Teaching Volunteer Trekking Tour in Everest

3 Star Hotel Package

1000USD per person

*Including healthy meals

5 Star Hotel Package

1300USD per person

*Including healthy meals

Trip Style: Volunteer in Everest

Trip Difficulty: Moderate

Are you ready to embark on a truly enriching adventure that offers a unique blend of volunteering and breathtaking natural beauty? Welcome to the **Lower Everest Region of Nepa**l – an opportunity to immerse yourself in the heart of Nepal's authentic culture while contributing meaningfully to the local communities.

Teaching Volunteer Trekking Tour in Everest has been designed for those who want to experience a short trek and tour, as well as engage in English teaching volunteer work in the local villages of Nepal. During this tour, you will have the opportunity to immerse yourself in the local culture, interact with the residents, and gain a unique experience. Our teaching volunteer program stands out from others due to its distinctiveness. You will have the chance to embark on a real adventure and delve deep into the lives of local communities, including renowned Sherpas, Rai, and other ethnic groups.

Our program is meticulously crafted to provide you with an authentic understanding of Nepal's diverse cultures, traditions, and way of life. A portion of your time will be dedicated to volunteering work that directly benefits the local communities. This meaningful engagement, combined with the awe-inspiring adventure of witnessing the world's tallest mountain – Mount Everest, creates a journey that not only allows you to make a tangible difference but also lets you absorb the unparalleled beauty of the Himalayas.

Why You Should Join:

1. Immerse yourself in Nepal's culture and traditions.
2. Make a real difference through volunteering.
3. See the incredible beauty of Mount Everest and its neighbors.
4. Connect with locals and other travelers.
5. Learn about the Himalayas from people who know them best.

Ready for a journey that's anything but ordinary? Come with us to Nepal's Lower Everest Region. Experience local life, help out, and see some of the most amazing landscapes in the world. This is your chance to be a part of something truly amazing.

DURATION: 10 days

ITINERARY

Day 01:: Upon arrival in Kathmandu, you will be transferred to your hotel via a private car.

Upon your arrival at Kathmandu airport, you will need to proceed to obtain a Nepal visa. You can easily acquire the visa upon your arrival, but to avoid waiting in the visa queue, we recommend that you fill out the online form in advance. We will provide you with the necessary information for this process once you have booked your volunteer program with us.

After completing the visa process, you will need to collect your baggage and exit the airport terminal. Our airport

guide will be waiting for you outside the terminal, holding a sign with our company name. You will be greeted with Sherpa culture and then transferred to your hotel. Once you check in at the hotel and freshen up, you can explore the surroundings in the evening. If you're interested, our guide will be available to show you around. You will spend the night in Kathmandu at the hotel.

Your overnight stay will be nestled within the comforts of a 3-star or 5-star hotel, based on your chosen package. We offer two different package options based on your preference and budget: one with a 3-star hotel and another with a 5-star hotel. You can choose the package that suits you best. We will provide you the hotel accommodation in a city as per your chosen package.

Day 02:: Half-day city tour of Kathmandu and preparation - overnight accommodation homestay.

Today, after enjoying a highly hygienic and delicious buffet breakfast at the hotel, your tour guide will meet you there. They will accompany you for a half day tour of Kathmandu city, which includes visits to two UNESCO World Heritage sites that are extremely popular. Following the tour, you will return to the hotel.

After the tour, we will proceed for lunch. Following lunch, our office manager will meet with you to provide a detailed briefing about the upcoming volunteer programs. This will include information about the villages, altitudes, people, food, schools, and more.

In the evening, the director of Mountain Sherpa Trekking will host a dinner either at their home or at a cultural restaurant. During the dinner, you will receive informative insights into Sherpa culture. **The topics will cover such as the global popularity of the Sherpa people, their achievements in climbing the world's highest peaks, and an exploration of the cultures of other ethnic groups in Nepal.**

Regarding food and accommodations, after your city tour today, you will stay in our home. We'll provide you with a clean and comfortable room with an attached bathroom and hot shower, and all meals are included.

Day 03:: Drive to Phaplu from Kathmandu by Jeep and enjoy an overnight stay in a Local lodge.

