

GVI Nepal

Annual Report

2018



*"To build a global network of people united by their
passion to make a difference."*

About GVI

What do we do?

GVI tackles critical local and global issues by operating award-winning education and training programs on sustainable development projects around the world.

Our Core values

- Respect and Trust
- Passion and Commitment
- Family
- Inspire
- Fun

Our Brand Promises

1. You will positively impact your employability
2. You will make a difference
3. You will receive 360 degree support



About GVI Nepal

GVI's Nepal projects are based in Pokhara. Our volunteer base is in Lakeside which is a tourist hub and is the meeting place for many trekkers as they head off to explore the Annupurnas. However, although the area has a better infrastructure than much of Nepal, issues related to poverty, access to healthcare and clean drinking water, employment, education (especially for girls) are very prevalent. Through our programmes we aim to help educate as a means supporting the community.

Projects

In 2018 the following projects operated in Nepal

- Child care
- Teaching
- Health care
- Construction
- Women's Empowerment
- Community Development Internship
- Global Health internship
- Women's Empowerment Internship
- Teaching internship
- Volunteer & Adventure (incl Everest Base Camp trek)

Primary Project Partners

Our project partners in 2018 were

- **Himalayan Encounters:** a trekking company who support us with our Adventure volunteers.
- **Skylark Himalayan:** a trekking and tour company who are now a major partner and work with us on our group bookings.
- **Little Daffodils English Boarding School:** where we work with local women and girls on English skills and support through healthcare and construction
- **Shree Pame School:** a Government School in the Village of Pame. We began there with construction work and are now an integral part of their learning support programmes
- **Mount Kailish School:** Where we have supported with construction work and classroom teaching
- **Hemja Government School:** where we support with teaching three days per week
- **Yamdi School:** a newly reopened school where we are supporting with construction tasks
- **SASANE:** who support survivors of Human Trafficking. An organisation run by women for women
- **Male Patan Child Care Centre:** A government run centre where we provide support through our childcare volunteers
- **Street Children's Rehabilitation Centre:** A centre for boys who are unable to live at home for a variety of reasons and are cared for by a house mother.
- **Shanti Café:** Where childcare volunteers run a Conversation Club and a girls leadership programme for local children. We also work with Shanti Café as part of our cultural awareness for new volunteers
- **Annupurna Activities:** where our arrivals weekend is hosted
- **Himalayan Animal Rescue Trust (HART):** An organisation based in Pokhara which primarily is involved in the control of the dog population. We support this organisation through the GVI Trust.



Participant Training

The first three days of our programme are important in preparing our participants and include

- Health and Safety / Risk Assessments
- GVI Welcome presentation
- Project Training and information
- Child Protection Training
- Explaining long and short term goals and objectives particularly relating to their project and the SDGs
- An introduction to Nepali culture and customs to help the volunteers easily transition into the Nepali lifestyle including two different traditional Nepali lunches.
- two Nepali language and culture lessons
- An orientation walk in the local area.

Our routine for Arrival Mondays has continued to be enjoyed by our participants as we strive to provide more information about the culture, strength and challenges in Nepal. Our partnership with SASANE has help address this goal. We start the day with a language and culture lesson run by a local teacher and then do a short tour to a Tibetan Monastery in Hemja. We then visit SASANE.

SASANE

Sasane is an organisation which addresses Human trafficking and it is run by survivors of Human trafficking.

Volunteers start with a cooking lesson where they learn how to make traditional momos. It's great fun and the women do a fabulous job teaching you their skills.

Volunteers are then seated and the SASANE women serve a traditional Nepali meal. This is aimed at women developing their hospitality skills.

The next part of the session is when they do a presentation about Human trafficking. This is important as it helps develop an understanding of one of the biggest issues in Nepal. An estimated 54 women and children are trafficked from Nepal every day. Our GVI programmes which strive to educate and broaden opportunities help address this issue.

Throughout the year over 200 GVI volunteers did the SASANE programme, that's 200 people who are now more educated on the perils of Human trafficking. The financial contribution we make for participants goes towards trafficking survivors being trained as paralegals.



