

# KARIBU

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## NEPAL TRIP INFORMATION

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17<sup>TH</sup> TO 26<sup>TH</sup> SEPTEMBER



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# N E P A L

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## LOCATION

**Nepal** is located on the Asian continent, between India and China and is known for its temples and the Himalayas, where Mount Everest is located, the highest peak in the world. Kathmandu is the capital of Nepal and the most populous city.



## LANGUAGE

The language traditionally spoken in this territory is Nepali, but another 30 languages are also spoken. In the pre-boarding book you will receive a small dictionary with the main expressions and greetings in the native language to be even more prepared for your trip and interactions with locals.

**Karibu tip:** download Portuguese, Nepalese and English to Google Translate for use in situations without Internet.

## CURRENCY

The Nepalese Rupee (NPR) is the currency of the country. 1 Euro corresponds to around 141 Rupees. The prices of food, transport and purchases of souvenirs are excellent and very low compared to Euro or Dolar.

**Karibu tip:** download the Currency app that allows you to check currency variations at anytime. We recommend traveling with dollars/euros to be exchanged for local currency in the country and, if possible, with a credit card.

## WEATHER

Nepal has monsoon seasons that last for about 3 months, from mid-June to mid-September, with rain. In end August, when we will have the trip, the rainy season will be at the end, with temperatures between 18° and 28° C. As the project is at the top of the mountain, night temperatures can decrease.

**Karibu tip:** we recommend bringing fresh and comfortable clothes to wear during the day and warmer clothes to use at night.

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# N E P A L

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## FOOD

Nepalese cuisine has strong influences from spicy Indian food and Chinese cuisine. The main dish, which is part of basically all meals of the local population, is Dhal Bat, which consists of rice (Bat) with a sauce made with lentils, grains and vegetables (Dhal). Another typical dish is Momo, a Tibetan influenced food, it is a steamed or fried pastry, and stuffed with vegetables, buffalo meat or chicken.

**Karibu tip:** we recommend buying some snacks and other foods that you want before going to the project village

## POPULATION

The country has about 28 million inhabitants. The average life expectancy is 60 years. The population mainly follows two religions: Hinduism (80%) and Buddhism (11%), but Christianity has conquered space.

## HEALTH AND EDUCATION

Its population has one of the highest illiteracy rates in the world, with around 68%. The country has a low Human Development Index (HDI) of 0.499.

**Karibu tip:** you don't have to worry about Malaria using a good repellent every day (we recommend Exposit Extreme) and, if deemed necessary, ingesting mosquito bite preventive pills (Malarone).

## ECONOMY AND TOURISM

Nepal is a poor nation, with an economy based on agriculture and tourism. About 90% of the population work in agriculture, mainly in the cultivation of rice.

Tourism has grown a lot in recent years and the cities of Pokhara, Kathmanu, Lumbini (birthplace of the Buddha) and trekkings like Annapurna and Everest are the main attractions.





# THE PROJECT

Shamser Thapa is a local teacher and principal who's passionate about improving his community. Not satisfied with the education system, his vision was to build a new and free independent school in the heart of Gaunshahar. A school that does not discriminate between caste but will take the poorest of the village children. This then alleviates the financial burden on their families and provides them with quality education they could not otherwise afford.

The **Heaven Hill Academy** is located on top of a mountain and overlooking the Himalayan mountains, which brings a very special energy to the place. As it is high up on the mountain, Gaunshahar does not usually receive visits from tourists, with the exception of the school's volunteers, which will provide volunteers with contact with Nepalese culture.



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# A C T I V I T I E S

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Volunteers will be able to work on different fronts, based on their skills and interests. It is not necessary to have any specific knowledge, as Karibu will train previously in the execution of the activities developed. The most important is the proactivity to learn, teach and acquire new experiences. The following actions will be structured:

## SCHOOL LESSONS

Volunteers can act as teachers or assist local teachers in English, mathematics or other subjects that you feel comfortable.

## LIBRARY

Performance in the library with younger children, promoting playful activities, as reading, painting, dancing, games, drawings and music.

## SEX EDUCATION

Menstruation and sexuality are big taboos in Nepal. Little is said about the issues, resulting in a lack of knowledge about important and preventive aspects of diseases, unwanted pregnancies, risks and sexual abuse. We will discuss with young people and women in a playful way, through games, workshop and open talking.

## SPORT AND HEALTH

Teach sports, as yoga, football and games. The aim is to promote well-being and enable greater group interaction.

## COOKING

The volunteers will teach how to prepare and cook typical food of your country for a group of students and locals from the village.

## ECOLOGY AND ENVIRONMENT

Only through education will there be a change in behavior that makes people understand why it is wrong to throw garbage on the ground and how the ecosystem suffers from human interference in nature. We will promote conversation and playful games on the subject.

## SCHOOL FACILITIES

The school is expanding its facilities and expanding the number of classrooms, so that they can offer education to more students. Volunteers can help with construction and painting.



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# SCHEDULE

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## 17<sup>th</sup> Aug (Saturday)

Arrival. We will meet with the volunteers in the city of Besisahar, take them to the currency exchange and go for personal purchases if necessary and take them to Gaunshahar (about 2h by mini van).

## 18<sup>th</sup> Aug (Sunday)

Morning: yoga class + cultural orientation, immersion in the social project and tour in Gaunshahar + workshop about the local reality. Afternoon: painting school.

## 19<sup>th</sup> Aug (Monday)

Morning: school classes and library activities.

Afternoon: help with the construction and painting the school.

## 20<sup>th</sup> Aug (Tuesday)

Morning: yoga class + school classes and library activities.

Afternoon: conversation about sex education.

