



INSTITUTE FOR FIELD RESEARCH EXPEDITIONS VOLUNTEER ABROAD PROGRAM

SUMMER VOLUNTEER AND ADVENTURE PROGRAM NEPAL (4 weeks)

Location: Kathmandu, Nepal

Start/End point: Kathmandu

Food: Local food (3 times a day)

Room: Host family or hostel

Date: 5 weeks (June 29 – August 1, 2009)

Nestled in the lap of the Himalayas between India and China, Nepal is indeed a natural wonder.

Though small in size, Nepal offers a wide range of diversity (both geographically and ethnically), in flora & fauna, populated by a variety of ethnic groups and spotted with colorful festivals. With the incomparable natural beauty, the warmth and hospitality of the Nepalese people and opportunities to serve the local communities, volunteering in Nepal promises a rewarding experience for IFRE volunteers. IFRE invites volunteers to Nepal - exploring this beautiful Himalayan country, serving children and communities while embarking on this meaningful journey of a lifetime.



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ORIENTATION, LANGUAGE AND CULTURAL IMMERSION IN KATMANDU (7 DAYS)

You will begin by taking part in orientation and learning about Nepali culture, religion, and challenges of this tiny kingdom. You will spend your first week in Katmandu – a vibrant city with temples and shrines and the Living Goddess. While participating in Nepali language and cultural classes, experience the charming tourist bazaars in Thamel. In addition, stay in a rural village (Lamatar) and explore village life for 3 days; hike, visit temples, monasteries, and the numerous sites of cultural importance in the heart of the city.

June 28: Arrive at the Tribhuvan International Airport in Kathmandu. Upon arrival, Global Crossroad's In-Country Coordinator will meet participants at the airport before being transferred to Global Crossroad's hostel in Kalanki.

June 29: Join general orientation and informative presentation about Nepal, Nepali language, culture, customs and others. After orientation, you simply begin Nepali Language Class with our experienced language instructors.

June 30: After a two-hour Nepali Language Class, Global Crossroad will organize a short cultural tour to Kirtipur which is a very famous historical place. We will see local people and their typical lifestyle.

July 1: Nepali language continues, followed video clips about the Nepali folk song.

July 2: After breakfast, set out for a sight-seeing tour of the Kathmandu Valley. Visit a worldfamous, Hindu holy place known as the Pashupatinath Temple, one of the greatest stupas in Asia as well as Monkey Temple. After the completion of the day's sightseeing, the remainder of the day is free to be used at your own discretion.

July 3: Nepali Language Class for two hours with the remainder of the day free to explore the highly popular region of Thamel.

July 4: Review the Nepali language after breakfast. After the review, celebrate with your fellow students and teachers with a small party where each participant will receive a small gift and proof of participation. After lunch, you are free for the remainder of the day to explore the region and prepare for the next day's community service project.

JULY 5-18-HOME STAY AND COMMUNITY SERVICE PROJECT



In this phase, volunteers will work on an orphanage project (Kathmandu or Chitwan) – bringing a ray of hope into the lives of needy orphans. Volunteers will teach basic, conversational English to the children and organize fun activities in order to encourage their participation as well as help better comprehend the material. You can also extend a helping hand in the sanitation and food distribution efforts of the orphanage. In your free time, hike to beautiful areas surrounding Kathmandu Valley and experience the peace and tranquility of amazing Nepal.

JULY 19-AUGUST 1-ANNAPURNA TREK (14 DAYS)

Phase three offers you the chance to fulfill your curiosity about travel and discovery on a Himalayan hiking experience. You will drive to Pokhara or Fly to Lukla, to begin your 14-day trek to the Himalayan region – the world famous Himalayan trekking route. The Himalayan range is one of the most enthralling treks that one could ever yearn for. The Annapurna and Everest hike is not only a hiking destination, but also a journey where you can witness diverse communities, cultures, religions and most of all, the world famous Gurung or Sherpa cult – the most widely known climbers of the world.

July 19: Prepare for treks

July 20: Kathmandu to Pokhara

Head from Kathmandu to Pokhara by bus. In Pokhara, receive a final briefing and prepare for the first leg of your Himalayan trek in the afternoon. Overnight Accommodations: hotel/guest house. Meals Included: None

July 21: Pokhara to Tirkhe Dhunga

Move to the starting point of the trek - Naya Pul - and take an easy stroll along the sub-tropical Modi Khola River Valley to Birethanti (a large village on the old Nepal-Tibet trading route). Pass

through the Nepal/Tibet checkpoint before continuing through the intricately-terraced rice paddies, before arriving at Tirkhe Dhunga for an overnight stay. Overnight Accommodations: Tea house, Meals Included: None

July 22: Tirkhe Dhunga to Ghorepani

From Tirkhe Dhunga, cross a stream before climbing the steep, stone staircase to the Magar Village at Ulleri (2070 m). Then trek through rhododendron and oak forests and cross streams before making a short, final stop in Nangethanti. From Nangethanti, continue up to Ghorepani (2850m) for an overnight stay.

