

PRODUCT DETAILS

Nepal Volunteering Program itinerary (day by day)

The following is the itinerary for the Nepal on a day to day basis. This sample is for a 2 week program and longer programs itinerary can be made available if requested by the customer.

The plan depicts two options of programs – a basic version without any excursions and an upgraded version with weekend excursions pre-included in the programs.

	Day	Volunteer Only Program	Volunteer & Travel Program	Meal Plan	
WEEK 1	Sunday	Arrival at Kathmandu airport and transfer to IDEX Nepal Accommodation. Overnight at Nepal camp.		No Meal	
	Monday	Welcome meeting and orientation starts with 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	
	Tuesday	Morning Yoga session <ul style="list-style-type: none"> • First visit to Volunteer Project and start working • Local cooking demonstration • "Henna" workshop 		B,L,D	
	Wednesday	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 		B,L,D	
	Thursday	<ul style="list-style-type: none"> • Continue volunteering during the day. • Workshop on Nepalese clothing 			
	Friday	Free Weekend	trip to Pokhara.		All meals at Volunteer house/ B Only during at outside
	Saturday	Free Weekend	trip to Pokhara.		
WEEK 2	Sunday to Thursday	Volunteer work as per provided daily schedule.		B,L,D	
	Friday	Free weekend	Cultural visit to Kathmandu and Nagarkot.	All meals at Volunteer house/ B Only during at outside	
	Saturday	Free weekend Airport drop after 20:00hrs	Cultural visit to Kathmandu and Nagarkot.		

B: - Breakfast; L: - Lunch; D: - Dinner



A TYPICAL DAY (INDICATIVE)

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
7:00-8:00hrs	Breakfast at accommodation
8:00-13:00hrs	Project volunteering work
13:30-14:30hrs	Lunch ¹
15:00-16:00hrs	Cultural workshops- as per program schedule
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

¹Lunch may be offered as packed lunch or lunch at the project depending on different factors such as distance from accommodation and others.

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

