

VOLUNTEER GUIDE 2025-26



double horizon

ENGLISH SCHOOL

by NK Seeds

ABOUT NK SEEDS



Mélissa Lansmant, a 20-year-old French-Swiss adventurer, founded the French non-profit association NK SEEDS in 2018 to provide basic education to children in Laos.

NK stands for the village of **Nong Khiaw** in northern Laos, where the association's activities began. SEEDS represents the acronyms of **Solidarity, Education, Environment, Development, Support**.

The mission is to develop sustainable initiatives to ensure quality education for the most vulnerable children, while improving their hygiene and nutritional conditions, and ensuring the overall well-being of the villages.

NK SEEDS IN NUMBERS

- **4 free English** schools serving over **300 children**
- **70 sponsored** schoolchildren and students
- **5 villages** now have **access to water**
- **7 Lao employees** and over **100 international volunteers**
- Over **2,000 people** received **free medical care**



+2000

free medical care

+300

English students

+70

sponsored children

OUR MISSIONS & VALUES



Why Laos?

20% of children in Laos do not complete primary school.

This is because primary education is not mandatory and free. In addition, access to education remains limited in some remote areas due to challenges such as poverty, geographical remoteness, gender inequality, infrastructure problems and constant i and has t

Why English?

The Lao economy is mainly based on agriculture, mining, manufacturing and tourism. Agriculture remains the mainstay of the economy and employs a large proportion of the population, but tourism is a booming sector in Laos, attracting more and more international visitors each year. The international language is English.



ABOUT VOLUNTEERING



Why volunteer with NK SEEDS?

Volunteering is a human experience that lets you put your skills to good use in a multicultural associative context. Being a volunteer means to give the best of yourself in a spirit of openness and respect!

Help the Laotian team

The majority of the NK SEEDS team is Laotian as we think Lao people have an active role to play in the development of their own country. It's also the best way to ensure the long-term future of our programs and actions in favor of children.

However, you are welcome to put your skills to work for the association. We offer various missions in different fields for which a good level of English is always an imperative, as well as time staying with us.

Admission requirements

- Be over 18 years old
- To be Independent
- Fluent English (read, spoken and written)
- Good health
- Impeccable interpersonal skills
- Must be available for a period of time



ABOUT VOLUNTEERING



About Double Horizon English School

Double Horizon English School is a free English school located on Done Deng Island, at the heart of the 4000 islands (Si Phan Don). This project was created in partnership with NK SEEDS and the association **Double Horizon**, a non-profit organization dedicated to supporting education : school construction, educational support, and cultural access for children in France and developing countries.

English classes are offered to local students five times a week, with around 100 students divided into 2 classes. The classes are taught by a local teacher, assisted by international volunteers. The program began on October 14, 2025.

Volunteers missions

Volunteers will participate in classes and assist the local English teacher five afternoons a week. In the mornings, volunteers are expected to independently prepare English lessons and tools, using the official curriculum and the Course Support Material as guides. **Although the head teacher, will join them every day at the school 10:00/11:30am for a debrief and feedback session,** he is unable to assist in the morning preparation due to his responsibilities as a public school teacher. Volunteers must, therefore, be self-sufficient in lesson planning. **The English classes take place from 3:45pm to 5:30pm,** with two different classes during this time. The teachers will provide guidance and support during these afternoon sessions.

ABOUT VOLUNTEERING



Weekends

On weekends volunteers will be free to enjoy Done Deng and the surrounding area (Don Det & Don Kon islands, Khone Phapheng Waterfall, Boat trip on the Mekong river...), and also enjoy the wild beaches of the Mekong river.

Accommodation & food

Volunteers participating in the Double Horizon English School project in Done Deng will be accommodated at Mee's homestay, located on the banks of the Mekong River, just at 15-minute from the public school where they will teach.

Meals will be provided at the hotel. Volunteers will receive **breakfast each mornings at 8:30am and dinner each day of the week at 7:30pm** . **Water is included with meals**, but other drinks such as soft drinks, shakes, cocktails, and beer will be at **your own expense**. Lunch remains the responsibility of the volunteers.

