

TEEN EXPEDITION

14-DAY

ITINERARY

POKHARA



POKHARA, NEPAL

Experience the world
through a different lens



DO GOOD, BETTER

🕒 10
service hours

14-DAY ITINERARY

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Day 1

Touchdown in Nepal! Meet fellow adventurers before heading out to explore Kathmandu Durbar Square. End the day by sharing a tasty local meal together.

Day 2

Travel to Pokhara and check off the orientation sesh. Next, join a local NGO to teach you how to make dumplings (yum!) while sharing inspiring stories.

Day 3

Learn valuable Nepali greetings and phrases to use while you're on your expedition. Reflect and chat with your friends about language privilege.

Day 4

Reduce, reuse, recycle! Lend a hand to help the local construction and upcycling projects, and discuss different views on environmental issues.

Day 5

Move to the rhythm of Nepal! Learn traditional dance moves from experienced dancers, and get immersed in the locals' vibrant multi-ethnic culture.

Please note that this itinerary may vary depending on the partners that we are working with at the time of your program.



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Day 6

Get your hands dirty by contributing to sustainable local initiatives. Engage with the community to get a fresh perspective on development work.

Day 7

Enjoy fragrant butter tea and Tibetan bread with a local family. Then, explore the World Peace Pagoda to learn about Buddhist peace principles.

Day 8 - 12

Lace up! Time to trek the iconic Himalayas, discover how climate change is impacting the glaciers and sleep in a tea house with breathtaking views.

Day 13

Visit a real Tibetan monastery and learn about Nepal's colourful heritage, and the history of Tibetan refugees and their realities today.

Day 14

With a camera roll filled with epic pics and a heart full of memories, it's time to return home to share your experience with your fam. Dhanyabād!

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It's hard to do good, well

We allow no compromise in the ethical standards of our programs, especially as they involve engagement with communities and ecosystems.



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We're not **just passing** through

We do long-term project work throughout the year. Our impact comes through trusted relationships built over many years.



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You're in safe hands

We allow no compromise in the ethical standards of our programs, especially as they involve engagement with communities and ecosystems.



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Permanent **in-country** staff

Our staff are all in-country residents.
All staff are trained in health and safety and
pastoral care, and have emergency and
mental health first response qualifications.



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Holistic personal development

Our expeditions are intentionally designed to achieve specific learning outcomes. Our experienced expedition leaders ensure engaging training, experiential learning, and discussion and reflection that leads to personal growth.

Every year we evaluate the impact our expeditions have on teenagers and publish the results in our impact report. We evaluate how students have grown in the following key areas.

- ✓ Self-awareness
- ✓ Community development and conservation
- ✓ Communication
- ✓ Cultural sensitivity
- ✓ Climate change
- ✓ Teamwork
- ✓ Positive mental health
- ✓ Leadership
- ✓ Resilience
- ✓ Inclusivity

