



Experience Nepal (4 Weeks)

https://www.trueexperientctravel.co.uk/wp-content/themes/tru-experience-travel/images/header_banner.png

Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.trueexperientctravel.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
- Meals
- Orientation

What's not included:

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

Project itinerary

Schedule

Week 1

Monday to Friday

Arrive in Kathmandu and relax at our centre. 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 Nepali culture, complete with details on rituals and customs.

As part of your city tour and orientation, you will visit some amazing sites such as the temple of Boudhanath: one of the most sacred Buddhist sites in Kathmandu. In addition, you will have an introduction to yoga and meditation.

Weekends - Weekends are free. You are welcome to relax and hang out at the volunteer accommodation with other volunteers or you can use this time to travel and explore Nepal more with your new friends.



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Week 2

Monday to Friday

This week you'll visit Royal Chitwan National Park, and Pokhara, heading out on a superb hike through rice paddy fields and mountains. Need a little excitement? We thought so! How about some whitewater rafting on the scenic Trisuli River?

Then we head on to the Royal Chitwan National Park where you can experience the exotic wildlife of Nepal. Then, we will spend some time sightseeing in the charming town of Pokhara, the second-largest city in Nepal, where you'll also find a stunning view of the Himalayas.

Weekends - Weekends are free. You are welcome to relax and hang out at the volunteer accommodation with other volunteers or you can use this time to travel and explore Nepal more with your new friends.

Week 3

Monday to Friday

This week it's the Annapurna Trek! Begin your adventure trek up the Poon Hill, which is the viewpoint for two of the largest mountains in the world, Annapurna and Dhaulagiri!

This is a challenging but rewarding five day trek. On your return, you will receive a relaxing massage to soothe your muscles and allow you to reflect on the last week's journey.

Weekends - Weekends are free. You are welcome to relax and hang out at the volunteer accommodation with other volunteers or you can use this time to travel and explore Nepal more with your new friends.

Week 4

Monday to Friday

Community Work in Kathmandu: You will get the chance to give back to Nepal by helping out with some of our projects.

Your options to choose from are below:



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Teaching in Local Schools

Teach at small local village schools and help children to build their confidence and language skills - hopefully also inspiring them to broaden their horizon through your experiences!

Renovation Projects

Help local communities by building infrastructure alongside local people and other participants.

Organic Farm/Community Development

Work alongside local people on an Organic Farm as part of this authentic experience during which you will stay with a local family.

Once you have chosen your project, we will arrange your stay accordingly. We will try to accommodate you as best as we can but nothing is guaranteed as availability and circumstances may affect the options open to us at any given time. However, usually, your first choice of social work option on your application form is guaranteed. For medical options, relevant qualifications will be required.

Included in the Programme

- Airport transfers as per the policy - Airport Pickup in Kathmandu - Tribhuvan International Airport
- Experienced programme coordinator throughout your travel, at the projects and facilities
- Authentic Nepali and European meals (breakfast, lunch, dinner) for the duration of the entire programme
- Accommodation at hotels, tea houses and centre
- Local transportation to all venues
- Entry fees to all places
- Pre-departure information
- Overland local public transportation

Exclusions

- Personal expenses such as table drinks, room service items, laundry, telephone calls, tips, bottles of water during your road travel etc.



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- 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.

A 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 centre is not allowed
- 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

Please Note: this schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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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)