

### Index of Organisations: International Development

<a href="#"><u>Action Village India</u></a>
<a href="#"><u>Cambridge Development Initiative</u></a>
<a href="#"><u>Cambridge Volunteers Nepal</u></a>
<a href="#"><u>CU Help</u></a>
<a href="#"><u>Education Partnerships Africa</u></a>
<a href="#"><u>Education Partnerships Africa</u></a>
<a href="#"><u>Helambu Education and Livelihood Project (HELP)</u></a>
<a href="#"><u>HELP (Helambu Education Livelihood Partnership)</u></a>
<a href="#"><u>HELP Nepal</u></a>
<a href="#"><u>Pan Himalayan Grassroots Foundation</u></a>
<a href="#"><u>Rickshaw Theatre Project</u></a>
<a href="#"><u>SLV Global</u></a>
<a href="#"><u>SLV Global</u></a>
<a href="#"><u>Weill Cornell Centre for Global Health</u></a>
<a href="#"><u>World Food Programme</u></a>

Vacation Work Feedback (provided December 2018)

Name of organisation	Action Village India
What does the organisation do?	Promotes development and empowerment of women in rural India
Where were you located?	London
What did you do?	Researched ethical products AVI could sell to generate profit to feed back into charitable products in India
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Cambridge Hub
What did you personally gain from the experience (insights, skills etc.)?	Many new skills, including how to run a focus group, spreadsheet and research skills, confidence, and a very enjoyable experience and also I volunteered with AVI staff at a stall at WOMAD world music festival
What were your average weekly earnings?	Expenses only
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	

Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Hum, Soc & Pol Sciences Tripos Penultimate

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Cambridge Development Initiative
What does the organisation do?	The Cambridge Development Initiative (CDI) is a non-profit organization that improves the wellbeing of community members in the schools, informal settlements, and wider communities of Dar es Salaam, Tanzania. CDI empowers student leaders in the United Kingdom and Tanzania to catalyse change in their societies through innovative projects in the areas of healthcare, education, entrepreneurship, and water, sanitation, and hygiene (WaSH). CDI's two partner organizations in the UK and Tanzania are comprised of executive committees and university students who design, implement, and evaluate these projects. Since 2013, CDI has mobilized over 100 student volunteers to launch sustainable, community-oriented solutions to Dar es Salaam's most significant challenges.
Where were you located?	Dar es Salaam, Tanzania
What did you do?	This summer, the CDI Health Project can be separated into two main project streams, namely non-communicable diseases (NCDs) and emotional well-being. More specifically, the Health Project team this year has three main objectives in mind. First, to raise awareness of some longstanding physical and mental health problems faced by Tanzanians. Second, to educate local communities with simple messages to help them to improve their current health and wellbeing. Finally, to help them decrease the risk of developing chronic conditions and NCDs. By the end of the summer, we have produced a mass media campaign on NCDs with nationwide coverage, consisting of a radio programme and six television episodes. Furthermore, we held five NCDs workshops at the informal settlements in Vingunguti ward, Dar es Salaam, with a total of 150 participants. These were all made possible by collaborating with local partners, such as local health care professionals, media stations and production companies. Additionally, we are also working towards formalising a partnership with the Aga Khan University (Tanzania), to push forward a pioneer research on the mental health risk factors of adolescents in this country. When drafting the research proposal, we realise that there is a significant gap in the current literature on this topic. Unfortunately, people seem to have a poor understanding of mental health and lacking a comprehensive support system for those in need. As a result, conducting a research on this topic can help to devise a support system that is appropriate in the Tanzanian context. Personally, I think this is the most exciting progress we have made out of all the meaningful work we have done this summer. By doing so, I believe we are paving the way to improve the welfare of local communities by promoting healthy environments.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Cambridge Careers Service Vacation Opportunity

Vacation Work Feedback (provided December 2018)

