

## Ama Ghar Visitor/Guest Criteria and Policy

7.30.2013

House Phone Number 5561066 (with mobile add 01 in front)  
Bonnie's Email: [Bonniefromamaghar@gmail.com](mailto:Bonniefromamaghar@gmail.com) or [info@ama-foundation.org](mailto:info@ama-foundation.org)

**When you arrive at the airport you can get a "Tourist" Visa. You are a "tourist" not a volunteer. Be sure that the Visa covers the time of your stay. Visas are given for 15, 30, or 90 days. Taxi from the airport to Ama Ghar is about 2,000 NPR (\$20 USD) Taxi to the airport from Ama Ghar is the same.**

**Ama Ghar can arrange a Taxi for pick-up BUT cannot pay the Taxi.**

**Types of Visitors:** (Day Visitors or Guests visiting at Ama Ghar)  
Local students/supporters/Advisors and Board Members  
International donors, Ama Foundation Board Members and family.  
International students (must be 18 years of age), International travelers

**Location:** We are located 18K southeast of Kathmandu. We have public transportation that runs from 5 AM - 7 PM into the city.

**Accommodations:** We have a 3 bedroom apartment (6 single beds) a 8 -10 minute walk from Ama Ghar and 5 minutes from the main road. There is a bathroom and kitchen with a hot plate for coffee, tea, heating water etc. There is no working refrigerator. No hot water.

**If you are the only scheduled visitor you will be alone in the apartment and need to walk alone. There is a nice Nepali family living upstairs and other homes nearby.**

Walking to and from the apartment requires some form of **torch/flashlight** as there is no other light source but the moon. **Also bring extra batteries as local batteries aren't very good quality.**

**Food:** You can eat 2 meals and a snack at Ama Ghar. **Nepali food is rice, lentils and vegetables and reasonably spicy. There are local shops that sell snacks, soft drinks, biscuits etc.**

**Monsoon notes:** (June – Sept) The apartment is located on the ridge but surrounded by jungle. The apartment tends to have spiders, geckos and occasional mice. The beds have mosquito nets! During the wet monsoon we also have leeches which can be avoided by staying out of any greenery, but they do occasionally jump onto you while walking. An umbrella or raincoat is a must!

**All International guests staying at the Ama Ghar apartment are required to pay a minimum of \$20 USD /approximately 1,800 Rs. per day which covers their minimum costs. They can pay this at Ama Ghar in Nepal and/or by check or online to the Ama Foundation, USA (This fee covers our costs for food and the apartment, it is not tax deductible) Any additional as a donation, made to Ama Foundation in the USA is tax deductible.**

**Calendar for visitors:**The Country Director manages the calendar of international visitors. Potential visitors come from recommendations of friends, family and/or Board Members of Ama Foundation. The Country Director reviews prospective visitors via email.

*Guests of Ama Ghar are asked to write a short account of their stay with us which we will add to our blog on our Website. They are also encouraged to spread the word of Ama Ghar to their friends and family to assist in raising funds for Ama Foundation upon their return, if possible.*

Length of stay is determined by the available space, the children's schedule and the children's vacations. Visits average from 2 weeks to 1 month.

We do not take visitors during the month of **March** as it is the study and Final exam time for all of the children.

Children vacation's are generally the middle of December to middle of January and the month of April.

**Our visitors do various activities such as:**

- Teaching English, grammar, phonics and writing.
- Helping with homework
- Help with gardening
- Arts and crafts, knitting and sewing
- Planning sports activities, outdoor games and hikes
- General education of various subjects such as History, general science and Geography.
- Art, Drama, dance and music.
- Computer software training and practical lessons.
- Any other talent or interest you have to share.

**General Tips before coming:**

- If you bring cash notes, please be sure they are very clean and 50 or larger. The banks here will not accept any foreign currency with a tear or ink spots etc. We **do have** ATM's in Kathmandu. Traveler's checks are not very convenient but can be changed at the banks. There is an ATM at the airport now. There is also an ATM in a village about 15 minutes away.
- We live near the village of Godavari, 18K south of Kathmandu so services are limited. However there is a cyber café and some small food shops selling water, noodles, fruits and biscuits, toiletries etc. about 15 minutes away.
- Bring comfortable walking shoes and please ask any other questions regarding season, temperatures etc. From the main road you will be walking a typical Nepali stone path.
- Please bring a **headlamp and extras batteries** as our power is very irregular and you will need at night around Ama Ghar and in Kathmandu.
- We have internet at the house. You can connect with your Laptop or phone.
- Most Embassies ask that you register with them while you are in the country.
- Visa - at the airport be sure you get a Visa to cover your stay....and/or you can get an extension in Kathmandu. You will need **one photo** and foreign currency.

