



## Study and Social Services Tour

<b>Trip code</b>	
<b>Package name</b>	Study and Social Services Tour
<b>Duration</b>	9
<b>Max. elevation</b>	1380 m
<b>Level</b>	BEGINNER
<b>Transportation</b>	kathmandu - Lumbini - Kathmandu drive by Tourist Bus.
<b>Accommodation</b>	3***Hotel in Kathmandu/Lumbini twin sharing bed basis during the tour.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu - Lumbini - Kathmandu
<b>Cost</b>	USD 820 per person

## Highlights

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## Overview

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**Nepal is still a developing country. That means the country has many more things to do for being a developed country. The ancient history and archeological existence can still be found here. The country is itself rich in multilingual and varieties of culture, custom and tradition. So, those people who want to have a closer study in these topics can visit Nepal. However, Nepal also offers a variety of volunteering opportunity in various fields related to humans, children and animals. This tour package is a combination of all these matters.**

Hundreds of travellers visit Nepal with an aim to study the lifestyle of people living in a rural areas, forbidden areas, historical development, causes and preventing methods of natural calamities,

culture, tradition, etc. Many of the volunteers also make this country their ideal destination for social services and internship. Every year, Nepal welcomes volunteers to work on an incredible range of development and conservation projects, covering everything from volunteering with street children in Kathmandu to counting the tracks of endangered animals in the high Himalaya. Through study tours participants strengthen their knowledge and enhance their capacity by learning about international standards, best practices and by gaining exposure to the working system of Nepal. The potential for personal growth and the opportunity to forge a deeper connection with a local community can give a profoundly deeper aspect to the notion of travel.

Nature Trail Travel and Tour, Trekking and Expedition is adapting at designing and delivering study and volunteering tours for practitioners from around the world. We have arranged study tours on a number of topics like: history, archeology, child and animal rights and many more. Before beginning this program, we want you to know some rules regarding ethical volunteering. Though there will be no charges taken except for your food, lodging transportation and entrance fees, you are free to donate anything suitable from your side. Our 10 days study and social service tour begins with a visit to some historical sights having legendary story for each. If you are an architect then this is a great opportunity for you to explore an ancient archaeological monument. You can witness a different culture and you can also assume the lifestyle of the people in the history by exploring the house style, temples, and ancient palaces, chowk (a little compound in between several the houses which is a public compound), dresses and foods, etc. After 3 days of sightseeing tour around Kathmandu, Bhaktapur and Patan, you begin your Social service from fifth day. You will be working as a volunteer in HECAC, a non-profit organization which shelters and provides basic need to the children who are orphanage or are from deprived community. You can volunteer by teaching them the new things, you can also teach them English and help them in their home-works, assist them in their daily activities, accompany them while going to school and getting back from there, help them clean their rooms and surrounding areas, make some special dishes and feeding them, playing with them and doing some recreational activities. You can also teach and share them some new ideas if you are professional like: Yoga, Meditation, Art Therapies, Joggings and walk, Paintings, Sketching, Games, etc. You will have four day volunteering program in this Children Home. Afterwards, on the 9th day, you will be escorted to Lumbini, The birth place of Gautama Buddha. By visiting this place, you will have an insight to the birth place where the founder of Buddhism, Buddha was born. The next day, we will drive back to Kathmandu via same route. One leisure day is kept in case you want to do some shopping's or you could use this day to visit some animal center of Kathmandu which aids in protection of stray animals. On the day of departure, you will be escorted to the airport for your departure flight.

## Trip Itinerary

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### **Day 1 : Arrival at Tribhuvan International Airport. Upon arrival, meet and transfer to hotel.**

Arrival at Tribhuvan International Airport, Kathmandu. After the clearance of customs and luggage's, exist from the Airport Departure lounge and as soon as you exist you can see number of peoples outside holding a placard. Among them one of the representative of Nature Trail Travels & Tours, Trekking & Expedition will be holding a placard with your name in it. So, closely

look at them. He will then transfer you to your respective hotels. Or else, you can visit our office and after full description about your trip, you will be driven to your hotel. Overnight at hotel in Kathmandu.

## **Day 2 : Full Day sightseeing tour to the historical sites of Kathmandu which includes: Kathmandu Durbar Square and Patan Durbar Square**

The distinctive cultural and historical identities of the Kathmandu Valley make it an extraordinary place to explore. With your camera in hand, discover the enchanting cities of Kathmandu and Patan Durbar Square. We will drive to Kathmandu Durbar Square first. Kathmandu Durbar Square is listed as UNESCO World Heritage Sites. It is an ancient courtyard incredible with spectacular craftsmanship that reflects the local inhabitants of yesteryear. Several buildings in the Square collapsed due to a major earthquake on 25 April 2015. But construction has already been started and efforts have been made for its restoration. You can observe the hand crafted arts carved in temples, palaces, dabali, etc. Further, we drive to another historical town of Patan. The drive takes just 30 minutes without any traffic. Patan Durbar Square is regarded as the culturally and historically richest Durbar Square among three Durbar Squares (Kathmandu Durbar Square, Patan Durbar Square and Bhaktapur Durbar Square). It is also listed in UNESCO World Heritage Sites. Patan, the city of Artists, offers many visual treats for your study which will be practical. After full day sightseeing, you will transfer to your respective hotel for overnight stay in Kathmandu or Patan, the choice is yours.

