

YE PROGRAM



National Profile 2010/2011



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I. An Introduction about the country:

Nepal:

Nepal is an only Hindu kingdom located between gigantic countries India and china. Though the country is small but it is the world in itself having tremendous and awful beauty of Himalayan ranges, natural resources and with the richness in culture. Historically, it has always remained as an independent country with its brave and highly patriotic soldiers. Due to its unique geographical position and latitudinal variations, Nepal is one of the richest countries in the world in terms of bio-diversity, natural vegetation, thundering rivers and forested hills, frozen valleys and high mountains along with Mt Everest, 8848m, the top of the world.

Within this spectacular geography, Nepal is one of the richest cultural landscapes. The country is a potpourri of ethnic groups and sub-groups who speak over 70 languages and dialects. Nepal offers and astonishing diversity of sightseeing attraction and adventure opportunities found nowhere else on earth. And you will join in the numerous annual festivals that ate celebrated throughout the year in traditional style highlighting enduring customs and beliefs.

Nepal has a population of more than 23 million people made of different races and ethnic groups living in different region, with diverse culture, language and dialects. Nepalese people are known as the friendliest people of the world with a tremendous heart for religious tolerance.

Festivals:

As a culturally rich country, different festivals are followed in Nepal since the ancient period. Some festivals are related to the regions and some are nation. The whole Nepalese people performing big rally and so on celebrate the national festivals but the religious festivals are celebrated according to the religions people follow. But Nepalese people regard no superiority and inferiority to any festivals related to religion. Some of the festivals are celebrated by many religions like Dashain, Tihar, Buddha Purmina, Id, etc. Sacrificing is common in Nepalese festivals with the belief that Gods become happy and the people can lead prosperous lives. In most of the festivals, people put Tika from the elders, go to meet their relatives and the relatives offer different types of dishes that they prepare specially for the festival.



Nepal is only a Hindu kingdom in the world. So the majority people follow Hindu religion. Besides Hinduism, Buddhism, Islamism and Christianity are other main religions. Though it is a Hindu Kingdom, our constitution has given equal rights to the people to choose and adopt any religion they like. We have a social harmony and religious tolerance in Nepal.

The People of Nepal:

Nepal is a melting pot of many races and tribes and has a population of around twenty-two million people, made up of an assortment of races and tribes. These people live in different regions, wear different costumes and speak different languages and dialects. They live under quite diverse environmental conditions from the low plains at the border of India (nearly sea level), northward through the middle altitudes of the hills and valleys up to the flanks of the great Himalayan range, where there are human settlements at an altitude up to 4,800 m.

Based on their physical appearance, Nepalese people can be divided in two groups: Those who are Mongolian (Chinese) in appearance and those who are Indian (Aryan) in appearance. Most of the people with Mongolian roots live in the hills and the Himalayan region of Nepal that borders Tibet and China. The people who resemble Indians mostly reside near the Indian border and the Terai region of Nepal. However, the high rate of in-country migration has changed the face of Nepal. Now most villages are composed of people of both appearances, though some ethnic villages still exist in Nepal.

Most people throughout Nepal live in extended families with grandparents, parents, children, aunts, uncles, and cousins, all potentially sharing one household, which usually consists of a few houses grouped together. Having a large family allows them to accomplish the number of tasks necessary to survive - plowing, planting, and harvesting crops, gathering firewood, water, and food for animals as well as taking care of each other.

Every day life of a Nepalese for example depends on his living environment, his social class, and his age. However, since the majority of Nepalese are rural farmers, there are certain tasks that nearly everyone participates in. For girls and women, running the household is their main occupation: Collecting water, cooking, cleaning dishes and washing clothes, taking care of children and siblings and doing upkeep on the house.

Nepal are almost exclusively made from a mixture of mud with a clay mud and cow dung mixture. The grass fibres in the dung help hold the walls together. The walls and floors must be maintained by redoubling them with mud every month. When farming, men drive the plough and handle the animals while women sow the seeds, help weed the land, and harvest the crops.

Both men and women spend a great deal of time through gathering and carrying materials. Firewood is a great necessity in Nepal yet a scarce resource. Because so many people need wood, deforestation has become a serious problem in Nepal. Collecting fodder for the animals is another demanding task. In many villages you may find no grassland for the cows and goats to graze on. So people gather branches and greenery from the surrounding area. Other tasks for men are constructing the houses, making rope and weaving baskets.

The majority of the people in Nepal are very poor because of the difficulties with the development. They face serious problems due to the lack of education, their poor health and malnutrition (especially the children). In many areas, there are just limited or even no medical facilities. On average, there is one doctor for every 12,612 Nepalese (compared to 1 for every 390 Americans). With so few doctors, many of the diseases that can easily be treated in the United States stay without diagnosis and treatment in Nepal. Just imagine living in the hills of Nepal where the nearest doctor is at least a day's walk away. The present population is around 23,350,000 in Nepal.

