

MAYA UNIVERSE ACADEMY



WELCOME TO MAYA UNIVERSE ACADEMY

By now you should have completed your application and are in the process of confirming your stay with us ! We are excited to have you in our team.

This information pack provides you with all the necessary information you need to plan your trip and arrival to Maya Universe Academy's central school in Tanahun district, Nepal.



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A photograph of two Nepalese school children, a girl on the left and a boy on the right, both wearing maroon school uniforms. The boy is smiling broadly and making a peace sign with his hands. The background is a blurred outdoor setting with trees and a building.

01

HOW TO JOIN MAYA

1 - ARRIVAL IN NEPAL

2 - REACH THE SCHOOL

01

HOW TO JOIN MAYA

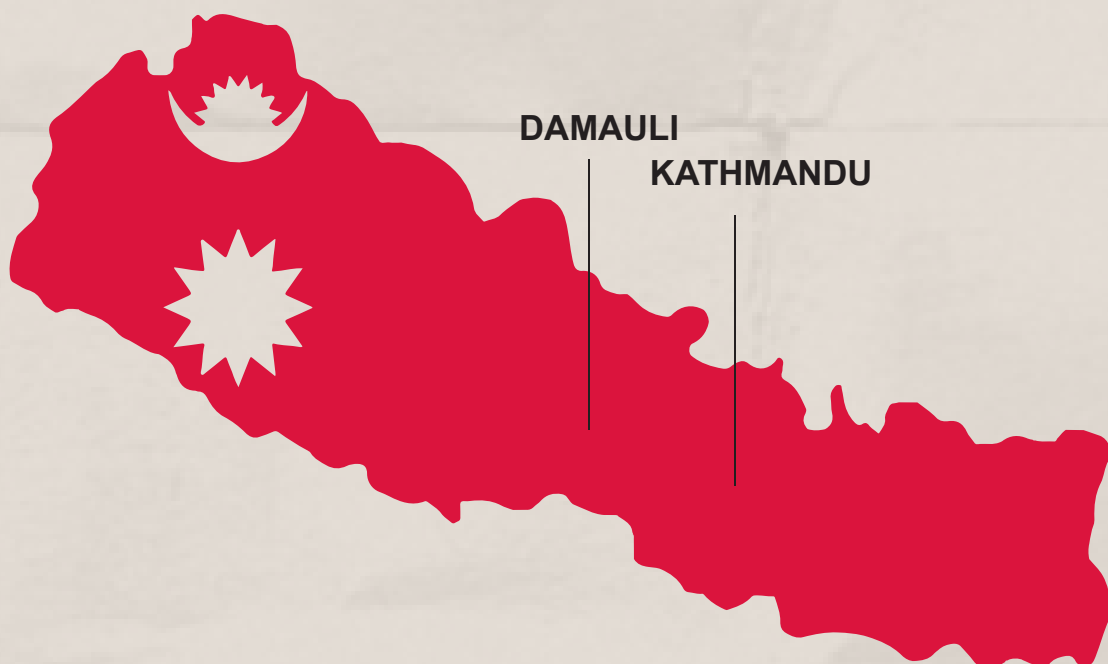
1 - ARRIVAL IN NEPAL

1.1 / AIRPORT

Nepal's International airport is Tribhuvan Airport in

1.2 / ACCOMODATION IN KATHMANDU

The school is situated 5-6 hours out of Kathmandu therefore it is recommended to take rest in Kathmandu. Thamel, is a popular touristic town with a variety of hotels, guest houses and hostels to choose from. If you'd like any recommendations and/or benefit from our special rates for volunteers please inform the coordinator you are speaking with.



2 - REACH THE SCHOOL

1.1 / FROM KATHMANDU

Book the Kathmandu – Pokhara Tourist Bus from your hotel/ hostel. This should cost about 1200-1500 rupees depending on the bus company your hotel works with. This bus departs from Kantipath Road (just outside the popular tourist district Thamel. You should inform the ticketing agent/hotel that you want to stop in Damauli (Da- mo-lee). From here you will take another bus to the school (See from Damauli)

1.2 / FROM POKHARA LAKESIDE

Take the local bus from Halan Chowk or a taxi (300 rupees) from the lakeside to the local bus station in PrivthiChowk. Take any local bus/minivan going towards Kathmandu. Tell them to stop you in Damauli. The bus fare costs 200 rupees. Mini Van is usually 200 rupees.

1.3 / FROM DAMAULI

Once in Damauli, cross the road from where you get off. Find 'Ghandhaki Hotel', there are a few slightly smaller, more local buses waiting. Here the local village bus will be parked. The trip takes (~45minutes, 70 rupees). The bus departs at around 3 pm. This can change depending on the weather, maintenance, or reserved booking by other passengers. Sadly, it's the only public transport to Maya from Damauli. Make sure you find the bus by 2 pm and ask at what time it will leave. Please be in touch with the volunteer coordinator so that he/she can help you out in case of difficulty. We have the school bus going to damauli every day too. The bus will drop you off on a dirt road near the entrance of the school. Look for the tiled graphic sign placed in the trees, and follow the path.