Overnight Accommodations: Tea house, Meals Included: None

July 23: Hiking to Poon hill - back to Ghorepani, and to Tadapani

Awaken early and travel to Poon Hill (3195m) where the breathtaking sunrise peeks at you from over the mountains. Should there be clear skies, get a panoramic view of the mountains of Dhaulagiri I (8167m), Annapurna I (8019m), and Manasu (8156m). Also: the 6,000-meter-deep Kali Gandaki Gorge and the trans-Himalayan ranges are visible - forming the border of Nepal with Tibetan China - making this one of Nepal's most sought-after vantage points. After this panoramic treat, descend to the lodge for a late breakfast before continuing onto Ghorepani (2780m) - an important stop-over on the old trading route to Tibet. From Ghorepani, the walk is all downhill through beautiful forests before arriving at the village of Banthanti – finally ending the day's journey at Tadapani for an overnight stay. Overnight Accommodations : Tea house
Meals Included : None

July 24: Tadapani to Chhomrung

From Tadapani, the trail journeys through more rhododendron and oak forests before arriving in Chhomrung for a midday lunch. Chhomrung is a Gurung Village, and the highest permanent settlement in the valley with a tremendous view across to Annapurna South and Machhapuchhare. At days end, stay overnight in Chhomrung. Overnight Accommodations: Tea house
Meals Included: None

July 25: Chhomrung to Dovan

Here, the trail moves forward via a stone staircase, and eventually crosses the Chhomrung Khola. Climb high above the Modi Khola while you travel its West bank, and pass through forests of bamboo, rhododendron and oak. This portion of the day's trek is followed by another hike to Kuldi before finally returning to Dovan for an overnight stay. Overnight Accommodations: Tea house. Meals Included: None

July 26: Dovan to Machhapurchhe Base Camp/Annapurna Base Camp

Leaving Dovan, climb high above the river, on to the lateral moraine, and down the other side to the glacier. This portion of the expedition leads you up the bed of the glacier before arriving at the Annapurna Base Camp (4237m) for an overnight stay. Overnight Accommodations: Tea house.
Meals Included: None

July 27: Annapurna Base Camp to Bamboo

The day begins an early with a stunning sunrise and breakfast and then returns to Bamboo for an overnight stay. Overnight Accommodations: Tea house
Meals Included: None

July 28: Bamboo to Chhomrung

Travel back down the stone staircase through the bamboo and rhododendrons forests to Kuldi. Continue the trek down to Sinuwa. From Sinuwa, the trail descends to the Modi Khola, capping the day with a steep climb to Chhomrung where you will remain overnight. Overnight Accommodations: Tea house, Meals Included: None

July 29: Chhomrung to Ghandrung

From Chhomrung, head back to Taglung - traveling through forests to Kummu. Again pass Ghandrung – witness another picturesque, panoramic view of Annapurna South - before finishing the day's voyage with an overnight stay in Ghandrung. Overnight Accommodations: Tea house, Meals Included: None

July 30: Ghandrung to Pokhara

Hike down through villages and terraced fields to Syauli Bazaar, and then onto Nayapul before being transported back to Pokhara for an overnight stay. Overnight Accommodations : Tea house/hotel/guest house, Meals Included : None

July 31: Explore Pokhara

Visit various sacred places throughout Pokhara as well as Fewa Lake and take part in an extensive city tour of Pokhara. Overnight Accommodations: hotel/guest house Meals Included: None

August 1: Pokhara to Karthmandu

Depart Pokhara, leaving Tibet and crossing over into Nepal before ending the day in Kathmandu. Overnight Accommodations: None, Meals Included: None

Program Fee Covers:

- An Experienced tour leader, guides and porters.
- Teahouse/Guesthouse accommodations during the trek
- ground transportation
- guides and porters
- entrance fees and permits
- baggage storage
- Travel Insurance

Program Fee Does Not Cover:

- Meals (estimated budget \$5-15 per day)
- Optional Tips to Group Leader and Sherpa Staff
- Excess Baggage Charges
- Airport Tax
- Items of Personal Consumption (sodas, alcoholic beverages, laundry, etc.)
- Sleeping Bags (A good quality sleeping bag and down jacket are required for this trip.)

This program itinerary is merely a proposed sample and may be altered to meet the needs of the volunteers and changes in field conditions. This proposed itinerary will be finalized during orientation in Katmandu.