



Example Itinerary

Building in Nepal



*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups.

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Arrival all day. Pick up from the airport and transfer to accommodation
2	Monday	Morning	Breakfast, followed by programme induction
		Afternoon	Welcome lunch at a hotel, followed by an introduction and tour of the school. Begin building work.
		Evening	Dinner at hotel
3	Tuesday	Morning	Breakfast, followed by building work at the school
		Afternoon	Lunch at the school Continue building work
		Early Evening	Souvenir shopping
		Evening	Dinner at the hotel
4	Wednesday	Morning	Breakfast, followed by building work at the school
		Early Afternoon	Lunch at the school
		Afternoon	Continue building work
		Evening	Dinner at a local restaurant.
5	Thursday	Morning	Breakfast, followed by building work at the school.
		Early Afternoon	Lunch at the school
		Afternoon	Continue building work.
		Late Afternoon	Visit to monkey temple
		Evening	Dinner at hotel
6	Friday	Morning	Breakfast, followed by a workshop to plan activities for the children.
		Early Afternoon	Lunch at the school
		Afternoon	Begin educational activities with the children
		Evening	Yoga class followed by dinner at the hotel
7	Saturday	All day	Trip to Pokhara: tour of the lake, enjoy the sunset and experience a cultural show.
8	Sunday	All day	Trip to Pokhara: view sunrise from Sarangkot, visit caves, temples, David's Fall and Peace Stupa.
9	Monday	Morning	Breakfast before travelling back to Kathmandu.
		Early Afternoon	Lunch on the way
		Evening	Dinner at the hotel and rest and relax
10	Tuesday	Morning	Breakfast, followed by building work.
		Afternoon	Lunch followed by building work
		Evening	Dinner at the hotel
11	Wednesday	Morning	Breakfast, followed by building work.
		Early Afternoon	Lunch at the school
		Afternoon	Shopping before momo (dumpling) making class.
		Evening	Dinner at hotel
12	Thursday	Morning	Breakfast, followed by building work.
		Afternoon	Lunch at the school Farewell ceremony at the school
		Late Afternoon	Time to pack for departure.
		Evening	Dinner at the French bakery
13	Friday	Morning	Breakfast, followed by a visit to Kritipur (Ancient City) and Chobar Temple.
		Early Afternoon	Lunch at a restaurant
		Afternoon	Rest and relax at hotel
		Evening	Farewell dinner and cultural show
14	Saturday	All day	Departures