



नेपाल



Nepal 2014



## Programme 2014

Three weeks of cultural exchange, trekking and volunteering in the Kathmandu valley, Banepa and Mainapokhari in the Dolakha district.

### Workshops & teaching English

Before we leave, we prepare workshops about hygiene, HIV/Aids and recycling to address urgent needs in particular in the mountain villages. We also prepare English lessons and sports & games for the kids, both in Mainapokhari (primary & secondary level) and in the Kavre school for deaf children in Banepa, where we will learn Nepali sign language.



### Exploration & working in the villages

Participants will prepare a topic of their choice for a small research project during our exploration trek to the most wonderful sites in and around the Kathmandu valley. Examples can include investigating local history, geography or religion (e.g. Interview Tibetan monks in the most famous Buddhist temple of Namobuddha and observe their rituals when we stay at the monastery for a night). We will furthermore help the local communities, for example by renovation & recycling projects.

### Who can come?

We are looking for highly motivated & flexible Gold participants who are willing to work as a team both before and during the trip. This trip can count as a Residential Project and as an Adventurous Journey for the Gold level.

## Team preparation

To arrive thoroughly prepared, we organise several group meetings for team building, fundraising and general training. Please put the following dates in your calendar:

- introduction meeting: December 2013
- group fundraising activity: Spring 2014
- Koninginnedag fundraising: 26 April 2014
- Bevrijdingsdag fundraising: 5 May 2014
- Final Training Day: Juni 2014

**Trip dates: ~ 25 July – 16 August 2014**

### Costs?

Participants pay for their own tickets and raise money for local projects, like the maternity clinic and the education fund in Mainapokhari to pay poor kids' tuition fees. Total (incl. flights, project funding, local transport, food and accommodation for 3 weeks): €2100,-.

### Supervisors & Organisation

Two experienced Award leaders, Luc Bartholomé en Marieke Meelen, who have supervised many groups before (also in Nepal), will help participants to prepare and fundraise and will be there 24/7 during the trip. In Nepal we will furthermore have guides and interpreters from our local partner organisation Himalayan Care Hands.



More information & sign up form: [www.awardnepal.wordpress.com](http://www.awardnepal.wordpress.com)