

PROJECTS ABROAD.

Rhino Conservation & Community
Development in

Nepal

Support children and protect nature
surrounded by the Himalayas

4 QUALITY
EDUCATION



10 REDUCED
INEQUALITIES



13 CLIMATE
ACTION



15 LIFE
ON LAND



Certified



Corporation

SUSTAINABLE
DEVELOPMENT
GOALS



Trip highlights:

- Support work to protect the Greater One-horned Rhino, Bengal Tigers, and birds on the borders of the Chitwan National Park.
- Support a local school through hands-on renovation work and educational activities, to create a more inspiring learning environment for young children.
- Experience Nepal's rich culture with a visit of the Monkey Temple, yoga lesson, a momo cooking class, and exploring Bhaktapur's historic streets and temples.
- Share your knowledge and experience with the community and learn from a different culture.

 **LENGTH**
14 Days

 **ASSISTANCE**
24/7

 **TRANSPORT**
4x4, Minibus, Boat

 **ACCOMMODATION**
Hotel

 **SERVICE**
40 hours

Overview

The following is included in the cost of your trip (subject to change).



Service Work

- Renovation work at schools
- Teach English
- Teach environmental issues
- Rhino and wildlife surveys on foot and by jeep
- Farmland bird and butterfly surveys
- Crocodile boat survey along the river
- Data entry
- Vulture surveys
- Tree planting and grassland management



Culture & Leisure

- Swayambhunath (Monkey Temple)
- Fire rituals at Pashupatinath Temple
- Yoga class
- Nepali cookery lesson
- Traditional dance performance
- Visit local markets
- View the Himalayas from Nagarkot hill station
- Tour the ancient city of Bhaktapur
- Nepali language class



Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Guesthouse



Logistics

- Airport transfers in Nepal
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

Experience the perfect blend of culture and conservation. Explore the historic streets of Kathmandu before heading into the wild to support vital conservation work in the remote jungles of Chitwan.



Days 1-2

 **SLEEP**
Hotel

 **TRAVEL**
n/a

Arrival

Arrive at Kathmandu Airport, where our local staff will meet you and transfer you to your hotel to relax and settle in.

Set in a valley, Kathmandu – the capital city of Nepal, and one of the world’s oldest continuously inhabited places – is an ancient and spiritual city, surrounded by the mighty Himalayas.

On your second day, join your group induction and orientation session to familiarise yourself with the project and learn about the Nepali language, culture and customs. Next, head to the school where you’ll be working to tour the facilities and meet the teachers, plus meet the children you’ll spend your first week with.

In the evening, explore Swayambhunath (Monkey Temple), where you can watch monkeys playing around the temple as you learn about Buddhism against the backdrop of the Kathmandu Valley.



Day 3

 **SLEEP**
Hotel

 **TRAVEL**
n/a

Renovation work

Begin your first full day of service by contributing your skills to essential renovation projects at the school you visited yesterday! Working alongside other participants, you will help create a more inspiring learning environment for the students through tasks like repairing walls, refurbishing desks, or establishing vegetable gardens. Your efforts will provide a tangible, lasting legacy for the school community.

After work, you will plan lessons and enjoy dinner with a cultural performance at a local restaurant.



Days 4-6



SLEEP
Hotel



TRAVEL
n/a

Teaching and Culture

Transition from renovation to education as you support local teachers and lead lessons for the schoolchildren. You will also spend more time planning upcoming lessons to ensure they are engaging and impactful.

Your evenings in Kathmandu will be rich with culture. Tour the holy Pashupatinath Temple to experience sacred fire rituals, and join a yoga class to learn traditional spiritual discipline and relaxation techniques.



