

PROJECTS ABROAD.

Gap Project in

Nepal & Cambodia

Animal protection,
international connection,
and cultural immersion.

Certified



Corporation

13 CLIMATE ACTION



3 GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



8 DECENT WORK AND ECONOMIC GROWTH



14 LIFE BELOW WATER



15 LIFE ON LAND



10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES AND COMMUNITIES



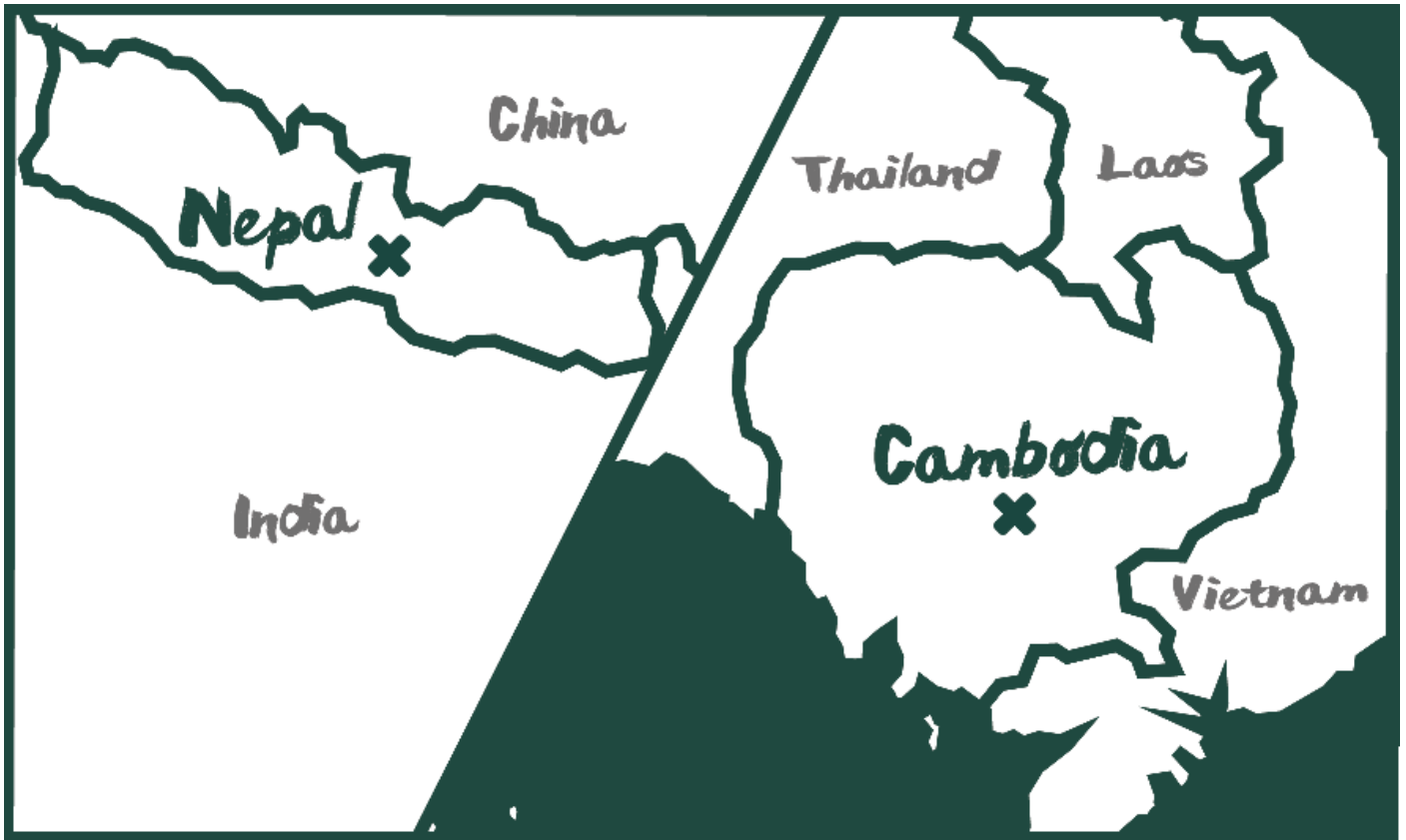
16 PEACE, JUSTICE AND STRONG INSTITUTIONS



17 PARTNERSHIPS FOR THE GOALS



SUSTAINABLE
DEVELOPMENT
GOALS







 **LENGTH**
70 Days

 **TRANSPORT**
Boat, Bus, Foot

 **ACCOMMODATION**
Hotel, Lodge

 **Age**
17-24 y/o

Overview:

