VOLUNTEER GUIDE 2026-27

NK SEEDS



My Led Phan Library

By NK Seeds

/nkseeds /NK SEEDS www.nkseeds.org contact@nkseeds.org

ABOUT NK SEEDS



Mélissa Lansmant, a young 20-year-old Franco-Swiss traveler, founded the non-profit association NK Seeds in 2018 **to offer Lao children access to quality education through free English classes.**

NK stands for the village of **Nong Khiaw** in northern Laos, where the association's activities began. **SEEDS** represents the acronyms of **Solidarity**, **Education**, **Environment**, **Development**, Support.

Since 2022, NK SEEDS has expanded its mission by launching a student sponsorship program, helping Lao youth access school and professional opportunities. Simultaneously, the association launched clean water access projects in isolated villages, as well as medical outreach initiatives for vulnerable communities.



NK SEEDS IN NUMBERS

- **4 free English schools serving over 200 children**
- **44 sponsored students**
- **6 villages now have access to water**
- **12 Lao employees and over 100 international volunteers**
- **3 medical missions and over 6,000 people have received free medical care.**

+6000
free medical care

+200
English students

+44
sponsored students

OUR MISSIONS & VALUES

Why Laos?

20% of children in Laos do not complete primary school.

This is because primary education is not mandatory and free. In addition, access to education remains limited in some remote areas due to challenges such as poverty, geographical remoteness, gender inequality, infrastructure problems and constant i and has t

Why English?

The Lao economy is mainly based on agriculture, mining, manufacturing and tourism. Agriculture remains the mainstay of the economy and employs a large proportion of the population, but tourism is a booming sector in Laos, attracting more and more international visitors each year. The international language is English.



ABOUT VOLUNTEERING

Why volunteer with NK SEEDS?

Volunteering is a humain experience that lets you put your skills to good use in a multicultural associative context. Being a volunteer means to give the best of yourself in a spirit of openness and respect!

Help the Laotian team

The majority of the NK SEEDS team is Laotian as we think Lao people have an active role to play in the development of their own country. It's also the best way to ensure the long-term future of our programs and actions in favor of children.

However, you are welcome to put your skills to work for the association. We offer various missions in different fields for which a good level of English is always an imperative, as well as time staying with us.

Admission requirements

- Be over 18 years old
- To be Independent
- Fluent English (read, spoken and written)
- Good health
- Impeccable interpersonal skills
- Must be available for a periode of time



ABOUT VOLUNTEERING



About My Led Phan Library

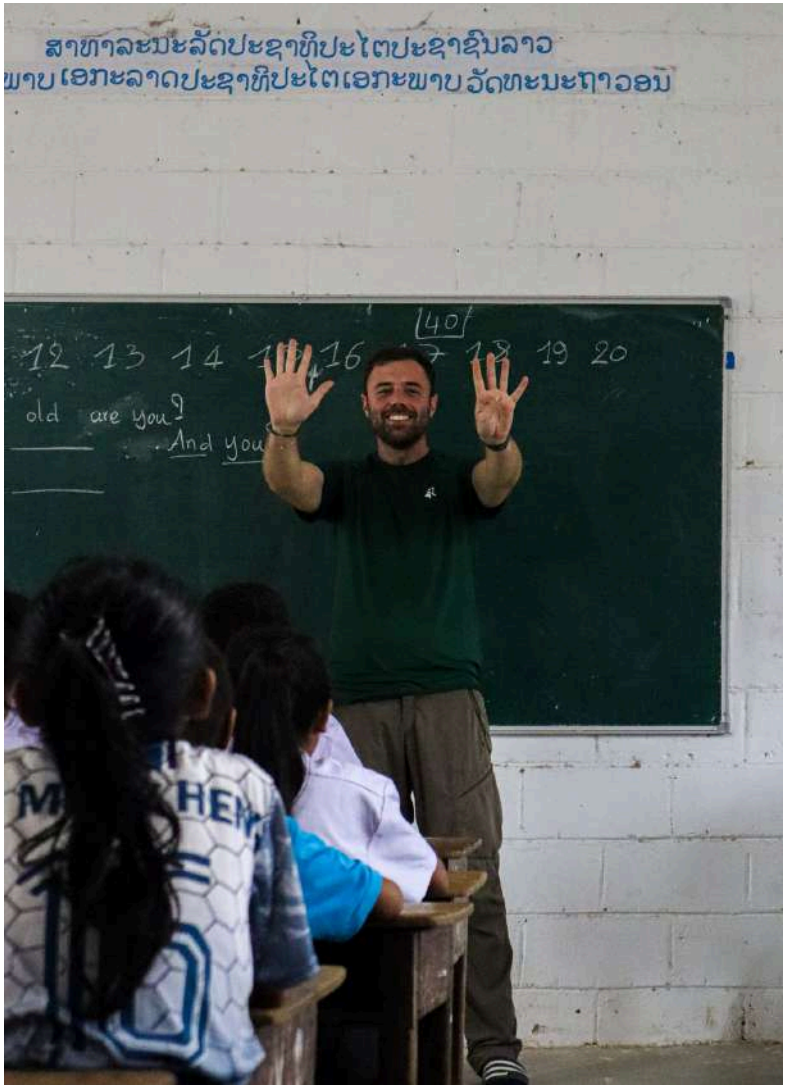
Ma Led Phan Library is much more than just a library.
It is a welcoming educational and cultural space where children and young people in Nong Khiaw can learn, practice English, and discover new perspectives.
Every weekday from 4 PM to 6 PM, we offer:

