



# Culture Week



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**2020-09-17**  
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## 📍 Nepal - Kathmandu

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!

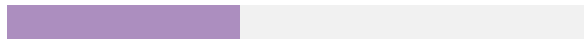
Culture



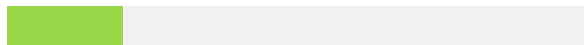
Learning



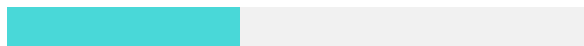
Leisure



Community Engagement



Physical Demand



## Program Description

During this week, you will learn about Nepalese culture through a series of introductory culture classes which are designed to help you develop your Nepalese language skills and deepen your understanding of the Nepalese way of life complete with details on rituals and customs. You will learn about Nepal's history and the religious influences which have shaped it. Moreover, we will pay a visit to the local shops and markets that will get you learning as you go with the local culture and how to become a part of it. As part of your city tour and orientation, you will also visit some amazing sites such as the temple of Swoyambhunath: one of the most sacred Buddhist sites in Kathmandu.

## Program Duration & Availability

**Min duration (weeks):** 1  
**Max duration (weeks):** 1

## Aims & Objectives

Introduce you to Nepal's diverse geographical and cultural environment by fostering a deeper understanding of cultural similarities and differences through experiential learning in Nepal and to help you develop awareness and deeper understanding of the country.

# Schedule

## Monday

- Puja to the gods & goddess and name-giving ceremony
- Go over the week's schedule and handling of documents
- An introduction game to get to know fellow participants
- Cultural seminar on social behavioural norms, dos & don'ts in Nepalese culture. Intercultural eating and drinking habits, bathing and clothing customs in Nepalese culture.
- A little assignment for you to explore your neighbourhood and find local civic places such as banks (ATM), temples, schools, restaurants etc.

## Tuesday

- A social interactive session to know each other and an opportunity to bring out concerns about your health etc so that we will be aware.
- Nepali language training
- Shopping to the local market
- Orientation tour of the city of Nepal with an interesting game called "Scavenger Hunt", we will tell you more about this when you are here

## Wednesday

- A talk on schooling and education system in Nepal and placement sites
- A cultural as well as historical orientation tour to the famous Swoyambhunath temple
- Nepali cooking session

## Thursday

- Yoga and meditation
- A Buddhist religious tour
- A local tour to the Hindu Temple

## Friday

- It's all about hiking today! We will go on a nature trail into the mountains to get a view of Kathmandu valley.
- Feedback sharing (evaluation)

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

## Starting Dates

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

- Parental consent needed for participants below the age of 18.
- Participants above the age of 65 should get a fitness certificate from their respective doctors.

## Additional Equipment

- Hiking Shoes
- Tidy clean clothes for temple visits