



Experience Nepal



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2020-07-02
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📍 Nepal - North South East and West

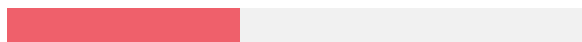
Experience Nepal in four weeks with the Nepalese culture, people and adventure!

During the four-week program, you will get to experience Kathmandu, Annapurna and Chitwan districts through varied and action-packed activities. Scheduled for the month are days of sightseeing, cultural and language lessons, five days of hard trekking, white-water rafting, five days of community work in one of our projects and much, much more!

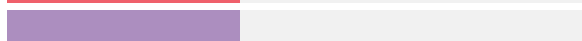
Culture



Learning



Leisure



Community Engagement



Physical Demand



Program Description

As part of this unique Nepalese experience, you will work with local communities on teaching projects. You will visit really interesting places, such as the Swoyambhunath Buddhist temple and the vast Royal Chitwan National Park.

Enjoy a rafting adventure down the Trisuli River, a village hike in rural Kathmandu, a rewarding 5 day trek up Poon Hill from which you will see some of the most breathtaking mountain ranges in the world, body and mind sessions with Yoga and Meditation, not to mention visits to the local markets and some great cultural introduction sessions.

What is included in the program

- Airport transfers as per the policy - Airport Pickup in Kathmandu - Tribhuvan International Airport
- Presence of a dedicated program coordinator throughout your travel, at the projects and facilities- Logistical management support in case of emergencies
- Authentic Nepali meals and European (breakfast, lunch, dinner) for the duration of the entire program as per the meal plan
- Accommodation at hotels, tea houses, and at our accommodation facility - Shared accommodation
- Local transportation to all venues
- Entry fees to all places
- Extensive pre-departure information
- Overland public local transportation

What is excluded in the program

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, portage at hotels or airport, bottles of water during your road travel etc.
- Any additional expenses caused by or liability for the disturbance in the program due to circumstances, weather conditions, sickness, natural disasters, riots etc.
- Liability for or insurance against injury, loss of life, accidents or loss of goods.
- Our program does not cover any liability and does not insure participants. Participants must have appropriate insurance before joining the program.
- Any camera fee where applicable.
- Any service not specified above.

Few things to consider when you are with us!

- Returning to the accommodation after your personal trips before 22.00 every day
- You will not be allowed to hire any vehicle on your own
- Consumption of alcohol inside the accommodation is strictly prohibited
- Respect and adhere to our code of conduct
- Our staff is there to support you, guide you and make your trip memorable. We kindly request you to follow their instructions at all times
- You will not be allowed to bring outsiders inside our centers/guest houses or hotels

Program Duration & Availability

Min duration (weeks): 4

Max duration (weeks): 4

Aims & Objectives

The aim of this program is to bring you closer to authentic Nepal. Through different projects and activities, you will get to truly immerse yourself in the culture, customs and lifestyle.

Schedule

Week 1

Day 1: Monday

Rituals, sign the documents, do's and don'ts and an assignment

Day 2: Tuesday

Language, cross culture introduction, tour to Swoyambhunath followed by a movie night

Day 3: Wednesday

Yoga and meditation session, a cooking class & Scavenger Hunt

Day 4: Thursday

Presentation of Scavenger hunt, Kritipur Tour followed by a Cultural Night

Day 5: Friday

Hiking

Day 6: Saturday

Free time for you to relax.

Day 7: Sunday

Free time for you to relax.

Week 2

Day 8: Monday

Drive to Charaudi and start White water rafting

Day 9: Tuesday

Continue rafting, drive to Chitwan

Day 10: Wednesday

Jungle activities

Day 11: Thursday

Jungle activities

Day 12: Friday

Drive to Pokhara - visit lake side and get necessary items for trekking.

Day 13: Saturday

Free time for you to relax.

Day 14: Sunday

Drive to Nayapul and trek for 3 to 4 hours to Tirkhedhunga.

Week 3

Day 15: Monday

Trek to Ghodepani for 6 to 7 hours (steps uphill)

Day 16: Tuesday

Get up early in the morning to see the sun rise at Poon Hill and trek to Tadapani for 5 hours

Day 17: Wednesday

Trek about 6 hours to Tolka via Ghandruk - Landruk

Day 18: Thursday

Trek about 5 to 6 hours to Phedi and drive to Pokhara enjoy the massage

Day 19: Friday

Drive back to Kathmandu by tourist bus for about 8 hours

Day 20: Saturday

Free time for you to relax.

Day 21: Sunday

Free time for you to relax.

Week 4

Day 22-26: Monday to Friday

Community Work in Kathmandu

You will get the chance to give back to Nepal by helping out in some of our projects. Your options to choose from:

- Teaching in Local Schools
- Renovation projects
- Organic Farm/Community Development

Day 27: Saturday

Transfer to Tribhuvan Int'l airport

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Weekly program lineup may be changed depending on various conditions on ground.

Starting Dates

During 2019

Jan 7th	Jan 21st	Feb 4th	Feb 18th	Mar 4th	Mar 18th	Apr 1st
Apr 15th	May 6th	May 20th	Jun 3rd	Jun 17th	Jul 1st	Jul 15th
Aug 5th	Aug 19th	Sep 2nd	Sep 16th	Oct 7th	Oct 21st	Nov 4th
Nov 18th	Dec 2nd	Dec 16th				

During 2020

Jan 6th	Feb 3rd	Mar 2nd	Apr 6th	May 4th	Jun 1st	Jul 6th
Aug 3rd	Sep 7th	Oct 5th	Nov 2nd	Dec 7th		

Participant Criteria & Requirements

Minimum age:	18
Maximum age:	65
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	None

Additional Requirements

Due to the nature of the program, a decent level of fitness is required.

Additional Equipment

We recommend following equipment and items to pack for your trekking trip.

For head

- Sun Hat / baseball cap
- Fleece/Wool hat (to cover ears) for winter
- Sunglasses & reading glasses
- Scarf to cover face (dust/wind)

For lower Body

- Under garments
- Hiking shorts - 1
- Lightweight walking pants - 1
- Light weight thermal leggings - winter
- Fleece or tracksuit pants

For Feet

- Thin cotton inner socks
- Thick warm wool hiking socks
- Hiking boots
- Sandals
- Walking poles

For Upper Body

- T-shirts
- Lightweight thermal tops - winter
- Fleece long sleeve tops
- Down vest/jacket - winter
- Poncho rain cover

For Hands

- Lightweight fleece gloves - winter
- Playing card
- Trail map & guide book

For Sleeping

- Sleeping bag
- Sleeping bag liner
- Pillow slip/case

Medical Kit

- See your Doctor for complete medical kit Including Dimox – for high elevation

Accessories

- Headlamp & spare batteries
- Dry packs
- Open neck water bottles
- Watch with light & alarm
- Pack cover
- Day pack
- Money belt
- Toiletries & Personal Hygiene
- 1x quick dry towel & face cloth
- Shampoo & Conditioner
- Toothbrush & paste (biodegradable)
- Multipurpose wipes (face & body)
- Deodorant
- Face & Body moisturizer
- Nail clippers/file
- Small comb/brush
- Clothes washing soap (biodegradable)
- Toilet paper (you can buy more on trek)
- Anti-Bacterial wipes (4x packs)
- Hand sanitizer (small bottle)
- Sun block face/body high UV protection
- Lip block with UV protection
- Feminine hygiene products

Extra Items

- Camera & extra batteries
- Binoculars
- Reading books
- Journal & pen
- Energy/protein bars
- Walkman & Steripen

*****Make sure to pack no heavier than 15kg after fully packed.*****