- English classes adapted to different ages and levels
- English conversation and practice with international volunteers
- Reading clubs, educational games, debates, and creative activities
- A welcoming space where young people can read, learn, interact, and meet new people

Volunteers missions

Volunteers will participate in classes and assist the local English teacher, Tee five afternoons a week. In the mornings, volunteers are expected to mee teacher Tee **at Trio Bar at 10am to help prepare their English lessons**, using the official curriculum as a guide. **The English classes take place from 4PM to 6PM, with two different classes during this time. Tee will provide guidance and support during these afternoon sessions.**

ABOUT VOLUNTEERING



Weekends

On weekends, volunteers will be free to explore Nong Khiaw and the beautiful surrounding areas, including Muang Ngoy, Ban Na and Sob Khong. They can also enjoy a variety of activities such as guided tours, hiking, and overnight camping at scenic viewpoints, offering an amazing opportunity to discover the landscapes and local culture of northern Laos.

Accomodation & food

Accommodation and meals are not included for volunteers in Nong Khiaw. Volunteers are responsible for finding and booking their own accommodation for the duration of their stay, giving them the freedom to choose according to their preferences and budget.

Nong Khiaw offers a wide range of guesthouses, hotels and bungalows, with options available for different budgets. NK Seeds can provide recommendations to help volunteers find a suitable place to stay.

All meals are also at the volunteers' own expense. There are many affordable local restaurants and cafés throughout Nong Khiaw, offering Lao and international food. T

ABOUT VOLUNTEERING



Transportation

There are usually around three buses/minivans per day from Luang Prabang to Nong Khiaw, generally departing between 8:00 AM and 12:00 PM. The journey takes approximately 4 to 5 hours.
Schedules may vary, so we recommend checking the departure times once you arrive in Luang Prabang. You can easily ask your hotel or guesthouse, or visit one of the many local travel agencies in Luang Prabang, which can help you book your ticket and arrange transportation to the bus/minivan departure point.
We recommend travelling to Nong Khiaw on Sunday, so you have time to settle in before starting your volunteer activities on Monday.

Fees

We kindly ask all volunteers to contribute a 30€ membership fee to join the NK SEEDS association.

ABOUT VOLUNTEERING



Teacher & Volunteers' Role

Tee has been the main teacher in Nong Khiaw since 2019. He knows the students very well, and over the years he has built a strong relationship with them. The students really appreciate him, trust him and feel comfortable learning with him.

It is important to understand that Tee is the teacher and remains responsible for the classes. Volunteers are there to assist and support him, not to replace him.

Volunteers can help prepare activities, support students during exercises, encourage conversation and bring new ideas and energy to the classroom, while always working alongside Tee and respecting his role as the lead teacher.

ABOUT VOLUNTEERING



Sunday Arrival & Welcome by Teacher Tee

On Sunday afternoon, upon arrival, Teacher Tee will come to welcome the volunteers. He will take them on a short tour to visit the town, giving them an introduction to their new environment. This will be a great opportunity to get familiar with the surroundings and ask any initial questions before starting the week.

ABOUT VOLUNTEERING



Communication

Volunteers use WhatsApp to communicate with the Lao teacher and the hotel staff. A complete list of contacts will be provided to the volunteers.

ATM

There is 2 BCEL ATM in Nong Khiaw.

Wifi

Wifi is available usually available in every hotel in town but not at the school. We recommend buying a Lao SIM card (Unitel).

TIPS FOR VOLUNTEERS!

Teaching in Laos is an incredible experience, but it's important to understand and adapt to the local culture. Here are some key things to keep in mind:

1. Cultural Differences – Don't Misinterpret Behavior
Lao culture and education are different from what you might be used to. Some behaviors may seem unusual, but they are not signs of rudeness or disinterest. It's essential to observe, adapt, and avoid quick judgments.

