

Nepal 7 week Expedition

- How It All Comes Together...

This sample timeline is an overview of a 7 week Expedition in Nepal, the structure of your programme and what to expect. We hope it gives you a sense of life on Expedition. The exact order of the phases will vary for volunteers so we can ensure greater sustainability and you get the opportunity to work with a range of people in different locations.

First things first. Namaste, and welcome to Nepal!

On your Nepal Expedition, you'll be enchanted by the country's landscape and friendly people. A stunning country, Nepal is home to eight of the world's ten tallest mountains; snowy peaks and fluttering prayer flags will dominate your view. Our friendly team will meet you at Kathmandu airport and your Expedition will get underway.



Induction

Expedition begins with induction. Halfway between Kathmandu and Gorkha, lies the training centre where our induction usually takes place. Expect a busy few days as you get to know your fellow volunteers and get prepared for Expedition life. You'll receive essential training and safety briefings, find out more about the project you'll be working on and how your energy and hard work will contribute to creating lasting change.

Jaw dropping scenery

Leaving the training centre, you and your team will travel to the Gorkha region, where our community projects are based. The road might be a bit bumpier than you are used to but expect beautiful views and glimpses of rural Nepali life as you journey to your project.

Joining a community

Home for the next twenty days will be a homestay in a local village. Arriving here will give you your first insight into the famous Nepali hospitality. You will be living and working alongside the local community. Your arrival will be met with a sense of curiosity and excitement, particularly by the local children. Days will be spent working on a community led project, contributing to the Global Goals. Gorkha was badly hit by the 2015 earthquake and many villages are still recovering.

Your community project

You'll be working on a water and sanitation project to help improve access to drinking water, handwashing and toilet facilities as well as raising awareness of these issues in the community. Your team will be working alongside local project partners and community members to create lasting change. You could be helping construct toilets one day then be building handwashing stations the next. It might be hard work at times, but your effort and energy will make a real difference.



Gāmu (village) life

What better way to get to know Nepal than by spending time at the heart of a community? Whether you stay with local families or in a community centre, you'll all come together to cook and share meals. Expect plenty of rice and vegetables: dal bhat is the meal that features most regularly in Nepali food. Take time to get to know the local people, share stories, play games and enjoying finding out about their lives. If you're lucky, your time will coincide with a local festival or celebration. When the time comes to say goodbye, leaving your new friends and family will be tough but you can look back on your achievements in the community with pride.



Review, reflect, prepare

At the end of each phase everyone returns to the training centre for a couple of days before you move onto your next project. You will catch up with the rest of the Expedition teams and start to prepare for your trek. We'll ask you to give us some feedback on your first project, so we can review our approach and learn from your experiences. This is also your chance to get in touch

with friends and family. Once recharged and energised, you'll be ready for the next challenge - in a new team.



Trek

Before leaving the training centre, you and your team will pack your kit and supplies together before you embark on your exciting 19-day adventure in the Ruby Valley in Dhading. You'll trek up hills, through local villages, beautiful farm terraces and see stunning views of the central Himalayas.

Real adventure

Led by our local guides and Raleigh leaders, your trek will allow you to explore the incredible scenery that Nepal is famed for. After a day's trekking through the foothills of the Himalayas, you and your team will set up camp out under the stars and cook outside together.

Doing it together

Everyone starts and finishes trek together, come rain or sun and no matter what trekking experience you have beforehand. It requires courage to do something



beyond your comfort zone, and there are highs and lows. Supporting one another through these moments, not giving up and sharing your achievements together will be some of the most memorable and defining moments of your Expedition. The friendships formed on trek, whether through laughter, sweat or tears, are often some of the strongest on Expedition because of all that you have shared and learnt together.

Leadership

As with all the projects, you will all take it in turns to lead the group for a day. This is a chance to develop your leadership skills but most importantly, to learn about the power of team effort and the strength of working together to achieve your goals. Whether it's singing in the rain, scrambling up hills, lighting a fire or falling asleep in your tent after a long day of trekking, these are some of the memories that will stay with you forever.

Coming to a close

Whether you are travelling after your Expedition to explore the wonders of the wider region, returning to study, work or something else, Expedition isn't the end of your Raleigh journey. You're joining our 44,000-strong alumni community, a group of people where everyone involved has shown courage and determination to help create a more sustainable future.

The nature of our work means that timings and locations do occasionally change at the last minute. We ask you to be as flexible as possible. We don't take decisions to change things lightly, they are based on improving the long-term outcomes of our work and ensuring the safety of our volunteers.