

FEBRUARY 2025

PREPARED BY:
VOLUNTEERS MANAGEMENT TEAM





WELCOMING OUR FEBRUARY VOLUNTEERS

In February 2025, we were pleased to welcome 9 new volunteers to Volunteer Initiative Nepal (VIN):

- 7 Long- and Mid-Term Volunteers (LMTVs)
- 1 Workcamp Volunteer
- 1 National Volunteer

These volunteers came from a variety of countries, including Japan, Hong Kong, Denmark, France, the United Kingdom, and Nepal, bringing diverse skills and perspectives to our projects. To ensure a smooth transition, we organized 3 orientation sessions that covered essential topics such as cultural understanding, health and safety, project-specific information, and visits to Nepal's historical and cultural heritage sites.

Following the orientation, volunteers were placed in their respective projects, where they began making valuable contributions to areas such as yoga teaching, photo/video journalism, administration and management support, environmental conservation, and women trafficking prevention.

PROJECT HIGHLIGHTS FROM FEBRUARY INTAKE VOLUNTEERS

1. Photo/Video Journalism Project

- Three volunteers currently leading the Photo/Video Journalism project, with two volunteers in Jitpurphedi and one in Okhaldhunga. They are focusing on capturing photos and videos every day across various VIN projects, including public health, women empowerment, children empowerment, youth programs, and more. These volunteers have also created daily vlogs, which have been shared on our social media platforms, helping to showcase VIN's activities.
- The volunteers have worked hard to produce high-quality images and videos, which have contributed greatly to VIN's visual storytelling.
- Lena, one of the long-term volunteers (17 weeks), is working on creating a manual for photo/video editing guidelines. Additionally, she is planning to conduct a workshop on photo/video editing for VIN staff, as suggested by the Volunteer Coordinator, to be held in April.



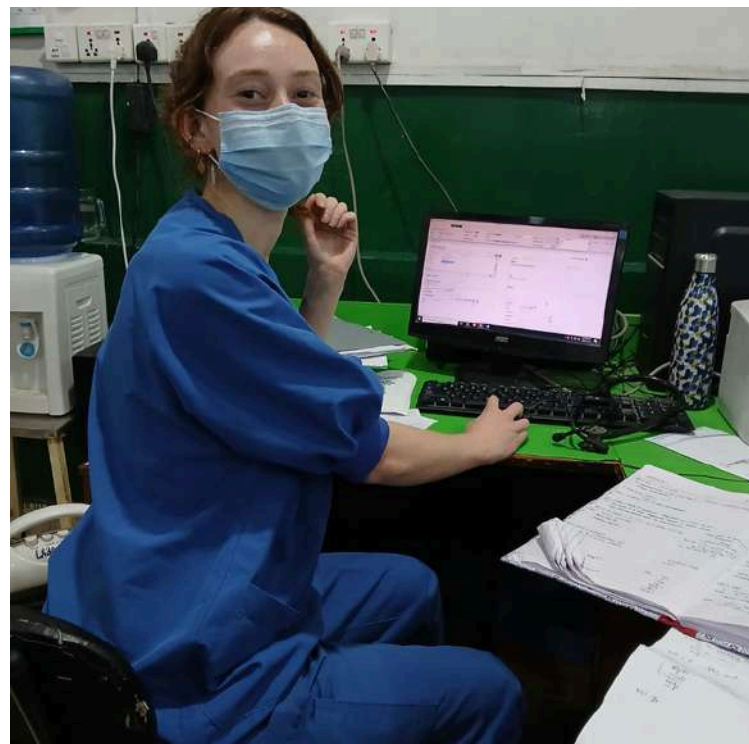
2. Teaching Yoga

Kano, a volunteer yoga instructor, started a four-week yoga program in the Ramghat community, Jitpurphedi, on February 17, 2025. Her sessions focused on breathing exercises, dynamic and slow movements, and enhancing flexibility and relaxation. Community members enjoyed the sessions. Unfortunately, due to health issues, Kano had to discontinue the program after one week but continued to support VIN by assisting with writing articles and other tasks



3. Medical Care

For eight weeks, our volunteer supported Grande International Hospital, primarily working in the emergency room. He assisted doctors and nurses, supporting patients who were brought in by helicopter following bridge accidents. The experience allowed him to provide vital care and gain deep insights into the healthcare system in Nepal.



