



Trip Information Packet
Nepal
Bellarmino Preparatory School
April 7th– 18th, 2023





Welcome to Courts for Kids. Most likely, this is your first trip with our organization and we are confident that this trip will impact you in ways you cannot even imagine. We work closely with our in-country partner to make sure your basic needs are met, so we can all focus on the task at hand, creating a multi-purpose sports court with the initiative, help and support of the community.

A sports court is a great project because it requires the help of many community members, provides plenty of work for everyone, and becomes an asset that provides not only safe places for children to play, but also various other benefits. The hard work of our team will be a great bridge between us and the community and we will develop a mutual respect that will help provide inroads into a rich cross-cultural experience and first-hand insight into a developing world community.

We are looking for great cultural ambassadors, so please only sign up for this trip if you are willing to step outside of your comfort zone. You will need to work hard, you will be eating different foods, sleeping and bathing in less comfortable environments. But, as they say, if you want to live like you're in America, why leave?

Most importantly, we ask that you enter into this with a great sense of humility. We want you to be eager to learn and grow in this process as we are entering into a different culture with different values and norms. We want you be quick to listen and slow to speak.

We will not be giving you a detailed itinerary as things are very prone to change with this sort of construction project. But your time will be spent working on the court, taking part in various cultural activities and, most importantly, connecting with the locals.

Please look through this informational packet and feel free to contact us with any questions you may have.

If you choose to go, I can almost guarantee you will look back on this trip as a life-changing experience. You will grow so much in a week it will make you wish you could stay longer. In fact, you will probably say this was the best week of your year.

Hope you can come!

Derek Nesland
President
Courts for Kids

Community Information

The name of the community in Nepal is **Basauli, Khairahani** in Chitwan. This is a small village 23 kilometers east of Bharatpur in the Chitwan Valley. This community is in the central part of Nepal and directly connected with Mahendra Highway in the Khairahani Municipality. It was a population of 500 and the school, called Antyodaya Janajait Aawasiya Bidhyalaya, is a public school that is actually an orphanage for children made up the most marginalized ethnic groups in Nepal, such as Chepang, Tamang, and Tharu. The Chepang and Tamang are made up of people who live in the mountains and survive in some of the most harsh conditions imaginable. They live on subsistence farming and often don't even have roads (only mountain trails) to their villages. All three ethnic groups do not even speak Nepalese but rather their ethnic group's language. However, the children in this orphanage are learning Nepalese. Most of the children in this school do not have any parents but some have family, but they are unable to care for them. The main income source of the community is agricultural farming— particularly rice. You will also experience and learn about the Hindu and Buddhist religions while there and get a chance to visit temples. The Chitwan Valley is world renown for it's beautiful wildlife and included in this experience will be a



one day trekking, canoeing, and jeep safari to see elephants, rhinos, crocodiles, birds, and if you are lucky a tiger sighting!

Currently the children do not have a court at their school or the surrounding area. They plan to use this court for tennis, volleyball, and basketball. Studies have shown that to have a direct impact on poverty girls/women need to be empowered, equipped, and educated. These studies have shown that if girls participate in sports they stay in school longer and delay motherhood till later allowing their family to have upward mobility. Courts for Kids has identified this project as something that will benefit both girls and boys in this community.

We are partnering with another non-profit called We Volunteer Nepal for this project. Courts for Kids has done one other project with this organization and had a great experience.

Courts for Kids and We Volunteer Nepal have been working closely with the community to plan all aspects of your visit. We will be staying in a community. The court will also be built at the school and will be used by the entire community. Many times it will be a place where the community will gather to dance and hold celebrations and ceremonies. We will work side-by-side with the locals and although it will be challenging there are jobs for everyone of every physical capacity. During the whole trip we will be fully immersed in the local culture eating authentic food, learning local traditions, customs, and way of life. It is important to note that this court will be built *with* the community not *for* the community. The community members are very motivated to make their court a reality and from the beginning, they have been the driving factor planning this project to see it come to fruition.

