

VOLUNTEER GUIDE 2026-27



double horizon

ENGLISH SCHOOL

by NK Seeds

ABOUT NK SEEDS



Méliッサ Lansmant, a young 20-year-old Franco-Swiss traveler, founded the non-profit association NK Seeds in 2018 **to offer Lao children access to quality education through free English classes.**

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.**

Since 2022, NK SEEDS has expanded its mission by launching a student sponsorship program, helping Lao youth access school and professional opportunities. Simultaneously, the association launched clean water access projects in isolated villages, as well as medical outreach initiatives for vulnerable communities.



NK SEEDS IN NUMBERS

- 4 free English schools serving over 200 children
- 44 sponsored students
- 6 villages now have access to water
- 12 Lao employees and over 100 international volunteers
- 3 medical missions and over 6,000 people have received free medical care.

+6000

free medical care

+200

English students

+44

sponsored students

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



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About Double Horizon English School

Double Horizon English School is a free English school located on Don Daeng Island, in Champassak Province. 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 50 students divided into 2 classes. The classes are taught by two local teachers, assisted by international volunteers. The program began on October 14, 2025.

Volunteers missions

Volunteers will participate in classes and assist the local English teachers five afternoons a week. In the mornings, volunteers are expected to meet the teachers **at 10:00 am** in order to share a work time. Indeed, while the teachers are creating the lessons of the day, you are responsible of creating activities for this following lesson in co-construction with the teachers. Volunteers must be self-sufficient in activity planning, during which you have to write what activity you have created and which will be organized. **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. When hotel staff available, Volunteers will provide English introduction courses from 2:00pm to 3:00pm based on the M1 program with added hotel and restaurants vocabulary. It will be more an exchange language group than an english course ; an opportunity to practice your lao language skills.

On Friday afternoons, there are no classes but games' times. You are expected to go to the school on Friday morning to plan these games with the teachers and come back as usual, at 3:45pm to organize them with the teachers.



ABOUT VOLUNTEERING



About our school and our wonderful teachers

Phoukhanh and **Phaymani** are the **heart** of the English program at Don Daeng School. They have thrown themselves into this project because they genuinely want their students to evolve and find work to support their studies. It is important to realize that they are incredibly hardworking individuals who, on top of our classes, are teachers elsewhere and hold extra jobs on the weekends.

You may notice that communication can be a bit slow at times, which is often both a result of shyness and difficulties with English speaking. We ask that you **remain patient**, avoid getting annoyed, and really **take the time** to build a relationship with them. Please respect the classroom hierarchy by letting them lead the course and manage the students while you focus on setting up the activities, unless, of course, they specifically ask you to take part or handle a task.

As the days go by, the connection will naturally become more fluid, making work easier and giving you the chance to get to know these wonderful people.

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.

A shared database on Google Drive is accessible on the computer. It includes the Logbook, Tools, Activity Plan, and more.

Volunteers are asked to check the Drive and the Volunteers file upon arrival to ensure their missions and tasks are clear. You are kindly encouraged to visit and read the files in the drive :

English School by NK SEEDS

Volunteers will update ,improve, add all valuable informations in the folders.

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

ABOUT VOLUNTEERING



Weekends

On weekends volunteers will be free to enjoy Don Daeng and the surrounding area (Wat Phu, Champassak, the Bolovens...), and also enjoy the wild beaches of the Mekong river.

Accommodation & food

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

Meals will be provided at the homestay. Volunteers will receive **breakfast each mornings at 8:00am and dinner each day of the week from 6:30pm. 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. A lao-english vocabulary book is available in the Google Drive (in the Volunteers file → 1a).

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 Pavina (see the contact sheet in the volunteer folder) for any assistance or follow-up.

ABOUT VOLUNTEERING



Transportation

At Double Horizon, volunteers can rent one bicycle 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 Mr Vieng Homestay 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 30€ 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)

ps: exchanges rates can be modified due to inflation

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 for free from 10:30am to 11:30am. Otherwise, volunteers have to pay 10\$ to use it. Restrictions can happen depending on the number of clients at the hotel.
- Sun loungers are reserved **exclusively for hotel guests** and must not be used under any circumstances.
- After 3:00 p.m., volunteers may access the restaurant and terrace only as customers.
- 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 may jeopardize the partnership between NK SEEDS and the hotel.



