

COMMUNITY PROJECTS BHIMPOKHARA 9, SIMA NEAR BAGLUNG

Feb 2015

Bhimpokhara is beautiful region located in the hills above Baglung. Sima and the surrounding villages are in need of help to improve health, hygiene and living standards.

The Placement

This is a community maintenance placement.

Maximum Number of Volunteers / Minimum Length of placement:

The number of volunteers this community can accommodate will depend on the project being undertaken and can range from 2 to groups of 12 – 15 people.

To be eligible you must be signed up for a minimum of 4 weeks or on a bespoke group programme.

Volunteer's Primary Responsibilities:

- to work with the local communities on necessary and ongoing projects

Possible Projects:

- Building improved smokeless stoves
- Building soak pits
- Helping repair the dirt road that gives access to the village from Baglung
- General maintenance and redecoration of school rooms
- Building school benches / desks
- Concreting classroom floors

Resources / Funding:

VSN has very limited funding to help the communities in this area. If you are interested in this placement, you may wish to fundraise in advance of your arrival to help with project funding.

For help with your fundraising efforts please visit our website www.vsnprojects.org or contact Kate at kate@vsnprojects.org

Placement Dates:

This placement is only open from November - May



Bhimpokhara



Soak pit washing station



Dirt road to the village



Indoor improved cooking stove



Outdoor improved cooking stove



School classroom



Leaky roof in school computer room

Placement Location, Accommodation & Facilities etc.

Village Name:

Bhimpokhara, Sima

No House Holds in Village:

Approx 70

Ethnic Mix:

Brahmin, Magar and Dalit

Elevation:

Approx 1,800 metres

Nearest Large Town/City:

Baglung – approx 20 km

District:

Baglung

Distance from KTM:

Approx 320km

Main Contact Person:

BP (Bidhiyapati) 9847621182

Placement Location:

A beautiful rural village located in the hills above Baglung.

Accommodation:

Volunteers will live with a host family located in the village. All volunteers, unless they chose otherwise will have their own room. All homes will have a toilet (an outside squat toilet) and you will have to use the public tap to shower and wash.

Shops:

There is a small shop in the village where volunteers can buy soap, washing powder, shampoo, toothpaste/brushes, drinks, basic snacks such as biscuits, noodles, etc. For a greater variety, volunteers will need to visit Baglung.

Health:

The nearest health post is in a village called Bim Pokhara 1 which is approximately a one hour walk away. For more sophisticated medical treatment volunteers will need to go to Baglung. Please ensure you pack a comprehensive personal first aid kit, if you are interested in this placement.

Communications & Banks:

All Nepali mobile networks work in Bim Pokhara, although the signal can warp in and out. Currently, the nearest internet access is in Baglung, however the school/community is looking at internet options for the school's computer lab. Alternatively you can bring your own laptop and purchase a local sim-enabled, plug-in data card.

Banks and ATMS are available in Baglung.

Transport:

Volunteers will travel from Kathmandu to Baglung by jumbo microbus (approx 8 hours) where they will be met and spend the night. They will then be taken by local jeep to their placement in Bim Pokhara.

Jeeps run from Baglung to Bim Pokhara 8 – 9 months of the year (not during the monsoon) and take about 2 hours. The current cost is approx 200 NPR each way. During heavy winter rains the jeeps only run as far as Achete as the road (a very steep, narrow and rough dirt track) becomes un-navigable, and volunteers then have to walk the remainder of the way, which takes approx 2 – 2 ½ hours.



Additional Project Ideas

For those volunteers who are long-term, there are other optional projects they may wish to initiate alongside working on the CM projects, such as:

- After school homework / environmental club / Friday after school activities club
- Running environmental awareness and rubbish management workshops
- Community computer classes
- Running a holiday club for all village children during the school vacation

Essential Volunteer Qualities for this Placement

This placement is not for the faint hearted, but for those with a great sense of adventure who are happy to embrace, remote(ish) and basic living conditions in order to give to the community they are serving.

To succeed in this placement it is essential that you come equipped with the following personality traits and skills sets:

- A sense of adventure
- A love the outdoors
- A strong work ethic
- A passion to pass on your own experience and skills to others, so they learn, grow and can share these skills
- Enjoy living in a rural setting with basic facilities
- An ability to work independently
- The ability to work with simple tools in what may seem old fashioned ways
- To be able to work with limited/minimal supplies
- The desire to succeed
- An ability to thrive in an environment where language differences will be an issue
- To embrace a new culture without judgment
- To make an effort with your Nepali in order to increase your communication abilities
- The ability to live and work with little or no privacy
- To be inventive, resourceful and creative
- Happy to do whatever is needed with a smile on your face
- Ability to ask for help or guidance

Essential Equipment / Personal Effects

Below are some essential items you will need to bring with you should you consider this placement. This list is not exhaustive by any means, and please remember the more you bring, the more you may well have to carry if you are required to walk in / out.

- Your luggage must comprise of a rucksack and not a suitcase/kitbag as you may well have to walk in/out of your placement carrying your own luggage.
- Sleeping bag (lightweight for summer months, warm for winter months)
- Warm jacket , hat, scarf etc. (winter months)
- A set or lightweight waterproofs and umbrella (summer months – umbrella all seasons)
- A set of sturdy well worn-in walking shoes or boots
- A pair of sandals or flip flops
- Head torch and extra batteries
- Water bottle and water purifying drops such as Piyus (very cheap and easily available in KTM)
- Mosquito net (for summer). Cheap and easily available in KTM
- Comprehensive personal first aid kit
- Feminine hygiene products (girls only!)
- Toilet roll (if using) as we can't guarantee it will be available in the village
- Cigarette lighter to burn your toilet paper with
- Camera
- Books, cards, games, iPod etc to keep you occupied during the evenings as it gets dark between 18:00hrs – 19:30hrs depending on the time of year
- An old mobile handset and charger if you wish to buy a local sim card

If you are interested in this placement, please contact us in advance of your arrival placements@vsnpj.org