



Helambu Education and Livelihood Project (HELP)

Teach and Trek in the Himalayas:

TEACH

Helambu Education and Livelihood Project (HELP) is a non-profit organization that supports community-based schools in several rural villages in the Helambu region of Nepal. Established in 2009, HELP aims to partner with some of the poorest communities across the region to improve the quality of education and generate livelihood opportunities for the local population and develop a better quality of life. To date, HELP has worked with as many as 15 community-based government schools in the region with building projects for classrooms and sanitary facilities, hired additional teachers, and has provided basic educational resources including libraries, sports and musical equipment, and scholarships and sponsorship opportunities for the students. In addition, **volunteer placements** are arranged by HELP for international volunteers.



Helambu is a region approximately 70 miles northeast of Kathmandu, situated in the foothills of snow-capped mountains well known for its native cultures, spiritual traditions, breathtaking natural beauty and ethnic diversity. Dominated by the Hyolmo and Tamang ethnic groups whose ancestors originated in Tibet centuries ago, the region is also recognized as a sacred Buddhist place where Guru Padma Sambhava travelled in search of peace and a famous Buddhist yogi Milarepa completed meditation. The population consists mainly of farmers living off their land, but some have recently ventured into tourism activities as the region has qualities that make it a great destination for visitors. Hospitality in Helambu is not a tool for business unlike elsewhere, but an element embedded in the culture of local people.

Why Volunteering? Opportunity for good education in many villages of Helambu is limited due to economic hardship despite its close proximity to the capital city of Kathmandu.



Therefore, it is included within the broader aims of HELP to reach out to those small villages situated in the Helambu valley with a goal to empower the local people and find the best way to educate their children.

Volunteers support this model of local education and make a great contribution and difference. They teach English to the children and inspire confidence and happiness through various activities. With an



understanding of oral and written English, the Nepalese students have more options throughout their life, from future education to varied career options. Not only will the volunteers get an opportunity to teach in the schools, but they will also become a member of their host community as they immerse themselves into the local culture and lifestyle.

What it takes? Ideally volunteer placements are from 4 to 12 weeks, but can also be longer. The volunteers are responsible for all expenses. It is a requirement, effective 2012, that volunteers make a small contribution through fundraisings initiatives (minimum £200 or USD \$300) to help sustain HELP programs. The volunteers themselves have control over how they wish their donations to be spent. It should be noted that HELP, as a small NGO, can only take responsibility for facilitating the process and arranging the placement. Travel insurance is therefore a must! **Please note that if a volunteer is coming through International Teachers Association, Denmark, MondoChallenge Foundation, UK, Children of the Earth, US, and Freedom on Ice, Canada a 50% discount will be given.**



Potential volunteers must complete the application form after inquiry and will be sent all of the necessary information if accepted. If you are interested in volunteering with HELP to share your skills and bring happiness in the lives of children in Helambu, please contact Jimmy Lama at jimmylama@gmail.com or visit www.helpnepal.co.uk.

Teach and Trek in the Himalayas

TREK:

Nepal is an excellent country for trekking and offers many options, whether you're interested in reaching Everest Base Camp, exploring the Annapurna circuit, or heading into Helambu or Langtang National Park. The **Helambu Education and Livelihood Project (HELP)** offers two types of treks: the **Teach and Trek Program** for volunteers teaching in Helambu schools, and **Fundraising Treks** for individuals who are interested in supporting **H.E.L.P.** through fundraising but who are unable to volunteer at one of the schools during their trip to Nepal.

Unlike travel agencies, HELP is a charity which is determined to improve the education and lives of the people living in Helambu. The costs of our treks include a donation to our projects, with minimal administration fees (10 % on the total budget of your preferred trek) – your money will cover your trekking expenses and will also contribute to a worthwhile charity at a lower cost than treks organized by most travel agencies.

TEACH AND TREK PROGRAM

A program that we offer for those with a sense of adventure and a passion for working with children is our **Teach and Trek Program**. This Program combines your time volunteering at a school as well as a trek either before or after your placement. Treks vary in length and difficulty, but you will, without a doubt, have a unique experience exploring the land of the majestic Himalayas.



Not only will your time spent teaching contribute to the local village in a number of ways, but a trek also brings in income to the local economy. In addition, any trek allows you to gain a deeper understanding of the cultures and landscapes you will find in Nepal, and allow different levels of self-reflection and a connection to the stunning natural world around you. Your trek will include an experienced guide as well as one of the teachers at the school (provided school is not in session) or a school graduate who will act as an assistant guide.

FUNDRAISING TREKS

Not everyone is able to commit their time to volunteer during their trip to Nepal, so H.E.L.P. has a trekking Programme geared to those who would still like to support our projects through fundraising and trekking. In order to participate in this Programme you will need to fundraise in your home country. H.E.L.P. would then help organize your trek. Trekking and travel costs are to be covered separately by each individual trekker.

Fundraising Treks are limited to groups (minimum 2 people), and each person needs to fundraise a minimum amount of \$250 USD in order to participate.

For information regarding trek options, itinerary, price, guide/porters, logistic arrangements and email address of former trekkers for references, please contact us at jimmylama@gmail.com.