<p>What did you personally gain from the experience (insights, skills etc.)?</p>	<p>Throughout these two months, we have been through a lot of hurdles. It was frustrating, stressful, tiring, yet very rewarding. As a result, I have learned more than I could ever imagine. I have met people who I would have never met, made new friends, enlightened by a whole new culture, learned valuable life lessons and interpersonal skills. Not only have I developed personally, but I also believe that our work this summer has brought a true impact to the local communities. This, therefore, corresponded with the two main core values of CDI, namely: coming up with innovative, impact-driven projects to tackle local problems and personal development of all volunteers. As the monitoring and evaluation (M&amp;E) officer on the Health Project, I have analysed countless surveys, numerous interviews, and currently in the process of finalising my end report for this summer. The level of trust CDI places on you and your work is truly empowering, and also gives you a sense of confidence to push forward your ideas. My experiences here have allowed me to understand what I am capable of, and I've learned how to trust myself a bit more. I have also come to this painful realisation of how fortunate I am, as a student from Hong Kong, who has the opportunity to study abroad. After talking with some of the KITE, Dar es Salaam volunteers on my team, being on-site visiting the informal settlements, and going through the interview transcripts with those in need, I have only begun to scrape the surface of the problems people are facing here. If I have to pick one take-home message from this trip, out of the many things that I have learned from it, then it will certainly be: Never take things for granted.</p>
<p>What were your average weekly earnings?</p>	<p>Unpaid</p>
<p>How long in advance did you start to arrange this experience?</p>	<p>4-6 months</p>
<p>Do you think this opportunity might be available to other Cambridge students?</p>	<p>Yes</p>
<p>As a result of this experience were you offered anything?</p>	<p>Further vacation experience; Helpful contacts; References</p>
<p>If you needed a work permit or special visa, how did you obtain one?</p>	<p>You need a volunteering visa but that will be arranged by the organisation. You will need to pay for a visa as you enter Tanzania. You will have to have all the necessary vaccinations, including the Yellow Fever vaccine before your trip. These will all be</p>
<p>Which year of your University course were you in when you arranged it?</p>	<p>First</p>
<p>Which year did you have this experience?</p>	<p>2018</p>

Vacation Work Feedback (provided December 2018)

Do you have any other comments regarding your experience?	
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Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Psych & Behav Sciences Tripos Penultimate

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Cambridge Volunteers Nepal
What does the organisation do?	Cambridge Volunteers Nepal is organised by the charity HVP-UK (Hindu Vidyapeeth School) which has a number of schools in Nepal with long term connections with Oxford and Cambridge University. For over 30 years they have sent students out from Oxford and Cambridge for 6 weeks in the summer. I taught English and Social Studies to 11 and 14 year olds.
Where were you located?	Balkumari, Kathmandu, Nepal
What did you do?	As I was volunteering, I raised £400 for the school to contribute to the school's refurbishment, which was hit badly from the 2015 Kathmandu Earthquake. I did this by organising a music fundraiser which had over 10 performances and a raffle at the end. I also set up a Just Giving page where friends and family contributed to the donation. Alongside my role in teaching lessons, I worked alongside Nepali teachers in discovering new pedagogical approaches to create new and exciting ways to improve the quality and impact of teaching in the school. One method which was widely favoured was the increase of engagement in the classroom. I did this through debating classes and post-discussion groups. As rote-learning still remains a prevalent and ingrained method of teaching in Nepal, it was rewarding to explore with the children a more active and engaging role that education can have. Education and teaching was seen with great respect and admiration. I was given the opportunity to participate in local festivals, the most rewarding and enriching being National Teacher's Day, where I and the other teachers & volunteers were greeted with cake, songs, music, and dance. Furthermore, I was required to compose, invigilate, and mark the end-of-year Social Studies and English exams for the students. This was an extremely rewarding experience as it enabled me to compose questions which challenged the critical engagement of the children as practiced in the debating and discussion groups. The children aptly engaged with the questions and many scored very highly.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Social Media - LinkedIn, Facebook, Twitter etc

Vacation Work Feedback (provided December 2018)

