



NEPAL EXPERIENCE

PROGRAM

2024





ABOUT US

Adventures, Authentic Experiences and Volunteering in Nepal.

- No worries about organizing everything.
- No boring museums, activities, or 'Human Tape Recorder' guides.
- No Cancellation Fee.
- No missing out on amazing volunteering experience

It is our promise that throughout the trip, you will experience:

- Being well taken care of, right from arrival.
- Being well informed and supported.
- Feeling safe.
- Great, authentic cultural experiences.

Realise that you are travelling with real travel experts by knowing the following.

- Operating Travel programs since 2000.
- Served over 19000 young travellers and volunteers, from 36 countries
- Full Member of the World Youth and Student Travel Confederation.
- The only company that has thrived since 2000, while many have come and gone.
- Prominent travel brands have partnered with us and are actively involved in facilitating opportunities for young travelers to engage in volunteering experiences with us.

More about our programs

Our specialized expertise revolves around catering to young adventurers embarking on their first journeys. Since the majority of our participants are youthful travelers, you can expect to encounter enthusiastic individuals from all corners of the world in your program.

We take immense pride in offering a limited yet carefully curated selection of programs. These have been meticulously developed and refined over years of experience. Rest assured, when you choose us, you're in for the crème de la crème of volunteering and cultural experiences that your destination has to offer – experiences that are, without a doubt, worth every penny.

Our "String of Diamonds™" system allows a young person of any age, and any language level to make positive lasting contributions to the volunteering and experience many life enhancing benefits as a result.

Why The Nepal Experience Program

Nepal, a landlocked gem nestled within the mighty Himalayas, holds a trove of captivating experiences waiting to be discovered. Our Nepal Experience Program is designed to immerse travelers in the natural wonders and cultural richness of this enchanting nation.

Nepal Experience Program has been thoughtfully curated to provide travelers with an action-packed adventure showcasing Nepal's myriad attractions, coupled with an immersive cultural encounter. Destinations like Pokhara, Chitwan, and Kathmandu each exude their distinctive charm, and the option to participate in volunteer activities empowers travelers to make a meaningful impact during their journey, while gaining profound insights into daily Nepalese life and culture..

Nepal, as a landlocked country nestled among the towering Himalayan peaks, boasts a multitude of hidden gems. Its breathtaking natural beauty and the delightful richness of its traditional culture are simply unparalleled. With these captivating aspects in mind, we proudly present the Nepal Experience Program.

This convenient trip allows every visitor to discover this friendly nation, located on the roof of the world. By joining the tour, you begin an exciting journey through Nepal, its rich heritage & interesting history. This action-packed adventure introduces incredible landmarks, awe-inspiring mountains and much more.

The itinerary takes you to charming places such Pokhara, Chitwan and Kathmandu. Along the way, you will have a chance to take part in certain activities as a volunteer and thus make a difference. Finally, the Nepal Experience itinerary allows you to get a taste of the everyday life of the Nepali and soak their unique culture.

DETAILED PROGRAM ITINARY



(Sunday): Arrive At Kathmandu

Welcome to Nepal! Upon your arrival at Tribhuvan International Airport, our representative from IDEX will warmly welcome you at the airport and accompany you to your accommodation.

The people of Nepal are known for their ever-present smiles. Nepal is a profoundly religious country, evident in its temples, monasteries, and buildings. The fertile Kathmandu Valley, nestled among mountains, is the historical core of Nepal. It's where some of the Himalaya's most advanced kingdoms thrived and declined, and where Nepali art and culture were cultivated and refined. In many respects, the Kathmandu Valley embodies the essence of Nepal.

After settling into your accommodation, you will receive a briefing about your program, and the remainder of the day will be yours to enjoy at your leisure.

**Overnight stay at the accommodation, Kathmandu.
(No meals)**





(Monday): In Kathmandu

Take a morning Yoga session with the Yoga instructor early in the morning. Later, after breakfast, enjoy a sightseeing tour of Kathmandu City

Kathmandu City: The name "Kathmandu" originates from the term "Kasthamandap," which translates to "constructed from the timber of a single tree." Also recognized as Kantipur, this capital of Nepal is a hub of art and culture. As you explore the city, you will encounter temples scattered throughout, earning it the epithet "City of Temples."