*More specific lodging, packing, and trip logistics will be provided as the departure date gets closer.

**Please note, the destination community is subject to change at the discretion of Courts for Kids in order to best meet the needs and safety of the volunteer group as well as the needs of the host community.



Trip Safety

Courts for Kids makes your safety our number one priority. Being in a safe, tight knit community with strong awareness and ownership of the project will provide local people who will be personally invested in the safety of the team. Courts for Kids also has safety protocols in place that include, but are not limited to:

- A **Courts for Kids representative will lead the group** while in the destination country.
- We always contract **private transportation** to pick up and return the group to the in-country airport.
- We have a **strict behavior and conduct policy** for all trip participants which promotes the safety and security of the group. All participants are required to attend a **mandatory training**.
- We have **secure transportation** available to medical facilities in the case of any injuries.
- We will have a **first aid kit** with the group at all times.
- We only drink **clean, potable water**.
- We work with community cooks to adhere to our **Safe Cooking Practices**.
- We monitor the **US State Department** travel warnings and make travel adjustments as deemed necessary.
- We require all volunteers to be disconnected for the entirety of the trip. No cell phones will be allowed once in country.
- **Insurance coverage** for all trip participants that includes evacuation with a medical escort in a worst case situation. Policy details can be provided upon request.
- A **Child Protection Policy** which includes background checks for all adults traveling in a group where minors are present.
- Courts for Kids may conduct a **behavioral background check** through a student's school and reserves the right to refuse a participant based on the information we receive.

Safety is a team effort and every trip participant is responsible for their behavior, must use common sense while traveling, and comply with Courts for Kids representatives and trip leaders at all times.

2023 COVID Policies

- Groups and participants agree to comply with any COVID-19 vaccine or testing requirements imposed by the destination country as well as the US State Department. This may require participants to show proof of vaccination or a negative COVID-19 test* if mandated by either the destination country or the US State Department. Courts for Kids will not impose any testing or vaccine requirements beyond those of the applicable governing authorities.
- As of June 2022, the US State Department no longer requires a negative COVID-19 test for reentry to the United States. In the event that this requirement is re-imposed in the future, Courts for Kids will be required to introduce additional measures to ensure trip participant safety and compliance with the testing requirement. These may include the necessity for COVID-19 trip insurance and a quarantine chaperone for each trip. Groups and participants acknowledge that this may require them to incur additional costs.
- CFK will consider travel to countries identified as "Level 4" by the U.S. Department of State, provided that such level is the result of possible COVID-19 concerns. CFK will not travel to countries identified as "Level 4" due to "crime or violent activity".
- Each participant will abide by the rules and recommendations of the destination country with regards to COVID-19 safety (e.g., in regard to mask wearing, social distancing, etc.), and community-specific measures. Participants will also abide by the latest recommendations for international travel issued by the Centers for Disease Control.

* If a participant tests positive and is unable to travel, there will be no refunds or credits given.

Funding Responsibilities

Everyone in your group will contribute to the total project costs.
Each participant will be required to fundraise/donate this amount:

\$3,150

100% of all donations are fully tax deductible

All funds raised are applied to court construction costs and the following group expenses:

- Round trip airfare (award points cannot be used)
- In-country costs (food, water, lodging, and transportation)
- Entrance/exit fees
- Emergency medical insurance
- Special activities– including a one day walking/canoeing/jeep safari to see elephants, rhinos, crocodiles, birds, and if you are lucky– a rare tiger sighting!
- Chaperone costs
- Court construction costs (in addition to your giving, the host community also contributes making this court a reality).

Does not include: passport, immunizations, travel to and from the US airport, food or incidental costs on layovers and delays, or spending money for souvenirs.

