

# Community Rebuild Program Nepal



## BACKGROUND

Nepal is known for its natural beauty and vast mountain ranges containing 8 of the 10 highest peaks in the world. Nepal lies along the southern slopes of the Himalayan mountain ranges and has an estimated population of around 30 million. In April 2015 parts of Nepal were devastated by a 7.8 magnitude earthquake, the regions worst in 80 years killing over 8000 people, leaving thousands injured and flattening villages. Today, many villages are slowly rebuilding. In collaboration with the Canberra based, REACH for Nepal Foundation, we will be visiting rural Nepal in the Pokhara Valley to help rebuild, educate, and assist a local Nepali community.

The program is based around 2 projects:

- **Academic project:** You will work on a health-related education project that is specific to the community during Semester 2 and deliver while in Nepal.

- **Rebuild project:** You will assist with the rebuilding of necessary facilities, for example water tank, classroom or school playground.

## PROGRAM HIGHLIGHTS

- Walk through the Pokhara Valley with a view of the Annapurna ranges, including Machapuchare and the Annapurna massif.
- Participate in a 2-3-day community project where you will help rebuild part of a school.
- Work with school students and community members on health-related projects.
- Visit Rural health Outposts, Hospital, community organisations involved in empowering vulnerable groups, the Australian Consulate in Nepal and an organisation involved in disaster management.
- Visit World Heritage sights to gain an insight into the Nepalese culture both past and future.
- Immerse in the sights, sounds and heritage of Kathmandu and Pokhara

**Area of study:** Public Health, Nutrition, Sport, Health Sciences

**Location:** Kathmandu, Pokhara and the Pokhara Valley, Nepal

**Duration:** Three weeks

**Dates:** 25th November – 14th December 2019

**UC Credit:** 9855 Cross-Cultural Professional Practice

**Costs:** Program cost: \$4200 + UC tuition cost

**Inclusions:** Shared accommodation, 95% of meals, internal transfers, internal flights, cooking class in Pokhara, porter tips

**Exclusions:** International flights, 3-4 meals, personal expenses, passport, visa, insurance

**Funding:** New Colombo Grants of \$3000 for eligible students, OS-HELP Loans (up to \$8149) for eligible students

**Eligibility:** Open to all second and third-year health students. Participants must have a GPA of at least 5 and completed or on track to complete at least 48 credit points of their current degree. Places will be awarded based on academic merit and written application.

### Applications

**Open:** 29 April 2019

**Round One Close:** 10 May 2019

### Apply here:

<http://bit.ly/CommunityRebuildNepal>

### Contact:

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