<p>What did you personally gain from the experience (insights, skills etc.)?</p>	<p>The experience equipped me with a variety of new skills, while heightening others. For example, my leadership skills were massively enhanced through the responsibility I had of preparing and delivering four/five lessons a week. My confidence levels were massively boosted by this, especially as through introducing debating lessons the children were more engaged and co-operative with my pedagogy. On a more practical level, my organisation and time-management skills were developed as I was solely in charge of every lesson and had to make sure that every student was understanding me. The language (and dialectic - I'm from Ireland!) barrier was a challenge at the start, however, I overcame this by asking them questions about their local culture and background, in order to immerse myself - rather than attempt to immerse them in my cultural context - in their cultural position. Most importantly, the insight I gained from this experience was one of teacher appreciation. In the UK, I believe, we do not support or value the teaching profession. Teaching in Nepal is considered as a massively respected profession as teachers are held-up as the bearers and givers of knowledge. With education seen as a massive platform for social transformation in Nepal (considering their history with conflict) teaching and education is considered an important gift for children. The philosophy of the school fostered this appreciation of education and learning through their daily reflection classes, where children were taught and engaged in discussion of topical issues such as cultural diversity. Although education remains vastly underfunded in Nepal, this did not translate to the hope and philosophy of the HVP school in Kathmandu. With classroom sizes reaching to over 40 with only 1 teacher, the school taught important life lessons to the children like patience and kindness. It was the most incredible summer immersing myself in a completely different culture, while sharing my own experience of education with the children. I fell in love with Nepal and the HVP school, and it is a summer I will never forget.</p>
<p>What were your average weekly earnings?</p>	<p>Unpaid</p>
<p>How long in advance did you start to arrange this experience?</p>	<p>7-9 months</p>
<p>Do you think this opportunity might be available to other Cambridge students?</p>	<p>Yes</p>
<p>As a result of this experience were you offered anything?</p>	<p>None of the above</p>
<p>If you needed a work permit or special visa, how did you obtain one?</p>	<p>I obtained my Nepali Visa at the airport.</p>
<p>Which year of your University course were you in when you arranged it?</p>	<p>First</p>



Vacation Work Feedback (provided December 2018)

Which year did you have this experience?	2017
Do you have any other comments regarding your experience?	Though I did not hear about this experience through the Career Service, I feel that it is important to share my experience in order for other people to know about the programme and the incredible opportunities it offers. It would be great if the Careers S

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Education Tripos with History Finalist

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	CU Help
What does the organisation do?	CU Help links with the Mondo Foundation, an organisation in Nepal that aims to provide aid and financial support to people living in the Helambu region of Nepal. They do this through various schemes, such as the 'School in a Bag' programme, where students are given educational resources, or by funding the building of new schools, which is especially important after the 2015 earthquake which devastated large areas of Nepal. They also send volunteers mainly from the UK, but also elsewhere, to volunteer as teachers in rural schools in the Helambu region.
Where were you located?	A village called Chamkhu, near Melamchi, in the Helambu region of Nepal.
What did you do?	Me and my volunteering partner spent a month teaching in a rural school, mainly teaching English but also drawing and music. We stayed with a local family who fed us and cared for us. After this, we travelled around Nepal and India for some time.
For how long did you do it?	4 - 8 weeks
In which vacation?	Easter
How did you first find out about this opportunity?	Social Media - LinkedIn, Facebook, Twitter etc
What did you personally gain from the experience (insights, skills etc.)?	I gained an awareness of the importance of humanitarian aid and volunteer work, and an insight in the issues or hurdles that must be addressed by a charitable organisation. I also gained an insight into life in a completely new culture, which was really enlightening.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts;References

Vacation Work Feedback (provided December 2018)

If you needed a work permit or special visa, how did you obtain one?	Obtained a tourist visa upon arrival in Nepal
Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Hum, Soc & Pol Sciences Tripos Penultimate

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Education Partnerships Africa
What does the organisation do?	Invested money in rural secondary schools in Kenya and Uganda to improve quality of health and education.
Where were you located?	Mbarara, Uganda
What did you do?	Designed and implemented projects that would improve quality of health and education for students.
For how long did you do it?	9 - 12 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Careers Service advertisement
What did you personally gain from the experience (insights, skills etc.)?	Lots of new skills- leadership, finance management, interpersonal etc. New insight into a completely different culture.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	None as of yet but it will certainly help.
If you needed a work permit or special visa, how did you obtain one?	Bought a visa.

Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Geographical Tripos Penultimate

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Education Partnerships Africa
What does the organisation do?	Educational charity in East Africa
Where were you located?	Kakamega, Kenya
What did you do?	Managing the volunteers and running central pilot projects
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Freshers' fair
What did you personally gain from the experience (insights, skills etc.)?	Collaboration, difficult situations, sensitivity
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	UK management position (voluntary)
If you needed a work permit or special visa, how did you obtain one?	

Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Geographical Tripos Finalist

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Helambu Education and Livelihood Project (HELP)
What does the organisation do?	HELP is a small grassroots Nepali charity whose aim is to improve the quality of education in remote villages in the Helambu region. It has a policy of no admin fees, which means that all funds are invested directly into the schools and the students.
Where were you located?	Nakote (in the Helambu region, 80km North-East of Kathmandu)
What did you do?	I spent-four weeks volunteering in a remote village called Nakote in the Helambu region, a mountainous region about eighty kilometres North-East of Kathmandu. I worked there as a full-time teacher, in the small and only school in the valley. Due to the lack of teachers, I was teaching almost all subjects, namely English, Maths, Science, Social Studies (a mix of Geography, History, Politics, and Religion), General Knowledge, and occasionally Computer Science (which is not easy when you do not have a computer to illustrate your explanations...). I taught classes 1 to 8. The week starts on Sunday in Nepal, with six days of school per week.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - Cambridge alumni, GradLink, College networks
What did you personally gain from the experience (insights, skills etc.)?	This trip exceeded all my expectations, and gave me the opportunity to develop my organisation skills and to gain more self-confidence. I had the change to live with a Nepali family and thus to experience first-hand the Nepali culture, to learn more about Buddhism and Hinduism, and even to learn a bit of Hyolmo (the local dialect) and Nepali. It was an extremely rewarding and enriching experience both on a personal and professional level. Not only did I learn a lot about new cultures and customs, this experience also helped me broaden some of the knowledge I had acquired through my course in first-year, in both the human and physical geography papers.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	7-9 months
Do you think this opportunity might be available to other Cambridge students?	Yes



Vacation Work Feedback (provided December 2018)

As a result of this experience were you offered anything?	Further vacation experience;Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	I needed a visa to enter Nepal - which can be obtained from any Nepalese embassy (costs will vary according to how long you plan on staying in Nepal).
Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2017
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Geographical Tripos Finalist

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	HELP (Helambu Education Livelihood Partnership)
What does the organisation do?	HELP was established after the 2015 earthquake that hit Nepal, thus its focus surrounds educational development in areas of the Helambu region most devastated by the natural hazard. Students from Cambridge and Durham can apply to join the volunteer program and will be assisted by HELP to implement a 4 week teaching initiative in a rural school. In addition to organising its volunteers over parts of rural Nepal to physically teach and interact with children over the 4 weeks, HELP uses fundraised money (£300 minimum per volunteer) to fund teachers that do not have supported salaries from the government, fund the rebuilding of devastated schools to an appropriate earthquake proof standard, and takes supplies such as bags, pens, dictionaries and new technologies to the local villages living in poverty.
Where were you located?	I was located in Nepal, in the Panch Pokhari region, Sindhupalchowk District. This was around an 10 hour drive from Kathmandu into the hills.

Vacation Work Feedback (provided December 2018)

