



UMBRELLA ORGANIZATION NEPAL

<https://umbnepal.org/>



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Umbrella Organization Nepal (UON) is a non-government, non-political, and family-first child protection organization established in 2005 under District Administration Office of Kathmandu and Social Welfare Council of Nepal. Since its inception, 400+ vulnerable children and young adults have been directly supported through the Residential Childcare Program (Transit Home), Family Reintegration Program, Youth Development Program, and Community Empowerment Programs. Likewise, after the devastating earthquake in 2015; 3000+ children and families were supported through different projects.



1. WHAT IS VOLUNTEERING?

- Volunteering is generally considered an altruistic activity where an individual or group provides services for no financial gain. Volunteering is also renowned as the opportunity for skill development, and is often intended to promote goodness or to improve human quality of life.
- Volunteering is time willingly given for the common good and without financial gain.
- A volunteer is a person who does something especially helping other people willingly and without being forced or paid to do it.

2. ADVANTAGES OF VOLUNTEERING FOR A VOLUNTEER:



- It gives people self-confidence and satisfaction as well as social contact.
- The opportunity to use previously established skills or develop new ones.
- Meet new people and make new friends
- Have fun, giving back to the community
- Motivate others, raise awareness
- Increased competency and the improved career opportunities.

3. ADVANTAGES OF VOLUNTEERING FOR A HOST ORGANIZATION:

- Volunteers offer extra hands to carry out the tasks.
- Volunteers can also help staff to find value in their work and the organization to recognize its strengths by offering a new perspective.
- Volunteers can make the atmosphere dynamic with a flow of new ideas and enthusiasm.
- Volunteering can create a two-way learning experience for both volunteers and the regular staff.

4. WHAT IS ORPHANAGE VOLUNTOURISM?

- 'Orphanage Voluntourism' is a form of tourism in which travelers involve in activities that support orphanages or children's homes directly to do a volunteer work mostly for a significantly short period of time.

5. ASPECTS OF ORPHANAGE VOLUNTOURISM:

- By volunteering in orphanages, the well-intentioned tourists may be supporting the area that is keeping children away from their families.
- Volunteering in orphanages may be violating several laws as volunteering requires a special visa or work permit, for example, it is illegal to volunteer with a tourist visa in Nepal.

6. WHAT IS ETHICAL VOLUNTEERING?

- Ethical volunteering can be defined as the volunteering with good intentions without aiming for personal gains, and the volunteering for right program or organization that does not cause any harm to the community or target group.

7. WHAT ARE THE MOST IMPORTANT CONSIDERATIONS TO BE AN ETHICAL VOLUNTEERING?

- The appropriate volunteer recruitment, preparation, and the proper supervision.
- The placement of the volunteer in a respective area that suits their expertise.
- The host organization or community defining the roles and responsibilities of volunteers and providing a proper orientation.
- The contribution to the sustainability and continuity of the project.
- The value of the local governance.
- The impact evaluation and the exit interview

8. IMPORTANCE OF ETHICAL VOLUNTEERING:

- Ethical volunteering benefits both host and the volunteer – the volunteers get relevant experience and personal development while the host organization gets the necessary support. It is a learning experience from both sides.
- Ethical volunteering is highly impactful and it indeed helps in the sustainability of the

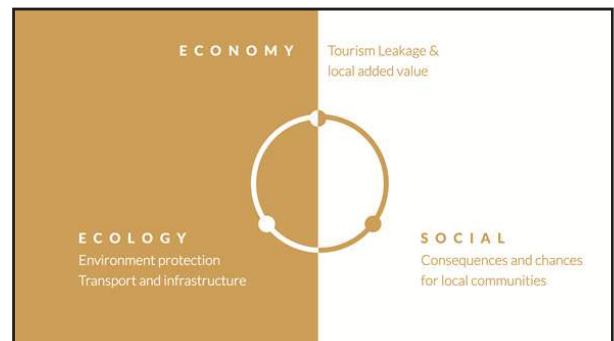
9. RESPONSIBILITIES OF CHILD CARE HOMES / INSTITUTIONS IN ACCEPTING THE VOLUNTOURISM SUPPORT:

