

For my internship of the minor Crossing Border I travelled to Nepal. Most of my time there I spent in the capitol Kathmandu, but also some time in the rural village Mulpani and in the Himalayas.

I can only recommend my host organization “Free Volunteering Nepal”, which will soon turn into “Sharing Hearts”. This small organization works in many different fields, from education over gender equality to water sanitization. My research there was about resilience and academic differences in Nepal's educational sector.

Nepal is a beautiful country, but it needs help in many ways. During my stay there I saw things that really changed my view of the Sustainable Development Goals and I am sure everyone who stays there for a few months will feel the same way. Living in a country like Nepal for longer periods of time is hard but rewarding.



Yet, you who are reading this, probably don't care too much about what I did there, but more about whether or not to choose this minor or go to Nepal. Well, the answer to that question is quite simple.

If you want to experience the life in a developing country first-hand, help where help is needed most and even improve your academic skills on the way, then the answer is yes!