<p>What did you do?</p>	<p>In short, my trip to Nepal was certainly an unfamiliar but incredible experience, comprising predominantly of Dal Bhat (plain rice and lentils), hikes up vertical 'hills' and through paddy fields, cultural enrichment from temple visits and numerous festivals and most importantly of education I gave to children deeply affected by the earthquake that struck Nepal in 2015. However, the five weeks for which I was in Nepal was more than just trying local food, learning about Nepalese culture and teaching English to less advantaged children. It was 5 weeks of understanding the lives of those living in excluded rural villages, cut off from any form of western civilisation and modern technology. From living amongst the local villagers, with the most welcoming host family and being surrounded by the children from Shree Naulingeshwory Basic School all day, I was exposed to a completely new way of life, one that had few demands and relied solely on subsistence farming and the surrounding nature. I was introduced to our host family, Didi, Di, Saramila and Bijan, who owned a 'hotel' and one of the two 'shops' in the village. I helped cook with Didi despite the lack of any ingredients she could access and the absence of an oven, fridge and electricity. I bought coloured paper, pens, playing cards, a kite and other toys to play with our sister and brother, and spent a lots of time with goats, monkeys and leeches.. Some evenings I would play cards with local villagers, dance with the family or drink beer and chat with Di- who could speak more English than the English teacher (I now also know 100 Nepali words after having to learn quickly to help converse with the locals). The language barrier meant that a lot of the teaching relied on repetition of what I was saying and copying from the broken whiteboard that kept falling off the branches from which they were hung, rather than the children actually understanding what they were being taught. I hoped that the English teacher would translate some sentences but he had VERY minimal English language skills. Eventually we used drawings and actions to portray what we were teaching them, and focused on pronunciation. I introduced audience participation, clapping and stickers to engage the students, and bought in a blow-up globe to teach them about the wider world outside of, not even Nepal but, their own village. Very few children knew what England was, and only really knew of China in terms of other countries, with few of them ever even having gone to the capital of Nepal, Kathmandu. It was also challenging to teach the nursery class when none of them had any equipment to learn with; many used the tiniest bit of lead that had fallen out of the actual pencil, and only had one scrap of dirty paper to write on. It was unbelievable to see how the children still turned up for school every day with a smile on their face, in the same clothes they had been wearing for 4 weeks straight, wanting to learn. The last week of the trip, entailed visiting the sights of Kathmandu, back in a place with running water, restaurants and continuous electricity. Despite this, the roads were still manic, cables and wires were hanging in stacks over the road and poverty was still very much in surrounding view. I had a debrief over dinner with the other volunteers, shared stories and contributed improvements for the school and ideas to help the teachers educate their students more effectively. The last few days consisted of visiting temples populated by monkeys, visiting Bhaktapur (an ancient city in the Kathmandu valley where the King once lived, however where his palace and surrounding temples had been severely destroyed by the devastating 2015 earthquake).</p>
<p>For how long did you do it?</p>	<p>4 - 8 weeks</p>
<p>In which vacation?</p>	<p>Summer</p>

Vacation Work Feedback (provided December 2018)

<p>How did you first find out about this opportunity?</p>	<p>Social Media - LinkedIn, Facebook, Twitter etc</p>
<p>What did you personally gain from the experience (insights, skills etc.)?</p>	<p>In short, my trip to Nepal was certainly an unfamiliar but incredible experience, comprising predominantly of Dal Bhat (plain rice and lentils), hikes up vertical 'hills' and through paddy fields, cultural enrichment from temple visits and numerous festivals and most importantly of education I gave to children deeply affected by the earthquake that struck Nepal in 2015. However, the five weeks for which I was in Nepal was more than just trying local food, learning about Nepalese culture and teaching English to less advantaged children. It was 5 weeks of understanding the lives of those living in excluded rural villages, cut off from any form of western civilisation and modern technology. From living amongst the local villagers, with the most welcoming host family and being surrounded by the children from Shree Naulingeshwory Basic School all day, I was exposed to a completely new way of life, one that had few demands and relied solely on subsistence farming and the surrounding nature. I was introduced to our host family, Didi, Di, Saramila and Bijan, who owned a 'hotel' and one of the two 'shops' in the village. I helped cook with Didi despite the lack of any ingredients she could access and the absence of an oven, fridge and electricity. I bought coloured paper, pens, playing cards, a kite and other toys to play with our sister and brother, and spent a lots of time with goats, monkeys and leeches.. Some evenings I would play cards with local villages, dance with the family or drink beer and chat with Di- who could speak more English than the English teacher! (I now also know 100 Nepali words after having to learn quickly to help converse with the locals). The language barrier meant that a lot of the teaching relied on repetition of what I was saying and copying from the broken whiteboard that kept falling off the branches from which they were hung, rather than the children actually understanding what they were being taught. I hoped that the English teacher would translate some sentences but he had VERY minimal English language skills. Eventually we used drawings and actions to portray what we were teaching them, and focused on pronunciation. I introduced audience participation, clapping and stickers to engage the students, and bought in a blow-up globe to teach them about the wider world outside of, not even Nepal but, their own village. Very few children knew what England was, and only really knew of China in terms of other countries, with few of them ever even having gone to the capital of Nepal, Kathmandu. It was also challenging to teach the nursery class when none of them had any equipment to learn with; many used the tiniest bit of lead that had fallen out of the actual pencil, and only had one scrap of dirty paper to write on. It was unbelievable to see how the children still turned up for school every day with a smile on their face, in the same clothes they had been wearing for 4 weeks straight, wanting to learn. The last week of the trip, entailed visiting the sights of Kathmandu, back in a place with running water, restaurants and continuous electricity. Despite this, the roads were still manic, cables and wires were hanging in stacks over the road and poverty was still very much in surrounding view. I had a debrief over dinner with the other volunteers, shared stories and contributed improvements for the school and ideas to help the teachers educate their students more effectively. The last few days consisted of visiting temples populated by monkeys, visiting Bhaktapur (an ancient city in the Kathmandu valley where the King once lived, however where his palace and surrounding temples had been severely destroyed by the devastating 2015 earthquake).</p>
<p>What were your average weekly earnings?</p>	<p>Unpaid</p>

