



Cultural Destination Nepal (P) Ltd.

An Experiential Learning Center

Volunteer Nepal Program

1. Orientation Phase:

Schedule for Orientation Program

Venue: Cultural Destination Nepal Pvt. Ltd.
Dhapasi Height, Kathmandu, Nepal
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<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Activities</u>
Day 1	Tuesday	1100	Transfer to the program house
		1100 – 1130	Puja to the gods & goddess and name giving ceremony.
		1130 – 1230	Introduction game!
		1230 – 1300	Review the schedule and safety during the program.
		1300 – 1430	Lunch break
		1430 – 1530	Cultural seminar on social behavioral norms, dos & don'ts in Nepalese culture
		1530 – 1600	Talk on host family
		1600 – 1630	Trust Development Game
		1700	Move to the host family
Day 2	Wednesday	0930 – 1000	Check – in
		1000 – 1200	Nepali Language Training
		1200 – 1300	Talk on safety and general health precautions
		1300 – 1500	Lunch break
		1500 – 1630	Cross cultural seminar on eating 'n drinking, clothing 'n bathing, and toileting customs in Nepalese culture

Day 3	Thursday	0930 – 1200	Nepali Language Training
		1200 – 1400	lunch break – lunch in Basantapur
		1400 – 1730	Visit Kathmandu Durbar Square including social, religious and urban focal point of Kathmandu including important civic places (health clinic, immigration, bank, post office), and Swayambhunath.
Day 4	Friday	1000 – 1200	Nepali Language Training
		1200 – 1300	Seminar on educational and schooling system in Nepal
		1300 – 1500	lunch break
		1500 – 1630	Lecture on Religion and Culture of Nepal
Day 5	Saturday	0800 – 1000	General Meditation and Yoga introduction.
Day 6	Sunday	0930 – 1600	School visit and practice teaching (mentally and physically prepare something for teaching)
Day 7	Monday	0930 – 1200	Nepali Language Training
		1200 – 1330	Lunch break (lunch in Boudha)
		1330 – 1700	ISP project and Cultural as well as historical orientation tour to Bouddhanath, Pashupatinath.
Day 8	Tuesday	0930	Day hike - BYO lunch
Day 9	Wednesday	0930 – 1200	Nepali Language Training
		1200 – 1400	lunch break
		1400 – 1530	Lecture on History and present political system of Nepal
		1530 – 1630	Trouble shooting session
Day 10	Thursday	0930 – 1200	Nepali Language Training
		1200 – 1400	Lunch break - lunch in Patan
		1400 – 1700	ISP project and Cultural as well as historical tour to Patan Durbar Square, Kumbheshwor, Golden Temple, Mahaboudha and Rudrabarna Mahabihar.

Day 11	Friday	0930 – 1200	Nepali Language Training
		1200 – 1330	Lunch break
		1330 – 1430	Western Perspective on Nepali culture and sharing teaching experience among the volunteers.
		1430 – 1700	Scavenger Hunt at local market.
		1900	Cooking demonstration.
Day 12	Saturday		Day free
Day 13	Sunday	0930 – 1200	Nepali Language Training
		1200 – 1230	Nepali folk song (Resam phiriri)
		1230 – 1300	Feed back sharing session.
		1300 –	Lunch break and free afternoon.
Day 14	Monday	0930	Move to the placement site!

2. Volunteering Phase: Volunteer at the assigned placement site as per the time frame.

3. Village Excursion Phase:

Day 1 – Bus to Sakhu and trek to Kartike via Lapsi Phedi

Day 2 – Trek to Dhulikhel

Day 3 – Trek to Namoboudha

Day 4 – Trek to Dapcha

Day 5 – Trek to Ambode

Day 6 - Trek to Mate

Day 7 – Trek to Roshi Khola and bus back to Kathmandu

4. Recreational Phase:

A. White water Rafting: Day 1

- 0700 Drive to Charaudi (3 hours drive) from Kantipath, near by Thamel – reporting time is 0630
- 1100 Get to Charaudi and start rafting at Trisuli River
- 1400 Have lunch on the beach and continue rafting till Kuringhat
- 1600 Drive back to Kathmandu by local transportation.

B. Jungle Safari:

Day 1 –

- 0700 Drive to Chitrasari (approx.5 hours drive)
- 1200 Get to Chitrasari and transfer to the Resort
- 1300 Have lunch at the resort and join the activities
- 1600 Tharu Village Tour
- 1900 Have dinner

Day 2 –

- 0700 - 0800 Canoe ride
- 0800 - 1200 Nature walk
- 1200 - 1500 Lunch and take rest
- 1600 - 1730 Elephant ride
- 1830 - 1930 Tharu cultural dance performance
- 2000 Dinner

Day 3 –

- 0630 breakfast
- 0700 Visit to the elephant breeding center
- 0800 Bird watching
- 0930 Come back to the Camp
- 1000 Transfer to the Bus park and drive back to Kathmandu.

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