



SPECIALE: Campi di volontariato a Natale e Capodanno

ISLANDA

SEEDS 115 Christmas Photo Marathon in Reykjavík 11.12 - 23.12

Work: ART

Number of volunteers: 8

Language: English

Extra-Fee: EUR 180

Age: 18+

WORK/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organizing this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp. The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon. SEEDS coordinators will prepare different topics on which the participants will base their entries; these topics will be mostly related to SEEDS work: Intercultural understanding, peace & Environment Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition. Volunteers shall be prepared for walking/cycling, flexible time schedule (early morning photo sessions, night photographing). Apart from working on the photo marathon, volunteers will join the festive atmosphere during some days by handing out hot chocolate in the city centre as a way of fundraising for non-for-profit projects of the Icelandic Red Cross. We will help in the preparation by putting up the chocolate stations, decorating the tables, making the chocolate and taking it to the different stations around the city. At the end, we will assist in taking down the stations and leaving the areas clean. Volunteers will also work with the Salvation Army helping them with fundraising. Volunteers with artistic skills, such as singing, juggling, playing music are encouraged to apply for this camp as they will have the chance to perform during the chocolate hand-out and help to create a nice and friendly atmosphere. **ACCOMMODATION:** SEEDS volunteers will stay in a house in down town Reykjavík. The facilities are basic with only one shower and bathroom and volunteers are expected to show consideration for their companions. Volunteers will be sleeping in shared rooms in a sleeping bag accommodation. Please bring your own sleeping bag. Volunteers will receive food supplies and be in charge of the cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening. **LOCATION:** The population of Iceland's capital Reykjavik is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavik is often called "the nightlife capital of the north". But there is more to Reykjavík than pubs and clubs. Reykjavík also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene surrounded with beautiful nature. In December you can see the Northern lights (Aurora Borealis) in Iceland. In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit. **LANGUAGE:** English will be the language in the camp; good conversational skills are needed. **TERMINAL:** Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ). **EXTRAS / SPECIAL REMARKS:** Participation fee EUR 180 (Euros). Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares. Weather in Iceland is unpredictable and in the winter it can be cold or rainy. Please bring warm winter clothes, overcoats, scarves, gloves and hats as part of the project takes place outside.

SEEDS 116 Christmas Photo Marathon in Reykjavík II 11.12 - 23.12

Work: ART

Number of volunteers: 12

Language: English

Extra-Fee: EUR 180

Age: 18+

WORK/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organizing this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp. The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon. SEEDS coordinators will prepare different topics on which the participants will base their entries; these topics will be mostly related to SEEDS work: Intercultural understanding, peace & Environment Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition. Volunteers shall be prepared for walking/cycling, flexible time schedule (early morning photo sessions, night photographing). Apart from working on the photo marathon, volunteers will join the festive atmosphere during some days by handing out hot chocolate in the city centre as a way of fundraising for non-for-profit projects of the Icelandic Red Cross. We will help in the preparation by putting up the chocolate stations, decorating the tables, making the chocolate and taking it to the different stations around the city. At the end, we will assist in taking down the stations and leaving the areas clean. Volunteers will also work with the Salvation Army helping them with fundraising. Volunteers with artistic skills, such as singing, juggling, playing music are encouraged to apply for this camp as they will have the chance to perform during the chocolate hand-out and help to create a nice and friendly atmosphere. **ACCOMMODATION:** SEEDS volunteers will stay in a well equipped house, in a beautiful setting inside the Botanical Gardens of the city of Reykjavík. Volunteers will be sleeping in shared rooms in a sleeping bag accommodation. Please bring your own sleeping bag. Volunteers will receive food supplies and be in charge of the cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening. **LOCATION:** The population of Iceland's capital Reykjavik is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. Reykjavik is often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene surrounded with beautiful nature. In December you can see the Northern lights (Aurora Borealis) in Iceland. In the area closer than 100 Km from Reykjavík, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit. **LANGUAGE:** English will be the language in the camp; good conversational skills are needed. **TERMINAL:** Closest international Airport: Keflavík/Reykjavík (KEF). Bus station: Central Reykjavík (BSÍ). **EXTRAS / SPECIAL REMARKS:** Participation fee EUR 180 (Euros). Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares. Weather in Iceland is unpredictable and in the winter it can be cold or rainy. Please bring warm winter clothes, overcoats, scarves, gloves and hats as part of the project takes place outside.

SEEDS 117 New year's Photo Marathon in Reykjavík 26.12 - 05.01

Work: ART

Number of volunteers: 12

Language: English

Extra-Fee: EUR 200

Age: 18+

WORK/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organizing this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp. The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon. SEEDS coordinators will prepare different topics on which the participants will base their entries; these topics will be mostly related to SEEDS work: Intercultural understanding, peace & Environment Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition. Volunteers shall be prepared for walking and working flexible time schedule. Volunteers with artistic skills, such as singing, juggling, playing music are encouraged to apply for this camp as they will have the chance to help create a nice and friendly atmosphere. **ACCOMMODATION:** SEEDS volunteers will stay in a house in down town Reykjavík. The facilities are basic with only one shower and bathroom and volunteers are expected to show consideration for their companions. Volunteers will be sleeping in shared rooms in a sleeping bag accommodation. Please bring your own sleeping bag. Volunteers will receive food supplies and be in charge of the cooking

and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening. **LOCATION:** The population of Iceland's capital Reykjavik is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers. The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. Reykjavik is often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene surrounded with beautiful nature. Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled night-life. In December & January you can see the Northern lights (Aurora Borealis) in Iceland. In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit. **LANGUAGE:** English will be the language in the camp; good conversational skills are needed. **TERMINAL:** Closest international Airport: Keflavik/Reykjavik (KEF). Bus station: Central Reykjavik (BSI). **EXTRAS / SPECIAL REMARKS:** Participation fee EUR 200 (Euros). Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares. Weather in Iceland is unpredictable and in the winter it can be cold or rainy. Please bring warm winter clothes, overcoats, scarves, gloves and hats as part of the project takes place outside.

