GIVE Trip Overview
Tibetan Frontier Nepal Excursion

Growth International Volunteer Excursions

The Roots of Change
## GIVE Excursion Overview Table of Contents

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GIVE Excursion Overview

NOTE: WEAR YOUR HIKING BOOTS ON THE PLANE OR PACK IN YOUR CARRY ON!

Get ready! Your GIVE Nepal Excursion is coming up soon, so prepare yourself to be immersed in the culture of new and unique environments, to meet incredible people, and to broaden your perspectives of the world. Your journey in Nepal will take you all the way from the bustling streets and medieval architecture of Kathmandu, to the doorstep of the Himalayas!

The people you will meet along the way in this journey are sure to inspire you, offering a profoundly unique display of local color from native villagers, coupled with the inspiring dedication and openness of your fellow volunteers. As an individual, you will be directly involved in the innovative, eco-friendly, educational, and sustainable volunteer projects we have set forth to complete, benefitting our host communities in Nepal for years to come.

This Excursion Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed, and all of the information is important to making sure your experience is as enjoyable as it can possibly be.

Preparation Reminders Prior to Departure

All trip preparation information can be found on our website as well! Go to www.givevolunteers.org, then click “Trip Prep” in the navigation and chose your destination.

Passport:

Don’t forget to bring your passport and a color photocopy of your passport to Nepal! Our office should have already received a color copy of your passport, but it is important that you bring a color copy when traveling abroad as well.

Make sure that your passport is valid and does not expire within 6 months of your return travel date. For example, if you return home on June 19, 2019, your passport expiration date cannot be prior to December 19, 2019.

If you have not yet ordered or received your passport, please contact us immediately by phone at +1 (206) 973-7991 or email at info@givevolunteers.org.

GIVE Excursion Overview - 4
Nepal Visa Information

Before you leave, it is important that you sort out your Nepalese visa for your time on your GIVE program. You have 2 different methods to apply for your Tourist Visa On Arrival....

Option 1: To avoid cues at Tribhuvan International Airport (KTM – Kathmandu), when your plane lands, we recommend that you fill in the application form online before and have a print out of the document with you. This online form can be filled in from 15 days before your arrival into Kathmandu. (See below for the online link to this document).

Option 2: When you land in Kathmandu airport you will be able to line up and use the electronic kiosk computers to complete the required form.

Please continue reading below for a detailed explanation of both Options 1 and 2.

PAYMENT FOR VISA

Please bring the appropriate amount of USD for visa payment in your carry-on bag so that you can pay for your visa on arrival at Kathmandu airport.

On Arrival Visa Fee

30 Days – $40 USD

- Necessary if you are doing the Nepal Excursion & Everest Base Camp Add-On or the Tibetan Frontier Program

Please note that residents of the following 12 countries are required to obtain a Tourist visa from a Nepalese Embassy or Consulate prior to their departure to Nepal: Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan, Syria, Refugees with a travel document.

Also note that citizens of the following countries can receive a tourist visa free of charge for up to 30-days: Afghanistan, Bangladesh, Bhutan, Maldives, Pakistan, Sri Lanka, China, Hong Kong and Macau.

VISA ON ARRIVAL PROCESS

Option 1: At any stage 15 days before your arrival into Kathmandu, you are able to fill in and complete an online Visa on Arrival form for Nepal. This is the method that we would recommend you do to avoid
long line ups at the kiosk counter in the airport. However, if you are unable to complete this form online or print it before leaving your home country, then Option 2 is also possible!

Follow these steps to apply for the visa online before leaving home:

1. Follow this link to access the visa form online - [http://online.nepalimmigration.gov.np/tourist-visa](http://online.nepalimmigration.gov.np/tourist-visa). You will also need to upload a digital photo of yourself through this link. Use the information at the bottom of this document to fill in the requirements of the form.

2. Once your application form has been successfully processed, please print the page at the end that includes your “Submission ID, name, passport number and digital photo”, and bring this with you when you arrive into Tribhuvan International Airport in Kathmandu.

3. On the plane, please fill in your Arrival Card using the information provided below. Your arrival card will be provided to you by your flight attendant before arriving in Nepal. There are also copies of the Arrival Card on desks as soon as you walk into the airport.

4. Walk straight to the visa payment counter and provide the clerk with the appropriate visa fee in USD. There may be a long line to wait in for this part as many people on the plane will be needing to do the same thing.

5. Once you have paid the appropriate fee, you will receive a receipt. Proceed to the Immigration desks and hand the Officer your passport, visa payment receipt, visa on arrival printout (that you did at home via the online link) and completed arrival card. The visa will be stuck into your passport on a blank page and stamped and dated. Before leaving the counter, please look at your visa in your passport and visibly check that the departure date is correct for the length of time that you will be in Nepal.

Option 2: Follow these steps when arriving to Tribhuvan International Airport to apply for your visa:

1. Fill in your Arrival Card using the information provided below. Your arrival card will be provided to you by your flight attendant on your plane before arriving in Nepal. There are also copies of the Arrival Card on desks as soon as you walk into the airport.

2. Fill out your Tourist Visa Application Form using one of the electronic Kiosk machines as you arrive at Tribhuvan International Airport. They are large white computer stands and should be located on your left as you walk into the airport from the airplane runway. There will be a webcam in the kiosk to take a photo of yourself for this documentation.

3. Take the kiosk printout and proceed straight ahead to the visa payment counter and provide the clerk with the appropriate visa fee in USD. There may be a long line to wait in for this part as many people on the plane will be needing to do the same thing.

4. Once you have paid the appropriate fee, you will receive a receipt. Proceed to the Immigration desks and hand the Officer your passport, visa payment receipt, visa on arrival printout and completed arrival card. The visa will be stuck into your passport on a blank page and stamped and dated. Before leaving the counter, please look at your visa in your passport and visibly check that the departure date is correct for the length of time that you will be in Nepal.
ONCE YOU HAVE YOUR VISA...

Continue down the escalators to collect your bags from the carousels. Be prepared to wait in a cue of people as you all go through the metal detector after the escalator. Collect your bags from the baggage carousel. Please be aware that often your bag would have already been taken off the carousel and may be sitting on the ground next to other baggage. Please carefully check all around every carousel to look for your bag. Once you have your bag, you will walk through the ‘Green’ area of customs. You may need to show officials your baggage tags so they can match that you have the correct bag, so please keep these accessible.