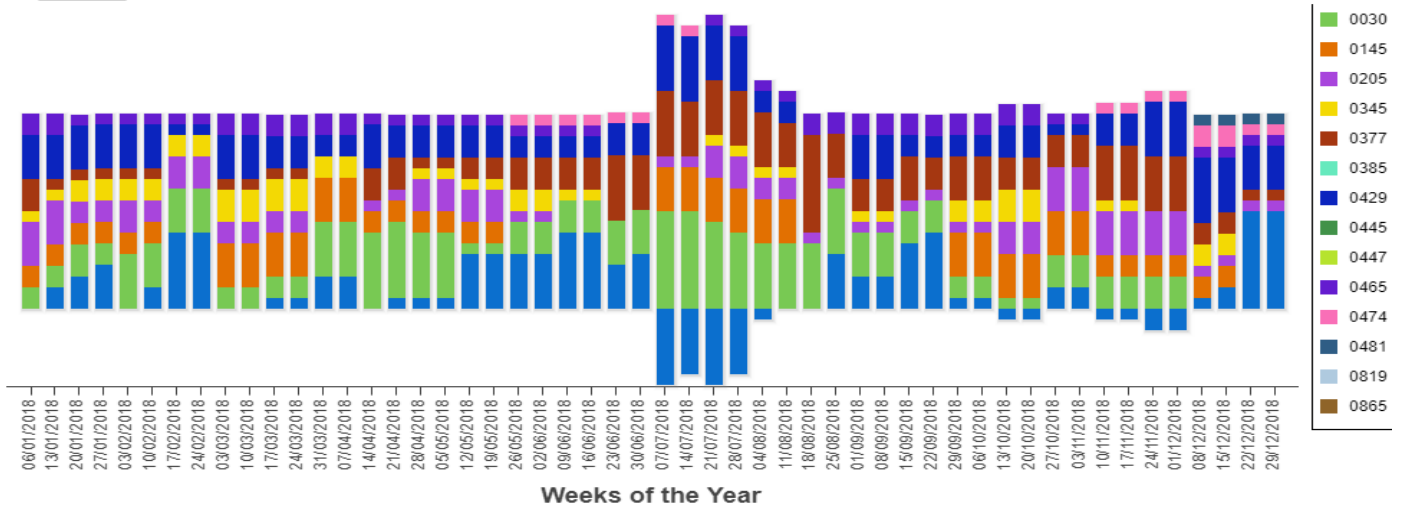
Overview of 2018

Volunteer Numbers

Volunteer numbers were consistently high throughout the year. Our capacity is 18 however, particularly in June and July we do expand our capacity.

▼ Hub Capacity Graph

Year



- | | |
|---|--|
| 0030: Childcare | 0429: Women's Empowerment |
| 0145: Volunteer and Adventure | 0445: Nepal, India, Laos Childcare |
| 0205: Teaching | 0447: Nepal and India Childcare |
| 0345: Healthcare | 0465: Community Development Internship |
| 0377: Construction | 0474: Global Health Internship |
| 0385: Teaching Internship | 0481: Women's Empowerment Internship |
| 0865: Community Development Internship Short Term | |

Groups

Nepal also hosted groups throughout the year with a total of five groups as well as a two 18s programme. The groups were as follows:

- **March:** a group of from Camps Bay High in Cape Town
- **April:** a group of healthcare workers from
- **June:** a group of 9 from Bainbridge Island
- **July:** a groups of 12 from St Mary's School , UK
- **July/August:** a total of 24 under 18s across 2 groups
- **Sept:** a group of 15 students and 3 teachers from Tianjin International School, China

The Pokhara hub took on a series of participants who were redirected from Kerala in July and through to the end of the year. This included an under 18s program being relocated to Nepal.

Nepal 2018 hub objectives

Sustainable development goals are the core of our work and these serve the basis of determining the needs of the community. Each year we refine our hub objectives to meet the community needs. We worked through a process with volunteers, local partners and staff to determine our hub objectives.