History:

- **Kirats** ruled in Nepal for 1000 years and were ruled by a total of 28 kings during that time. The first and best remembered king was Yalambar.
- **Lichavi Dynasty:** The first Lichavi king of historical importance was Manadeva. The Lichchhavi rule spanned over a period of about 630 years.
- **Malla Dynasty** After the fall of the Lichchhavis came the Malla period during which the foundation of the city of Kantipur (later Kathmandu) was laid.
- **Shah Dynasty**, Unification of Nepal Prithvi Narayan Shah, with whom we move into the modern period of Nepal's history, was the ninth generation descendant of Dravya Shah (1559-1570), the founder of the ruling house of Gorkha.
- Prithvi Narayan Shah succeeded his father King Nara Bhupal Shah to the throne of Gorkha in 1743 AD. King Prithvi Narayan Shah's victory march began with the conquest of Nuwakot, which lies between Kathmandu and Gorkha, in 1744.

Shah was successful in bringing together diverse
under one national.

- During the middle of the 18th Century, there were about 50 states in Nepal. The situation was completely chaotic in the sense that most of them were fighting each other to expand their territory.
- **In 1846, Jung Bahadur Rana** had himself designated prime minister and later "Maharajah" with powers superior to those of the king. He established an oligarchy which would last 104 years.
- The country was kept in isolation and the people were deprived of political and social rights. Enemies were assassinated or persecuted and the power structure and state moneys were directed solely to the self interest of the Ranas.
- The King was there but he was kept under complete control of the Ranas. In 1850, Jung Bahadur visited England and France bringing back ideas with him.
- In November 1950, the King fled to India under the pretense of going hunting. Finally, people and king became successful to end the 104 years Rana Period.
- On December 15, 1960 king again started absolute monarchy in Nepal and the Nepali Congress was put under arrest. Under the "Panchayat Democracy"

- No political parties were allowed
- Human rights were denied
- Corruption was rampant
- State money was misused
- Economic development did not take place
- "nationalist" slogans were given, but no improvement in the day-to-day life of the people was realized

* In 1980, the King called for a referendum, with the choices between the Panchayat System and the multi-party Democracy.

* In 1989, a trade impasse erupted with India. India blockaded 17 of the 19 entry points. This led too much discontent from which the opposition parties capitalized.

* In 1990, the Nepali Congress, with support of the Communists, launched a mass movement against the Panchayat system.

Maoist:

- The Maoists announced a 'People's War' on February 13, 1996, with the slogan "let us march ahead on the path of struggle towards establishing the people's rule by wrecking the reactionary ruling system of state."

to establish a 'New Democracy' in Nepal and revolt against feudalism, imperialism and so-called reformists."

- Reason for the declaring the 'People's War': The memorandum listed 40 demands related to "nationalism, democracy and livelihood" and included such line items as the "domination of foreign capital in Nepali industries, business and finance should be stopped," and "discriminatory treaties, including the 1950 Nepal-India Treaty, should be abrogated," and "land under the control of the feudal system should be confiscated and distributed to the landless and the homeless.
- Government estimates provided in early 2003 on the CPN-M strength indicated that there are approximately 5,500 combatants, 8,000 militia, 4,500 cadres, 33,000 hard core followers, and 200,000 sympathizers.
- Women's participation in the revolution. According to an estimate about 30% of Maoist guerrillas comprise of women. This is totally a new phenomenon in Nepal, which must not be taken lightly.
- Structurally, the CPN-M consists of the standing committee at the top, followed by the politburo, central committee, regional bureaus, sub-regional bureaus, district committees, area committees, and cell committees.
- According to available information, the Maoists of Nepal have well-established linkages with Indian left-wing extremist organizations, primarily with the People's War Group (PWG) and Maoist Communist Centre (MCC).
- The government has sought to contain Maoists by means of police operations code named "Operation Romeo," "Kilo Shera Two," "Jungle Search Operation," and "Search and Destroy."
- Independent observers argue that the government suffers from political instability and rampant corruption. The money allocated for development of interior areas never reaches there. A large number of villages are totally ignored by economic planners. There are no schools, no roads, no electricity, and no medical facilities. At the national level, the educated unemployment is increasing at geometrical proportions.

Political Situation in Nepal and Political Reality:

Nepal adopted a constitutional monarchy and multiple democracy system in 1991 after popular democratic interests. Nepali Congress, United Marxist Leninist (UML), Rastriya Prajatantra Party and Nepal Sadvabana Party are the major parties in parliament. In Nepal, UML and some small leftist parties believe in the multi-democracy system. But the Nepal Communist Party (Maoist) had been waging a war for communism in Nepal. Maoist problem started with the political conflict in Nepal ten years ago with the motto of establishing

fighting against government since the period. Their target was government

not the foreigners or volunteers.

