



## Volunteer Program Preconditions

website version 2014-02

### Preconditions to be able to apply

1. you are at least 18 years of age on the moment that you enter Nepali territory
2. you are highly motivated
3. you must be available for at least 1 month
4. you realize that you will work and live under very primitive conditions
5. you realize that the Nepali food is very basic and monotonous (rice with lentils twice a day, every day)
6. you are open-minded, resourceful, creative, independent, very patient, able to cope with stress
7. you are able to cope with a minimum of privacy and a maximum of attention
8. you have a happy, positive attitude, even when problems arise
9. you realize that you cannot set high expectations in a country like Nepal
10. you realize that Nepal is a third world country and that conditions are very different and a lot less stable and predictable than what you are used to
11. you realize that the coordinator cannot find a solution to every problem
12. you are open to and respect the culture of the Hindu and Buddhist people living in Nepal (not only in words, but also in actions: you will have to adapt to what they expect of you)
13. you agree to abide by the laws of your home country as well as the laws of Nepal
14. you agree to closely and immediately follow instructions made by Dutch or, in their absence, local management
15. you agree not to drink or smoke in presence of any Nepali children that are part of the project, nor in the presence of people of the Brahmin caste while you are at the location of the project
16. your knowledge of the English language is above average, you are not shy to speak or to make mistakes
17. you agree to take travel insurance especially for internships (for example through oom verzekeringen (young global traveler)). This insurance must include the ability to cancel your trip
18. you agree to take the vaccinations recommended by the travel clinic of your home country for Nepal; (interns from Holland receive discounts if they visit the GGD in Wageningen)
19. you agree to register yourself at your country's embassy or consulate in Kathmandu either in person on the very (next) day (or possible day) after your arrival in Nepal, or online before your arrival in Nepal.
20. you realize that in case political problems arise during your stay you might be asked to leave the country; this is beyond what Maya can be held responsible for
21. you are in good physical condition and are physically fit, at least fit enough to walk for several hours in the Nepali countryside
22. you have never had any psychiatric problems, psychiatric treatments or medication, either in the past or at present

for the children of nepal