ABOUT VOLUNTEERING



Arrival and departure days

The **arrival** day is on **Sunday** and the **departure** on **Saturday**.

The homestay owners, our local teachers and La Folie Lodge will be informed in advance of the volunteer's arrival.

HOW to get to Don Daeng from Pakse

- Travel arrangement can be made by Hotel Sanga reception desk or others hotels in Pakse. (no price info)
- Taxi ,using Green SM application .
- local bus at Songthaew Bus Station to Champassak (50 000-60 000 kips) from 9am to 11am.
- local transportation at thalat DAO huang (main market)

On arrival at Champassak, go to the Folie Lodge Hotel boat pier, contact La Folie Lodge to organize boat transfer

On arrival: Champassak Pier. Contact:	La Folie Lodge	+856 20 55 532 004 (Whatsapp)
In case of unsuccessful call	Teacher Phoukhanh	+856 20 78 851 636 (Whatsapp)
At the latest...	Pavina	+856 20 52 396 698 (Whatsapp)

ABOUT VOLUNTEERING



HOW to get to Pakse or other destinations from Don Daeng

- Boat transfer to be arranged with La Folie Lodge reception desk.(usually boat is shared with hotel customers, free of charge)
- tickets and information to Pakse or other destinations should be available at KHAMPHOUY Guest House
- if you want to live the Lao way of life ...local transportation is available without hotel intermediary
 - Songtheaw (small local bus)between 06:30 and 07:15 in front of SOUCHITRA Riverside Guest house,
Hail the driver ,no reservation.
 - Van on main Road 14A to DAO Huang market (price approx 60000kip) around 09:00 signal to bus driver.
 - tuk tuk can always be booked in Champassak via Hotel staff or Guest houses.Schedules and prices are indicative.

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 Don Daeng Island, so it is important to take care of these needs beforehand in Pakse or Champassak. 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 homestays, 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.

WEEKLY PLANNING



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Place
08:00 09:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Homestay Mr Vieng
10:00 11:30	Meeting teachers Lessons preparation	Meeting teachers Lessons preparation	Meeting teachers Lessons preparation	Meeting teachers Lessons preparation	Meeting teachers Lessons preparation	Secondary school
11:30 13:15	Lunch	Lunch	Lunch	Lunch	Lunch	Mee restaurant
14:00 15:00	La Folie Lodge staff training	La Folie Lodge staff training	La Folie Lodge staff training	La Folie Lodge staff training	La Folie Lodge staff training	La Folie Lodge
15:45 17:30	English classes	English classes	English classes	English classes	English classes	Secondary school
19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Homestay Mr Vieng

Time schedule is given as a guide and may vary.

School holidays

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

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

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



Autonomy and Initiative: Key Requirements for Volunteers

One of the key requirements for volunteering with us is the ability to be autonomous. Don Daeng 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.

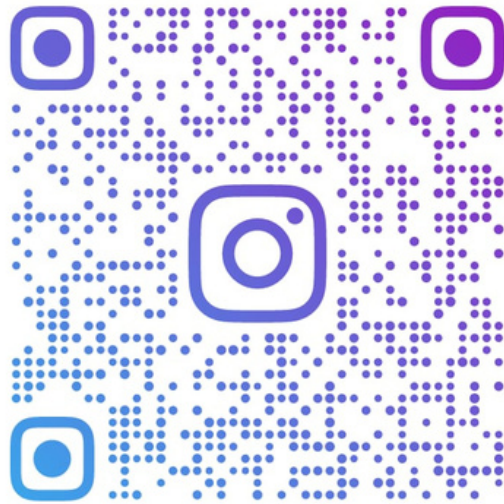
Insurance and Liability

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 decline all responsibility.

Respect for Rules and Conflicts

Volunteers commit to follow the instructions provided by NK SEEDS representative and the teachers 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 teachers and owners of the homestays in their decision.

FOLLOW US!



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