- Accepting voluntourism should be discouraged or avoided in the majority of the cases as creates long-term attachment problems.
- Orphanage voluntourism is not an ethical option in the vast majority of cases, it might be suitable for a very few skilled volunteers (those with appropriate professional skills such as child-care qualifications, social work, child psychology or similarly related skills) who can volunteer for long enough period of time.

give & grow is a non-profit educational online-platform, advocating and providing knowledge for a sustainable and responsible transformation of the tourism and volunteering industry. Through quality online courses and interactive workshops give & grow helps travelers to have a more immersive and sustainable travel experience. Furthermore, we engage and initiate in collaborations and campaigns together with relevant stakeholders of the travel industry.

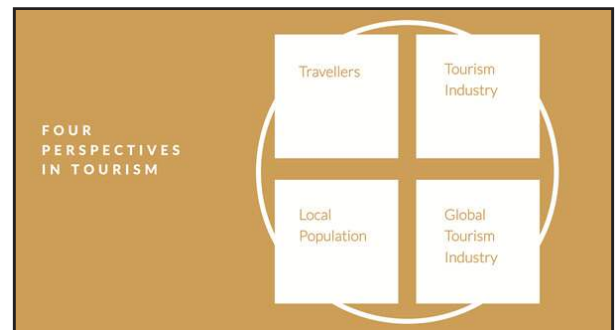
RESPONSIBLE TOURISM WHAT DOES IT MEAN?

Sustainable and responsible tourism follows the three pillars of sustainability (ecology, economy and social), as well as finding various ways on how to implement them for a better travel experience on all levels.



SUSTAINABLE TOURISM MORE THAN CO2 EMISSIONS?

While the focus of sustainable tourism is often times on the ecological factor, social responsibility and the sustainable economic models are often overlooked. Tourism makes up 5-10% of global CO2 emissions, from which transportation amounts to 50-70%. Although the flight industry plays a huge role in sustainable tourism it is not the only thing we can do to contribute to a sustainable tourism.



SUSTAINABLE TOURISM MORE THAN CO2 EMISSIONS?

Sustainable tourism not only has three levels, it can also be seen from different perspectives, depending on the stakeholder.

TOURISM INDUSTRY

- sustainable and fair income
- independence of international investors
- having a say in shaping cultural and sustainable tourism
- more tourists with more spending opportunity

LOCAL POPULATION

- positive and sustainable economic impact
- respectful and less travellers
- possibility to live their own culture (without restrictions)
- having a say with tourism decisions in their region

GLOBAL TOURISM INDUSTRY

- developing new fields in business and do effective marketing
- fear of losing international air travellers
- special focus on economic factor and growth in tourism
- alternative fuels and technologies

The fourth perspective is the traveler, we will now focus on in detail

HOW TO IMPLEMENT SUSTAINABLE AND RESPONSIBLE TRAVEL AS A TRAVELLER

1. Reflecting on your intention and matching it with the outcome : Why do you travel and what do you need to fulfill this need? What is your focus?
2. Go back to the three levels of sustainability and tackle what you can
3. Experience and respect nature
4. Learn about local culture and Do's & Don't's
5. Research and learn about the country you travel to (prepare for your trip)
6. Cut down on your emissions (means of transport) and use local transportation structure
7. Compensate your CO2 where possible
8. Reduce the use of plastic and use your own water bottle and containers
9. Book tours with responsible tour operators and refrain from touching wild animals or buying animals parts as a souvenir
10. Stay in local homestays and guest houses to support the local economy rather than big hotel chains with foreign investors

Lastly, it is privilege to be able to travel internationally and experience other countries and cultures. Use your privilege wisely and support a sustainable and responsible tourism with your actions



give & grow



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