

# MITTAPHAP-SDPS Project

Ban Nathong, VangVieng, Laos

[www.mittaphap-sdps.com](http://www.mittaphap-sdps.com)

Your Life with Us!



2019 - Present

# Our Project History

## Sae Lao Project

English classes given to 20 - 40 students at our original site in Nathong village



2008 - 2019

## MITTAPHAP-Sae Lao

Mittaphap Education Project expands to 3 local school premises - reaching over 200 children

2020-2021



2022 - 2024

2025-present



## MITTAPHAP-Sae Lao

'MITTAPHAP Education' registered with the Ministry of Education and the Local Ministry of Education Office

## MITTAPHAP in Sieam Reap, Cambodia

We are launching a new service in Cambodia - firstly teaching English in one school

# Who We Are

The Mittaphap Education Project is a sustainable development initiative with two locations; **Vang Vieng, Laos** and **Preah Dak, Cambodia**.

We're on a mission to empower rural communities - both locally and nationally - by providing accessible, quality education and skills training. Our efforts encourage sustainable livelihoods and promote innovative Project Management



# About our Project

## Why Join Our Project?

At MITTAPHAP-Sae Lao, we're driven by a clear vision, mission and set of values that guide our entire team and volunteers toward creating a real and lasting impact. We believe in using our energy, time, and resources effectively - ensuring that everything we do aligns with our goals and direction. By joining us, you'll be part of a project with a strong purpose and a clear path to success.



[Watch our project Video](#)



[Watch our project Video](#)

## Our Vision

To create thriving, self-reliant communities through innovative project management, ensuring that each individual has access to quality education, skills training, sustainable livelihoods and the opportunity to build a better future. We cultivate collaboration - uniting local leadership with global partnerships - to drive lasting positive change for generations to come.



# About our Project

## MITTAPHAP-Sae Lao Sustainable Development Project

### 3 Missions

**International volunteers**

- English language teaching
- Hospitality training
- Health care initiatives

This mission card is orange and features icons for Quality Education (SDG 4), Gender Equality (SDG 5), and Good Health and Well-being (SDG 3).

**Sustainable tourism**

- Waste/recycling
- Cultivating organic garden
- Environmental awareness

This mission card is blue and features icons for Life Below Water (SDG 14) and Life on Land (SDG 15).

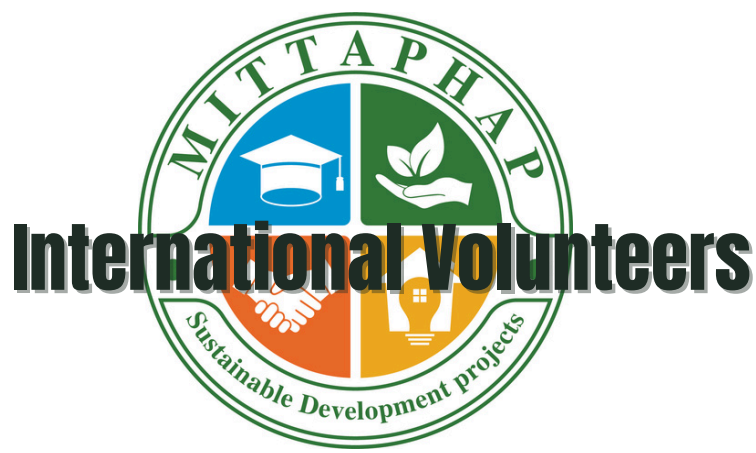
**Social Enterprise**

- Creating quality employment opportunities via our restaurant, projects and training

This mission card is green and features icons for Decent Work and Economic Growth (SDG 8) and Partnerships for the Goals (SDG 17).

### Core Values

Our core values are rooted in sustainability, employment and collaboration. We prioritise innovative approaches and integrity in all our endeavors, ensuring that our actions are transparent, ethical, and community-centered. By creating strong partnerships - and embracing continuous change and improvement - we aim to create a lasting and positive impact that reflects the needs and aspirations of the communities we serve.



Our volunteers come from many countries across the world.  
When staying with us they help with:

- **English Language Teaching:** providing free English classes to local students and community members to improve their language skills and encourage opportunities for their futures
- **Hospitality Training:** offering practical training in hospitality (at the MITTAPHAP Restaurant) to enhance employability and service standards
- **Toastmasters** (a global public-speaking organisation): to improve communication, presentation skills and confidence
- **Basic health-care initiatives** focusing on hygiene education, disease prevention, and promoting healthy daily habits in our community.

