

NEPAL HOME STAY & CULTURAL TOUR



As a cultural exchange volunteer you will live with a Nepali family, living as they do to the beat of Nepali time. You will have the opportunity to explore and get to know the community you are living with, engage with them in their day to day lives, help out in the house and fields, celebrate their festivals and get a first hand understanding of life here in Nepal. Given that this is a cultural exchange, you will also be expected to share a little of your culture and customs, enabling both sides to see how different lives can be lived in a non judgmental way and that each should be cherished for what they give, as they are just two different lifestyles in a world of differences, no one better than the other. You will also be able should you wish, to get involved in our other programs, as long as your presence doesn't impact on incumbent volunteers. Home stay programs can be arranged for few day to month. The most culturally rich time for this program is during the months of September - November when Nepal's two greatest festivals are celebrated, Dashain and Tihar.

Volunteers Role: Working at the childcare placement is one of the most rewarding experiences. Volunteers can spend time with the children at the placement; play with them, help them in studies, teach them about importance of hygiene and keep them engaged in various activities. Alternatively Under teaching program volunteers teach at public or private schools in Kathmandu. Volunteers teach kids aged between 6-14 years. You don't have to be a qualified teacher in order to join our teaching program in Nepal. You can teach simple English, Maths, General Knowledge and Geography to the children from Sunday to Friday 6 days a week.

Activity Levels:

 **Moderate**

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

11 days

AT A GLANCE

- Discover a new culture, work with Local people in need and explore new places.

- Have the 24/7 support & affordable and rewarding placement.
- Comfort accommodation & good meals
- Make a long-term impact in your community of choice - it's not just a vacation.
- All local guiding service, Extra tour and adventure activities

Cost Includes

- Home stay accommodation in Kathmandu
- Hotel accommodation in Pokhara twin sharing
- 2 nights accommodation with meals in Chitwan
- 3 times hot and healthy meal in Home Stay
- Kathmandu- Pokhara Tourist Bus
- Pokhara- Chitwan Tourist Bus
- Chitwan- Kathmandu tourist Bus
- All tour by Private Car & guide
- All Meal in Chitwan & Pokhara
- All government and local taxes

Cost Excludes

- International Airfare to and from your country
- Nepal Visa fee: Nepal entry visa
- Any Alcoholic Drinks, Cold Drinks, Boiled & Mineral Water, Beverages, deserts Etc

ITINERARY

Day 01:: Arrival in Kathmandu- Transfer to our Home [Welcome Dinner]

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Mountain Sherpa Trekking & Expeditions display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs.

You will be transfer to our Home by Private Vehicle. Check At the Evening we will offer you welcome dinner at best authentic best Nepali.

Overnight Stay at Home (All Meals)

Day 02:: Visit School & Orientation about program. Overnight Stay at Home.

After breakfast you would be given orientation about your program placement. Our representative will accompany you to the placement venue and will introduce you the placement staff where you will start your program. Volunteers usually work 5 - 6 hours in a day.

Overnight Stay at Home (All Meals)

Day 03:: Volunteer Work in School- Overnight stay at Nepali Home- all Meal included

You will work at your respective placement (Orphanage home) for up to 5 - 6 hours a day. You are free to travel across the Kathmandu city by yourself after work hours. Volunteers will spend time with the children and provide them with the opportunity to learn new things which would be beneficial for their future.

Overnight Stay at Home (All Meals)

Day 04:: Volunteer Work in School- Overnight stay at Nepali Home- all Meal included

Day 05:: Drive to Pokhara- Transfer to Hotel. Overnight Stay at Hotel

On Sunday we will drive you to Pokhara which is around 6 hours from Kathmandu city. Pokhara is the starting point for trekking and rafting which is famous among people from all over the world. You will find dense forests, rivers and lakes all in Pokhara along with an amazing view of the Himalayas. On Sunday morning, we will take you to Sarangkot for breathtaking sunrise view and then will drive you back to Kathmandu city.

Overnight Stay at Home (All Meals)

Day 06: : Full day city tour in Pokhara- Overnight Stay at Hotel

Day 07: : Drive to Chitwan National Park- Overnight stay at Resort:All Meals included

Day 08: : Full day jungle activities in Chitwan- Overnight stay at resort: All Meals included

Day 09:: Drive to Kathmandu and transfer to nagarkot. Overnight stay at Hotel

Day 10: : Drive to Bhaktapur & Patan city tour.Overnight stay at Nepali Home: all Meals included

Day 11: : Transfer to Airport fly back to Home: Breakfast included

ACCOMMODATION

 5 Nights Homestay accommodations in Kathmandu as Per itinerary

 2 Nights Tourist class hotel accommodations in Pokhara as Per itinerary

 2 Nights Tourist class resort accommodations in chitwan as Per itinerary

 1 Nights Tourist class hotel accommodations in Nagarkot as Per itinerary

What kind of food I can expect during homestay tour in Nepal ??

----- **Morning Breakfast [6:30-7:30 AM]** -----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread
- Porridge with Honey

----- **Afternoon Lunch [12:30 - 1:00 PM]** -----

- Curry with Rice, Pasta, Noodles item, fried rice, fried Potatoes, Mo.Mo

----- **Evening Dinner [6:00-8:30 PM]** -----

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry
- MO. MO, fried Noodles, Pasta, mash potatoes with Chesse