



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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NEPAL COMMUNITY CHALLENGE  
NEPAL

Fri 20 Oct - Sun 29 Oct 2017







## In aid of Pahar Trust Nepal

20 Oct - 29 Oct 2017



### 10 DAYS | NEPAL | MODERATE

The Gorkha region was at the epicentre of the earthquake and schools and buildings were reduced to rubble in seconds. Currently there are many children who have either no access to education or are going to school in buildings that are not structurally safe and which in the monsoon season are rendered unusable. In addition to providing education, the buildings may also be used for other community activities and cultural events. The provision of a good school will attract better teachers and also help with the retention of teaching staff. Volunteer and work alongside community members and create a global exchange of knowledge and understanding.

- Embrace and learn about a new culture
- Contribute to rebuilding schools in a community
- Get out of your comfort zone and challenge yourself

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 20 Oct*

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#### INTERNATIONAL DEPARTURE

Our Charity Challenge representative will be at the airport to welcome and assist you with your flight check-in plus answer any last minute questions before your flight from London to Delhi.

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### DAY 2 *Sat 21 Oct*

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#### ARRIVAL IN KATHMANDU, NEPAL

You will land in Delhi, India and then catch a connecting flight to Kathmandu, Nepal. Here you will be met by your Charity Challenge Leader and transfer to your hotel. You will then have the remainder of the day to relax and recover from your flights or explore the amazing sights, sounds and smells of Nepal's capital city, Kathmandu. This evening, your Community Challenge Leader will brief you on the Community Project Build and any local health & safety procedures you should follow. They will be your point of contact for the entire challenge.

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### DAY 3 *Sun 22 Oct*

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#### TRANSFER TO GORKHA

Today you will transfer from Kathmandu to Gorkha by road, which is approximately 3 hours, and arrive at the village which will be your base for the week. You will have a recap of the safety briefing, an orientation of the village and meet the wider team. Overnight camp.

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### DAY 4 *Mon 23 Oct*

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#### INTRODUCTION TO THE COMMUNITY AND THE BUILD SITE

##### MON: INTRODUCTION TO THE COMMUNITY AND THE BUILD SITE

Breakfast will be served early and you will then head out to the building site. At the beginning of each working day you will be briefed on the specifics of the challenge & tasks ahead including the respective safety and training aspects for each activity. The days will be scheduled around the local working hours and appropriate temperatures. Lunch, water & snacks will be provided on site and shared with all members of the building team. Overnight camp.

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### DAY 5 *Tue 24 Oct*

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#### BUILDING LESSONS

After breakfast and your morning brief you will be split into teams and tasks will be delegated to you by the construction managers. The tasks will be physical and may include a range of activities from; digging foundations, chipping rocks, lifting and laying blocks, rendering walls, mixing cement, concrete or render, sieving sand, moving materials around the site, and setting window or door frames. Overnight camp.

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**DAY 6** *Wed 25 Oct*

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**PROGRESS**

Another day of good old fashioned but satisfying hard graft. With some newly learned skills you will be progressing with the construction of the school alongside the community members and your team mates. Lunch may provide you with an opportunity to exchange stories within the community, relax or if you are feeling energetic enough to kick a ball around for a quick game of five-a-side. Football is an international language and loved by all. Overnight camp.

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**DAY 7** *Thu 26 Oct*

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**THE BIGGER PICTURE**

You should start to see your team's work come together and the shape of the building slowly taking place. An open mind and enthusiasm is key; every task you undertake whether it is sifting sand, removing or placing dirt, mixing cement by hand or passing buckets of mortar to another team member contributes to the bigger picture of providing sheltered education. It is a tremendously inspiring process to be involved in. Overnight camp.

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**DAY 8** *Fri 27 Oct*

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**LAST DAY OF BUILD**

Today will be your last day on the worksite. You will have forged new friendships within your team and the community, so emotions will be running high as the time comes to say goodbye. The evening may bring an exchange of cultural shows, whether in song dance or dominoes. Overnight camp.

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**DAY 9** *Sat 28 Oct*

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**TRANSFER TO KATHMANDU**

After an early breakfast it will be time to say goodbye to the community and start your transfer back to Kathmandu. Take time on the transfer to reflect on your time in the community and your achievements. Your final night will be spent in Kathmandu in the hotel.

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**DAY 10** *Sun 29 Oct*

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**DEPART NEPAL FOR UK**

Return home

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## HOW TO FUND YOUR CHALLENGE

### MINIMUM SPONSORSHIP

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Registration fee of £495.00 when you book

Raise a minimum of £2975.00 for your charity.

## WHAT'S INCLUDED

### Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- Risk assessment and emergency management planning
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to "ask the expert" re your kit requirements
- Access to your own password protected account including support materials and training schedules
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- Fundraising advice
- Public liability insurance
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- A-Z of fundraising ideas
- Sponsorship forms (online and hard copy)
- Fitness training notes
- Clothing and equipment listed on your Kit List

### On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Group first aid supplies
- An English speaking first aid trained challenge leader and full local support team (assistant, drivers, mechanic, medic)
- All internal transfers
- All challenge management before, during and post event
- A Charity Challenge T-Shirt
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- All ground staff including English speaking guide, drivers, cooks, and porters
- Drinking water on challenge days
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin share)
- Internal road and air transfers as per the itinerary

## WHAT'S NOT INCLUDED

### Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for

### On your challenge

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- Specialist comprehensive travel insurance
- Tips
- Departure Tax (if applicable)

requirements)

- Personal spending money

## THE DETAILS

### Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 11/08/2017), and the remaining 20% within 4 weeks of completing the challenge (by 26/11/2017). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

### Prices include all known air taxes

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

### Typical group size

The typical group size is 20 - 30 participants

### Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 20 participants. We can run this trip with 15-19 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

### Optional extras

Travel insurance  
Business class upgrades\*  
(\*subject to availability)

### Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Why build a school in Nepal as a challenge?