As a Volunteer you will be fulfilling our core mission; teaching English to Lao students for a minimum of two weeks. We provide resources and guidance.





- **Waste Management and Recycling:** promoting environmentally-friendly practices - such as proper waste management and recycling - to reduce our ecological footprint
- **Cultivating Practical Organic Gardens:** Encouraging the growth of an organic garden to promote sustainable agriculture and provide fresh produce for our restaurant
- **Environmental Awareness:** Educating the community about environmental issues and sustainable practices to develop a culture of conservation.

Deforestation, uncontrolled development and tourism growth - as well as an increase in harmful waste - are slowly affecting the environment of Lao PDR.  
We want to set an example and promote a different way of living





## Creating High-Quality Employment Opportunities

Developing ventures such as our restaurant, guesthouse and various projects that provide work experience for future jobs and training - and also to help build a skilled and self-sufficient local workforce



Are you looking for an amazing volunteer experience?

If you're interested in teaching, have experience with children - or are willing to learn - MITTAPHAP Sae Lao is a great place for you to make a real difference. There are opportunities to volunteer without teaching - maintenance, gardening and decorating are all a "work in progress"! We prioritise the wellbeing of the families that we serve and operate under a Code of Conduct and a Child Protection Policy. We have a structured HR policy - for volunteers and staff - which protects everyone and leads to a positive, respectful workplace.



# Volunteer with us

## Your Contribution

Your financial contribution to Mittaphap-Sae Lao varies and depends on how long you stay with us. It covers your food and accommodation plus educational support for our students and ongoing project operations:

**short-term** volunteers stay between 2 weeks and 2 months

**mid-term** are volunteers who stay between 2 and 6 months

**long-term** - volunteers who stay over 6 months

Take on a role (if you are staying for over 2 months) such as coordinating projects or programmes within the service. A longer term role can help with continuity and stability for everyone here.

Contact us for more details



However long you stay, you will take part in our core mission; teaching English to Lao children and young adults (for a minimum of 2 weeks). We will provide orientation, guidance, support and teaching materials.

Our project is all about development - we expect you to actively contribute to our activities and exercise your talents and interests (e.g. social media, maintaining the site, cleaning!)

Your ideas are always welcome, and you'll have the freedom to initiate your own projects

No specific skills are required, but you MUST be able to speak and write in English to a required level. English MUST be spoken at the project - in the restaurant, office and at our schools - at all times.



# Volunteer with us

## What will you be doing ?

At MITTAPHAP, volunteers support both daily operations and long-term goals. Using and developing your existing skills, you will help with:

### Teaching English

- Teach (or assist with) English classes (Mon - Thurs, 5pm–7pm) at three local schools
- Help students (from age 4/5 to age 18) learn and develop their English language vocabulary, pronunciation and speaking skills

### Project Tasks (Mon - Thurs, 10am - 12pm)

Work in teams to support the project with

- Gardening – organic planting, composting
- Cleaning – the dormitory, classrooms and office
- Maintenance – Basic repairs and building projects
- Social Media – Post on Instagram/Facebook/TikTok
- Communication – Help with writing any website updates

### Toastmasters (our public speaking event on Fridays)

- Mentor/guide students in creating and delivering a speech
- Take a role - as the host, an evaluator or another supporting role
- Help students grow in confidence





# What we offer

## Volunteer Benefits

- **Free Transportation:** From Vang Vieng at the beginning of your stay, back to Vang Vieng at the end of your stay, a Friday outing and trips to the market (usually x3 per week at 7:30am)
- **Comfortable Living:** Volunteers stay in a clean and comfortable dorm with access to two shared bathrooms, hot showers, and free Wi-Fi (in the restaurant only)
- **Meals Provided:** Enjoy 3 meals a day (Lao food cooked for you at lunchtime) and the opportunity to cook and share dishes with international volunteers. Fresh seasonal fruit is available, and you're welcome to make your own fruit shakes
- **Discounted drinks** (fresh coffee and chilled drinks)
- **Excursions:** Join a free weekly trip to either Blue Lagoon 2 or 3. We try to hold a weekly trivia quiz and have music nights
- **Orientation & Teaching Support:** We offer an orientation on general teaching practices, with lesson plans, notebooks, teaching equipment, and stationery provided for each class. Our dedicated Lao team will assist you with teaching by translating in your classroom
- **Office Equipment:** We have two printers, two laptops, a projector and other necessary office equipment
- **Transportation to Schools:** We provide transportation to and from our schools (Monday to Thursday)
- We offer discounts for experienced volunteers who have teaching skills and certified teaching qualifications