Your itinerary includes a visit to Kathmandu Durbar Square, a UNESCO World Heritage site. Adjacent to the Royal (Durbar) Palace, this square boasts a plethora of exquisite temples. During your visit, you will also gain insight into Seto Machhindranath, revered as the deity of rain, with devotees from both the Hindu and Buddhist faiths.

Beyond its religious structures, Kathmandu offers ample opportunities for relaxation and rejuvenation.

Swayambhunath: Following your exploration of Kathmandu and its centuries-old square, your journey leads you to the Kathmandu Valley. At its apex, you will find Swayambhunath, one of Nepal's most sacred Buddhist monuments. With an estimated age of approximately 2000 years, this stupa, often referred to as the "Monkey Temple," offers panoramic vistas of Kathmandu City.

The central stupa features a towering conical spire crowned with a copper-gilded pinnacle. Each side of Swayambhunath is adorned with the all-seeing eyes of Buddha. Additionally, the hill surrounding the stupa is dotted with pagodas and chaityas.

Following this enriching day, you will participate in a brief debriefing session to reflect on your experiences and preview the upcoming highlights of your Nepal adventure.

Overnight stay at the accommodation, Kathmandu.

(Meals: Breakfast & Dinner)





(Tuesday): Kathmandu – Chitwan

After having breakfast at your accommodation, we will drive you to Chitwan, which is approximately 185 kilometers away. This journey typically takes about 6 hours, including a lunch break. Upon your arrival in Chitwan, a local naturalist will greet you, provide refreshments, and give you a briefing about the tour programs and the amenities available at your accommodation.

.On the 3rd day of your stay, you will have the opportunity to spot the Royal Bengal Tiger and other wildlife species in Nepal. For this purpose, we will take you to the Royal Chitwan National Park, which is located 185 kilometers (115 miles) from Kathmandu. Your journey will commence after a delightful breakfast and include a lunch break along the way. Upon reaching Chitwan, a local naturalist will welcome you, offer refreshments, and provide you with information about the tour program, available facilities, and your accommodation.

Royal Chitwan National Park:

The Royal Chitwan National Park is situated in the lush valley of Chitwan, nestled in the foothills of the Churia ranges. It is home to the Kingdom's first National Park and is renowned for its diverse wildlife, particularly the Indian One-Horned Rhinoceros and the elusive Royal Bengal Tiger.

The Royal Chitwan National Park is a lush valley adorned with dense forests that house various rare animal species. The foothills of the Churia Range, which border the park, create a picturesque backdrop for your adventure. In contrast to the sparsely populated mountain ranges, the royal national park teems with life. Apart from the elusive Bengal Tiger, the Indian One-horned Rhinoceros is another prized representative of Nepali fauna that you may encounter here.

Jeep Safari: The jeep safari is the optimal way to explore the depths of Chitwan National Park. During this 3-4 hour excursion, you will have the opportunity to traverse various habitats and observe rhinos, crocodiles, alligators, wild boar, and deer up close. Be prepared to disembark from the jeep and participate in rhino tracking on foot during the safari.

After your return to the camp and a satisfying dinner, we will conduct a brief debriefing session. This will also provide you with an opportunity to share and summarize your experiences with your fellow explorers.

Overnight stay at the accommodation, Chitwan.

(Meals: Breakfast & Dinner)





(Wednesday): In Chitwan

Exploring Chitwan aboard a jeep is just one of the activities you can enjoy while visiting the national park. Participating in a forest walk and boating are other adventures that will allow you to fully appreciate the diversity of flora and fauna in Royal Chitwan National Park.

Jungle Walks : offer an opportunity to explore various wildlife habitat areas, ranging from floodplain grasslands to dense Sal forests. During these walks, you'll have the chance to encounter a variety of animals, including endangered species. Since walking through the forest is less disruptive to the animals, you'll have a better chance of spotting wildlife. You can also gain valuable insights into different types of plants and herbs found in the National Park.