After the April Revolution in 2007, Maoists are in the mainstream of the politics. Maoist party is the major party in the election of the Constitutional Assembly and they are in Opposition in the Constituent Assembly. So, it seems a very confident political situation in Nepal at the moment

Nepal's Royal Family

The royal family is widely revered with many people believing the king to be the reincarnation of the Hindu god Vishnu. The history of Nepal's royal family goes back to 241 years ago when King Prithivi Narayan Shah united Nepal by defeating more than 50 small kingdoms. The royal family remained a very popular institution in Nepal, but Nepal plunged into crisis on June 1, 2001, when she lost most of the royal family under tragic, even horrific, circumstances. The gruesome killing of eight members of the royal family - King Birendra, Queen Aishwarya, Princes, Princess, two of the King's sisters, Princesses and the King's cousin - occurred during a ritual royal dinner at the Narayanhiti Royal Palace.

The report of the high investigation committee, which was ordered to investigate into the backgrounds of the massacre inside the royal palace, concluded that - following an argument with his parents over his desire to marry a girl of his choice - the crown prince committed the horrible act. He was under the influence of alcohol. Well it is still unbelievable act. On June 7, 2001, Gyanendra Bir Bikram Shah, brother of late king, was enthroned as king of Nepal. After his kingship, he became very unpopular king in Nepal. All the people were against his rule. He tried and tried until the great uprising of April but became unsuccessful and ends his direct rule. Now, the Nepal is REPUBLICAN NEPAL. There is no more king.

Road Conditions:

The road traffic in Nepal is very chaotic and suicidal to the western eye; in fact Nepalis generally understand the rules and customs as applied in their country and don't really drive very fast in the city. But it is important to emphasize the need for care when crossing roads etc. The long bus journeys mean that anyone who suffers from travel sickness should bring appropriate medicine.

The Living Conditions:

Nepali houses are simple. You will find a separate sleeping room and sometimes a separate living room. Especially in the villages the kitchen as well as the toilet

There is no tap but a water pump. You have to do the laundry. Normally, you will get a simple room with a bed, sometimes a shelf or even a table and a chair. It is possible that you have to share your room with a host-brother or sister or another volunteer. Pillow and blanket can be provided but it would be better and more comfortable if you bring your own sleeping bag and a mosquito net.

Food is provided three times a day: a light breakfast in the morning (tea and some bread), the first Dal Bhat (rice, curried vegetables and lentil soup) between 9 and 10 am and a second Dhal Bhat in the evening between 6 and 8 pm. On special occasions you will get meat (chicken, buffalo or goat) with rice. Even if Nepal is considered as a very poor country there is enough food for everyone. During the day, you might get a snack like popcorn or puffed rice. Additionally, you could buy fruits or cookies and share them with your family.

Daily Life:

Nepali families are quite big. Normally there are grandparents, parents and children living under one roof and sharing the daily activities. As part of this community you should be open and try to help and involve yourself in tasks carried out “at home”. They are interested to show you their way of life. You could learn how to cook, to milk the buffalo or to work on the field (planting rice and vegetables). Additionally, you can support them by doing the dishes and cleaning your room. Sometimes you might just watch TV or play cards with the whole family.

Younger family members are especially interested to learn more about your family and culture. So, don’t forget to bring some pictures and tell something about your life. Perhaps you even get the chance to cook and show how food is prepared in your country.

Most of the families have experience with volunteers and will give you all the necessary advice and support you need to feel comfortable. Some family members might speak English. In case you have any problems or you are not sure how to behave and what to do, feel free to ask them. Additionally, NVCYE Program members will visit you from time to time and you can address any problems to the office in Kathmandu by telephone or email.

Temperatures in Degrees Celsius (maximum - minimum Temperature):

Place	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Kathmandu	19- 2	20- 4	25 - 8	30- 11	30- 16	30 ó 20	30 ó 21	29 ó 20	27 - 19	23- 15	23- 4	20- 2
Pokhara	20- 8	21- 8	27- 11	30- 16	30- 19	30 ó 20	30 ó 21	30 ó 21	29 ó 20	27- 18	23- 11	20- 8
Chitwan	24- 7	26- 8	33- 12	35- 18	35- 20	35 - 23	33 - 24	33 ó 24	32 - 22	31- 18	29- 12	24- 8



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Month	Rainfall (in mm)	Month	Rainfall (in mm)
January	47	July	327
February	11	August	206
March	15	September	99
April	5	October	42
May	46	November	0
June	135	December	1

2. Nepal Volunteers and Cultural Youth Exchange Program (NVCYE Program):

It is a non-profit organization registered with the social welfare Council HMG of Nepal. It was established in 2004 with the basic aim of empowering local communities to implement and organize community development, education and conservation projects. Since its establishment, it has been running its volunteers program in Nepal for volunteer promotion and cultural exchanges. NVCYE Program offers year-round volunteer program in the area of Teaching, orphanage, conservation and health. Our focus thus far has been primarily on community development and conservation projects. Though our central office is situated in Kathmandu, our work is presently scattered throughout 6 of the 75 districts of Nepal. NVCYE Program is a non-profit organization and receives no government support or major corporate backing. This is why it depends on the generosity of volunteers and contributors to promote its program in different parts.

