



# CONNECTIONS

NEPAL

## School Renovation

*24 Nov - 4 Dec*

Get creative and hands-on with the students, parents and teachers of a local school as you work together on improving their quality of life and education facilities. What a great opportunity to have a meaningful cross-cultural experience!



# WHAT IS ADRA CONNECTIONS?

ADRA Connections is a short-term volunteer program where participants can experience first-hand the sustainable community development initiatives ADRA engages in with local communities around the world.

Connections trips are categorised into four focus areas:

## Advocacy

Volunteers visit ADRA projects to learn and write about issues faced by local communities. Using the stories captured and their own experience, volunteers are encouraged to advocate for social justice upon their return.

## In-depth

Through cultural immersion and extensive community engagement, volunteers personally see the work ADRA does and how it makes a positive impact in people's lives, and are challenged to explore the underlying causes of poverty.

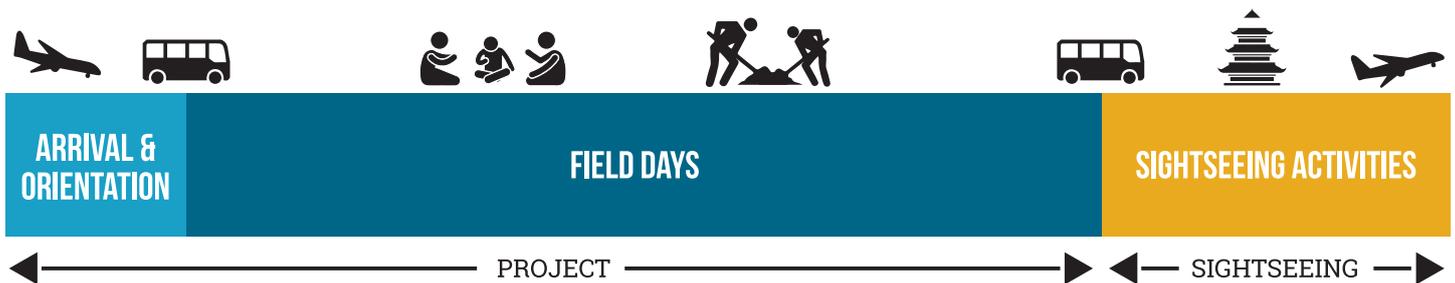
## Hands-on

After raising funds for project activities, volunteers get their hands dirty, helping people experiencing poverty actively achieve their goals in practical, collaborative ways. Volunteers share their journey when they return home and inspire others to go.

## Families

Families travel with other like-minded families to make a positive impact, helping children value the important things in life and inspiring them to fighting poverty both now and in the future.

Although short in duration, Connections trips are a powerful way to deepen relationships with communities while contributing to sustainable community development in meaningful ways.



## ADRA IN NEPAL

ADRA was established in Nepal in 1987 and has grown to operate in 39 of the total 75 districts in Nepal. ADRA Nepal's current focus areas are:

- Sustainable Livelihoods
- Health
- Education
- Disaster Risk Management

The education portfolio benefits over 10,000 households ensuring improved access to and provision of quality and resilient education by vividly promoting right to education, with an approach that prioritises promoting child and adolescent friendly schools, maintaining WASH facilities, and enhancing the capability of School Management Committees (SMC) and Parents Teachers Associations (PTA) for promoting good governance and transparency.

The non-formal education component ranges from educating small holder farmers on modern farming methods to business management training for women. Formal literacy training has also been extended to adults especially older women allowing them to reach their potential.



