

Oxley College

Year 9 Service Expedition to Nepal

SEP/OCT 2017



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As part of a 'Rites of Passage' year, Oxley College is inviting all current Year 8 students on a Social Service trip to Jhib Jhibe in Nepal in September 2017. This by no means will be a 'fly in-fly out' experience. Instead, we will be studying the small community of Jhib Jhibe in advance: in Geography, Design and Technology and Global Perspectives. By the time you set foot in Jhib Jhibe (70km North of Kathmandu in the beautiful Himalayan foothills) you will feel like you already know the people and the region. You will be working in the high school and the primary school during your stay.

Before our village stay you'll also experience an amazing trek into the foot hills of the Himalaya surrounded by some of the worlds highest mountains. The trek is also an opportunity to get to know your Nepalese trek team and hosts in Jhib Jhibe, as well as experience the life of people in this remarkable landscape.

Trip Departs: 23rd September 2017

17 Days

Cost: \$5195.00

Included

- > Return Airfare with Thai Airways
- > 1/2 Day Tour of Kathmandu
- 1/2 Day Language Course in Kathmandu
- > Entry Fees to all Historical Sites
- > 4 Day Trekking Trip in the Rasuwa Region
- > 6 Day Village Stay
- > 4 Nights Accom in Kathmandu
- > 1 Night at the Transit Hotel in Bangkok
- > Most Meals on Tour
- > World Horizons Guides, Nepalese Support Staff & 3 Escorting Teachers from Oxley College to assist in the supervision of the group.
- > All Camping Equipment
- > Private Transport on all Land Transfers All Permits
- > Life Insurance for all Nepali Support Crew
- > Single Entry Visa for Nepal
- > Use of World Horizons Trek Pack: Sleeping Bag & Inner Sheet, Down Jacket, Insulated Sleeping Mat and a complementary Duffel Bag

Not Included

Travel Insurance, 3 lunches and dinners in Kathmandu, and items of a personal nature.

Day 1: Sydney to Bangkok

WED 27 Sep

You depart on TG472 at 15:40 and arrive into Bangkok at 22:00 and then spend the night at the Transit Hotel.

Day 2: Arrive Kathmandu

THU 28 Sep

You'll depart for Kathmandu at 10:15, arriving at 12:35. At the airport you'll be met by your World Horizons guides and take a short bus ride to the Marshyangdi Hotel right in the centre of the bustling Thamel area of Kathmandu. After settling into your room you'll gather downstairs for a briefing and then explore the streets before heading out for dinner.

Day 3: In Kathmandu

FRI 29 Sep

After breakfast you'll spend the morning enjoying a Nepalese language course. This will give you some of the basics of Nepali and allow you to communicate on a very simple level. In the afternoon we'll walk the streets of Kathmandu, where you can practice some of your newly acquired language skills.

Day 4: Kathmandu

SAT 30 Sep

This morning it's onto the bus for a tour of Boudhanath - one of the holiest Buddhist sites in Kathmandu. The stupas massive mandala also makes it one of the largest spherical stupas in Nepal. Boudhanath is a very special place central to the Buddhist faith in Nepal, and sits beside Hinduism as the countries second most popular religion. After lunch it's free time to explore the streets around the hotel in small groups. Before dinner we'll gather in the reception area of the hotel, here you'll be issued with your duffel bag, sleeping bag, inner sheet and down jacket.

Day 5: Kathmandu to Lokil

SUN 1 Oct

We'll leave the hotel by 9am and drive for about 4 hours to the town of Trisuli, from here we follow the Trisuli River to Betrawati and then up the switch backs to the small village of Sau Bari. Here you'll meet your World Horizons Trek Crew and start walking toward the first campsite at Lokil. It's a relatively gradual start to the trek with impressive views of Mt Ganesh to the north and the Trisuli Valley far below to the south. The trail passes through the small Tamang village of Parangse, and then on until Patle. Patle is one of many Tamang communities in this region, whose inhabitants would have

originally migrated from Tibet many centuries ago. Tamangs generally follow a mix of Tibetan Buddhism and elements of animism; however in this region you may even come across some who've converted to Christianity. Not too long after lunch you'll reach your first camp at Lokil.