Day 7



SLEEP
Hotel



TRAVEL
6-8 hours

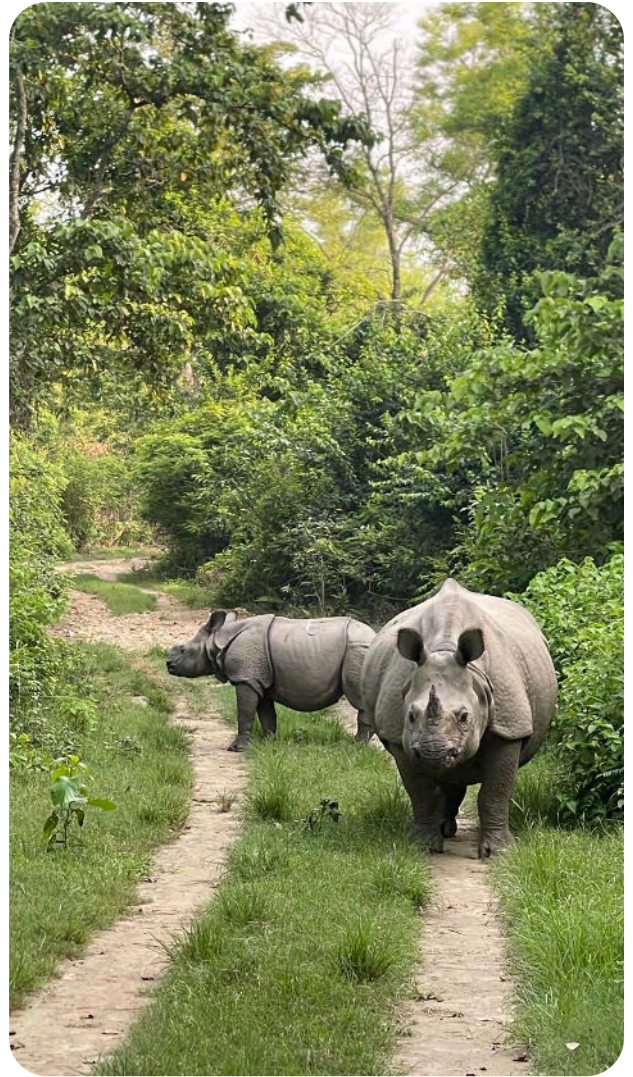
Travel to Chitwan

Leave the city behind for a scenic coach ride to Nawalparasi. The journey follows mountain valleys and rivers, offering stunning views along the way. Upon arrival, you will meet the conservation team and receive a comprehensive induction regarding the wildlife research initiatives. End the day relaxing on the banks of the Rapti River to watch the sunset.

Start Rhino Conservation

Rise early for an adventurous Rhino Survey by jeep. Strike out into the wilderness with our team to search for and observe the elusive one-horned rhinos in their natural habitat. Learn about their behaviour, conservation status, and the efforts being made to protect them.

In the afternoon, collaborate with fellow participants to input and organise the valuable data collected during your morning Rhino Survey. Gather insight into the process of analysing wildlife data and its significance in real-world conservation research. You'll also spend time learning how to identify different species for future surveys.



Wildlife conservation activities

Join the team for immersive surveys of farmland birds and butterflies while learning about local irrigation and rural livelihoods. You will also contribute to the area's biodiversity by planting trees along the riverside.

Experience the jungle on foot during a walking bird and mammal survey, with jeeps following nearby, to track footprints and observe smaller wildlife up close. Later, board a traditional dugout boat to spot crocodiles along the riverbanks. Back at the lodge, you'll help with vital data entry and enjoy a sociable cooking class to learn the art of making traditional momos.

Your final day features a specialised vulture survey to monitor feeding behaviour, followed by a final afternoon jeep safari to track rhinos. To conclude your conservation journey, enjoy a vibrant Tharu cultural dance performance as you bid farewell to the local team.