SDG 3 : Health and Well Being / SDG 6 Clean Water and Sanitation

Increase the knowledge and understanding of healthcare in the community with an emphasis on prevention.

- Increase access to safe, effective, responsible waste disposal
- Increase the understanding in the community of preventative health measures
- Increase the number of people who have access to clean drinking water
- increase clean, functional toilet access for students and school staff
- Increase health related skills in the community eg First Aid



SDG 4: Quality Education

Increase the number of students who reach learning goals appropriate to their age (under 5s grade/class level (Primary) or Individual Needs (Children with Special Needs))

- Increase access to effectively used educational resources and infrastructure
- Increase the range of quality learning experiences resulting in improved learning outcomes
- Increase access to effective education for students with specific needs
- Increase opportunities for teachers to develop skills related to their teaching role
- Increase the level of creativity and problem solving methodologies used in classrooms



SDG 5: Gender Equity

Increase options for females in the community

- Increase the understanding of Human Rights Issues in Nepal
- Increase the number of Income generating/employment opportunities for women
- Increase the number of learning opportunities for women which results in increased skills

We acknowledge that each of these objectives also covers other SDGs and we also address other SDGs in our work however these outcomes provide the key to our work.

Impact Highlights 2018



In April, over 298 locals from three villages and one urban area attended health screening workshops each receiving individual support and guidance on health issues from health care professionals. Based on screening results, the next week health workshops were delivered to over 250 students and adults.



Toilet facilities built or refurbished at 3 different educational facilities immediately benefitting at least 300 students and teachers

Explicit teaching of handwashing and tooth brushing routines for over 200 students including provision of tooth brushing stations



Refurbishment work at nine different schools and learning centres benefitting over 500 students and teachers

Daily support for an average of 20 children at a local childcare/early learning centre with a focus on hands-on learning through a range of resources



Over 200 GVI participants participated in Human Rights and Human trafficking Awareness workshop and funds raised resulted in women being trained as paralegals

Individual and small group conversational English support for a group of 15 women three days per week with consistent attendance

Our programs

Child Care /Early Childhood development

We have three aspects to the childcare program and our volunteers who sign to be part of childcare support with each of these. There is



- Street Children's Rehabilitation Centre
- Conversation Club
- Male Patan Childcare Centre

Street Children's Rehabilitation Centre

The Street Children's Rehabilitation Centre is a home for children who have left their own homes for various confidential reasons. It is a home environment and there is an aim to have the children reintegrated with their family or village. We focus on providing educational support through homework and individual learning tasks and also support the cost of food through The GVI Trust. We work with the boys each Friday afternoon and then also on some holidays. Our focus at these times is both creative hands-on educational activities as well as sports.

Conversation Club: up to 15 Children

The aim of the Conversation Club program is to improve children's conversational English through creative and interactive activities. The education system in Nepal is mainly based on rote learning and text book study. We aim to encourage further understanding of concepts through problem solving, team work, practical hands-on activities and discussion. This builds on what the students learn at school. The focus is on the children in the local Lakeside area. The programme is run four days a week.

Male Patan Day Care : up to 30 Children

Male Patan is a day care centre for approximately 25-30 children aged three to five. GVI participants provide support with routines such as handwashing, tooth brushing and meal times. Volunteers provide structured class time for the children. We focus on developing age-appropriate skills and understandings, English vocabulary and exposure to books and reading. There is an emphasis on modelling teaching ideas for the local staff. Through the GVI Charitable Trust, we also provide support in the form of lunch each day and fruit snacks.



Objectives highlights

- Hands-on and stimulating resources utilized in every lesson on each project to enhance skills and concept understanding
- Reading focus effectively implemented on each project with each project incorporating a minimum of 10 minutes individual reading time each session
- An average of 20 pre-school children per day, five days per week receive individual and small group support for their learning and are exposed to English language on a daily basis
- An average of 10 students per day are exposed to Conversational English language

Teaching



Our teaching programme has fluctuating numbers of volunteers however, through our internship programmes and the incorporation of health topics we manage to have some consistency in our programme delivery. Our main focus schools are two small rural schools. One on the banks of lake Fewa and one at the base of the Annupurna foothills. Both schools are small and have basic facilities and our construction volunteers have also supported to improve the facilities at these schools.

