



*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.

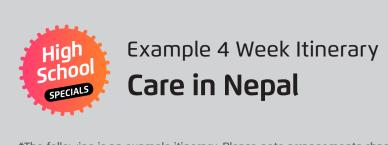
DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Arrival all day. Pick up from the airport and transfer to accommodation
		Morning	Breakfast, followed by programme induction
	Monday	Early Afternoon	Welcome lunch at a hotel, followed by an introduction and tour of the school
		Afternoon	Begin painting work at the school.
		Evening	Dinner at hotel
	Tuesday	Morning	Breakfast, followed by painting work at the school.
		Early Afternoon	Lunch at the school
		Afternoon	Continue painting work
		Early Evening	Souvenir shopping
		Evening	Dinner at a local restaurant.
	Wednesday	Morning	Breakfast, followed by mural planning session at the school
		Early Afternoon	• Lunch at the school
		Afternoon	Begin mural painting
		Evening	Dinner at a local restaurant.
	Thursday	Morning	Breakfast, followed by mural work at the school.
		Early Afternoon	Lunch at the school
5		Afternoon	Continue mural work.
		Late Afternoon	Visit to monkey temple
		Evening	Dinner at hotel.
	Friday	Morning	Breakfast, followed by a workshop to plan activities for the children.
		Early Afternoon	• Lunch at the school
6		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.
	Monday	Morning	Breakfast before travelling back to Kathmandu.
		Early Afternoon	• Lunch on the way
9		Late Afternoon	Prepare educational games for children.
		Evening	Dinner at the hotel and rest and relax
	Tuesday	Morning	Breakfast, followed by finishing touches to the painting work.
10		Afternoon	Lunch followed by care activities with children.
		Evening	Dinner at the hotel
	Wednesday	Morning	Breakfast, followed by educational activities with the children.
		Early Afternoon	• Lunch at the school
11		Afternoon	Shopping before momo (dumpling) making class.
		Evening	• Dinner at hotel
	Thursday	Morning	Breakfast, followed by educational activities with the children.
		Afternoon	Lunch at the school Farewell ceremony at the school
12		Late Afternoon	• Time to pack for departure.
		Evening	• Dinner at the French bakery
	Friday	Morning	Breakfast, followed by PCR test and visit to Kritipur (Ancient City) And Chalant Taxable
		Early	and Chobar Temple.
13		Afternoon	• Lunch at a restaurant
		Afternoon	Rest and relax at hotel
		Evening	Farewell dinner and cultural show

• Farewell dinner and cultural show

Saturday

All day





DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	All day	ARRIVAL: Arrival all day. Pick up from the airport and transfer to accommodation
2	Manday	Morning Afternoon	Breakfast, followed by programme induction Welcome lunch at a hotel, followed by an introduction and tour of the school
	Monday	Evening	Begin painting work at the school Dinner at the hotel
		Morning	Breakfast, followed by painting work at the school
		Afternoon	Lunch at the schoolContinue painting work
3	Tuesday	Early Evening	Souvenir shopping
		Evening	Dinner at the hotel
		Morning Early	Breakfast, followed by mural planning session at the school Lunch at the school
4	Wednesday	Afternoon	Begin mural painting
		Evening	Dinner at a local restaurant.
	Thursday	Morning Early	Breakfast, followed by mural work at the school.
5		Afternoon Afternoon	Lunch at the school Continue mural work.
		Early Evening	Visit to monkey temple
		Evening	Dinner at hotel
	Friday	Morning Early Afternoon	 Breakfast, followed by a workshop to plan activities for the children. Lunch at the school
6		Afternoon	Begin educational activities with the children
		Evening	Yoga class followed by dinner at the hotel
7	Sunday	All day	 Trip to Pokhara: tour of the lake, enjoy the sunset and experience a cultural show. Trip to Pokhara: view sunrise from Sarangkot, visit caves, temples,
8 	Sunday	All day Morning	David's Fall and Peace Stupa. Breakfast before traveling back to Kathmandu.
		Early Afternoon	• Lunch on the way.
9	Monday	Afternoon	Prepare educational games for children.
		Evening Morning	Dinner at the hotel and rest and relax Breakfast, followed by painting work.
10	Tuesday	Afternoon	Lunch followed by care activities with children
		Evening	Dinner at the hotel
	Wednesday	Morning Early	Breakfast, followed by educational activities with the children. Lunch at the school
11		Afternoon Afternoon	Shopping before momo (dumpling) making class.
		Evening	• Dinner at hotel.
	Thursday	Morning	Breakfast, followed by educational activities with the children. Lunch at the school
12		Afternoon	Continue painting work at the school
		Evening Morning	 Dinner at the French bakery Breakfast, followed by a visit to Kritipur (Ancient City) and Chobar Temple.
13	Friday	Early Afternoon	• Lunch at a restaurant
		Afternoon	• Rest and relax
14	Catalan	Evening	 Dinner at hotel Day trip to Chitwan National Park: visit the elephant centre, enjoy the sunset
14	Saturday	All day	and experience a cultural show.
	Sunday	All day	Day trip to Chitwan National Park: jeep safari around the park followed by
15	Sunday	All day	 Day trip to Chitwan National Park: jeep safari around the park followed by bird watching. Breakfast, followed by care activities with children
	Sunday		bird watching.Breakfast, followed by care activities with childrenLunch at school
15		Morning	bird watching. Breakfast, followed by care activities with children
15		Morning Afternoon	 bird watching. Breakfast, followed by care activities with children Lunch at school Begin painting work at the school Dinner at the hotel Breakfast, followed by painting work at the school
15		Morning Afternoon Evening Morning Afternoon	 bird watching. Breakfast, followed by care activities with children Lunch at school Begin painting work at the school Dinner at the hotel
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15	Monday	Morning Afternoon Evening Morning Afternoon Early	 bird watching. Breakfast, followed by care activities with children Lunch at school Begin painting work at the school Dinner at the hotel Breakfast, followed by painting work at the school Lunch at the school Continue painting work
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• Farewell dinner and cultural show Saturday All day

Late

Afternoon

Morning

Early Afternoon

Afternoon

Friday

• Dinner at the Nepalese restaurant

• Breakfast, followed by a visit to Kirtipur (Ancient City) and Chobar Temple.

• Time to pack for departure.

• Lunch at a restaurant

• Rest and relax at hotel