Vacation Work Feedback (provided December 2018)

How long in advance did you start to arrange this experience?	7-9 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	Purchased a visa at the airport in Kathmandu.
Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Geographical Tripos Penultimate

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	HELP Nepal
What does the organisation do?	Supports government schools in the Helambu region of rural Nepal by providing resources, money for school facilities, payment for teachers and volunteers.
Where were you located?	Rural Himalayas, Nepal
What did you do?	I volunteered in a school for 4 weeks, teaching English to children aged between 6 and 13. This involved planning lessons and teaching six classes a day, as well as chatting to the teachers in the staffroom about my experience, and to help them develop their English. I stayed with a local host family.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	I gained teaching experience including organisation, presentation, understanding, and how to work in a different culture and language. I learnt some of a new language. I gained insight into another culture and way of life.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	4-6 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Further vacation experience
If you needed a work permit or special visa, how did you obtain one?	

Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Geographical Tripos Finalist

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Pan Himalayan Grassroots Foundation
What does the organisation do?	Sustainable Development in the Indian Himalayas through sustainable technologies and self help groups.
Where were you located?	Rhaniket, Kumaon, India
What did you do?	A report for the FAO about indigenous food systems
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	CAMVOL
What did you personally gain from the experience (insights, skills etc.)?	Learnt a lot about how grassroots development works, skills for interviewing/ data collection, living in a different culture
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	7-9 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Helpful contacts;References
If you needed a work permit or special visa, how did you obtain one?	Needed a visa, obtained through Indian visa office in London



Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	First
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Geographical Tripos Penultimate

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	Rickshaw Theatre Project
What does the organisation do?	The group worked with three different education based NGOs in Chitwan, Shimla and Delhi respectively. We leant ourselves to each NGO in which ever way they needed us with an aim to promote education in a create, interactive and effective way. Initially, while we were in Nepal we worked with Ford Nepal who organised host families for us to stay with and positioned us in the local government school. In Shimla, we worked with an amazing NGO called the Human Hope Foundation which was essentially an educational youth programme for very poor children with a view to keeping them off the streets after school and helping them get into better schools. Finally, in Delhi we worked with a similar NGO called the Ankur Project which offer extra tutorial for poor children in between school hours whilst also providing them with a social community instead of the children being taken in by gangs.
Where were you located?	Chitwan, Nepal. Shimla, India. Delhi, India.
What did you do?	In Chitwan we hadn't expected necessarily to have been thrust into a government school and expected to teach their lessons which is what ended up happening. The government schools are corrupt and the teaching is extremely limited. Most of the students came from abusive and or extremely impoverished homes and backgrounds which meant that often they weren't very well behaved or receptive to teaching and learning. We managed to find ways to create fun lessons which they seemed to respond to with a very positive attitude by the end. We also painted some of the classrooms, creating educational murals on the walls. Shimla was very different. Human Hope had a very similar vision to what we initially set out to do. The idea was to create a fun, caring environment where the children felt safe to learn and be creative. We planned workshops in which we would teach English through colouring, dancing, sketches and songs whilst also taking time to play games. In Delhi, we did a range of things whilst working with Ankur. This was our last leg of the trip and by this point we had understood that since we weren't in each place for very long (two weeks) we should divide our resources within our group of 12 and have a small group of teachers whilst creating other groups that might be able to put some more structural frameworks in place to help the NGO on a more long term basis. We applied for funding for the NGO, designed information packs, a website, a slogan and sign for the centre, created an 100 page guideline curriculum so there could be some sort of coherent continuation for the children's education as volunteers come and go whilst also helping organise a debate day for the children to practice their English but also talk about some important social issues which the head of the NGO had set out.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	It was advertised on the camdram website.

