

# Living in a Developing Country

## Reality Check

Living in a developing country is not as easy as living in Australia.

It can be a challenging and, at times, extremely uncomfortable and sometimes frustrating experience. Accommodation is likely to be very basic. This could quite likely mean limited electricity and no hot water, shared facilities including bathroom and squat toilet, and probably mosquitoes and other 'wild' life.

You may have to do without some of the entertainment you are used to - VCR, stereo, nightclubs, latest films.

Entertainment may revolve around sporting activities, shared meals with friends and colleagues, occasional local festivals or time spent catching up on those books you always meant to read.

One of the most important things to consider is whether you can survive without your family and friends being around you. If you can't bear the thought of being separated from your family, partner, boyfriend or girlfriend for months at a time then you need to consider whether this program is for you.

You should also be aware that instability is common in many of the developing countries such as Nepal. While Sunrise Children's Association Inc. (SCAI) takes every precaution to ensure the safety of volunteers, you should be aware that you could be evacuated if the situation in Nepal becomes unstable. You will need to be flexible enough to cooperate with the program if such a situation occurs. You will need to ensure you have your own comprehensive travel insurance policy as SCAI do not provide insurance. Whilst the unstable political situation has improved over the past 18 months, there are still regular 'bandhs' (strikes), curfews, protests and riots, particularly in rural areas. You must be willing to obey these curfews at all times. We suggest regularly checking the [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au) website for updates on the political stability of Nepal (you can subscribe to receive email updates if changes occur in Nepal whilst travelling).

## Do your research

Before you apply to become a volunteer, we recommend that you do some background research about living and working in a developing country and think carefully about whether this program is for you. Useful websites include:

- [www.welcomeNepal.com](http://www.welcomeNepal.com) , [www.info-Nepal.com](http://www.info-Nepal.com) , [www.Nepaltravelinfo.com](http://www.Nepaltravelinfo.com)
- [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au)
- [www.lonelyplanet.com](http://www.lonelyplanet.com)
- [www.cdc.gov/travel](http://www.cdc.gov/travel)
- [www.tmvc.com.au](http://www.tmvc.com.au)

It goes without saying that living and working in a developing country is a very rewarding experience, and gives you the unique opportunity to contribute actively to the development needs of the region. Experiencing the daily challenges that millions of people in the third world face first hand gives you a whole new perspective on life and just how lucky we are.