

Hands-On Institute
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HANDS-ON INSTITUTE INTERNSHIP PROGRAMS



TRAVEL WITH PURPOSE

Our internship programs in Nepal provide students and early-career professionals into supervised, project-based fieldwork with vetted host organisations across three regional hubs—Kathmandu Valley, the Pokhara region and Chitwan. Participants engage in structured, professionally guided internships across fields such as community development, public health, education, environmental sustainability, technology, and business.

Each placement helps interns build practical skills aligned with their academic or career goals while addressing pressing local challenges. Throughout the program, mentorship and guidance support interns in navigating professional responsibilities confidently within a cross-cultural context. By combining immersive fieldwork with structured learning, these internships offer a distinctive experience that fosters both professional growth and a deeper understanding of Nepal's social and cultural landscapes.



WHAT TO EXPECT

1

Program Duration:

Internships typically run from one week to 12 weeks, with placements tailored to your academic schedule, professional goals and field of study.

2

Structured Learning & Mentorship:

Each intern receives guidance from experienced supervisors and local mentors, ensuring meaningful contributions and professional growth.

3

Orientation & Cultural Immersion:

All interns complete a structured two-day orientation before beginning: cultural context, professional norms, safety protocols, Nepali language basics, host introductions, and site visits.

4

Hands-On Experience:

Interns work on real projects with real deliverables- research reports, training materials, mapped datasets, documented systems- scoped with the host before the placement begins.

5

Reflection & Feedback:

The final week includes a structured project presentation, formal supervisor evaluation, and facilitated reflection sessions. Certificate of Completion and all academic documentation issued within five working days.

6

Support & Safety:

Accommodation, airport transfers, 24/7 in-country emergency support, and local transport are included. Our team is reachable at all times throughout your stay.

INTERNSHIP HUBS

Placements are organised across three regional hubs, each with its own community networks, thematic strengths, and host organisations. Every intern is individually matched to a hub and a project.

We work across three regional hubs in Nepal— Kathmandu Valley & Kavre, the Kaski District near Pokhara and Chitwan in the Terai. Each hub has its own character, community networks and thematic strengths built over more than a decade of sustained presence. This is not a directory of placements we can arrange. These are relationships we have earned with specific communities, specific organisations, and specific people who engage with our interns as genuine contributors, not visitors.

Every intern is individually matched to a hub and a host project. The hub shapes the context. The match shapes the experience.



KATHMANDU VALLEY & KAVRE HUB



Year-Round · Capital Region

Nepal's capital and its surrounding district, Kavre offer access to governance institutions, civil society organisations, health systems, technology startups, and urban communities navigating rapid change. The Kavre District — particularly Balthali Village— is home to our most developed long-term community partnership, currently focused on active rebuilding after the 2024 landslides.

Placement themes in this hub:

- Community development & education
- Public health & mental health systems
- Business, social enterprise & communication
- Engineering, technology & digital systems
- Environment & sustainability





KASKI DISTRICT— POKHARA REGION

Year-Round · Semi rural, urban

Both urban and semi-rural ecosystem where health institutions sit alongside cooperatives, agroforestry initiatives beside research organisations. The Ghachowk community — home to the Jana Jagaran Dalit community school, established through a movement for justice and women's education — is one of our anchor partners here.

Placement themes in this hub:

- Agricultural & livelihood development
- Women's cooperatives & economic empowerment
- Community health & psychosocial wellbeing
- Environment, biodiversity & conservation
- Education & cultural heritage





