

## Overview

Are you fascinated by Nepali culture? Do you want to find out more? Our cultural exchange programme is for those who don't want to be tied to any single program, but want to experience Nepal in a deeper and more meaningful way than just coming for a holiday. It will be up to you to get whatever it is you want from your exchange. Each and every person who signs up for this program does so for very different reasons, and that is why we let you explore in the way that best suits you.

As a cultural exchange volunteer you will live with a Nepali family, living as they do to the beat of Nepali time. You will have the opportunity to explore and get to know the community you are living with, engage with them in their day to day lives, help out in the house and fields, celebrate their festivals and get a first hand understanding of life here in Nepal.

Given that this is a cultural exchange, you will also be expected to share a little of your culture and customs, enabling both sides to see how different lives can be lived in a non judgmental way and that each should be cherished for what they give, as they are just two different lifestyles in a world of differences, no one better than the other. You will also be able should you wish, to get involved in our other programs, as long as your presence doesn't impact on incumbent volunteers.

Home stay programs can be arranged for two or four weeks only, with the most culturally rich time for this program is during the months of September – November when Nepal's two greatest festivals are celebrated, Dashain and Tihar.

**Volunteers Role:** Working at the childcare placement is one of the most rewarding experiences. Volunteers can spend time with the children at the placement; play with them, help them in studies, teach them about importance of hygiene and keep them engaged in various activities. Alternatively Under teaching program volunteers teach at public or private schools in Kathmandu. Volunteers teach kids aged between 6 - 14 years. You don't have to be a qualified teacher in order to join our teaching program in Nepal. You can teach simple English, Maths, General Knowledge and Geography to the children from Monday to Friday 5 days a week.

## Itinerary Details

### Day 01 : Arrival In Kathmandu

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to our Home by Private Vehicle. Check At the Evening we will offer you welcome dinner at best authentic best Nepali. Overnight Stay at Home ( All Meals)

### **Day 02 : Orientation About Program**

After breakfast you would be given orientation about your program placement. Our representative will accompany you to the placement vanue and will introduce you the placement staff where you will start your program. Volunteers usually work 5 - 6 hours in a day. Overnight Stay at Home ( All Meals)

### **Day 03 : Volunteer Work In Kathmandu**

You Will Work At Your Respective Placement ( Orphanage Home ) For Up To 5 – 6 Hours A Day. You Are Free To Travel Across The Kathmandu City By Yourself After Work Hours. Volunteers Will Spend Time With The Children And Provide Them With The Opportunity To Learn New Things Which Would Be Beneficial For Their Future. Overnight Stay at Home ( All Meals)

### **Day 07 : Weekend In Pokhara**

On Saturday we will drive you to Pokhara which is around 6 hours from Kathmandu city. Pokhara is the starting point for trekking and rafting which is famous among people from all over the world. You will find dense forests, rivers and lakes all in Pokhara along with an amazing view of the Himalayas. On Sunday morning, we will take you to Sarangkot for breathtaking sunrise view and then will drive you back to Kathmandu city. Overnight Stay at Home ( All Meals)

### **Day 09 : Kathmandu - Bhaktapur City Tour**

These 2 days are organized for Kathmandu city tour along with Patan city tour and Bhaktapur tour which are situation close to capital city Kathmandu. We will cover Kasthamandap, Swayambhunath, Temple of Living Goddess, Pashupatinath Temple and Boudhanath Stupa in Kathmandu. The next day you will visit Bhaktapur Durbar Square, Dattatreya Square, The Peacock Window, Hanumanghat, Mahaboudha Temple, Rudravarna Mahavihar Temple and Kumbheshwar Temple. Overnight Stay at Home ( All Meals)

### **Day 11 : Departure From Kathmandu**

Transfer to Tribhuvan International Airport as per your flight schedule.