Floating down the Rapti River in a dugout canoe is the best way to explore the habitat of crocodiles in the river (from a safe distance). It's also a relaxing and ideal way to observe different species of birds and wildlife as they come to the riverbank to drink from the serene waters.

Elephant Breeding Centre:

The second part of the tour takes you to the elephant breeding center in Sauraha. If you had an opportunity to spot these gentle giants roaming Chitwan, they most likely came from this particular breeding center. Prepare yourself for an encounter with baby elephants and calves, which may be between a few days and a few years old. Interacting with a baby elephant and watching it play is sure to be a memorable experience for you.

Daily debrief about the day.

Overnight stay at the accommodation, Chitwan.

(Meals: Breakfast, & Dinner)





(Thursday): Chitwan – Pokhara

We leave Chitwan after some birdwatching that Chitwan National Park is renowned for because it's home to more than 450 species of birds. In other words, some people have referred to the park as a haven for the bird world. Take a guided tour through the forest to listen to the colorful birds' early morning chirps and watch them in flight.

Later, embark on a 5-6 hour drive under normal road conditions to Pokhara, which is approximately 220 kilometers south-west of the Kathmandu Valley and situated at an altitude of 827 meters above sea level.

Pokhara Pokhara, the "Center of Adventure" and a meeting place of peace and magic, nestled at 827 meters/2715 feet in the Himalayas, is a haven for nature and adventure lovers. It offers stunning scenery, outdoor activities, and cultural richness.

Surrounded by the Himalayas, Pokhara is the starting point for the Annapurna Circuit and boasts beautiful lakes reflecting the sky and mountains. Lush forests and rivers further enhance its natural beauty.

Adventure-seekers can indulge in trekking, paragliding, boating, skydiving, hiking, pony riding, mountain viewing, and mountain biking..

Phewa Lake: Don't miss the serene Phewa Lake, where you can boat amid reflections of Mount Annapurna and the Machhapuchhre range. The lake also hosts a charming island temple and lush forests on its southern slopes.

After a day of adventure, share your experiences with fellow travelers and enjoy an overnight stay in Pokhara.

Overnight stay at the accommodation, Pokhara.

(Meals: Breakfast





(Friday): Pokhara

On the 6th day of your stay in Nepal, we take you to enjoy one of the most popular activities around Pokhara – mountain viewing. We start early in the morning and head to Sarangot, which is approximately 5 km (3.1 mi) away from Pokhara Lakeside. This viewpoint stands at an elevation of 1,592 meters (5,223 feet) above sea level. From there, you'll be able to admire the spectacular sunrise view of the Pokhara Valley and the surrounding mountains, including the Annapurna Range, Machhapuchhre, the Dhaulagiri Range, and the Fishtail Mountain. Afterward, we will return to the accommodation for breakfast.

Visit will then visit the locally known Patale Chhango, also known as Hell's Fall. Devi's Fall (also known as Devin's or David's) is an impressive waterfall located approximately 2 km southwest of Pokhara Airport on the highway to Tansen.

An interesting modern legend suggests that a foreigner named David was skinny dipping in the Pardi Khola (river) when the floodgates of the dam were opened, sweeping him into an underground passage beneath the fall, and he was never seen again.

After visiting the waterfall, we will take you to Gupteswar Gupha, a cave of significance for Hindu worshippers. This sacred cave is in the vicinity of Patale Chhango. The cave's corridors span approximately 3 km (1.85 mi) in length and vary in size, from large halls to narrow passages that may require crawling. Along the way, you'll have the opportunity to admire interesting rock formations. One of the highlights of Gupteswar Gupha is a symbol of the Hindu deity Shiva that resembles a phallus.

Our regular daily debrief will take place at the end of the day.

You will have an overnight stay at the accommodation in Pokhara
(Meals: Breakfast)





(Saturday): Pokhara – Kathmandu

The return journey to Kathmandu takes place after breakfast.

