

CBR GODAWARI, LATLITPUR NEAR KATHMANDU

Feb 2015

CBR is a day care centre for children and young adults with disabilities, run by the parents of the students. It caters for children from 5 village development committees within the Godawari area and is located on the south east edge of the Kathmandu Valley.

The Placement

This is a placement for those with a desire work with children and young adults with disabilities

Maximum Number of Volunteers / Minimum Length of placement:

This placement can accommodate up to 4 volunteers at any one time. To be eligible you must be signed up for a minimum of 2 weeks.

Volunteer's Primary Responsibilities:

- To work with the carers and children in organising creative and fun activities
- To teach basic writing, reading, English etc to those children with a higher functioning ability
- To organise activities that work on improving basic motor skills
- Help with physio/exercise regimes for those children that require it
- To organise workshops for the carers and family members to help them understand the students disabilities better
- Assisting with everyday functions such as eating, toileting, putting on shoes etc

No of Students at CBR:

Around 12 students of varying ages and disabilities

School Days/Hours:

Monday– Friday
10:00hrs – 15:30hrs

School Holidays:

1 mth mid Jan – mid Feb | 1 mth mid Oct – mid Nov |
1 mth July

No Staff:

Santosh Bista– Programme Coordinator
2 - 3 Carers

Day Care Facilities:

2 classrooms
Playroom / common room
Kitchen
Small outdoor area
Open roof space

Resources:

One wheelchair
Commode
Basic toys e.g. jigsaws
Paper, crayons, pencils etc

Posters
Exercise books



Type of Resources Needed:

Chart paper
Coloured paper, pencils etc
Story books
Art & craft materials
Simple musical instruments
Balls, hoops, bats
Simple games

Sensory items
Beads / string
Toy cars etc

Note: VSN relies solely on donations for such resources, so please contact us in advance if you are interested in this placement.

Host Family Placement Location, Accommodation & Facilities etc.

Village Name:

Bistachhap

No House Holds in Village:

Approx 60

Ethnic Mix:

Chhetri, Dalit

Elevation:

Approx 1,350 metres

Nearest Large Town/City:

Lagenkhel – approx 9 km

District:

Lalitpur, Kathmandu

Distance from KTM:

Approx 17km

Main Contact Person:

Jaggu Bista (VSN's BFCH Home Manager) 9841245073

Placement Location:

A beautiful rural village location at the south east end of the Kathmandu Valley.

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 (may be an outside squat toilet) and you will probably have to use an outside tap to shower and wash.

Shops:

There are several small shops in the village where volunteers can buy soap, washing powder, shampoo, toothpaste/brushes, drinks, basic snacks such as biscuits, noodles, chocolate, toilet paper etc. For a greater variety, volunteers will need to visit Lagenkhel or Kathmandu.

Health:

The nearest health post is in a village called Mahdevdanda which is approximately a 15 minute walk. For more sophisticated medical treatment volunteers will need to go to Lagenkhel or Kathmandu. 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 Bistachhap. The nearest internet access is in Taukhel, a 15 – 20 minute walk across the rice paddies, unless you chose to bring your own laptop and purchase a local sim-enable, plug-in data card. Some ATMS are available in Taukhel, however for banks and a larger range of ATMs you will have to travel to either Lagenkhel or Kathmandu.

Transport:

It is a two bus journey to get from Thamel (the tourist area) to Bistachhap and it can take up to anything over 2 hours, especially on Saturdays and holidays. First you catch a microbus (like a minibus) from Ratna Park in the centre of the city to Lagenkhel Bus Park. Then you catch the first bus/micro going to Bistachhap, also known as Kitachour. The current prices are approx 18 Rupees Ratna Park to Lagenkhel and 25 Rupees Lagenkhel to Bistachhap.



Essential Volunteer Qualities for this Placement

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

- Desire to help and work with children with disabilities
- Endless patience and perseverance
- A sense of humour
- A strong work ethic
- A passion to pass on your own experience and skills to others, so they learn, grow and share these skills
- Not to be squeamish
- To be aware of your own limitations, physical and otherwise
- A sunny disposition ☺
- An ability to work independently with minimal guidance
- To be inventive, resourceful and creative
- To be able to work with limited/minimal supplies – i.e. to be able to create something out of nothing!
- The desire to succeed
- Enjoy living in a rural setting with few facilities
- Are happy to do without your home comforts
- An ability to thrive in an environment where language differences may 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

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 will have to carry if on the short walk to your host family

- 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
- Mosquito net (for summer). Cheap and easily available in KTM
- Personal first aid kit
- Feminine hygiene products (girls only!)
- 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
- Supplies and ideas for use in your placement