

Nepal Community Teaching & Adventure

Spend time in the spectacular city of Kathmandu and explore Nepal. Spend an unforgettable time in an orphanage or school with children who have known little kindness in their lives.

Nepal is undoubtedly one of the most intriguing destinations in the world. With its combination of mystical Buddhist origins and peaceful and spiritual indigenous populations, it attracts those who wish to visit a less developed country where much of the ancient religious and cultural heritage has been maintained.

This unique programme gives you the opportunity to combine spending time in the spectacular city of Kathmandu, where swallows swoop amongst the elegant spires of the ancient temples, with delving into vast nature reserves, and enjoying adventure activities in the dramatic mountain foothills. You will also have the chance to absorb local customs, observe traditional dances and festivals, and even learn to write and speak some basic Nepali. Finally, you spend an unforgettable time in an orphanage or school, where you teach, play and sing with children who have known little kindness in their lives.

PROJECT HIGHLIGHTS

- Visit one of the most intriguing destinations in the world
- Teach English to the enthusiastic & friendly children
- Explore the lesser-known regions of Nepal

PROJECT REQUIREMENTS

- Minimum age of 17 years

FAST FACTS

Location	Kathmandu / Chitwan (Pokhara 4 weeks +)
Activities	Sightseeing Jungle adventure Nepali language classes Trekking in the Himalayas (4 week programme only) White water rafting (4 week programme only) Working with children Working in orphanage / school teaching
Transport	Airport pickup
Accommodation	Volunteer house / Tea Houses

WHAT DOES THE PROJECT DO?

The aim of this project is to encourage volunteer participation in some much needed community development programmes in and around Kathmandu whilst at the same time giving you the opportunity to explore the dramatic landscapes and throw yourself into some of the amazing adventure activities this country has to offer, giving you the perfect mix of culture, fun and rewarding and thrilling experiences.

WHAT WILL I BE DOING?

You will arrive into Kathmandu, the heart of Nepal, where you will gain an insight into a society unique in today's world. Throughout your time on this programme you will be bringing your own strengths and skills to the table whilst learning new ones helping to support local communities and children through your voluntary work at local schools and orphanages. Undoubtedly throughout your time on the project you will draw creative inspiration and ideas from the landscapes and livelihoods of the local communities that surround you. Your time on this exciting project will be split into three different phases:

Orientation and Culture

Upon arrival into the spiritual city of Kathmandu, you will spend the first phase of the programme exploring this vibrant and atmospheric city. You will learn basic Nepali which should help you make friends throughout the rest of your stay here and which will immerse you further into this spiritual culture. There will also be plenty of time for sightseeing, shopping and relaxing in local cafes.

Volunteering

Once you have settled fully into the Nepali way of life, you will then get the opportunity to help out at a local school or orphanage in a number of different capacities, whether that be teaching English, getting involved in environmental awareness programmes or simply playing with the children. You can take this opportunity to visit some of the absorbing holy shrines in the surrounding area such as Buddhanath or the famous Monkey Temple, or the enigmatic Durbar Square in the old city, containing palaces from four different dynasties.

Adventure

The final phase of the programme sees you escaping from Kathmandu to the rural area of Chitwan, five and a half hours south of the capital where the heat is turned up. Chitwan is a haven for wildlife, and is home to the famous one horned rhinoceros. The jungle adventure may involve wildlife spotting elephant rides, canoeing trips and jungle treks, as well as visiting baby elephants.

Continued Adventures.....

For those of you joining the 4 week programme you will then go on to visit Nepal's wonderful second city, Pokhara, the city that wins a thousand hearts. From here you will enjoy a 3/4 day trek into the Himalayas, staying in local Tea Houses en route, and join a breathtaking white water rafting expedition down the majestic Trishuli River.

Finally you will end your adventure by making your way back to Kathmandu to spend your last few days and enjoy a well earned farewell dinner with the countless friends that you will have made on your travels.

Longer durations are also available for those volunteers interested in extended periods of volunteering.

WHAT HAPPENS WHEN I ARRIVE?

You will be picked up from Tribhuvan International Airport in Kathmandu on the Sunday by a friendly local staff member and taken to your accommodation, 25 minutes away. Once you have had time to rest the local staff will introduce you to your project and the local area. Your in-country coordinator will be more than happy to help you settle in and acclimatise and you'll feel at home in no time in this friendly, vibrant country.

WHERE WILL I BE STAYING?

Throughout your time in Kathmandu you will be staying in shared mixed sex accommodation at the volunteer home. All bedrooms are basic but clean and comfortable and have locks on the doors; lockers are also available upon request. At the volunteer house there is free wifi available, hot and cold showers, common room with TV and DVD's, roof top terrace and an open kitchen as well as communal books and bicycle. During your time in Chitwan you will be staying at a jungle hotel retreat and for those of you joining the

four week programme you will be staying in local tea houses en route which are basic but full of character. Single rooms can be arranged at an additional cost.

WHAT WILL I BE EATING?

You will be provided with 2 meals a day whilst in Kathmandu, consisting of typical Nepali food such as rice, lentils and soup with some vegetables. Breakfast will be about 9:30am in the morning and evening meals at around 7:00pm in the evening. You will also be given tea in the morning and the afternoon. During your stay at the jungle retreat in Chtiwan you will be provided with 3 meals per day.

COSTS

2 weeks	US\$ 1,395
4 weeks	US\$ 2,245
6 weeks	US\$ 2,545
8 weeks	US\$ 2,895
Extra week	US\$ 345

DEPARTURE DATES

Weekly, please aim to arrive on the Sunday

DURATION

2 weeks, 4 weeks or 6 weeks

This project is available throughout the Christmas period

WHAT'S INCLUDED

Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt
- UK TEFL training weekend if enrolled on TEFL BTEC course

In-country

- Food
- Accommodation
- Airport pick-up
- Ground transfers
- Local orientation
- Project training

- In-country emergency support
- 24-hour international HQ back-up

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.