SEEDS 118 New Year's Photo Marathon in Reykjavik II 26.12 - 05.01

Work: ART

Number of volunteers: 12

Language: English

Extra-Fee: EUR 200

Age: 18+

WORK/PROJECT: This is the fifth year that SEEDS organizes series of International Photo marathons! Last years' were very successful and we want to continue organizing this project! One of our objectives is to deliver messages and draw the attention to the local population through pictures and photos made during the camp. The main idea and task of the project is involvement and participation of the volunteers in the SEEDS Photo Marathon. SEEDS coordinators will prepare different topics on which the participants will base their entries; these topics will be mostly related to SEEDS work: Intercultural understanding, peace & Environment Participants need to take their own digital cameras and its main work will be done taking photographs on the issues given; the best pictures will be selected for a final exhibit. The last part of the project will be putting up the exhibition. Volunteers shall be prepared for walking and working flexible time schedule. Volunteers with artistic skills, such as singing, juggling, playing music are encouraged to apply for this camp as they will have the chance to help create a nice and friendly atmosphere. **ACCOMMODATION:** SEEDS volunteers will stay in a well equipped house, in a beautiful setting inside the Botanical Gardens of the city of Reykjavik. Volunteers will be sleeping in shared rooms in a sleeping bag accommodation. Please bring your own sleeping bag. Volunteers will receive food supplies and be in charge of the cooking and cleaning activities. Do not forget some traditional/typical food from your home country for the international evening. **LOCATION:** The population of Iceland's capital Reykjavik is over 200,000 including the metropolitan area, so two thirds of Iceland's inhabitants live here. It is a dynamic, modern city which lives in harmony with beautiful nature, using renewable energy sources - geothermal power and glacial rivers. The world's northernmost capital bridges the Atlantic, between Europe and North America. Reykjavik is spread across a peninsula with a panoramic view of the mountains and the Atlantic Ocean on almost all sides. Reykjavik is often called "the nightlife capital of the north". But there is more to Reykjavik than pubs and clubs. Reykjavik also gathers the most interesting of Icelandic culture. It is an incubator of new ideas and styles which often indicates new global trends. It is an International city with a lively Cosmopolitan cultural scene surrounded with beautiful nature. Visitors to Reykjavik experience easily the pure energy at the heart of Iceland's capital city - whether from the boiling thermal energy underground, the natural green energy within the city and around it, or the lively culture and fun-filled nightlife. In December & January you can see the Northern lights (Aurora Borealis) in Iceland. In the area closer than 100 Km from Reykjavik, there are several spectacular waterfalls, geysers, impressive coastline and the well-known geothermal Blue Lagoon spa to visit. **LANGUAGE:** English will be the language in the camp; good conversational skills are needed. **TERMINAL:** Closest international Airport: Keflavik/Reykjavik (KEF). Bus station: Central Reykjavik (BSI). **EXTRAS / SPECIAL REMARKS:** Participation fee EUR 200 (Euros). Excursions (Blue Lagoon, Golden Circle, South shore, etc) arranged for SEEDS at discount fares. Weather in Iceland is unpredictable and in the winter it can be cold or rainy. Please bring warm winter clothes, overcoats, scarves, gloves and hats as part of the project takes place outside.

MAROCCO

CSM 57 New year Project in the Sahara Desert 26/12 – 02/1/2013

Work: CULT

Number of volunteers: 20

Language: French / English

Extra-Fee: EUR 200

Age: 21+

Work : The project which will be organized in collaboration between CSM and its local section in Zagora, CSM have started organizing this kind of camp eight years ago, in Sale and Fez and Rabat during the summer period. Every year we got positive feedback from the participants and from the partners.

The participants will learn and work deeply the Moroccan artisan techniques to work pottery. They will get knowledge about how to do pottery articles from working and preparing the earth to decorating the articles. This activity doesn't require individual skills but it demands your motivation to overcome all difficulties. CSM will provide you all the materials needed in this activity. One of the aims of those camps is to discover the Moroccan culture and history and compare this to yours.

An Excursion will be organised to the Desert at the end of December to celebrate the new year in The Desert.

Food and Accommodation: The full accommodation will be in a center. The food will be prepared by the volunteers' themselves (2v or 3v per day).

Location: Zagora is a beautiful town in the south of Morocco, near the Algerian borders . It is well known by its large desert. Zagora is about 750 km from Rabat and about 250 Km in the south of Ouarzazate.

Terminal: Marrakech, Ouarzazate or Casablanca airport and after tack a bus.

PALESTINA

ME056/IPYL066 "Christmas with us in Palestine" 20/12/2012-1/01/2013

Work: RENO

Number of volunteers: 30

Language: English

Extra-Fee: EUR 200

Age: 21+

Place: Bethlehem city

Hosting Organization: IPYL-The International Palestinian Youth League and CCHR (Center for Cultural Heritage Reservation-Bethlehem).

