

## Childcare & Community

### High School Special Schedule Nepal

This project offers a unique opportunity to make a lasting impact on the lives of children in Nepal. You will engage in activities that foster personal growth and development, such as organising educational games and leading recreational activities that inspire creativity and curiosity. Additionally, you will participate in renovating the school facilities, creating vibrant learning environments.

#### Programme Goals:

- ▶ **Education & Childcare:**  
Engage in meaningful education and childcare initiatives as you spend time with children, collaborating with local teachers to enhance literacy skills and cultivate environmental awareness
- ▶ **Renovation**  
Contribute to the renovation efforts by revitalising school facilities, establishing vegetable gardens, and creating an improved learning environment for the children, fostering their overall growth and development.
- ▶ **Cultural Immersion:**  
Immerse yourself in the rich and vibrant culture of Nepal through captivating experiences that include witnessing traditional dances, engaging in meaningful conversations with locals, and savoring the authentic flavors of Nepali cuisine.



2 WEEKS



## Day 1

### Sunday

#### Arrival in Nepal

You will arrive into the capital city of Kathmandu. Set in a valley surrounded by the Himalayas, it's a bustling city but also a place of peace and tranquillity.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Nepal. You will then be taken to the hotel in Kathmandu where you will relax, contact your parents, have a meal and relax before your first full day in the country.



### Highlights

- ▶ 30 Service Hours
- ▶ Learn how to prepare local Nepalese food
- ▶ Immerse yourself in Nepalese culture
- ▶ Visit the picturesque city of Pokhara
- ▶ Renovate a local school
- ▶ Offset your carbon footprint

### Accommodation

Hotel

### Transport

Private bus and by foot

### Meals

Breakfast will be served at the hotel each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

### Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart home before 8am and arrive back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

### Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

## Day 2

### Monday

#### Morning:

Attend a group induction and orientation session to familiarise yourself with the project. Interact with local school children and learn about the upcoming work.

#### Afternoon:

Enjoy lunch and visit the local market at Aasan for a cultural experience. Engage in Nepali language classes or do some shopping.

#### Evening:

Refresh and have dinner at the hotel.

## Day 3

### Tuesday

#### Morning:

Begin renovating the designated site, focusing on the assigned tasks.

#### Afternoon:

Continue with the renovation work, making steady progress. Take time to provide feedback and complete Feedback A.

#### Evening:

Enjoy dinner at Gokarna House, an authentic Nepali restaurant, where you will taste traditional Nepali cuisine and be entertained by a cultural dance performance.

## Day 4

### Wednesday

#### Morning:

Start the painting work at the project site, contributing to the ongoing renovation.

#### Afternoon:

Continue with the painting work and have lunch. Engage in a planning session to discuss the environmental program you will be working on with the children.

#### Evening:

Relax and have dinner at the hotel.

## Day 5

### Thursday

#### Morning:

Participate in an environmental workshop with small groups, focusing on topics such as vegetable plantation and the importance of trees, soil, and water.

#### Afternoon:

Continue the workshop and engage in a guided tour of Swayambhu Stupa, also known as the Monkey Temple. Here you will see hundreds of monkeys.

#### Evening:

Enjoy dinner at the hotel.

## Day 6

### Friday

#### Morning:

Take part in the environmental program, including sessional vegetable plantation and discussions about the importance of trees, soil, and water.

#### Afternoon:

Enjoy lunch and continue with the environmental activities. Prepare for a relaxing yoga session.

#### Evening:

Attend the yoga session for relaxation and reflection. Pack for the upcoming trip to Pokhara. Dinner will be served at the hotel.

## Day 7

Saturday

### All Day:

You will depart for Pokhara in the morning. Pokhara is a picturesque city located in the western part of Nepal, nestled in the foothills of the Himalayas. Known for its stunning natural beauty, tranquil lakes, and breathtaking mountain views, it's a popular destination for tourists visiting Nepal.

After arriving in Pokhara, you will settle into the hotel before taking a relaxing stroll around the Phewa Lake, which is the second-largest lake in Nepal. You will enjoy the beautiful sunset and the reflection of the mountains in the water, making it a perfect end to the day.

