

Latest updates

Volunteer Placements

MT is a very small NGO with only voluntary staff in the UK and two permanent members of staff in Nepal. As such, we welcome all kinds of volunteers from a range of backgrounds and expertise.

We only ask for £100 deposit for your placement, and this will go directly towards the projects that we are working on throughout Nepal. We also request that you fundraise a minimum of £250 for a 2 month placement and £500 if you intend to stay for longer. Obviously, the more money you raise, the more people we can help.



Our volunteering programme has been running for over 10 years and is recommended by the Lonely Planet.

Here is a list of some of the placements that we have on offer:

- Office Intern: works in the MT office, and acts as a point of contact between the UK and Nepali teams
- Media and Communication Intern: running the Facebook and Twitter pages, as well as keeping the website up to date.
- Earthquake Reconstruction Volunteer: monitoring the progress of our projects and providing regular updates for the Nepali and UK teams.
- Civic Education Volunteer: writing scripts for our new Civic Education programme and helping to monitor Radio Guru.
- Medical Volunteer: we have built connections with hospitals in Pokhara, and with rural health posts so we can create a placement to suit your needs and interests.
- Teaching Volunteer: our connections with numerous schools in Pokhara, as well as rural ones, like Jeevan Jyoti in Gorkha District, again allows you a wide range of options when deciding where and who you'd like to teach.

We also have a position working as assistant to our Chief Executive in the UK, where you can work on fundraising strategies and organising volunteer placements.

For more information on these placements, please contact nmb@mountain-trust.org

Other Pictures