-  Explore ancient wonders and scenery like Angkor Wat, contribute to conservation, and immerse yourself in the local cultures of Nepal and Cambodia.
-  Work alongside local experts to assist with building projects in Nepal and childcare initiatives in Cambodia, helping community development.
-  Explore the vibrant capital city of Kathmandu in Nepal and the bustling streets and night markets of Siem Reap in Cambodia.
-  Assist with vital conservation efforts in Chitwan National Park, helping to protect and monitor the majestic Greater One-Horned Rhinos.



Destination: Nepal

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

Nepalese Rupee

NATIONAL DISH

Dal Bhat

POPULATION

30 million

TIMEZONE

GMT +5:45

NATIONAL ANIMAL

Cow

CAPITAL

Kathmandu

COUNTRY CODE

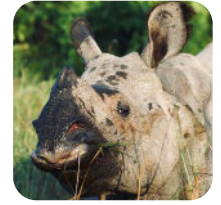
+977

NATIONAL BIRD

Himalayan Monal

Nepal overview

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



Service & Learning

Conservation

- Farmland bird and butterflies survey
- Jungle surveys
- Data collection and entry
- Create and paint bird nests
- Vultures survey
- Environmental awareness campaigns

Building & renovation

- Paint furniture
- Playground equipment improvement
- Mural painting
- Flowerbed creation
- Green space maintenance

Education & Community

- Lesson planning and delivery
- Resource creation
- Outdoor and sports activities
- Arts and crafts
- Health and hygiene workshops
- School ground or classroom light renovation

Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Hotels, lodge, host family

Culture & Leisure

- Monkey temple visit
- Pashupatinath temple exploration
- Traditional dance class
- Cooking class: momos
- Dinner & cultural performance at a local restaurant
- Sports activities with children
- Yoga session
- Sarangkot viewpoint
- Bindybasini temple
- Phewa lake
- World Peace Pagoda
- Pumdikot Shiva temple
- Divine Arati: Hindu fire ritual
- Bhaktapur
- Palaces tour
- Changu Narayan Temple visit
- Souvenir shopping
- Artisan markets

Logistics

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



Weeks 1 to 3 | Days 1 - 21

Building & culture

Our team will welcome you as soon as you land before driving you to your host family: settle in and enjoy your first taste of Nepali cuisine as you get to know your host.

Get familiar with your new surroundings on your first full day with a guided tour, a cultural induction, and a Nepali language lesson.

Roll up your sleeves and put your helmet on as you start the building and renovation work at a local school to make the learning environment more stimulating for the children.

Spend your mornings and afternoons assisting with ongoing initiatives under the guidance of professional builders, where you'll help with tasks such as repairing or redecorating the school.

Beyond your work, our team has planned a range of activities to immerse you fully, including visits to iconic landmarks like the monkey-filled Swayambhunath Temple, with its breathtaking views and the Pashupatinath Temple, where you'll witness a sacred fire ritual by the river.

You will also engage in a traditional Nepali dance class, watch a cultural performance during dinner at a restaurant, and learn traditional stretch and breathing techniques during a yoga session.

Some free time will give you the opportunity to relax and explore the fascinating Nepali culture at your own pace or with fellow participants.



Weekend trip | Days 21 - 22

Adventure in Pokhara

Begin the next stage of your journey with a bus journey to the lakeside city of Pokhara, taking in views of valleys and rivers along the way. After checking into your hotel and exploring the local markets, you will join your group for dinner at a restaurant to soak in the evening atmosphere.