Introduction:

The project seeks to bring young people from various cultures together to build bridges of understanding, reconciliation, and peace. The long term goal of project is to prepare youth to make positive contributions to their future and society through the values of understanding, helping, contributing tolerance, and respectful coexistence. These goals are achieved through education –awareness reaction, youth empowerment and work camps.

Project Description:

The volunteers will work in different areas in Bethlehem city. The work includes renovation of old sites near the church of the Nativity and assisting the Bethlehem municipality in preparing for the Christmas season; painting the streets, distribution of booklets and flyers to the tourists, decorating walls.. etc. (more detailed program will be sent to the volunteers ahead of the workcamp).

Food and Accommodation:

The volunteers will be hosted in flats near the Manger Square (walking distance from the Nativity Church) where men and women stay in separated rooms. The accommodation includes hot water and kitchen with basic equipment. The volunteers will cook by themselves through the kitchen group. Tea and coffee will be available all the time.

There might be curfew for the workcamp, which would be around mid night, unless we have some activities around the church or in the city that night.

Cultural Activities:

The afternoon will be used to give volunteers an inter-cultural learning experience, with a focus on showing the international volunteers Palestinian culture within the context of the occupation and hopes for the future. This will involve visits to refugee camps in Bethlehem, visiting the associations in the city, tours of place of interest, lectures, and most importantly interaction with the local people. The volunteers will be able to visit the different associations and centers where they can watch Documentaries about the situation in Palestine and the Middle East. They will also have the opportunity to speak with the Palestinian politicians and activists to open the space for them to find the answers for all the questions

they want to ask.

The volunteers will also have the opportunity to visit other cities in the west bank.

Why in Bethlehem?

Bethlehem is considered a central hub of Palestinian cultural and tourism industries. The city has significant values for Christians as it is considered the birthplace of Jesus of Nazareth according to the Gospels. Bethlehem is also home to one of the largest Palestinian Christian communities in the Middle East. In addition, Bethlehem has three Palestinian Refugee Camps (Dhisha, Al-Azza and Aida). The construction of the Israeli apartheid wall has had a severe negative impact on Bethlehem; politically, socially, and economically. The wall runs along the northern side of the town's built-up area, within meters of houses in 'A'ida refugee camp on the one side, and the Jerusalem on the other.

The workcamp will be running in the period of Christmas, where Bethlehem is the best place to celebrate the Christmas. The volunteers will have the opportunity to celebrate the Christmas with the Palestinians and express their solidarity with them.

NEPAL

FFN-31 Martyrs Memorial Park 05-20 December 2012

Work: COSTR-MANU

Number of volunteers: 10

Language: English

Extra-Fee: 200 EUR

Age: 21+

Location: Workcamp location is **Martyrs Memorial Park** situated on the top of a small hill near **Hetauda** City of Makwanpur district (about 120KM from Kathmandu). This is the first such a kind of public park in Nepal established by local initiative (by Hetauda Municipality). We are organizing International Workcamps there to help in construction and designing the park since 2000.

Work: FFN started to build a multi-purpose building project there since 2002. Now this building construction work is in final stage. We have taken it as a model workcamp project. It will be a house built by volunteers. We are also developing an attractive garden around the building. Besides it volunteer help in day to day work in the park i.e. gardening, cleaning of picnic spots, feeding to animals in mini zoo, selling entrance tickets etc.

Food and Accommodation: FFN arranges accommodation in private rented or community house. A shower will be available at the camp house, but not the standard you are used to in your country. Nepalese daily food is Dal Bhat, like Dal (soup of lentil or beans), Bhat (cooked rice), Tarkari (cooked vegetable), is provided. This is the staple diet of the Nepalese and it is eaten everyday. The camp leader will try to offer some different foods but if you would like to enjoy your native meals please bring food from your own country. Volunteers will help to prepare meals in turns.

Meeting Point: Friendship Foundation Nepal (FFN) office or Pilgrims Guest House. We are sorry to mention that we can't pick up all volunteers at the airport due to entrance difficulties at the arrival of Tribhuvan International airport in Kathmandu. If volunteer stay at least one day in **Pilgrims Guest House** they are agreed to pick up to our volunteers in nominal cost (Rs 500, Euro 5). Therefore volunteers are requested to send their arrival information to us in time so that we can ask **Pilgrims Guest House** to pick up you. Please care your luggage and pay only above mentioned amount for pick up and transportation to **Pilgrims Guest House**, do not pay to hotel extra for your pick up at the airport. If you have reserved any hotel please let us know. Please check latest information before you leave your country at our website: www.theffn.org

Where to stay: Thamel is quite popular place in Kathmandu for travelers. There are several economy hotel or guest houses in Thamel. Most of volunteers stay at **Pilgrims Guest House** in Thamel before or after the work camp. We have made an agreement with **Pilgrims Guest House** that they will pick up all FFN volunteers according to your arrival information at airport and offer economy single room in Euro 10. We can help them to reserve their room in **Pilgrims Guest House** or other economy hotels. Please send us your full arrival information; arrival date and time, airlines name, flight number etc.

Insurance: FFN will not provide any kind of INSURANCE to volunteers, even during the project period. Please have the necessary insurance to cover your needs. But we assure you that we will make our best effort to create safe working environment.