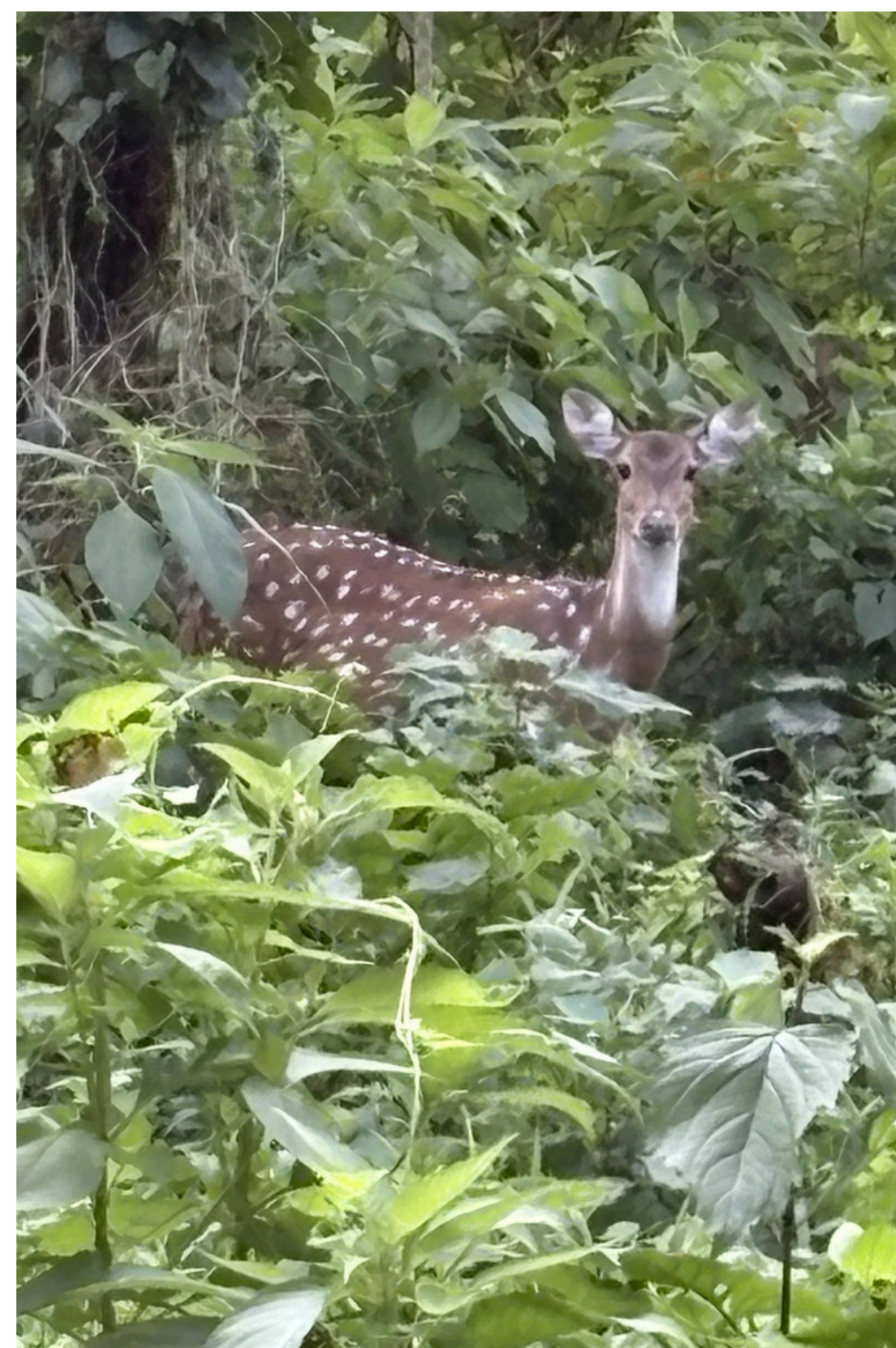
CHITWAN NATIONAL PARK— TERAI REGION

Seasonal · Conservation & Indigenous Knowledge

On the edge of Chitwan National Park — a UNESCO World Heritage Site — this hub is where Nepal's extraordinary biodiversity meets its oldest living cultures. The Tharu community's indigenous knowledge of the forest and centuries of coexistence with wildlife are the primary teachers here.

Placement themes in this hub:

- Animal & veterinary science (non-clinical)
- Wildlife conservation & biodiversity documentation
- Indigenous knowledge & cultural heritage
- Sustainable tourism & community enterprise
- Museum education & cultural documentation



WHAT YOU'LL GAIN

At Hands-On Institute, we believe in learning by doing. Our internships are designed to give students and professionals the chance to contribute meaningfully while developing practical skills. Working alongside local communities and organizations, you'll gain insight into real-world challenges, collaborate with mentors, and grow through hands-on experience. We aim to create opportunities that are both impactful for the communities we work with and enriching for the interns, helping you leave with new perspectives, practical knowledge, and a sense of purpose.