This week combines cultural discovery with an introduction to the landscapes you are working to protect, starting with an early visit to the Sarangkot viewpoint to see the sunrise over the Annapurna mountain range.

You will also explore the Bindybasini Temple and the World Peace Pagoda, which offers panoramic views of the city and the mountain scenery. On the shores of Phewa Lake, you'll witness the Divine Arati, a moving Hindu fire ritual at the sacred Barahi temple.

These experiences, from visiting the Shiva Temple at Pumdikot to exploring the lake's edge, provide essential context for your conservation efforts and connect you to the natural heritage of Nepal.



Weeks 4 & 5 | Days 23 - 35

Rhino protection

Your journey continues as you embark on a scenic bus ride to Chitwan. After a conservation project induction, head to the Rapti River banks for a breathtaking sunset.

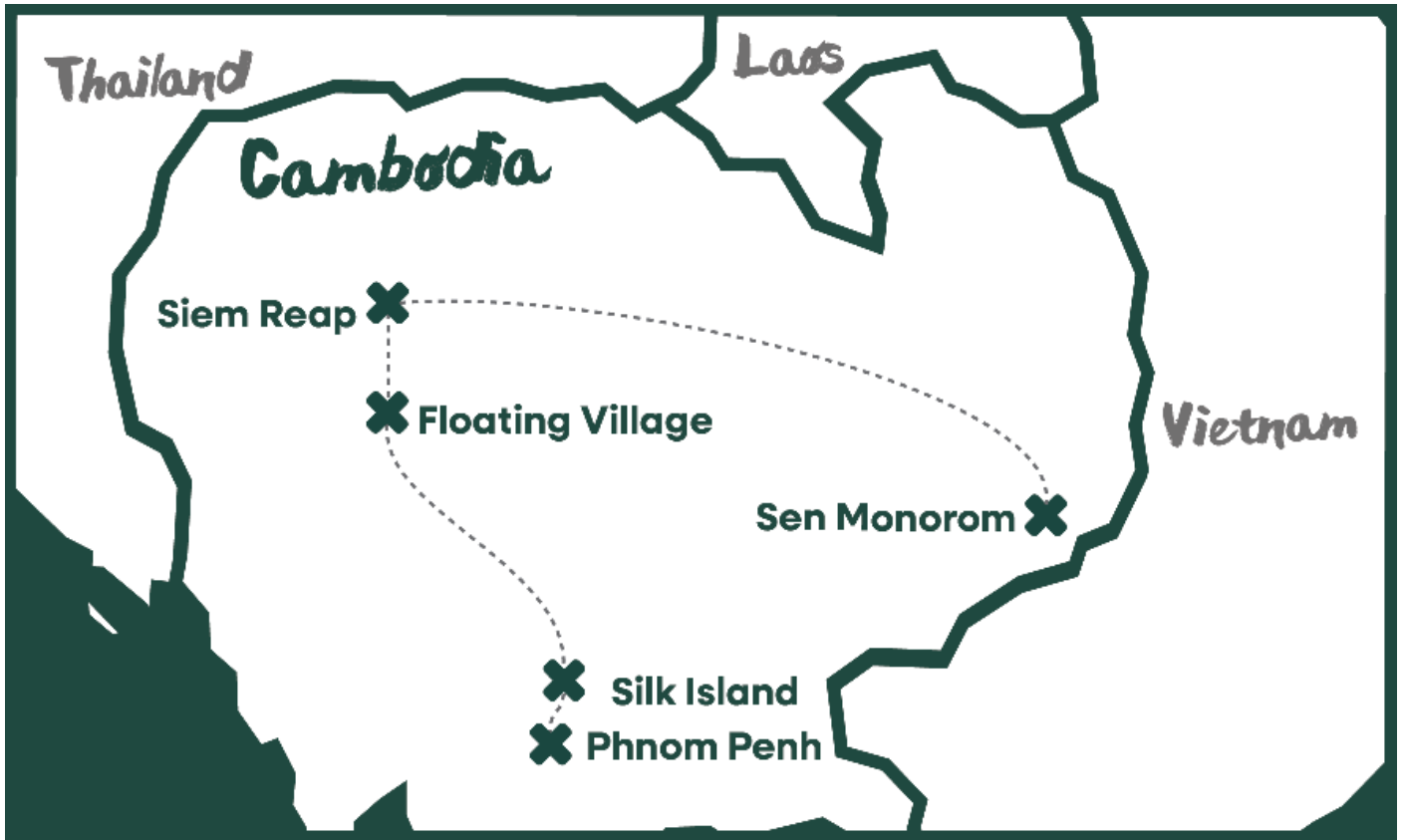
From Day 24 to Day 32, step into the role of a researcher as you work alongside a conservationist within Chitwan community forest. You will track the Greater One-horned Rhino by jeep and on foot, conduct vital wildlife surveys of birds and mammals, and monitor vulture behaviour at a specialised centre.