Camp Fee: Euro 200. We collect the camp fee in orientation day. Therefore volunteers are requested to pay their camp fee in Nepalese currency according to the change rate. All major international currencies or travelers' cheque and cash are acceptable in Nepalese banks. We request volunteer to read volunteer guideline and contract paper carefully before paying camp fee. If you do not get it please ask your camp leader or FFN staff who will be at the meeting. **Orientation Day: 04 December 2012 at 3pm in FFN office.** All volunteers are requested to participate in orientation meeting. We explain in details volunteer about organization, project and travelling arrangements. The orientation is also important because sometime work and place of workcamp can be changed due to local situation. Normally orientation

meeting we organize one day before the camp date. Please check latest information before you leave your country at our website: www.theffn.org

FFN-32 Bhorle village of Chitwan district 16-30 December 2012

Work: COSTR-MANU

Number of volunteers: 10

Language: English

Extra-Fee: 200 EUR

Age: 21+

Location: Bhorle village of Chitwan district, about 130 KM south west from Kathmandu in center of Nepal. Bhorle is a popular workcamp destination for international volunteers. We are working there since 1995 and hundreds of volunteers already joined international workcamp in Bhorle. Major attraction of Bhorle is their rich Gurung culture, friendly behavior of local people to volunteers and their active participation in cultural exchange day. More than that, Bhorle is located on the foot of two high mountains and closed to Trisuli river famous for rafting (you can see rafting boats from camp house !)

Chitwan is the main destination for the jungle adventures and wild life in the world. One horned rhino, Bengal tiger, gharials (long/short snout) crocodiles, species of birds and others, are the main attraction of Chitwan district.

Work: There are varieties of works in Bhorle workcamp. 1. Physical work to build more facilities in camp house i.e new rooms, painting, gardening etc. 2. Educational activities in local primary school i.e. teaching English, sport, music etc. 3. Environmental awareness activities with local women's group (how to keep their village beautiful by keeping clean, using toilet, not throwing plastic or paper everywhere, volunteers are welcome to present their new ideas !

Food and Accommodation: FFN has camp house in Bhorle. Food and accommodation will be arranged there. This is like 'a camp type's accommodation' floor only, campers need to bring their own sleeping bag and mattress. The camp house can accommodate 15-30 people. There. A shower (cold water) will be available at the camp house, but not the standard you are used to in your country. Nepalese daily food is Dal Bhat, like Dal (soup of lentil or beans), Bhat (cooked rice), Tarkari (cooked vegetable), is provided. This is the staple diet of the Nepalese and it is eaten everyday. The camp leader will try to offer some different foods but if you would like to enjoy your native meals please bring food from your own country. Volunteers will help to prepare meals in turns.

Meeting Point: Friendship Foundation Nepal (FFN) office or Pilgrims Guest House. We are sorry to mention that we can't pick up all volunteers at the airport due to entrance difficulties at the arrival of Tribhuvan International airport in Kathmandu. If volunteer stay at least one day in Pilgrims Guest House they are agreed to pick up to our volunteers in nominal cost (Rs 500, Euro 5). Therefore volunteers are requested to send their arrival information to us in time so that we can ask Pilgrims Guest House to pick up you. Please care your luggage and pay only above mentioned amount for pick up and transportation to Pilgrims Guest House, do not pay to hotel extra for your pick up at the airport. If you have reserved any hotel please let us know. Please check latest information before you leave your country at our website: www.theffn.org

Where to stay: Thamel is quite popular place in Kathmandu for travelers. There are several economy hotel or guest houses in Thamel. Most of volunteers stay at Pilgrims Guest House in Thamel before or after the work camp. We have made an agreement with Pilgrims Guest House that they will pick up all FFN volunteers according to your arrival information at airport and offer economy single room in Euro 10. We can help them to reserve their room in Pilgrims Guest House or other economy hotels. Please send us your full arrival information; arrival date and time, airlines name, flight number etc.

What to Bring: seasonal clothes, sleeping bag, working gloves, trekking shoes, mosquito-net, music cassettes, reading materials or photographs and BEST MOTIVATION! .

How to travel: All volunteers travel together from Kathmandu to camp site (Bhorle). FFN manage group traveling to get work camp place. Therefore volunteer need to be one day before the camp date. If volunteer come late, he or she will travel alone but FFN will help to catch right transportation. A public bus takes about 5 hour to get Bhorle.

Insurance: FFN will not provide any kind of INSURANCE to volunteers, even during the project period. Please have the necessary insurance to cover your needs. But we assure you that we will make our best effort to create safe working environment.

Camp Fee: Euro 200. We collect the camp fee in orientation day. Therefore volunteers are requested to pay their camp fee in Nepalese currency according to the change rate. All major international currencies or travelers' cheque and cash are acceptable in Nepalese banks. We request volunteer to read volunteer guideline and contract paper carefully before paying camp fee. If you do not get it please ask your camp leader or FFN staff who will be at the meeting. Orientation Day: 15 December 2012 at 3pm in FFN office. All volunteers are requested to participate in orientation meeting. We explain in details volunteer about organization, project and travelling arrangements. The orientation is also important because sometime work and place of workcamp can be changed due to local situation. Normally orientation meeting we

organize one day before the camp date. Please check latest information before you leave your country at our website: www.theffn.org

Camp: FFN-33 Kavrethali village of Kathmandu district 05-20 December 2012

Work:AGRI

Number of volunteers: 10

Language: English

Extra-Fee:200 EUR

Age: 21+

Location: The workcamp will take place in Kavrethali village of Kathmandu district, 8km from the center of Kathmandu. The volunteers will be staying in a typical Nepali village. The local population are friendly and welcoming, they mostly work as farmers. In 10-15mins walk from the house the volunteers can reach a small town where amenities such as banks, shops, post office and internet cafe are available

Work: Volunteers will be working to establish an organic agriculture farm in Kavrethali village nearby Kathmandu. The work will depend upon the season but may include planting and harvesting different crops. Volunteers will also work to maintain the farm area by cleaning, weeding and watering. The work will also include caring for the animals (goats, cow and chicken). Volunteers will also organize a workshop advising local people on ways to improve their agricultural practice, in particular working with the local women's group. The volunteers will share their knowledge with the local people to help the development of the village and improve the economic prospects of the villagers.

