

1. Day by day itinerary (Sample)

	Day	Volunteer Program	Volunteer + Travel Program	Meal Plan
WEEK 1	Monday	Arrival at Kathmandu airport and transfer to IDEX Nepal Accommodation. Overnight at Nepal camp.		No Meal
	Tuesday	Welcome meeting and orientation <ul style="list-style-type: none"> • Discussions & presentations on: <ul style="list-style-type: none"> ○ Nepal & its culture ○ Exciting opportunities with IDEX ○ Social development and the role of volunteers ○ How to do volunteer work ○ Project introduction ○ Cultural responsibility ○ Personal safety & Code of Conducts 		B,L,D
	Wednesday	Morning Yoga session <ul style="list-style-type: none"> • First visit to Volunteer Project and start working • Local cooking demonstration • Nepal local dressing and "Henna" workshop • Workshop on Nepalese clothing 		B,L,D
	Thursday	Morning Yoga session <ul style="list-style-type: none"> • Continue volunteering during the day. • Visit of local market • Dinner with local host family to experience everyday living of the Nepalese people. 		B,L,D
	Friday	Free Weekend/ Optional visit to Pokhara Visit to Pokhara is scheduled for people on "Volunteer and Travel" Option.		B,L,D
	Saturday	Free Weekend/ Optional visit to Pokhara Visit to Pokhara is scheduled for people on "Volunteer and Travel" Option.		B,D
	Sunday	Volunteer work as per provided daily schedule for people on the volunteering option. Visit to Pokhara is scheduled for people on "Volunteer and Travel" Option (or those opting to purchase this trip additionally)		B,L,D
	WEEK 2	Monday to Friday	Volunteer work as per provided daily schedule.	
Saturday		Free weekend/ optional visit to Chitwan	Visit to Chitwan	B,D
Sunday		Optional visit to Chitwan/ Transfer to Kathmandu airport after 20:00 hours.	Visit to Chitwan. Later transfer to Kathmandu airport after 20:00 hours.	B,D