**Please bring 2 photos for our files.**

## Visitors CODE OF CONDUCT

All actions must support our Mission Statement of providing a loving, home environment and education to the children of Ama Ghar to enhance their growth and development.

We practice:

- Honesty
- Fairness
- Good Behavior
- Respect for others (all religions, ages, races and castes)
- Good Hygiene
- Discipline
- Good work habits
- Respect for our environment and our community.
- No violence

♥♥♥♥♥ with a good heart! ♥♥♥♥♥

## General Rules for the Visitors

► **No proselytizing.** Ama Ghar respects all religions. Our children are mostly Buddhists & Hindu's. The children are at different stages of curiosity and spiritual practice and our intention is not to confuse them. If religious questions arise in a conversation, please refer the children to Bonnie or discuss with Bonnie, Uma or Bhesh. Six of the girls have attended Christian services.

► **Cultural Sensitivities.** If any subjects come up in conversation that are culturally confusing please consult with Bonnie. The children do not watch TV so will not know many TV characters that might naturally come up in conversation. Nepal is a country of mostly arranged marriages so currently "dating" or "boyfriends" is still not the norm or discussed.

► **Gender Sensitivities.** In Nepal there is strict gender privacy, no nudity and general gender separation. However, at Ama Ghar we try to keep gender separation to a minimum and live like a family.

► **Visiting internationally.** There is very little possibility of the Ama Ghar children visiting internationally, so try to avoid that in conversation. It would be quite natural for you to say "Maybe you can come visit us in the USA sometime." We don't want the children to have unrealistic expectations.

When you arrive at Ama Ghar, please read the Visitors information and ask any questions that are not answered in this information.

- Generally we ask that you discuss your ideas and plans for the children with the Managing Director (Bonnie) or the House Supervisor (Uma). We can then manage the schedule and show you the various games/teaching aids we have available.

Our children gain a great deal from our Visitors. They love the attention and generally want to please. However, there is one small disadvantage to their interest. It often distracts them from their assigned studies. **So we will ask your cooperation with the schedule.**

- We ask our visitors not to interact with the children during their study hours unless it is specific tutoring that has been scheduled. We **do not take** visitors during the **Month of March** as all of the children are studying and taking Final exams.

We try to schedule individual tutoring during study hours in a different room to reduce the amount of distraction.

### **Some Don'ts at Ama Ghar :**

No bad language, No Barbie dolls, No toy guns, No chewing gum, No hand held games, The children are not allowed, Mobile phone, Ipods, laptops. Some of the older ones have limited Internet privileges.

- Please do not share your iPhone, iPod or Laptop with the children.
- Please do not give the children money.
- Please do not give gifts directly to children, without Uma's knowledge.
- Some guests have allowed the children to use their camera - Please realize you risk it getting broken!

Please ask if you are uncertain about anything regarding the children.

### **General rules of the house:**

**No one (Staff, counselors, visitors) allowed behind locked doors with children.**

**We welcome and encourage any feedback about the children, the staff and their behavior.**

- Children need to be on time...responding to the Gong. (so if you are engaged with them, know that they must stop what they are doing and respond to the Gong...can be for various things, but mostly pre-meals etc.)
- Children need to ask permission to enter office. The Office is an English Speaking Zone!
- Children need to ask permission to leave the compound.
- Children have assigned times for their Computer Study. They are **not allowed** on the **office computer or on the internet.** (Some of the older ones have internet privileges)
- Generally the children ask for things (games, cards etc) and are required to return them to the same place.

### **Children's Schedule:**

6:30 AM	Tea
6:45 -7 :45 AM	Study
7:50 AM	Morning Meal
8:20 AM	Leave for school
Noon	Older students arrive home from school. (They leave at 5 AM)
3:45 – 5:00 PM	Arrive home from school.
3:45 to 5:30 PM	Free Time (Milk and biscuits) – Activities such as art class, volleyball, table tennis, sewing, walks, games, crafts, reading books. A good time to plan activities with the children. (We have Life, Clue, Scrabble, Bananas, Bingo, Chess, Checkers, Tripoly and many card and educational board games)
	You are welcome to have a class on a specific subject. We have a lot of posters, books, etc. for your use.
5:30 – 6:30 PM	Study (Can also be a special class)
6:40 PM	Evening Meal, prayer Kitchen closes at 8 PM
7:15 to 9:30 P.M.	Study

Many have school Sunday thru Friday, some Monday thru Friday.  
Movies on Friday night.

Donations to AmaGhar: A donation for your stay can be given to Bonnie or Bhesh or sent to Ama Foundation in the USA.

Ama Foundation  
P.O. Box 7075  
1831 Solano Ave.  
Berkeley, CA 94707-2306  
[www.ama-foundation.org](http://www.ama-foundation.org)