Food and Accommodation: Volunteers will stay together at the project house. The project house has basic toilet and shower facilities. Sleeping mats are provided but volunteers will need to bring a sleeping bag. Volunteers will work together to prepare traditional Nepali foods. The traditional food of Nepal is Dhal Bhat (lentil soup, rice and vegetable curry). If volunteers would like to introduce the other members of the group to traditional food from their own country we recommend you bring some ingredients with you in advance.

Meeting Point: Friendship Foundation Nepal (FFN) office or Pilgrims Guest House. We are sorry to mention that we can't pick up all volunteers at the airport due to entrance difficulties at the arrival of Tribhuvan International airport in Kathmandu. If volunteer stay at least one day in Pilgrims Guest House they are agreed to pick up to our volunteers in nominal cost (Rs 500, Euro 5). Therefore volunteers are requested to send their arrival information to us in time so that we can ask Pilgrims Guest House to pick up you. Please care your luggage and pay only above mentioned amount for pick up and transportation to Pilgrims Guest House, do not pay to hotel extra for your pick up at the airport. If you have reserved any hotel please let us know. Please check latest information before you leave your country at our website: www.theffn.org

Where to stay: Thamel is quite popular place in Kathmandu for travelers. There are several economy hotel or guest houses in Thamel. Most of volunteers stay at Pilgrims Guest House in Thamel before or after the work camp. We have made an agreement with Pilgrims Guest House that they will pick up all FFN volunteers according to your arrival information at airport and offer economy single room in Euro 10. We can help them to reserve their room in Pilgrims Guest House or other economy hotels. Please send us your full arrival information; arrival date and time, airlines name, flight number etc.

What to Bring: seasonal clothes, sleeping bag, working gloves, trekking shoes, mosquito-net, music cassettes, reading materials or photographs and BEST MOTIVATION! .

How to travel: All volunteers travel together from Kathmandu to camp site (Kavrethali). FFN manage group traveling to get work camp place. Therefore volunteer need to be one day before the camp date. If volunteer come late, he or she will travel alone but FFN will help to catch right transportation. A public bus takes about 30mn get Kavrethali.

Insurance: FFN will not provide any kind of INSURANCE to volunteers, even during the project period. Please have the necessary insurance to cover your needs. But we assure you that we will make our best effort to create safe working environment.

Camp Fee: Euro 200. We collect the camp fee in orientation day. Therefore volunteers are requested to pay their camp fee in Nepalese currency according to the change rate. All major international currencies or travelers' cheque and cash are acceptable in Nepalese banks. We request volunteer to read volunteer guideline and contract paper carefully before paying camp fee. If you do not get it please ask your camp leader or FFN staff who will be at the meeting. Orientation Day: 04 December 2012 at 3pm in FFN office.

All volunteers are requested to participate in orientation meeting. We explain in details volunteer about organization, project and travelling arrangements. The orientation is also important because sometime work and place of workcamp can be changed due to local situation. Normally orientation meeting we organize one day before the camp date. Please check latest information before you leave your country at our website: www.theffn.org Extra Activities. A one day trek of Kakani (1900+ Mt.), sight seeing of Kathmandu valley, visiting Osho Meditation center (tapoban) etc. The workcamp village is situated close to Kathmandu and in their free time volunteers will be able to visit a number of UNESCO world heritage sites including the Buddhist temples at Swayumbhunath and Boudnath. A visit to Kathmandu Durbar Square and one of the biggest Hindu temples at Pashupatinath will provide volunteers with a fascinating

insight into religious life in Nepal. Nepal also has many important religious and local festivals during the year, and depending on the date of the project it may be possible to participate in the celebration.

FFN-34 Banepa 1-15 January 2013

Work:ENVI

Number of volunteers: 10

Language: English

Extra-Fee:200 EUR

Age: 21+

Location: Banepa (about 1800mt.) is located about 30 KM east from Kathmandu. This is a beautiful town surrounding by the green hills and panoramic view of Himalayan range from window of the camp house. Banepa can be reached by one and half-hour journey by local bus and then half an hour walk to reach the camp house on the middle of mountain.

Work: There are varieties of works in this workcamp project. The main work is an environmental work in association with Saradadevi Community Forest Consumer's Group. Volunteer will work together with the local people at local forest to help in plantation, taking care of trees, making fire lines, removing unnecessary grass etc. We have started to build a community house which will be used by local people as their meeting place.

Volunteer also involve in seasonal agricultural work to help local farmer to plant and harvest crops. Sometime volunteers may work at the school to assist in construction or painting the school rooms. We will explain in details about the objectives and activities of the workcamp project during the orientation meeting.

Food and Accommodation: FFN arranges accommodation in private rented or community house. A shower will be available at the camp house, but not the standard you are used to in your country. Nepalese daily food is Dal Bhat, like Dal (soup of lentil or beans), Bhat (cooked rice), Tarkari (cooked vegetable), is provided. This is the staple diet of the Nepalese and it is eaten everyday. The camp leader will try to offer some different foods but if you would like to enjoy your native meals please bring food from your own country. Volunteers will help to prepare meals in turns.

