



Health Outreach Program



📍 Nepal - Kathmandu

Increase awareness of best practices for a healthier lifestyle in the community to promote physical and mental wellbeing.

Join our efforts to help educate school children and adults on personal hygiene, health and sanitation, first aid, and impart knowledge on various important health-related topics. Encourage practising a healthier lifestyle which would help them to reach their fullest potentials which is also a key factor for a happy life.

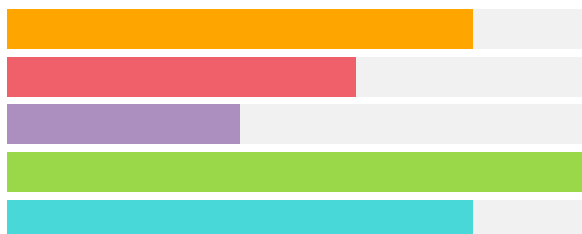
Culture

Learning

Leisure

Community Engagement

Physical Demand



Program Description

In a developing country like Nepal, Health Education is highly important because it helps in increasing the health and wellbeing of the people which is vital for the development of the country.

The main objective of the Health outreach program is to educate and provide knowledge and skills to promote wellbeing. It motivates students to improve and maintain their health, prevent disease, and change unhealthy lifestyles behaviours. Health education curricula and instruction help students learn skills they will use to make healthy choices throughout their lifetime.

In this program, your work will involve Schools, Monasteries, Kindergarten and Women Empowerment where you will conduct healthcare awareness sessions to teach about sanitation/hygiene, bodily health and more.

You will be teaching on general healthcare education to the students, teachers and community members on the Hygiene, Health and Sanitation First Aid, and other sector-related on Health.

Your teaching will help them to live a healthy life and also awareness of first aid which may help save a life in an emergency.

We encourage you to prepare work and lessons before their classes. Some of the topics in the classes may include,

- Sanitation/Hygiene (handwashing, brushing)
- First Aid
- CPR
- Food Cycle

Keep in mind that you will be teaching in Schools, Monasteries, Kindergartens and Women Empowerment so you will need to be creative in creating lessons to convey your message to your audience who come from different backgrounds and age groups with different learning capacities. You are free to use different methods to teach.

Program Duration & Availability

Min duration (weeks): 1

Aims & Objectives

To increase awareness of health education in schools, monasteries and community groups.

Schedule

Monday to Friday

- You can expect to work from 10:00 - 16:00, with a 1-hour lunch break.
- You will be joining the program in different Schools, Monasteries Kindergartens and women empowerment as per requirements and program plan.
- Your tasks and activities will vary based on your skill levels and experience. You can discuss with your coordinator about the tasks and activities you are going to execute during the week.

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

This program starts every week.

Participant Criteria & Requirements

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|--------------------------------|---|
| Minimum age: | 18 |
| Maximum age: | 65 |
| Minimum English level: | Intermediate |
| CRB required: | On Signup |
| Passport copy required: | On Signup |
| Resume copy required: | On Signup |
| Required qualification: | Academic qualification in healthcare or related field |

Additional Requirements

Participants below 18 require parental consent and participants above 65 require medical clearance.

Additional Equipment

- Casual dress is appropriate during your time at the school. However, no-see through clothes or low cut tops are permitted.
- It's a good idea to bring Sphygmomanometer, Glucometer, Posters, Pictures and the things related to Health awareness Program.