You will also join the local community on the farmlands to learn about rural livelihoods and conducting bird and butterfly surveys.

Beyond monitoring, you will support the community through grassland management, planting trees, and leading environmental lessons at a local school to raise awareness. You will also learn to make traditional momos during a cooking class, a perfect gateway to understanding Nepali culture.

After completing your final surveys and data entry, you will travel back to Kathmandu on Day 33 for some last-minute souvenir shopping at the markets.

Your time in Nepal will end with a tour of the ancient palaces of Bhaktapur and a visit to the Changu Narayan Temple before a final group farewell dinner and your departure on Day 35.



Destination: Cambodia

Uncover the magic of Cambodia, a Southeast Asian gem with ancient wonders and modern marvels. Here, the legendary Angkor Wat stands as a testament to the Khmer Empire's power, but it's more than just temples. Beautiful beaches, stunning skyscrapers, and roaring rivers can be found everywhere you look.

It's a country on the rise, with tourism and agriculture driving its economy. Though marked by a complex past, Cambodia is developing as a tourist destination and offers an unforgettable experience.

LANGUAGE

Khmer

CURRENCY

Sol

NATIONAL DISH

Fish Amok

POPULATION

18 million

TIMEZONE

GMT -5

NATIONAL ANIMAL

Kouprey

CAPITAL

Phnom Penh

COUNTRY CODE

+51

NATIONAL BIRD

Giant Ibis

Cambodia overview

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



Service & Learning

Conservation

- Animal trafficking lecture
- Rehabilitation programme intro
- Care for Sun Bears, Moon Bears & Asiatic Black Bears
- Food preparation
- Stimulation activities
- Elephant health check & monitoring
- Valley reserve hike
- Park maintenance
- Reforestation
- Trail maintenance
- Renovation projects
- Jungle trek
- Wildlife identification

Education & Community

- Lesson planning and delivery
- Resource creation
- Outdoor and sports activities
- Arts and crafts
- Health and hygiene workshops
- School ground or classroom light renovation

Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Hotel, lodge, host family

Culture & Leisure

- Oudong mountain: visit temples & shrines
- Choueng Ek Killing Fields visit
- Silk farm visit and weaving workshop
- Russian Market
- S-21 Genocide Museum
- Wat Langka meditation with monks
- Buddhist water blessing
- Angkor Wat sunrise
- Temple visits: Angkor Wat, Bayon, Tah Prohm, Neak Pean, Banteay Srey, Preah Khan
- APOPO centre: land mine awareness
- Phare circus show and social enterprise
- Night market walk
- Souvenir shopping
- Pool swimming & relaxation
- Monastery visit
- Movie night

Free time

- Self-guided city exploration
- Souvenir shopping
- Cafes
- Sightseeing

Logistics

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



Weeks 6 & 7 | Days 36 - 50

Education & history

Receive a warm welcome from our team at Phnom Penh Techo International Airport before heading to your accommodation to share a welcome dinner and settle in.

Your first days involve a cultural induction and Khmer language lessons to prepare you for your project work.

Dive straight into education and renovation work at a local school, where you'll spend your mornings supporting teachers and afternoons working on improving the children's learning environment.