4. Administration and Management

One of our dedicated volunteers supported the Volunteer Coordinator in various administrative tasks during her four-week stay. She assisted with writing articles, editing the information sheet, updating the profiles of schools, and visiting existing volunteers in the community. Additionally, she helped edit the Annual Report 2024, ensuring its completion on time. Her contribution has been invaluable in streamlining various administrative processes.

5.Environment Conservation

Ho Wing Tung (Cherry) launched an environmental conservation program on February 10, 2025, focusing on waste management and composting. Cherry engaged 48 participants across five communities—Kishandol, Nayabasti, Ramghat, Aathmail, and Khaduwal—by conducting workshops and practical demonstrations on composting. The program successfully concluded on February 21, 2025, leaving a lasting impact on the communities.



6. Women Empowerment Project

Lucy led a two-week program to raise awareness about early child marriage and human trafficking, reaching 26 women across five communities. The sessions covered critical topics such as the definition and types of human trafficking, early child marriage awareness, and root causes of trafficking. In between the session, she also checked up hypertension of women with the help of local volunteer.



ONGOING PROJECTS OF ESC VOLUNTEERS

Public Health and Medical Care

- Workshops on nutrition, mental health, hypertension, and substance abuse were conducted in local schools, engaging students and community members.
- Activities included physical exercise, mental health awareness, blood pressure checks, and nutrition education.



Youth Empowerment

In Kathmandu, YWC volunteers:

- Conducted mini assemblies for youth club formation at Jitpur School with 47 students. With this miniassembly for all the 7 communities came to an conclusion
- Planning for and preparation for the youth conference. In addition, preparation of manual was done

In Okhaldhunga, Vol4HumAid volunteers:

- 3 Career development workshops with topics such as motivation & visualization, role models, 5 years in your future in Chatra Pragati Secondary School and Himalayan School. Total of 6 participants attended it
- 2 Business workshop with the topics marketing & finances with 38 participants
- 3 nature journaling workshops with 45 participants
- Daily English class for 3-6 students



ONGOING PROJECTS OF ESC VOLUNTEERS

Child Protection

In Okhaldhunga:

- A Child Protection Club was formed at Jana Chetan Secondary School with 30 children from various grades.
- Child Club Management & Yearly Calendar Sessions were held at Raktamala, Kalika Basic, Maheshwor, Himalayan, Karkala, Kadeni Schools, and Jana Chetan Secondary School.
- A concept note and plan for the Okhaldhunga's Got Talent event (March 2025) were drafted.
- Articles and materials were collected from 11 schools for a creative souvenir, with regular meetings held to edit and digitize the children's submissions.

In Kathmandu:

Meeting with headteacher and school visit regarding the content collection for creative souvenir. Formed wall magazine at schools.



Women Empowerment

- Provided workshop on women's rights and gender equality, leadership skills, and advocacy camp at North Star school, Kalikasharan school, and Jitpurphedi school for 137 students in total
- Displayed posters presenting successful women we interviewed within the framework of the advocacy camp in the schools, as well as inspiring quotes from these same interviews.



FEEDBACK FROM THE VOLUNTEER

“I participated in the Women’s Empowerment Program which involved going into different communities each day and giving presentations to women, men and children about gender-based violence in Nepal, predominantly early/child marriage and human trafficking. The interactions left a positive impact on the communities as people who previously knew nothing about the topics being discussed, left with greater awareness of the issues and how to protect themselves against them. I am grateful for my time volunteering with VIN as I believe I have contributed to their goal of empowering marginalised communities.”

Thank you for supporting me with everything whilst I have been at VIN. I wish you all the best.” 😊❤️



LUCY HALL

LMTV VOLUNTEER

Looking Ahead

We're thrilled by the progress made in February and look forward to sharing more updates as we continue to make a difference together. A heartfelt thank-you to all our volunteers, supporters, and partners for being part of this journey!

