



## Internship in Nepal

If you are a person interested in global perspective on sustainable development, we invite you to consider having an internship in Nepal. Although it is still one of the poorest countries in the world, it has a fascinating history, interesting culture, amazing nature, so it is attracting people from all around the world. Nepal, a landlocked, multi-ethnic, multi-lingual, and multi-religious country is one of the best tourist destination places. It is a perfect place to enrich your perspective on social problems and values. For more information please visit [www.welcomenepal.com](http://www.welcomenepal.com).

Your internship will be organized by the non-governmental organization GNSD Nepal, that is partnering with the **Global Network for Sustainable Development (GNSD)**

**GNSD** was created by a group of young community leaders from Africa who participated in the leadership workshops Empowerment for Peace through Leadership in Agribusiness and Sustainability (EmPeaceLABS), organized by the partnership between Arizona State University (ASU) and Gandhi Research Foundation in Jalgaon (India) in 2012.



The network was officially launched in Kathmandu (Nepal) in 2014 as a project of Arizona State University. In 2017, it was registered in Arizona as an internationally acting NGO, and last January received the 509 (a) (2) status. The mission of GNSD is to educate youth about the importance of non-violent conflict resolutions, as well as about principles of environmental and economic sustainability.

The mission of GNSD is to involve youth in the realization of the UN Sustainable Development Goals by creating in high schools worldwide Clubs for Peace and Sustainability. These clubs promote the idea of Global Citizenship, and involve their members in community projects addressing protection of the environment and sustainable economic development.

A significant element of this mission is peace education, and teaching youth about nonviolent conflict resolutions (for more info please visit: [www.gnsd.org](http://www.gnsd.org)).

In 2019 Nepali Team of GNSD registered GNSD Nepal as an NGO located in Kathmandu.

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## **STRUCTURE OF THE INTERNSHIP**

Since 2014 GNSD developed collaboration with numerous community organizations from which you may choose your internship placement (see the list below) based on your interest and educational background. It will be your choice how long your internship should be. Although typically lasts between two weeks and three months, some organizations may require that you will work with them longer.

When you decide to have an internship with us and after you choose your placement, we will assign you an **internship coordinator**, who will create together with you a specific program of your internship (please see below an example of such program.)

Our internships are not paid, so you will have to take financial responsibility for all relevant costs (accommodation, food, transportation, coordinator, insurance), as well as travel costs. The average cost of the internship (accommodation, food, transportation, cost of the coordinator) will be approximately \$ 80 per day. Final cost will be determined after you create your individual program. It may differ depending on the location you choose, transportation costs, sightseeing, and optional cultural programs.

It will be your responsibility to organize funding that could cover if not whole at least a part of the cost of the internship. You may begin with your university, as some schools offer relevant resources, and we strongly recommend contacting your Study Abroad program. We may also help you in finding relevant funding sources, as there are numerous organizations offering stipends and scholarships for such purpose. Especially international organizations that are acting in Nepal, and support in developing countries implementation of the UN Sustainable Development Goals. You will find the links to those organizations on our website.

**THERE ARE FEW LOCATIONS WHERE YOU MAY HAVE YOUR INTERNSHIP:  
Kathmandu, Hetauda and Ilam.**

**KATHMANDU**, the capital city of Nepal. It is an incredibly diverse historic city with breathtaking Newari architecture, centuries old Hindu and Buddhist religious sites along with dedicated tourist-friendly accommodations and restaurants. Stepping into Kathmandu is like stepping into another world that everybody should experience at least once in their lifetime.



For details please visit: [www.welcomenepal.com/places-to-see/kathmandu.html](http://www.welcomenepal.com/places-to-see/kathmandu.html)

In Kathmandu you can be accommodated either at the Hostel Solo Travel Nepal, or in PATANsquaredB&B. The prices of accommodation in those places are as follows:

1. Hostel Solo Travel Nepal

Mixed-Dorm: (one bed in 8-bed dorm): 12 USD per night

Female Dorm: (one bed in 4-bed dorm): 14 USD per night

Private Room: 35 USD per night (for 2 Pax), +10 USD per night for extra guests

Penthouse: 45 USD per night (for 2pax)

2. PATANsquared B&B

Private rooms, shared bathroom: 25 USD/night or 32 USD/night for single occupancy. +7 USD for second guest

Private rooms, ensuite bathroom: 32 USD/night for single occupancy. +7 USD for second guest

Large Suites: 45 USD/night or 55 USD/night for single occupancy. +10 USD for second guest



