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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.





LOCATION Kathmandu, Nepal



DURATION 1 Week



### Geography

Nepal is 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 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 140 Nepalese Rupee . We recommend that you keep petty cash in 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:

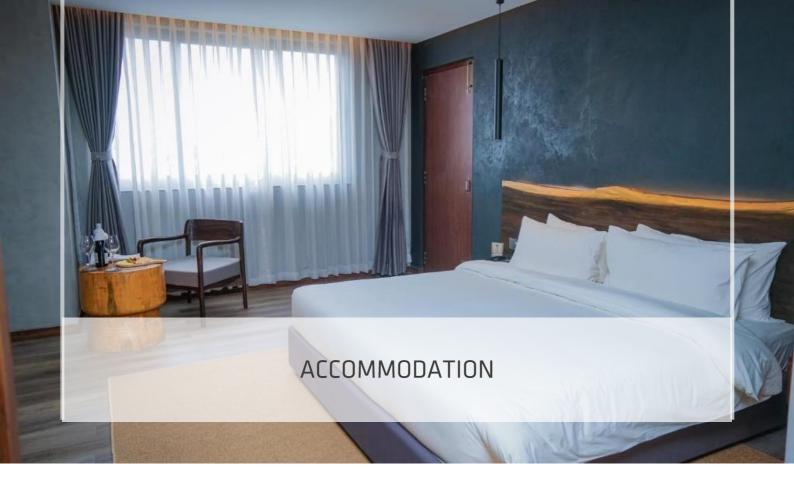
- Monkey Temple (Swayambhunath Temple)
- Patan Durbar & Palace
- Namobuddha Monastery & Farewell Dinner
- Singing Bowl Therapy
- Chandragiri Hill Day Trip from Kathmandu



# \$1,190 USD Per Person

The travel package includes and excludes the following:





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.



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.

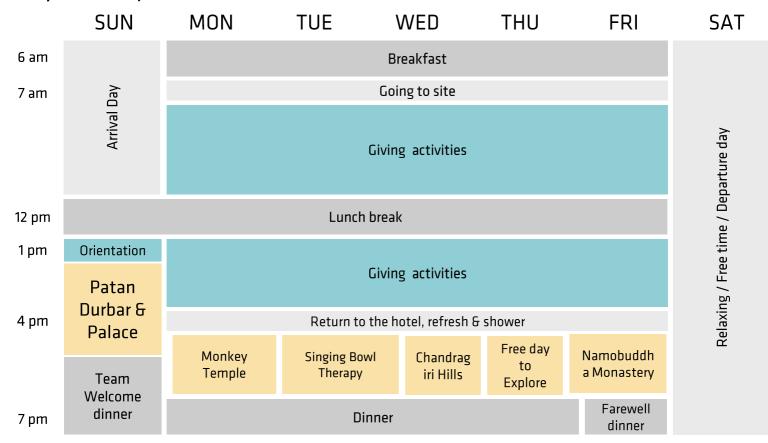
You are required to book your flights and upload your flight details onto our Google Form link (mentioned in your Welcome Email) no later than 2 weeks prior to the trip start date, so that your airport transfers can be arranged efficiently.

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



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:



## PACKING ESSENTIALS

## **RECOMMENDED CLOTHES**

HIKING SHOES
SOCKS
TOPS
JEANS
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."



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