After having breakfast, our guide and driver will pick you up from the hotel. Today's adventure involves a scenic drive from Kathmandu to Phaplu, which usually takes around **7-8 hours.** The journey promises a delightful experience as we travel through picturesque landscapes, catching breathtaking glimpses of the Sunkhosi River and charming villages along the route. The distance between Kathmandu and Phaplu is approximately 270 kilometers. Our chosen path is the Khurkot-Ghurmi Madhya Pahadi Highway, well-known for its **stunning vistas** across Nepal's captivating terrain. This road will take us through rural areas, offering a chance to immerse ourselves in local culture and relish awe-inspiring views along the way.

Upon reaching Khurkot, we'll continue our eastward drive towards Ghurmi on the Madhya Pahadi Highway. A stop for lunch is planned in Ghurmi. This route will guide us through hills, small villages, and forests. As we ascend to higher altitudes, you'll be treated to sweeping panoramas of the valleys and mountains that surround us.

Phaplu, a delightful Sherpa town, is famous for its airstrip, serving as a gateway to the Everest region. The journey to Phaplu is both fulfilling and enlightening, offering insights into the local way of life and showcasing Nepal's extraordinary natural beauty.

Throughout the drive, anticipate encountering terraced fields, traditional houses, and the possibility of engaging with locals going about their daily routines. This provides a distinctive opportunity to deeply connect with the authentic Nepal that goes beyond the usual tourist spots.

Regarding food and accommodations, you will be accommodated in a locally available lodge, and all meals will be provided three times a day (breakfast, lunch, and dinner are included).

Day 04:: Trekking to Kanku via Ghume Mera - Overnight stay in a homestay. (6-7 hours trek)

After a pleasant breakfast in Phaplu accompanied by the cheerful melodies of birds, we set out for an invigorating hike to Ratnage Danda via the charming Sherpa village of Garikhasa. The hike typically spans around 2 to 3 hours from Phaplu to Ratnage. Along the way, our path winds through cool, shady forests and fragrant pine trees, creating a serene atmosphere. Upon reaching Ratnage Hill, a magnificent panorama of the Himalayas unfolds before us. This includes iconic peaks like Mt. Everest, Mera Peak, Thamserku, and Numbur Himal. Additionally, the view encompasses a sweeping canvas of Sherpa villages, lush green hills, and fertile cultivated lands.

Our next leg of the journey takes us from Ratnage to the **Ghume Mera** village, descending for approximately 2 hours. Ghume Mera is a quaint Sherpa village comprising 45 traditional houses. These villages showcase the distinctive architecture and culture of the Sherpa people, often nestled away from the primary trails of the Khumbu region. Known as "Chyangmiteng" in the Sherpa language, Mera village holds deep significance in the Buddhist culture. After exploring the village, visiting the monastery, and having a satisfying lunch, we continue our trek to Kanku Bedachaur. This leg of the journey will take an additional 2 to 3 hours, making the total trekking time for the day around 6 to 7 hours. Our accommodations for the night will be at a local lodge or homestay situated near the village school.

Regarding food and accommodations, you will be accommodated in a locally available lodge or local homestay, and all meals will be provided three times a day (breakfast, lunch, and dinner are included).

Day 05:: Teaching at Shree Kanku School and staying overnight in a local lodge or a homestay.

After enjoying breakfast, we will get ready for the school day ahead. The school in the village starts at 10 am and continues until 4 pm. As today marks the first day of your teaching experience, you will have the opportunity to be introduced to the local teachers and meet the students who will be under your guidance for the next three days. Your teaching focus will be on English, and your students will be from grade 8 and above. It's important to note that the younger students, especially in government schools located in rural areas of Nepal, might have a weaker foundation in English.

Throughout the school day, there will be 1-2 pm breaks, typically for lunch. The school day concludes at 4 pm. Once the school day wraps up, you can engage in playful activities with the children, or you have the option to return to your lodge to freshen up and explore the surroundings.

Regarding food and accommodations, you will be accommodated in a locally available lodge or local homestay, and all meals will be provided three times a day (breakfast, lunch, and dinner are included).

Day 06:: Teaching at Shree Kanku School and staying overnight in a local lodge or a homestay.

After enjoying breakfast, we will prepare ourselves to head to the school. Today marks the second day of your volunteer teaching at Shree Kanknu Secondary School. We are confident that you will gain valuable teaching experience in this local village school.