## OPTION FOR PLACEMENT IN KATHMANDU

**Baby Life Home.** It is an orphanage that currently has 23 HIV infected children rescued from various regions of Nepal. Their ages range from 3 years to 15 years old. These brave children have been deprived of their basic rights to an education, and thus growing up to be active and productive members of society. Everyone deserves the best start in life, which is to provide education to the world's most vulnerable children. Here case is; education for HIV-infected children. In third world country HIV-education is common and normal topic of discussion but nobody was concerned and talking about education for HIV-infected children. Due to the lack of public awareness and understanding of this virus, education for HIV-infected children was never even in the topic of discussion. All the public and private schools still reject to give admission to children with HIV-infection in Nepal. To overcome these situation Rajkumar Pun establish school name "Saphalata HIV ShikshyaSadan".



Website: <http://babylifehome.org/>

If you are interested in this option  
please contact Yubika Shrestha ([yubikashrestha@gmail.com](mailto:yubikashrestha@gmail.com))

## OPTION FOR PLACEMENT IN KATHMANDU

- **Community Child Rescue Center (CCRC).** It is an orphanage home where 21 kids rescued from various places. They are very talented and love to learn.



Website: <https://www.facebook.com/CommunityChildRescueCenter/>

If you are interested in this option  
please contact Yubika Shrestha ([yubikashrestha@gmail.com](mailto:yubikashrestha@gmail.com))

## OPTION FOR PLACEMENT IN KATHMANDU

- **AamaGhar**It is home for elderly women and orphans in Kathmandu. was established by DilShova Shrestha more than a decade ago. The home provides shelter to those who are less fortunate like the kids who have lost their mothers or the single elderly women left out by their family with no place to go.



Website: <https://www.facebook.com/pages/Aama-Ghar/335325723276467>

If you are interested in this option  
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## OPTION FOR PLACEMENT IN KATHMANDU

- **TEWA**The foundation was initiated in September 1995 and formally started in April 1996. It comprises a professional staff team and a gender-balanced advisory committee, an active volunteer body, and other allies and supporters. When women are struggling with poverty, marginalization and invisibility organize collectively, they amplify their voices, strengthen their leadership, and overcome injustice. The mission of TEWA is to support, organize, raise their voices collectively and transform discriminatory policies, systems, norms, and practices such as funds their initiatives, enhance their capacities, and connecting them to other relevant groups and national initiatives and processes for such groups of women.



Website: <https://www.tewa.org.np/introduction.php>

**If you are interested in this option  
please contact RudeepRajthala ([rudeep@gnsd.org](mailto:rudeep@gnsd.org))**



## OPTION FOR PLACEMENT IN KATHMANDU

**NagarikAawaz** is a women-led organization that inspires, supports and engages individuals, structures and institutions of Nepal to establish sustainable peace. Mainly, It deals with unaddressed issues relate to unequal opportunities for women, youth and people from minority communities, which left unaddressed could trigger new conflicts. They create spaces in communities to develop belongingness, relationships, and resilience among people to create and sustain peaceful societies. Minimum length of an internship here is 3 months.



[Click here to see the website.](#)

**If you are interested in this option  
please contact RudeepRajthala ([rudeep@gnsd.org](mailto:rudeep@gnsd.org))**

## OPTION FOR PLACEMENT IN KATHMANDU

**World Academy for the Future of Women Nepalis** a bold and daring leadership program focused on developing young women for leadership roles that will address and achieve the United Nations' Millennium Development Goals (UN-MDGs) and UN Sustainable Development Goals. Beginning on the campus of [Sias International University](http://www.sias.ac.cn) in 2009, WAFW grew from a one-year program for 100 women to a multi-level three-year program for women, and a Men's Academy for the Future of Women, a program requested by men students, which replicates the women's program and prepares men to support the advancement of women. Having successfully delivered an advanced leadership program to university women in rural China since 2009, the World Academy for the Future of Women (WAFW) is currently recruiting additional men and women willing to go beyond their personal and geographic boundaries to deliver one of eight four-week modules in Bangladesh, China, or Nepal.



Website: <https://wafw.org/>

If you are interested in this option  
please contact RudeepRajthala ([rudeep@gnsd.org](mailto:rudeep@gnsd.org))

## OPTION FOR PLACEMENT IN KATHMANDU

**New Nepal Society.** It is a non-governmental organization. They help children from poverty stricken families whose family does not have the means to take care of them as well as orphan children to build a bright future developing their full potential by providing shelter, security, protection, health and nutrition in a happy and safe environment.



