



## Nepal Group Quest

Nepal is a small yet stunning country located between India to the south and the huge Tibetan plateau to the north. It is often referred to as 'the roof of the world' due to the fact that Mt. Everest and eight of the world's ten highest summits are located in Nepal, in the famous Himalayan Mountain range. United Planet's program is based in the capital, Kathmandu, a fascinating cultural and religious melting pot of over 50 ethnic groups, who celebrate over 30 different festivals annually.

### Project Information

#### Social

Project options include working at an orphanage or teaching in schools. Also, during certain times of the year your group can work on social projects in rural areas including construction and working with children.

#### Environmental

Trekking and environmental cleanup projects are possible during the spring and fall.

### Accommodation

Accommodation is with host families or a group quest house. Staying with a host family is a rare opportunity to be immersed in the everyday lives of a Nepali family and learn about their unique traditions, culture and way of life. The group may be separated across several homes.

### Standard Program Fee

The fee for the standard 12-day group Quest described on the itinerary below is \$1625.

Your price will differ if you choose to customize your Quest to meet the project, accommodation, and activity interests of your group. The price is based on accommodation with host families; if you choose group housing the price will be adjusted. Discounts are available for the group leader.

Included in Standard Program Fee:

- Pre-departure training and support
- Orientation upon arrival
- Medical insurance
- Accommodations
- Excursions and cultural activities
- Customized itinerary
- 24/7 in-country support
- Round trip airport transfers
- Meals (some)
- Nepali language lessons

Not included in the Standard Program Fee: Airfare, Visa, Vaccinations



## Standard Group Quest Nepal

| Day    | Date      | Agenda   |
|--------|-----------|--|
| Day 1  | Saturday  | -Arrive in Kathmandu transfer to hotel   |
| Day 2  | Sunday    | -Transfer to host families<br>- Group orientation<br>-Tour of Kathmandu<br>-Welcome dinner |
| Day3   | Monday    | -Volunteer work  |
| Day 4  | Tuesday   | -Volunteer work<br>-Nepali language lesson   |
| Day 5  | Wednesday | -Volunteer work  |
| Day 6  | Thursday  | -Volunteer work<br>-Cooking lesson   |
| Day 7  | Friday    | -Weekend hike to Chisopani, one of the best overnight treks in the Kathmandu valley        |
| Day 8  | Saturday  | -Continuation of weekend hike and return to Kathmandu                                      |
| Day 9  | Sunday    | - Free day to explore Durbar Square - Temples, shopping, and more                          |
| Day 10 | Monday    | -Volunteer work<br>-Dance lesson   |
| Day 11 | Tuesday   | -Volunteer work<br>- Farewell dinner   |
| Day 12 | Wednesday | -Transfer to airport for departure   |