Throughout the day, there will be 2-3 teaching periods scheduled across different classes. Our local teachers will coordinate and manage the timing once you arrive at the school. This structure allows for effective collaboration and ensures a smooth flow of the teaching sessions.

Regarding food and accommodations, you will be accommodated in a locally available lodge or local homestay, and all meals will be provided three times a day (breakfast, lunch, and dinner are included).

Day 07:: Teach at school, joining farewell program, overnight stay at local lodge or homestay.

After breakfast, we will prepare ourselves to head to the school. Today marks the final day of your volunteer teaching at Shree Kanku Secondary School. We are confident that the time you have spent teaching at this local

village school has been both enriching and educational.

Throughout the day, the school, in collaboration with the school management committee and the rural municipality committee, will be organizing a farewell program. This event will provide an opportunity for them to express their heartfelt appreciation for your valuable contributions as a volunteer teacher. They will also present you with appreciation letters and certificates to recognize your dedicated volunteer work. After the program, we will return to the lodge for an overnight stay, where all meals will be provided. This will give us a chance to rest and pack our belongings for the following day when we will be departing from Kanku.

Regarding food and accommodations, you will be accommodated in a locally available lodge or local homestay, and all meals will be provided three times a day (breakfast, lunch, and dinner are included).

Day 08:: Today, after completing our volunteer work, we drive to Phaplu and stay in a lodge.

Today, we will drive from Kanku village to Phaplu, a journey that takes approximately 4 hours along a bumpy road. As we travel from Kanku to Phaplu, you will have the opportunity to enjoy the picturesque countryside views.

Upon our arrival in Phaplu, we will check in to the lodge to refresh ourselves. Afterward, you will have the chance to explore the surroundings of Phaplu.

Regarding food and accommodations, you will be accommodated in a locally available lodge, and all meals will be provided three times a day (breakfast, lunch, and dinner are included).

Day 09:: Today We will drive to Kathmandu from Phaplu and you will rest overnight at the hotel.

After having breakfast, our journey for the day will take us from Phaplu to Kathmandu. This drive is particularly stunning as we follow the path alongside the Sunkhosi river. Throughout the journey, the landscape is adorned with charming villages, creating a delightful sightseeing experience. We will take occasional breaks for short rests and refreshments, and our plan is to stop for lunch either at Ghurmi or Khurkot.

Typically, the drive duration is around 6 to 7 hours. Once we reach Kathmandu, you will be taken to your hotel where you can rest and rejuvenate. This day's journey, spanning from the serene beauty of Phaplu's rural surroundings to the vibrant heart of Kathmandu, truly captures the diversity and allure of Nepal. It showcases both the tranquil countryside and the bustling energy of the urban landscape.

If you're interested in extending your journey beyond the return to Kathmandu, there's an option to embark on a 3-day trek to Pikey Peak, which stands at an elevation of 4,065 meters (13,368 feet) above sea level. This peak grants breathtaking panoramic vistas of the Himalayan range, encompassing iconic peaks such as Mount Everest and Kanchenjunga. Such captivating views make Pikey Peak a highly sought-after destination for both trekking enthusiasts and nature lovers alike.

Your overnight stay will be nestled within the comforts of a 3-star or 5-star hotel, based on your chosen package.We offer two different package options based on your preference and budget: one with a 3-star hotel and another with a 5-star hotel. You can choose the package that suits you best. We will provide you the hotel accommodation in a city as per your chosen package.

Day 10:: Transfer to Kathmandu's international airport by private car for your flight back home.

After enjoying a delightful breakfast, our dedicated representative and the awaiting office vehicle will be all set at our hotel to accompany you to the airport for your journey homeward. As we take a moment to reminisce about the wonderful times we've shared, the entire team at **Mountain Sherpa Trekking** truly values the strong connections we've established during your stay. Your choice of selecting us as your travel partner for discovering the breathtaking landscapes of Nepal has truly touched our hearts.

With unwavering confidence, we hold the belief that your T**eaching Volunteer Trekking Tour in the Everest region** has woven a tapestry of cherished memories from this profoundly rewarding journey. As we bid you adieu, our esteemed friends, we do so with the hope that our paths will cross once again. Until that eagerly anticipated moment arrives, may you hold dear the memories we've crafted together. Enjoy your morning meal and have a secure and pleasant voyage ahead.

