

Building Nepal

High School Special Schedule Nepal

This project offers a unique opportunity to make a lasting impact on the lives of children in Nepal. You will participate in renovating the school facilities, creating vibrant learning environments.

Programme Goals:

► Building & Renovation:

Make a lasting impact on the community by improving the schools and centres where you'll be working. Contribute to renovation work by renovating a school in need. You will learn local building techniques and leave a lasting impact on underserved communities in the country.

► Cultural Immersion:

Immerse yourself in the rich and vibrant culture of Nepal through captivating experiences that include witnessing traditional dances, engaging in meaningful conversations with locals, and savoring the authentic flavors of Nepali cuisine.



2 WEEKS



Highlights

- ▶ 40 Service Hours
- ▶ Learn how to prepare local Nepalese food
- ▶ Immerse yourself in Nepalese culture
- ▶ Visit the picturesque city of Pokhara
- ▶ Renovate a local school
- ▶ Offset your carbon footprint

Accommodation

Hotel

Transport

Private bus and by foot

Meals

Breakfast will be served at the hotel each day. Lunch will either be at the hospital, the host's, or in the community. Dinner will be at the host family.

Timings

This schedule is subject to change; however, you will be advised in advance should this happen. You will depart home before 8am and arrive back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 1

Sunday

Arrival in Nepal

You will arrive in the capital city of Kathmandu. Set in a valley surrounded by the Himalayas, it's a bustling city but also a place of peace and tranquillity.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Nepal. You will then be taken to the hotel in Kathmandu, where you will relax, contact your parents, have a meal and relax before your first full day in the country.



Day 2

Monday

Morning:

Attend a group induction and orientation session to familiarise yourself with the project. Interact with the local school and learn about the upcoming work.

Afternoon:

Enjoy lunch at the site before continuing the building activities. Afterwards, you'll have an opportunity to visit the local shops.

Evening:

Refresh and have dinner at the hotel.

Day 3

Tuesday

Morning:

Begin building work at the designated site, focusing on the assigned tasks.

Afternoon:

Continue with the renovation work, making steady progress.

Evening:

Enjoy dinner at Gokarna House, an authentic Nepali restaurant, where you will taste traditional Nepali cuisine and be entertained by a cultural dance performance.

Day 4

Wednesday

Morning:

Continue building work at the project site, contributing to the ongoing renovation.

Afternoon:

Carry on with the building activities and have lunch at the site.

Evening:

Explore local markets in the city and have dinner at the hotel.

Day 5

Thursday

Morning:

Continue the building work at the site, learning different local construction techniques along the way.

Afternoon:

Continue the workshop and engage in a guided tour of Swayambhu Stupa, also known as the Monkey Temple. Here you will see hundreds of monkeys.

Evening:

Enjoy dinner at the hotel.

Day 6

Friday

Morning:

Carry on from where you left off, continuing to make progress towards the construction work.

Afternoon:

Enjoy lunch and continue with the building activities. Prepare for a relaxing yoga session.

Evening:

Attend the yoga session for relaxation and reflection. Pack for the upcoming trip to Pokhara. Dinner will be served at the hotel.

Day 7

Saturday

All Day:

You will depart for Pokhara in the morning. Pokhara is a picturesque city located in the western part of Nepal, nestled in the foothills of the Himalayas. Known for its stunning natural beauty, tranquil lakes, and breathtaking mountain views, it's a popular destination for tourists visiting Nepal.

After arriving in Pokhara, you will settle into the hotel before taking a relaxing stroll around the Phewa Lake, which is the second-largest lake in Nepal. You will enjoy the beautiful sunset and the reflection of the mountains in the water, making it a perfect end to the day. Spend the evening exploring night markets in the city.

Day 8

Sunday

All Day:

Wake up watching the sunrise over the Annapurna Range, one of the world's most stunning mountain ranges. After breakfast, you will travel up to the Sarangkot viewpoint and enjoy a view where you can see three of the top ten highest mountains in the world.

Explore the nearby Bindybasini temple before travelling back to town for lunch.

Afterwards, you'll explore the shores of Phewa lake and visit the World Peace Pagoda: a beautiful white stupa overlooking the city. The pagoda offers a panoramic view of Pokhara and the surrounding mountains, making it a great spot for photography. Visit Pumdikot Shiva Temple to learn more about local religion and to see large statues with mountain backdrops.

Before dinner you'll experience "the divine arati" at the sacred Barahi temple on the shore of Phewa lake. See chanting and fire rituals during this Hindu ceremony offering light to deities. After dinner, you'll have time to explore the city and do some souvenir shopping.

Day 9

Monday

Morning:

Travel back to Kathmandu, with lunch on the way.

Afternoon:

Rest, relax, and prepare for another day of strenuous building work.

Evening:

Enjoy a relaxing dinner at the hotel.

Day 10

Tuesday

Morning:

Head off to the site to continue your building work..

Afternoon:

Continue with the construction activities and explore markets after your work day is complete.

Evening:

Take time to explore city streets and markets. Have dinner at the hotel and relax with your fellow volunteers.

Day 11

Wednesday

Morning:

Continue the building activities at the school, focusing on finishing the project.

Afternoon:

Have lunch and carry on with the activities.

Evening:

Join a cooking class to learn to make momos. Enjoy dinner as a group.



Day 12

Thursday

Morning:

Add the finishing touches to your building project.

Afternoon:

Have lunch at the school and bid farewell to the children.

Evening:

Take part in a Nepali dance class and enjoy dinner at the hotel.



Day 13

Friday

Morning:

Have an early morning start to drive to Bhaktapur. From The Palace of Fifty-five Windows to the Bhairavnath Temple, the group will see the area's impressive architecture and learn about Nepal's rich history. Explore medieval streets and artisan markets, and get your hands dirty with a pottery-making workshop!

Afternoon:

Enjoy lunch and travel to Changu Narayan Temple. This is the oldest Hindu temple in Nepal and offers views of Bhaktapur city.

Evening:

Gather for a farewell dinner at a restaurant to celebrate the journey and accomplishments over the past two weeks. Have time to do final souvenir shopping in the markets of Thamel.

Day 14

Saturday
Departing Nepal

Group members will likely be departing at different times; therefore, day 14 may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

We wish you a safe journey home, and we hope to see you again on one of our projects around the world!

Want to learn more?

We'd be happy to talk to you and answer any questions you may have. You can call or email our team or use the 'live chat' feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Social Media

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Project Aims & Learning Outcomes

The main aim of this project is to meet the needs of disadvantaged schools and children in Nepal. These schools have limited funding and lack many learning materials and facilities. This makes it more difficult for teachers to run effective classes and for children to get the stimulation they need. You'll help children learn through play, improve their language skills and develop healthy routines. You'll also get to make a visible impact through renovation work!

Personal Achievements



▲ Completed a total of 40 service hours.



Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the "status-quo" and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.