

# NEWSLETER

PREPARED BY:

VOLUNTEERS MANAGEMENT TEAM

# JANUARY

# 2025





Dear Friends and Supporters of VIN,

As the new year unfolds, we're excited to reflect on the incredible work done by our volunteers this January. From empowering local communities to fostering sustainable change, January has been filled with inspiration, dedication, and impact. Here's a detailed look at the highlights of this month's activities.

## WELCOMING OUR JANUARY VOLUNTEERS

This month, we were delighted to welcome 10 new volunteers:

- 2 Workcamp Volunteers
- 1 National Volunteer
- 7 Long- and Mid-Term Volunteers (LMTVs)

Representing countries such as Romania, Japan, Hong Kong, and Italy, these volunteers brought diverse skills and perspectives.

To help them settle in, we conducted four orientation sessions covering cultural tips, health and safety, project-specific details, and visits to Nepal's heritage sites. Volunteers were then placed into their respective projects to start making a difference.

# PROJECT HIGHLIGHTS FROM JANUARY INTAKE VOLUNTEERS

## 1. Teaching in Buddhist Monasteries

- At World Peace Buddhist Monastery, a six-week volunteer has been teaching English, focusing on oral communication, grammar, and creative activities like story-building games, geography lessons, and indoor games. The volunteer also participates in prayers and adheres to monastery rules, building a meaningful connection with the monks.
- At Kirtipur Monastery (a nunnery), another volunteer is helping junior nuns with homework, storytelling, and geography lessons. During school hours, she assists in the monastery's incense factory and teaches private English classes to senior nuns. She has also organized sports and warm-up sessions, fostering strong relationships with the nuns and children alike.



## 2. Water Tank Construction

A volunteer collaborated with ESC volunteers to plan the construction of new water tanks while painting and maintaining previously built ones.



. These efforts are improving access to clean water for the community.

### 3. Elderly Care

At the Elderly Care Center, a physiotherapy student volunteer has been providing therapy, leading exercise sessions, and assisting with farm maintenance. Tasks included gardening, cleaning, and supporting the overall well-being of senior residents.

### 4. Animal Care

In the Community Dog Welfare Center, a newly placed volunteer has begun settling into a routine, which includes leash walking, feeding, bathing, and accompanying dogs to the clinic as needed.

### 5. Child Sponsorship Facilitation

In Okhaldhunga, a volunteer has been meeting sponsored children and their families while planning the next steps for the project.

### 6. Children's Winter Camp

Two volunteers successfully completed a two-week winter camp at Kalika School in Jitpurphedi.

Activities included origami, drawing, coloring, indoor and outdoor games, block-building, and collage-making, bringing joy and creativity to the children.



# ONGOING PROJECTS FROM ESC VOLUNTEERS

## Public Health and Medical Care

- Volunteers delivered sessions on menopause in different communities.
- Presented on diabetes, hypertension, and oral health at Saraswati School.
- Conducted blood sugar level tests in various communities.

- Conducted surveys on permaculture and collaborated on youth club formation.
- Taught English classes and brainstormed career journals with youth.

## Disaster Risk Reduction

Volunteers in Okhaldhunga:

- Collaborated with the Red Cross for first aid training.
- Prepared booklets on disaster risk reduction (DRR) and disaster management committees.
- Conducted community assemblies to raise awareness about DRR.

## Permaculture

- Volunteers Assisted 10+ families in digging and preparing permaculture beds for sustainable farming.
- Painted previously constructed water tanks and planned the construction of more tanks.
- Organized a permaculture training session for 60 farmers from December 30 to January 3, focusing on enhancing farming practices.

## Youth Empowerment

In Kathmandu, YWC volunteers:

- Conducted a survey on youth brain drain and completed a report.
- Prepared a leadership manual to conduct life skills workshops.

In Okhaldhunga, Vol4HumAid volunteers:

- Held career workshops, mental health sessions, and budgeting workshops.



# FEEDBACK FROM THE VOLUNTEER

VIN ensures that its volunteers are well cared for, meeting all basic needs such as providing a comfortable bed, three warm meals a day, and access to shower facilities. They also offer suggestions for activities during free time and keep volunteers informed about any special events.

Additionally, they assist with logistical arrangements, such as booking jeeps or hotels, and are always approachable and helpful in ensuring volunteers have a positive experience. In case of illness, VIN provides excellent care by arranging for a doctor to visit the CLC or accompanying the volunteer to the hospital with a Nepali-speaking staff member, ensuring effective communication and support.

Within the projects, there is room for improvement in fostering stronger engagement between the management and the working teams. While online meetings with all teams are currently held, they are not particularly effective.

A more impactful approach would be to arrange in-person team-specific meetings to discuss progress and provide feedback. At the CLC, managers were always accessible for questions and discussions, which was greatly appreciated. However, a more formalized structure for regular team progress reviews would ensure dedicated time for focused conversations, feedback, and alignment on objectives.



**ELISABETH HENDRIKA  
BETHLEHEM**

LMTV VOLUNTEER

# Looking Ahead

We're thrilled by the progress made in January and look forward to sharing more updates as we continue to make a difference together. A heartfelt thank-you to all our volunteers, supporters, and partners for being part of this journey!