Website: <https://nscnepal.wordpress.com/about-us/>

If you are interested in this option  
please contact RudeepRajthala ([rudeep@gnsd.org](mailto:rudeep@gnsd.org))

## OPTION FOR PLACEMENT IN KATHMANDU

**Maiti Nepal** was born out of a campaign to protect Nepali girls and women from crimes like domestic violence, trafficking for flesh trade, child prostitution, child labor and various forms of abuse, exploitation, and torture. This social organization also actively works to provide justice for the victimized girls and women through criminal investigation and waging legal battles against the criminals. A society free from sexual and other forms of exploitation against children and women is the main vision of this organization.



Website: <https://maitinepal.org/about-us/introduction/>

If you are interested in this option  
please contact Yubika Shrestha ([yubikashrestha@gmail.com](mailto:yubikashrestha@gmail.com))

## **OPTION FOR PLACEMENT IN KATHMANDU**

**Sneha Care.** It is one of the largest animal welfare charities of Nepal. Established in 2014 by animal advocate Ms. Sneha Shrestha to protect the street and community dogs from torture, cruelty or ill usage of any kind, it has long campaigned to develop the welfare of man's best friend.



Website: <https://www.snehacare.org/>

If you are interested in this option  
please contact Yubika Shrestha ([yubikashrestha@gmail.com](mailto:yubikashrestha@gmail.com))

## OPTION FOR PLACEMENT IN KATHMANDU

**Mahila Shakti BikashKendra (MSBKN)** was established as a non-profit organization in 2008 to promote women's leadership and representation in public institutions in rural Nepal. It does so, through capacity building as well as lobbying and advocacy for equal representations of women to decision making positions in government and non-government sectors. The organization is dedicated to increase spirits of rural women to assert their socio-political rights. The organization is registered with the District Administration Office (reg no-888/064), Kathmandu and is also affiliated with the Social Welfare Council of Nepal (reg no-24598/064)



Website: <https://www.mahilashaktibikash.com/>

If you are interested in this option  
please contact RewatiDhkal ([rewatirdhkal@gmail.com](mailto:rewatirdhkal@gmail.com))

## OPTION FOR PLACEMENT IN KATHMANDU

**Blind Youth Association Nepal Community (BYAN)** BYAN is a non-political, non-religious, not for profit Non- Governmental Organization (NGO) established by the Blind and Partially Sighted (BPS) youth of Nepal. It is a national association for youth aged between 18-35 years. Founded in 2011 and registered with the District Administration Office, Kathmandu in 2012 and affiliated with the Social Welfare Council of Nepal. It is only the organization established by the Blind and Partially Sighted (BPS) youth of Nepal. Currently BYAN has 415 members, who are organized through eight district chapters located in Jhapa, Kathmandu, Kaski, Rupandehi, Banke, Morang, Kailali and Bara districts. Memberships and Chapters expansion is ongoing.



Website: <http://www.byanepal.org/>

If you are interested in this option  
please contact RewatiDhkal ([rewatirdhkal@gmail.com](mailto:rewatirdhkal@gmail.com))

## OPTION FOR PLACEMENT IN KATHMANDU

- **Jagaran Media Center (JMC)** is a non-governmental organization established in 2000 by journalists from the Dalit community in Nepal. The Organization advocates eliminating caste-based discrimination, promoting a more equitable, inclusive and accountable democracy, promoting environmental justice and sustainable disaster risk reduction through media mobilization. JMC is registered at District Administration Office (DAO), Kathmandu on 8/12/2057 ( 21st March, 2001). The Registration Number is 813/057/058 (DAO-Kathmandu) and is affiliated with Social Welfare Council (Affiliation Number 13180). It is also registered with the Inland Revenue Department with PAN number 302016077



Website: <https://www.jagaranmedia.org.np/>

If you are interested in this option  
please contact RewatiDhkal ([rewatirdhkal@gmail.com](mailto:rewatirdhkal@gmail.com))



## OPTION FOR PLACEMENT IN KATHMANDU

**Community Self-Reliance Centre (CSRC)** was born and officially registered as a Non-Government Organization (NGO) in 1993. Initially CSRC supported local people in one remote district in Nepal. The focus was non-formal education, group mobilization, post-literacy income generation and capacity development. From these actions CSRC became aware of the structural causes of poverty and its links to land issues. As a result, CSRC chose to focus their efforts on addressing the bigger issue of land reform. This began a national movement, with the aim of securing land rights through pro-poor land and agrarian reform. The mission of CSRC is to empower land-poor women and men enabling them to claim and exercise their basic rights, including right to land resources, contributing to eradicating poverty and injustice.



