

INTERNING

IN **NEPAL**

WITH

NEPAL REALISTIC SOLUTION

www.nrsnepal.com



INTERNATIONAL **INTERNSHIP**

nrs Nepal Realistic
Solution Pvt. Ltd.
ISO 9001 : 2015 | Certified Company

DO you want to DEVELOP your LEADERSHIP

- through projects contributing to sustainable development goals
- while boosting your career prospects with an international internship in your field
- through an entrepreneurial internship experience abroad

If yes or maybe then, there is a guide for you!



Never mind the simple fact that you'll have secured international business experience under your belt, killing two goals with one adventure is just plain efficient! If you're a student who is drawn to sharpen your soft skills, but also wouldn't mind coming home with some new professional skills in your repertoire too, then interning abroad is the international experience for you. Ready to learn all you need to know to secure an internship abroad?

**| It's a big working global out there.
Global Internships makes it a little smaller |**

If no or maybe then we have a guide for you!

Global Experiences' internships abroad provide tremendous opportunity to gain invaluable work experience during you study or after graduation.

To get employable and to survive in this real business work it is important to differentiate yourself from your peers by learning real-world skills, gaining foreign language proficiency, and immersing yourself in cultural opportunities which will help make your resume second to none.



What is it like to work as an intern in Nepal?

Nepal's full form and is widely known as **Never Ending Peace and Love**. Nepal is a country known to be popular in the world for its mountains and rich in culture. It is a small country situation between the two large growing economies India and China. This means that Nepal is working with both Indian and Chinese firms for the fulfillment of the needs and expectations of the market.

Nepal is one of the developing countries in the world. There is immense amount of work to be done to bring the county to sustainable development. Hence, doors are opened for wide range of opportunities in different sectors like Health, Hospitality, Education, IT & Engineering, Marketing and advertising, Media and publication, Agriculture industry, Energy, Construction, Financial service, Manufacturing, Food, Telecommunication, Transport and Water, Aviation.

The Government is keen to develop the country and has introduced various projects. Interning in Nepal will enable you to learn local culture and gain knowledge on local and global issues and make a difference in the society. An opportunity to work closely with clients will help to understand the ground realities. Country with rich heritage, culture and people here in Nepal are heart-warming and welcoming.

Nepal has always thrilled visitors with its aesthetic aura, alluring landscapes and totally contrasting yet unique cultural preface. This sheds light on the fact that candidates shall learn of the vast differences in people and culture within this world better than any books can ever teach, during their pleasant stay in Nepal.



What is Nepal Realistic Solution?

Nepal Realistic Solution is a management consulting firm which provides authentic and practical solutions to help businesses improve their performance and grow by solving problems and finding new and better ways of doing things. We have worked with a number of clients both private and public sector to help develop their services and, where necessary, reduce costs and make savings.

Our experts at Nepal Realistic Solution will challenge what you think you know, push you to perform what you thought was impossible and help you to create opportunity and make use of the advantage in your business.

Nepal Realistic Solution (NRS) was established with a desire to bring a systematic change in Nepalese industry. Together, with the joint effort of our highly experienced team, we have changed the enterprise structure and reinvented how business is actually done to survive this highly competitive market. Today, the same entrepreneurial spirit continues to drive our culture of creativity, diversity and collaboration. We believe that together we can transform industries, grow economies, lift up societies and sustain our environment. And we believe that it's the best-run businesses that make the world run better and improve people's lives.



INTERNSHIP

with **Nepal Realistic Solution**

Nepal Realistic Solution welcomes people from around the world to join our dynamic, effective internship programs in Nepal. The programs are committed to professional and personal development of the candidates.

Our services on offer are targeted at providing candidates with a unique internship experience, while constantly supervised by a team of skilled experts and researchers throughout the internship session. This internship program aims at proving to be a lifetime experience for all those who participate; candidates will get to touch a new horizon in their career shaping process.

Nepal Realistic Solution believes that its programs can provide the best pathway for its candidates to an efficient future and effective work strategy in order for shaping up a rewarding career. This along with experiential learning and participants guided reflection upon their individual career goals forms the heart of NRS's philosophy for students. NRS gives candidates the experience of working with Nepalese communities. This has over the years allowed proper development of their inter-cultural competence and helped candidates gain an experience of the culture and knowledge of Nepalese society and history.