NVCYE Program offers a unique opportunity for those people who are keen to enjoy the amazing beauty of the Himalayas, the nature, the rich cultural diversity and the simple life style in one of the most beautiful countries of the world. NVCYE Program has organized the most of the volunteers programs in beautiful valleys and hilly regions where volunteers are expected to contribute their efforts and enjoy a tremendous natural beauty along with the friendly behavior of Nepalese people. A combination of travel, adventure, exploration and contribution will surely make your Nepal stay ever-lasting memory of your life.

1. Orphanage

In orphanages, most of the activities focus on educational training for children. Therefore, volunteer will be teaching Basic English language to orphanages. Volunteers also help them in food distributions, sanitation of children, helping to wear clothes. Volunteers can participate in health education, games, drawing, painting and other creative activities for Children's development.



2. Teaching

In teaching, volunteers work as a teacher for small school children (6-13 years) in elementary school. The teachers can further transfer other skills that they have like games, painting, and sanitation to the students.



3. Health

In this program, volunteers are placed in our local health centre or health post. Volunteers will be helping Doctors, Nurses, and other health staffs in treatment of patients in minor injuries. Also volunteers can join other program like record keeping, sanitation, medicine distribution and other programs of hospital that are going on.

4. Conservation

It is located in Rampur Chitwan and it is a village-based nursery. Works on nursery include seed collection, pruning, weeding, trimming, seed sowing, mulching, care of small seedlings, watering. Some helps on nursery related activities like fencing, bed preparation etc. can also be done at the same time.

5. Eco-tourism

It is related with tourism internship program in which an intern does research about the tourist festinated areas and how all these activities are going on. At the same time an intern writes report and submits to the organization. A supervisor is provided to help and carry out the work more correctly and efficiently.

6. HIV/AIDS Project

We have established cordial relationship with HIV/ AIDS project for EVS Program in Nepal. This project offers multiple opportunities for the volunteers in the countryside of Nepal. They can see the real situation of HIV Victims and can help them by their own hand.

NVCYE Program organizes a number of two-week international work camp programs. Volunteers work 20-30 hours per week either physically or technically depending upon the nature of the work. In many programs local villagers and volunteers will work with international volunteers in the work in principle of People's participation. Approximately 5-15 international volunteers from different countries will work and stay together in traditional Nepalese village. This program is ideal for college and university students but is open to anyone

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There are 9 work camps available for 2004; the first

Age Limit: NVCYE Program hosts the volunteers between 18-35. We are still happy to host volunteers who are more than 35 as per the request of the National Committees.

Program Structure

Two weeks orientation program:

NVCYE Program provides a 2-week orientation program, including Nepali language instruction, introduction to Nepalese customs and culture, sightseeing in Kathmandu, several days in a traditional hill village, and a visit to the jungles of the Royal Chitwan National Park.

Basic Nepali can be learned quickly, and the Nepalese people you meet will light up when they find that you speak even a little Nepali (the more Nepali you can learn, the more you will gain from your volunteer experience). You will arrive at your placement with a basic understanding of Nepalese culture, ready to make the most of your time in Nepal. Find summary of our two weeks orientation course.

Schedule for second week program:



After a week of language class at Kathmandu, participants will be transferred to a small beautiful village located in the Northern-east part of Kathmandu called "Lamatar", an hour drive from Kathmandu city. Our home and village stay locations are carefully selected to present the unique culture, nature, and life of people to the participants. People of the village are very friendly and keen to welcome our volunteers.

The life of people of within this beautiful village is untouched by the arrays of modern civilization. Here people still practice traditional ways of farming, cooking, and other daily life activities. The village stay program is very fascinating in the sense that it offers the picture of real Nepal. During the home Stay time participants will keep on practicing language and enjoying the cross-cultural opportunities while staying with the host family. Volunteers will live with local families, eat Nepalese food, observe village culture and get a general feeling of village life. This beautiful Village is approximately 30 minutes by bus from Kathmandu. Additionally, during the



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will be enjoying the hiking and Botanical garden understanding of typical Nepali lifestyles.

3. Passport/Visa/Arrival:

On-arrival Visa:

Volunteers can get tourist visa upon arrival at Tribhuvan International Airport, at Kathmandu. One can get maximum 90-days entry visa costing US\$100, - **CASH (no traveller checks, no credit cards accepted)** and two-passport photos are required. Our volunteers join our program having a tourist visa and one has to extend the visa every month. NVCYE Program does not manage working visa for volunteers.