Continue walking past the money exchange booths (you will have a chance to do this near to our Hotel in Kathmandu), and as you exit the airport through the doors on the left and walk outside, keep your eyes out for your GIVE guides in green t-shirts with a big sign to welcome you amongst the crowd of people!

This is the area you will walk out into after baggage claim. Turn to go outside to meet your GIVE Guides. Look out for them standing under this small shelter with a Green sign and Green shirt!
Nepal Arrival Form Information:

You wouldn’t have been issued your Nepali Visa as yet, so leave Visa number blank.

You can tick Tourism and then underneath tick Rafting, Trekking and Other as you like!

Address in Nepal: Himalayan Sherpa Inn, Amitabha Road, Boudha, Mahankal.
Address in Nepal:
House No: 5
Street Name: Triyoti Sadak
Ward No: 12
VCD/Municipality: Budanilkantha
District: Kathmandu

You can leave these blank if this is your first visit to Nepal

Don't worry about trying to fit in your whole address in the Street Name line.
Pin Number should be your zip code/postal code.

If the photo doesn't load, you may need to try a different size or file type.

### Address in Nepal

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<th>Value</th>
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<tbody>
<tr>
<td>House No.</td>
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</tr>
<tr>
<td>Street Name</td>
<td>Triyoti Sadak</td>
</tr>
<tr>
<td>Ward No.</td>
<td>12</td>
</tr>
<tr>
<td>VCD/Municipality</td>
<td>Budanilkantha</td>
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<tr>
<td>District</td>
<td>Kathmandu</td>
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### Address of the Hotel

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<tr>
<td>Name of the Hotel</td>
<td>Himalayan Sherpa Inn</td>
</tr>
<tr>
<td>Address of the Hotel</td>
<td>Ward: 12 VCD/Municipality: Mahankal District: Kathmandu</td>
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### Address in Nepal – Hotel

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</tr>
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### Online Visa Form

If the photo doesn't load, you may need to try a different size or file type.

Don't worry about trying to fit in your whole address in the Street Name line.
Pin Number should be your zip code/postal code.
Address of Green Paw Adventures Nepal (P) Ltd.

Name: Green Paw Adventures Nepal (p) ltd
Street Name: Trijyoti Sadak
Ward Number: 12
Street Address: Kapan, Faika
Municipality: Budanilkantha
Contact Person: Geljen Sherpa. +9779851078764, Pasang Sherpa +9779866806588

a) Address of the hotel:
Name of the hotel: Himalayan Sherpa Inn
Street name: Amitabha Road
Ward Number: 12
Street address: Boudha, Mahankal
Municipality: Mahankal
Hotel Phone Number: +97714499855, +97715178387

Vaccinations:
GIVE is unable to provide you with a list of recommended vaccinations for traveling in Nepal. You can find a list of recommended vaccinations on the Center for Disease Control website: http://wwwnc.cdc.gov/travel/destinations/list.htm. Vaccinations and medical precautions are your discretion with the recommendations of your doctor or travel clinic.

Although there are no vaccination requirements for travelers from the United States, United Kingdom, or Australia to enter into Nepal, GIVE strongly recommends that you contact your doctor or visit an immunization clinic to discuss vaccinations as soon as possible, as some vaccinations take time to take effect or you may need a course of vaccinations. Inform your doctor that you are traveling to Nepal and the activities you plan to participate in so they can provide guidance. Note that GIVE cannot provide you with vaccinations before or during your trip.

To learn about vaccination recommendations or to find a travel clinic near you, visit Centers for Disease Control at http://wwwnc.cdc.gov/travel/destinations/list.htm.

Medications:
GIVE is unable to provide you with a list of recommended medications for your excursion. It is your discretion with the recommendation of a doctor or travel clinic if you choose to take medications on your excursion.

You are responsible for providing your own over-the-counter or prescription medications throughout your excursion. This includes allergy medications, anti-inflammatory medications, pain relief etc. Please
discuss these concerns with your doctor before your excursion. If you have asthma (even mild), please do not forget to bring your inhaler! If you need an Epi Pen please bring this and have this on you at all times throughout the excursion. Also, it’s a good idea to plan ahead and bring vitamins (Vitamin C/hydralyte) and over-the-counter medications, such as cold and flu tablets and hayfever medication in case you start to get sick.

If any changes to your health occur, it is critical that you update your Traveler Information in your Volunteer Profile as soon as possible. You can access your Volunteer Profile from our website at www.givevolunteers.org. If you make any changes within 15 days of your excursion, please notify us by email at info@givevolunteers.org. If you plan to take medications on the trip, please bring the medication name and description to provide to your GIVE guides when you arrive in Nepal.

Safety and General Health Concerns:

International travel inherently involves risk and we maintain a culture of comprehensive risk mitigation while carrying out our mission to inspire growth, empower global citizens, and encourage sustainable change worldwide. GIVE strives to minimize risk through proactive measures, with the ultimate goal of providing you with an experience of a lifetime that is not only educational and inspiring, but, more importantly, safe and secure.

In large part, the international crime warnings surrounding travel in Nepal become an issue when traveling alone or with one other person in unfamiliar, large cities. The majority of time spent on our Nepal excursion takes place in very secluded and rustic rural areas, where you will always be with at least 10 other volunteers and at least two guides. In addition, we have forged strong relationships with local governments and community members where we work, making the environment welcoming, warm, and friendly. In the event that an unforeseen circumstance does arise, we are prepared with a comprehensive risk management plan to respond to the incident(s), and we are therefore fully prepared with resources, such as medical supplies and routes to local hospitals and clinics.

To protect your general health in Nepal, it is important that you take good care of your body, and that you are physically prepared to be a volunteer. We work outdoors daily engaging in strenuous building projects in a varied and changeable environment. This means that you must be aware of your hydration, sun protection, and nutrition at all times. In the off chance that you do become ill or need to seek medical attention, we can arrange for you to visit a local clinic or nearby hospital to receive care.
Flights and Arrival in Nepal

Flights:

NOTE: WEAR YOUR HIKING BOOTS ON THE PLANE OR PACK IN YOUR CARRY ON

Before you depart, be sure to check your flight departure time online, or if you booked with Flight Center, contact an agent to make sure that your flight information has not changed.

