


VOLUNTEERING IN NEPAL



Discover the culture Himalaya living with local people & experience a taste of **volunteering in Nepal**. Our one week home stay program is the best way to learn about Sherpa culture. This **volunteering** program in Nepal includes one day hiking & one full day sightseeing tour of Kathmandu valley. You could have great experience with our home stay. Our home stay surpassed all of your expectations. You will also have opportunity to learn how to cook nepali food at our kitchen.

Unlike many other development NGOs, our company & our sister nonprofit organization [Mountain Sherpa foundation] aims to directly encourage the local population to change. It actively encourages people to volunteer within their community, and aims to bring together all sectors of society working together in the development and implementation of sustainable development projects.

The objective of this **volunteering in Nepal** is improving marginalized communities, especially women and children, pushed through educational programs and local training to promote equality, economic well-being and rights concepts of Man. We also have other **volunteering** options in rural areas of Nepal. Particularly in Solukhumbu, the Everest region. If you would like to go out of Kathmandu valley, our one week Sherpa homestay tour will be best option to choose. There are also other projects elsewhere in the region.

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:	7 days

AT A GLANCE

Cost Includes

- Airports pick up & drop by private Car

- 6 Night Home stay accommodation
- Breakfast, Lunch & dinner [Local food]
- One full day hiking tour [Local guide]
- Private Transport before and after Hike
- Professional sherpa Guide for day hiking
- Full day Kathmandu city tour with local guide
- Private car for full day sightseeing tour

Cost Excludes

- Your international flight & Visa fees
- Lunch during day 01 and 02
- Permit for Shivapuri National Park
- Lunch during tour & hike
- Entrance fees during sightseeing tour
- Mineral water and soft drinks
- gratuities for guide & driver

ITINERARY

Day 01:: Arrive Kathmandu airport & transfer to our Home

Our guide and driver will meet and greet you at the airport and you will transfer to our home budanilkhanta pasikot. Our house is located about 12 Km. Explore our village with local guide & evening dinner with local Nepali family. Overnight stay at local Nepali home

What's Included: Airport pickup, Welcome Dinner & accommodation

Day 02:: Full day Kathmandu city sightseeing

After healthy breakfast at Home. We begin our Sightseeing tour of Kathmandu city including the old Durbar square - protected as an UNESCO world Heritage Site, Old Royal Palace, and the Temple of the Living Goddess as well as Kasthamandup - a temple built from a single tree from which the city of Kathmandu derives its name. Swayambhunath - the oldest Buddhist shrine, looking east from here one can see the entire Kathmandu valley spread out below.

P.M: Sightseeing tour of Pasupatinath Temple - the most sacred of the Hindu temples in Nepal dedicated to Lord Shiva built in 1696. Pasupatinath draws thousands of pilgrims every year and devotees from all over the world. We continue on to Boudhanath - the world's largest stupa, it looms 36 meters high and presents one of the most fascinating specimens of stupa design. All the tour places we visit are listed in the UNESCO World Heritage Site. After tour we will drive back to home. Overnight stay at local Nepali home

What's Included: Guide, Private Car, Breakfast ,Dinner & accommodation

Day 03:: Full day hiking Shivapuri National Park to Sundarijal & back to Home

After healthy local breakfast at our home, we start our hiking. Today we do unique hike to explore around Kathmandu valley. You'll hike on a moderate (20-km) hike into the surrounding farmlands and through Kathmandu's nearest forest reserve, Shivapuri National Park. You will discover in this village an impressive statue of the Hindu god Vishnu 5th century! Afterward go trekking through farmland and local farms to join the Shivapuri National Park Nagarjun an area of 160km². You will stroll for 3 hours in this reserve which is home to nearly 300 different bird species! At the top of Mt. Shivapuri, discover Nangi Gumpa, a hidden Buddhist monastery. You descend the mountain and continue your walk to the village of Sundarijal

for about 1 hour. you will admire the impressive waterfalls and follow the pipeline to the last stop. Where you'll visit a local bazaar. After your hike, we drive back by private car. It takes about 1-hour journey back to Kathmandu. Overnight stay at local Nepali home

What's Included: Guide, Private Car, Breakfast ,Dinner & accommodation

Day 04:: Full day engage with volunteering program & back to Home

7.30 AM Breakfast at the homestay.

8.00 AM Volunteers leave home and travel to their placements. Work and hours are dependent on the project and placement that each volunteer is working at. There is usually a tea break and a lunch break.

2.00 PM - 5.00 PM Work at the placement usually ends. Volunteers are free to travel back to the volunteer house, go sightseeing, or do some shopping.

7.00 PM - 9.00 PM Dinner at the homestay.

What's Included: Guide, Private Car, Breakfast, Lunch,Dinner & accommodation

Day 05:: Full day engage with volunteering program & back to Home

7.30 AM Breakfast at the homestay.

8.00 AM Volunteers leave home and travel to their placements. Work and hours are dependent on the project and placement that each volunteer is working at. There is usually a tea break and a lunch break.

2.00 PM - 5.00 PM Work at the placement usually ends. Volunteers are free to travel back to the volunteer house, go sightseeing, or do some shopping.

7.00 PM - 9.00 PM Dinner at the homestay.

What's Included: Guide, Private Car, Breakfast, Lunch,Dinner & accommodation

Day 06: : Full day engage with volunteering program & back to Home

7.30 AM Breakfast at the homestay.

8.00 AM Volunteers leave home and travel to their placements. Work and hours are dependent on the project and placement that each volunteer is working at. There is usually a tea break and a lunch break.

2.00 PM - 5.00 PM Work at the placement usually ends. Volunteers are free to travel back to the volunteer house, go sightseeing, or do some shopping.

7.00 PM - 9.00 PM Dinner at the homestay.

What's Included: Guide, Private Car, Breakfast, Lunch,Dinner & accommodation

Day 07: : Departure to Airport & fly back to home or extend your trip

Free day until Airport time, you have to leave Airport at least 3 hrs in Advance for Checking! Drive to Airport by car and Tour End!

Also you will have option to join our 14 days Everest base camp trek or one week trek around annpurna base camp.

What's Included: Private Car for airport drop & Breakfast