Do you want a challenge?

Could you live without the basics: sunshine, hot water and modern plumbing, etc? Could you accept a culture that is very different from your own? Could you cope with being in a very unfamiliar place where you feel isolated? If you were prepared to meet these challenges, then you could be opening the door to a personally enriching and life-changing experience by becoming involved in a unique and diverse group of activities in Nepal. For example, you could undertake voluntary work in dentistry by helping unqualified local people to undertake simple dental procedures, and also by teaching basic dental care in the local schools. There could also be a fantastic opportunity for you to provide back-up emergency dental care to some major projects. There could be opening the door to a different culture and by helping the poorest on earth with 45 per cent of people living in dire poverty. This is due to difficult geographical location, limited access to development aid, inadequate resources and investment and an overall lack of awareness and education amongst the people. So whether you are taking a "Gap Year", taking a career break or just time out, the people of Nepal would appreciate your help to enable them to develop much needed community projects within their own areas. Of paramount importance to the success of these projects are employment skills, dental health education, primary health care, child welfare, ecological wellbeing, basic human rights and the promotion of equality for women and children.

There are no fixed guidelines on how to volunteer. You can decide on your own aims and goals and on how best to achieve them. The choice is yours and there is no time limit. Trekking Encounters are the UK representatives for the KEEP (Kathmandu Environment Education Project) and we work very closely with them in organisimg community projects. The school projects that are taking place at the moment includes the Community Development Programme and Volunteer Teaching in Government Schools. There is a programme packaged for people who choose to work as a volunteer for a longer period, three months to up to five months. During this programme, the volunteer stays with a family (Homestay) while engaging in activities such as teaching in a school or helping in social organisation and community development activities. Through this integration students can gain a broader understanding of the outside of the world. In addition to "Homestay" KEEP can organise a number of other types of volunteering to tie in with your particular agenda eg assisting in community projects.

The Himalayan region of Nepal is the ultimate destination with its unique landscape natural beauty and vibrant cultures.

- The highest mountain in the world - Mt Everest and eight of the fourteen highest mountains in the world all upwards of 8,000m (ranked 1, 3, 4, 5, 6, 7, 8 and 10).
- Only 800km by 140km (0.1 per cent of the world’s landmass) ranging from 70m above sea level to 8,848m.
- Home to two per cent of the world’s flora and fauna.
- Home to eight per cent of the world’s mammals and 95 spoken languages.
- Birthplace to Lord Buddha. Lumbini and with two of the oldest religions, this country lives in harmony embracing both Buddhism and Hinduism. With eight of the highest mountains in the world, Nepal has been the focus of some of the most outstanding achievements in the world of mountaineering. There are some 526 peaks opened for mountaineering today.

Trek to Everest Base Camp in the region also known as the Khumbu region, which has drawn walkers, trekkers and mountaineers for many years now. It is justifiably regarded as the most famous trekking and mountaineering region in the world. Mt Everest is situated in the Sagarmatha National Park, a Natural World Heritage Site. The region is also renowned for its Sherpa people and villages, Nameche Bazaar being the capital of the Sherpa people the area also has stunning Buddhist monasteries.

Lying between the two giant countries of India to the south and the Peoples Republic of China to the North, no other country can offer such variety as Nepal, with 105 ethnic groups and 8,000 different languages spoken, Nepal is the holiest pilgrimage site for Buddhists. It is in our experience that once you are in Nepal and visiting the villages you will relish the opportunity to see more of this fantastically diverse country.

You can bring much needed hands-on skills – teaching dentistry and dental hygiene, nursing, joinery, bricklaying, plastering, plumbing, agriculture, etc, or just the basic helping out of everyday chores, these all greatly benefit the local villages which have a very simple day – day way of life. It is also an opportunity to have an adventure of a lifetime, make new friends from all walks of life and a great chance to travel in this remarkable and much undiscovered part of the world.

Nepal is regarded as one of the most under-developed countries in the world. It is ranked the 12 poorest on earth with 45 per cent of people living in dire poverty. This is due to difficult geographical location, limited access to development aid, inadequate resources and investment and an overall lack of awareness and education amongst the people.

If you wish to volunteer, contact Trekking Encounters at info@trekkingencounters.com or visit our website at www.trekkingencounters.com

Don’t just change your life, change the life of others.

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