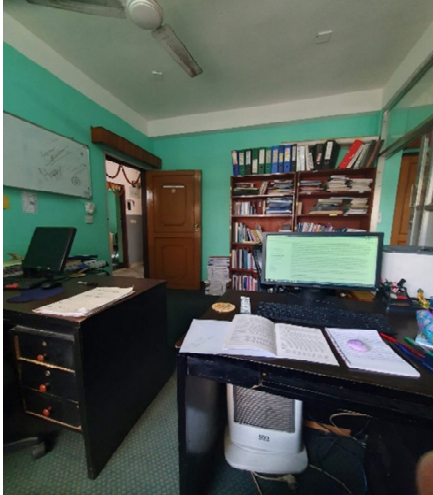


Experience Report



My Office



Refugee Camp



Collecting tin sheets



Me after Holi celebrations

STUDENT DETAILS

University department / faculty:

Social studies

Field of study:

International Social Sciences

Home university:

Otto-von-Guericke-Universität Magdeburg

Nationality:

Irish

Duration of traineeship (*from ...to...*):

1st March to 15th May 2024

TRAINEESHIP INSTITUTION

Country:

Nepal

Name of traineeship institution:

International Institute for Human Rights, Environment and Development

Web page:

<https://inhuredinternational.org/>

Address:

KUPONDOLE, LALITPUR-10, NEPAL

EXPERIENCE REPORT (approx. 3 pages + more photos if applicable)

1) Traineeship institution

Please give a brief description of your host traineeship institution.

International Institute for Human Rights, Environment and Development (INHURED) is a Non-Governmental human rights Organisation founded in 1990. This organisation was established soon after the fall of the oppressive royal regime and the return of democracy in Nepal. INHURED fought against the partyless system to protect human rights. Since this organisation began, they have been safeguarding and advocating for human rights in many domestic and international areas.

INHURED's mission is to promote human rights for all, primarily focusing on the vulnerable population, such as the forced migrants and internally displaced people (IDP) in the country. INHURED works in international human rights and humanitarian law violations to have effective rights for the vulnerable in the country who have such a difficult life.

2) Searching for a traineeship

How did you find your traineeship? Are there any recommendable links or other helpful tips you would like to share?

Speaking to a teacher before looking for places, she recommended that I would go to either Africa or Asia for a better experience. Having been to Nepal before and loving my experience, I was excited about returning to this beautiful country. I began searching for a possible traineeship in Nepal by looking at the organisations I knew. Unfortunately, none of these organisations could take me on the dates I was available. However, I was lucky enough to have a fellow student from Nepal help me search for an internship. He was available to show me and put me in contact with other organisations that I wouldn't have heard of as they work in Nepal.

My tip to students searching for traineeships is that it's very important when searching for an internship to think of all the contacts you have. Something as small as a fellow student allowed me to get my internship in a country where I did not have many contacts in the sector.

3) Preparation

How did you prepare for your traineeship in terms of language, intercultural, professional and organisational aspects? Are there any recommendable links or other helpful tips you would like to share?

Unfortunately, I did not get much time to prepare for my internship due to the short space of time between finishing my third university semester and flying off to Nepal. However, having been in the country before, I was very familiar with the country's culture.

In the professional preparation, my university helped with this aspect. We had a module on the internship colloquium. This module covered different topics, such as forming a C.V. and a motivation letter for a job. We also got a chance to speak to other students who recently finished their internships. What I missed from the college was looking for some ideas of where previous students went as I found it very difficult to think of what organization to go to.

4) Accommodation

How did you find your accommodation? Are there any recommendable links or other helpful tips you would like to share?

With the help of my fellow Nepali student, I searched for accommodation near my internship due to the sub-standard public transport in the area. Looking at different available accommodations, along with the price and distance from the internship, I found a suitable place on Airbnb that was only a twenty-minute walk away. After a few weeks, I knew how to get to the internship without using Google Maps.

5) **Traineeship**

Please describe the tasks and / or the projects carried out during your traineeship. In which way were you mentored and integrated? How were the working conditions? Did you have especially positive or negative experiences?

Going to Nepal, I was expecting a lot from this Internship, especially with field work. During my time with INHURED, I was involved in the commencement of two projects, along with one major task assigned to me. These two projects were mainly to do with advocacy and human rights. The first project was a project called Human Rights Lifeline. This project was aimed at aiding people who have had their human rights violated. This project is important for the most vulnerable in Nepali society such as refugees who are not being listened to. The other project was a legal review of the refugee laws in Nepal in the hope they could be changed. I was involved in the consultation meetings with different people who have the power to change these laws, including members of parliament. Nepal lacks a national refugee law and is not a party to the Refugee Convention 1951; it is under no obligation to follow procedures stipulated by the international instrument concerning refugees. As a result of this, refugees have a hard time in Nepal. Even lately, you see that a Bhutanese refugee scam occurred in Nepal. In this scam, Bhutanese refugees hoping to go to the U.S. were scammed by high-ranking politicians. This event goes to show how important these two projects are.

