



# Global Crossroad

volunteer abroad. intern abroad. mini-ventures. summer escapes.

## Volunteer Abroad Nepal



- + Programs with complete culture immersion, Himalaya treks
- + Experienced staff and host families, and a variety of service projects
- + Nearly 500 happy volunteers in the last 5 years
- + Best Pricing and value: programs start at \$899

Global Crossroad USA  
415 East Airport Frwy. Suite 365  
Irving, TX  
75062, USA  
Tel: 972-252-4191 (9am - 5pm)  
Tel: 225-614-4695 (Off Office Hour)  
Fax: 972-636-1368, 972-636-1055  
Email: [info@globalcrossroad.com](mailto:info@globalcrossroad.com)

Global Crossroad UK  
The Lansdowne Building  
2 Lansdowne Road,  
Croydon, Surrey,  
CR0 2ER, London, UK  
Tel: 0208 263 6095  
Fax: 0208 263 6100  
Email: [ukinfo@globalcrossroad.com](mailto:ukinfo@globalcrossroad.com)

# Volunteer in Nepal: Health Project

**Project:** Health Project

**Start dates:** 1st and 3rd Monday of each month

**Departure and End Point:** Tribhubhan Airport, Kathmandu

**Language Requirement:** None

**Accommodation and meals:** Host family and local food for three meals a day

**Working hours:** 25-35 hours per week

## About Nepal

The tiny Himalayan kingdom of Nepal is a panorama of unparalleled beauty and geographical diversity. Only in Nepal can adventure-seeking travelers raft through white waters of the valley's swift rivers, trek along snowy, mountainous trails, or ride through lush foliage on the backs of immense jungle elephants. Our Nepal Program offers volunteers a wide range of adventure while opening their hearts to the country's hospitable people.

In Nepal, we offer comprehensive volunteer programs which are comprised of three phases:



Phase I Language and Cultural Immersion Program (Two weeks - Optional)

Phase II Volunteer Project (1-12 weeks)

Phase III- Himalayan Treks (8-15 days)

## Phase I: Language and Cultural Immersion Program (2 weeks) (optional)

Global Crossroad's Nepal volunteer experience starts with two weeks of language and cultural program in the vibrant city of Kathmandu. You may choose to take the Language and Cultural Immersion Program or go directly into a volunteer project. In the program, you will taste ethnic Nepali life, allowing you to adapt to the culture in a informed and relaxed way. Activities feature language and culture classes, informative lectures, inspiring visits to cultural and religious sites in Kathmandu, and exhilarating village hiking. The second week takes volunteers to a rural village for an authentic home stay experience - not found in the usual tourist guides. Finally, volunteers travel to Royal Chitwan National Park to take part in a memorable jungle safari, learn traditional dances, and further explore the mystery of Nepal—all at a remarkably low price.

Learn more about the program at: <http://globalcrossroad.com/nepal/culturelanguage.php>

## Phase II: Volunteer Work in the Health Project (1-12 weeks)

Nepal is one of the poorest countries of the world. Like the other basic infrastructure of the country, the government has not been able to provide the basic means of health facilities to its people. Still an overwhelming number of Nepalese never receive proper health care. Most of the Nepalese cannot afford to visit doctors as the doctor fee is highly expensive to these poor people. And on top of everything, most of the doctors are stationed in the hospitals of Kathmandu and running their own clinics in posh areas depriving the simple and poor rural villagers deprived of any medical attention. The state run health centers also lack medical resources.

This health project benefits hundreds and thousands of people who have never had the opportunity to receive proper health care. This project of Global Crossroad is an endeavor to reach the needy and disadvantaged people in Nepal.

Many Nepalese are still deprived of health care benefits. The situation in rural areas is even worst in the absence of doctors and other medical staffs. The state run health centers established to provide health care to the villagers are very poor in resources and also under staffed. Qualified volunteers are needed to reach these needy people and address their problems.

# Volunteer in Nepal: Health Project

## Role of Volunteer

Volunteers will engage themselves in the health placements by assisting local doctors, nurses, and other medical staffs. Volunteers will also assist in the treatment of patients.

- Assist doctors, nurses and medical staffs
- Examine and treat the patients
- Treat minor injuries
- Volunteers can also participate in hospital programs like record keeping
- Educate patients on the importance of sanitation, nutrition, etc.

## Phase III: Himalayan Treks and Adventure travels (Optional)

At the end or middle of the volunteer project, Global Crossroad organizes Himalayan trek programs. We have partnered with reputed travel agencies in Nepal to offer discounted tour packages for our volunteers only. Now, volunteers wanting to make a difference in Nepal can also take part in a variety of treks exploring these Himalayan regions of legend. This DISCOUNTED SPECIAL PRICE is only available for volunteers joining Global Crossroad Nepal volunteer program.

- Everest Base Camp Trek (15 days)
- Annapurna Base Camp Trek (14 days)
- Cross Nepal: Kathmandu – Chitwan – Pokhara – Chitwan – Pokhara (8 days)
- Poon Hill Trek (9 days)

Check out the details of the treks at:  
[http://www.globalcrossroad.com/trek/everest\\_trek\\_nepal.php](http://www.globalcrossroad.com/trek/everest_trek_nepal.php)



## Program Fee per Week

- 1 week : \$899
- 2 Week: \$999
- 3 week : \$1099
- 4 Week: \$1132
- 5 week : \$1165
- 6 Week: \$1198
- 7 week : \$1231
- 8 Week: \$1264
- 9 week : \$1297
- 10 Week: \$1330
- 11 week : \$1363
- 12 Week: \$1394

- Language and Culture program: Only \$399
- Everest Base Camp Trek (15 days) – only \$499
- Annapurna Base Camp Trek (14 days) – only \$399
- Cross Nepal: Kathmandu – Chitwan – Pokhara – Chitwan – Pokhara (8 days) – only \$399
- Poon Hill Trek (9 days) – Only \$349

You can find out more about this fee by visiting this website: <http://www.globalcrossroad.com/nepalprogramfee.php>

## Fee Covers

- Airport reception
- One way transfer to office/hostel
- One way transfer to the project
- Accommodation (host family/hostel)
- Food (local food 3 times a day)
- Travel Insurance
- Services of local field staff

## Fee Does Not Cover

- Airport drop-off
- Daily transportation (from accommodation to project)
- Bottled water, soft drinks
- Visa and visa extension fee
- Entry fee (of any kind of travel)
- Other personal expenses

*\* This information is generic - it may change according to the situation in the field. Please visit our web site for updated information and prices: <http://www.globalcrossroad.com/nepal>*