Visa Extension:

A tourist visa can be obtained from the Department of Immigration in Kathmandu or Pokhara, telephone +977-1-4494273, +977-1-4476813 (office hours: Sunday to Friday: 10:00 am-3:00PM) Extensions are valid for 30 days and cost in Nepalese rupees the equivalent of US\$60 at the government exchange rate. You must pay for visa extensions.

You are allowed to stay up to 150 days on a tourist visa around the year. If you hit the next calendar year, you can stay another 150 days with normal visa extension. This way a volunteer can do his or her volunteering for 10 months maximum on tourist visa. This is the policy of Nepal government. If someone likes to join for six months, they should come in Nepal first of December and for 10 months in August. This is how it works.

4. Hosting Condition:

NVCYE Program offers a placement for anyone who wants to volunteer living in another culture and, at the same time, engage in useful work. For most placements, no experience or specialized skills are necessary -- all you need is an open mind and a commitment to doing something positive for local communities and for the people of Nepal. You don't even need to speak Nepali or perfect English.

You will work alongside local people in your choice of worksites, stay with a local family, and be welcomed wherever you go by the warm and friendly Nepalese people – in short, you will be able to immerse yourself in Nepalese culture in a way that few tourists ever have that opportunity to do.

, you will undoubtedly take home with you far more – memories, friendships, and new perspectives -than you leave behind in Nepal

Your Host Family:

NVCYE Program, in collaboration with local partners, manages host family for volunteers. Most of our host families have experience with international volunteers. The living conditions of the placement depend on the area. One should not expect luxurious accommodations here in Nepal. You will be placed within a family setting with your own room. Most placements have electricity. (If electricity is an asset it can be arranged). Some members of host families may speak English. A separate room will be provided to volunteers. Room will be cleaned and well ventilated. Most of our past volunteers stay with host family as a son/daughter or brother/sister. We expect the same from you.

Please keep always in mind that placements in host families are not meant to be like hotel stays. It is therefore important to follow the family rules at all time without questioning. This is also a gesture of showing appreciation to the host family for their hospitality.

Rules for volunteers in host family

- Please do not use alcohol and drugs in your host family. If your host family asks you to take alcohol, please take it with care, as most of the locally made alcohols are not good for
- Most Nepali people are Hindu, cows are worshiped as a goodness so please do not ask for beef.
- Most of Nepalese society is very conservative (or not influenced by western culture), please dress modestly and avoid any dating or romantic activities in the host family
- Please do not use facilities of the host family (TV, radio, VCR, bike etc) without permission.
- Always keep your door closed when you go out
- Please clean your all clothes and dishes yourself

Host families offer Nepali food (three times a day including breakfast) for volunteers. Nepali food consists of rice, vegetable curry, pickle, meat (occasionally), daal (lentil soup) etc. Host families do not serve any exotic cuisine.

A Jewel of the Himalayas:

With its roots in an ancient background, this kingdom is the birthplace of Buddha and Buddhism, marvelous temples, wooden cities, and extravagant art. Just as its spiritual doctrines manifest throughout the world, Nepal's artistic, architectural, and natural beauty attracts adventure seekers from everywhere. Stepping upon the land of such an amazing, ancient culture, you cannot help but feel the spirit of its glorious past among you. Here, in all its awe and majesty, Nepal is a treasure of the East – a tiny tourist's paradise. Even though Nepal is a small country, it is enchantingly immense with its splendid diversity of both natural beauty and cultural heritage. Along with the Nepalese culture, this Himalayan Kingdom contains phenomenal snow capped mountain peaks, sparkling lakes, roaring rivers, and exotic wildlife. From catching glimpses of the mighty Bengal tiger to beholding the tallest mountain in the world, Nepal is a dream for all nature lovers. Traveling to this exotic kingdom will immerse you in a land of awe, wonder, and amazement – both natural and cultural alike. Please do not miss out on an opportunity to explore this beautiful Himalayan country. Nestled between China and India, Nepal is a tiny country with vast neighbors, but this lovely kingdom is a true jewel of the Himalayas. As an adventure purpose, Annapurna Region is given an example:

Annapurna Region (4 to 21 days trek):



Along with the Khumbu region, the Annapurna region is a very well known tourist destination for mountain trekkers al over the world. But this region has

opportunities to learn mountainous conservation perspective of the trek. With twelve different Himalayan peaks higher than seven thousand meters, the Annapurna Region will take you on a journey of a lifetime – as you bypass forests, terraced hills, and pleasant villages. Also, prepare to hike through the awe-inspiring Thorang-La Pass, to see the beautiful Tilicho Lake, and to travel through the Macchapuchre, with its ambiance of beauty and wonder. To compliment the picturesque beauty of nature, this trek will provide you the chance to encounter new cultures, religions, customs, and traditions – the heritage of these Nepalese people. When you trek across the Annapurna Region, you will find that excitement lies behind every turn. From the deep gorges of the Kaligandaki River to the serene and unusual rhododendron forests, you will open your heart to a fascinating new land where the possibilities are endless.

