
NEPAL 2018



Anticipated Dates: November 15-29

WanderFull Travel Experiences links humanitarian efforts with exciting travel experiences. The upcoming trip to Kathmandu, Nepal will be bursting with life changing adventures. Shelley Adam is the founder and guide of WanderFull travel experiences. She has extensive experience traveling in Asia and has made many amazing connections to ensure that all of the organizations are truly in need and responsible to the people of Nepal. You can feel safe with her capable knowledge.

We will start by flying to Kathmandu together, with a group size of approximately 12 people. Your experience, as a WanderFull guest starts the moment you book, with support for packing, choosing clothing, planning and arriving at the airport. Enroute you will receive a booklet on customs and cultural information about Nepal with some fun activities to enjoy on the flight to Hong Kong. We have a few hours on the ground in Hong Kong to tour the beautiful terminal. Then we are on the flight to Kathmandu and one step closer to realizing our dream.

At the Kathmandu airport, we will get our visa upon arrival and travel to our home for the next two weeks. The beautiful Bairo Ling Tibetan Buddhist Monastery and guesthouse. It is from here that we will walk to many of our adventures.



During the trip we will be visiting: Child Haven International- a Canadian organization that lovingly operates a destitute childrens' home. There will be opportunities to Volunteer as well as tour the home and the Green Tara Child Haven School beside the home. Many projects to donate to are at this home as well we will, as a group, fund a special dinner for all children, staff as well as all WanderFull guests as we are treated to a evening of traditional dance and fun on our last evening in Nepal.
<http://www.childhaven.ca/>

Women's Foundation Nepal- an organization that works towards a violence-free society by helping women and children in Nepal who are victims of violence, abuse and poverty. WFN provides women and children with a safe Shelter Home and covers all their needs. We will tour and participate in a weaving class with all proceeds going to provide for the needs of the many women and children in their care.
<https://www.womenepal.org/>

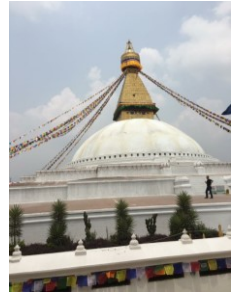
Human Development Community Service Nepal- An organization that retrofits hospitals and provides clinics in rural areas for women's reproductive health-we will tour and donate to a specific need. <https://hdcsnepal.org/>

Siddhi Memorial Hospital Bhaktapur-A hospital dedicated to women/children and seniors health, we will tour the hospital and donate to a specific need.
<http://smf.org.np/siddhi-memorial-hospital-smh/>

Street Dog Care-An organization caring for injured and aged street dogs in Kathmandu. They operate a free dog

clinic every Saturday that we may have volunteer opportunities at as well as distribute some donations from Didsbury Veterinary Clinic.

Community Dog Welfare Kopan- An organization dedicated to educating the community of Kopan about the importance of immunizing and caring for their dogs. They care for injured and aged dogs as well and provide support for foreigners wanting to adopt a dog. We will tour their home and volunteer as needed//last time we brushed and bathed dogs as well as distribute donations from a Calgary Veterinary Clinic.



There are many opportunities to experience the culture, the first being all WanderFull women, wearing traditional clothing. These clothes can be purchased in cities in Canada, usually at Value Village in their ethnic clothing area, assistance can be given finding these. Men can wear a simple button up or collared shirt and pants.

A class to create to your own mala (prayer beads).

Cooking class to learn Nepali cuisine, as well as a spice blending class designing your own chai masala blend as well as a savoury garam masala blend.

There is an opportunity to take a singing bowl therapy session as well as a course to learn how to perform this relaxing ritual. (This cost is not included in the cost of the trip)

We will visit the ancient kingdoms of Patan and Bhaktapur and hear the rich history of each, as well as walk daily to the beautiful Boudhanath Stupa.