GIVE group flight itineraries include routes and layovers through specific airports so that you and other GIVE volunteers departing from the same region may travel together. You can meet other GIVE volunteers in route to Nepal during your layover(s) or on the plane and should hence be on the lookout for fellow volunteers. To make it easy to identify each other, tie a green ribbon or string to your carry-on bag. You can even make a GIVE sign to find other volunteers while in transit to Nepal. You can also utilize the Facebook group page to connect with your fellow volunteers before traveling and make plans to meet up in transit.

Arrival in Nepal:

Since we arrange group flight itineraries, volunteers will arrive at the Tribhuvan International Airport (KTM) at (or around) the same time.

If you are obtaining your Visa On Arrival (see above), you will receive two immigration forms on the airplane: an Arrival Card and a Visa On Arrival Application. Complete both forms and provide to a Nepal customs agent upon your arrival.

The Instructions on how to complete the forms is above under the Visa On Arrival section on page 5.

After you exit the plane, you will enter the airport into the Arrivals Hall. This is where you will go through Nepal immigration with your Visa On Arrival Application and Arrival Card. There is one line on the left-hand side for the Visa On Arrival, enter that one first and follow the instructions of immigration officers. (Make sure you bring US dollars to pay for visa fees). Once you have received your Visa, line up at one of the multiple arrivals counters on the right hand side to display your passport and Arrival Card to immigration officers.

After you pass through customs, you will head over to baggage claim. Collect your baggage here, and exit the baggage claim area. Quite often, your bag has already been taken off the baggage carousel before you reach there, so please check around the sides of the carousel and on the ground to find your bag. You will need to show your correct baggage tag to some officers before leaving the baggage claim area, so please keep this tag with you. Just outside the arrival gate doors you will see your GIVE guides waiting in a green GIVE shirt. If you do not see your guides or you are arriving at a time outside of the scheduled group pick ups, then please turn to the right when you get outside and wait in the waiting room. There is no need to change money at the airport, as you will have an opportunity to do this when you arrive at the accommodations in Kathmandu.
After the group collects their baggage and everyone is together with the GIVE guide, you will take our transportation to our accommodations in Kathmandu, which is only about 20 minutes from the airport.

**Airport Pickups:**

There will be 3 - 4 airport pickups on your trip start date. We will email you the pickup times one week before your departure date with additional details regarding your excursion. If you arrive before our airport pickup times, be sure to wait in the international arrivals hall waiting room until the scheduled pickup time. **Do not leave the arrivals terminal, stay inside the airport and keep an eye out for your guide in a green GIVE shirt!**

**Flight Delays or Cancellations:**

In the event of flight cancellations, unexpected delays, or changes, here’s what to do:

1. **Go straight to the gate agent at the airport.** They will be the best resource to assist you to rebook your flight. If you’re not yet at the airport, skip to step 2.

2. While waiting to speak to the gate agent or if you’re not at the airport, call your booking agents or the airlines directly. If you booked through **Flight Center**, the numbers are below for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.
   - **Flight Center USA:** +1 (877) 862-7051 or +1 (310) 401-2253
   - **Flight Center UK:** +44 203 056 7993
   - **Flight Center AUS:** 1300 557-813

   *If there are other GIVE volunteers, join together and choose one point person to speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE AND post your updated itinerary on your GIVE group’s Facebook page!** Make sure to include the airline, number, arrival time, and names of other GIVE volunteers with you. This will notify your guides of your new arrival time, so they can be there to pick you up!

4. Your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees** (see below sections). Contact GIVE if you have any further questions at info@givevolunteers.org or call our offices at +1 (206) 973-7991.

5. If flight changes result in a layover of more than six hours or if you have to pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate
arrangements and explain how your insurance policy applies in your circumstances. **Make sure to keep all receipts!**

**Talking to gate agents at the airport and calling your flight agents/the airlines are the best resource to rebook your ticket.** If you have additional questions or need support, GIVE monitors the lines 24/7 while volunteers are in route to their host country.

**Next Day Flight Arrival:**

If your flight is cancelled or delayed and you are unable to arrive to Tribhuvan International Airport on your trip start date, do not panic. **Follow the same steps outlined above for delays and cancellations.** Make sure you email your new flight itinerary and post in your GIVE Trip Facebook Group so your guides can arrange alternative transportation. If you arrive the day after your trip start date, you will take a private jeep transfer to meet the group that will cost $150 USD. This can be paid for with USD or the Nepali Rupee equivalent (approx. 16,000 rupee)

**Note that you will be responsible for transportation to our accommodations to meet the group.** Depending on the circumstances, your Travelers Insurance may reimburse you for costs incurred as a result of your flight delay or cancellation. You will be provided with a receipt for this private transfer that you can use to claim with your travelers insurance after the excursion completion date.

**Important Note:**

**Any travel expenses outside of the GIVE excursion itinerary are the responsibility of the volunteer to pay out-of-pocket, including costs associated with delayed and/or interrupted travel to and from the host location.** We require all volunteers to have International Travel Insurance that may provide reimbursement for costs if they are within the policy coverage.

It’s always a good idea to wear your hiking boots on the plane, bring an extra change of clothes (ideally culturally appropriate clothing that covers your knees and shoulders for women), a good pair of hiking socks, all medications, important documents and money **IN YOUR CARRY ON LUGGAGE** in the case of a next day arrival, lost luggage or any other unforeseen circumstances. Our guides will do everything in their power to obtain clothing and appropriate items if your luggage is lost or delayed. In adherence with our itinerary, we will be traveling in areas that we require all female volunteers to cover knees and shoulders, so it would be beneficial to have spare clothing with you.

**Lost or Delayed Baggage:**

If your baggage does not arrive at the airport, do not panic. Go to the lost luggage counter to make a lost luggage claim. Please give the representative your guide’s name and phone number to contact when your luggage arrives (you will receive an email with your guide’s contact information prior to departure). Keep the copy of your lost luggage claim. Depending on the circumstances, your Traveler’s
Insurance may reimburse you for each day that your bag is lost or delayed.