Cost Includes

Transports & Accommodations

- Private airport transfers for arrival and departure.
- 2 nights in city hotels as outlined in the itinerary.
- 1 night at Sherpa Sweet Home accommodation.
- 6 nights in the lodge or homestay as outlined in the itinerary.
- Jeep transportation from Kathmandu to Phaplu and back to Kathmandu also Local jeep transportation from Kanku to Phaplu.

Meals & Drinks Included As Per Below

- Enjoy a daily hygienic breakfast as per the itinerary in the city.
- Receive three meals each day (Breakfast, Lunch & Dinner).
- Choose between Tea or Coffee, up to 3 cups per day.
- Experience a Welcome Dinner at a Sherpa Home with an insightful briefing on Sherpa culture.

Complimentary Gifts & Recognition

- Obtain a certificate of volunteer service from the company.
- Receive appreciations for your volunteer service from the local government or NGO.
- Receive a complimentary T-shirt, water bottle, and walking pole for trek

Staff Pays & Permit Is Included

- Payment and insurance coverage for guides, drivers, and support staff.
- Necessary fees for national park and government fees.
- Entrance fees for historical sites, temples, and monuments during the tour.

What's Not Included.

- International airfare and Nepal Visa fee.
- Travel insurance for your trip.
- Gratitude for the guide and staff during the tour.

FAQS

What are the main attractions of the Lower Everest Region's Teaching Volunteer Trek in Nepal

The key highlight of the Teaching Volunteer Trekking Tour in the Lower Everest Region of Nepal is the opportunity to immerse yourself in local culture, engage in meaningful volunteer work benefiting the communities, and witness the breathtaking beauty of Mount Everest and the Himalayas while connecting with both locals and fellow travelers.

How does this program offer a unique blend of adventure and volunteer work for participants

This program offers a unique blend of adventure and volunteer work by combining overland jeep drive tour as well as trekking through Nepal's Lower Everest Region with meaningful English teaching volunteer opportunities in local villages, allowing participants to immerse themselves in the culture and make a tangible difference while experiencing the breathtaking beauty of Mount Everest and connecting with both locals and fellow travelers.

What types of volunteer activities will participants do to benefit local communities

Participants in the Teaching Volunteer Trekking Tour in Everest will engage in English teaching volunteer work in local villages, directly benefiting the local communities by providing valuable language education. Additionally, they can also assist the locals with their farming activities in the morning and evening before and after school.

What makes this program stand out in terms of cultural immersion and interaction with local

This program stands out for its exceptional cultural immersion and interaction with local residents, offering participants the opportunity to engage in meaningful volunteer work while experiencing Nepal's diverse cultures, traditions, and way of life, all while witnessing the breathtaking beauty of Mount Everest and connecting with both locals and fellow travelers.

How does the program help participants connect with Nepal's ethnic groups like Sherpas and Rai

This program facilitates participants in connecting with different ethnic groups in Nepal, such as Sherpas and Rai, by immersing them in the local culture. As you stay with Rai and Sherpa families during your volunteer and trek, pass through many beautiful Sherpa villages, and spend 4 nights in a Rai village with local people during the teaching portion of the program, you have ample opportunities for cultural immersion and interaction.

What cultural aspects and traditions will participants learn about during the program?

Sherpas are world-famous for their mountaineering expertise in the Himalayas, with their culture deeply intertwined with the mountainous terrain they call home. Participants can learn about the traditional Sherpa way of life, including their architecture (stone houses), clothing (such as the distinctive Sherpa hat), and cuisine (such as momos and thukpa). They may also have the chance to learn about **Rai** rituals, such as the Sakela festival, which celebrates the harvest and the Rai New Year. Rai communities often have a close-knit social structure and a deep respect for their natural surroundings.

Can I see Mount Everest and neighboring peaks on the Lower Everest volunteer trek

Yes, you can see the panoramic view of **Mount Everest** and other peaks during your teaching trek and tour volunteer trip to Lower Everest. You can enjoy the most beautiful views on the way to Phaplu when driving from Kathmandu to Phaplu. There is a village called Pattale from where you can witness these great views. Additionally, you can have a great view during our trek to Kanku, and the Ratnage Danda is the best viewpoint for **Mount Everest.**