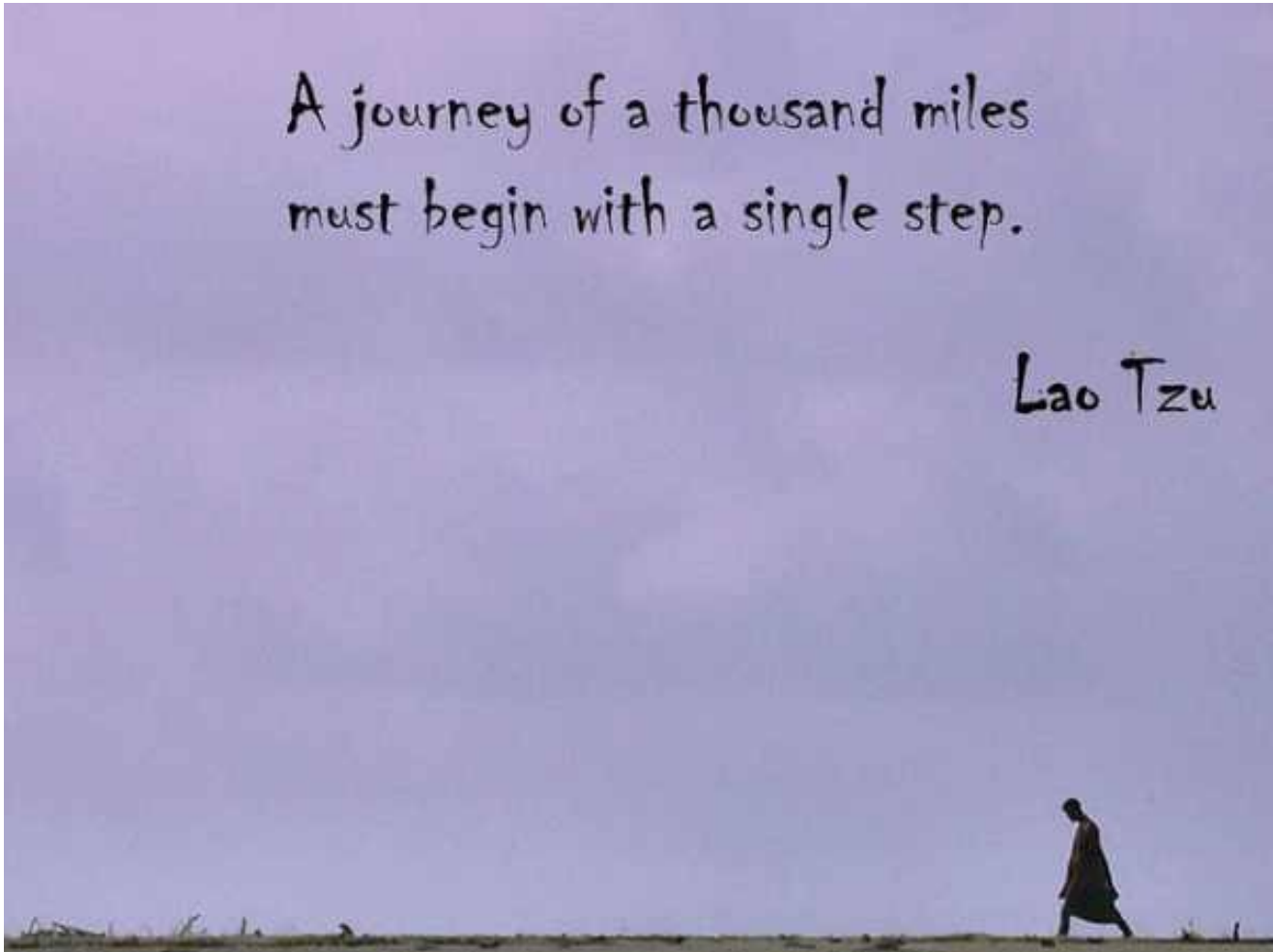
We will spend a day shopping in the Thamel, the main tourist shopping district in Kathmandu, an intricate puzzle of streets that we will be guided through, shop and enjoy lunch at a cafe.

The costs will be finalized once the flight options are ready to be booked, at the end of April.

It is anticipated to be between 1300-1600 Canadian taxes included for the flight portion. Costs for all activities/local guiding fees/accommodation/local transportation and meals is approximately \$1350.00 per person. There is a fundraising expectation for each WanderFull guest. You can choose to fundraise yourself for this or add the amount to the cost of your trip. The projects range in donation amounts between \$100-\$300. This will be an amazing chance to experience giving on a completely different level. Celebrating as you see other WanderFull guests distribute their donations as well.

The list for donation projects will be sent when you decide to wander with WanderFull. The flight costs will be required at time of booking. The remaining amount is required 15 days prior to departure.

This is a trip of a lifetime, a true journey of giving and cultural awareness. Shelley from WanderFull travel experiences is dedicated to making this a safe and extremely enjoyable journey. She will be with you every step of the way and her experience and connections in Nepal will



ensure this is indeed a life changing adventure.