For more information about ADRA Nepal and their projects, visit their website: [www.adranepal.org](http://www.adranepal.org)

# Your Trip Focus: *Hands-on*



Raise funds for project activities



Learn about the needs and goals of the community and how to support them



Discover the importance of relationships and working together



Upon your return, share your journey and inspire others to go



## TRIP DETAILS



### Location

Mahadev Secondary School  
Dhading District



### Activities

Working together with the school to improve or establish key facilities by completing the following:

- Toilets repaired and water taps installed
- 4 classrooms renovated and painted
- 1 Early Childhood Development (ECD) class set up
- 1 School Library set up
- Game tournaments and conversation classes

# TRIP OVERVIEW



## Arrival/Orientation Nov 24-25

Meet your ADRA host at Kathmandu, who will take you to your accommodation to refresh and relax. ADRA has prepared a warm welcome and an Orientation Program for you to learn about the needs in Nepal, the work ADRA is doing, and how you play a part in ADRA's programs through Connections. Experience the architecture, culture and people of Nepal on your Kathmandu City tour of the Monkey Temple, National Museum and Durbar Square.



## Field Days Nov 26-Dec 1

The time you spend and the interactions you have with the school community all contribute to a unique cross-cultural experience. Immerse yourself in the culture, interact with the locals, and gain a new perspective while working alongside the locals on community-driven initiatives. Saturday is a day off from work—a time for reflection and rejuvenation. Visit a local community to see how they live. Perhaps you'll even have the opportunity to try your hand at some things, such as milking a cow! During the farewell ceremony on Sunday, celebrate the friendships that have been formed and what you have achieved with the school community.



## Sightseeing/Departure Dec 2-4

Chitwan National Park is an unforgettable experience! Enjoy a wilderness of rich ecosystem that includes mammals, birds, reptiles and water animals of numerous kinds, and the colourful culture of the Tharu people, an ethnic group indigenous to the southern foothills of the Himalayas. Finish off your trip with a celebration dinner and a final debrief for you to share your reflections and experiences with the rest of the team.



# PAYMENTS

An ADRA Connections trip provides a memorable and enriching personal experience of development work, where you have the opportunity to observe and be involved in ADRA's work in a safe and culturally appropriate manner. The costs associated with your trip reflect this unique and meaningful approach.

\*\*Please note, travel costs are not included and are each participant's own responsibility, including all bookings and arrangements. Travel costs include: flights and visas (unless otherwise indicated), extra baggage, airport tax, passport, and vaccinations. All costs below are based on a minimum of 18 participants may increase if the minimum is not met. Costs will not decrease if the minimum is exceeded.

## Fundraising

GoFundraise is ADRA's chosen online platform for peer-to-peer fundraising. Once your registration has been approved and you have paid your \$250 commitment deposit, you will receive an invite to set up your GoFundraise page and start fundraising for your project and logistic costs as soon as possible!

### TAX-DEDUCTIBLE PROJECT COSTS



Due **two months** before departure

- \$250 non-refundable commitment deposit
- All materials and equipment for project work
- Project management, monitoring and implementation

### TAX-DEDUCTIBLE LOGISTIC COSTS



Due **two months** before departure

- Accommodation (project days) and meals
- Transportation (including domestic flights)
- Risk mitigation and emergency management
- Associated costs for logistic management (e.g. ADRA hosts)

## Sightseeing

Unfortunately, sightseeing costs are not eligible for tax-deductibility. If you wish to do additional sightseeing, please arrange for this to happen outside of the Connections trip dates.

### NON-TAX DEDUCTIBLE SIGHTSEEING COSTS



Due **one month** before departure

- Sightseeing activities
- Accommodation (sightseeing days)
- Associated management costs

# Register Now!

[www.adra.org.au/connections-team/heritage](http://www.adra.org.au/connections-team/heritage)

# ONCE YOU HAVE REGISTERED...

Receive email of approval

Pay \$250 deposit to the account details in your email

Once payment has been confirmed, follow setup instructions and personalise your GoFundraise page to start fundraising

Attend Pre-trip Orientation Programs and any other team meetings

Make flight and visa arrangements with your team leader

Make trip payments by the deadlines set by your team leader and ADRA

*"...I have come that they may have life, and that they may have it more abundantly."*

*John 10:10 (NKJV)*



**CONNECTIONS**