



# Example 2 Week Itinerary

## Care 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
		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
3	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.
4	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.
5	Thursday	Morning	• Breakfast, followed by mural work at the school.
		Early Afternoon	• Lunch at the school
		Afternoon	• Continue mural 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
		Late Afternoon	• Prepare educational games for children.
		Evening	• Dinner at the hotel and rest and relax
10	Tuesday	Morning	• Breakfast, followed by finishing touches to the painting work.
		Afternoon	• Lunch followed by care activities with children.
		Evening	• Dinner at the hotel
11	Wednesday	Morning	• Breakfast, followed by educational activities with the children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Shopping before momo (dumpling) making class.
		Evening	• Dinner at hotel
12	Thursday	Morning	• Breakfast, followed by educational activities with the children.
		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 PCR test and 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



Example 4 Week Itinerary

Care 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. Please use this itinerary as a general guide to the structure of the projects.

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 painting work at the school
		Evening	• Dinner at the hotel
3	Tuesday	Morning	• Breakfast, followed by painting work at the school
		Afternoon	• Lunch at the school • Continue painting work
		Early Evening	• Souvenir shopping
		Evening	• Dinner at the hotel
4	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.
5	Thursday	Morning	• Breakfast, followed by mural work at the school.
		Early Afternoon	• Lunch at the school
		Afternoon	• Continue mural work.
		Early Evening	• 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 traveling back to Kathmandu.
		Early Afternoon	• Lunch on the way.
		Afternoon	• Prepare educational games for children.
		Evening	• Dinner at the hotel and rest and relax
10	Tuesday	Morning	• Breakfast, followed by painting work.
		Afternoon	• Lunch followed by care activities with children
		Evening	• Dinner at the hotel
11	Wednesday	Morning	• Breakfast, followed by educational activities with the children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Shopping before momo (dumpling) making class.
		Evening	• Dinner at hotel.
12	Thursday	Morning	• Breakfast, followed by educational activities with the children.
		Afternoon	• Lunch at the school • Continue painting work at the school
		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
		Evening	• Dinner at hotel
14	Saturday	All day	• Day trip to Chitwan National Park: visit the elephant centre, enjoy the sunset and experience a cultural show.
15	Sunday	All day	• Day trip to Chitwan National Park: jeep safari around the park followed by bird watching.
16	Monday	Morning	• Breakfast, followed by care activities with children
		Afternoon	• Lunch at school • Begin painting work at the school
		Evening	• Dinner at the hotel
17	Tuesday	Morning	• Breakfast, followed by painting work at the school
		Afternoon	• Lunch at the school • Continue painting work
		Early Evening	• Yoga class
		Evening	• Dinner at the hotel
18	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.
19	Thursday	Morning	• Breakfast, followed by mural work at the school.
		Early Afternoon	• Lunch at the school
		Afternoon	• Continue educational activities with the children
		Evening	• Yoga class followed by dinner at the hotel
20	Friday	Morning	• Breakfast, followed by educational activities with the children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Continue educational activities with the children
		Evening	• Yoga class followed by dinner at the hotel
21	Saturday	All day	• Trip to Nagarkot. See amazing views of the Himalayas.
22	Sunday	All day	• Visit to Boudhanath in Kathmandu and go souvenir shopping at local markets
23	Monday	Morning	• Breakfast before continue painting work at school
		Early Afternoon	• Lunch at the school
		Late Afternoon	• Prepare educational games for children.
		Evening	• Dinner at the hotel and rest and relax
24	Tuesday	Morning	• Breakfast, followed by finishing touches to the painting work.
		Afternoon	• Lunch followed by care activities with children
		Evening	• Dinner at the hotel
25	Wednesday	Morning	• Breakfast, followed by educational activities with the children.
		Early Afternoon	• Lunch at the school
		Afternoon	• Shopping before Nepalese dance class
		Evening	• Dinner at hotel
26	Thursday	Morning	• Breakfast, followed by educational activities with the children.
		Afternoon	• Lunch at the school • Farewell ceremony at the school
		Late Afternoon	• Time to pack for departure.
		Late Afternoon	• Dinner at the Nepalese restaurant
27	Friday	Morning	• Breakfast, followed by a visit to Kirtipur (Ancient City) and Chobar Temple.
		Early Afternoon	• Lunch at a restaurant
		Afternoon	• Rest and relax at hotel
		Evening	• Farewell dinner and cultural show
28	Saturday	All day	Departures