one related with the volunteers learning process and the other related with the active participation and contribution of the volunteer to the local community where the EVS activity takes place. This happens in a interactive way and is fruit of the exchange and share among the volunteer and the local community and local NGO. From the volunteer is expected to be open and enthusiastic, to believe there is always something to learn from the other and to keep her/him self open to this exchange. It's not expected from the volunteers to have an answer to the local community problems nor to have an arrogant attitude of "knowing everything" but to listen to

their problems and solutions and contribute with the own knowledge and values. In our project learning is a collective experience made of many voices and contributions.

Throughout this process is foreseen that volunteers acquire certain competences. In order to facilitate the completion of the Youthpass we already offer you a general description of these competences in the key of the "8 key competences". The 8 competences are described in a simple way in the resources offered you at the last point (14. Important links and resources – check Youthpass related documents). The following list is only a general list and it's obvious each volunteer will learn different things and sometimes not even the one described below:

- 1. Communication in the mother tongue:** when volunteers will exchange with the youth and other people they meet in the host country; it's normal that young people will be curious about the new arrived and they will want to know new words in their languages.
- 2. Communication in foreign language:** volunteers will learn new languages and develop most of all their speaking skills.
- 3. Mathematical competence and basic competences in science and technology:** this can happen in a transversal way as no activity foreseen tasks that directly will foster this competence. However we believe that the work with groups will for sure require mathematical skills connected with the organisation of the groups.
- 4. Digital competence:** this competence will be transversal too. Through the need to use the management platform, communicate with family and friends using the internet, research on topics and activities to implement etc, volunteers will develop their skills, knowledge, values/attitudes in this area.
- 5. Learning to learn:** this competence will be stimulated trough the reflection and assessment of the learning experience and through the Youthpass.
- 6. Social and civic competence:** this is very strongly present in the project as volunteers will explore the volunteering as a tool of civi competence, they will be always in contact with people and so develop social skills and attitudes, they will explore activities for the development of the communities and people, they will face conflicts and develop communication skills, etc.
- 7. Sense of initiative and entrepreneurship:** through the personal activity volunteers will be able to develop this competence, but also they will do so through the workshops and activities with targets as tey will have to be creative, learn to solve problems, decide sometimes authonomously, take initiative, etc.
- 8. Cultural awareness and expression:** this is a very strong part of learning too; given to the fact that this is a volunteering outside volunteers' countries they will face cultural differences they don't know and are not used to. In the intercultural exchange and dialogue they will learn a lot about their own culture and the other cultures and the way to better communicate and live together. This happen at social and professional level.



During the period of the activities in the host country the volunteers will have different tools that will facilitate their monitoring and evaluation of the own learning process. During the on-arrival training these tools will be explained.

After the EVS experience each volunteer will fill in the own Youthpass that will be delivered and consists in a recognition of the learning experience undertaken through EVS.



## 12. Monitoring and evaluation



Volunteers will be actively involved in the monitoring and evaluation of the project. The following tools will be used to understand how the project is going:

- a) Self-assessment questionnaire – for volunteers (before and at the end of the project)
- b) Questionnaire – for partner organisations (beginning, mid-term and at the end of the project)
- c) Questionnaire – for volunteers (mid-term)
- d) Mid-term evaluation with volunteers
- e) Exchange of emails among the various actors / continuous communication
- f) Group interactive activities and observation – for targets involved in the host community activities and host partners (to evaluate the impact in the local community) – requires volunteers' contribution
- g) Final evaluation with the volunteers (before return)
- h) Project GANTT chart (for coordinator use)



## A final inspirational story...!!



### **STARFISH**

As the old man walked along the beach at dawn, he noticed a young woman ahead of him picking up starfish and flinging them into the sea. Finally, catching up with the young woman, he asked her why she was doing this. The answer was that the stranded starfish would die if left until the morning sun.

*“But the beach goes on for miles and there are millions of starfish”,* said the man.

*“How can your effort make any difference?”*

The young woman looked at the starfish in her hand. She threw it to safety in the waves and said,

*“It makes a difference to this one”*

## 14. Important links and resources



### Insurance guide (find here your language)

[http://global.msh-intl.com/index.php?option=com\\_content&view=article&id=86%3Aservice-volontaire-europeen&catid=20%3Acommission-europeenne&Itemid=231&lang=en](http://global.msh-intl.com/index.php?option=com_content&view=article&id=86%3Aservice-volontaire-europeen&catid=20%3Acommission-europeenne&Itemid=231&lang=en)

### What to expect from EVS

[http://ec.europa.eu/youth/youth-in-action-programme/doc/actions/european\\_voluntary\\_service/what\\_to\\_expect\\_from-evs.pdf](http://ec.europa.eu/youth/youth-in-action-programme/doc/actions/european_voluntary_service/what_to_expect_from-evs.pdf)

### Visa issues

#### Nepal

- [www.immi.gov.np/visa/tourist-visa](http://www.immi.gov.np/visa/tourist-visa)
- <http://www.immi.gov.np/visa/provisional-visa-arrangement-fee>

#### Colombia

- <http://www.cancilleria.gov.co/services/colombia/visas>
- <http://www.cancilleria.gov.co/services/colombia/visas/temporary/special/cooperator>

### Youthpass

- <http://www.youthpass.eu/en/youthpass/>
- [http://ec.europa.eu/youth/youth-in-action-programme/doc/actions/european\\_voluntary\\_service/youthpass.pdf](http://ec.europa.eu/youth/youth-in-action-programme/doc/actions/european_voluntary_service/youthpass.pdf)
- <http://www.youthpass.eu/en/youthpass/video/>
- [http://www.youthpass.eu/downloads/13-62-69/11-148%20Youthpass\\_brosjyre\\_2.korr.pdf](http://www.youthpass.eu/downloads/13-62-69/11-148%20Youthpass_brosjyre_2.korr.pdf)