The Itineraries:

Day 1st Kathmandu to Pokhara: Drive in to Pokhara after breakfast, 200Km 6-7 hours bus drive & preparation for trekking and overnight stay at Pokhara

Day 2nd Pokhara to Tikhedhunga (1577m): About 45 Km. drives from Pokhara via Naudanda, kanre, and Lumle village up to Nayapool. From where the trail descends steeply to Birethanthi and follows the East bank of Bhurungdi Khola and reaches to Tikhedhunga.

Day 3rd Tikhedunga to Ghorepani (2855m): The trail ascends to Ulleri village more pleasantly through rhododendron forest arriving at top of Ghorepani and overnight stay.

Day 4th Ghorepani to Tadapani (2680m): Early in the morning treks to Poonhill where one many witness the sunrise for a lifetime memory. From Poonhill one can view over 30 white - capped Peaks, the whole Annapurna range. Many people talk about having a life changing experience after watching the sunrise over the panorama of the Himalayas. Then, walk through the forest filled with flowers (in the spring) Overnight stay at Tadapani.

Day 5th Tadapani via Chhomrong to Jhinu: Tadapani offers good views of upper Modi valley. The route starts the long ascents high above the West Bank of Modi Khola. Jhinu is famous for Natural Hot Spring. Once you take bath you never forget this place.



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to Nayapul: This is quite long day walk but not and flat. After reaching Pokhara and stay night at Hotel

Day 7th Return to Pokhara to Kathmandu by bus, Lunch will be on the way.

Sample itinerary for Annapurna Base Camp 11 Days Trek:

Day 1st Kathmandu to Pokhara: Drive in to Pokhara, 200Km 6 hours bus drive & preparation for trekking and overnight stay at Pokhara

Day 2nd Pokhara to Ulleri (1685m): About 45 Km. drives from Pokhara via Naudanda, kanre, and Lumle village up to Nayapool. From where the trail descends steeply to Birethanthi and follows the East bank of Bhurungdi Khola, Tikhedunga and finally reaches to Ulleri.

Day 3rd Ulleri to Ghorepani (1855m): The trail ascends to small villages more pleasantly through rhododendron forest arriving at top of Ghorepani and overnight stay.

Day 4th Ghorepani to Tadapani (2680m): Early in the morning trek to Poonhill where one many witness the sunrise for a lifetime memory. From Poonhill one can view over 30 white - capped Peaks, the whole Annapurna range. Many people talk about having a life changing experience after watching the sunrise over the panorama of the Himalayas. Then, walk through the forest filled with flowers (in the spring) overnight stay at Tadapani.

Day 5th Tadapani via Chhomrong to Sinuwa: Tadapani offers good views of upper Modi valley. The route starts the long ascents high above the West Bank of Modi Khola from Sinuwa you will see very nice views of Mt. Machhapuchere.

Day 6th Sinuwa to Deurali Hotel (3000): The trail continues to Khuldi Ghar for about one hour fifteen minutes and from there goes down very steeply to a bank of rock and then levels out, running through thickets of Bamboo at the bottom of the George, keeping always on the West side of the river. The pasture of Tomoe is passed by and then the very neck of the George at Panchen Barah, where there is a small trail and a shrine. Finally, Himilaya through Deurali overnight stay.

Day 7th Deurali to ABC (4130): From the Deurali the trail continues into the sanctuary, it crosses two wide avalanche tracks on narrow trail that huddles up against the cliff (rock face).The trail then descends to meet the Modi Khola and follows the river to Bagar. From bagar climb across more avalanche paths cross a

nb towards an area known as Machhapuchhere
on 3700m After 2 hours journey we finally reach

to our destination ABC and Overnight stay here for sun set and sun rise

Day 8th ABC to and back Sinuwa : We see morning sun rise and take our
breakfast at 7. Am and reach to Himalayas for lunch and finally come back to
Sinuwa with the same trail and stay overnight.

Day 9th Sinuwa to Kyumi: We follow same trail up to Chhomrong and the
trail goes to descend Jhinu. We see Hot spring and take our lunch there. After
lunch we start our journey, passes with beautiful rift valley and finally reaches to
Kyumi and stay overnight.

Day 10th Kyumi to Nayapool via Pokhara: The trail goes up and down through
Ghandruk is one of the develop village and mostly people are Gurung (The
Gurung is another ethnic group closely resembling the Magars in many aspects.
They live in the western and central hills of the country although further to the
east. Of Tibeto-Burman stock, the Gurungs have their own distinct language and
practice shamanism. Many find employment in the British and Indian armies) of
this area. After this place, we reach to Nayapool and take our lunch there. We
take rest there for an hour and finally you will be driven back to Pokhara and
stay overnight there.

Day 11th: Pokhara to Kathmandu by Bus.



Annapurna Circuit (17 night/18 days):

Max Elevation = 5416m.

Grade Distance = S 300 Km.