The focus is on helping the students to develop a better understanding of concepts and to introduce problem solving, discussion, creativity and open ended thinking into our work. In a text book oriented learning system students can often move through some of the most basic skills and on to more complex concepts before they have grasped the fundamentals. Students can often read information however they don't fully comprehend the information.

Across an average week we deliver 18 classroom lessons with an average of 15 children in each class.



Objectives highlights

- Concepts and understanding enhanced through a range of hand on or stimulating resources being incorporated into lessons
- Working alongside the teachers in the planning and implementation of lessons
- An average of 90 students per week across two schools are receiving small group or individual support with their learning.
- An average of 90 students per week are being exposed to instruction in English and English conversation

Women's Empowerment



The Women's Empowerment Program continues to be a popular programme with our volunteers and with the local women. This also includes participants doing a Women's Empowerment internship. All volunteers, no matter what their programme focus, attend our SASANE human trafficking awareness programme which introduces them to the one of the most challenging issues facing Nepal, especially for women. It helps set a good picture for all of our volunteers as to why education, leading to increased opportunities is so important.

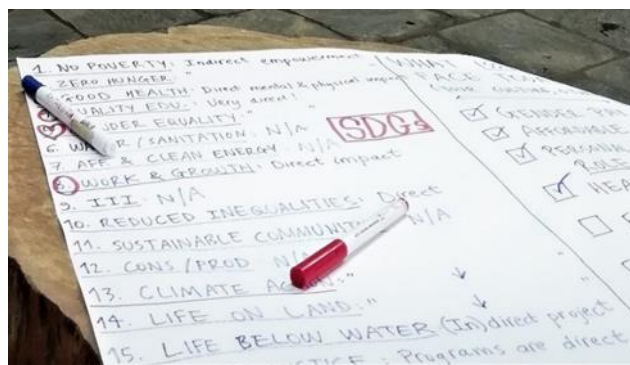
Our WE volunteers work across several sites in a week. We work closely with the women to discover their needs and interests and the overarching need for them is that they want to learn conversational English.

Objectives highlights

SASANE: one session per week with an average of 10 participants

Male Patan Women's group: 3 morning sessions per week focussing on conversational English and one afternoon session on crafts. These sessions are consistently attended by an average of 15 women.

Pame Village: two sessions per week focussing on one on one support for women in the mornings and two lunchtime sessions at a local school, one for boys and one for girls.



The 2018 year ended with a leadership day by one of our interns. She developed a self-care day which incorporated yoga, self-reflection, dance and discussion. It wrapped up the year up well as the session brought the women and our volunteers together in a positive and effective way and showed that as individuals no matter what culture we are from we all have strengths to work with and areas to improve. The volunteers and 16 local women who attended the day had a fantastic experience.



Local women lead yoga class



volunteers and local women journaling

Health care



Although our healthcare volunteers can be intermittent we still have a focus on healthcare throughout the year on our different projects. This means ensuring routines such as handwashing and tooth brushing at the childcare centre continue and themes in our education programmes commonly have a healthcare focus. The return of our UK Healthcare team was certainly one of the highlights for 2018. Global Health internships also form part of our Health Care programme.

Objectives highlights: Increasing the awareness of healthcare in the community with an emphasis on prevention.

Healthcare team from UK :

- Health screening Camps: in three different places a total of over 300 people being screened and receiving some lifestyle guidance
- First Aid workshop attended by 10 women from SASANE
- Health workshops on topics identified as needs in our screening process: eye care, hydration, addressing neck and back pain and basic First aid
- Five local women supported us with translation, two of them as trainee nurses benefitted from working with the international nurses



Healthcare at a local Government School Lake area



The healthcare team has been worked side by side with the teaching team to provide lessons on sanitation and hygiene as well as introducing and maintaining daily routines such as tooth brushing and hand washing. We also ran first-aid classes for the seven teachers at the school with a focus on common school-yard injuries. During January, the construction team built a rubbish bin for the school where they could safely and easily store and burn rubbish. To help introduce the students to the new rubbish area, the healthcare team delivered lessons on the environment for the 48 students.