Late afternoon: Late afternoon: Tour of Pashupatinath Temple + Boudhanath Stupa..

Pashupatinath Temple: Pashupatinath Temple: Dating back to 400 A.D., Pashupatinath Temple is one of the oldest Hindu Temples dedicated to Lord Shiva. It holds the same reverence for Hindus as Mecca does for Muslims. Situated amidst lush green natural surroundings on the banks of the sacred Bagmati River, the temple is built in the Pagoda Style with a gilded roof and intricately carved silver doors.

Near Pashupatinath Temple, you'll find the Guheshwori Temple, devoted to Sati Devi, Shiva's consort. But that's not all; you'll quickly discover that the temple complex we'll be touring is the largest in Nepal. The area is particularly bustling in February or March when the annupilgrimage takes place.

Boudhanath Stupa - Located on the outskirts of Kathmandu, the Boudhanath Stupa is one of the most graceful Buddhist stupas you'll ever see. Moreover, it ranks as one of the largest (standing at 36 meters/118 feet tall) and oldest Buddhist structures in Nepal. As an important place of worship, the stupa is regularly visited by tens of thousands of pilgrims from all over the world. The Boudhanath Stupa is well-proportioned, overlooking the city of Kathmandu with its giant eyes. Surrounding the stupa are structures painted in different colors.

Our regular daily debrief takes place by the end of the day.

Overnight stay at the accommodation in Kathmandu.

(Meals: Breakfast and Dinner)





(Sunday): Yoga, Volunteering and Cooking Lessons in Kathmandu

Begin your day with an early morning yoga session led by a certified instructor, followed by a delightful breakfast at your accommodation. Following breakfast, there will be an orientation session to familiarize you with your upcoming volunteering project, and then we will proceed to visit the project site to commence our work. Once the volunteering activities are complete, we'll return to our accommodation. Later in the day, you'll have the opportunity to participate in a cooking class where you can learn the art of preparing traditional Nepalese cuisine with the guidance of a local chef

Following the workshop, we will recap the day's volunteering activities and plan for the next day's volunteering endeavors.

We will gather to review the day's experiences and spend the night at our accommodation in Kathmandu.

(Meals: Breakfast, Packed lunch and Dinner)





(Monday): Volunteering and visiting Buddhist Monastery in Kathmandu

Begin your day with breakfast, followed by ongoing participation in your volunteering project for the majority of the day. In the afternoon, we will take you to one of the nearest Buddhist monasteries, where you can immerse yourself in the rich traditions and culture of Buddhism.

At the conclusion of the 9th day, we will gather to reflect on the day's experiences and make preparations for the following day of volunteering and activities.

Overnight stay at the accommodation in Kathmandu.

(Meals: Breakfast, Packed Lunch and Dinner)





(Tuesday): Volunteering and visiting a local family for a meal in Kathmandu

Continue your volunteering project throughout the day. Later in the afternoon, following your daily reflection time with your guide, prepare for another opportunity to immerse yourself in the authentic culture of Nepal by visiting a local family's home for dinner. Visiting a local urban family, who belong to the middle-income level, provides an exceptional opportunity to gain an up-close and personal insight into the daily lives of ordinary Nepalese people through observation.

Note about the family meal –

Visiting a family combines elements of observation and participation. While we select host families based on their proficiency in English, it's important to note that not all members of the family may engage in conversation to the same extent. Approach this experience with an open mind, take the opportunity to see the inside of a local home, and relish a "home-like" (mostly vegetarian) meal.

During our regular debriefing session, we will summarize the day's experiences, gather recommendations and suggestions, and provide an overview of the volunteering activities awaiting us on the next day.

Overnight stay at the accommodation in Kathmandu.

(Meals: Breakfast, Packed Lunch and Dinner)



DAY-11



(Wednesday): Volunteering and Henna Painting in Kathmandu

After having breakfast, you will carry on with your scheduled volunteering project activities throughout the day, following the provided activity plan.