Elevate your resume, strengthen your professional skills, and expand your global perspective with a summer internship abroad through Global Experiences.

Nepal Realistic Solution provides one of the best learning exposure a candidate needs which helps to develop new skills and practical work experience. It provides the candidates to add value in their interested field. It provides hands on experience to candidates and makes them industry ready.

The internship facilitated by Nepal Realistic Solution is a wonderful opportunity to test your knowledge, skills and project work experience in real work scenario. The companies having all time rewarding corporate relationship with us regularly screen the trainees and offer them internship opportunity on the basis of their core focus, interest and skills. We ensure that every trainee gets a chance to learn from the top players in local as well as global business and they become genuinely competitive before starting tech career in their specific field of choice.

International internship is an investment in your future. You have an opportunity to self-discover about yourself outside of your comfort zone and outside of the classroom. With this stage of the life you will be able to immerse yourself in a new environment filled with new perspectives you will learn more about yourself than you ever thought was possible. With global internship you will impact your future, create lifelong connections and a global market. Whatever your choice or motivation, Nepal Realistic Solution can help you on the path to your dream career.

What makes us **DIFFERENT** ?



Opportunities in Any Field

From accounting to consultancy, and everything in between; we're experts in the Nepalese hot-spots for many industry. We know just the right place for your next, and best, career move.

Opportunities Across the Globe

We offer internship programs in different locations of Nepal, in both urban and rural settings. We can place you in the Nepal's most popular destinations or safely off the beaten path.

Opportunities for Growth

Professional experience in a global setting will put you on the inside track no matter your industry. Get plugged in to international networks and gain the confidence you need to succeed.

Nepal Realistic Solution is one of the leading management consulting firms. Our highly experienced teams in diverse sector are subject matter experts in their respective areas. A team with ideas, passion and to provide the best results has led to be the top choice of different clients. An internship in Nepal Realistic Solution will be a great learning experience with excellent work culture under expert team. The enabling work environment, extensive research in chosen field, opportunity to work on projects, practical work experience, public speaking, develop interpersonal and communication skills will boost the confidence of the individual. We provide platform to work with different industries and gain practical knowledge. The experience gained will definitely add value and put you step closer of a dream career.



We have got an internship experience just for you which is personalized, proven and immersive for **YOU!**

As our clients are based in different regions you will have the opportunity to travel and work together.

We are associated with different clients nationally and internationally. Following is the list.

- Food industry
- Water industry
- Energy industry
- Aviation industry
- Software industry
- Transport industry
- Education industry
- Agriculture industry
- Hospitality industry
- Construction industry
- Manufacturing industry
- Financial service industry
- Telecommunication industry
- Media and publication industry
- Marketing and advertising industry



With the Internship program we aim at producing qualified professional adept at working in a given platform with a concrete visualization of the qualitative techniques of overall managerial systems. The intern after successful completion of the program will have acquired necessary traits to work as professional like company culture, project assessment, team playing, continuous learning habit and other such skills required in practical field.

Internship is a vital phase that generates college and university students a broader exposure to the professional market. Students understand the difference between how things are taught in the class and how things work in the real industry. They become ready to accept and face new challenges every day. In most of the programs at the undergraduate and graduate level, students are required to complete a project at a certain point of time. However, due to the lack of distinct supervision and accurate guidance, students fail to deliver the project on time with its functional and non-functional requirements. We believe that writing a report is not enough. A proper system is expected to have certain functional or non-functional qualities. Only an internship experience can build a thorough understanding of such qualities.

- We follow a standard strategy of internship that equips students from start-to-end.
- We allocate an expert supervisor who will realize the idea developed by the student.
- Guide students to select appropriate field and platform.
- The supervisor provides the necessary training required during the internship period.
- The supervisor continuously monitors the progress and helps students meet the project deadline.
- Facilities for internship provided by IT Training Nepal are listed below:
- High speed of 3Mbps dedicated Fiber Optics internet facility.
- Supervision of Project Managers throughout Internship
- Reference study and help from senior interns.
- Inhouse Tea and Coffee facility.
- Uninterruptable power supply.