Meeting Point: Friendship Foundation Nepal (FFN) office or Pilgrims Guest House. We are sorry to mention that we can't pick up all volunteers at the airport due to entrance difficulties at the arrival of Tribhuvan International airport in Kathmandu. If volunteer stay at least one day in **Pilgrims Guest House** they are agreed to pick up to our volunteers in nominal cost (Rs 500, Euro 5). Therefore volunteers are requested to send their arrival information to us in time so that we can ask **Pilgrims Guest House** to pick up you. Please care your luggage and pay only above mentioned amount for pick up and transportation to **Pilgrims Guest House**, do not pay to hotel extra for your pick up at the airport. If you have reserved any hotel please let us know. Please check latest information before you leave your country at our website: www.theffn.org

Where to stay: Thamel is quite popular place in Kathmandu for travelers. There are several economy hotel or guest houses in Thamel. Most of volunteers stay at **Pilgrims Guest House** in Thamel before or after the work camp. We have made an agreement with **Pilgrims Guest House** that they will pick up all FFN volunteers according to your arrival information at airport and offer economy single room in Euro 10. We can help them to reserve their room in **Pilgrims Guest House** or other economy hotels. Please send us your full arrival information; arrival date and time, airlines name, flight number etc.

What to Bring: seasonal clothes, sleeping bag, working gloves, trekking shoes, mosquito-net, music cassettes, reading materials or photographs and BEST MOTIVATION! .

How to travel: All volunteers travel together from Kathmandu to camp site (Banepa). FFN manage group traveling to get work camp place. Therefore volunteer need to be one day before the camp date. If volunteer come late, he or she will travel alone but FFN will help to catch right transportation. A public bus takes about 1 hour to get Banepa.

Insurance: FFN will not provide any kind of INSURANCE to volunteers, even during the project period. Please have the necessary insurance to cover your needs. But we assure you that we will make our best effort to create safe working environment.

Camp Fee: Euro 200. We collect the camp fee in orientation day. Therefore volunteers are requested to pay their camp fee in Nepalese currency according to the change rate. All major international currencies or travelers' cheque and cash are acceptable in Nepalese banks. We request volunteer to read volunteer guideline and contract paper carefully before paying camp fee. If you do not get it please ask your camp leader or FFN staff who will be at the meeting. **Orientation Day: 31st December 2012 at 3pm in FFN office.** All volunteers are requested to participate in orientation meeting. We explain in details volunteer about organization, project and travelling arrangements. The orientation is also important because sometime work and place of workcamp can be changed due to local situation. Normally orientation meeting we organize one day before the camp date. Please check latest information before you leave your country at our website: www.theffn.org **Extra Activities:** One day Tour of Panauti (listed in world cultural heritage sites), One night two day trekking of Namobuddha (about 2100mt.) , trekking of

Nagarkot (**cost: Approximately Euro 20 to stay over night in trekking resort and food**)

MESSICO

VIVE23 Protecting the Marine Turtles at Colola IX Colola 12/12/12 -28/12/12

VIVE24 Protecting the Marine Turtles at Colola X Colola 02/01/13 -18/01/13

Work:ENVI

Number of volunteers: 10

Language: English-Spanish

Extra-Fee:MXN 2700

Age: 21+

PROJECT: For over 14 years this project has been organized in the Turtle Camp at Colola Beach with extraordinary results. This project is the source of many beautiful stories; hundreds of volunteers from all over the world had participated. The aim of this projects is to protect the marine turtles working in tight collaboration with the local population who lives in Colola Town or as they say "the place where dreams come true" volunteers along with local people will realize activities to protect the turtles, and will help to ensure the survival of the turtles for the future generations. There are two species of turtles arriving to this area: Negra (Black Turtle) and Golfina (Olive Riddle Turtle), the size of the turtles vary from 1 meter to 1.5 meters long and the weight from 40 Kg to 100 Kg, Every turtle makes a nest of around 150 eggs. If you like nature, to spend a time in a astonishing beautiful virgin beach far away from hotels and tourists, and witness the magic that nature had made for millions of years this project is for you! If you want to see more information about the project visit the camp link at www.vivemexico.org/colola_turtles where you can see pictures, more information, comments of past volunteers, etc.

ACTIVITIES: The main work consists in patrolling the beach at night, find the adult turtles and collect the eggs, burying them in a secure place (vivero in Spanish) and set the baby turtles free back in to the ocean. This must be carried out by night since turtles do not go out the ocean by day (because of natural predators, it is safer for turtles to get out the ocean in the dark). In collaboration with local indigenous people from Colola, volunteers will seek for the turtles taking care of their eggs and the baby turtles. Locals are very friendly and working with them is very pleasant as they explain to the group what to do. We need very motivated volunteers who really want to get involved in this project willing to interact with the local people and their culture.

There are also some extra activities to do with the local people to help to improve the town like setting names to the streets or helping to arrange an all purpose play ground for the children and maybe some cleaning tasks, but it depends on your initiative! Local people are very open to participate in other activities and volunteers can also propose their own initiatives, so your ideas will be welcomed!

