



Culture week in Nepal

This program is designed to give you an in-depth introduction to Nepalese traditions, history, language, and daily life. You'll explore breathtaking temples, experience local markets, go on a scenic hike, and even participate in a scavenger hunt, all while learning about its rich cultural heritage.

Program description

This week-long program will help you adjust to life in Nepal by introducing you to its language, customs, history, and social norms. Through engaging culture classes, guided city tours, and hands-on experiences, you'll gain a deeper appreciation of Nepalese traditions and how they shape everyday life.

You'll learn basic Nepali language skills, cultural etiquette, and religious influences while exploring key landmarks. Visits to local markets, temples, and monasteries will provide firsthand insight into Nepal's vibrant lifestyle. A highlight of the program is the Swayambhunath Temple tour, one of Kathmandu's most sacred Buddhist sites.

Whether you're staying for a volunteer project or just beginning your adventure, Culture Week will help you navigate Nepal with confidence and cultural awareness.

Throughout the week, you'll be actively engaged in:

- Participating in Nepali language lessons to learn basic phrases for daily communication
- Exploring local temples, markets, and cultural sites
- Taking part in traditional ceremonies, yoga, and meditation
- Learning Nepali cooking techniques in a hands-on session
- Gaining insight into Nepal's education system and its impact on communities
- Going on a scenic hike to admire the Kathmandu Valley
- Joining fun activities like a city-wide scavenger hunt and movie night

Additional Equipment

- Modest clothing (covers knees and shoulders)
- Comfortable walking shoes, sandals, water shoes, hiking shoes
- Sun hat, fleece sweater, windproof rain jacket (depending on weather)
- First-aid kit (medications, sunscreen, insect repellent, rehydration tablets)
- Toiletries (shampoo, soap, etc.)
- Day pack, small travel towel, reusable water bottle
- Moneybelt locks for bags
- Personal entertainment (books, cards, music player)



Schedule

Monday

- Traditional Puja ceremony and name-giving ritual
- Introduction to the week's schedule and document handling
- Icebreaker activities with fellow participants
- Cultural seminar on Nepalese social norms, etiquette, and traditions
- Neighborhood exploration activity to find key locations like banks, temples, and restaurants

Tuesday

- Group discussion to address health concerns and cultural adaptation
- Basic Nepali language training
- Shopping at a local market
- City orientation tour with an interactive Scavenger Hunt
- Movie night

Wednesday

- Yoga and meditation session
- Hands-on Nepali cooking class
- Guided tour to Sleeping Bishnu, Jamchen Vijay Stupa, and ISKON Temple

Thursday

- Visit to the famous Swayambhunath Temple
- Discussion on Nepal's schooling and education system
- Culture Night

Friday

It's all about hiking today! We will go on a nature trail into the mountains to get a view of Kathmandu Valley.

*This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.