“Education is a fundamental human right and essential for the exercise of all other human rights. It promotes individual freedom and empowerment and yields important development benefits. Yet millions of children and adults remain deprived of educational opportunities, many as a result of poverty.” UNESCO

A staggering £85million was donated to the Disasters Emergency Committee by the UK public which has since gone towards the rebuilding of lives and livelihoods of the Nepalese who were affected by this quake. However, a country cannot be rebuilt in a year and there are still many organisations working in Nepal to date in order to help the Nepalese restore their country.

This challenge will be both physical and emotional but all you need is an open mind, a lot of enthusiasm and a willingness to make a difference. You will work alongside a UK registered charity, The Pahar Nepal Trust. This trust was established in 1993 with the main focus being the co-ordination and construction of schools in the remote areas of Nepal. Initially this has been in the East and West of Nepal, however since the earthquake in 2015, there are other regions of Nepal who also require assistance.

The construction of the school will provide jobs within the community and has the potential to help unskilled labourers to learn valuable skills and provide them with opportunities for work in the future.

You will never be asked to do anything outside of your physical capabilities and team work will be encouraged at all times. No volunteer will ever be made to feel they have to do something they are not happy or comfortable doing. If you feel you are unable to do what you have been asked, please speak to your construction supervisor or team leader and they will do their best to find you something else.

### Group size

Each group will be between 20 - 25 people. Group size is important not just to ensure that tasks can be delegated appropriately for teams, but also to ensure we do not over run a community and deplete their resources.

### Accommodation

A campsite will be set up within or close by to the community and your work site. There will be a separate kitchen and dining tent. The toilet facilities are quite primitive in villages, so long drops will be dug and a toilet tent will be provided.

### Climate

The Community Challenge is scheduled for the Winter season (between December – February) as this provides the



optimal conditions for labour intensive work. The weather is cool and the sky is clear with occasional snowfalls at higher elevations. The mornings and nights are cold and the days tend to be warm when sunny. Winter season temperatures range between 9-12 Degrees Celsius (48-54 Degrees Fahrenheit).

### Passport

You must hold a full ten-year passport with at least six months to run from the end of your Community Challenge. Airlines may not carry passengers holding passports with less than 6 months validity.

### Visa

You will need a visa to travel to Nepal.

To apply for a Nepalese visa in the United Kingdom you should contact the Nepalese Embassy, 12A, Kensington Palace Gardens, London, W8 4QU (telephone: +20 7229 1594 or 6231 or 5352).

The validity of visa dates are counted from the date of arrival in Nepal. You should apply about 12 weeks before departure for a single-entry tourist visa. Do not apply too early otherwise it will run out before you leave for Nepal. It is valid for six months from the date of issue. We will send further visa advice at 3 months prior to departure.

### Money

Nepal use the Nepalese rupee. This is a closed currency which means that you will not be able to find Nepalese rupees outside of Nepal. For up to date currency exchange, go to [www.xe.com](http://www.xe.com). British Pounds, Euros and USD can be exchanged at Kathmandu airport and in the city.

Credit Cards: These are accepted in all major hotels, banks and stores in Kathmandu. They will not be accepted where the remote challenge takes place.

ATMs: ATMs are not always available and when they are, they do not always work. We recommend that you exchange cash in the airport or use the ATMs in the airport rather than relying on the city.

How much to bring: You will not need a large amount of money during this trip particularly since you will predominantly be in the community away from any foreign exchanges or banks. Though please have some Nepalese rupees available in case you wish to purchase any local arts & crafts or additional food and drink. Primarily you will only need money at the start and end of your challenge in Kathmandu to buy items such as food & drink, gifts & souvenirs. There are plenty of shops available in Thamel where you can purchase any last minute kit requirements and plenty of other items.

You will also need to pay a departure tax and for any other additional activities that you wish to do. On average we recommend around £250. Small denominations are more useful when making purchases in the community.

### Vaccinations

For up to date vaccination information please check the NHS Government website 'Fit for Travel' at:

<http://www.fitfortravel.nhs.uk/home.aspx>. Malaria precautions are essential in all areas below 1,200 metres all year round. The risk in Kathmandu and mountainous areas or at greater altitude is very small. Check with your doctor or nurse about suitable anti-malarial tablets.

## Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority and have the appropriate safety management systems in place. Our 'Challenge Safe' document formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount.



# CH>RITY CH>LLENGE

**Any more questions?**

Contact us:

+ 44 (0)20 8346 0500

[info@charitychallenge.com](mailto:info@charitychallenge.com)

[www.charitychallenge.com](http://www.charitychallenge.com)

[facebook.com/charitychallenge](https://facebook.com/charitychallenge)

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