Nepal 10 week Expedition  
- How It All Comes Together...

This sample timeline is an overview of a 10 week Expedition in Nepal, the structure of your programme and what to expect. We hope it gives you a sense of life on Expedition. The exact order of the phases will vary for volunteers so we can ensure greater sustainability and you get the opportunity to work with a range of people in different locations.

First things first. Namaste, and welcome to Nepal!

A stunning country, Nepal is home to eight of the world’s ten tallest mountains; snowy peaks and fluttering prayer flags will dominate your view. On your Nepal Expedition, you’ll be enchanted by the country’s landscape and friendly people. Our friendly team will meet you at Kathmandu airport and your adventure will begin.

Induction

Expedition begins with induction. Halfway between Kathmandu and Gorkha, lies the training centre where our induction usually takes place. Expect a busy few days as you get to know your fellow volunteers and get prepared for Expedition life. You’ll receive essential training and safety briefings, find out more about the project you’ll be working on and how your energy and hard work will contribute to creating lasting change. (In this timeline we start with the community project first but it could be any of the three phases).

Jaw dropping scenery as you journey to Gorkha

Leaving the training centre, you and your team will travel to the Gorkha region, where our community projects are based. The road might be a bit bumpier than you are used to but expect beautiful views and glimpses of rural Nepali life as you journey to your project.

Joining a community

Home for the next twenty days will be a homestay in a local village. Arriving here will give you your first insight into the famous Nepali hospitality. You will be living and working alongside the local community. Your arrival will be met with a sense of curiosity and excitement, particularly by the local children. Days will be spend working on a community led project, contributing to the Global Goals. Gorkha was badly hit by the 2015 earthquake and many villages are still recovering.

Your first community project

You’ll be working on a water and sanitation project to help improve access to drinking water, handwashing and toilet facilities, as well as raising awareness of these issues in the community. Your team will be working alongside local project partners and community members to create lasting change. You could be helping construct toilets one day and be building handwashing stations the next. It might be hard work at times but your effort and energy will make a real difference.
Gāmu (village) life

What better way to get to know Nepal than by spending time at the heart of a community? Whether you stay with local families or in a community centre, you’ll all come together to cook and share meals. Expect plenty dal bhat, a local meal that is made up of rice and vegetable dishes. Take time to get to know the local people, share stories, play games and enjoying finding out about their lives. If you’re lucky, your time will coincide with a local festival or celebration. When the time comes to say goodbye, leaving your new friends and family will be tough but you can look back on your achievements in the community with pride.

Review, reflect, prepare

At the end of each phase, everyone returns to the training centre for a couple of days before you move onto your next project. You’ll catch up with the rest of the Expedition team and start to prepare for your trek. We’ll ask you to give us some feedback on your first project, so we can review our approach and learn from your experiences. This is also your chance to get in touch with friends and family. Once recharged and energised, you’ll be ready for the next challenge - in a new team.

Trek

Before leaving the training centre, you and your team will pack your kit and supplies together before you embark on your exciting 19-day adventure in the Ruby Valley in Dhading. You’ll trek up hills, through local villages, beautiful farm terraces and see stunning views of the central Himalayas.

Real adventure

Led by our local guides and Raleigh leaders, your trek will allow you to explore the incredible scenery that Nepal is famed for. After a day’s trekking through the foothills of the Himalayas, you and your team will set up camp out under the stars and cook outside together. It’s a pretty magical time.

Doing it together

Everyone starts and finishes trek together, come rain or sun and no matter what trekking experience you have beforehand. It requires courage to do something beyond your comfort zone, and there are highs and lows. Supporting one another through these moments, not giving up and sharing your achievements together will be some of the most memorable and defining moments of your Expedition. The friendships formed on trek, whether through laughter, sweat or tears, are often some of the strongest on Expedition because of all that you have shared and learnt together.
Leadership
As with all the projects, you will all take it in turns to lead the group for a day. This is a chance to develop your leadership skills but most importantly, to learn about the power of team effort and the strength of working together to achieve your goals. Whether it’s singing in the rain, scrambling up hills, lighting a fire or falling asleep in your tent after a long day of trekking, these are some of the memories that will stay with you forever.

Review, reflect, prepare
At the end of the trek you will return to the training centre once again to reflect on your individual and team achievements before the final phase. You’ll start thinking about what Expedition means to you; the impact it has had on you personally and on the local communities you have worked with as well as finding out the team for your final project.

A new community
Unique to Expedition in Nepal, you will have the chance to do two community projects. You can put what you learnt on water and sanitation in your first project to good use and experience more of village life and that incredible hospitality. Most people will be based in a different community from the one they first worked in so it is a new environment to explore and another home from home for 20 days.

Work to be done
The project will also be focused on water and sanitation, but you’ll see a different stage of the process. You could visit schools to help raise awareness of the importance of handwashing or deliver community action days on water purification. At the end you will be able to celebrate your achievements with the locals as you see the benefits of your team’s hard work.

Coming to a close
Three phases, 10 weeks, lots of new friends and amazing experiences. All Expeditions end with everyone coming together for a final few days back at the training centre. This is a chance to catch up with friends and celebrate all you have achieved together. We’ll round everything off with a celebration and final farewells.

Unique memories to last a lifetime...
Whether you are travelling after your Expedition to explore the wonders of the wider region, returning to study, work or something else, Expedition isn’t the end of your Raleigh journey. You’re joining our 44,000-strong alumni community, a group of people where everyone involved has shown courage and determination to help create a more sustainable future.

The nature of our work means that timings and locations do occasionally change at the last minute. We ask you to be as flexible as possible. We don’t take decisions to change things lightly, they are based on improving the long-term outcomes of our work and ensuring the safety of our volunteers.