



Nepal - Sample Itinerary

Orientation Seminar in Katmandu

We will learn about Nepalese culture, and language, and begin to understand the realities of life in the villages and how we can help. We will also learn about the effects of globalization and urban sprawl, whilst also visiting some of the Tevel projects in the slums of Kathmandu. In addition, we will tour some of the major sites in Katmandu, meet the Israeli Ambassador or other Embassy officials, celebrate Shabbat with Israeli volunteers in Nepal, and engage in learning through Jewish texts and other sources.

Volunteering in a Nepalese Village

We will travel to a remote village in the mountains of Nepal, surrounded by snow-capped mountain peaks and rice-paddy terraces as far as the eye can see. We will work alongside our hosts and other volunteers doing farming, building, teaching, cooking, or other useful tasks. Your living conditions during this portion of the trip are authentic and basic as you'll be "living like a local." Houses are made of mud bricks with earthen floors. Beds are simple wooden frames with thin mattresses and meals are simple. Squat toilets are located in small outhouses in the yard and there is no electricity, heating, or running water. The shower is either a cold bucket or a dip in the river. Although the conditions may be challenging for you, you will gain a deeper understanding of the realities of Nepal and an appreciation for the opportunities and advantages you have.

Manegau Home Stay

We will spend a weekend living with a Nepalese family in their home in a remote rural village. The family will look after you and feed you and you can help them out in their house and on their farm. We'll hang out with the youth of the village and meet most of the people that live there, plus many of their animals too. We'll hike to the famous pilgrimage site, Namo-Buddha, and you'll be constantly surrounded by awe-inspiring views.

Kalinchok

We will travel to almost 4000 Meters above Sea Level and hike in the Himalayan mountains, visit temples, and see the sunrise over the entire mountain range. If we're lucky, we'll also get to have some fun in the snow!

Back in Israel

You will participate in a closing seminar to debrief and summarize the experience abroad. During this seminar, you will be challenged to consider what steps you may take next to apply the lessons you learned in Nepal and to share your experiences with others.