Day 01 Arrival to Kathmandu and hotel transfer

...ing Day

Day 03: Kathmandu to Besisahar; driving by Bus.

Day 04: Besisahar to Bhulbhule; trekking for 7 hours.

Day 05: Bhulbhule to Baundanda (6.30 hrs).

Day 06: Baundanda to Chyanje (7 hrs).

Day 07: Chyangje to Dharapani (6.3 hrs).

Day 08: Dharapani to Chame (7.3 hrs).

Day 09: Chame to Pisang (7 hrs).

Day 10: Pisang to Manang (5.3 hrs).

Day 11: Manang to Yakk kharka (3 hrs), Lunch Camp.

Day 12: Yak kharka to Thorongphedi (4 hrs), Lunch Camp.

Day 13: Phedi to Pass to Muktinath (10 - 12 hrs).

Day 14: Muktinath to Jomsom to Marpha (5 hrs).

Day 15: Marpha to Lete (5.3 hrs).

Day 16: Lete to Tatopani (5 hrs).

Day 17: Tatopani to Ghorepani (7 hrs).

Day 18: Ghorepani to Poonhill to Birenthati, or Nayapool (6.3 hrs), and Drive Pokhara (1.30 hrs).

⑦ **Traveling and field conditions:**

- ❖ If you need supplementary holidays, please talk to your host and the principal/office/leader in advance before traveling.
- ❖ You are not allowed to travel on working days, if your work place has not agreed to this.

our host family knows about your whereabouts contacted. Always inform NVCYE Program’s office in advance when travelling for longer than three days.

- ❖ Inform your host family or placement at what date/time you will be back and keep to that time. Let them know if any changes occur.
- ❖ Please make sure you got permission from your host family, if you want to take friend(s) to your placement for the purpose of visiting, staying or celebrating. If your friend(s) stay for the night, please ask him/ her them to pay your host family for accommodation and food.
- ❖ In some cases, a change in the project and host family is possible, but the field of your work will not be changed
- ❖ Volunteers are not permitted to change their original placement more that 2 times in the first 30 days, but if they wish to change the field of work they have to contact the Katmandu office at least two weeks in advance.
- ❖ If volunteers has found a new placement by themselves or through the others organization, and has decided to leave program/project own self In this case, volunteer can leave the program but NVCYE Program does not bear the any expenses.

⑦ **Host family payment and pocket money**

- ❖ The payment will go to our host family in the first week of each month, and the payment is depending on the location
- ❖ Our host family payment rate are between Nrs. 3500-5000 depending on the location
- ❖ Exchangees can collect their pocket money in the first week of each month at the office or from the field staff.

Restaurants	Value in Nepali rupees
Mineral water / coke	20
Beer	110
Tea/ coffee	10
Meal (daal bhaat)	80
Shop	

	15
Milk	15
Chocolate	40
Fruit (kg)	40
Tooth paste/ tooth brush	22
Shampoo/ soap	35
Cigarettes	20
Newspaper (Nepali / English)	8
Public transportation	
Taxi (per km)	14
Bus ticket (in city)	8-10
Bus ticket (Out of city)	150
Free time	
Cinema	50-80
Cassettes	60
CD	200
Color film	110
Entrance tickets in historical places	200-500
Photo developing	300
Clothes/ logistics	
Jackets	800
Jeans	700
T-shirts	300
Shoes	800
Sleeping bag	1500
Various	
Stamps	20
Postcards	10-15

	1620
Hotel stay (per night)	350
Phone calls (local)/3 minute	5

⑦ Support for Community or Donation for projects

- ❖ NVCYE Program is a volunteer organization; we do not receive any external funding from government or non-government sources. We fund our program from the fees collected from volunteers. We need fees in order to run our organization, to run the community development program like orphanages, school (re) construction, nurseries, eco-tourism center etc. We also support local partner schools and partners by offering material help.
- ❖ School renovation and construction -
- ❖ Conservation and Nursery development
- ❖ Orphanages and kinder garden
- ❖ Schools and eco-tourism

⑦ Cultures, peoples, and societies

- ❖ We sincerely request to our volunteers to respect other cultures, peoples, and societies. They should not feel uncomfortable about the living and working conditions in Nepal (as described above). Volunteering requires a lot of patience, discipline and effort.
- ❖ Please always keep in mind that the placement in host families is not meant to be a hotel stay. It is therefore important to follow the family rules at all the time; this is also a gesture of showing your appreciation towards the host family for their hospitality.

⑦ Liabilities and Insurance

- ❖ NVCYE does not cover any liabilities for accidents or injuries that occur during the project period. Volunteers must take care of proper health insurance.
- ❖ In the case of unforeseen circumstances during the trekking (such sickness or lack of physical fitness) the volunteer(s) responsible must pay all additional costs.

rior to their program's scheduled start, have to
ommodation at a hotel that as well as for their
meals themselves until the program begins.