Physical skills screening

In December two physiotherapy students did some basic gross motor screening of young children. The results identified an area to address was upper body strength. As a result we have developed a plan for our construction team to create a basketball area and a volley ball area and we are also developing an outdoor programme to address this need.

Male Patan Childcare Centre

Daily tooth brushing and handwashing routines continue to be part of what we support on a daily basis.

Construction



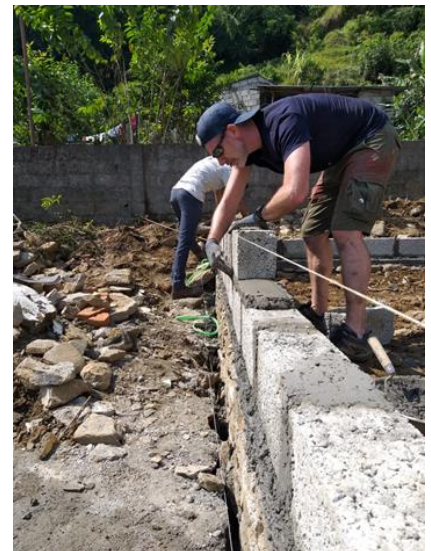
The Construction programme continues to have solid volunteer numbers with many participants keen to offer their skills to help make a difference. We consistently had construction volunteers throughout 2018. Our groups also have a focus on construction tasks. This has led to improvements in both educational and local facilities.

Our goal is to always source materials locally and involve local workers where we can. Funding for these projects comes from both the volunteer fees and at times, GVI Trust donations. In some projects materials are supplied by partners and we support them with the manual labour.

Objectives highlights: Improve facilities to support learning goals.

We have worked at nine different sites across the year to provide support in improving facilities.

- Repainting the interior and exterior of an Early Childhood building catering for approx. 40 children
- Repainting the interior and exterior of classrooms across three school benefitting approx. 150 current students and their teachers for approx.
- Building a rubbish disposal area at a local school to ensure effective and clean disposal of rubbish and recyclables
- Building a new music room for a school including the furniture inside and a concrete area outside where students can practice their traditional dance, at least 200 students and their teachers will access this new facility
- Building a secure wall around a new Secondary College in a local village benefitting over 400 students and their teachers
- Building shoe and resource storage cupboards at three different centres
- Repairing and repainting the entrance to a small primary school in a village making the school look neater and more presentable
- Woodwork lessons at a local primary school for approx. 50 students



Volunteer and Adventure

Our Volunteer and Adventure programme is popular for our volunteers. This is a combination of touring Kathmandu, trekking to Everest Base Camp, white water rafting and then joining our volunteer programme. If we talk about personal challenge, trekking to Everest Base Camp is certainly among the most team building, challenging and rewarding experiences our participants can have.

Providing this trek as part of our programme not only supports local enterprise, it also provides our volunteers with a unique insight into Nepali life in the mountains and as they share this experience with our other participants when they join our programmes in Pokhara, there is no doubt our whole team learn about life on the mountains.

In 2019 we are excited to introduce the Annupurna Base Camp trek as part of our Volunteer and Adventure opportunities.



“When most people think of trekking it’s a lot of up hills and views to look at but this trek is so much more than your average walk in the mountains. Not only you getting the views of the Himalayas you’re getting the people of Nepal who live in the mountains, the movement of life walking on the paths that lead from one village to the next and the places you call home for a night are in themselves worthy of their own story. “



‘Taking in what we saw and what we achieved became over whelming, knowing we have gone where few have been. Taking in the air we each congratulated each other for what we achieved. Taking plenty of photos that will tell plenty of stories back home for we all had our own stories to tell of this trek. Every one of us made it up the mountain, each one with a different tale to tell of what happened. Never will I forget this trek’

David, UK

Groups

Camps Bay High (South Africa)

This group of nine students and their teacher participated in a programme incorporating a trek and half day rafting adventure. This construction project was to build a path and garden at the Boys' new home.