# What we offer

## Culture and Environment

- **Cultural Immersion:** Live and work in a village that maintains its traditional Lao culture, food, lifestyle and temple - allowing you to immerse yourself fully in Lao culture
- **Environment:** Enjoy Nathong Village and Vang Vieng's natural beauty while being part of a community where you will engage with both Lao children, adult students and neighbours
- **Cooking Class:** Once a week, you'll join a Lao cooking class where you learn two dishes—one sweet dessert and one main dish—using local ingredients and traditional recipes.



**You receive a free t-shirt  
and a certificate is  
available**

**There are bicycles  
available to use and a  
laundry service!**





# Education Commitment

## Community Benefits

- **Free Education for Students:** We offer free English classes - no student is required to pay.
- **Student Scholarships:** We support students who "show promise" (and who come from underprivileged backgrounds) with scholarships in higher education
- **Public Speaking Opportunities:** Every Friday, we organise a public speaking event - Toastmasters - for students and volunteers
- **Employment Opportunities:** Our project has created jobs for local people who also contribute to our work, mission and vision



Daily English practice with volunteers



Public speaking via Toastmasters



Real-world hospitality training



Leadership & teamwork experience



# Community Benefits

The MITTAPHAP- Sae Lao Project helps Lao children and young adults escape two major social issues; **prostitution and drugs**. By raising the educational level of girls from poorer villages, we can help to give them a better position within the job market and help to avoid the powerful prostitution networks. We also help a lot of boys escape the number one public health issue; **Yaba** - an addictive, hard drug that is taken to escape the feeling of not being able to escape from poverty. There is little support with rehabilitation and treatment

Some students choose to live and learn onsite - gaining skills through working at our restaurant and guesthouse and learning about the world of hospitality. They also practice English daily through teamwork with international volunteers

Success stories (**Tui, Morlor, Yer, Youa, Moon, Joulee, and Chanlee and others**) show the power of the MITTAPHAP model. Many now work in top hotels, run small businesses or serve as local leaders. We are so proud of them!



**Yer Vang**  
Job Position  
Barista & Waitress



**Souksakorn (Tui)**  
Job Position  
Co-coordinator



**Peter**  
Job Position  
General coordinator



**Polly**  
Job Position  
Restaurant team, project coordinator assistant

**Curious to know more? Click on their profile!!**

# MITTAPHAP Sae Lao Statistics



200+

Students attend our free English classes

3

A presence in 3 local schools. Expansion in 2025.

11

Local members are employed by our association

1000

International Volunteers have supported the project since 2022

## Our Reviews and Recognition

**1st  
Top  
Host  
In Laos &  
Ranked 4th  
Among Projects  
Worldwide**



# Worldpackers

# Site Development & Growth

## Ongoing Infrastructure & System Development (2021–2025)

Since 2021 we've developed and expanded:

**New Classroom/Library** A multi-use space at Nassom School, where we also host our Toastmasters events

**Dormitory & Guesthouse** Improved volunteer housing at our new site

**Restaurant Relocation** New restaurant and training kitchen near Blue Lagoon 1 for meals and hospitality training

**Site Expansion** New area for organic gardening, hands-on construction and an office for orientation and education planning

**Volunteer and staff training**

**New policies** (HR, Child Protection and Volunteer Code of Conduct)

Amended education and project management systems

**Expansion** of the project in Siem Reap, Cambodia in 2025.



# Financial Matters



1

## Free education guarantee

To ensure equal access to education, we do not charge for English classes. Education should be available to all - not just the wealthiest. At our project, every child learns for free and has an equal opportunity to grow and develop their skills. This reflects our ethical commitment to equality and community impact.

2

## The volunteer contribution

Volunteers contribute significantly to our development - through teaching and assisting with projects. To keep our education free - and our project sustainable - we ask each volunteer for a financial contribution to cover meals, accommodation, operational and educational costs.

We are very appreciative and grateful for this support.