Donations

For the time being we are shifting away from donations being brought over by volunteers from your respective home countries, unless our education program requires materials not readily available in Nepal. This will help to stimulate the local economies by buying directly from the local communities. Your support is in no way less desirable; we are only aiming to create the most sustainable and direct impact as possible.

We ask you to please avoid bringing donations from home, as there are more than enough materials for sale in Nepal and we always strive to support the local economy. If there are specific supplies necessary that we can’t purchase in country, your guides will notify you well in advance in your Facebook group.

Money

Notify Your Local Bank Before Departure (Important!):

Prior to your departure, inform your bank that you are traveling to Nepal. This is important so that your bank does not put a hold on your account for irregular transactions. If your bank does put a hold on your account, you will not be able to access your money and it could take days to be able to use your card or access money from your bank. It only takes a quick phone call to your bank before you depart to inform them of your destination and length of travel to eliminate any potential problems! It is also encouraged to bring more than one debit/credit card (if available) just in case one does not work or is lost/stolen.

Currency and Exchange Rates:

The national currency in Nepal is the Nepalese Rupee.

The current exchange rate is approximately $1 US Dollar (USD) is equal to about 111 Nepalese Rupee. We encourage you to look up current exchange rates prior to your departure as rates do fluctuate. You must use Nepalese Rupees if you plan on spending money shopping, eating, or engaging in other activities. If you do bring USD’s to exchange, you will have a better exchange rate with large bills. It is important to bring new and crisp bills, as ripped or dirty bills will most likely not be accepted. Also please be aware the old $100USD bills will not be accepted or exchanged anywhere in Nepal.
Although uncommon, you may be able to exchange money at your local bank before you depart for Nepal. Most banks do not carry Nepalese Rupees and have to order the currency. Even if you bring Rupees, be prepared to withdraw cash from the ATM upon arrival in Nepal if needed.

It’s important to take into consideration that you will only be able to use the ATM while we are in Kathmandu on the first and last day of the trip, as the villages we will travel to do not have ATMs or banks. Because there is limited access to ATMs or banks in the villages, think about your spending habits when withdrawing money. Plan ahead so you are not left without cash. Your GIVE guides will remind you to use the ATM before we depart for our destinations. Make sure to plan ahead so you do not run out of money!

**Money Recommendations During Your Excursion:**

Since spending habits vary from person to person, please plan according to your own personal habits! GIVE suggests planning to spend Nepali currency equivalent to $200 to $300 USD for purchasing snacks, souvenirs, gifts, drinks, etc. You can always ask your GIVE guide for help translating and calculating exchange rates while shopping or purchasing souvenirs.

All of your fresh, drinking water, as well as three meals a day are provided for you during your GIVE excursion. Since we encourage you to experience purchasing and tasting the delicious local cuisine (as well as helping to boost the local economy), expect to purchase a couple of meals or snacks yourself when the opportunities arise. In our experience volunteers prefer to buy a couple of meals themselves to broaden the scope of their experience!

**Communication**

**Adapters:**

In Langtang, most of the electricity is from solar power. Therefore, there will be some teahouses that we are staying in that may ask for money to be able to charge your devices in order for them to be able to run and maintain their solar panels and batteries. The full charging rate for one device may range from 100 rupee - 300 rupee (approx. $1-$3USD). Please be prepared for this, using your devices sparingly and we highly recommend that you bring your own personal portable power bank or charger.

You will be able to charge your cameras and other electronic devices throughout most of your time in Nepal. In Nepal the power sockets are of type C, D and M. The standard voltage is 230 V and the standard frequency is 50 Hz. Click the following link for more information on power adapters and converters for Nepal: [https://www.power-plugs-sockets.com/nepal/](https://www.power-plugs-sockets.com/nepal/)
Note that electricity will shut off occasionally throughout your trip, especially in more remote villages outside of Kathmandu. There are brief points during the itinerary when you won’t have access to electricity, but your guides will do their best to notify you of these instances in advance. Bringing a portable power bank or charger is recommended.

**Contacting Home:**

We understand that your family would like to know you arrived safety in Nepal. To satisfy this, an email will be sent to your emergency contact after your entire group has arrived and settled in our accommodations. Please double check and verify that your emergency contact's information is correct on your volunteer profile and that they are aware that we will be sending them an email upon your arrival. We will also post photos on our Facebook page and other social media outlets throughout your excursion, so let your family and friends know to follow our Facebook page: [www.facebook.com/givevolunteers](http://www.facebook.com/givevolunteers)

An important aspect of traveling internationally is to “unplug” from your life back home and “plug in” to the surrounding environment. **We ask our volunteers to unplug from phones, social media, and contact with friends and family at home during their GIVE excursion to truly engage in their volunteer experience.** Keep in mind that Nepal is a developing nation with limited infrastructure and it may pose a new challenge to not have daily access to electronics and Wi-Fi. Disconnecting from your daily life will allow you to plug into different parts of yourself and truly experience Nepal, and it will ultimately provide you with a more enjoyable, relaxed, and authentic experience.

Make sure to inform your family that communication is limited and is not to be expected. There will be extremely limited access to phone or Internet throughout your excursion, so do not plan to contact home daily. Tell your family that communication is extremely limited and that they should not expect to hear from you. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to call or email home. Wi-fi is generally available on the first and last day of your excursion while we’re in the city of Kathmandu.

**Home Contacting You:**

It is important to let your family know not to expect to have communication with you while you are on your Nepal excursion. For status updates or general questions, your family can contact the GIVE offices at +1 (206) 973-7991 or email [info@givevolunteers.org](mailto:info@givevolunteers.org) while you are in Nepal. Our GIVE team will be able to relay any messages to you and your guides.

For emergencies or non-emergencies, your family can contact the GIVE offices. For time-sensitive emergencies only, your parents can contact your guides directly. You will be emailed these numbers in the near future to have and use in emergency situations only.