HIGHLIGHTS

of our Internship Program

Through our internship program we have been successful in fulfilling competent human resources in the market. We help to formalize, refine and realize the project idea practically. The benefits of being involved in our internship programs are mentioned below:

- Provide insights on how to benefit from the project idea and target the desired clients.
- Collaborative learning environment in a team.
- Develop efficient strategies of solution.
- Develop leadership qualities by leading a team of other developers.
- Develop idea on how to tackle common project risks and achieve project milestones.
- Knowledge of professional tools and skills.
- Give you the environment of professional Development Company.
- Hands-on experience to work with companies and add value to their real time challenges.
- This internship has flexible start and finish dates. Programs are available year-round. Interns can name their start and finish times, and NRS will arrange an internship to fit that time frame.
- Explore Nepal during your free time! There are plenty of opportunities for interns to explore this Himalayan nation.
- Interning in Nepal will allow students to meet other interns from around the world and build long-lasting friendships.



Our Interns

□ We have candidates involved in Internship program from Nepal and other foreign nationals. Our international interns come from all over the world; England, United States of America, Netherland, Switzerland, India, France, Philippines, Scotland and many more. We have had candidates from diverse areas like Human Resource, Finance, Marketing, IT, Accounts and Administration, Management etc. You will get the experience to work in a diverse culture and gain knowledge of Nepalese society.

Internship Stories

Don't just take our word for it. Read up on what an internship abroad with **Nepal Realistic Solution** can be like and learn about what you need to know.

"I have had a great time at NRS and Nepal more generally. I have been able to improve several key skills, such as presenting and researching, that will help me in my future career. Everyone at NRS has been very welcoming and friendly and I have enjoyed working alongside them and participating in activities and social events outside of work. Nepal is very different compared to the UK, but I have enjoyed pushing myself outside my comfort zone and learning about the culture and traditions of the country. I would highly recommend an internship at NRS as, aside from gaining international experience, you have the opportunity to undertake important work, develop professional skills and create memories with some great people."



Alasdair James Bennett

University of Glasgow, Scotland
Consulting Department



Olajumoke Bello

University of Kent, England,
Human Resource Department

"Overall, I am very happy with my experience in Nepal, and I am grateful that I received this opportunity. I enjoyed learning about the culture and visiting different regions and temples. I am very proud of my personal growth and my growth in terms of my career, because I feel that this experience has improved my confidence. I feel that I am more confident as a person and in the decisions I make. I would previously look for reassurance in my decisions from other people, but now I believe that I no longer need it to know that I am making the right one. I am also very thankful for all people that helped me inside and outside of work and believed in my potential to be successful in this internship. It was a very valuable experience and will be very significant when deciding my career in the future."

“By undertaking this internship, it helped me identify and develop my strengths and weaknesses. With some of the projects that I completed; I was given feedback by my supervisors on which I would then apply to my task. For each task that I worked on, I was able to note my strengths and what I could improve on. As the internship progressed, I learned that I have gained more confidence in myself, working in a team and becoming adaptable to my new environment. The language classes that I had been taking helped more in clients meetings, client training and communicate with Nepali people outside of the office, thus building my self-confidence and fitting in.”



Mwaka Hachungula

Sheffield Hallam University, England
Human Resource Department



Njabulo Mendlula

University of Surrey, England
Marketing & Consulting Department

*“This internship as it stands has already changed me for the better as a person and I wish to see it continue doing the same thing for those who will follow after me. Overall this has been an experience of a lifetime and I would recommend it to anyone wishing to grow as a person whilst also looking to start their adventure in South East Asia.
From the bottom of my heart, I thank you NRS team for everything.”*

“NRS was an excellent place to intern as during my time so many opportunities were presented to me. I was involved in a myriad of different projects which facilitated personal and professional development. As a result, my experience was not constrained to one department or one industry. I gained more out of this internship than possible, namely due to the freedom to operate and contribute given to me by my supervisor.”