## **Day 3 : Full Day sightseeing tour to the historical sites of Bhaktapur and Changunarayan**

Work on portraiture and capturing scenes from everyday life during the study tour today. Today's program will include: Bhaktapur Durbar Square and Changunarayan. Bhaktapur town is an ancient Newari town and is a cluster of prehistoric temple. The Durbar Square is a cluster of prehistoric temples, shrines, and sculptures: the Golden Gate, 55 Windows Palace, Big Bell, Dog Barking Bell, Taleju Temple, Vatshala Temple, Statue of Bhupatindra Malla etc. which is scattered all over this site. Changunarayan is located at the hilltop known as Changu or Dolagiri. The temple is known to be the oldest temple of Nepal. After sightseeing today, you can either get back to Kathmandu or stay in one of the hotel of Bhaktapur.

## **Day 4 : Visit to Narayanhity Palace and Swayambhunath**

Getting an opportunity to visit the place where our late King and Queen used to live is a golden opportunity. Today, you will observe all the opened rooms of Narayanhity Durbar. Narayanhity Durbar is a palace in Kathmandu, which long served as residence and principal workplace of the reigning Monarch of Kingdom of Nepal. Located in the Kathmandu, the palace was often the center of state occasions and royal hospitality. The palace complex is located towards east of the Kaiser Mahal next to Thamel, is incorporated in an impressive and vast array of courtyards, gardens and buildings. This palace was built by King Mahendra in 1961. The name, Narayanhity, is made up of two words 'Narayana' and 'Hity'. Narayan is the Hindu god Vishnu, whose temple is located opposite to the palace. 'Hity' means "water spout" in Newar language, which is also located to the east of main entrance in the precincts of the palace, a landmark that features

prominently in local legends. The Palace stands on the floor space 3,794 m<sup>2</sup> (40,838.28 sq.ft.) and is divided into three parts, the guest wing, the state wing and the private wing. Narayanhity Palace has 52 rooms called sadan and are named after 75 Districts of Nepal. Interior of the palace is based on Late Victorian style. After the 2006 revolution toppled the monarchy, the newly elected assembly declared Nepal as a republic country and King Gyanendra was forced to vacate the palace within 15 days. The royal palace is now turned into a public museum. The crown jewels are considered to be among the most valuable objects in Nepal. After visiting this Royal Palace, we further drive towards Swayambhunath also known as Monkey temple. There is a Stupa at the hill top. It is an ancient religious architecture atop a hill in the Kathmandu Valley, west of Kathmandu city. For the Buddhist Newars in whose mythological history and origin myth as well as day-to-day religious practice, Swayambhunath occupies a central position, it is probably the most sacred among Buddhist pilgrimage sites.

### **Day 5 : Drive to Lumbini (Birth place of Gautama Buddha)**

On the following day, we travel overland from Kathmandu to Lumbini, the birthplace of Lord Buddha, which has been reserved as the place of holy pilgrimage. Lumbini has been included as a World Heritage Site by UNESCO. This pilgrimage site in southwest Nepal attracts devout Buddhists from around the world, who arrive to pay homage at the Sacred Garden where the 'Enlightened One' was born. A famous landmark is the Ashoka Pillar raised by the great Emperor who converted to Buddhism. Today Lumbini has been enlivened by the multitude of architecturally beautiful temples, stupa and monasteries built by various international Buddhist communities.

### **Day 6 : Full Day sightseeing tour of Lumbini**

Sightseeing tour in Lumbini will be done by rickshaw today since other transportations are not allowed in those sites. Lumbini being the birth place of Buddha is also an important architectural and historical site of the world civilization. The places of interest today are: Tilaurakot, Gotihawa, Kudan, Niglihara and Sagarhawa. Kudan was where Buddha was received by his father after his access to enlightenment. King Suddhodana specially built the Kudan (Nigrodharma Park) for the accommodation of the Buddha and his followers. Gotihawa is the birth place of Krakuchanda Buddha. Niglihawa is where Kanakmuni Buddha was born. Sagarhawa is the archaeological findings as "place of the massacre of the Shakyas". We also walk through the Sacred Lumbini Garden where the Buddha was born converges on the Ashoka pillar, visit the Maya Devi Temple with its bas-relief sculpture depicting Maya Devi holding on with her right hand to a branch of pipal tree and giving birth to the infant Buddha who stand up on a lotus pedestal. The Ashoka pillar is said to have been erected by the Indian Emperor Ashoka in 250 BC and bears an inscription confirming this as the birth place of the Buddha. A stone image of Maya Devi giving birth to Lord Buddha as she holds onto a branch is seen in the Maya Devi temple. There's a museum nearby, The Kapilvastu Museum; the pottery, jewelry and ornaments are gathered in-house. End up the remarkable tour in Tilaurakot by visiting the shrines, monasteries and stupa near the sacred garden. Tilaurakot is the ancient palace of King Suddodhan (Siddhartha Gautama's father), where the Buddha spent his formative years as a Shakya Prince. The remains of many ancient Stupas and monasteries can be found in the surroundings of Lumbini.