LEISURE POSIBILITIES: There are many nice activities that can be done close to Colola Beach <http://www.visitmichoacan.com.mx/la-costa/aquila/3397-Colola.html> , for example you can visit Chicusa, it is a small spot protected by reefs that make a natural pool where you can go to swim every day, it is also possible to discover other towns such as La Placita or Maruata, also if you prefer you can visit for the weekend big touristic centers such as Ixtapa <http://www.ixtapa.net/> Manzanillo <http://www.conocemanzanillo.com/>

PLACE: Colola is located in the pacific coast of Mexico, if you want to see a Map please follow this link, <http://www.viajeros.com/destinos/colola/mapa> the closest city is Tecoman.

ACCOMMODATION: Volunteers will stay at the turtle camp in Colola which is a wooden construction made of coco palm trees. It is safe and very fresh (needed in the warm weather of the beach!!!). There are wooden beds (no mattresses!), a kitchen, a rustic bathroom and a place to stock food. There is electricity just enough to light some lamps, it is necessary to bring sleeping bag and mattress.

CLOSEST AIRPORT: The biggest closest international airport is in Mexico City.

CAMP LANGUAGE: The official language of the workcamp is English, but some Spanish, would be appreciated.

EXTRA FEE: 180 EURO. This fee covers the expenses of the camp, board and lodging and administrative costs, which are needed to organize a workcamp.

CAMP-LINK: www.vivemexico.org/colola_turtles

VIETNAM

VPV18-13 Phu Ninh Community Renovation 17/12 – 29/12

Work:KIDS

Number of volunteers: 15

Language: English

Extra-Fee: EUR 170

Age: 21+

Phu Ninh Community is located in the rural area which is 100kms far from Hanoi Capital in the middle of the rice paddies. The project aims to renovate water and sanitation facilities in all primary schools in this rural area. There is great need of manual labour and resources improve life of local children.

Children in these schools are from 6-11 years of age. In each school there are about 300 children. This school is in the mountainous area which means that the children usually come from poor agricultural family's that cannot afford a lot for the school.

Construction: there are many things that still need to be built, doors and toilets need to be installed , behind the building there is a fence that needs to be built.

Decorating: the rooms will need painting, and decorating to make it the most pleasant possible for the children which are going to stay in these rooms.

Gardening: the school needs an organic garden to supply it's self in fruit and vegetables, and teach the children how to do sustainable agriculture.

WORK: Volunteers help to build walls around the schools, renovating water and sanitation facilities and decorate children's classroom to make them more vivid and fun. The space next to the building will need clearing, then be converted to an organic garden.

STUDY PART: Disadvantaged children in Vietnam

ACCOMMODATION: School hall. Sleeping on floor. Showers and toilets available. Meals will be prepared by volunteers.

LOCATION: Phu Ninh District, Phu Tho Province (North of Hanoi Capital)

TERMINAL: Hanoi Airport (2 hours to project site by bus)

REQUIREMENTS: Interest and motivation working with children in difficult situation

LAISURE ACTIVITIES: Vietnamese Day, International Day, self-organized city tour and excursions, etc.

EXTRA FEE: 5,000,000VND (about 170EURO to be paid in local currency)

SJV1237 Warm X-mas for disadvantaged children 13/12/2012 - 25/12/2012

SJV1238 Warm X-mas for disadvantaged children 18/12/2012 - 29/12/2012

Work:FEST

Number of volunteers: 10

Language: English

Extra-Fee: EUR 160

Age: 21+

Work: Volunteers will carry out performances, decoration, games, drawing, gifts and fundraising, etc.

Accommodation and food: Volunteers will stay at the dormitory with basic conditions. Meals can be provided in the canteen or volunteers will eat out.

Location: Ha Noi, Phu Yen

Terminal: SJV1239: Noi Bai Internal Airport SJV1238: Tan Son Nhat international airport

Transportation: Public bus

Remarks: Sleeping bag, prove-water clothes, raincoat, info materials and pictures of your country, toys and activities materials for the children if you have. Xmas is organized in the north and in the south, please informs us the one you choose.

SJV1240 Traditional New Year for poor and disadvantaged children 25/01/2013-03/02/2013

SJV1241 Traditional New Year for poor and disadvantaged children 25/01/2013-03/02/2013

Work:FEST

Number of volunteers: 12

Language: English
Extra-Fee: EUR 160
Age: 21+

Work: Volunteers will make traditional cakes – called Chung cake and prepare special performances and gifts for the disadvantaged people.

Accommodation and food: Volunteers will stay at the dormitory with basic conditions. Meals can be provided in the canteen or outside.

Location: Hanoi, Tuy Hoa

Terminal: SJV1240 – Noi Bai international airport SJV1241 – Tan Son Nhat international airport

Transportation: Public bus

Remark: Sleeping bag, prove-water clothes, raincoat, info materials and pictures of your country, toys and activities materials for the children if you have. The traditional lunar New Year is organized in the north and in the south, please informs us the one you choose.

SJV1239 Bring a smile, soothe the pain for children in National Hospital of Pediatrics 08/01/2013-19/01/2013

Work: KIDS

Number of volunteers: 10

Language: English

Extra-Fee: EUR 160

Age: 21+

Work: Organize leisure activities for children patients (games, talking, stories, etc.), build a playroom and a library for children in the hospital.

Location: National Hospital of Pediatrics, Ha Noi.

Terminal: Noi Bai Internal Airport

Transportation: Public bus

Accommodation and food: Volunteers will stay at the dormitory with basic conditions. Meals can be provided in the canteen or volunteers will eat outside.

Remarks: Sleeping bag, sleeping mat, prove-water clothes, raincoat, info materials and pictures of your country, toys and learning materials for the children if you have.