Vacation Work Feedback (provided December 2018)

<p>What did you personally gain from the experience (insights, skills etc.)?</p>	<p>Living with host families in rural Nepal on the initial leg of the tour was a very unique experience coming from a Western society. We became great friends with our family despite a significant language barrier and being unused the living situation. In terms of the work we did with the NGOs, it was a very informative experience. I had been to Nepal before to do some education work before with an amazing NGO called Pestalozzi in Pokhara but that was on a longer term basis. Spending two weeks at a time in each place over the summer, it was interesting to see the similarities of the educational and social issues in each place but also how much time and energy is needed in one place to really make a significant structural difference. Another issue which was clearer to me on this trip was the extent of my right as a Westerner coming into another culture and deciding to 'help' that community. We tried hard to be aware of this and often had conversations about ways in which volunteers might be educated before starting with a particular NGO about respecting a community and culture and how their volunteer work might actually end up having echoes of a colonial past. The answer is not clear but the conversation which was started for me has been very valuable and is ongoing for me.</p>
<p>What were your average weekly earnings?</p>	<p>Unpaid</p>
<p>How long in advance did you start to arrange this experience?</p>	<p>about 3-4 months. We left for the trip in late August.</p>
<p>Do you think this opportunity might be available to other Cambridge students?</p>	<p>Yes</p>
<p>As a result of this experience were you offered anything?</p>	<p>References</p>
<p>If you needed a work permit or special visa, how did you obtain one?</p>	
<p>Which year of your University course were you in when you arranged it?</p>	<p>First</p>
<p>Which year did you have this experience?</p>	<p>2018</p>
<p>Do you have any other comments regarding your experience?</p>	<p>I wish I had actually found other ways to apply for funding. I regret being put off by the reputation of Homerton since raising the funds ended up being a massive area of stress for me through Easter term.</p>

Vacation Work Feedback (provided December 2018)

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Education Tripos Other

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	SLV Global
What does the organisation do?	Run mental health placements in Bali, Sri Lanka, and India
Where were you located?	Ubud, Bali
What did you do?	Took part in a 4-week mental health placement in Bali, running sessions with a psychological focus in special needs facilities and a psychiatric hospital, as well as teaching English in schools and running sessions requested by the local community (e.g. yoga for seniors).
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Online searching inc. organisation websites
What did you personally gain from the experience (insights, skills etc.)?	Knowledge of the mental health sector in another country, hands-on psychology experience which can be very difficult to come by as an undergraduate, learnt to be flexible and to adapt.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	10-12 months
Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	References
If you needed a work permit or special visa, how did you obtain one?	Needed a social visa for Bali, visited the Indonesian Embassy.

Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Psych & Behav Sciences Tripos Finalist

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	SLV Global
What does the organisation do?	It organises Psychology placement for students who are interested in mental health.
Where were you located?	Sri Lanka. Other optional places include Bali and India.
What did you do?	I lived with local family and volunteered 3 hours every weekday for 5 weeks. We were allowed to travel Sri Lanka during the weekends. We have weekly projects which include visiting the orphanage, carehome, Psychiatry hospital, special needs school, local community. What we did during each 1.5hr sessions were completely up to us, the volunteers. We planned our sessions together in small teams of 4-5 every Monday morning. We were able to use drama therapy, arts and crafts, dancing and music, games to elevate the mood of our service users or teach them English/Interview skills. The organisation also organised beach party, weekly socials and jungle weekend.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	They advertise through Psychology department--email
What did you personally gain from the experience (insights, skills etc.)?	It was a very valuable experience to me. -leadership skills--planning sessions and leading sessions as a leader were new to me--interpersonal skills--communicate with people from a different culture and speak a different language were difficult and required a lot of courage.-insight into the mental health situation in a completely different culture.Understanding the difficulties and stigmas. -appreciation in life--Witnessed people who live in situations that I could never imagine made me appreciate what I have -insight into the culture--how religion affect people in Sri Lankan culture and how the civil war made trauma a serious mental health problem to tackle. -insight into mental illness--Depression, Down's syndrome, Autism, ADHD, mental retardation, Parkinson's disease, schizophrenia. How they manifested in person. -teaching skills--demonstrate things using body language and use positive feedback to encourage people with special needs to learn better. Or be very active to lead shy students to feel more at ease which helped them to learn English better.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	7-9 months

Vacation Work Feedback (provided December 2018)

Do you think this opportunity might be available to other Cambridge students?	Yes
As a result of this experience were you offered anything?	Skills that I can apply for future application--e.g another teaching scheme;Further vacation experience;Helpful contacts
If you needed a work permit or special visa, how did you obtain one?	I applied using the information provided by the organisation. They helped me a lot.
Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Psych & Behav Sciences Tripos Penultimate

[Back to index](#)



Vacation Work Feedback (provided December 2018)

Name of organisation	Weill Cornell Centre for Global Health
What does the organisation do?	Has affiliations with health centres in Tanzania and in Haiti. In each of these locations, Cornell staff provide medical care / carry out medical research with an emphasis on public health measures.
Where were you located?	Mwanza, Tanzania
What did you do?	Assisted with research on the impact of Schistosomiasis on the women in the Mwanza region of Tanzania.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	Hands-on experience of what a career in global health could look like. Contact with professionals working in the field. Freedom and support to plan and carry out my own experiment.
What were your average weekly earnings?	Unpaid
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	No
As a result of this experience were you offered anything?	Further vacation experience; Helpful contacts; References
If you needed a work permit or special visa, how did you obtain one?	

Vacation Work Feedback (provided December 2018)

Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Natural Sciences Tripos Finalist

[Back to index](#)

Vacation Work Feedback (provided December 2018)

Name of organisation	World Food Programme
What does the organisation do?	WFP is an agency of the United Nations specialising in food assistance. It is the world's largest organisation addressing hunger and food insecurity.
Where were you located?	Headquarters in Rome
What did you do?	I worked simultaneously in two different departments, assisting in the smooth running of the Executive Board conference (including simultaneous interpreting from English into French, translation tasks and producing notes for the record). I also worked on redesigning the System for Project Approval, collating and presenting senior employees' feedback on the process. Finally, I worked on a consultancy-style project in the Innovation and Change Management Division, conducting research tasks and producing presentations with the aim of sharing best practice between different UN organisations.
For how long did you do it?	4 - 8 weeks
In which vacation?	Summer
How did you first find out about this opportunity?	Word of mouth/networking - friends, family
What did you personally gain from the experience (insights, skills etc.)?	Excellent insights into the functioning and work of a UN agency, developed my project management skills, access to UN training on key international development and humanitarian issues (i.e. gender equality in emergencies, partnering, nutrition) and perhaps most importantly, personal contacts
What were your average weekly earnings?	£250 - £399
How long in advance did you start to arrange this experience?	0-3 months
Do you think this opportunity might be available to other Cambridge students?	No
As a result of this experience were you offered anything?	Helpful contacts;References

Vacation Work Feedback (provided December 2018)

If you needed a work permit or special visa, how did you obtain one?	
Which year of your University course were you in when you arranged it?	Penultimate
Which year did you have this experience?	2018
Do you have any other comments regarding your experience?	

Details of the student who provided this feedback (some students have asked us to omit Raven ID/course details):

Hum, Soc & Pol Sciences Tripos Finalist

[Back to index](#)