Website: <http://csrcnepal.org/>

If you are interested in this option  
please contact RewatiDhkal ([rewatirdhikal@gmail.com](mailto:rewatirdhikal@gmail.com))

## OPTION FOR PLACEMENT IN KATHMANDU

**Sukhawati Store Foundation** is a non-government, not-for-profit and non-sectarian, non-partisan organization working for social development of vulnerable and less developed people. It's a human-centered NGO. SSF could also be labeled as an implementing organization which designs and implements various developmental projects with the financial and technical support of national donor, international donor agencies and the government. Sukhawati Store was established by a group of housewife and energetic people who were highly motivated and committed for contributing their time, skills and energies for social enterprise development that reduce poverty through job creation for the chronically unemployed, help impoverished communities produce their own products rather than importing them, create markets for products produced by impoverished communities, and provide job training to help the chronically unemployed acquire employable skills and addressing a responsibility towards environment.



Website: <http://www.sukhawatistore.org/?i=2>

If you are interested in this option  
please contact RewatiDhkal ([rewatirdhkal@gmail.com](mailto:rewatirdhkal@gmail.com))

## OPTION FOR PLACEMENT IN HETAUDA

**HETAUDA IS** one of the largest cities and biggest industrial districts of Nepal. It is situated in the confluence of the two prominent national highways (Tribhuvan highway and Mahendra highway). It is the administrative headquarters of the Makwanpur District and the Capital of Bagmati Pradesh as declared by majority Provincial Assembly Members on 12th January 2020. It is regarded as a "Green City " because the city has planted trees on either side of the road. ChisapaniGadhi, MakwanpurGadhi, View Tower, SahidSmarak, Palung Valley, Daman, Simbhanjyang, Manakamana Temple, Banaskhandi Temple, GumbaDanda, KusmandaSarowarTriveniDham, BhutandeviMandir, Pangolin Park, Churia Tunnel and more are the site of attractions.



Website about Hetauda: <https://www.wikiwand.com/en/Hetauda>

## OPTION FOR PLACEMENT IN HETAUDA

**Reliance English Secondary Boarding School in Hetauda.** It is a school established in 1984 A.D. situated in a peaceful environment away from all the pollution and rucks to provide 360-degree education and also allied arenas of Arts, Creativity, Sports and Debate, leadership, extra activities along with a dedicated and capable team of educators. "Reliance For Self- Reliant Through Education" is the main theme of this school.



Website: <https://www.resbs.edu.np/home>

If you are interested in this option  
please contact RudeepRajthala ([rudeep@gnsd.org](mailto:rudeep@gnsd.org))

## OPTIONS FOR PLACEMENT IN FIKKAL, ILAM, EASTERN NEPAL



**Fikkal** is one of the municipalities of Ilam District; it lies in the Mahabharata hilly range of Province No. 1, eastern Nepal. Being the largest tea producing region for Nepali tea, its tea farms comprise a major tourist attraction in Province No. 1. Besides tea, this place is also a large producer of milk, cheese, cardamom, red round chilly, broom grass, ginger, milk candy bar and kiwi fruit. It is a great place to learn about agriculture, dairy, eco-tourism, agribusiness, and marketing of local produce as it is adjoining with another country India, just across the border few minutes away.



A tea garden in the hill slopes of Fikkal, Ilam.

An excellent getaway from city life, Ilam is famous for its tea. It is a district largely covered in tea bushes with a hill town right beside a plantation enjoying views of pristine landscapes made up of sloping tea gardens, mountain streams, dense natural forests, holy sites and a [unique ethnic culture](#) of "Lepcha" community only found in this part of the country. You can take excursions for a day or more. There are many hotels in the town and a few local resorts a short distance away in the tea gardens.

### Community Projects in Ilam



Trainings for farmers and community leaders on organic and rain forest alliance standards.



Sustainable development program for local community members.



New year celebration; free meal and entertainment for the homeless.



Alejandra Molina, intern from **Arizona State University, USA**, delivering presentation in local governmental schools in Fikkal.



Bradley Cladianos, intern from **Arizona State University, USA**, during the event on inter-cultural learning.



Cleaning at the home for old people, and free meals program.

## OPTION FOR PLACEMENT IN FIKKAL, ILAM

**Suryodaya Diversity Group Nepal (SDGN)** was founded in the year 2016 by Mr. Sumit Shrestha to promote sustainable development, protection of environment, supporting youth employment, and community work. SDGN has been doing many community related work. As many Nepalese are going abroad to the Middle Eastern countries for employment, and for years stay away from their families and loved ones, SDGN has been helping people to get employment in their own town. SDGN is also trying to help the local products get national and international recognition by teaching about organic farming methods, or providing a rainforest alliance certification in case of tea farms, to increase a potential for demand on the international market.