GIVE will occasionally post photos of your excursion to our social media, so be sure to let your family and friends know they can follow your excursion on Facebook, Instagram, Twitter, as well as GIVE’s other social media sites. GIVE’s social media webpages can be accessed through the social media icons.
on our website at [www.givevolunteers.org](http://www.givevolunteers.org). Please inform your family that we will do our best to post photos of your group throughout the trip!

**Wi-Fi**

Wi-fi will be free and available at our larger accommodations in Kathmandu, Shryabrubesi and Bhaktapur. Wi-fi will be available along the whole trekking trail at the tea houses and at our accommodations in Langtang. There is a wi-fi card called “Everest Link” that can be purchased from teahouses along the way. There are 2 options for this card. One option costs 500 rupee and gives you 200MB of data for one device. The other card option costs 1000 rupee and gives you 1GB of data for one device. Purchasing wi-fi while on the trip will be personally up to you and is not provided as part of your GIVE excursion.

**Weather**

Monsoon season begins around the end of June and lasts until the end of September. About 80% of Nepal’s annual rainfall is during that period, so the remainder of the year is pretty dry. Spring and autumn are the most pleasant seasons; winter temperatures drop significantly, with a high level of snowfall in the mountains, while high summer can be extremely hot. Summer to late spring temperatures range from 83°F (28°C) in the hill regions, to more than 104°F (28°C) in the southern region.

In winter, average maximum temperatures range from a brisk 45°F (7°C) to a mild 74°F (23°C). The Central Valleys experience a minimum temperature often falling below freezing point and a chilly 54°F (12°C) maximum. Much colder temperatures prevail at higher elevations. The Kathmandu Valley, at an altitude of 4,297ft (1,310m) has a mild climate, ranging from 67-81°F (19-27°C) in summer, and 36-68°F (2-20°C) in winter.

**Accommodations**

Our accommodations are comfortable and equipped with necessary amenities, such as running water, bathrooms, showers, beds with sheets, etc. You will have access to electricity for the large majority of your trip; however, brief power outages are common in Nepal. This is why we highly recommend bringing your own rechargeable portable battery for charging phones and other small electronics. You do not need to bring your own blankets or pillows, as they are provided for you, but we highly recommend bringing a microfiber towel for bathing. For the duration of your trip, you will share sleeping quarters and bathrooms with your fellow volunteers. If you’d like to room with a friend, please let us know before your excursion and we will do our best to arrange that for you. Otherwise, your guides on the ground will provide room assignments when your group arrives in Nepal.

Please remember that you will be staying in rural communities, which means you will encounter different weather conditions and insects than you are accustomed to at home. We will always prepare/advice you on any necessary precautions to take. If you have any questions about what to expect in order to pack accordingly, you are highly encouraged to contact the office to ensure that you
feel as prepared as possible prior to your arrival. Most importantly, arrive with an open mind and
desire to push yourself beyond your comfort zone, growing mentally, physically and emotionally
each step of the way. Embracing personal growth is the key to a successful GIVE trip!

Luggage

**NOTE: WEAR YOUR HIKING BOOTS ON THE PLANE OR PACK IN YOUR CARRY ON!**

We encourage you to pack as light as possible in bags convenient for in-country travel, such as travel
backpacks or duffle bags. **It is required that you bring an additional day pack/overnight bag** for nights
that are spent at neighboring villages. **Please do not bring boxy, rolling suitcases**! We will be staying in
two very different locations—the city of Kathmandu and the hillside villages of our community
projects—and we travel by bus and jeep the majority of the time. For these reasons, it is best to pack
light. To compensate for your lack of excess clothing, there will be several opportunities for you to do
laundry while on your excursion.

Before transporting your luggage from your home to Nepal, check the baggage rules and regulations
for your specific airlines. Generally for international flights, the airlines allow you to bring one personal
item (45 in/ 111cm), one carry-on bag (62 in/ 158cm), and one checked bag (50lbs/ 23kgs) at no
additional cost. It is important to remember that you cannot have any liquids that exceed 3.4 ounces or
100ml in your carry-on bags, so be sure to make note of that while packing at home. Please refer to the
TSA website for more detailed information about baggage regulations at

Please be aware that if you plan on purchasing souvenirs, airline weight restrictions may incur extra
charges when you return home.

**Important Note Regarding Valuables:**

**When packing your luggage do not put anything valuable in your checked bag.** This includes
electronics, copies of your passport, medications, etc. It is best to pack all valuables in your carry-on
bag. Wear your hiking boots on the plane and pack at least one change of clothes and a small pack of
toiletries in your carry-on bag in case your luggage is delayed. Put luggage locks on your checked bag as
a safety precaution. With many connecting flights and traveling such a long distance it is important to
take all precautions to be sure your belongs arrive safely.

**Packing for Your Excursion**

**NOTE: WEAR YOUR HIKING BOOTS ON THE PLANE OR PACK IN YOUR CARRY ON!**

People tend to over pack while traveling and we suggest that you challenge yourself to only pack the
bare necessities. Be realistic and ask yourself, “What do I really need to have?” Please adopt the motto
“Travel Light!” Our best suggestion is to lay out what you think you need, and only bring 75% of that.
You will realize when you arrive in country that you need a lot less than you think!
Generally, volunteers will wear the same work clothes daily, as they may stain with cement or dirt from working all day. Also keep in mind that many of the clothes you wear while working and trekking will become very muddy, so don’t expect them to remain clean when you return home!

While working at the school teaching the kids, exploring local temples, or walking in public through the villages, you will need to wear conservative clothing, making sure to cover your shoulders and knees. Bring at least 4-5 conservative outfits, adopting the same methods of repeating outfits just like when you are at the worksite.

In accordance with the cultural customs of the communities that we will be working in, you will be required to wear “culturally appropriate” clothing for the majority of the trip. We require our female volunteers to cover their knees and shoulders and to not wear any low cut, spandex or see through clothing at these times. Rules for males are less strict, but they should certainly bring 2-3 outfits that cover their shoulders and knees. There will be specific times that this will not be necessary, such as when we are in Kathmandu or at our accommodations away from the community, but it is encouraged that you plan on wearing clothes that abide by these guidelines for the majority of the trip. Please note that by adhering to these rules you are practicing sensitivity and respect both to GIVE and to the host communities.