Note: the family do not speak english.

In case of any problem or specific situation, the volunteer may approach the Folie Lodge staff to inform them directly. It is also possible to contact Pavenna (see the contact sheet in the volunteer folder) for any assistance or follow-up.

ABOUT VOLUNTEERING



Folie Lodge

NK SEEDS benefits from a privileged partnership with the luxury hotel Folie Lodge, offering volunteers partial and supervised access to certain areas of the establishment.

- Volunteers are allowed to use the hotel's swimming pool until 3:00 p.m.
- It is strictly **forbidden to jump** into the pool.
- Sun loungers are reserved **exclusively for hotel guests** and must not be used under any circumstances.
- However, volunteers are permitted to sit on the right-hand terrace, which is dedicated to work or relaxation.
- After 3:00 p.m., volunteers may access the restaurant and terrace only as customers, meaning they must order food or drinks.
- Volunteers also benefit from a **50% discount** on massages offered by the hotel spa.

As Folie Lodge is a high-end establishment focused on calm and serenity, it is essential to maintain a **discreet and respectful** attitude at all times. Any excessive noise, inappropriate behavior, or breach of the rules will result in a **€250 fine** and may jeopardize the partnership between NK SEEDS and the hotel.

ABOUT VOLUNTEERING



Transportation

At Double Horizon, volunteers can either use the **bicycles** provided by the homestay or rent one at Folie Lodge for 1 USD per day.

The full tour of the island is about 10 kilometers. One of the main advantages of staying at Mee Hostel is that everything is **within walking distance** — the restaurant is just across the street, the school and Folie Lodge are about 15 minutes away, and the beach is only a 2-minute walk.

Fees

We kindly ask **all volunteers to contribute a 20€ membership fee** to join the NK SEEDS association.

A **week fee of 70€ (1,750,000 kip)** will be required from the volunteers. This amount includes the services mentioned in the previous points. Volunteers will pay the fees for their stay **directly to the homestay on the last day..** Volunteers can pay in cash (LAK). The exchange rate applied will be 1 euro = 25,000 kips. Ex : 2 weeks stay = 140 euros (3'500.000 kip)

ABOUT VOLUNTEERING



Workspace and Teaching Materials

A workspace including a desk, Wi-Fi connection, and a computer will be provided at the school for volunteers to prepare their English lessons. Teaching tools and a stock of paper, pens, and other supplies needed for the proper functioning of the school (laminator, printer, etc.) are also available.

An additional laptop is available at the homestay; volunteers can request it from the staff if needed. The To-Do List is already installed on this device. A shared database on Google Drive is accessible from the volunteers' computers. It includes the Logbook, Tools, Lesson Plans, and more.

Volunteers are asked to check their To-Do List upon arrival to ensure their missions and tasks are clear.

Here is the location of the school : [Click here](#)

ABOUT VOLUNTEERING



Supporting Teachers

Teachers are the **main leaders**, and volunteers are there solely to **assist** him. During the day, our teachers are at the public school so it will be up to the volunteers to **take initiative and be proactive in proposing activities and lessons**.

The day before, the teacher will discuss the next day's program with the volunteers to help them prepare and plan ahead. **The session will then be co-constructed during the morning meeting from 10:00 to 11:30.**

Our teachers are quite shy and sometimes lack confidence, so it is essential to give them the space they need to feel comfortable in their role as the lead teachers. Encouraging them and giving them compliments will help boost their confidence and create a better teaching environment.

ABOUT VOLUNTEERING



Sunday Arrival & Welcome

Arrival takes place on Sunday. A tuk-tuk can be arranged by the association at the volunteer's expense to Champassak (approximately 500,000–600,000 kip). Once in Champasak, a boat will be reserved and covered by the association to bring the volunteer to Done Deng Island. Upon arrival, the volunteer will be welcomed at Folie Lodge by the staff and will be sent by tok-tok to the homestay. Saturday and Sunday are off, allowing the volunteer to settle in, relax, and explore the surroundings.