The organization is planning to create a model farm for agro-tourism, and provide trainings to people visiting the area. SDGN also provides a platform where students and interns can develop and practice their marketing skills that typically are learned only theoretically in their schools and colleges.



Office of the Suryodaya Diversity Group

**Website:** [www.sdgnepal.org.np](http://www.sdgnepal.org.np)

Travel cost: \$20 from Kathmandu to Ilam.

Local transport: \$4-\$5 per person (only if needed)

Options for accommodation and food:-

\$20 per person (food + lodging in home stay), self cooking is also available.

\$25 per person (lodging in hotel) + extra food charges according to menu

**If you are interested in this option  
please contact Sumit Shrestha (sumitshrestha50@gmail.com)**



## **OPTION FOR PLACEMENT IN ILAM**

**Tara Gaun Tea Estate:** is the first Rain forest Alliance certified tea estate in Nepal under Sustainable Agriculture Network (SAN). The tea industry here has a long history and comprises of an expert team of tea production managers and tea growers. It implements rules such as no child labour, water conservation, soil conservation, no cutting of trees, fair treatment to workers, wildlife hunting restrictions, integrated pest management, waste management etc. The tea estate has provided jobs to a large number of local people and has about 600 farmers from many cooperatives. This is the place to learn about pesticide free, environment friendly and socially conscious tea production.

Activities for interns: Himalayan tea plantation method, hand tea plucking, learning the entire manufacturing processes for orthodox tea, golden tips, silver tips, white tea and green tea, tea tasting practice.



**If you are interested in this option  
please contact Sumit Shrestha ([sumitshrestha50@gmail.com](mailto:sumitshrestha50@gmail.com))**

## OPTION FOR PLACEMENT IN ILAM

**Doko Multipurpose Private Limited** was established in 2016 with the purpose of providing agricultural assistance and introducing new technology to the farming community in Nepal. Doko helps in the branding of local nepali produce so that it has a chance of getting exported to various other countries hence increasing the income of farmers and the grass root people. Interns can learn about soilless agriculture (Aquaponic/ hydroponic). Participate in a workshop on various agribusiness ideas, and sustainable agricultural practices. They can also learn about production of Churpi (hard cheese loved by dogs), reusing tyres and bottles, and cultivating shiitake mushrooms. Self experiment and develop marketing skills with implementing ones ideas and learnings. They can also visit and learn in a Kiwi farm or cardamom farm.



Photo: Churpi making process, Aquaponic workshop, Hand tea plucking



**If you are interested in this option  
please contact Sumit Shrestha (sumitshrestha50@gmail.com)**

## **OPTION FOR PLACEMENT IN FIKKAL, ILAM**

**Fikkal Higher Secondary Governmental School** is probably the oldest school in the whole area, and has played a big role in the education of local children. As the school fee is affordable, even low income people do not have to worry about their children's education. Volunteers and interns have come to the school in the past years, shared their knowledge and at the same time experiencing school environment in rural Nepal. Interns interested to come here can teach English language, conduct cultural programs and organize community work along with the students.



**If you are interested in this option  
please contact Sumit Shrestha (sumitshrestha50@gmail.com)**

## OPTION FOR PLACEMENT IN FIKKAL, ILAM

**Shree Mai Bhagwati Home for Seniors** is located near a river bank, 1 hour from SDGN. About 25 old people, who are either homeless or have been chased away from their house, are taking refuge in this shelter home. Their only source of food, clothes and shelter are the rare little donations that local people offer to them during their visits. Interns can offer their helping hand, and organize entertainment programs for the residents.



**If you are interested in this option  
please contact Sumit Shrestha ([sumitshrestha50@gmail.co](mailto:sumitshrestha50@gmail.com))**

## **OPTION FOR PLACEMENT IN FIKKAL, ILAM**

**New World English Secondary School** is a small private school which was opened by a local teacher who had a vision of providing education to the local community children. The school also has a little hostel facility in the school premise for students who come from other rural villages. It has been running successfully, and has helped poor students to get involved in extracurricular activities too such as music training and games. Interns interested to come here can teach English language, conduct cultural programs and organize community work along with the students.



**If you are interested in this option  
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**Places for recreation in and around Fikkal**

**Shree Antu sunrise view point and boating:**



**Cultural dress photo shoot:**



**Kanyam tea garden sight seeing and horse ride:**



**Kanchenjunga conservation area/ Sandakpur/ Rhododendron forest trip  
(For people who love outdoors and adventure):**