The other task I was given was to fundraise money for a group of refugees who came from Myanmar. These refugees resided in Nepal since 2012, with the government of Nepal deeming them as 'illegal immigrants'. This status means they have no right to work or travel, along with many other constraints. These legal limitations do not allow the Rohingya community to fend for themselves. Rohingya families at the Sunakoti camp in Kathmandu currently required support. The funds raised went towards the raw materials (particularly tin sheets) needed to build makeshift homes. The bamboo had already been purchased and erected for this build, but tin sheets needed to be purchased to finish the homes. My original goal was 500 euros, but I achieved more than 700 thanks to all the donations I received from donors on Gofundme. This money did so much for the refugees, and INHURED got the tin sheets and some food for the camp.

My organisation was very easygoing and trusted me to do the tasks I was given each day. The negative experience I had with this organisation was the difficulty of the language. When we had staff meetings or consultations, I found it tedious to be there as I did not know what was happening. I sometimes got help from my colleagues to translate but only sometimes. However, my exceptionally positive experience was the exceptional help I got with my data collection for my thesis, along with my overnight trip the organisation took together. This is the first time I have experienced something like this in my previous jobs. I am grateful that I and my colleagues all became a family and cared for each other. I enjoyed working with this organisation and was very sad to leave everybody, and it will take me a while to get used to living back in Europe.

6) **Acquired qualifications**

Which qualifications and skills could you acquire or improve during your traineeship?

Like any country you go to, you must know how to communicate better with people, especially if English is not their first language. Knowing every language in the world would be impossible, but it could have given me more of a starting point if I knew more of the Nepali language. I did learn some of the languages while in the country, but studying in Germany (also trying to learn that language) confused me between the languages at the beginning as I was so used to one language more than the other.

The other skill I could improve is team integration; I found this difficult due to the language barrier. Even though the team members did speak English and spoke it while talking to me, they would speak Nepali to each other, and I would need help during these conversations and would have to ask someone about the conversation afterwards.

7) **Green Travel**

If you travelled sustainably: Which transportation did you choose? Are there any recommendable links or other helpful tips?

I did not use Green Travel; it is a hard task in Nepal, considering it is such an air-polluted area. However, I did travel sustainably if you count my walk to and from my internship, which was a twenty-minute walk each way.

8) Country-specific features

Are there any specific traineeship regulations in the target country that affected you as an Erasmus trainee (e.g. France: housing allowance, convention de stage)? If yes, which ones? Are there any recommendable links or other helpful tips you would like to share?

I did not have any country-specific regulations in Nepal that affected my Erasmus Internship.

9) Visa, residence and work permit (only for international students)

Which prearrangements had to be made in terms of visa, residence and work permit? Are there any recommendable links or other helpful tips you would like to share?

I easily got into Nepal; having an Irish passport, I could get a visa on arrival. I know for other nationalities would have to get a visa before coming. The visa process has changed from the last time I was there in 2017, as I had to send my passport to the Nepal embassy in the UK to get a visa.

10) Other

Is there anything else you want to let other students know?

Nepal is such a beautiful country. Although some people might only see the negative sides of the country, you must stay positive. During my time in this country, I had the opportunity to experience many festivals there. One of these was Holi. Holi is a Hindu festival celebrated as the festival of colours and the beginning of spring. These festivals or holidays were also an important part of my time there as I got to know the country's culture more, and my colleagues got to know Ireland's culture more when we celebrated Saint Patricks Day.

11) Conclusion

What is the conclusion drawn after your traineeship experience abroad?

It has been an amazing experience abroad, and you can learn so much abroad. Even while travelling, I'd always look out the window as there would always be new sights as the area is so new. It has been such a pleasure to have the opportunity to go to Nepal and meet such lovely people and learn so much, along with making friends and contacts for life.

Declaration of consent

I hereby agree to the publication of this report on the website of the Leonardo Office Saxony-Anhalt.

I assure that the photos used in this report do not violate the rights of other persons or companies (personal rights, copyrights etc.).

Please send this report by email to erasmus-praktika@ovgu.de!
Acceptable file formats: [.doc], [.docx], [.rtf], [.odt].