Meeting objectives: Improved the facilities of the new Boys Home so there is now a path from the entrance to the house and garden area meeting Health and Safety needs as well as space to grow vegetables.



Before



after



teamwork

"I have had an incredible stay in Nepal. I learnt a lot. I really enjoyed meeting new people and trying new things. I really enjoyed learning about the religions and cultures of the Nepalese people. The hike/trek and helping out at the boys home gave me a great sense of self-development and accomplishment. My highlights were definitely the Bahari temple and the Peace Pagoda." Ben

Health Care Team (UK)

Twelve Healthcare volunteers came from the United Kingdom and conducted Health camps and health promotion workshops in communities around Pokhara. The data they collected and the workshops they performed will help inform the goals of our future healthcare projects.

Meeting objectives: We ran 3 health screening camps with a total of 298 attendees. We also ran 6 workshops with a total of over 160 attendees. There was also great opportunity for 4 local women to join us as interpreters which was a highly valuable experience for them. One has since joined our staff.



First Aid training 10 participants

Bainbridge Island (USA)

Seven students and two chaperones travelled from Bainbridge Island, Washington State, USA and spent three weeks in Pokhara. They worked hard to paint a local government school, enjoyed a beautiful four-day trek and got to experience a culture very different to their own. They left knowing that they had made a lasting impact at the school and that Nepal had made a lasting impact on them. This is the second year in a row the Bainbridge team have had as service learning experience in Nepal.

Meeting objectives: Improving facilities; Painting the new school building at a rural government school which caters for over 40 children.



New building ready for students

“My experience in Nepal was extremely memorable. It gave me a look into a culture completely different from my own. I enjoyed being able to explore Nepal but also give back and involve myself in the community with our service work. When I think back on Nepal I will remember the vibrant culture, the kindness of the people and the incredible food. Thank you for this trip it was amazing”

St Mary’s School Hull (UK)

A group of nine students and three teachers came to Nepal for a week. They ran a fantastic music day at a local school in the Tibetan settlement and then continued work on a new childcare building as well as supporting the staff at the childcare centre.

Meeting objectives:

Providing stimulating and age relevant music workshops for 42 students.

Improvements to facilities; painting the new childcare centre with educational theme and making resources for counting and alphabet activities to support the local centre of 30 children and two teachers.



Counting mural

Music workshop



Tianjin School (China)

Three staff chaperones accompanied 15 students to Nepal. This was the second trip for this international school after a very successful trip in 2017. The students had a mix of construction work, reflection tasks, cultural experiences and a one day trek.

Meeting objectives: For the students participating, a greater understanding of another culture. Their refurbishment work will benefit over 50 children and 6 teachers.

'Our students received a well planned, rewarding and valuable experience in Nepal.'

Under 18s Group one

This group of were redirected from India and adjusted to the change in plans very well. The group of five participated in a range of cultural activities, five days of school refurbishments and a four day trek.

Meeting objectives: These students renovated a classroom at a local government school. They made pin up boards for the classrooms as well as working on repainting. The classrooms had a whole new look in readiness for the 48 children to return from their holidays.



Making pin up boards



Ghandruk Circuit trek

Under 18s Group two

This group also had a combination of culture, adventure with a trek and hard work. They also participated in a reflection and intercultural awareness workshops leading to a greater understanding of life in Nepal and some of the challenges in meeting the SDG goals.

Meeting objectives: This group refurbished a classroom directly benefitting 26 students and their teachers. They also did a fundraiser “Raise the Roof” and raised enough funds to replace the roof at a local school.