Packing Checklist of Recommended Items:

NOTE: WEAR YOUR HIKING BOOTS ON THE PLANE OR PACK IN YOUR CARRY ON!

General Clothing
- 1 lightweight raincoat/poncho
- 1-2 sweatshirt, jacket/sweater/fleece for cool nights
- 1 beanie for cool nights
- 1 down jacket or light puffy jacket for cooler evenings
- 1 pair of hiking pants
- 4-5 T-shirts or tank tops to wear during down time (females cannot wear tank-tops on project sites or in public, but they can wear them at accommodations)
- 3-4 pairs of longer shorts or long skirts to wear during down time
- Underwear and socks. Keep in mind that on volunteering days you may need two pairs of socks daily (one for morning, one for evening).
- 1 swimsuit and shorts/tshirt to wear over the top to be culturally appropriate.
- Sunglasses
- Hat for sun protection
- 3-4 sport or athletic bras (females)
- Pajamas or warm, comfortable sleeping clothes
- 1-2 “nice” outfits for special occasions and nights out

Volunteer Worksite Clothing
□ 4-5 T-Shirts for construction work - these will get dirty! *(females cannot wear tank-tops in public or on the worksite, but males can wear them in any non-formal setting)*

□ 2-3 athletic shorts that actually come down to the knee (nothing that is mid-thigh please) and or pants for construction work *(we will be working alongside locals, so females must not wear “short shorts” or spandex on the worksite)*

□ 2-3 pairs of loose fitting *(no tights or yoga pants)* clothes that cover your knees for volunteering at the school, visiting temples and exploring villages. *(lightweight pants, knee length shorts, or knee length skirt – Elephant pants are a great choice!)*

□ 4-5 modest shirts that completely cover your shoulders, chest and midriff for volunteering at the school, visiting temples and exploring villages. **If you plan on teaching you are not allowed to wear shirts that are scoop, V-neck, sheer, off the shoulder or cropped** *(Wear your GIVE shirt!)*

□ 1 pair of work gloves

**Footwear**

□ **1 pair of closed-toed working boots or running shoes for the worksite. Keep in mind that these will get wet & dirty!** If you need to bring an extra pair of boots/shoes for hiking or casual wear, please do so.

□ 1 pair of hiking shoes or hiking boots for trekking *(Bring shoes with great traction for muddy trails – these will get wet and dirty!)* **PLEASE WEAR THESE BOOTS ON THE PLANE***

□ Gaiters to cover shoes and ankles and protect you when hiking in muddy conditions

□ FLIP FLOPS OR SANDALS! These are crucial for walking around the villages. It’s impolite to wear shoes inside people’s homes, temples and some businesses, so a good pair of sandals will make it easy to slip on and off.

**Other Gear**

□ Small day pack or overnight backpack *(waterproof/water resistant if possible)* that you can use for bringing to the school, worksites, overnight trips to neighboring villages and excursions.

□ Rain cover for your daypack or big pack in case of rain during travel.

□ 1 Sleeping Bag *(Some nights may be cold and you will also have blankets at our accommodations, but we recommend that you bring a sleeping bag recommend the sleeping bag to be at a rating of -5 degree Celsius which is 23 degree Fahrenheit.)*

□ 1 sleeping Bag liner

□ 1 towel *(a microfiber towel is recommended for quick dry purposes)*

□ Toiletries: shampoo/conditioner, face wash, toothbrush and toothpaste, soap, etc.

□ 1 large bottle of sunscreen *(30 spf or higher)*

□ 1 large bottle of insect repellent

□ Anti-itch cream

□ Hand sanitizer

□ **Refillable water bottle**

□ Reusable coffee cup and straw to minimize plastic waste.

□ Large Ziploc Baggies/Waterproof bag *(these are good to protect cameras and valuables from getting wet)*
☐ **Headlamp and spare batteries** (This is highly preferable to a hand held flashlight)
☐ Rechargeable portable battery for charging phones and small electronics in villages without electricity.
☐ Phone or a watch with an alarm clock
☐ Small first aid kit with personal over the counter medication
☐ 1 good book
☐ Camera
☐ Vitamins (*multi-vitamins, vitamin C, Airborne, Emergen-C, hydralyte etc*)
☐ Over-the-counter fever reducers, gastrointestinal medications, anti-inflammatories, electrolyte packets, etc. etc. *(optional)*
☐ English/Nepali dictionary *(optional)*
☐ Deck of cards or other games *(optional, for hanging out at night)*
☐ Notebook with pens and pencils to write about your experiences *(optional)*
☐ Money belt *(optional)*
☐ Snacks *(optional, but HIGHLY recommended!)*
☐ Outlet converter/adapter

**Spending Money:** Nepalese Rupees (NPR) are necessary to purchase snacks, souvenirs, etc. in Nepal.

☐ Debit card or $200-$300 (equivalent in USD) of crisp/clean spending money to exchange for souvenirs, snacks, and other opportunities. We will have very limited access to ATMs throughout the trip, and 1 day to exchange USD to NPR, so withdraw/bring sufficient cash based on your spending habits. Do not bring old $100USD bills.

**Donations:** We ask you to please avoid bringing donations from home, as there are more than enough materials for sale in Kathmandu and we always strive to support the local economy. If there are specific supplies necessary that we can’t purchase in country, your guides will notify you well in advance in your Facebook group.