In the evening, following your daily reflection session with your guide, you'll have the opportunity to experience the art of "Henna" painting. This traditional South Asian art form is highly esteemed among local women, particularly during wedding celebrations

Overnight stay at the accommodation in Kathmandu.

(Meals: Breakfast packed lunch and Dinner)





(Thursday): Volunteering and dressing up like the locals (a cool photo op) in Kathmandu

Following the scheduled volunteering activities and the customary reflection time, we've arranged something truly special for you. Prepare to immerse yourself in the local culture by donning traditional attire, and enjoy a wonderful photo session with our photographer

As the day comes to a close, we will hold our daily debrief as usual, where we'll also discuss what lies ahead.

Overnight stay at the accommodation in Kathmandu.

(Meals: Breakfast packed lunch and Dinner)



DAY-13



(Friday): Last day of volunteering and visiting a rural family and their home near Kathmandu

After the volunteering project, we will say goodbye to the project and embark on a special experience of observing daily life in rural Nepal.

Life on a Nepali farm differs in many ways from life in a city. You will notice differences in every aspect, from attire to daily activities and living standards. After touring the farm and befriending the locals, you will enjoy a simple, local meal with them.

We conclude the day with a slightly longer debrief about the entire trip, the various experiences & the volunteering.

(Meals: Breakfast, packed lunch and Dinner)



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DAY-14



(Saturday): A free day in Kathmandu (go around like a pro, which you are by now).

We have kept today's day to be free for you to explore the city of Kathmandu on your own because by now, you are familiar with Nepal and Kathmandu. Feel free to take advice from our tour leader and make plans other travelers to have some flexible time on your own.

Overnight stay at the accommodation in Kathmandu.

(Meals: Breakfast)



DAY-15



(Sunday): Farewell to Kathmandu and Nepal.

As your journey in Nepal draws to a close, we will arrange transportation to the airport to ensure you catch your flight back home on time. We eagerly anticipate the opportunity to welcome you on another adventure with us in the future.

(Meals: Breakfast)



PROGRAM DATES

Start Date

End Date

14-Jan-24

28-Jan-24

11-Feb-24

25-Feb-24

10-Mar-24

24-Mar-24

07-Apr-24

21-Apr-24

05-May-24

19-May-24

02-Jun-24

16-Jun-24

07-Jul-24

21-Jul-24

04-Aug-24

18-Aug-24

01-Sep-24

15-Sep-24

06-Oct-23

20-Oct-24

03-Nov-24

17-Nov-24

01-Dec-24

15-Dec-24

29-Dec-24

12-Jan-25

26-Jan-25

09-Feb-25

23 Feb-25

09-Mar-25

23-Mar-25

06-Apr-25

20-Apr-25

04-May-25

18-May-25

01-Jun-25

15-Jun-25

29-Jun-25



Services Included:

Accommodation for 14 nights during the trip at a guest house/similar.

Culture activities: -

- One jeep safari at Chitwan National Park.
- One canoe ride at Chitwan.
- One Tharu culture show.
- Jungle walk in Chitwan National Park.
- One Boat ride on Phewa Lake.

One Pokhara Trip:-

- David Falls
- Gupteswar Cave
- Phewa Lake

Kathmandu Sightseeing.

Volunteering work at Kathmandu.

Cultural Activities (one time)

- Yoga
- Dinner at home of a local family Local training and dress workshop Henna Painting
- Visit a rural family farm

Kathmandu-Chitwan-Pokhara-Kathmandu transfer.

Meals:-

- 14 breakfasts
- 6 lunches (including few packed)
- 9 dinner

All Visits and activities as per the itinerary.

Services of a local English-speaking guide during the tour.

All currently applicable taxes.

Not Included:-

The program does not include any beverages including mineral water, soft drinks, alcoholic drinks etc. unless otherwise specified. It is more cost effective for us to bill you for all beverages based on actual consumption.

Entrance fees.

Visa fees.

Any international & domestic airfare & airport taxes.

Any personal items such as beverages, tips (except for group meals and baggage handling), laundry, telephone calls etc.