“During the past two weeks in Nepal the most valuable lesson I’ve learnt is probably to be grateful for everything I have back home from hot showers to an extended education. Seeing the conditions of the school in Pokhara I expected the kids to be less happy than they were. It was surprising to see how interested they were in learning our handclapping games and made me realise I should start enjoying and appreciating my education a lot more. As well as this their excitement towards our free time together helped me to come to terms with the fact that it might not seem like we’re doing much but we seem to have had an impact on their school life and memories they can take with them forever!” Sumayyah

Through the GVI Trust we have supported these projects in 2018 and made the following impact

- Daily meals and snack for the boys living at the Boys home as well as their house mother and her daughter this is over 13000 meals across the year
- Daily lunch time meals for the children at Male Patan Day Care centre which is over 3500 meals for the year
- A path and garden for the new Boys Home
- A vegetable garden for the Boys' Home
- Partial funding of a the painting of the new Boys home
- Training two women in their Advanced Wilderness training which will allow them to become certified trekking guides
- Replacement of a leaking roof at a local Primary School benefitting a school of over 150 students
- New bathrooms for a Government School for 48 students and their teachers



Roof replacement at school



Advanced Wilderness training a 5 day programme

We had some successful fundraisers including

- “We can walk 500 miles” walking to raise funds to train women as trekking guides
- “Raise the Roof” a trek by Under 18s to raise funds to replace the roof at a local school
- Rice Threshing: A day in the Field where we raised funds to support food programmes in 2019

Our partnership with the GVI Trust continues to support our Nepal objectives and we look forward to continuing this partnership in 2019.

Some final thoughts on 2019...

There are many aspects to running a programme and we acknowledge the work of all GVI staff and partners in all locations and in all roles. However, we would like to acknowledge some aspects here in Nepal.

Home stay

We were grateful to our host family Chetra and Pashupathi Timalisina. They have been with GVI since its inception in Pokhara. Their support is appreciated and congratulations to their son Tarun who is a big part of the GVI family. Winning a full scholarship to Harvard University is a fabulous achievement. We consistently receive good feedback regarding food and the accommodations and efforts have been made to ensure the home has an increasingly “homely” feel despite the higher volunteer numbers. We can always rely on the family for support where necessary.

Skylark Himalayan Tours and Travels

The Skylark team are our close partners and work with us to ensure our volunteers receive a fantastic experience. They were amazing in supporting us through the time when many volunteers were redirected to Nepal from India and are a key factor in the continued success of our groups and Under 18s. Their team is always keen to join us for trainings and enjoy working with our participants with trekking and tours.

Annupurana Activities

Host our arrivals weekend and provide a great venue for our groups to have their welcome meal and departure celebrations. They really helped out when we took on extra volunteers over the summer and make every staff member and participant feel part of the family.

Shanti Cafe

Who provide traditional meals for our participants on our welcome weekend and host our Conversation Club each week day. The family at Shanti also ensure our participants are a big part of any festival or celebration. Their contribution to our participants’ understanding of culture is much appreciated.

Nepal Staff

A big thank you to all of our staff for their great contributions to our programmes here in Nepal. Two of our local staff Soyana and Kritika have now moved on to complete further study, we are really proud of all they have achieved both personally and with GVI and know that the skills and experience they have gained with us will fare them well in the future. We welcomed Sita as our new local staff member for Women’s Empowerment and Seema who is her part time support. We are also happy to welcome Rhythm to the team. Rhythm worked with our groups in the past as a trekking guide and he is now our teaching coordinator. Bibek our Community Liaison and construction staff member continues to do a fabulous job.

Our international staff from our scholars to our Programme Managers are appreciated. We see amazing growth in people as they move from volunteer to staff member. The skills and confidence that is gained is testament to our mission of building a global network of people united by their passion to make a difference. The groups programmes in particular seem to give our team the opportunity to thrive in their roles. We had several staff redirected here in June and July and under some challenging circumstances everyone worked together and ensured we had a successful summer programme.

Our team in Nepal look forward to continuing our work in 2019 and welcome Hannah our new Programme Manager. We know we still have much to achieve and we look forward to our staff team working with our current partners and GVI participants to meet our GVI Nepal objectives.

Finally to all our participants in 2018, we thank you for being part of the GVI Nepal story.