

VOLUNTEER GUIDE 2024



ABOUT NK SEEDS



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

In 2019, NK SEEDS opens its first **free English school** in Nong Khiaw, teaching more than **150 students** and offering them better job opportunities in the booming tourism sector in Laos.

In 2022, NK SEEDS opens two child and student **sponsorship programmes** in Luang Prabang and Muang Xone, currently **supporting over 60 underprivileged children** in their studies and vocational projects.

In 2023, NK SEEDS is committed to working with local **communities on development** projects such as **building toilets** and **school canteens** in primary and secondary schools. In addition, the association is involved to key environmental initiatives such as **irrigation of drinking water** in remote villages and **plastic recycling**.

By the end of 2023, a **second free English school** opens in the town of Muang Xone.

In 2024, the association plans to expand its projects and establish the NK SEEDS association in Switzerland.



+1000

families supported

+200

English students

+60

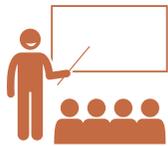
sponsored children

OUR ACTIONS IN LAOS



NK English Corner

Classes are held 3 afternoons a week at the Nong Khiaw Public School, where around a hundred Lao students and foreigners from all over the world come together to communicate in English. Classes are taught by a local teacher and international volunteers.



My Dream English School

A free English school in Muang Xone Public School, open every weekday evening with a total of 4 classes and over 100 students. The aim is to teach English to disadvantaged children in the district. The classes are taught by local teachers.



Sponsorship

Project to sponsor children and students to finance their schools/studies and improve their living conditions. To date we sponsor more than 50 children and 10 students in the provinces of Luang Prabang, Oudomxai and Muang Xone.



OUR ACTIONS IN LAOS



Community Project Developments



NK SEEDS finances community project developments such as water irrigation in remote villages, lavatory facilities construction and school renovations. We organize for the distribution of supplies, food, clothing, and household equipment.

Plastic recycling



NK SEEDS recycles plastic bottle caps and repurposes them. By melting down each piece of plastic, we then have the ability to transform them into things such as key rings, school rulers, combs and rings.

Paper recycling



We recycle the paper used in our classrooms and turn it into envelopes and letterheads.



ABOUT VOLUNTEERING IN NONG KHIAW



Why volunteer with NK SEEDS?

Volunteering is a unique and humain 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 Laotians 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 field 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
- Fluent English (read, spoken and written)
- Good health
- Impeccable interpersonal skills
- Must be available for a periode of time



ABOUT VOLUNTEERING IN NONG KHIAW



About NK English Corner

NK English Corner is **free English School** based in Nong Khiaw, 3 hours bus from Luang Prabang.

Our school is an **open classroom** where **students and foreigners can meet to exchange in English**. The English Corner (open class) takes place on **Monday, Wednesday and Friday from 4.30 pm to 6:30pm**. Our students are aged from 6 to 18 years old from beginner level to intermediate.

Volunteers missions

Volunteers will **participate in classes and assist the local English teacher only 3 afternoons a week**.

On days when there are no classes (Tuesday, Thursday, Saturday, Sunday) volunteers will be **free to enjoy Nong Khiaw** and the surrounding area or to **participate in other activities** that the association offers such as **plastic collection, plastic and paper recycling, cleaning etc**. Sometimes, we also go in **missions to distribute equipment** in nearby villages.

WEEKLY PLANNING



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
9:00	New volunteer's introduction meeting			Possible extra missions (visiting villages etc.)		Possible extra tasks (maintenance, creating products etc.) OR Free day for group activities (hiking, kayaking, cooking etc.)	Free Day
9:30	Lessons and activities preparation	Plastic and paper recycling	Lessons and activities preparation	OR Maintenance of the site (cleaning, construction etc.)	Activities and games preparation		
10:30	Plastic and paper recycling	OR Free time	Plastic and paper recycling		Plastic and paper recycling		
12:30	Free Time	Bottle cap collecting	Free Time	Free Time	Free Time		
16:10	Meet at the site to walk to class	OR Free time	Meet at the site to walk to class		Meet at the site to walk to class		
16:30 - 19:00	English classes	Free Time	English classes		Activities and games with kids		
Evening	Free Time		Free Time	Free Time			

TAKE PART IN OTHER ACTIONS



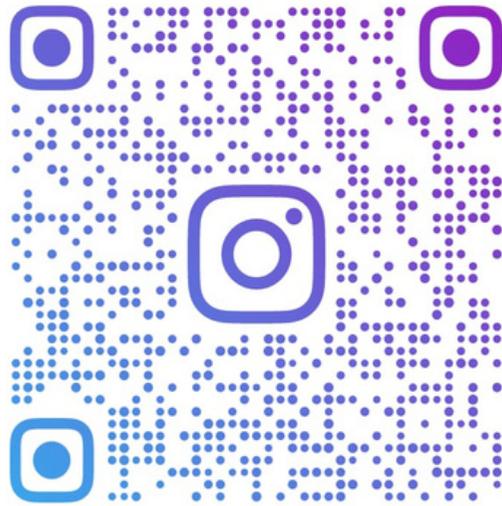
YOU can make a direct impact by taking part in one of our projects.

- ★ **Create a crowdfunding:** create an online pot and get your network involved to help us finance our actions!
- ★ **Sponsor a child:** support a child in his or her schooling and daily life in Laos.
- ★ **Fund a project:** make a financial contribution to a specific project. e.g. building a school canteen

**FLASH THE QR CODE TO
TAKE PART IN A PROJECT !**



FOLLOW US!



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