UniBreak Groups

SAMPLE ITINERARY
SOCIAL WORK PLACEMENT
NEPAL

Day 1
Today you will travel to Bangkok on your way to Kathmandu. Arrive in Bangkok and be transported to your comfortable and conveniently located hotel for a night’s rest.
Accommodation – Airport Hotel (TWN share 1 night)
Meals - None

Day 2
After an early breakfast transfer back to Suvarnabhumi airport for your flight to Kathmandu. Arrive into Kathmandu in time for lunch and your first Nepalese dining experience. Spend the afternoon exploring the streets getting to know this intriguing capital city.
Accommodation – Volunteer Homestay with In Country Agent, Kathmandu (3 nights)
Meals – Breakfast, Lunch and Dinner

Day 3-5
Spend the next few days with our In-country Agent taking part in an orientation on Nepalese culture, cuisine, language and the health system to fully prepare you for your volunteer placement in Pokhara.
Accommodation – Volunteer Homestay, Kathmandu
Meals – Breakfast, Lunch and Dinner

Day 6
Travel by tourist bus for six hours today to reach the scenic town of Pokhara. At 900 metres Pokhara is located in a beautiful valley with a panoramic view of the Annapurna range and Machapuchare (Fish Tail Mountain). After leaving the hustle and bustle of Kathmandu, your journey to Pokhara will take you through the Nepalese countryside and give you an insight into rural life. Arrive in Pokhara and be transferred to your central guesthouse. Spend Sunday relaxing and getting to know your new surroundings.
Accommodation – Homestay (2 students per homestay - 7 nights)
Meals – Breakfast, Lunch and Dinner

Week 2 onwards
Work 5 days per week in small groups assisting and observing local staff in community centres, orphanages, schools, street kids’ centres and mobile medical vans. Help to implement community development and educational programs with the assistance of our In-country Agent and your Local Supervisor.
Accommodation – Homestay
Meals – Breakfast, Lunch and Dinner

Mid-placement
Today you will travel out to a local village about one hour’s drive from Pokhara and meet the family who will provide your homestay for the second part of the placement. Spend the rest of the day relaxing and getting to know the locals. Nirmalpokharai is located on top of a hill with magnificent views of Annapurna and the Fishtail Mountain.
Mid-placement
Your days will be spent assisting and observing local staff in various community projects including orphanages, schools, clinics and care centres in this rural setting.

Accommodation – Homestay (2 students per homestay)
Meals – Breakfast, Lunch and Dinner (simple Nepali cuisine)

Weekends
Explore Nepal on your weekends and immerse yourself in the colourful culture and festivals in the Himalayan Foothills. Learn about the customs of local Nepali, Tibetan and other tribal people who live in this mountainous region during your stay. Trek in the spectacular mountains, visit stunning temples and explore local culinary delights.

Final days
Transfer back to Pokhara this afternoon for a final night and farewell to Pokhara and its stunning lakeside setting.
Accommodation – Homestay
Meals – Breakfast

Return to Kathmandu to end your volunteer experience and reflect back on the time spent. You will have time this afternoon for any last minute shopping or seeing the sights of Kathmandu. Tonight enjoy a farewell meal before your onward journey tomorrow.
Accommodation – Homestay
Meals – Breakfast, Lunch and Dinner

Last day
Enjoy a leisurely breakfast and transfer to the airport for your flight home.
Meals – Breakfast

Inclusions
• Return international airfares (optional)
• Airport and departure taxes (optional)
• Travel Insurance (optional)
• Accommodation during placement
• Food during placement
• Antipodeans Training Workshop
• In-country meet & greet, airport transfers, orientation and transport
• Placement and screened community project
• Support by In-Country Agent
• 24 hr back-up by Antipodeans Abroad in Australia

Exclusions
• Visas and vaccinations
• Items of a personal nature
• Tips and gratuities

* A quote for an itinerary tailored to your needs may be provided with the following information: intended dates, duration, and proposed group numbers. Please contact Kirsten Cunningham at kirsten@antipodeans.com.au or (02) 9413 1522.