NEPAL
A Volunteering Journey

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A Volunteering Journey

A 17-day volunteering and cultural adventure in Nepal.

Commencing from Kathmandu highlights include a volunteer program at Shanti Sewa Griha, guided tours of the intriguing ancient city of Kathmandu with its Durbar square and amazing monuments and temples.

Also experience the atmospheric old-world Newari town of Patan and enjoy walking around the ancient stupa at Boudhnath. Go on a jeep safari at Chitwan National Park, famous as one of the best wildlife-viewing parks in Asia. The tour also takes you to the enchanting lakeside town of Pokhara with its magnificent mountain views, and other great sights. Along the way you will enjoy great shopping opportunities and delicious cuisine.

This beautiful journey takes you behind the scenes, where you will enjoy inspiring volunteering experiences and the rich treasures of Nepal's amazing past and vibrant present. It will touch your heart and enrich your life.

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Day 1

Arrive in Kathmandu and transfer to our lovely guesthouse, right near Boudhnath's famous Stupa. In the late afternoon, the group will meet for an official welcome. Overnight Boudhnath.

Day 2

Go on a guided tour of the beautiful UNESCO World Heritage site of Swayambhunath Buddhist temple and

Kathmandu's fascinating Durbar Square, where Nepalese Kings once ruled. Visit the peaceful 'Gardens of Dreams' and Kathmandu's colourful Bead Market. Overnight Boudhnath.

Day 3

Enjoy a sightseeing tour of the fascinating city of Patan, taking in the beautiful Golden Temple and Patan's fabulous Durbar Square and museum. Enjoy lunch at a lovely café inside the palace complex and visit a handicrafts co-operative. Overnight Boudhnath.

Day 4 to Day 10

Commencement of our volunteer program, with activities including: teaching/interacting with children at the school and/or kindergarten to help improve their English, working with disabled children, helping patients with occupational therapy, assisting patients on outings.

Day 11

Drive to Pokhara with its beautiful lakes and panoramic Himalayan views. In the afternoon, we visit the old town with its interesting Newari architecture and monuments. Overnight Pokhara.

Day 12

Start the day with an early visit to Sarangot for a magnificent sunrise view of the Annapurna Range. Delight in a boat ride across the lake and then walk to the famous world peace stupa. Take in the magnificent view of the Himalayan mountains from a hilltop café. On our way back, visit a cute little

Hindu temple in the middle of the lake. Enjoy some free time in the afternoon to stroll around the lake, indulge in a wonderful massage, shop or relax. Overnight Pokhara.

Day 13 to Day 15

Drive to Chitwan National Park, a UNESCO World Heritage site and home to a large and varied range of wildlife including: one-horned rhinos, deer, monkeys, leopards, elephants, sloth bears, tigers and 450 species of birds. Explore Chitwan, meaning 'Heart of the Jungle' by jeep safari. Overnight Chitwan.

Day 16

This morning we return to Kathmandu. The afternoon is free for some last minute shopping, exploring or relaxing. Enjoy a final dinner with the group.

Day 17

Transfer to the airport for flights home.

ADDITIONAL INFO

Your 17-day experience includes all land travel, accommodation, all tours, entrance fees, local guides, guide tips, many meals, Shanti Sewa Griha donation and Australian tour leader.

About Shanti Sewa Griha
Shanti Sewa Griha is a wonderful charitable institution in Kathmandu. Their goal is to empower others to help themselves. They provide training, medical care, protection and

refuge for people of all ages who need help. Shanti also provides a kindergarten and a Waldorf-inspired school for the children in their care. Contact us for more details.

For booking information contact:
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Please note: The itinerary may be subject to change depending on altered circumstances.