



Cultural and Introduction week in Kathmandu

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Project overview



What's included:

- 24/7 support in case of emergencies

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

What's not included:

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

Project itinerary

Cultural and Introduction Week Schedule

You'll arrive on Sunday, with plenty of time to refresh, before your exciting Culture and Introduction week in Nepal begins!

Monday

Start your morning with a Puja – or worship – to the Gods and Goddesses of Hinduism, witnessing Religious rituals which are central to the culture. Discovering the importance of murtis (images), mantras (prayers), and yantras (diagrams of the universe), you will also find out about the personal nature of Hindu worship and the significance of individual offerings.

Following some fun activities to get to know the rest of your groups, you'll spend the remainder of your morning discussing the schedule and safety of the program.

Lunch is served! After this you'll have a Nepali Language Training session which will introduce you to some essential words and phrases to help you communicate more easily with the locals.

Tuesday

Your day begins with a Nepali Language session to get you talking! Following this, there's a break



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for lunch and then a cross-cultural orientation session for an hour and a half to bridge the knowledge gap regarding dining, drinking, bathing, clothing and toileting customs in the culture of Nepal.

Wednesday

Back to school today, where you will have an introduction to Nepal's schooling and educational system. The afternoon session takes you on a 2-and-a-half-hour tour of Boudhanath, one of the most sacred, and historically significant landmarks of Nepal. Finish the day with a Nepali cooking class and try out your new culinary skills for dinner!

Thursday

An early morning relaxing session of yoga and meditation is on the cards today! Thereafter, you will have your last Nepali Language session, before heading out to the local market. Here you'll get to try out your new skills as you scavenge for some local, authentic Nepali souvenirs.

Friday

Today is all about hiking! Following a beautiful nature trail, you'll set off up the mountains to reach a spectacular viewing point over the Kathmandu valley. After a lunch break where you can relax and recharge your batteries, you'll have a chance to evaluate your week's activities, giving and receiving feedback and asking any questions you may have. A culinary delight is prepared for you in the evening as you take part in a lesson about traditional Nepali cooking techniques.

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

Evenings and Weekends

After a day of introductions to Nepali culture, you can choose to explore the area or simply chill. Many of our volunteers enjoy mixing with their new volunteer friends through the week and plan bigger outings at the weekends!

Transportation

Programme transport is included. However, any additional excursions must be paid for separately.



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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)