On **Monday** morning at **10:00 AM.**, volunteers should meet at the school, where the teachers will give them a tour of the facilities. After this introduction, the volunteer will begin their week of activities.

ABOUT VOLUNTEERING



Evening English Lessons with the Hotel Staff

As part of the collaboration between NK SEEDS and the luxury hotel Folie Lodge, daily English lessons organized and led by the volunteer will be offered to the hotel staff. These sessions aim to help employees improve their English communication skills, particularly in the context of hospitality, customer service, and guest relations.

The lessons will take place directly at the hotel, following the schedule below:

- 13:15 – 14:00 → Beginner level (Starting)
- 14:00 – 14:45 → Beginners level (A1)

Each volunteer will therefore lead 1 hour and 30 minutes of classes per day. The teaching approach should be interactive, practical, and adapted to the staff's professional needs.

Volunteers are encouraged to focus on useful English for hotel work, including welcoming guests, handling bookings, giving directions, and communicating politely with international clients.

ABOUT VOLUNTEERING



Communication

Volunteers use WhatsApp to communicate with the Lao teacher and the hotel staff. A complete list of contacts will be provided to the volunteers.

ATM

There is NO ATM or SIM card shop on Done Deng Island, so it is important to take care of these needs beforehand in Pakse or Champasak. At Folie Lodge, it is possible to pay by VISA card, but volunteers should bring enough cash for all other personal expenses during their stay.

Wifi

Wi-Fi is available at Folie Lodge and at the school, where the volunteer will be working. There is no internet connection in the hostel, so volunteers are invited to make use of the Wi-Fi in these two locations. In case of an emergency, it is possible to get signal and use mobile data just one minute away on foot.

A laptop is available for the volunteer's use. It can be used freely, but please handle it with care and always use the backpack provided to protect it when carrying it around.

TIPS FOR VOLUNTEERS!



Teaching in Laos is an incredible experience, but it's important to understand and adapt to the local culture. Here are some key things to keep in mind:

1. Cultural Differences – Don't Misinterpret Behavior

Lao culture and education are different from what you might be used to. Some behaviors may seem unusual, but they are not signs of rudeness or disinterest. It's essential to observe, adapt, and avoid quick judgments.

2. Time & Flexibility – Go with the Flow

Schedules in Laos are more relaxed. It's common for people to arrive late or for plans to change last minute. Try not to get frustrated—things are just more laid-back here. The key is to stay flexible and go with the rhythm of local life.

3. Shyness – Building Trust Takes Time

Lao children are often very shy at first. They might avoid eye contact, step back when a volunteer approaches, or hesitate to speak. This is completely normal, and it takes time for them to feel comfortable. Be patient, smile often, and create a safe and encouraging environment for them.

4. Respect & Hierarchy in the Classroom

In Laos, teachers are highly respected, and students may not engage in the same way as in Western classrooms. They might be hesitant to ask questions or express opinions openly. Encourage participation gently without forcing them.



TIPS FOR VOLUNTEERS!



5. Teaching Style – Keep It Fun & Interactive

Many Lao students are used to rote learning (repeating and memorizing), so interactive methods like games, songs, and role-playing can make lessons more engaging. Visual aids and gestures also help since some students might have limited English vocabulary.

6. Non-Confrontation – Stay Calm & Positive

Lao culture values harmony, and direct confrontation is avoided. If an issue arises, address it calmly and respectfully rather than showing frustration or raising your voice. A gentle approach always works best.

7. Dress Modestly & Respectfully

Laos is a conservative country, especially in rural areas. Volunteers should dress modestly—covering shoulders and knees is recommended, especially when teaching.

8. Be Open to Learning

While you are there to teach, you will also learn a lot from your students and the local culture. Approach this experience with curiosity, humility, and an open mind.



ABOUT VOLUNTEERING



Arrival and departure days

The **arrival** day is **Sunday before 2pm**, and the **departure day** is **Saturday**.