3

## A self-financed, transparent model

Our project does not rely on grants or external donations. Instead, we operate a self-financed system, sustained by volunteer contributions and income from our restaurant.

We measure success not through outside funding, but through community impact, trust, and team performance - supported by our volunteers.

Since 2021, this sustainable model has enabled steady growth and real progress in education, infrastructure, and local community empowerment.

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# Your contribution

Food/Accommodation/Contribution fees per person

	<u>Description / Package</u>	<b>Fees/ person</b>	<b>Total/ person</b>
2 weeks +	<u>Accommodation in dormitory, all food, transport and general operational costs</u>	14days	€252
2 weeks +	<u>Accommodation in guesthouse, all food, transport and general operational costs</u>	14days	€322

## Volunteer Housing Options

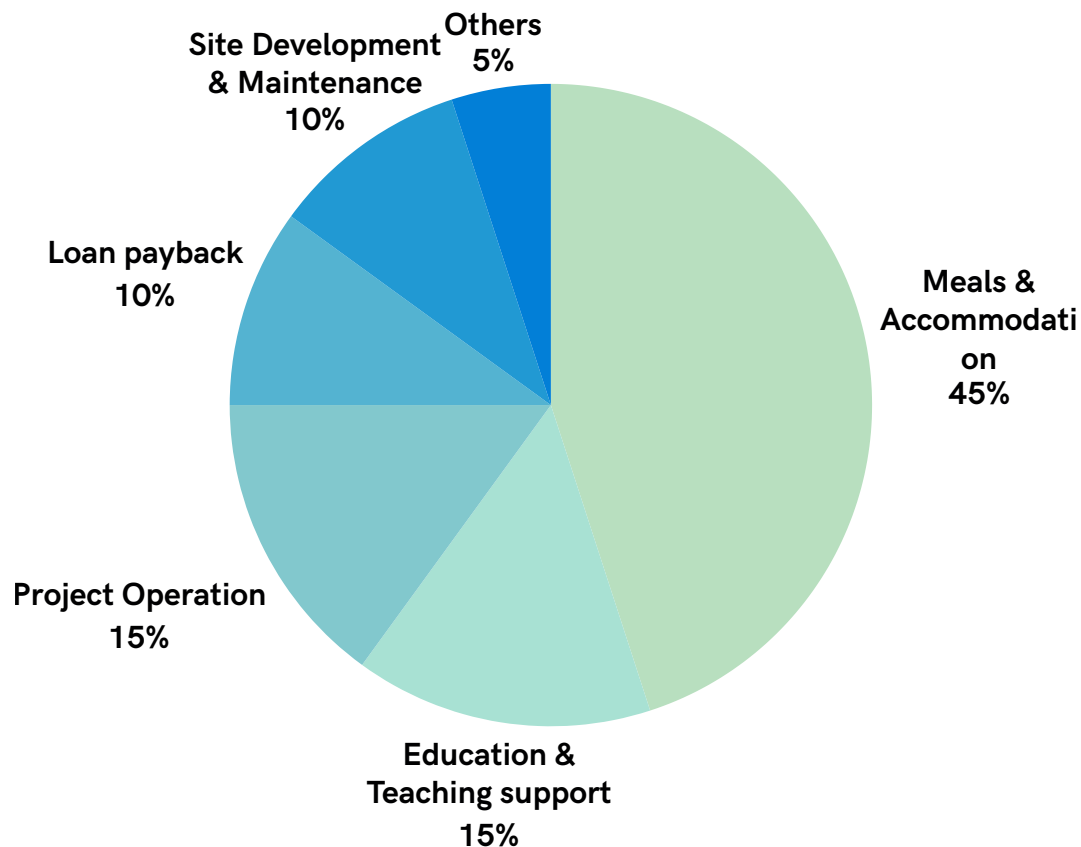
Accommodation is in an onsite dormitory. If you prefer more privacy, you can book a guesthouse room for €5 per night - rooms can accommodate singles or couples. (Bed sheet, blanket are provided)





# Your contribution

We believe in full transparency and the responsible use of funds. Your financial contribution helps sustain daily operations, ensure free education and support long-term project development. Here's how your fee is allocated:



## Meals & Accommodation

- 3 daily meals, seasonal fruit
- Utilities (electricity, Wi-Fi, hot water)
- Full kitchen and food storeroom access

