

# Nepal



BUILDING

# CONTENT

Construction

About Nepal

Touristic Activities

Prices and Fees

Flight Bookings

Weekly Schedule

Packing Essentials



## About Trip

This program aims to support the local communities in **Kathmandu, Nepal** through classrooms renovation in a local school. Doing so, will help the students to have a better environment to get the education they deserve.

The program is suitable for anyone interested in exploring a new destination while giving back to the local community. If you join the first week, the activities will be mainly focused on plastering the walls and the flooring. If you join the second week, the activities will be focused on painting and artwork.



### CHALLENGE

Building



### LOCATION

Kathmandu,  
Nepal



### DURATION

1 Week



## ABOUT NEPAL

### **Geography**

Nepal is a country located in South Asia, and is sandwiched between India from the South, and China from the North. It is approximately 4 hours flight from the GCC.

### **Climate**

January is a cold month in Kathmandu, with an average temperature of 18°C. During the day, the average temperature is in the mid twenties.

### **Language**

The main language spoken is Nepali. Many of the residents also speak English.

### **Currency**

Nepal's main currency is Nepalese Rupee and US Dollars (USD). 1 US Dollar is equivalent to 140 Nepalese Rupee. We recommend that you keep petty cash handy with you, especially when going out for touristic activities.

### **Cuisine**

There are many heterogeneous influences that are reflected in Nepal's cuisine due to the multicultural nature of Nepal.



There will be different tourism activities that are planned as part of the program. Each day after construction activity, we will take some time to explore the culture and nature of Kathmandu, from visiting different temples, to wondering around the main hubs of the city, and visiting the different valleys to explore the beautiful nature of Kathmandu. The breakdown of the activities will be confirmed closer to the dates of the trip.

### **Intended tourism activities:**

- Monkey Temple (Swayambhunath Temple)
- Patan Durbar & Palace
- Namobuddha Monastery & Farewell Dinner
- Singing Bowl Therapy
- Chandragiri Hill Day Trip from Kathmandu









PRICES & FEES







# \$1,190 USD Per Person

The travel package includes and excludes the following:

## INCLUSIONS

-  **SHARED** (same-gender) standard accommodation
-  Airport (KTM) on Sunday and other transportation
-  General touristic attractions
-  Two meals per day (breakfast and lunch)
-  Special Welcome and Farewell dinners
-  24/7 in-country local NomuHub staff support

## EXCLUSIONS

-  Travel visa and insurance
-  Flight tickets
-  Vaccinations
-  Personal spending
-  Daily dinners
-  Accommodation upgrade to 4-star or 5-star hotels



## ACCOMMODATION

You will be staying at **Barahi Kathmandu** a 4-Star located in **Kathmandu**. The package includes twin sharing room for a 6 nights stay, and if you wish to upgrade to a single room please below note for upgrade prices.

- Upgrade to a single room at the hotel for \$420 in total of 6 nights.



## FLIGHT BOOKINGS

It is **your responsibility** to arrange for your flights, visa and travel insurance and upload all the necessary documents for us before the deadlines. Further instructions regarding this are provided in the Welcome Email you will receive.

You are required to book your flights and upload your flight details onto our Google Form link (mentioned in your Welcome Email) no later than 2 weeks prior to the trip start date, so that your airport transfers can be arranged efficiently.

Make sure to book your tickets for the week you have selected according to the following dates and times:

Arrival to KTM	Departure from KTM
Sunday	Saturday





## WEEKLY SCHEDULE

The exact weekly schedule for this particular trip (along with details of timings and specific touristic activities) will be shared in the Handbook a few days before the trip. Below is a general overview of your expected trip itinerary:

	SUN	MON	TUE	WED	THU	FRI	SAT
6 am	Arrival Day	Breakfast					Relaxing / Free time / Departure day
7 am		Going to site					
		Giving activities					
12 pm	Lunch break						
1 pm	Orientation	Giving activities					
4 pm	Patan Durbar & Palace	Return to the hotel, refresh & shower					
	Team Welcome dinner	Monkey Temple	Singing Bowl Therapy	Chandragiri Hills	Free day to Explore	Namobuddha Monastery	
7 pm		Dinner				Farewell dinner	

# PACKING ESSENTIALS

## RECOMMENDED CLOTHES

- HIKING SHOES
- SOCKS
- TOPS
- JEANS
- DRESSES
- SWIMSUITS
- LIGHT JACKET
- SANDALS
- FLIP FLOPS
- SUNGLASSES
- UNDERWEAR
- HEADWEAR

## APPLIANCES

- CHARGERS
- PLUGS FOR CHARGERS
- TRAVEL SIZE TORCH

## IMPORTANT DOCUMENTS

- PASSPORT/VISA
- ID CARD
- TRIP ITINERARY
- BOARDING PASS
- TRAVEL INSURANCE

## TOILETRIES

- SUNSCREEN
- LIP BALM
- HAIRBRUSH
- NAIL CLIPPERS & SCISSORS
- TOOTHPASTE
- TOOTHBRUSH
- RAZOR
- DEODORANT
- SHAMPOO & CONDITONER
- BODY WASH

"To give real service, you must add something which cannot be bought or measured with money, and that is sincerity and integrity."

---



Travel with a Purpose

[www.nomuhub.com](http://www.nomuhub.com)

+968 935 80 983