You will have a great opportunity to study the history of the birth place of Buddha today.

### **Day 7 : Drive back to Kathmandu**

After such a wonderful tour, you will be driven back to Kathmandu with full of good memories and blessings. Upon arrival, you will be transferred to your respective hotel where you will take some rest.

### **Day 8 : Leisure Day or you can also visit few Non-profit Animal Centers for volunteering.**

This day is kept as a leisure day for you to do some shopping for your loved and dear ones. A token of love from Nepal can be a wonderful gift for them. Or you could also visit some animal centers which are serving to protect and provide medication and shelter to the stray animals. You could volunteer in one of the organization by helping them feed the animal, clean and wash them, maintain hygiene, provide some new ideas regarding their health and care, taking dogs and cats to the walk, preparing food for them, etc.

This will be a more relaxing day and you will be satisfied with your job at the end of the day. Some of the animal centers we can visit are:

#### **Sneha's Care**

Sneha's Care is a Charity foundation run by a woman who aims to help the street animals by any means she could. Sneha's Care is founded by Ms. Sneha Shrestha and her team in 2015. In her view, if we can formulate animal law in Nepal then the cruelty among the street animals will decrease which will gradually decrease the numbers of injured animals of street. So, she has been actively working for the same. This animal shelter has been sheltering more than 50 dogs who are victims of road accident, acid attack, attack from sharp weapons, and attack from boiled waters, diseased and abandoned animals. Sneha's Care has very low administration cost, and all members work on volunteer basis. So, only few staffs are appointed on a paying basis as the shelter is run by 90% or personal cost and only 10% of donation amount. So, they are very happy to welcome the volunteers to do their regular works.

#### **Animal Nepal**

Animal Nepal (AN) is an innovative NGO based in Lalitpur District, Kathmandu Valley, and run by an enthusiastic team of volunteers, who are both local and overseas animal welfare campaigners

and educators. AN believes that through awareness-raising and practical interventions, widespread animal cruelty can be gradually reduced, and that Nepal can ultimately become a model country for animal welfare in the region. AN conducts three outreach programs, focusing on stray and community dogs, working equines and working elephants. We manage three rehabilitation centres cum sanctuaries: Chobar Animal Sanctuary in Chobar village, and the Donkey Hospital and the Donkey Sanctuary, both based in Badhikhel. AN is well known for its national campaigns in the areas of working animals, livestock transport and slaughter, elephant abuse, dog poisoning, humane zoo conditions and urban greenery. AN conducts awareness campaign among school students and media representatives.

## KAT Center

The Kathmandu Animal Treatment Centre (KAT Centre) was first conceived after Jan Salter, the founder of KAT, visited the organization Help in Suffering in Jaipur, India. Impressed with the way this and other animal welfare organizations have managed difficult street dog problems and eliminated rabies through Animal Birth Control (ABC) and widespread rabies vaccinations, Jan came back to Nepal convinced Kathmandu, Nepal can become a rabies-free, dog-friendly city. The KAT Centre was registered as a non-profit, charitable animal welfare organization in 2003. The Centre officially opened its doors on 9 May 2004 and it has grown steadily since then.

## Day 9 : Departure

Depending upon your flight schedule, you will be transferred to airport for your final departure from Nepal. We hope that you enjoyed this pilgrimage tour and will return back to Nepal in future.

## Inclusions

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### What is included?

International & domestic airport transfers as per the itinerary.

6 nights 3 star hotel accommodation in Kathmandu on twin sharing basis on BB plan.

2 nights 3 hotel accommodation in Lumbini on twin sharing bed basis on full board basis ( Breakfast, Lunch and Dinner ) during the tour.

Kathmandu - Lumbini - Kathmandu drive by Tourist Bus

Chitwan National park fee

A professional english speaking guide for entire trip.

Complementary farewell dinner in a Typical Nepali cultural restaurant.

All government taxes, VAT, Tourist Service charges and official expenses.

### **What isn't included?**

International Air fare

Entry Visa fees - at present \$25 for 15 day, US\$ 40 for 30 day, and US\$ 100 for three month visa on entry into Nepal.

Lunch and Dinner in Kathmandu.

Temple and monastery entry permit fees.

Bar bills and Personal Expenses.

Tips for staff and guide (expected)

### **Complimentary**