**All donations are non-refundable (unless the entire project is canceled by Courts for Kids, funds will be refunded less non-recoverable costs). If you raise/donate more than the above amount, you can choose to apply the excess to passport or immunization costs (must submit receipts), the court construction costs, sports equipment, toward the balance of another trip participant or towards Courts for Kids in general. You will not be eligible for any other refunds or reimbursements due to IRS regulations.*

Scholarship Opportunities

Courts for Kids is committed to providing opportunities for every student, regardless of income. If you are facing financial hardship and/or qualify for free/reduced lunch in the school district in which you live (regardless of what school you go to), we encourage you to apply to our program.

If awarded a Courts for Kids scholarship half of your trip costs will be covered and you will be expected to fund-raise the other half.

Information and Applications for Scholarships can be found on our website at:

<https://www.courtsforkids.org/scholarships/>

The participant must apply for a scholarship **within the first month** of registering for the trip.

A special thank you to all the Courts for Kids donors who have made this scholarship fund possible.

Trip Checklist

1. **Registration:** Students will submit completed applications to Mary Rink, the Ignatian Formation Director. The applications are due **October 26th**. After all applications have been reviewed, a minimum of 14 students and a maximum of 18 will be selected to attend the trip. Upon acceptance to the program a \$500 deposit is due to Courts for Kids within 2 weeks to secure your place on the trip. For additional information or questions, please contact Mary Rink at rinkm@bellarmineprep.org or 253-752-7701 x519.

2. **Passport:** Make sure you have a passport that will not expire before **October 17th, 2023** If you need a passport, go to the nearest post office for assistance. **In order to avoid the headache and stress, make sure you get your passport on time, do it ASAP.**

3. **Fundraising deadlines:**

- Deposit of \$500 within two weeks of acceptance on the trip
- 1st amount of \$850 by January 6th, 2023
- 2nd amount of \$850 by February 7th, 2023
- 3rd amount of \$950 by March 7th, 2023

** All donations are non-refundable. If the project is canceled by Courts for Kids, donations less unrecoverable costs will be refunded.*

3. **Vaccinations:** The recommended vaccinations for travel to Nepal according to the Center for Disease Control are the following (**keep in mind these are recommended, not required. Check with your local doctor and make the decision best for you**):

- Routine (DPT, MMR, Polio), flu, Hepatitis A and B, and COVID-19 —all travelers
- Typhoid—most travelers
- Cholera, Malaria, Japanese Encephalitis, and Rabies—some travelers

4. Parents Informational Session, via Zoom, is on **Tuesday, October 18th from 6:30-7:30 pm.**

Students must attend **mandatory** Courts for Kids pre-trip training on **Sunday, January 8th from 4-7 pm** at Bellarmine. Meeting is mandatory and not attending is giving up your spot.

Flight Itinerary

Qatar Airlines Flight Itinerary*

(Award points cannot be used)

Date	Fl. #	Airport	Dep.	Airport	Arrival
April 7th	0720	Seattle	5:10 pm	Doha	5:20 pm on the 8th
April 9th	0652	Doha	1:35 am	Kathmandu	8:05 am on the 9th
April 17th	0645	Kathmandu	11:20 pm	Doha	1:35 am on the 18th
April 18th	0719	Doha	7:55 am	Seattle	12:30 pm

*Flights and carrier are subject to change

Fundraising Help

Online Appeal

• **Personal Fundraising Page:** Upon registration, you will receive a personal fundraising page and an email with instructions on how to customize it. Come up with a list of friends and family members to send it to. Once somebody donates, it will show up immediately in your registration page.

•Facebook/Instagram Fundraisers:

- Anyone can create a fundraiser on Facebook or Instagram, including your family members; however, fundraisers must follow the rules outlined below. When fundraisers are created correctly, Courts for Kids will directly receive the funds you raise and we will credit 100% of the donations towards your trip fundraising responsibilities.

Rules for Fundraising on Facebook and Instagram

Fundraiser ‘titles’ (on Facebook) and the text of ‘donation stickers’ (on Instagram) MUST include the trip participant's first and last name or donations received through this fundraiser will NOT be able to be credited to your trip costs.