The hotel managers, our local teachers, will be informed in advance of the volunteer's arrival. Likewise, they will ensure the smooth departure of volunteers on Saturday.

How to get to Done Deng

Coming from Bangkok, you can either fly, take a train or a long distance bus to Ubon Ratchathani. From there, you will need to take another bus to Pakse. We recommend paying your Lao visa with USD (~\$40 at the time of writing). Remember to bring a passport photo with you. **Please note that e-visas are not accepted for entry via land transport.**

Pakse has different types of accommodation available. Two places that know about our association are Sanga Hostel and Residence Sisouk.

To travel from Pakse to Done Deng:

From Pakse, you can take a minivan / tuktuk to Champasak (around 40 minutes, approximately 500,000–600,000 kip). You can ask your hotel to arrange the ticket for you. Once in Champasak, a boat will be reserved by the association (free of charge) to bring you to Done Deng Island. The boat ride takes about 10–15 minutes and offers a beautiful view of the Mekong River.

Upon arrival on the island, you will be welcomed at Folie Lodge by Sam and Alon, who will take you by tuk-tuk to the hostel.

The total journey from Pakse to Done Deng takes around 1 hour and 30 minutes in total.

ABOUT VOLUNTEERING



Autonomy and Initiative: Key Requirements for Volunteers

One of the key requirements for volunteering with us is the ability to be autonomous. Muang Khong is a remote island with few tourists and limited activities. We need volunteers who can manage their free time independently and take initiative in planning and organizing lessons to best support the local teachers.

Insurance and Liability

Volunteers are fully responsible for obtaining insurance covering accidents, health, repatriation, and civil liability for the entire duration of their stay. In the event of an accident or medical issue, NK SEEDS and Kongmany Hotel decline all responsibility.

Respect for Rules and Conflicts

Volunteers commit to follow the instructions provided by Sonia, Phet and Davanh, as well as the NK SEEDS charter, which they will have signed before arriving on the island. In case of any breach of these rules, our local team reserves the right to ask one or more volunteers to leave the accommodation immediately, with no right to refund or compensation. NK SEEDS will support the family, the teacher and the hotel staff in their decision.

WEEKLY PLANNING



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Place |
|---------------|---|---|---|---|---|------------------|
| 9 - 9:45 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Mee Restaurant |
| 10 - 11:30 | Meeting teachers Lesson preparations | Secondary School |
| 11:30 - 15:30 | Lunch, Free time | Folie Lodge |
| 15:30 - 17:30 | English Classes | Secondary School |
| 17:30 - 19:30 | Free time | |
| 19:30 | Dinner | Dinner | Dinner | Dinner | Dinner | Mee Restaurant |

Public holiday in Laos (no teaching during these days)

17 Oct: Ok Phansa (End of Buddhist Lent Day)

18 Oct : Lao Boat Racing Festival

2 Dec: Lao National Day

1 Jan: New Year's Day

10 Mar: Women's Day

14-18 Apr: Pii Mai Lao

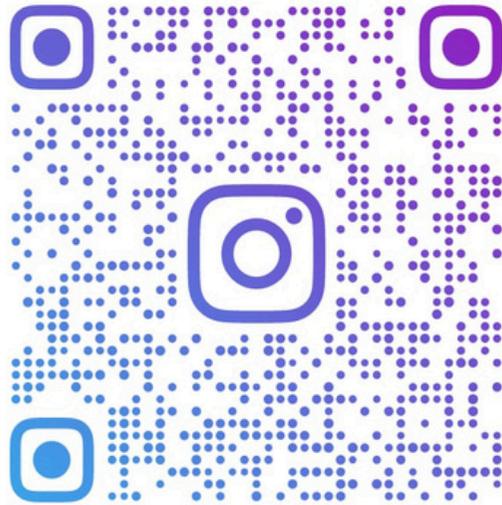
1 May: Labour Day

2 June: Children's Day

School holidays

Due to the official school holidays, our school is closed in June, July and August.

FOLLOW US!



NKSEEDS



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