**IMPORTANT!** Don’t forget to pack your passport!!!

☐ Passport
☐ Color copy of your passport

**Gear for Rent from Green Paw Adventures Nepal**

Although we encourage you to bring your own gear from home, there are a few items that you will be able to rent through Green Paw Adventures Nepal for the duration of your excursion. On your arrival day in Nepal, your GIVE guide will ask what particular gear you need, and then it will be provided to you that evening so that you are able to pack your bag ready for the early morning departure the following day. You can pay Green Paw Adventures Nepal directly for this rental in either USD or the local currency of Nepali Rupee.
### Equipment Items

<table>
<thead>
<tr>
<th>Equipment Items</th>
<th>Rental rate for Tibetan Frontier trek in USD from Green Paw Adventures Nepal</th>
</tr>
</thead>
<tbody>
<tr>
<td>SLEEPING BAG</td>
<td>$20</td>
</tr>
<tr>
<td>TREKKING POLES</td>
<td>$7</td>
</tr>
<tr>
<td>GAITERS</td>
<td>$5</td>
</tr>
<tr>
<td>RAIN PONCHOS</td>
<td>$5</td>
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</tbody>
</table>

### Luggage and Daypack

You will carry a daypack for the first 2 days while trekking to Langtang containing **only what you need for the 2 days hike and one night**. Your porters will carry your other bag with clothing and other gear you don’t need for this 2 day hike. Your daypack should either be waterproof or you should have a waterproof cover for your daypack. We recommend a 20-30 liter backpack large enough to carry at least 3 liters of water, your camera, raincoat, snacks, warm layers, toilet paper, hat, sunscreen and change of clothes for the evening. It is important not to over pack your daypack with items you will not need each day as you can pack these items in your other bag. Remember that your porters will carry your duffle bag, so **it is important to only bring what you really need for the excursion**.

### Footwear

**NOTE: WEAR YOUR HIKING BOOTS ON THE PLANE OR PACK IN YOUR CARRY ON**

Your boots should be well “broken in” to avoid irritation, blisters, and pain. We suggest that you bring bandages to prevent blisters if you feel one coming on, or in case you actually get blisters or hotspots. It’s important to have multiple pairs of comfortable socks (Merino Wool) to keep your feet dry and avoid blisters. We highly suggest wearing your hiking boots as much as possible prior to departure.

### Altitude Sickness

During our 2 day trek to reach Langtang Community, we will be increasing in altitude, and it is hard to determine how individuals different bodies will respond to increasing altitude. Altitude sickness occurs when you go too high too fast or remain at high altitudes for too long. If you experience altitude sickness, descending to a lower altitude will make you feel better and decrease your symptoms.

There are many precautions that you can take during the trek to mitigate altitude sickness, such as walking slow to acclimatize, drinking enough water, and getting adequate sleep. Take your time trekking and listen to your body and your guides. It is important to maintain good communication with your guides and let them know if you feel strange or experience symptoms of altitude sickness. Some symptoms of altitude sickness include a headache, difficulty sleeping, feeling dizzy or light-headed,
having nausea or vomiting, shortness of breath, rapid pulse or a loss of appetite. There are medicines available for altitude sickness, which you can discuss with your doctor at home. We will have plenty of time to acclimatize to altitude during our volunteer projects in Langtang giving our bodies the best chance at reaching the summit of a Himalayan Peak. We start our trek from the township of Shyrabrubesi - 1460m (4790 feet), and will reach Langtang Village - 3430m (11,253 feet). The 2 options for Himalayan summit are at altitudes of either 4300m (14,107 feet) or 4984m (16,351 feet).

**Trekking Preparation**

While you prepare to trek in Langtang Valley, it will be helpful to dedicate some time towards fitness. You do not need to be in excellent physical shape for your climb, however, you should focus on increasing your cardio and remember that your days will consist of long hikes at high altitudes.

You will be hiking at least 5-8 hours a day for 2 days through Langtang Valley. The best fitness preparation is hiking on inclined and declined terrain with a backpack and the hiking boots you plan to wear in Langtang. This will help to prepare your muscles and body for long durations of hiking you will experience while on the trek. It will be beneficial for you to go on hikes in your area and/or simply walk for long periods of time on terrain that includes both uphill and downhill. We also suggest doing squats and climbing stairs, as some areas on the trek require you to ascend rocky terrain. During the climb, you will carry a backpack with daily necessities, such as layers and a rain jacket, and at least 2 liters of water, so while preparing, you should practice doing the same.

If your hiking boots are not broken in, then we highly suggest wearing your boots while you hike, walk, or climb stairs.

Mental endurance is the key to trekking and you will need stamina and determination for the journey. The best way to build mental strength is to spend long periods hiking, walking, or climbing stairs coupled with remaining mentally positive while you engage in these exercises. Bring along your ideas of games, riddles, songs, etc. to keep you entertained during the hike. And, take this incredible opportunity to get to know your guides and porters, as well as deepen your bonds with fellow volunteers!

**Volunteer Projects**

You will be directly involved in groundbreaking projects intended to maximize our positive impact on multiple communities throughout Nepal, specifically in the village of Langtang, in the Langtang Valley district north of Kathmandu in Nepal. This impact will be felt not only in the classroom, but also on the ground with the projects designed to promote grassroots development throughout the community.

Each day you can choose to assist in either our Education or Sustainable Infrastructure projects. We encourage you to try both aspects while in country, as it greatly enhances the overall experience and
impact you will have on the community. Here’s what our main focuses will be during your time in Nepal:

**Educational Programs:**

Since the devastating earthquake in 2015, there has been no school in the entire Langtang Valley region. This has sadly meant that children as young as 5 years old have had to be relocated to schools in different municipalities of Nepal, living far away from their parents for months or years at a time. This distance and lack of physical family connection can cause significant challenges for young children forming their identity and needing family love at a critical time in their personal development. The construction of the school in Langtang village will allow these students to once again return to their homes and live with their families, without being separated from their traditional culture and heritage. Furthermore, access to authentic and relevant English Education by native speakers will allow children and adults of the region to genuinely connect with tourists who come through the valley. This in turn will bring valuable economic gains as locals are able to work more effectively within the tourism sector.

**Earthquake Reconstruction:**

Langtang Village is located within the borders of Langtang National Park, close to the Tibetan border to the north of Kathmandu Valley. This area is known as “The Valley of the Glaciers” and is inhabited by Indigenous local people of Tibetan, Tamang and Sherpa cultures. Historically, Langtang village was visited by trekkers hiking to the Buddhist spiritual site of Kanjin Gumba, a township with a famous Buddhist monastery. The region is completely surrounded by impressive mountain vistas and has multiple Himalayan peaks which are possible for climbers to summit. Langtang Village provided accommodation and traditional food for trekkers in this region, and relied on the economic wealth that tourism brought.