You will be briefed on the next days activities and then enjoy dinner at the hotel.

## Day 8

Sunday

### All Day:

On the second day, you will wake up early to watch the sunrise over the Annapurna Range, one of the world's most stunning mountain ranges. You will hike up to the Sarangkot viewpoint and enjoy the beautiful view.

After hiking back down to the city you'll have some well earned lunch. Next up is a visit to Davis Falls, which is a unique waterfall that drops into a deep hole and then disappears underground.

Finally, you'll visit the World Peace Pagoda, which is a beautiful white stupa located on a hill overlooking the city. The pagoda offers a panoramic view of Pokhara and the surrounding mountains, making it a great spot for photography.

Before dinner you'll get a chance to explore the city and do some souvenir shopping. Dinner will be served at the hotel.

## Day 9

Monday

### Morning:

Travel back to Kathmandu, with lunch on the way.

### Afternoon:

Rest, relax, and prepare for educational activities with school children the following day.

### Evening:

Enjoy a relaxing dinner at the hotel.

## Day 10

Tuesday

### Morning:

Engage in educational activities, including book reading, arts and crafts, indoor and outdoor games, and rhymes with school children.

### Afternoon:

Continue with the educational activities and participate in a momo making class. Taste the delicious momos afterwards.

### Evening:

Have dinner at the hotel and relax with your fellow volunteers.

## Day 11

Wednesday

### Morning:

Continue the educational activities with school children, focusing on interactive sessions.

### Afternoon:

Have lunch and carry on with the activities. Engage in a planning session discussing the harmfulness of using plastic, recycling, reducing waste and dental hygiene and nutrition.

### Evening:

Enjoy dinner and relax at the hotel.



## Day 12

Thursday

### Morning:

Participate in a workshop highlighting the harmful effects of plastic and global warming.

### Afternoon:

Have lunch at the school. Engage in a dental and hygiene outreach program with the local students. Bid farewell to the school.

### Evening:

Take part in a Nepali dance class and enjoy a continental dinner at Gokarna House restaurant.



## Day 13

Friday

### Morning:

Visit the Golden Temple in Kirtipur, an ancient city with rich cultural and historical significance.

### Afternoon:

Enjoy lunch and embark on final shopping for souvenirs and gifts for your friends and family.

### Evening:

Gather for a farewell dinner at the hotel to celebrate the journey and accomplishments over the past two weeks.

## Day 14

Saturday / Sunday  
Departing Nepal

The group members will likely be departing at different times, therefore day 13 and 14 may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

We wish you a safe journey home and we hope to see you again on one of our projects around the world!

## Want to learn more?

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### Social Media

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## Project Aims & Learning Outcomes

The main aim of this project is to meet the needs of disadvantaged schools and children in Nepal. These schools have limited funding and lack many learning materials and facilities. This makes it more difficult for teachers to run effective classes and for children to get the stimulation they need. You'll help children learn through play, improve their language skills and develop healthy routines. You'll also get to make a visible impact through renovation work!



## Student Learning Outcomes

### Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

### Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

### Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

### Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

### Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.

## Childcare & Community

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3 WEEKS



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### Highlights

- ▶ 45 Service Hours
- ▶ Learn how to prepare local Nepalese food
- ▶ Take a safari in Chitwan National Park
- ▶ Visit the picturesque city of Pokhara
- ▶ Renovate a local school
- ▶ Offset your carbon footprint

### Accommodation

Hotel

### Transport

Private bus and by foot

### Meals

Breakfast will be served at the hotel each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

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#### Afternoon:

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#### Evening:

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### Wednesday

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#### Afternoon:

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#### Evening:

Relax and have dinner at the hotel.

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### Thursday

#### Morning:

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#### Afternoon:

Continue the workshop and engage in a guided tour of Swayambhu Stupa, also known as the Monkey Temple. Here you will see hundreds of monkeys.

#### Evening:

Enjoy dinner at the hotel.

## Day 6

### Friday

#### Morning:

Take part in the environmental program, including sessional vegetable plantation and discussions about the importance of trees, soil, and water.