Examples:

- ACCEPTABLE:** *'John Smith's summer Xavier HS trip to Nicaragua fundraiser'* - Created by John Grandmother
- NOT ACCEPTABLE:** *'Fundraiser for my summer Xavier trip to Nicaragua'* - created by John Smith

Fundraisers must be created for Courts for Kids, not for yourself. When creating a fundraiser, choose Courts for Kids under the 'Nonprofit' section, do not choose the option to raise money for 'Yourself' or 'For a Friend.'

Support Letters

- Come up with a list of friends and family members who might support you on this trip. Don't rule people out too quickly. You will be very surprised at who will support you. Get their addresses.
- Type up a support letter for people to make a tax-deductible donation on your behalf (use the sample on the next page for an idea).
- Send the letter, pledge card and a return-addressed envelope (to your house) to everyone on your list.
IMPORTANT- Get this letter out ASAP to make sure you get your support raised in time.
- Make sure people give you checks made out to Courts for Kids. When you receive a check, make sure and send them a thank you card. Next send the check **and the response card** to Courts for Kids.

Other ideas

- If applicable, see if your home church, service club, or other organization will sponsor you.
- Do a game night, movie night, adult prom, Zumba-thon, Bunco party or another fun event and sell tickets.
- Solicit donations you can sell in a garage sale, silent auction, online auction, or raffle.
- Make a craft, shirt, or food item that you can sell.
- Some companies have donation matching programs and will match donations employees make to nonprofits such as Courts for Kids. You can check if a company has a donation matching program here:
<http://www.matchinggifts.com/search/rit>
- Be creative, go online– there are many fundraising ideas out there!

(IT IS BEST TO REWRITE THIS LETTER ADDING YOUR OWN WORDS TO GIVE IT A PERSONAL TOUCH. USE THE FOLLOWING AS A GUIDE)

Today's Date

Dear *(personalize it by adding their name here),*

I am excited to share with you about an upcoming service project in *{insert country}* this upcoming *{month of trip}* through Courts for Kids. I need to raise *{amount needed to raise}* in order to participate so I am asking friends and family members to consider helping out with a tax-deductible contribution.

We will travel to *{insert country}* and make our way to *{insert a couple sentences of community information from the site details page of the packet}*. This community applied to Courts for Kids for assistance in building a multi-use athletic court, which is where I come in. I want to help make this vision a reality for the community but need some help. I am raising money not only for travel costs but also for construction materials, as well.

Our primary project will be to build this court, but we will also take part in other service and cultural learning activities as well. Our primary purpose for going is to serve the local community, but also to grow and learn as we get out of our comfort zone. We will be staying in relatively primitive conditions within the community and will be eating the local food the entire time. This is definitely not a touristy trip, but I am excited for the change I am sure will happen in my life and the impact we can have.

{If you have the space, enter a personal story of why this trip is significant for you}

Would you consider supporting me as well as the local community in this project? I need to raise *{amount needed to raise}* for this trip to be possible. If you are interested, please make a check out to **Courts for Kids** and return it in the enclosed envelope. Could you please return this envelope as soon as possible in order to make sure I hand everything in with enough time to spare? Your donation is **tax-deductible** and **100%** of what you give will go directly to this trip.

Sincerely,

{Your signature and name}

- o Yes, I would like to support _____ on the Bellarmine Nepal project in the amount of:
- _____ \$500
 _____ \$200
 _____ \$100
 _____ \$50
 _____ \$25
 _____ other amount
- o Please write your email to the right if you want your donation receipt e-mailed to you to help us save costs and resources.

Please make your **tax-deductible** contribution out to **Courts for Kids**, and return using the return-addressed envelope as soon as possible.

Name _____
 Address _____

 City _____ State _____
 Zip Code _____
 Phone Number _____
 Email _____



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Questions?

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