However, on April 25th, 2015 Nepal experienced a 7.8 magnitude Earthquake that devastated many communities. Horrifically, this Earthquake movement triggered an avalanche that fell straight on top of Langtang village, killing 310 people and destroying virtually all of the village infrastructure and housing. Of the 310 people who lost their lives on that tragic day, 176 were local Langtang residents. The significant number of deaths that the village suffered on this day, has emotionally affected the entire well-being of the community. However the resilience and dedication of the remaining residents to restart their lives after the grief of such loss of family members and friends, has been incredibly inspiring and moving. As a GIVE Volunteer, you will be working alongside locals to rebuild the school in the community. You will also have the chance to have an authentic Nepali homestay in a traditional house and help families with farming and agriculture initiatives.
Adventure Activities

After volunteering throughout the day, we’ll take the evenings to participate in some fun activities in surrounding areas.

Here is a list of activities you will have the chance to do while in Nepal:

- Trek through the alpine region of Langtang Valley
- Wake up at dawn to summit a Himalayan Peak
- Stay at different authentic tea houses and experience warm Nepali Hospitality
- Learn traditional crafts from locals
- Partake in Traditional Farming practices
- Relax in Hot springs next to a powerful river
- Explore the historical, ancient Hindu kingdom of Bhaktapur
- Journey to remote Indigenous villages
- Shop at local markets
- Learn how to make traditional Nepali food from local chefs
- Volleyball, soccer, and other sports with local kids
- Receive a Buddhist Blessing and be part of a Buddhist Ceremony
- Watch the sunset over the Himalayas
- Explore Bouddha Stupa on your first day in Kathmandu!

Itinerary (Sample)

This is a sample itinerary of what might happen on a Nepal excursion, and, as such, will be modified during your excursion. Traveling abroad, therefore, requires flexibility based on weather, wellness of the group, and other important factors. We appreciate your understanding and adaptability with the itinerary.

DAY 1
Trip Commencement: Group arrives in Kathmandu and heads to accommodations near UNESCO World Heritage site Bouddhanath (The Great Stupa). After a warm welcome and orientation from your GIVE guides, get to know your fellow volunteers while exploring the bustling streets and medieval architecture of Kathmandu.

DAY 2
Travel from Kathmandu to the base of Himalayan giants, following the historical trading route connecting Nepal with the Tibetan Frontier. The path winds alongside the mighty Trishuli river and follows the impressive contours of the Nepalase landscape. It ends at the trekking township of Syabrubesi where you can indulge in naturally occurring hot springs.
DAY 3 - 4
Begin your **multi day hiking journey** to Langtang. Be awed by the diverse landscape packed with Nepali’s native flower the rhododendron. Pass villages that have carved out lives on the side of these incredible mountains and reach our destination and new home in the community of Langtang. Relax your body with traditional tea in the cosy atmosphere of Nepali the teahouses.

DAY 5 - 10
**Volunteering in Langtang:** Wake up each day with Yoga and meditation or join the community in morning prayers and Buddhist blessings. After breakfast we begin work on constructing a primary school and toilet block for the children of Langtang and surrounding villages. Volunteer alongside locals until stopping for a traditional Nepali lunch prepared by the community. Return to the project site for the rest of the day or engage in English conversation practice for adults. Late afternoons are for cultural activities such as local crafts, cooking, Nepali language lessons, archery and traditional farming initiatives of Yak milking or harvesting crops. One evening we partake in a homestay in a traditional house, learning and living alongside a Nepali family.

Day 11 – 12
Hike further up the valley to the community of Kyanjin Gumba, where you will rest, soak in this incredible mountain village and learn about local artisan food products and traditional crafts. The following day you can summit the Himalayan Peaks of either Kyanjin Ri (4773m) or Tsergo Ri (4984m), being humbled by the beauty of snow-capped mountains and glaciers.

Day 13 – 14
Say farewell to the new family you have made in Langtang and begin the two - day trek back down the valley. Use this time to recollect all your amazing experiences in this truly remarkable place and appreciate the beauty of this environment with each step.

Day 15
Return to Kathmandu and travel back in time to the medieval city of Bhaktapur, a UNESCO World Heritage Site on the outskirts of Kathmandu. Reflect on your journey as the sun sets over towering Hindu temples and celebrate one final night with your new GIVE family.

Day 16
**Trip End:** All good things must come to an end. Make the most of your last few hours before heading home to share your experiences with friends and family.

**Culture Shock**

Culture shock is a strange feeling many of us will face when we are traveling in a country that is culturally different from our own. Knowledge about symptoms of culture shock can help us identify and work through the shock as we continue to be involved with the community and culture. Below is a list of symptoms of culture shock that you may experience while traveling in a different country. Do not
be worried about culture shock as it is a normal part of the travel process, and completely expected to happen to just about everyone. If you experience culture shock, your guides will assist you to work through your feelings and experience, so don’t be embarrassed or afraid to say anything to them. We have all been through it, so don’t think you’re the only one to feel this way! You’re not alone!

Symptoms:

- Preoccupation with health
- Trying too hard to absorb everything in the new culture or country
- Insomnia, desire to sleep too much or too little
- Changes in temperament, depression
- Developing stereotypes about the new culture
- Feeling vulnerable, feeling powerless
- Irritability, resentment, unwillingness to interact with others
- Identifying with the old culture or idealizing the old country
- Loss of identity
- Melancholy, loneliness, sadness
- Lack of confidence and feelings of insecurity
- Developing obsessions with over-cleanliness
- Longing for family
- Feelings of being lost and overlooked

If you experience any of the above, please reach out to your GIVE guides as they will provide you with support. Your guides will help you decipher your feelings and cope with these symptoms, making the adjustment to this new land and new culture easier on your mind, and a lot less stressful on your body.

**While on Your Excursion**

Do not hesitate to let your GIVE guides know what you need while on your excursion. We are here for you! We want you to work hard and enjoy this experience to the fullest, so make sure if there is something preventing you from enjoying yourself entirely to let your guide know so he/she can help you through it! GIVE is dedicated to inspire growth, empower the marginalized, and encourage sustainable change worldwide. With your help, we can make this goal a reality!

**GIVE Contact Information**

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E-mail  info@givevolunteers.org  
Skype  info.give
Please contact us if you have any questions or concerns.
Thank you and we are excited to see you in Nepal!
Namaste!