

Himalaya Program 2 weeks

	Day	Volunteer Program	Volunteer + Travel Program	Meal Plan
Week 1	Monday	Arrival at Delhi Airport and transfer to IDEX Delhi accommodation		B,L,D
	Tuesday	<ul style="list-style-type: none"> Morning briefing on Schedule Free time/Optional trip Agra* 	<ul style="list-style-type: none"> Briefing on Schedule After Lunch transfer to Agra to visit Taj Mahal 	B,D
	Wednesday	<ul style="list-style-type: none"> Day is free* and later transfer to Himalaya by an overnight train. 	Morning visit to Taj Mahal and later transfer to Himalaya by an overnight train.	B,D
	Thursday	<ul style="list-style-type: none"> Morning arrival at Himachal and transfer to volunteer house. Post arrival rest and orientations, which covers: <ul style="list-style-type: none"> India & its culture Accommodation facilities How to do volunteer work Project activities Cultural responsibility Personal safety & Code of Conduct Introduction to the volunteering project 		B,L,D
	Friday	Introduction visit to the volunteering project to start the working and also to plan the volunteering activities for the coming days. Evening visit and dinner with a local host family.		B,L,D
	Saturday	Free time	Early morning transfer to McLeodganj to explore this beautiful town followed by trekking trip with overnight camping in the mountains.	B,D
	Sunday	Free time	In the morning, after breakfast, return to McLeodganj from the mountains, free time in the town to explore the town and then late afternoon transfer back to volunteer house for the night.	B,D
Week 2	Monday to Friday	Volunteer work as per the indicated daily schedule and afternoon routine of work. Participants will also participate in the following cultural workshops (one time activity):- <ul style="list-style-type: none"> Henna painting session with sari dressing workshop Elementary Hindi lessons 2 Yoga sessions and Local Cooking demonstration. 		B,L,D
	Saturday	After lunch transfer to railway station to board the overnight train to New Delhi		B,L,D
	Sunday	Arrival at Delhi and transfer to Airport/Overnight at Delhi		Breakfast only

*** Participants (especially those arriving on short programs) need to be aware that if they do not choose the Taj Mahal excursion, then there is unscheduled free time available on the program during these days.**

A typical day of the volunteer (Mon-Fri)*⁺:

The schedule of the day depends on the type of project but below mentioned is just the brief outline of their normal day:

Timings	Activities
7:30-8:30hrs	Breakfast at accommodation
9:00-12:30hrs	Project work
12:30-13:30hrs	Packed lunch at the project location
13:30-14:00hrs	Free time/relax
14:00-16:00hrs	Project work
16:00-17:00hrs	Preparation meeting/lesson planning for next day
17:00-17:30hrs	Tea/coffee at accommodation
19:00-20:00hrs	Dinner at accommodation

* Please note that there is a full day schedule of going out to the project with morning work sessions, short rest, afternoon work session and preparing for the next day all being done in the same trip.

⁺ The scheduled time table mentioned above may change due to the need of the project or any other circumstances.