Evie-May Kilby-Tyre

University of Birmingham, England
Consulting Department

“Overall, my two month experience at NRS was very positive and I am grateful for the opportunity given to me by the company. I was given a very interesting insight into a variety of corporate functions and gained first-hand practical experience of working in a professional environment. This gave me the chance to develop a number of professional and soft skills and helped me decide which area of work I’d like to pursue for my personal career. I was also really impressed with the NRS team who were very friendly and easy to get along with and were always happy to help me with any problem I had.”



Chris Grieve

University of Glasgow, Scotland
Consulting Department



Sara Sofia Andersson

Turiba University, Latvia
Human Resource Department

“There are so many things a person could say such as professional growth and understanding of HR, however not only did I grow professionally, I also grew as a person. All staff members are friendly and polite, as well as the other interns. I didn’t have any sort of conflict with anyone and they all made me feel welcome at the company. Furthermore, getting invited to work events and cultural events with the NRS staff members, made the connection grow even better. Every staff member at NRS have a close connection, they are all like a family and get along well. Both the CEO and my manager spoke to me professionally and were very kind and helpful.”

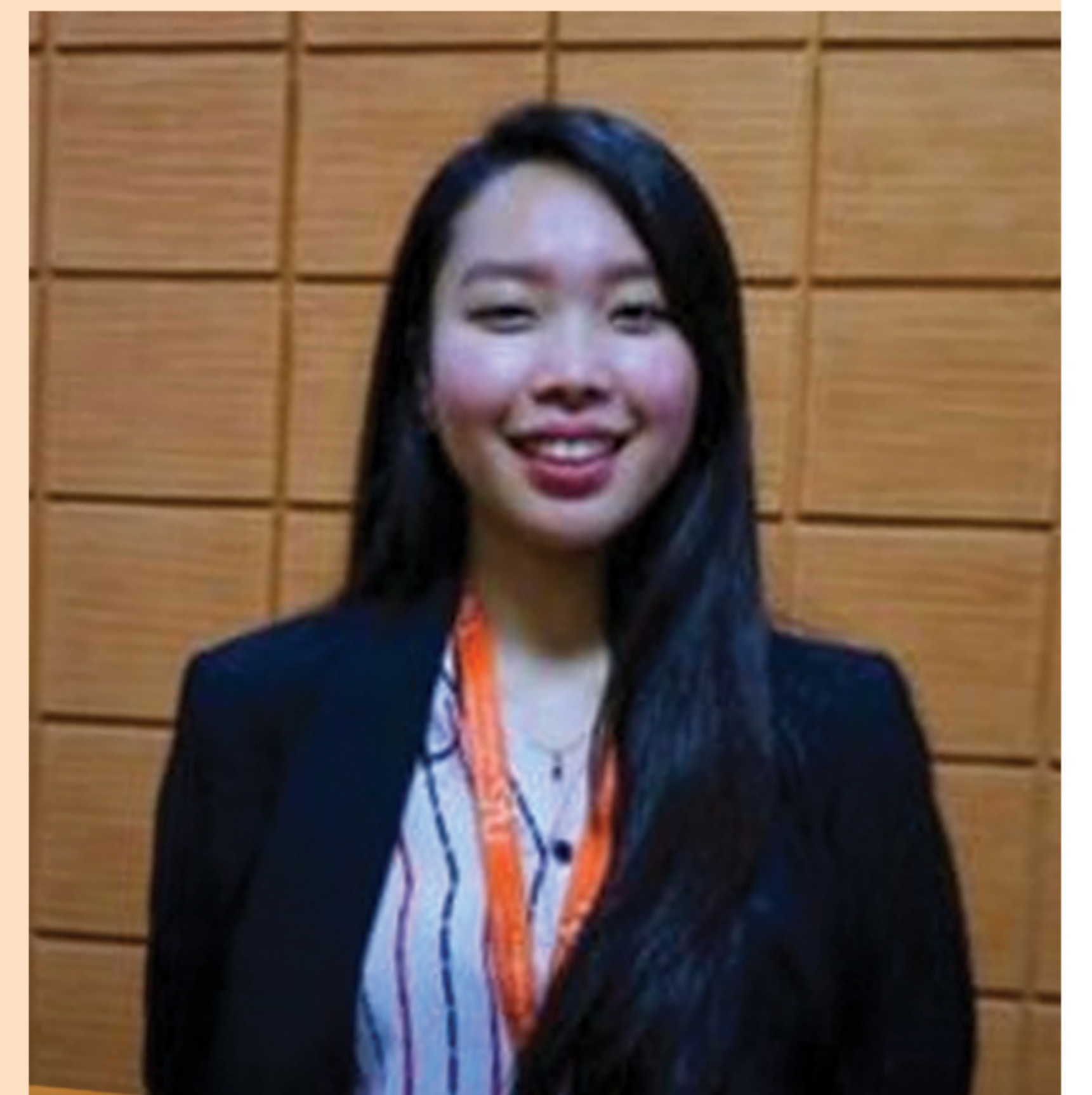
“I think the company itself and my supervisors were very good in providing advice and in particular feedback on work that I had done. They almost always provided an insight into how a project could be improved. They were also very helpful in aspects outside of work, such as tips for transport, tourist attractions and good places to eat. Additionally, everyone in the office was very nice and I particularly enjoyed the out of work activities such as going to the cinema and eating out at restaurants.”