Beyond the classroom, step back in time as you explore Cambodia's recent history at the Choeung Ek Killing Fields and S-21 Genocide Museum. These

sites will give you an insight into the importance in human rights and the incredible resilience of the Khmer people.

To reflect on today's experience and learning, you'll practise tranquillity and mindfulness during a guided meditation session at Wat Langka, a renowned Buddhist temple. This introduction to the "spiritual heart" of Cambodia offers a much-needed moment for inner peace and reflection.

You will also visit a traditional Silk Farm, explore the Royal Palace and Silver Pagoda, and receive a traditional Buddhist water blessing at a local pagoda.



Week 8 | Days 51 - 57

Temples & traditions

Travel by bus to Siem Reap, stopping for lunch by a beautiful lake along the route.

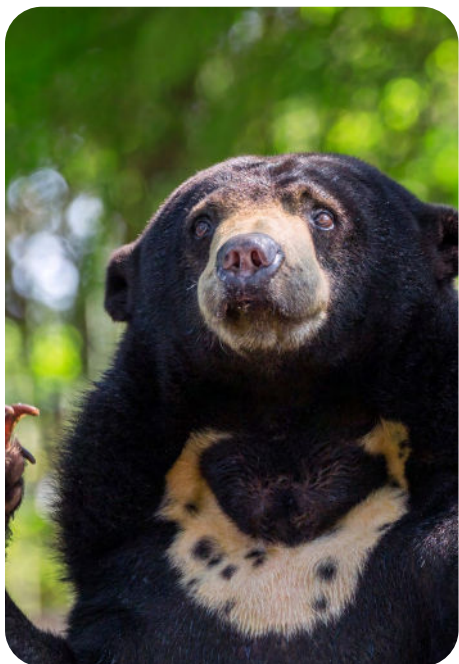
Rise at 4:30am to watch the iconic sunrise over Angkor Wat, once the heart of the Khmer Empire, before exploring the wider Angkor complex. Your expert guide will walk you through Bayon's famous stone faces and the hauntingly beautiful Ta Prohm, famous for its jungle-covered ruins featured in the Lara Croft film.

You will also discover the unique island temple of Neak Pean, admire the pink sandstone carvings of Banteay Srey, and visit the massive monastery complex of Preah Khan. These sites offer a profound look into the region's history, from ancient medical practices to classical Khmer art.

Beyond the temples, experience Siem Reap's culture through a traditional Apsara dance performance, lively night markets, and the Phare Circus, a social enterprise blending theatre and acrobatics. You will also learn about APOPO's innovative work using trained rats to detect landmines.

Embark on a boat ride on the Tonle Sap lake to discover floating villages and learn about the importance of the Mekong for local livelihoods.

On Saturday (Day 56), enjoy some free time to explore at your own pace or with other participants before travelling to Sen Monorom the next day and getting ready for the next part of your Cambodian adventure.



Weeks 9 & 10 | Days 57 - 70

Conservation in Sen Monorom

Continue your adventure in the highlands of Sen Monorom, where you will join an wildlife conservation efforts focused on animal welfare and forest ecosystems.

Start by receiving a placement induction to meet the team, get familiar with your new surroundings, and learn more about the initiative.

Working alongside conservationists, you will hike through the valley reserve to monitor the elephant population and conduct health assessments, while observing their natural behaviour. This hands-on work is essential to ensure the well-being of these beautiful animals and supports the ongoing work of the reserve.

In addition to elephant monitoring, you'll engage in forest restoration initiatives by assisting with park maintenance tasks, planting trees, trail upkeep, and small building projects.

When you're not working, immerse yourself in the landscape during a jungle trek to learn about indigenous wildlife and plants.

On Day 67, you will return to Phnom Penh to support the rehabilitation of Sun Bears, Moon Bears, and Asiatic Black Bears by preparing food and enrichment. Your journey concludes at historic Oudong Mountain to explore ancient shrines and meet with monks. Reflect on your achievements and personal growth before your departure on Day 70.

PROJECTS ABROAD.



**Experiences that shape
who you become**



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