- ❖ Alcohol is strictly prohibited during the whole project period. Smoking is not allowed during the language class.
- ❖ Supporting local communities and helping the Nepali people should also be your aim when you sign up for our program. Your commitment is crucial to reach our goals! We can therefore not accept volunteers who only come to Nepal to have a good time and who don't like to do any voluntary work. Volunteers who refuse to work in their projects will be expelled from the program (see basic rules) without a refund of program fees.
- ❖ NVCYE Program does not cover any personal expenses of the volunteers, which are not mentioned in the program. NVCYE PROGRAM covers airport pick up, in-country transport, food and accommodation. NVCYE PROGRAM does not cover expenses related to visa extension, personal travel, gifts to anyone etc.
- ❖ NVCYE Program strictly does not offer "exotic food" (such as dessert, hot chocolate), soft drinks, mineral water, and gums during the whole program period including the trekking. We serve three meals a day (normally Nepalese dishes).
- ❖ NVCYE Program does not cover expenses for soft drinks, exotic food, mineral water, gums, or other personal expenses during the project period or the trekking.
- ❖ NVCYE Program uses express bus services for the transportation of the volunteers. These bus services are the most reliable means of transport in Nepal. We do not offer transportation in luxury tourist coaches.
- ❖ NVCYE Program strictly does not provide food and accommodation in its hostel during and after the completion of your project. Rather NVCYE Program arranges for up to two nights free accommodation in Thamel. This is only applicable in the case of a visa extension or an official visit. Your luggage will be transferred to the place in Thamel where you are going to stay.
- ❖ Please inform NVCYE Program in advance about your visit by phone or e-mail.

Leave any belongings at NVCYE Program's office, with a tag bearing your name. Your luggage will be transferred to the place in Thamel where you are going to stay.

- ❖ Do not leave any valuables unattended. NVCYE Program takes no responsibility for damage and loss.
- ❖ Please shut door and windows properly when going out or to bed.
- ❖ Please switch off the electric light when leaving the room or going to bed.
- ❖ Inside the building smoking and the consumption of alcohol are strictly prohibited.
- ❖ You are not allowed to enter the building after 7.30 p.m. So please inform us in advance in case of late arrival.
- ❖ Please inform the kitchen service in advance if you are not going to have lunch or dinner at the NVCYE PROGRAM hostel.
- ❖ Please note down the following meal times: Breakfast is at 8.00 am, Lunch from 12.00-1.00 p.m. and Dinner from 7:30-8:00 pm. Meals are not served before or after the times indicated above.
- ❖ Internet service and international phone facility are not available at NVCYE Program's office.
- ❖ Laundry service is available at NVCYE Program; please check the rate in Bulletin board
- ❖ Please consult with class teacher regarding the availability of the following services in Kalanki: e-mail, Internet, bank, post office, letters etc.

7. Other Information

1- Clothing:

Nepal has a diverse climate; summer is normally the hot, humid and rainy season. Winter is cold in the morning and warm during the daytime. The temperature drops during winter nights. All volunteers are requested to come with seasonable wearing according to the seasonal change. Months of fall and spring are wonderful.

	working	For Trekking
	ter cloths	Winter Cloths
March - August	Summer Cloths	Warm (light winter) Cloths

*Please bring a raincoat in June-July-August

2. Footwear:

All rural roads of Nepal are not paved. Every working place is muddy and you have to do physical work. Therefore, we recommend all participants come with washable footwear and light comfortable footwear for evening walks and other leisure activities.

3. Working clothes:

Most of the volunteers will be involved in physical work; therefore volunteers are requested to come with working clothes (old and comfortable), gloves and other necessary equipments. Summer is hot and the sun is very strong. To reduce sunburns, it is best to come with an appropriate hat to wear during the day. It would also be wise to bring 15+ sun block lotions.

4. Mosquito net

Although malaria is eradicated from Nepal, some mosquitoes are still around us. Therefore, to reduce the problem of mosquito bites, volunteers are requested to come with a mosquito net.

5. Medical kit

NVCYE PROGRAM will manage basic first aid kit; it is always useful to carry a small personal medical kit. This should include: Plaster, personal medication to last the duration of the program, fungicidal foot powder/cream, antiseptic cream, mild painkiller, aspirin, tweezers, scissors etc.

6- Insect repellent

Normally, good insect repellents are not available in Nepal. If you are allergic to insect bites please do not forget to add insect repellent in your kit before you leave your country.

7. Immunity shots

Although Nepal is not a malaria-infested area, we recommend you consult your doctor before you depart from your country. We request you to take immunity shots of, malaria, Hepatitis A/B, Tetanus.



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NVCYE Program does not cover any insurance, please ensure that you have international travel, medical and injure insurance. All members will be informed of the risks and safety procedures for their specific placement at the orientation class held at the NVCYE PROGRAM office.

9. Other

Please do not forget to pack a torch (flashlight), camera, film and other necessary stuffs.