#### Afternoon:

Enjoy lunch and continue with the environmental activities. Prepare for a relaxing yoga session.

#### Evening:

Attend the yoga session for relaxation and reflection. Pack for the upcoming trip to Pokhara. Dinner will be served at the hotel.

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## Day 9

Monday

### Morning:

Travel back to Kathmandu, with lunch on the way.

### Afternoon:

Rest, relax, and prepare for educational activities with school children the following day.

### Evening:

Enjoy a relaxing dinner at the hotel.

## Day 10

Tuesday

### Morning:

Engage in educational activities, including book reading, arts and crafts, indoor and outdoor games, and rhymes with school children.

### Afternoon:

Continue with the educational activities and participate in a momo making class. Taste the delicious momos afterwards.

### Evening:

Have dinner at the hotel and relax with your fellow volunteers.

## Day 11

Wednesday

### Morning:

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### Afternoon:

Have lunch and carry on with the activities. Engage in a planning session discussing the harmfulness of using plastic, recycling, reducing waste and dental hygiene and nutrition.

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### Morning:

Participate in a workshop highlighting the harmful effects of plastic and global warming.

### Afternoon:

Have lunch at the school. Engage in a dental and hygiene outreach program with the local students. Bid farewell to the school.

### Evening:

Take part in a Nepali dance class and enjoy a continental dinner at Gokarna House restaurant.

## Day 13

Friday

### Morning:

Engage in educational activities, including book reading, arts and crafts, indoor and outdoor games, and rhymes with school children.

### Afternoon:

Continue with the educational activities.

### Evening:

Have dinner at the hotel and relax with your fellow volunteers.



## Day 14

Saturday

### All Day:

After breakfast at the hotel, you will travel to Chitwan National Park for a weekend of wildlife watching.

You will spend your weekend staying at a hotel in Sauraha which sits on the border of the National Park. You will enjoy lunch at the hotel before visiting a traditional Tharu village and museum.

In the evening, you will relax and enjoy the sunset on the banks of the Rapti River before enjoying dinner and a Tharu cultural dance.

## Day 15

Sunday

### All Day:

You will enjoy breakfast at the hotel before learning about and observing some of the wildlife found in the area. You will also have a chance to walk in jungle and experience the sounds and smells of this wild environment. After lunch, it's time for a jeep safari where you will have a chance to spot the Greater One-horned Rhino (you may even be lucky enough to spot the rare Bengal Tiger).

After your experience in the National Park, you will return to the hotel for dinner and time to relax.

## Day 16

Monday

### Morning:

Travel back to Kathmandu, with lunch on the way.

### Afternoon:

Rest, relax, and prepare for educational activities with school children the following day.

### Evening:

Enjoy a relaxing dinner at the hotel.



## Day 17

Tuesday

### Morning:

Continue with renovation work at the designated site, focusing on the assigned tasks.

### Afternoon:

Engage in educational activities, including book reading, arts and crafts, indoor and outdoor games, and rhymes with school children.

### Evening:

Enjoy dinner at the hotel and rest and relax after a busy day of volunteer work.

## Day 18

Wednesday

### Morning:

Continue with renovation work at the designated site, focusing on the assigned tasks.

### Afternoon:

Engage in educational activities, including book reading, arts and crafts, indoor and outdoor games, and rhymes with school children.

### Evening:

Enjoy dinner at a local restaurant and rest and relax after a busy day of volunteer work.

## Day 19

Thursday

### Morning:

Engage in educational activities, including book reading, arts and crafts, indoor and outdoor games, and rhymes with school children.

### Afternoon:

Participate in a farewell ceremony at the school and say goodbye to the children.

### Evening:

Join a Nepalese dance class and then enjoy dinner at the hotel.

## Day 20

Friday

### Morning:

Visit the Golden Temple in Kirtipur, an ancient city with rich cultural and historical significance.

### Afternoon:

Enjoy lunch and embark on final shopping for souvenirs and gifts for your friends and family.

### Evening:

Gather for a farewell dinner at the hotel to celebrate the journey and accomplishments over the past two weeks.





## Day 21

**Saturday / Sunday**  
Departing Nepal

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