Sam Galloway

University of Glasgow, Scotland
Consulting Department

“We have the freedom of choosing which sector we want to focus on, but still having a clearly defined job description. The supervisors were very supportive. The company emphasis on skill-building; they encourage you to gain and develop different skills by providing me variety of workplace task/activities. This help me identify my weakness and motivated me to work on them.”



Miyuki Yamagata (Philippines)
Nottingham Trent University, England
Digital Marketing Department



“I have developed during my internship is to build up my confidence in creating HR documents with the advice of my supervisor when making any documents with an eye for details and making clear for others to understand on how to use the documents. Having a professional manner during the visit to the clients and learning on how to implement documents that we are created.”

Cindy Angama (France)
Open University, England
Human Resource Department

“Starting an internship in Marketing and Consulting department of Nepal Realistic Solutions (NRS), I got an opportunity to explore the different aspects within the marketing industry of Nepal. Experiencing and challenging myself in a real working environment with the supervision and guidance provided by the supporting NRS team added great value to my future career. Joining NRS as an international intern proved to be one of the best decision for paving my path in an employment market.”



Goma Sitaula
Rhine-Waal university of Applied Sciences,
Germany
Marketing and Consulting Department

INTERNSHIP at

Nepal Realistic Solution



Eligibility

Criteria

Nepal Realistic Solution hosts both undergraduate and graduate for internship program. Our programs are committed for professional and personal development of students/interns. Our programs are targeted at providing candidates with a unique internship experience, while constantly supervised by a team of skilled professionals.

- ✓ Candidates must be at least 18 years old at the time of participation of the program.
- ✓ Priority will be given to candidates with management field; we do consider candidates from other areas as well.
- ✓ Candidates with previous work experience are added advantage.
- ✓ High school degree or equivalent; must be enrolled in an accredited university/college program to receive credit
- ✓ Proficient computer skills, including
- ✓ Microsoft Office Suite (Word, PowerPoint, and Excel)
- ✓ Excellent written and verbal communication skills
- ✓ Self-directed and able to work without supervision
- ✓ Energetic and eager to tackle new projects and ideas
- ✓ Innovative and thought provoking
- ✓ Enthusiastic and detail oriented
- ✓ Self-starter and ability to make an impact
- ✓ Possess strong written and oral communication skills



Time scale of our Internship



We offer internship for a minimum two months period. We are very flexible when it comes to the internship program. Our program intake is all year around and you decide when you want to start and when you want to end. We would recommend the candidates to take a minimum of two months internship because you will get an exposure during that time period. Remember the more time you invest in this internship, the better you are going to come out an investment in this competitive works.

You will kick start your internship with a training week designed to teach you the fundamentals along with orientation and you will be paired with a peer mentor to help ensure you are well supported. For the first month we provide orientation about the company, work culture, policies, Nepalese ethics and culture etc. The intern shall also be trained on various Nepalese business culture and shall have exposure to meetings with clients where they will experience and develop skills like negotiating skills, communication skills and leadership skills.

