

Nepal Service Learning

Nov 14-28 2009

***A note:** All of our itineraries are flexible. Our philosophy at Crooked Trails is to let the country guide our experiences and not to live by a strict itinerary. If unexpected events arise, we may change plans to take advantage of the situation or deal with an issue. However, we will do all we can to offer you everything that is on the schedule. Please be flexible yourself and allow the program to unfold.*

*** Meals included in the program cost are listed as **B (breakfast), L (lunch) and D (dinner)** for each day.*

Nov 14 Depart home; spend the day in-transit.

Nov 15 Layover and/or overnight en route, most likely in Thailand, depending on the carrier.

Nov 16 First day of the program. Arrive in Katmandu; rest, acclimatize and explore Thamel, with an evening visit to the Monkey Temple. Dinner in Thamel and evening orientation at the guest house. **D**

Nov 17 We will have a morning meeting with KEEP and learn about their work and the project. Directly after our meeting we will travel by private van to explore the nearby medieval city of Bhaktapur, which has been walled off and wonderfully preserved in time. You will have plenty of time to relax, take photos and explore. This city is amazing with its famous carved wood windows, brick temples and markets. We will enjoy dinner in Bhaktapur and then transfer back to Kathmandu to overnight. **B, L**

Nov 18-23 Our project site is in the Kavre District on the way to Helambu, Sindhupalchowk. It will take us 5 hours to get there. After arrival we will meet our host families and have lunch, then enjoy a welcome and orientation to the homes. We will spend the next six days living and working with these wonderful hosts. On the first day we'll get settled in and enjoy a tour of the village with some time to get to know each other a bit better. During the coming days you will help the villagers build a much-needed school for the community. You will have some time during the day to explore, and evenings will be spent with the family. Mornings will comprise of a short language class. Our final evening will be a big celebration with many of the villagers. **B,L,D**





This will be the most culturally intense and rewarding part of the program. Be prepared to live simply. The accommodations and food will be rustic; your home may or may not have running water and/or electricity, and you may be sharing a room with other family members. Bathroom facilities will most likely be squatter toilets and bathing will

probably be done in a local stream or possible bucket style. Expect to eat as the Nepalese do – vegetarian and healthy and the same thing every day twice a day. Bring snacks if you want to.

- Nov 24** After breakfast we will have our final goodbyes and head back to Kathmandu. You will have the afternoon and evening free to shower, relax, email and go shopping. **B**
- Nov 25** This morning after breakfast we will visit the most important Hindu temple in Nepal called Pashupatinath. We will have a few hours there and then lunch. In the afternoon we will visit Maiti Nepal to see the Dance Therapy classes for the girls rescued from child sexual slavery. Our final dinner will be at an authentic Nepali style dinner and dance show.
- Nov 26** Free day to explore and see other temples and shop.
- Nov 27** **Depart from Kathmandu.** Keep in mind if you are flying to North America you will overnight in Asia.
- Nov. 28** Arrive home.

Price: US \$1980 per person

Single supplement \$230

Contact chris@crookedtrails.com for more information