2. Time & Flexibility – Go with the Flow
Schedules in Laos are more relaxed. It's common for people to arrive late or for plans to change last minute. Try not to get frustrated—things are just more laid-back here. The key is to stay flexible and go with the rhythm of local life.

3. Shyness – Building Trust Takes Time
Lao children are often very shy at first. They might avoid eye contact, step back when a volunteer approaches, or hesitate to speak. This is completely normal, and it takes time for them to feel comfortable. Be patient, smile often, and create a safe and encouraging environment for them.

4. Respect & Hierarchy in the Classroom
In Laos, teachers are highly respected, and students may not engage in the same way as in Western classrooms. They might be hesitant to ask questions or express opinions openly. Encourage participation gently without forcing them.



TIPS FOR VOLUNTEERS!

5. Teaching Style – Keep It Fun & Interactive
Many Lao students are used to rote learning (repeating and memorizing), so interactive methods like games, songs, and role-playing can make lessons more engaging. Visual aids and gestures also help since some students might have limited English vocabulary.

6. Non-Confrontation – Stay Calm & Positive
Lao culture values harmony, and direct confrontation is avoided. If an issue arises, address it calmly and respectfully rather than showing frustration or raising your voice. A gentle approach always works best.

7. Dress Modestly & Respectfully
Laos is a conservative country, especially in rural areas. Volunteers should dress modestly—covering shoulders and knees is recommended, especially when teaching**.**

8. Be Open to Learning
While you are there to teach, you will also learn a lot from your students and the local culture. Approach this experience with curiosity, humility, and an open mind.



ABOUT VOLUNTEERING

Arrival and departure days

The **arrival** day is **Sunday 2pm**, and the departure day is Saturday.
The hotel managers, Davanh, our local teacher and Sonia, our local representative, will be informed in advance of the volunteer's arrival. Likewise, they will ensure the smooth departure of volunteers on Saturday.

How to get Nong Khiaw

Coming from Bangkok, you can fly to Luang Prabang. From there, you will need to take a bus to Nong Khiaw. We recommend paying your Lao visa with USD (~$40 at the time of writing). Remember to bring a passport photo with you. **Please note that e-visas are not accepted for entry via land transport.**

Luang Prabang has different types of accomodation available.

To travel from Luang Prabang to Nong Khiaw :
The trip is made by minibus. Ask your hotel to arrange the ticket for you (approximately 150,000 kip). The minivan will pick you up at around 9am.
Tee will meet you in town around 2pm. It's important to message him beforehand with your estimated time of arrival. The journey takes approximately 4 hours.

ABOUT VOLUNTEERING

Autonomy and Initiative: Key Requirements for Volunteers

One of the key requirements for volunteering with us is the ability to be autonomous. Muang Khong is a remote island with few tourists and limited activities. We need volunteers who can manage their free time independently and take initiative in planning and organizing lessons to best support the local teachers.

Insurance and Liability

Volunteers are fully responsible for obtaining insurance covering accidents, health, repatriation, and civil liability for the entire duration of their stay. In the event of an accident or medical issue, NK SEEDS and Kongmany Hotel decline all responsibility.

Respect for Rules and Conflicts

Volunteers commit to follow the instructions provided by Sonia, Phet and Davanh, as well as the NK SEEDS charter, which they will have signed before arriving on the island.In case of any breach of these rules, our local team reserves the right to ask one or more volunteers to leave the accommodation immediately, with no right to refund or compensation. NK SEEDS will support the family, the teacher and the hotel staff in their decision.

WEEKLY PLANNING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Place
10:00 11:00	Meeting teacher Lessons preparation	Meeting teacher Lessons preparation	Meeting teacher Lessons preparation	Meeting teacher Lessons preparation	Meeting teacher Lessons preparation	Trio Bar
16:00 18:00	English classes	English classes	English classes	English classes	English classes	Secondary school

Time schedule is given as a guide and may vary.

School holidays

Due to the officiel school holidays, our school is close in June, July and August.

Public holiday in Laos (no teaching during these days)

17 Oct: Ok Phansa (End of Buddhist Lent Day)
18 Oct : Lao Boat Racing Festival
2 Dec: Lao National Day
1 Jan: New Year's Day
10 Mar: Women's Day
14-18 Apr: Pii Mai Lao
1 May: Labour Day
2 June: Children's Day

FOLLOW US!

NKSEEDS

NK SEEDS

/nkseeds

/NK SEEDS

www.nkseeds.org

contact@nkseeds.org