Practical Skills



Personal Growth



**Cross-Cultural
Competence**



**Recognition &
Certification**



**Impactful
Contribution**



**Professional
Networking**

HOW IT WORKS

Step 1: Explore Your Pathway

Browse internship options, community development, education, public health, environmental sustainability, technology, business, and more. Pick a placement that aligns with your interests, skills, and goals.

Step 2: Apply Online

Submit your application with your resume, statement of interest, and any references. Our team reviews it and matches you with the most suitable placement.

Step 3: Orientation & Preparation

Before arrival, you'll receive guidance, cultural tips, and orientation materials. Optional online sessions help you prepare for your specific role.

Step 4: Internship Placement & Mentorship

Work alongside local organizations under the guidance of supervisors and mentors. Gain hands-on experience while contributing meaningfully to real projects.

Step 5: Reflection & Certification

Participate in reflection sessions to consolidate learning and receive feedback. You'll also receive a Certificate of Completion highlighting your contributions and skills gained.

Step 6: Certification & Follow-Up

All participants receive a Certificate of Completion highlighting their contributions and skills gained. Optional guidance on leveraging your experience for future opportunities is also available.



TRAVEL AND SUPPORT

VISA & ENTRY REQUIREMENTS

International visitors require a visa to enter Nepal. Visas can be obtained upon arrival at Tribhuvan International Airport (KTM) or through your local Nepalese consulate. Passports must be valid for at least six months beyond your planned departure date. Visa fees vary by duration:

- 15-day multiple entry: USD 25
- 30-day multiple entry: USD 40
- 90-day multiple entry: USD 100

For detailed information and updates, please visit: [Nepal Immigration](#)

CURRENCY & MONEY

The local currency in Nepal is the Nepalese Rupee (NPR). ATMs accepting international cards are widely available in major cities such as Kathmandu, Pokhara, and Chitwan. Small denomination notes are recommended, as some local shops and markets may not provide change for large bills. We suggest bringing US Dollars, Euros, or Pounds for convenient currency exchange.

ACCOMODATION

We arrange safe and comfortable accommodations for interns. In communities, interns may stay with local host families, fostering cultural immersion, while city-based placements include guesthouses or hotels. Electricity is available, though occasional scheduled blackouts may occur in rural areas. Toilets are typically western-style in cities, with squat toilets more common in rural communities.

SAFETY

Our in-country team is available 24/7 to support participants and ensure safety. Orientation includes guidance on cultural norms, health, and personal safety.

Insurance

All participants are required to have comprehensive health and travel insurance before arriving in Nepal. This ensures coverage for medical emergencies, accidents, and unforeseen events during your stay. Guidance on recommended insurance providers, coverage amounts, and how to purchase a suitable policy will be shared well in advance so you can organize it without stress.

Weather & Packing Tips

Nepal's climate varies by region and season. A packing list and recommendations will be provided to help you prepare for your placement comfortably and safely.

APPLICATION PROCESS

Step 1: Explore Opportunities:

Browse our internship pathways and select the areas that align with your academic or career goals.

Step 2: Submit Application

Complete the online [application form](#) with your details, CV/resume, and motivation statement.

Step 3: Discussion/Screening:

Sortlisted candidates may be invited for a virtual interview or call to discuss placement options and expectations.

Step 4: Confirmation & Pre-Arrival Guidance:

Once selected, you'll receive placement confirmation, pre-departure materials, and guidance on visas, insurance, and travel.

Step 5: Arrival & Orientation:

Arrive in Nepal and attend the orientation session to prepare for your internship, including cultural, health, and safety briefings.



Why Nepal? More Than Just an Internship

Trekking Trails That Transform You

Nepal is more than Everest. Trekking here is a journey through living landscapes: rice terraces in the Annapurna region, mountain villages in Langtang, and the red sandstone cliffs of Upper Mustang. Picture waking up to Himalayan peaks reflected in serene lakes, sipping butter tea with locals, or navigating suspension bridges over roaring rivers. Every trail tells a story, every step connects you with nature and culture.