## Education & Teaching

- Materials, transport to schools
- Scholarships & university support
- Education tracking system

## Site Development

- Improving the dormitory, classrooms and restaurant
- Maintenance of facilities and gardens
- Rental fees for all sites
- Loan repayments for infrastructure

## Project Operations

- Local staff wages
- Daily management & IT system
- Support from offsite, expert consultants

# Visa Information



## What visa do you need?

Most volunteers use a Tourist Visa (30 days) in order to stay at our project

## Recommended duration of visa

Short Stay (2-3 week stay) - Tourist Visa "on arrival" or e-Visa

Medium Stay (1-3 Months) - Tourist Visa and **extend it twice** at Immigration Offices (Vientiane, Luang Prabang, Pakse) - up to 90 days. The project can help with sending your passport to the Immigration Office  
"Visa runs" (cross-border with re-entry) are also possible depending on your nationality.

Long Stay (3–12 Months) - Apply for a **Working Visa/Permit (ED visa)** via our registered Education Centre. Ideal for teaching or coordination roles.

## Visa Extension Help

Our agency in Vientiane can assist with extensions

Service fee: **300,000 LAK /Passport**

Visa fee: **20,000 LAK/day**

Courier fee: **variable depending on number of visa requests**

Ask our team for more information

## Who can extend their visa in Laos?

If your country is eligible for Visa "on arrival" or e-Visa, you can extend twice (as above).

## Exceptions

Some nationalities (e.g. Afghanistan, Pakistan, some parts of Africa) need Embassy-issued visas and **cannot extend their visa in Laos**.

Contact us if you feel unsure.



# Book your place!

## To join the MITTAPHAP-Sae Lao Project:

### 1. Read & digest this brochure

Carefully review “Your Life with Us - Volunteer with MITTAPHAP-Sae Lao” and also the **Child Protection Policy and Volunteer Policy**. You will then know what you can expect from your stay with us.

### 2. Submit your application

Complete and submit the volunteer application form—available through our team ([contact@mittaphap-sdps.com](mailto:contact@mittaphap-sdps.com)) or directly from our website.

### 3. Receive confirmation

Our team will review your application and send a confirmation email to secure your placement.

### 4. Make your payment

you will receive a payment link and invoice through our email or system (powered by Stripe). We do not accept cash for volunteer contributions.

### 5. Coordinate your arrival

We will arrange your pick-up at the **Mad Monkey Hostel (Vang Vieng)** meeting point on the Sunday you arrive at 10.30am (as shared via email) and welcome you to the project!



# Payment Policy

## Payment Policy

### **Please note:**

If you cancel more than 3 weeks before your start date, we may offer a partial refund (minus any bank/Stripe fees).

Once you arrive at the project and start volunteering, we are generally unable to provide refunds for early departure, except in serious cases such as medical emergencies or other situations agreed with the Project Director.

All approved refunds will be processed via the same payment method (Stripe) and may take a few working days to appear in your account.

## How to get here!

**From Vientiane:** Minibuses from the Northern Bus Station. The journey takes about 2 hours and costs around 110,000 LAK

Train to Vang Vieng. The journey takes about an hour and costs around 215,000 LAK. One suggested website for booking bus or train is [www.baolau.com](http://www.baolau.com)

**From Luang Prabang:** The train is the best option - about one hour and similar in cost to the train from Vientiane. Book via the “LCR Ticket” app or the website given above.

**Meeting Point:** We meet new volunteers in our tuktuk every Sunday at 10.30am at Mad Monkey Hostel, Vang Vieng.



# What to bring with you

- Comfortable clothes for work (expect to get dirty!)
- Modest clothes for teaching (shoulders and knees covered and nothing low-cut). Male volunteers must wear long trousers - no shorts at school!
- Hat and sunscreen
- Towel or sarong
- Light sleeping bag (November–February)
- Warm jacket or sweater (November–February)
- Flip-flops or sandals (rubber soles are recommended)
- Rain jacket/poncho
- Toiletries (including insect repellent)
- Torch or headlamp
- Some cash

## Optional:

- Games
- Recipes
- Snacks (although we have plenty of food, volunteers enjoy having snacks)
- If you have room to spare in your luggage, we're always grateful to receive donated items that support our work - pencils, notebooks etc.



# Recognition



# Our Partners





# Join Us



@Saelaovolunteer



MITTAPHAP-  
Saelao Project



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