The intern will also be given a topic where they will have to do an independent work of study and research and present to the experts of NRS. They will be assessed on various categories like time management, dress up, research skills, design skills, presentation skills, communication skills and confidence. Looking at the analysis and the feedback given to the intern after the presentation the intern shall be involved in the project assisting the experts in the company. This will help them to ground break and structure the company and the policies and further understand the requirements of the clients.

Work & Travel

It's always fun to travel and work. As our clients are spread in different geographical regions we need to travel and work collectively. You will have the opportunity to visit different places and get know-how. Going to the client's location and analyze their work will provide you the industry exposure which puts you distinct in the market.

Our international program does not provide you financial incentive but you will get that opportunity to earn cash prizes if you have that potential in you. Since this is an unpaid program, we offer our candidates something that other companies don't, which is providing you leave so that you can visits around as well during your time in Nepal. The holidays range according to the time period of your internship and you will be briefed about the entitled holidays during your day of orientation.

Nepal is country popular for Himalayas. Every year thousands of tourists travel to Nepal to attain this beauty. You can be a part of this as well. Whether you are a person who is into Himalayas, or someone who likes wildlife, we have it all. Working in a country as well as experiencing its beauty is something you will not get anywhere else. So, come join us in this internship program and contact us. Our internship program in Nepal is designed to get your overseas experience in a safe and fun environment, and with a genuine and rewarding purpose. Our expert team and local partners take care of everything you need to start making a positive impact, from placement, to accommodation and ongoing support throughout your entire journey.

Whether you're doing gap year or taking a holiday from work, you'll arrive in Nepal with the confidence that absolutely everything has been pre-arranged for you. You'll be able to jump straight into your duties, relax into the traditional Nepalese lifestyle and start making new friends with all the logistical details sorted, from airport transfers to accommodation.

Channel all your get-up-and-go into immersing yourself in your placement, as well as taking time to get to know the local area. Roam Kathmandu's breathtaking landscapes, taste the native cuisine and reconnoiter the magnificent temples instead of sweating the logistical stuff. Feel confident and proud you are contributing much-needed help to a eloquent cause and save yourself the time, money and even the risk of being stranded in a foreign country by having us on your side. Make your time count on this life-changing opportunity in Nepal and arrive home knowing you've made a lasting and enriching impact on your career life.



How does our internship program work?

If you are interested or want to know more about our exquisite internship program, you can fill the application form and get in touch with us.

Step 1

Fill up the application form and make your decision.



- Applicant is required to fill all the details correctly in the application form. The hardest part is over and the fun is about to begin.

Step 2

We become connected



- You will be matched with one of our consultant who knows ins and outs of your requirement. They will guide you through everything you need, so you can leave your worries behind. NRS provides guidelines to applicants for the documents required for further processing.

Step 3

Screening/Interview



- NRS conducts interview for the selected applicants. The interview will take place via skype and will be asked various credential verification questions, experience verification questions, behavioral questions, competency questions, brainteaser questions, case questions and many more.

Step 4

Confirmation Email



- Your interview will be discussed with the management and you will receive a confirmation email regarding the approval or rejection about your place in the internship program. If selected, we would give you option on the accommodation which is managed by one of local staffs at NRS.

Step 5

Take-off and touchdown



- Now you need to get your tickets in-hand and get ready to be a part of our family. Then our country in-country team will have everything prepared for your arrival. It is now time for the real adventure to start.

Step 6

We have got your back



- Do not be stressed. We understand that coming to a new place is nerve wracky but we are here for you and when you need us, we will always have your back. Before starting your first day, one of our staff will visit you and brief in about the work culture at NRS and what you need to be prepared for. You will be assisted to the workplace and back home, so that you are used to the area. You will start your day with a brief orientation about NRS and Nepali Culture. Not only this, we also provide our international interns Nepali class for the two months as a addition to the contribution you make.



WE ASSIST
WE DESIGN
WE IMPLEMENT
WE are Nepal Realistic Solution

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