WANT A PRIVATE JEEP TO JOIN MAYA ?

It's possible !

This can easily be
arranged !

Travel in your own time
and comfort with the
school's jeep and an
experienced driver.

Cost is 140USD from
Kathmandu, 45USD
from Pokhara. Please re-
confirm when booking.
We advise this for first
time travellers coming
here. You can also be
directly picked up at the
airport.



A photograph of two people, a man and a woman, walking through a dry, sandy landscape. The man in the foreground is wearing a plaid shirt and shorts, carrying a large woven basket on his head. The woman behind him is wearing a teal shirt and a yellow headband, also carrying a woven basket. The background is a vast, arid, sandy area with sparse dry vegetation.

02

WHAT TO BRING

1 - NECESSITY AND STUFF

02

WHAT TO BRING

1 - NECESSITY AND STUFF

- **Two passport sized photos** - one for visa, one for local SIM (a few extra are useful if you want to get trekking permits etc).
- **Local SIM card* and cell phone** - you need a copy passport and a passport sized photo.
- **Sleeping bag** - from April to September a light sleeping bag is enough.
- **Medicines** - you need for any chronic illness / usual travel medicine.
- **Lice comb** - sometimes kids have lice. This will help to comb through your frequently to avoid having lice.
- **Clothes to shower**
Boys : short (a stretchy waistband is always nice)
Girl : a «lunghi» - typical dress that can also be bought from the school.
- **Sandals / flip flops and towels**
- **Toileteries** - please try to use organics products only as this goes back into our land.
- **Laundry Soap Bar** - for your clothes washing.



- **Foot wear** - regular walking shoes are easy for walking up and down the hill, but many walk in flip flops or trekking boots ! If you are doing agriculture/construction you will need closed shoes.
- **Jacket and warm clothes** - bring extra warm layers between October and February.
- **Flashlight** - one that plugs in and charges is an added luxury! Head torch is also popular.
- **Toilet Paper***
- **Water bottle***
- **Clothes for morning assembly**

*can be bought from Damauli.





03

LIFE AT MAYA

- 1 - ACCOMODATION
- 2 - FOOD AT MAYA
- 3 - SERVICES
- 4 - MAYA'S LIFE

03

LIFE AT MAYA

1 - ACCOMMODATION

Volunteers sleep in the main school building in a hostel setup and atmosphere. Basic bedding – mattress, bed sheet, mosquito net, and pillow are provided. We have an electricity supply. Please bring your own sleeping bags.

- **Other facilities** - shared toilets / tap / wi-fi / volunteer kitchen & hang out spot / locker.
- **Private rooms** - are also available.

Avocado rooms - we have two Avocado rooms. They are single rooms with attached toilets / showers (\$8 each).

Twin room - we also have two twin rooms. They each have two beds so it's for couples / friends / family. You have more privacy and your own veranda (\$8 each).

Simple room - we have two simple rooms which do not have an attached bathroom or a veranda. It can fit up to two people (\$5 each).



2 - FOOD AT MAYA

We eat breakfast and dinner together with the hostel students in the school's main kitchen. Variations of Nepali traditional dish 'daal bhat': rice, dhal (lentil soup), and vegetables is served for breakfast, and dinner. Lunch is served in the old kitchen for the volunteers. We try to cook different kinds of lunches every day to cater to different international tastes. Its a more private lunch where other staff members and students do not join. You can also use the old kitchen fridge. Volunteers are welcome to join the cooking process and cook. Please let the volunteer coordinator know accordingly. The old kitchen is also a good spot to hang out in the evening with coffee or beer. Volunteers often throw a going away party with barbecue, bonfire, songs, and dances. Its a great place to meet and get to know each other after a long day of work. The organic vegetables we eat are from our own produce! Fruits and other supplies can be purchased in Damauli. You can also find cereals, bread, meat, fast food and junk food in Damauli. The volunteer coordinator can help you get to and from Damauli according to the school bus which goes to Damauli every day. Volunteers assist in meal preparation, according to a roster stipulated by the coordinator, with the 'kitchen lady". Volunteers also have the option to cook their own meals if they wish to do so. A small kitchen is provided for volunteers with an oven and gas stove. Basic supplies like rice and vegetables are available.

