

हिमालयन शिक्षा संस्थापना
Himanchal Education Foundation

Allianz 
Global Assistance



BETTERWORLD
ADVENTURES

NEPAL HIMALAYAN VOLUNTEER AND TREK



Join with other Year 12 & 13 students on this humanitarian experience of a lifetime to the Himalayan nation of Nepal, for a volunteering and trekking adventure that will challenge and change you forever.



- Discover Nepalese life while volunteering in a remote mountain village.
- Visit fascinating world heritage sites in the mystical capital city of Kathmandu.
- Trek for 1 week in the newly-opened Annapurna Dhaulagiri mountain region.
 - Hike through rhododendron forests to Mohare Danda (3,300m).
 - Enjoy stunning Himalayan panoramas of the world's highest peaks.
- Get an adrenaline rush white-water rafting on the Trisuli River.
- Explore old Bangkok by bike and longtail riverboat on your Thailand stopover +

21 days NZ\$5,700

*Terms & Conditions apply
Final itinerary, activities and
price subject to change.
+ Optional Thai Stopover

- All Inclusive fully escorted tour. Minimal additional costs.
- Includes flights, transfers, insurance, accommodation, meals and listed activities*



ONLY 22 PLACES! Email info@betterworldadventures.com

NZ\$5,700 What's Included?

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Wherever possible, known costs that will be incurred by all participants have been included up-front. Additional costs are minimal, and mostly personal. No surprises, no significant extras!

- 21 day fully escorted tour
- 2 tour leaders, including a teacher from your high school
- Tour leaders available to students 24/7
- Economy-class return airfares to Nepal ex Auckland
- All airport transfers (including to and from Auckland)
- Nepalese entry visa (for New Zealand passport holders)
- Comprehensive Travel and Medical Insurance
- All accommodation (single gender, twin or multi-share basis)
- 3 meals per day (excluding weekends when breakfast/lunch will be replaced with brunch, and in Bangkok where lunches are a personal expense)
- Tour tipping (drivers, guides, group waiters)
- Nepalese SIM card with data (for unlocked devices)
- 1 day escorted tour of Kathmandu
 - Visit World Heritage sites including Swayambunath Monkey Temple, Durbar Square, Thamel, Pashupatinath Hindu Sacred Site
- Airport shuttle transfers in Kathmandu and Pokhara
- Boat excursion on Phewa Lake to Pokhara Peace Pagoda
- 1 week community volunteering in Annapurna-Dhaulagiri mountain village.
- 6 day Community Eco-trek to Mohare Danda, in the Annapurna-Dhaulagiri region.
 - Trekking permits and Entrance fees
 - Supporting porters as per the group size.
 - Full-board Eco-lodge accommodation on trek.
 - Trekking pole / Sleeping Bag / Down jacket supplied
- Bus transport from Pokhara to Kathmandu
- Whitewater rafting on Trisuli River
- Cultural dinner performance in Kathmandu
- Participant souvenir T-shirt
- Extensive pre-departure orientation
- Heavily subsidised vaccinations
- Optional 2 night stopover in Bangkok, Thailand
 - ½ day bike/boat city tour
 - Visit to Bangkok tourist market

Includes all meals



19 Breakfasts
16 Lunches
19 Dinners



Hotel (7 nights)
Trek Lodge (11 nts)
Night flight (2 nt)



Exclusions

- Passport fee
- Public transport
- Personal spending

WHEREVER THERE IS A HUMAN BEING,
THERE IS AN OPPORTUNITY FOR
KINDNESS.

~SENECA

* Suggested itinerary only. Itinerary amendment and activity substitutions may be made at the discretion of the tour organisers. Supplier costs and currency fluctuations prior to departure may increase or decrease the total trip price by a marginal amount.

Nepal Himalayan Volunteer & Trek Itinerary*

Nepal: Journey to the Roof of the World

Nepal is a culturally rich country. It has an astonishingly beautiful landscape amongst many of the tallest mountains on earth. It is the birthplace of the Buddhist religion, and its people speak over 70 different language dialects. However all is not perfect in paradise. Although most of Nepal's foreign exchange comes from international visitors, much of the money generated by tourism does not directly benefit the people. Nepal is one of the most under-developed countries in the world. The government is unable to provide adequate education and health facilities throughout the country. Many people live in basic conditions in remote villages and the country suffers from low rates of literacy and extreme poverty. More than 40% of the population is unemployed, over 50% are illiterate, and more than 50% of children are malnourished.

Ever since Sir Edmund Hillary and his Sherpa mountaineering guide Tenzing Norgay conquered the summit of Mount Everest back in 1953, New Zealand has had a close relationship with the Himalayan nation of Nepal. Many thousands of Kiwis have travelled to Nepal to offer humanitarian assistance, whether it be in education, childcare and orphanages, or more recently in construction and rebuilding programmes after the devastating earthquake of April 2015, that killed 10,000 people and left many more homeless and unable to support themselves and their families.

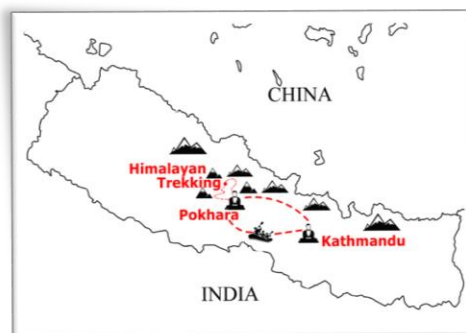


Change somebody's life; possibly your own.

