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Kathmandu



Nepal

Kathmandu, the capital and largest city in Nepal, is
like no other city in the world

Kathmandu- Standard Room

Kathmandu- Private Room

 All meals included	Yes ⁽¹⁾	Yes ⁽¹⁾
 Free beverages	Yes ⁽²⁾	Yes ⁽²⁾
 Persons per room	4 - 6	1- 2
 Wifi in public areas	Yes	Yes
 Laundry facilities	Yes ⁽³⁾	Yes ⁽³⁾
 Safety box	No	Yes
 Lockable rooms	Yes	Yes
 Hot shower	Yes	Yes
 Private bathroom	No	No
 Bed linen	Yes	Yes
 Towels	No	No
 Mosquito protection	Yes	Yes
 Fan	Yes	Yes
 Air conditioning	No	No

(1) Three meals per day during weekdays and two per day on weekends

(3) At an additional fee

(2) Water, tea, coffee and milk



Location

Kathmandu, the capital and largest city in Nepal, is like no other city in the world. The decaying buildings in the heart of the city are a contrast to the lively atmosphere that permeates the streets. The smell of incense wafts from the stores while street sellers push their wares, and people go about their daily lives, all against a backdrop of historic temples and carved statues.

For several hundred years, Kathmandu was one of three rival royal cities, along with Bhaktapur and Patan. Situated in close proximity to each other, today these three almost run together.

The highlight of Kathmandu has long been Durbar Square, the largest of the palace squares in the three royal cities and a UNESCO World Heritage Site. Temples and monuments of varying shapes, sizes, styles, and faiths can be found here.

Kathmandu's Durbar Square was severely damaged in the 2015 earthquake, with many buildings destroyed beyond repair.

For most visitors to Nepal, Kathmandu Valley is the arrival point and the primary focus of the visit. This small, mountain-sheltered valley is the historical center of Nepal, a place where kingdoms rose and fell, where palaces and temples were built and rebuilt, and where Nepali art and culture was developed and refined. Rivers and streams interlace with the landscape, the brick-red villages cling to ridges to preserve precious land and even from the bustling centers of each of the cities, it is possible to catch a glimpse of the snow-capped peaks of the majestic Himalayas against the intense blue skies.

Accommodation & Food

About the Accommodation

There is a mini library where you can read, a beautiful garden to relax in and dining and lounge areas where you can hang out with fellow participants. Furthermore, there is a refrigerator which you are welcome to use to store food and beverages.

Food Arrangements

You will be provided with three meals a day on weekdays and two meals per day on weekends. The meals are a mix of Western and Nepalese food, consisting mainly of vegetarian dishes including rice and vegetables. You can expect to have a chicken dish about once per week. You can also choose to eat out at any of the local restaurants.

Facilities

Our house is located five kilometers away from the city center, where you can find anything you might need. The nearest ATM and supermarket are located a 15-minute walk away from our accommodation.

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day, to familiarize you with the surroundings as well as local culture. Your program will continue as usual from Tuesday onward throughout the rest of the week.

Schedule

- Welcoming Ritual - Puja to the Gods & goddess and name giving ceremony with Ice breaking activities
- Review the schedule,
- Social behaviors norms dos & don'ts in Nepali culture
- Cross culture seminar on eating, drinking, clothing bathing & toileting customs in Nepal
- Lunch
- Talk on safety & security during the program. Signing up the Code of Conduct, Child Protection Policy and Release & Waiver of Liability. Collection of passport copies, photos, and police clearance
- Information on placement and visiting the placement site.
- Assignment to find the local civics places in and around program house neighborhood. Get personal accessories (Photo copy, money exchange, ATM and take picture). Clothing shopping at the local market.

Activities & Events

No scheduled activities outside the program.

Sights & Surroundings

Shopping in Kathmandu is an experience in itself. Thamel, Kathmandu tourist hotspot, is where shoppers can find Nepalese, Tibetan and Indian artifacts, wood carvings, handicraft and an assortment of unique clothing and apparel. There are also several malls where you can find fashionable clothing and grocery stores offering everything from wine to breakfast cereals. There are numerous dining options available throughout the city, including Italian, Indian, Thai, Korean and Chinese in addition to a variety of local cuisine.