The prices do not include: undue escalation in fuel prices (increase in the prices of fuel), new taxes, additional costs at hotels, for transportation services or hikes, additional entrance fees. Any large tax (significant costs for) hikes and new levies shall be payable extra and billed accordingly with prior notice.



Arrival and Departure Transfer Procedure

- Arrive on the start date of the program as indicated.
- Your accommodation on Day 1 will be available from 12 noon, and if you arrive earlier, then you can wait at the accommodation until your room is ready. If you arrive way early in the day, then you can also check in by paying extra for the hotel accommodation.
- Arriving earlier but do not come later than the start date. This is because the trip starts on Day 2.
- Arrive in Kathmandu After clearing customs and getting your bags, exit the airport and find Idex pick-up representative on exist gate.
- Please look for the Idex logo (as below), which would be carried by the pick-up representative.

Departure transfer procedure:

- Book flights that leave from around 8 PM on the last day. This will give you more time on the last day of the program.
- We will transfer you based on certain scheduled times at gaps of 2 hours, and you can choose the most convenient time. Available Departure times will be 8 PM on the last date, 10 PM, Midnight, 2 AM, 4 AM, 6 AM, 8 AM and finally at 10 AM.
- **IMPORTANT:** Remember to leave at least 4 hours before your scheduled departure times.



Volunteer program activities

Volunteering activities are available to all the volunteers during the program. Below is the description of some of our projects:

Renovation and beautification projects:

School and Day-care centers are not attractive to children. It is said that children place and their educational centers should look like a garden of learning. We are working to make these centers attractive to create (for creating... instead) colorful stories, pictures and other educational paintings. These activities are appreciated widely in the society:

- Cleaning and dusting the walls, ceiling, scrapping off the old paint.
- Apply base colour (once or twice as per requirement)
- Plan out the required drawings as per the condition of the class
- Renovation and painting the walls (Renovation and wall painting instead).
- Drawing and writing the educational Pictures, maps, shapes etc. (Drawing educational pictures, maps and shapes, and writing).
- Invite the children and their parent to receive the feedback
- Draw and paint animals, alphabets, colors, fruits, vegetables, body parts, tables, rainbow, shapes, etc.
- Cleaning of the classrooms
- Handover the beautified classes to children/community



Fun fair for Children

Fun fair for Children: Little citizen of our society, the children are not given much chance to have fun activities especially in the villages. Fun Fair for children will give smile on their faces. The fun fair projects for children would be an idea activity for a cultural experience. This will help in strengthening the community feeling amongst community members and will bring attention to the needs of children in the form of creative fun activities amongst all other members of the community. It is an ideal way for volunteers to create a high impact on the lives of the children that they interact with.

We could say that young citizens of our society are neglected in some ways. Children in villages, for example, don't have many chances to enjoy fun activities. Therefore, the Fun Fair is a manifestation conceived to put smiles on their faces. The idea is to induce the members of the community to pay attention to their little fellow citizens and their needs. By joining the volunteering program, you interact with the kids through a series of fun activities and make a real difference in their lives.

- A. Playing memory games.
- B. Playing cricket, volleyball and football on a beach.
- C. making sand castle



Creative art workshops with Children:

Local schools and societies are not giving children the space to develop her creativity. It is a common feeling that school is meant for education not for any other activities and making passive and monotonous teaching norm. Volunteer groups can do a number of creative exercises like drawing, painting, music and dance. These activities are a very important way of enhancing the mind and body coordination amongst children and creating their interest in the school as a center of education. This activity can make a long lasting impact on continuing education and reducing dropout rate amongst schools in rural areas.

Local schools and societies lack spaces where children can develop their creativity. The common opinion is that the school acts as an institution practicing rigid educational norms. As a volunteer, you take part in various creative activities such as painting, dancing, drawing and playing music. By encouraging the children to take part in the following activities, you invest your time in their brighter future:

- A. Drawing and painting.
- B. Art & Craft.
- C. Music workshop
- D. Watching Movies.
- E. Toy making and clay modeling.



