



Sample Nepal Itinerary

Date	Day	Particulars
1	Monday	Arrival and pick up from Airport. Meeting with host family. Welcome dinner with Country Coordinator. Transfer provided by UP.
2	Tuesday	1. Quest orientation 2. City tour 3. Nepalese Language Lesson
3	Wednesday	Introduction and orientation on work site.
4	Thursday	Volunteer Work
5	Friday	Volunteer Work
6	Saturday	Trekking in Himalayas
7	Sunday	Trekking in Himalayas
8	Monday	Volunteer Work
9	Tuesday	Volunteer Work
10	Wednesday	Volunteer Work+ Cultural activity
11	Thursday	Volunteer Work
12	Friday	Volunteer work
13	Saturday	Cultural activity and farewell dinner
14	Sunday	Farewell party and fly home.

This is a sample only. You will be provided with a personalized itinerary upon arrival in Nepal.