



Construction and Renovation Volunteer in Nepal

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Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

You will arrive on Sunday and have plenty of time to settle in, ahead of an exciting week on your Construction and Renovation project!

Mandatory Orientation Day

On the Monday of your first week as a Construction and Renovation Volunteer, you will join our orientation day to get accustomed to your surroundings. Your Education Project will continue as usual from Tuesday onward throughout the rest of the week.

Orientation Day Schedule (Monday)

- Welcoming Ritual - Puja to the Gods & goddess and name-giving ceremony with ice-breaking activities
- Review the schedule,
- Social behaviours 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 local places in and around the programme, and house neighbourhood.



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- Clothing shopping at the local market.

Weekly Schedule

Tuesday to Friday

- Breakfast
- Construction and Renovation Volunteering (2-3 hours)
- Lunch
- Construction and Renovation Volunteering (2 hours)
- Dinner

Please note: This schedule can be changed depending on weather conditions and unforeseen circumstances.

Project Activities

Your activities will be varied as the project responds to the developing needs of the community. However, it is likely that you'll be involved in:

- Deconstructing damaged buildings;
- Using building materials to rebuild walls
- Painting and decorating to freshen up buildings
- Carrying out basic carpentry, such as repairing or making furniture
- Erecting fences around the school perimeter
- Preparing materials such as cement, concrete, and wood
- General labouring, for example, moving rocks and boulders

Evenings and Weekends

At the end of your day as a volunteer, you can choose to explore the area or simply relax with new friends back at your accommodation. Many of our volunteers enjoy mixing with their new volunteer friends during the week and plan their weekend adventures together!

Places to Visit

Thamel is a tourist hotspot, where shoppers can find Nepalese, Tibetan and Indian artefacts, wood



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carvings, handicraft and unique clothing. There are also several malls where you can find fashionable clothing and grocery stores offering everything from wine to breakfast cereals. And if dining out is your thing, you can have a dish from a different country every night, with a plethora of restaurants serving local and international dishes!



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)