



Cultural Destination Nepal (P) Ltd.

An Experiential Learning Center

Volunteer Nepal Program - October 21, 2008

1. Orientation Phase:

Schedule for Orientation Program October 21 – November 2, 2008

Venue: Cultural Destination Nepal (P) Ltd.
Dhapasi Hight, Kathmandu, Nepal.
Tel # 437 7623, 437 7696
Fax # 437 7696
Mobile # 98510 34651 – Rajesh

| <u>DATE</u> | <u>DAY</u> | <u>TIME</u> | <u>ACTIVITIES</u> |
|-------------|------------|-------------|--|
| Oct 21 '08 | Tuesday | 1300 | Transfer to the program house for orientation program. |
| | | 1300 – 1315 | Puja to the gods & goddess and name giving ceremony. |
| | | 1315 – 1415 | Introduction name game |
| | | 1415 – 1445 | Review the schedule |
| | | 1445 – 1500 | Stretch Break |
| | | 1500 – 1600 | Cultural seminar on social behaviors, do's & don'ts in Nepalese Culture. |
| | | 1600 – 1630 | Talk on host family |
| | | 1700 | Transfer to the host family |
| Oct 22 '08 | Wednesday | 0930 – 1000 | Check-in |
| | | 1000 – 1200 | Nepali Language Training |
| | | 1200 – 1300 | Talk on General Health Precautions |
| | | 1300 – 1500 | Lunch Break |
| | | 1500 – 1600 | Cross-cultural orientation on eating & drinking (Jutho), and toileting customs in Nepalese culture |

| | | | |
|------------|----------|-------------|---|
| Oct 23 '08 | Thursday | 1000 – 1200 | Nepali Language Training |
| | | 1200 – 1300 | Cross-cultural orientation on Clothing and Bathing in Nepalese culture |
| | | 1300 – 1500 | Lunch Break - lunch in Kathmandu city |
| | | 1500 – 1730 | Cultural as well as historical tour to Kathmandu city, the social, religious and urban focal point of the city including important civic places (health clinic, immigration, bank, post office) |
| | | 1800 – 1900 | Introduction to meditation at Himalayan Buddhist Meditation Center |
| Oct 24 '08 | Friday | 1000 – 1200 | Nepali Language Training |
| | | 1200 – 1300 | Cross-cultural seminar: religions & general Nepalese culture |
| | | 1300 – 1400 | Lunch in Bouddha |
| | | 1400 – 1700 | Cultural & Historical orientation Tour to Bouddhanath and Pashupatinath. |
| Oct 25 '08 | Saturday | 0900 | Hiking at Nagarjun and afternoon free. Pls BYO lunch and enough water. |
| Oct 26 '08 | Sunday | 1000 – 1200 | Nepali Language |
| | | 1200 – 1300 | Seminar on educational & schooling system in Nepal |
| | | 1300 – 1500 | Lunch break |
| | | 1500 – 1700 | Language assignment at local market. |
| Oct 27 '08 | Monday | 1000 – 1200 | Nepali Language Training |
| | | 1200 – 1300 | Interactions with placement school. |
| | | 1300 – 1500 | Lunch break |
| | | 1500 – 1630 | Seminar: History & Political Systems of Nepal |

| | | | |
|------------|-----------|--|--|
| Oct 28 '08 | Tuesday | 1000 – 1200 1300 – | Nepali Language Lunch Break and free for light festival. This is the light festival called Laxmi Puja. |
| Oct 29 '08 | Wednesday | Free day 1700 | You are invited at Rajesh's house for Mha puja and dinner |
| Oct 30 '08 | Thursday | | Free day for Bhai Tika, celebrate bhai tika festival with the host family. This is brothers and sisters day. |
| Oct 31 '08 | Friday | 1000 – 1200 1200 – 1300 1300 – 1500 1500 – 1600 | Nepali Language Training Problem shooting session Lunch break - lunch in Patan (typical Newari food) Historical tour to Patan Durbar Square, Golden temple, Kumbheshwor and Swayambhunath |
| Nov 1 '08 | Saturday | 1000 – 1200 1200 – 1230 1300 – 1500 1500 – 1600 | Nepali Language Training Nepali folk song Lunch break Feed back sharing |
| Nov 2 '08 | Sunday | 0900 | Move to the placement school and start volunteering phase. |

2. Volunteering phase: - November 2 – End date

3. Village Excursion Phase: - December 7 – 13 '08

| | | |
|-------|-------------------|--|
| Day 1 | Sunday, Dec 7 | 1100 am - Bus to Sakhu and hike to Dulalgaun |
| Day 2 | Monday, Dec 8 | Trek to Shankhu |
| Day 3 | Tuesday, Dec 9 | Trek to Dapcha |
| Day 4 | Wednesday, Dec 10 | Trek to Ambode |
| Day 5 | Thursday, Dec 11 | Trek to Mahadevtar |
| Day 6 | Friday, Dec 12 | Trek to Mate |
| Day 7 | Saturday, Dec 13 | Trek to Doman and bus back to Kathmandu |

4. Recreational Phase: - January 16 – 18 '09

Breakfast on the way to Rafting and Lunch on way back to Kathmandu is on your own.

January 16 '09 Friday

| | |
|-------------|---|
| 0700 | Drive to Charaudi (2½ - 3 hours drive) From Kantipath. – reporting time is 0630 |
| 1100 | Get to Charaudi and then start rafting at Trisuli river. |
| 1400 | Have lunch on the beach and continue rafting till Fishling. |
| 1500 | Drive to Chitawan for about hour and half to Camp. |
| 1600 - 1800 | Welcome drink and village tour |
| 1900 | Have dinner |

January 17 '09 Saturday

| | |
|-------------|----------------------------------|
| 0700 - 0800 | Canoe ride |
| 0800 - 1200 | Nature walk |
| 1200 - 1500 | Lunch and take rest |
| 1600 - 1730 | Elephant ride |
| 1830 - 1930 | Tharu cultural dance performance |
| 2000 | Dinner |

January 18 '09 Sunday

| | |
|------|---|
| 0600 | Get up and have breakfast |
| 0700 | Visit to the elephant breeding center |
| 0800 | Bird watching |
| 0930 | Come back to the Camp |
| 1000 | Transfer to the Bus park and drive back to Kathmandu. |



shubha kaamanaa