Wildlife Encounters You'll Never Forget

From Chitwan to Bardia, Nepal's jungles are alive with surprises. Spot rhinos grazing in tall grasses, watch elephants wander through forests, and listen for the stealthy roar of a Bengal tiger. Canoe along tranquil rivers, bicycle past flocks of birds, or camp under the stars, every adventure here is a reminder that the wild is wondrous, unpredictable, and close at hand.

Spiritual Retreats & Sacred Landscapes

Nepal hums with sacred energy. Witness monks chanting at Swayambhunath (Monkey Temple), circle Boudhanath Stupa with fluttering prayer flags, or stroll through monasteries tucked into Himalayan valleys. Even a short meditation at a village shrine or sunrise over a mountain stupa feels transformative, leaving you with a sense of calm and perspective that extends far beyond your internship.

Adrenaline-Fueled Adventures

Nepal is a playground for thrill-seekers. Paraglide over Pokhara's Phewa Lake, raft through the rapids of Trishuli, or bungee jump into Himalayan gorges. Trek on mountain biking trails along old trade routes or canyon through hidden waterfalls, weekends here are designed to make your heart race and memories last a lifetime.

Ancient Cities Frozen in Time

Bhaktapur, Patan, and smaller towns like Bandipur are living museums. Explore narrow lanes lined with centuries-old temples, watch artisans handcraft pottery, wood, and metal works, or join local festivals where centuries-old rituals come alive. Walking through these towns, you don't just see history, you feel it.

The magic of Nepal is in its people and moments. Share sel roti with a family in a mountain village, play football with local kids in Pokhara, or join locals for late-night tea in Kathmandu. It's in these everyday connections, the laughter, the stories, the shared meals, where your internship experience will truly come alive, leaving a mark far beyond what you expected.

Kathmandu – A City of Contrasts

Food That Feels Like Home and Adventure

From steaming plates of momos on Thamel's sidewalks to delicately spiced dal bhat served in homestays, food in Kathmandu is comfort at its core. But it's also evolving. The city is alive with a new wave of chefs reimagining Nepali cuisine, where Newari feasts meet vegan-friendly cafés, and traditional flavors are blended with modern twists. Food here isn't just about eating; it's where you'll connect most deeply with people and culture.

Barc – Nepal's Globally Acclaimed Bar

Tucked quietly in the BlueStar Complex of Tripureshwor, Barc isn't just any bar, it's Nepal's Best Bar in 2024 and winner of the Michter's Art of Hospitality Award 2025. Recognized by 50 Best Restaurants Global, Barc has put Nepal on the global cocktail map. Behind its emerald-green walls and minimalist décor, Barc blends world-class craftsmanship with distinct local flavors, think titaura (hog plum), khattu (liquorice), and Newari aila. Each cocktail tells a story, and each visit feels personal. For students, it's a glimpse into a side of Nepal that's contemporary, unexpected, and unforgettable.

Living Heritage: The Seven UNESCO Sites of Kathmandu Valley

Kathmandu Valley is home to seven UNESCO World Heritage Sites, each showcasing Nepal's rich history and culture. Kathmandu, Patan, and Bhaktapur Durbar Squares feature royal courtyards, intricate carvings, and lively local rituals. Swayambhunath (Monkey Temple) offers panoramic views and a serene spiritual vibe, while Boudhanath Stupa is a hub of prayer and culture. Pashupatinath Temple reveals sacred Hindu rituals along the Bagmati River, and Changu Narayan Temple, dating back to the 4th century, displays exquisite carvings. These sites are living spaces where daily life, festivals, and tradition make every visit unforgettable.

Music, Art & Festivals in the Streets

Kathmandu's culture isn't confined to museums. It spills into its streets, through jazz nights in Patan, spontaneous indie concerts, art exhibitions in old warehouses, and festivals that transform entire neighborhoods. Holi brings mcolor, Indra Jatra fills Basantapur with towering chariots, and Tihar lights up every home.

READY TO BEGIN YOUR INTERNSHIP?

We're Here to Help!

Whether you have questions, need guidance, or want to learn more about our internship programs, our team is here to support you every step of the way. If you want to know how does a week or a month long program look like?

CONTACT US

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Take the Next Step: Apply now to gain hands-on experience, make a meaningful impact, and explore Nepal like never before!