One of the greatest catalysts to personal growth for young people is their voluntary participation in a charitable community service. In Nepal we will hike for two days to a remote mountain village where we will spend a week volunteering on a range of community projects and directly interacting with the local people. For volunteering within Nepal we will partner with the **Himanchal Education Foundation** – a groundbreaking leader in sustainable fair-trade community development in Nepal.

The Annapurna-Dhaulagiri area we will trek and volunteer has been specifically chosen as it is one of the only regions in Nepal where not only will our volunteering directly benefit the mountain community, but all of the money from our trekking is also returned directly to the local villagers.

95% of global volunteers say their volunteering experience challenged their view of the world, so it is not unreasonable to think that that your experience in Nepal has the potential to profoundly affect you for the rest of your life. Your volunteering will benefit other peoples' lives, and give you confidence, cultural awareness, communication skills, and perhaps develop life-long friendships.



Uniquely exciting extras.

Ask anyone who has trekked in Nepal and they will tell you that they consider their time in the Himalayas to be one of the most memorable travel experiences of their lives. In addition to your volunteering, you'll have plenty of opportunities to discover what makes Nepal such a popular and uniquely magical destination. Kathmandu has more world heritage sites than any other city in the world, and we will explore the most popular of them, before heading into the mountains. We have the option to also include a brief exploration of the Thai capital of Bangkok, on a Thai stopover on our way home to New Zealand.



Day 1 - 2: "Namaste" Welcome to Nepal

We fly a combination of Thai Airways and Royal Nepal airlines, arriving into Tribhuvan International Airport before transferring to our accommodation in the Nepalese capital of Kathmandu.

Day 3: Kathmandu

There is almost a mythical quality to the destination of Kathmandu, the sprawling capital of Nepal and home to 3 million people. The city juxtaposes chaotic traffic against the calm of huge Buddhist stupas, and the wooden pagodas and temples of ancient spaces as Durbar Square against the narrow crowded laneways of the infamous trekker's suburb of Thamel, where you can purchase every kind of hiking and climbing accessory.

We spend a day exploring Kathmandu, including visiting the Swayambunath Monkey Temple overlooking the city; the historical heart of Nepal in Bhaktapur's Durbar Square (still under repair after earthquake damage); and the revered religious site of Pashupatinath, where Hindu devotees cremate deceased family members in a ceremony filled with compassion and tradition.



Day 4 – Pokhara City

Our group is up early in the morning to fly west, along the spine of the Himalayan mountains to the lakeside city of Pokhara, Nepal's second largest city surrounded by the towering peaks of the Annapurna Mountain range. Pokhara is the starting point for many of Nepal's famous treks.

Day 5 - 11: Mountain Village Volunteering

After an afternoon enjoying the scenic lakeside trekking city of Pokhara, we head for the hills, departing for a two day hike into the Annapurna Dhaulagiri mountains, to the remote village of Nangi, home to the Magyar people. Nangi will be our home for the next week, and the base for our community volunteering. We will work on a range of community projects which may include tree planting, paper manufacture, solar lighting installation, kindergarten childcare, or environmental conservation. We may even choose to design and implement our own community project with the assistance of the Himanchal Education Foundation. Life in Nangi will certainly be a world away from the familiar life we have at home in New Zealand.

Day 12 - 16: Himalayan Trek to Mohare Danda.

After completing our volunteering we will continue upward, trekking through rhododendron forests as we climb into the fringes of the Annapurna range – home to thirty peaks over 6,000m tall. Our destination will be the vantage point of Mohare Danda (3,300m) with fantastic panoramas of the surrounding peaks.

Trekking in Nepal is an item on every world traveller's bucket list. We will be visiting Nepal in the high season, when the most popular shorter treks in the region become extremely crowded with international tourists. The 6 day Annapurna-Dhaulagiri Community Eco-trek was only opened to trekkers very recently. As it is a "new" trek it is not so well known and far less crowded than other famous treks in the area. It is also quite unique as all the trekking proceeds, including the porters we hire and the community lodges we stay in, directly benefit the local village communities.

Day 17: Rafting on the Trisuli River

Midway between Pokhara and Kathmandu the Trisuli River drops swiftly from the Himalayan mountains to the plains of the Terai in northern India. The Trisuli is famous for its scenic beauty and excellent Grade 3-4 rapids, offering fantastic white water rafting and kayaking. Departing Pokhara, we will travel to Trisuli where we will spend the afternoon rafting a 30km section of the river, before continuing on to Kathmandu for our final night. We will have time to shop for discount outdoor clothing or local souvenirs before being entertained at a traditional dinner and Nepalese cultural performance.

Day 18 - 20: Optional Bangkok, Thailand Stopover

Leaving Nepal, we have the option to enjoy a fabulous 2 night Bangkok stopover enroute to New Zealand. Thailand's sprawling capital of Bangkok is the largest city in Southeast Asia and the most visited city in the world. Bangkok is famous for its grand palaces and temples, its bustling markets, and its world renown Thai food. We will take a half day tour of Bangkok's heart combining bicycling through narrow alleys and exploring the winding and vibrant life on the city's numerous khlongs (canals) by Bangkok's famous long-tailed river boats.

Day 21: Arrive into Auckland Airport, with a waiting shuttle to take you home.



To travel, to experience
and learn: that is to live.

Tenzing Norgay

“Whoever
does the labor,
enjoys the
fruit.”

Nepali Proverb