PERU

PS12 - Making a Better School VI (Piura) – PERU 19/12/2012 - 07/01/2013

Work: Renovation

Number of volunteers: 10

Language: English

Extra-Fee: EUR 210

Age: 21+

PROJECT: This is the 3rd year this project is organized in the nice city of Piura <http://www.piuraperu.com/> past volunteers helped in the improvement of the infrastructure to give a better education for the Peruvian Children and this year the host project is happy to welcome a new group of International Volunteers. The project is taking place in an elementary school in the city of Piura where International Volunteers help in the improvement of the local elementary school. If you like the handy work and discover the Quechua culture an at the same time help to improve the education of the children making new international friends this project is for you! ACTIVITIES: Volunteers will be working along with the children's parents and local families in different activities such as: · Setting a roof (in the pay-ground) · Restoring the school's library, restoring the play-ground · Restoring some green areas · Workshops for intercultural exchange (dance, music, language) LEISURE POSIBILITIES: Piura is located at the North of Peru and there are many activities to do. Piura has the most antique square in the country and also beautiful hanging bridges, <http://www.piuraperu.com/piura/turismo/atractivos-turisticos/> a very nice cathedral as well as nice parks. Piura is also famous for its tradition in horse breeding <http://www.piuraperu.com/piura/turismo/caballos-de-paso/> and close the city is possible to visit nice beaches such as Colan, Yasira and Mancola Beach

<http://www.piuraperu.com/piura/turismo/playas-de-piura/> PLACE: Piura is a city located at the North of Peru, if you want to see a map please follow this link http://www.guiarte.com/mapasdestinos/satelite_poblacion_piura.html ACCOMMODATION: Volunteers will stay in a particular house. The house has all basic facilities at disposal, including an area to handwash clothing. There is no phone or internet in the house but both are easily accessible. There are no beds please, bring your sleeping bag and air mat. CLOSEST AIRPORT: The biggest closest international airport "Jorge Chavez" International Airport, Lima, Peru. Another option can be the International Airport "Capitan FAP Guillermo Concha Iberico" in Piura City CAMP LANGUAGE: The official camp language is English; however knowledge of Spanish is much appreciated. EXTRA FEE: 210 EUROS this fee covers all of the expenses of the camp, including some leisure activities, weekend excursions, and administration costs needed to organize and run the workcamp.

PS11 - Children VI (Ayacucho) – PERU 19/12/2012 - 07/01/2013

Work: Kids

Number of volunteers: 10

Language: English

Extra-Fee: EUR 210

Age: 21+

PROJECT: This project had been organized in Peru for the last 9 years with very good results, many volunteers from all over the world had participated and worked with the children. The aim of this project is to improve the education and widen the growing opportunities for the Peruvian children who live in an orphanage called Casa Urpi. There are approximately 48 boys in the orphanage with ages ranging from 5-17 years old. International Volunteers will be working along with staff of the institution to realize activities for the children that suffer social problems and help them to build up a better future through education and taking care about their needs. The children at the orphanage suffer from, violence in the home, drug and/or alcohol abuse by parents or imprisonment of their parents. If you like children and like to help to make a better future for them then this project is for you! ACTIVITIES: Volunteers will participate in coordination with staff of the institution in different activities such as ongoing courses for the children on topics such as English, gardening, carpentry, handiwork, handicrafts, cooking and baking, the objective of these workshops is that the children learn abilities that will help them in the future. Also International Volunteers will plan their own activities based on individual and group skills and interests and the needs of the children. Take the children on Saturday afternoon excursions to the local swimming pool and occasionally on activities to learn about ceramics and craftsmanship. LEISURE POSIBILITIES: Ayacucho <http://www.latinotravel.com.pe/ayacucho.htm> is a city located near Los Andes Mountains, it is possible to visit beautiful natural reserves such as the national sanctuary of Titankayuq <http://peru.travelguia.net/santuario-nacional-titankayuqperla-universal.html> where they have the Puya Forests (the puya is the plant in the world with the biggest number of flowers –every plant blooms more than a million flowers, there are other places to visit such as the Craftmen Market of Santa Ana <http://www.viajeros.com/diarios/ayacucho/arte-textil-en-ayacucho> and the historic square of Pampa de Quinoa <http://www.trotamillas.es/867/ayacucho-y-la-pampa-de-la-quinua/> there is also the possibility to organize beautiful trekking tours in the natural reserves. PLACE: Ayacucho city is a place with all the services of a modern city and its located at the South East of Peru, if you want to see a map please follow this link <http://www.geschichteinchronologie.ch/am-S/peru/Ayacuco/Ayacuco-stadt-ESP-datos-turisticos.html> ACCOMMODATION: Volunteers will stay in a house in the city which is only a 5 minute walk from URPI and a 20 minute walk from Ayacucho downtown. The house has all basic facilities at disposal, including an area to hand-wash clothing. There is no phone or internet in the house but both are easily accessible within a few blocks of the house. Bed frames and foam mats are provided but volunteers must bring their own sleeping bag and air mat. CLOSEST AIRPORT: The biggest closest international airport "Jorge Chavez" International Airport, Lima, Peru . CAMP LANGUAGE: The official camp language is English, however knowledge of Spanish is very appreciated and highly recommended because it is the language spoken in the orphanage, and also because the permanent volunteers, teachers and management staff at URPI speak very little English. EXTRA FEE: 210 EUROS This fee covers all of the expenses of the camp, including some leisure activities and weekend excursions, and administration costs needed to organize and run the workcamp. Some of the money also goes directly to URPI to help fund special courses in areas such as dance, music and ceramics.