

Nepal 2017

Teacher training or School building

Volunteers Needed



Teacher training



School rebuilding

When: Arrive Kathmandu 6 Jan & leave 23 Jan unless you go trekking

Where: Gorkha region of Nepal – near Arughat

Cost: Airfares + land content (about \$2000) – more if trekking

No experience necessary for teacher training or school building

More information about the various projects we have already completed at
www.sambhav.org

Meeting to be arranged when we know who is interested.

Teacher Training and Rebuilding Volunteer Program

2017

Itinerary

Day 1 – Arrive in Kathmandu

The airport representative from Ace the Himalaya will receive you at Tribhuvan International Airport, Kathmandu. He will be displaying a signboard outside the airport terminal. You will be then transferred to the hotel in their private tourist vehicle.

Overnight at a hotel in Kathmandu. No meals included.

Day 2 – Shopping in Kathmandu

This day has been marked for shopping. The teacher trainers can visit the stationery shops to buy necessary materials they need to conduct the training program. If they are planning to donate school supplies, they can use this day to buy the supplies. In the villages there are very few shops and they don't necessarily have what the volunteers need, so they should buy the essentials on this day. Thamel and nearby areas have many and different kinds of shops.

Overnight at a hotel. Breakfast included.

Day 3 – Transfer to Gorkha (8/9 hours)

On this day, we transport one group to the village in Gorkha where Bal Udaya Primary School is located and another to the village where a school will be rebuilt. It can be Ramate or Dharapani village. We will use 4WD jeeps and they have to do a few hours of walking too. The journey from Kathmandu to the village can take from 8 to 9 hours.

Overnight at a tented camp. Breakfast, lunch and dinner included.

Day 4 to 8 – Teacher Training at Bal Udaya and School Rebuilding activities

Before the training starts, in front of the attending teachers, there will be a welcome program for the trainers. Then for 5 days the trainers will equip the attendees with teaching methodologies, improve their interaction with students, listen to their problems and provide solutions and so on. And, another group will have a welcome program in the school where they will rebuild. The school can be either Bhairabi Primary School in Ratamate or Dharapani Secondary School in Dharapani.

And on Day 8, we will hold farewell program for your contribution.

Note: We will meet the Bhimodaya Campus chief in Arughat in between the training from day 4 to day 8.

Overnight at a tented camp. Breakfast, lunch and dinner included.

Day 9 – Walk to Bhawani Higher Secondary School, Manbu (8 hours)

The journey to Bhawani Higher Secondary School in Manbu village will be on foot. It will take about 8 hours. The trainers and rebuild volunteers will get to observe the countryside as they hike from one village to another. If weather is clear, they will get sightings of the mighty Himalayas in the north.

Overnight at a tented camp. Breakfast, lunch and dinner included.

Day 10 to 14 – Teacher Training at Bhawani and Hostel Rebuilding

A welcome program will be held and then training and rebuilding will start and continue for 5 days. The teacher training will be held in the premises of Bhawani Higher Secondary School. It is one of the most important community schools in northern Gorkha district. Here the trainers will help the attending teachers to improve their skills and knowledge. And at the same time, the rebuild volunteers will help in rebuilding the hostel of Bhawani School.

Note: We will meet the Bhawani Higher Secondary School chief in Manbu in between the training from day 10 to day 14.

Overnight at a tented camp. Breakfast, lunch and dinner included.

Day 15 – Transfer Back to Kathmandu (9 hours)

From Manbu to Kathmandu, 4WD jeeps will transfer them. It will be a bit longer drive and will take more time. We will start and arrive before nightfall.

Overnight at a hotel. Breakfast and lunch included.

Day 16 – Guided Sightseeing in Kathmandu and dinner at local restaurant.

After breakfast, at around 8:30 am, a tour guide of Ace the Himalaya will come to take them for the city sightseeing. On a tourist vehicle, they will visit:

Pashupatinath: Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. Though you are not allowed to go inside the temple as it is strictly for Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. It is a square two tiered pagoda temple built on a single tier plinth which is famous all over the world.

Boudhanath: Boudhanath is one of the holiest Buddhist sites in Kathmandu. It was built in 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

Bhaktapur Durbar Square: Visit the Bhaktapur Durbar Square, the Royal Residential Quarter of Bhupatindra Malla, famous five-storied temple of Nyatapola in Pagoda style Batsala temple, Bhairavnath temple, Duttatraya temple, Pujari Muth and Palace of 55 windows.

Later we will have group dinner at the local restaurant in the evening.

Overnight at a hotel. Breakfast included.

Day 17 – Depart from Nepal (Trip Extensions Available)

If the teacher trainers and rebuild volunteers want to extend their trip, there are options. One is Everest Base Camp Trek and another is Annapurna Poon Hill Ghorepani Trek. Adventure travel company Ace the Himalaya will make necessary arrangements for the extension trips. Please look at the section below.

Participants will be dropped at the international airport for their departure.

Breakfast included.

The Price

10 to 12 people in a group **AUD 2,160 Per Person**

13 to 18 people in a group **AUD 1,925 Per Person**

19 to 24 people in a group **AUD 1,730 Per Person**

Trip Price Includes

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
 - Twin sharing accommodation in tourist three star hotel in Kathmandu including Breakfast (with attached hot and cold shower, toilet and TV in room).
 - Local Ace the Himalaya licensed English speaking guides for the trip.
 - Accommodation in tented camp with breakfast, lunch and dinner in the village (two person in one tent) – food prepared by ACE the Himalaya expert cook and kitchen team.
 - All ground transportation required in Kathmandu and to transfer you to and from the village by 4WD SUV.
 - The required number of local staff and porters to carry your
 - Food, accommodation, salary, insurance, equipment and medicine for all staff.
 - All our government taxes, vat, tourist service charges
 - Farewell dinner in typical Nepali Restaurant with cultural dance show on second last day
 - Official expenses
 - Teacher Training expenses such as light lunch for the teacher and daily fee as per the Nepalese government rules.
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Trip Price Excludes

- Lunch and dinner whilst in Kathmandu. (Requires approximately USD 1 to 15 per person per day)
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. **(Tourist Visa with Multiple Entries for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport size photos.)**
- Personal Equipment
- Tips for guide, staff and driver (Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

IMPORTANT

- *The trip can be extended. We have various interesting options for trip extension.*
- *The itinerary can also be customized.*
- *During the trip, factors such as local politics, transport, weather, etc may also affect the itinerary.*

Prepared by