3 - SERVICES

- **Laundry service** - A laundry service is available for your clothes and bedding. Please speak with the volunteer coordinator if you are interested.
- **Electricity and internet** - The school has electricity from main supply and solar energy, which runs for the best part of the day. There is wifi available at the school. Most Nepal telecoms companies offer portable Internet solutions. You can buy Internet data for your mobile SIM card; we usually recommend NCELL or NTC. These two companies also offer Wifi device solutions. We recommend you to get a SIM card before coming to Maya (at the airport or Thamel).
- **Water** - There is a freshwater spring (commonly referred to as the tap or dhara in Nepali) near the hostel's kitchen, where we get our drinking water. It's set up like a mini waterfall/tap so we also shower and do laundry there. The water comes from an underground aquifer so it's quite pure. Some volunteers especially those staying a short period may prefer to filter/purify. It is free of course. The dhara is a public area! Please respect other people's space and the time you take using the water. Girls must wear a 'lunghi' to bathe in, which can be purchased from school. A lunghi is a 'sarong- type' cloth, which is stitched together. It should be wrapped around the body to cover the body from the chest to the knees. Boys must wear loose-fitting shorts. You can also buy bottled water at the old kitchen.

4 - MAYA'S LIFE

Dress code is casual. Girls must refrain from wearing skirts and shorts above knee level and tight leggings (unless worn with a long top/kurta/ dress). Tops should cover the shoulder. Strappy or strapless tops are not ideal. Morning circle formal: We make a morning circle every day to start the school where all staff, volunteers, guests, and students participate. Teachers mostly are dressed formally in long pants and shoes. Its important to be neat and tidy during this hour. Vacation Preferably vacation is planned during school holidays (April, October, November). If this is not possible volunteers are expected to handover their duties diligently and “days off” are to be discussed with management.



WHO LIVE AT MAYA ?

- **Hostel children** - Students living at the school. Their villages are too far away to commute every day, so they live at the school's children's hostel. There are also kids who do not have parents or who have been abandoned living with us.
- **Permanent volunteer / staff** - Nepali volunteers/staff that live at the school and help run daily operations.
- **Temporary volunteers** - Nepali and international volunteers who stay for both short-term and long-term periods.



A woman with blonde hair tied back, wearing a white long-sleeved shirt and sunglasses on her head, is standing and pointing at a whiteboard. The whiteboard has handwritten text in red and black ink. To her left, a drawing of a human torso with internal organs is pinned to a wooden wall. In the foreground, the backs of several children sitting on the floor are visible. The background shows a blurred view of trees and foliage.

04

VOLUNTEERING AT MAYA

04

VOLUNTEERING AT MAYA

Volunteers get involved in various activities including, but not limited to, agriculture, construction, education, and administration. We try to match your skills, interests, experience, and desire with the on-going projects at the school. Your role will not be entirely clear until we speak to you and assess our needs at a date close to your arrival. If you're not working in the classroom, there is plenty of time to play and get to know the students. Each morning before class we meet for morning circle (assembly). In the evening, there's never a shortage of kids running around the school.

Here are some examples of volunteer duties at Maya :

Teaching - This requires a minimum commitment of 2 months and we accept all levels of education. You should submit an up-to-date CV and a reference letter to the coordinator when contacted. As a teacher you are responsible for 3 - 4 classes in a day. This would involve lesson planning, conducting the lesson and reporting. Teachers must follow the topics from the books available but are encouraged to add up / change activities creatively and effectively to achieve the desired learning outcomes.



Animal Husbandry / Agriculture -

Maya's farm includes chickens, goats and pigs.

As a volunteer you can assist in feeding our valuable animals every day, cleaning pens, collecting vegetation.

We grow vegetables and fruits around our premises including spinach, cabbage, eggplant, tomato, garlic, onion, banana, papaya, orange etc. Together with other volunteers and parent volunteers, the agricultural work includes but not limited to digging, planting, watering and harvesting.



Construction - Work varies according to the project being constructed.

Volunteers need not to be experienced builders but any technical skills related to construction are welcome!



Workshops - If you have a special skill (yoga, music, philosophy, theatre, handicraft, web design...) that you would like the students to discover, we encourage you to create a workshop before joining Maya and we will organize a time for you to teach the students. This can be organized for students who volunteer or for a specific class.





05

**NEXT
STEPS...**

05

NEXT STEPS...

Your time at Maya school - Discuss your role and duration of stay with the volunteer co-ordinator. If you have any ideas of how you can implement your skills we would love to hear them !

Location - This is usually determined closer to date but from your duration of stay, agreed upon role, and dates confirmed, the co-ordinator should already have an indication.

Flights - Book your flights to Tribhuvan Airport, Kathmandu, Nepal..

Vaccinations - Check if you need any vaccinations. See CIWEC Hospital's recommendation.

Travel / medical insurance - Please make sure you are covered for any accident, hospital treatments, loss or damage. You will be asked to read and sign a service contract including liability, upon your confirmation. We have a partnership for a volunteering insurance with Chapka insurance. Please ask us for their contact if you are interested.

Plan your arrival - Maya's volunteers can benefit from rates at hotels in Kathmandu. Some volunteers try to go straight to the school from the airport, however we do not recommend this. Staying a few days in Kathmandu allows you to take some rest after your long flight and explore the city becoming accustomed to the culture and the people. Please ask your co-ordinator for their recommendation on transfers, hotels, sight seeing etc.



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