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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

(2) Water, tea, coffee and milk

(3) At an additional fee

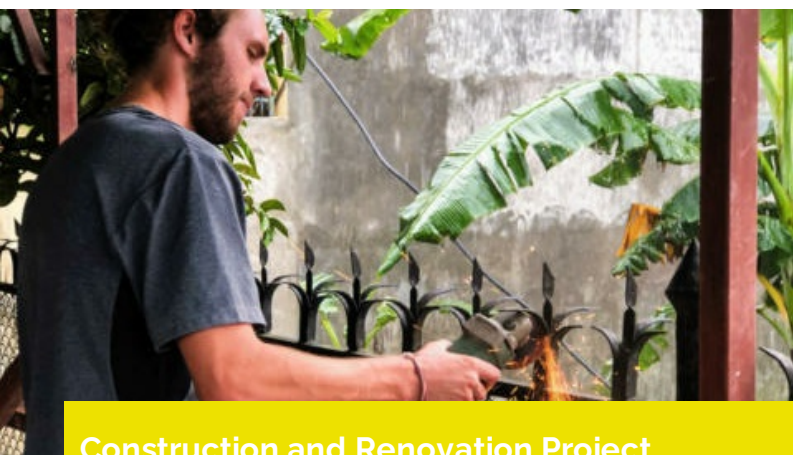




Canine Rehabilitation

📍 Kathmandu 📅 Every week ⌚ 1 week min

Aid in the rescue of dogs in need as well as getting them back to a healthy state before they get adopted. This is a chance to not only learn more about Nepal - this is a unique opportunity to learn about dogs, to understand them, and learn how to handle and care for them. The streets of Nepal are often flooded with injured and/or starving dogs. In this program, you will help in a lot of different activities including rescuing of the animals and in the process of bringing them back to health.



Construction and Renovation Project

📍 Kathmandu 📅 Every week ⌚ 1 week min

Take part in the rebuilding efforts and support the needy communities in this beautiful Himalayan country.

Join us in our efforts to construct and renovate public buildings that require to be upgraded to provide a better standard of living for the communities. Therefore, we have taken up rebuilding projects in various areas of Kathmandu in restoring schools, hospitals, community centers and homes.



Culture Week

📍 Kathmandu 📅 Every week ⌚ 1 week

Experience and get an in-depth knowledge of the ancient traditions, culture, language, temples, and Buddhist monasteries in this Himalayan country.

Our Culture Week will get you kickstarted into this amazing country located at the foothills of the mighty Himalayas. Not only will you get to learn about the language and lifestyle, but you will also visit temples, go on a hiking tour and even take part in a scavenger hunt race at a local market!



Dental Internship

📍 Kathmandu 📅 Every week ⌚ 4 weeks min

Gain work experience by shadowing doctors in dental hospitals in and around Kathmandu.

During the internship, you will gain valuable experience and learn by observing the procedures of the in-house dentists. The internship can take place in either government, private or community dental hospitals around Kathmandu. This program is aimed at dental students or those with a similar background.



Education Program

📍 Kathmandu 📅 Every week ⌚ 1 week min

Teach basic conversational English and other subjects of your interest to children from different age groups in Nepal.

The program will have you teaching at different schools in different locations - urban, suburban and rural as you assist with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.



Environmental Awareness Program

📍 Kathmandu 📅 Every week ⌚ 1 week min

Make a difference by enhancing community awareness about global environmental issues and educating public on how we can save the planet.

Join awareness programs in schools and other community institutes to create awareness and educate the public, especially the younger generation, on the critical environmental issues of the present and the future. Help strengthen the students with knowledge, passion and commitment to save our planet.



Explore Buddhism

📍 Kathmandu 📅 Specific dates ⌚ 2 weeks

Explore Buddhism in Nepal and experience Buddhist monasteries, meditation and yoga in this spiritual journey!

This program is tailored for those who are interested in Buddhism and who would like to witness Buddhist culture and teaching in Nepal. You will also experience meditation and yoga in this program. You will be able to stay at different monasteries in Nepal which will give you the unique opportunity to immerse in their day-to-day lifestyle and learn about Buddhism.



Health Outreach Program

📍 Kathmandu 📅 Every week ⌚ 1 week min

Increase awareness of best practices for a healthier lifestyle in the community to promote physical and mental wellbeing.

Join our efforts to help educate school children and adults on personal hygiene, health and sanitation, first aid, and impart knowledge on various important health-related topics. Encourage practising a healthier lifestyle which would help them to reach their fullest potentials which is also a key factor for a happy life.



Kindergarten Teaching Project

📍 Kathmandu 📅 Every week ⌚ 2 weeks min

Teach basic English skills to children between 3 to 6 years old at several kindergartens in Kathmandu.

This project will have you teaching at different kindergartens particularly serving children from underprivileged communities. You can assist the teachers at the kindergartens with extracurricular activities and inspire children to achieve their full potential and broaden their perspectives through creatively structured lessons.



Medical Internship

📍 Kathmandu 📅 Every week ⌚ 4 weeks min

Gain work experience in the medical field by shadowing doctors in hospitals in and around Kathmandu.

During the internship, you will gain valuable experience and learn by observing the procedures of the in-house doctors. The internship can take place in either government, private or community hospitals in and around Kathmandu. This program is aimed at students of medicine or those with a medical background.



Organic Farming Program

📍 Kathmandu 📅 Every week ⌚ 1 week min

Experience organic farming in Nepal in its truly Nepali surroundings!

Organic farming helps to use a more organic product to the local people. The basic idea is to stop the use of pesticides and maintain hygienic food. In this program, you will be able to experience the organic farming in Nepal and work in an organic farm where you will also be able to share your knowledge with the locals.



Physiotherapy Internship

📍 Kathmandu 📅 Every week ⌚ 4 weeks min

Work as an intern at a physiotherapy and rehabilitation hospital in Kathmandu and gain hands-on experience in working at the hospital.

During the internship, you will gain valuable experience and learn by observing and actually taking part in the therapeutic sessions and procedures under the guidance of expert doctors. This program is aimed at medical students or those with an educational background and qualification in any field of therapy and rehabilitation.



Special Education Program

📍 Kathmandu 📅 Every week ⌚ 2 weeks min

Work as an assistant teacher in a special school for children with special needs and support them succeed in their education.

You will be working with kids of different age groups and different IQ levels. This program focuses on supporting the schools with children who have special needs to provide equal opportunities to education with sufficient special attention and facilities. Your task would be to provide special education for these children and raise their knowledge and confidence.

Women Empowerment Project

📍 Kathmandu 📅 Every week ⌚ 1 week min

Teach basic conversational English, basic computer skills and other subjects of your interest to women of different age groups in Kathmandu.

The program will have you teaching at a school set up purposely to educate young and older women who cannot read or write. You will be assisting them with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.