## 21<sup>st</sup> Aug (Wednesday)

Morning: school classes and library activities.

Afternoon: sports and health related activities.

## 22<sup>nd</sup> Sep (Thursday)

Morning: yoga class + school classes and library activities.

Afternoon: workshop, talks and games about sustainability and ecology.

## 23<sup>rd</sup> Sep (Friday)

Morning: school classes and library activities.

Afternoon: help with the construction and painting of the school.

## 24<sup>th</sup> Sep (Saturday)

Morning: free for trail, yoga class or rest.

Afternoon: cooking class, volunteers will teach local typical food from their countries.

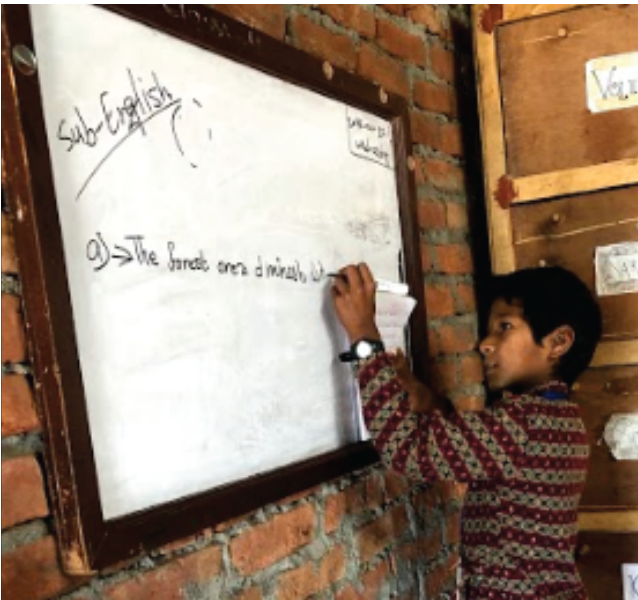
## 25<sup>th</sup> Sep (Sunday)

Morning: painting and improvements to the school structure.

Lunch at the home of a local family. Yoga class during sunset.

## 26<sup>th</sup> Sep (Monday)

Morning: school activities and children's farewell. Check-out



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# C O S T S

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## €598 CONSIDERING 10 DAYS, INCLUDING:

- Volunteering work in a committed organization and real impact;
- All materials that will be used in educational activities;
- Accommodation;
- Breakfast, lunch and dinner;
- Transfers from Besisahar to Gaunshahar on arrival and departure;
- Workshop about the country's culture with a local partner;
- A lunch with a local and typical family;
- Bilingual coordinator who will guide the mission and help with all doubts;
- Karibu shirt;
- Certificate of social participation;
- Training before the trip aiming at consistent legacies.

## NOT INCLUDED:

- Flights | Travel Insurance | Visa

## PAYMENT

- Down payment of 200 euros and the rest on the first day of the project.
- 10% discount referring a friend to participate in the trip.

Karibu, committed to enabling more people to have the opportunity to immerse themselves in different cultures, through volunteering, has costs considerably below the market. In the Volunteer Manual, which you will receive on the first day of the trip, you will understand the destination of your investment in detailed percentages.



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# F A Q

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## **1. WHY DO I HAVE TO PAY IF I AM DOING VOLUNTEER WORK?**

The organization survives through donations. Everything they receive invests in the education and welfare of the kids. Thereby, there is no extra to cover the expenses of the volunteers.

## **2. WHAT WILL THIS EXPERIENCE ADD TO ME?**

Cultural immersion, world experience, teamwork, volunteer experience, contact with another language and customs, social planning and certificate of international volunteering.

## **3. HOW WILL MY PERFORMANCE IMPACT THE LIFE OF THE PROJECT?**

The activities that will be carried out at the school and with the local population of the village, will benefit their lives in several aspects, aiming to have continuity after the volunteers leave, that is, there will be a legacy. In addition, help in building the school will provide more students with access to education.

## **4. CAN I MAKE PHOTOS SHOWING THE PROJECT AND MY WORK?**

Yes, valuing the dignity of those involved in photography and respecting the moments to do so. An experience like this deserves to be shared!

## **5. IS IT RISKY IN TERMS OF SAFETY?**

No. The coordinator will be with the group all the time and will be aware on the necessary details to guarantee the volunteers safety.

## **6. WHAT IS THE WORKLOAD? WILL THERE BE TIME FOR TOURISM?**

The workload of activities will vary and may change, however there will certainly be time able to rest, visit the village, visit waterfalls and nearby cities. We strongly recommend that the volunteer set aside a few extra days before or after the project, to visit cities like Pokhara and Kathmandu. For the more adventurous, we recommend trekking to the base of Annapurna or Everest. It will be an unforgettable experience! If you are interested, Karibu can assist you with tourist recommendations.

## **7. WHAT ARE THE CONDITIONS OF THE ACCOMMODATION?**

Accommodation is simple, with rooms and bathrooms shared between volunteers. We recommend that volunteers bring their own bedding and towels. Meals will be prepared and served by local people and there is not much variety, so we suggest that the volunteers take supplements such as cookies, snacks and fruit if they deem necessary.

## **8. WHAT IS THE REAL RELEVANCE OF THIS TRIP?**

Promote better education, social empowerment and cultural exchange with the residents of the village. The volunteer will live an unforgettable experience, with many teachings and learnings for their lives.

## **9. DO I NEED ANY PREREQUISITES TO APPLY?**

Yes, proactivity and the certainty that together we can make the world a better place. Nothing else is needed. After making the payment, we will advise you on your passport and Travel Insurance. You don't have to worry about anything else.







# KARIBU

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For more information, please contact:

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