



Nepal

Nepal Culture Week



📍 Kathmandu 📅 Every week 🕒 1 week

Experience and get an in-depth knowledge of the ancient traditions, culture, language, temples, and Buddhist monasteries in this Himalayan country. Our Culture Week will get you kickstarted into this amazing country located at the foothills of the mighty Himalayas.

Teaching at Buddhist Monasteries



📍 Monasteries 📅 Every week 🕒 4 weeks min

This program is tailored for those who are interested in teaching English while at the same time learning something new themselves! You will be teaching monks of all ages at a monastery, which will give you the unique opportunity to immerse yourself in their day-to-day lifestyle and learn about Buddhism.

Kathmandu Kindergarten



📍 Kathmandu 📅 Every week 🕒 1 week min

This project will have you teaching at a kindergarten particularly serving children from underprivileged communities. You can assist the teachers at the kindergartens with extracurricular activities and inspire children to achieve their full potential and broaden their perspectives through creatively structured lessons.

Canine Rehabilitation



📍 Kathmandu 📅 Every week 🕒 1 week min

This is a chance to learn more about Nepal and a unique opportunity to learn about dogs, understand them, and learn how to handle and care for them. The streets of Nepal are often flooded with injured and/or starving dogs. You will help in a lot of different activities including rescuing the animals and in the process of bringing them back to health.

Health Outreach Program



📍 Kathmandu 📅 Every week ⌚ 1 week min

Join our efforts to help educate school children and adults on personal hygiene, health and sanitation, first aid, and impart knowledge on various important health-related topics. Encourage practicing a healthier lifestyle which would help them to reach their fullest potential which is also a key factor for a happy life.

Kathmandu Construction and Renovation



📍 Kathmandu 📅 Every week ⌚ 1 week min

Join us in our efforts to construct and renovate public buildings that require to be upgraded to provide a better standard of living for the communities. Therefore, we have taken up rebuilding projects in various areas of Kathmandu to restore schools, hospitals, community centers and homes.

Women Empowerment



📍 Kathmandu 📅 Every Week ⌚ 2 Weeks min

The program will have you teaching at a school set up purposely to educate young and older women who cannot read or write. You will be assisting them with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.

Special Education Program



📍 Kathmandu 📅 Every week ⌚ 1 week min

You will be working with kids of different age groups and different IQ levels. This program focuses on supporting schools with children who have special needs to provide equal opportunities for education with sufficient special attention and facilities. Your task would be to provide special education for these children and raise their knowledge and confidence.

Pokhara Kindergarten Teaching



📍 Pokhara ☒ Every week ⌚ 1 week min

Support and assist the teachers in kindergartens where the majority of kids come from underprivileged families. You will teach the kids basic English, numbers, songs, dancing, games and various activities. Share your knowledge and encourage kids to learn better and help them to enhance their skills.

Pokhara Education Program



📍 Pokhara ☒ Every week ⌚ 1 week min

Experience teaching at small local schools and fostering good relationships with the children as you assist with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.

Pokhara Renovation Project



📍 Pokhara ☒ Every week ⌚ 1 week min

Be a part of construction and renovation efforts in local schools in Pokhara. Join us in our efforts to construct and renovate schools in the charming city in the Himalayan mountains. Help us in making better and improved learning facilities for children. Our work includes renovating, restoring, construction tasks as well as gardening and beautification of the schools.

Veterinary Medicine Internship



📍 Kathmandu 📅 Every week ⌚ 4 weeks min

Work as an intern at a veterinary clinic in Kathmandu and gain hands-on experience in the field.

Learn by observing the procedures at the clinic, get involved in the day-to-day tasks of the clinic staff, assist the veterinary doctors where required, and gather a valuable qualification for your resume.

Nursing Internship



📍 Kathmandu 📅 Every Week ⌚ 4 weeks min

Work at a hospital in Kathmandu and gain work experience as an intern nurse. During the internship, you will gain practical experience and learn by observing the procedures and treatment in the hospital. This program is aimed at Nursing students who wish to kick start their career with a comprehensive experience.

Kathmandu Medical Internship



📍 Kathmandu 📅 Every week ⌚ 4 weeks min

Gain work experience in the medical field by shadowing doctors in hospitals in and around Kathmandu. During the internship, you will gain valuable experience and learn by observing the procedures of the in-house doctors. The internship can take place in either government, private or community hospitals in and around Kathmandu.

Kathmandu Physiotherapy Internship



📍 Kathmandu 📅 Every week ⌚ 3 weeks min

During the internship, you will gain valuable experience and learn by observing and taking part in therapeutic sessions and procedures under the guidance of expert doctors. This program is aimed at medical students or those with an educational background and qualification in any field of therapy and rehabilitation.

Poon Hill Trek



📍 Poon Hill 📅 Every week 🕒 1 week

Poon Hill Trek is a wonderful opportunity to witness the beauty of the Annapurna region with a shorter trek.

The trip starts from north of the city of Pokhara and winds through the Poon Hill area and passes through the mid-hill region of the Himalayas. You will explore Annapurna's most visited trail, and encounter different varied cultural regions in front of the Himalayas.

Everest Base Camp Trek



📍 Everest 📅 Every Month 🕒 4 weeks

Set your foot at the base of Everest! This action-packed program will get your hiking shoes dirty through rough treks and immersion into Nepalese culture. The trek goes through Namche and Tengboche, Dingboche and Lobuche then heads towards Mt. Everest Base Camp.

Annapurna Base Camp Trek



📍 Various 📅 Every Month 🕒 4 weeks

You will get an insight into the best Nepal has to offer through a week of immersing and learning, two weeks of trekking and a week of community service!

The Annapurna Base Camp Trek starts from trailhead Nayapul, crosses river beds and terraced hillsides, on trails disappearing into blazing rhododendron clusters and oak forests, and to picturesque villages of the Gurungs!

Adventure Week



📍 Various 📅 Every week 🕒 1 week

Hike the foothills of the Himalayas, explore the jungle, camp under star-covered skies and go white water rafting. All in one week! This program will not give you time to rest at all, but in exchange, you'll get to experience the best this mountain-lined country has to offer!