Day 12

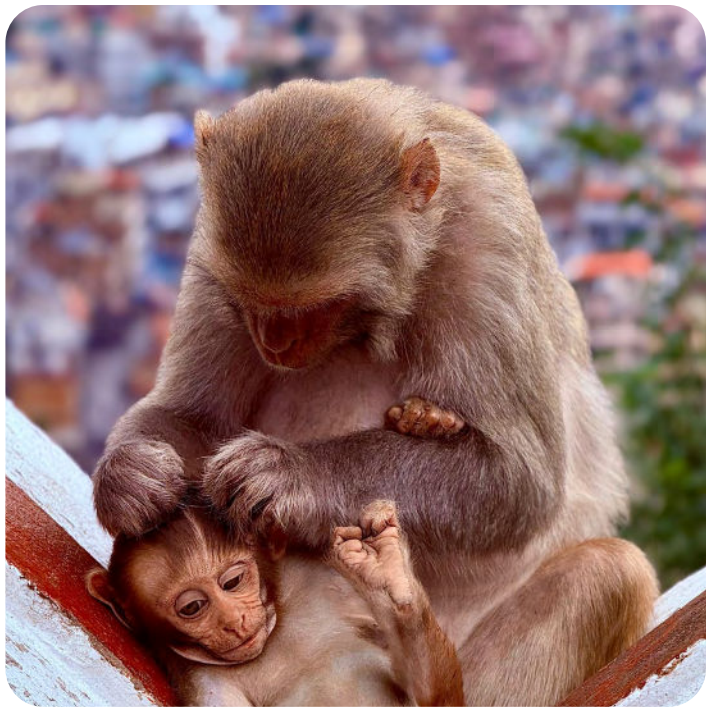
 **SLEEP**
Hotel

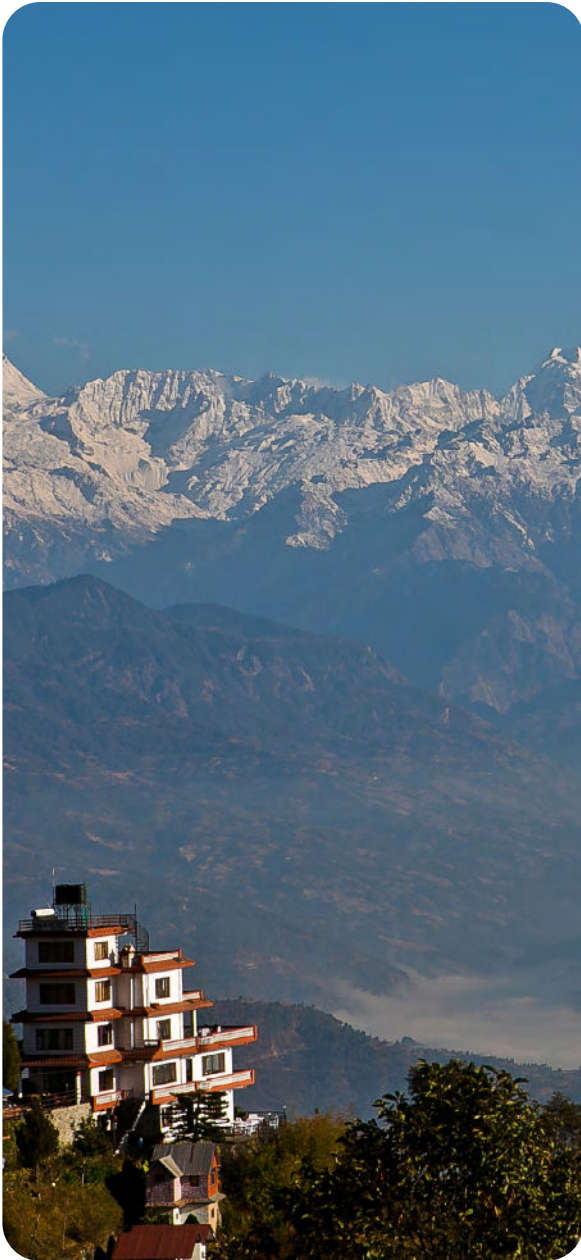
 **TRAVEL**
6-8 hours

Travel back to Kathmandu

After breakfast, travel back to Kathmandu by coach. You will stop for lunch on the way.

Once you have returned to Kathmandu, take time to explore the markets and souvenir stalls around Thamel District.





Day 13

 **SLEEP**
Hotel

 **TRAVEL**
1.5 hour
each way

Nagarkot and Bhaktapur

Your day begins with a scenic drive to the Nagarkot hill station, offering breathtaking views of the Himalayan mountain range and, on clear days, the iconic peak of Mt Everest, the world's tallest mountain!

In the afternoon, you will explore the ancient city of Bhaktapur. From the Palace of Fifty-five Windows to the Bhairavnath Temple, you will admire the city's impressive architecture and rich history while wandering through medieval streets and artisan markets. This immersive experience provides a deep look into Nepal's unique cultural heritage.

To end your journey, your group will return to Kathmandu for a final farewell dinner at a local restaurant – your opportunity to celebrate your shared accomplishments.





Departure

Group members will likely be departing at different times so your last day may not be the same for everyone. Your exact departure plan will be communicated with you directly before you leave.

Enjoy the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.



Destination

Journey to the roof of the world in Nepal, home to Everest and the birthplace of Buddha. Even beyond the mountains, it's filled with unparalleled natural and architectural beauty, steeped in history and culture. Did you know it is the only country to have a flag without four sides?

Nepal is gaining traction as a tourist destination thanks to its incredible religious and cultural history, low crime rate, and unique landscape. Plus, it's the perfect place to embrace your spiritual side.

LANGUAGE

Nepali

CURRENCY

Nepali Rupee

NATIONAL DISH

Dal Bhat

POPULATION

30 million

TIMEZONE

GMT +5:45

NATIONAL ANIMAL

Cow

CAPITAL

Kathmandu

COUNTRY CODE

+977

NATIONAL BIRD

Himalayan Monal

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