Day 6: Lokil to Labung

MON 2 Oct

You start today's walk by traversing the hill side until lunch, after which you'll climb to the top of the ridge passing through small Chetri and Brahmin settlements. The actual scale of the mountains becomes apparent as you reach the ridge top, breaking through the forests of rhododendron and pine onto a high alpine pasture. Here the mountains suddenly seem closer and you are able to see the dramatic glacial systems that run off these magnificent peaks. You then follow a trail used primarily by the local villagers to move cattle, during the summer, to higher pastures for grazing. You arrive at Labung, and your camp for the night, by mid afternoon. Here you'll have time to relax and take in the intoxicating mountain scenery, before this evenings three course meal in the dining tent.

Day 7: Labung to Bhaisi Kharka

TUE 3 Oct

Just before descending through the rhododendron and pine forest this morning, you'll hopefully be able to catch a glimpse of Shisapangma - the only 8000 metre peak that sits entirely within the borders of Tibet. From our lunch stop at Nahachowk it's a lovely stroll until camp at Bhaisi Kharka. Bhaisi in Nepali means 'buffalo', and Kharka 'temporary settlement for grazing cattle'. We may need to share our campsite with a few friendly bovines tonight!

Day 8: Bhaisi Kharka to Aru Kharka

WED 4 Oct

It's not long this morning before you are passing through the villages of Syangil and Thangdor. Both are famous for the cultivation of potatoes in the region. After a little more descending you'll have lunch at Chhepar Khola, and then walk to your campsite just above the Tamang village of Aru Kharka.

Day 9: Aru Kharka to Jhib Jhibe

THU 5 Oct

It's about a 2 hours walk until we reach the Tamang village of Kalchit and then another hour to the village of





Jhib Jhibe - a sizable and diverse community of Brahmin, Tamang, Newari and Gurung ethnic groups and your home for the next 5 days. It's also where many of your trek staff and guide Balam Neupane come from.

Days 10 to 14: Village Stay
FRI 6 Oct to TUE 10 Oct

You'll spend the next 5 days camped in the home grounds of World Horizons Balam Neupane. This land has been in his family for generations, and it's from here that you'll venture out each day to engage with the local community. During this time one of your primary focuses will be teaching English to many of the students at Jhib Jhibe's nearby schools. Oxley staff will be on hand to give you a number of 'tried and tested' techniques, ideas and strategies to teach language. This will range from basic 'chant and repeat' to adventurous 'role plays' and everything in between. We will also provide resources to make each lesson interesting and fun to deliver. Staff will be on hand to help at all times, and the children in these villages are extremely enthusiastic. Our time at the schools will be invaluable to these children helping them to make connections with a world far beyond their mountain range.

Day 15: Jhib Jhibe to Kathmandu
WED 11 Oct

We farewell the villagers of Jhib Jhibe and, arrive in Kathmandu at around lunch time. This afternoon you're free to explore the Thamel area until it's time for our farewell dinner.

Day 16: Depart Kathmandu
THU 12 Oct

Your flight departs Kathmandu at 13:05 so you will leave the hotel for the airport at 10:00.

Day 17: Arrive Sydney
FRI 13 Oct

Arrive into Sydney at 07:20.

The Trekking Trip

The Himalaya stimulates the senses like no other place on earth, and instills a desire for adventure in many a traveller. To trek in the mountains of Nepal is one life's great experiences. The lush mid-hills, the exotic bird and wild life, the highest peaks in the world and the deepest river gorges and fascinating cultures, are all things that bring travellers back time and time again.

On this trip you'll be trekking in the Rasuwa District, just north of Kathmandu, on a trail that heads up onto an undulating ridge and then back down to the village of Jhib Jhibe - home to many of the Trek Crew from World Horizons. This friendly team of locals

will include cooks and kitchen hands, Sherpa guides and porters, and along with a World Horizons' Australian based guide, will give you the opportunity to spend time with Nepalese on a daily basis. Many find their closest contacts and greatest insights come from the time spent with these great people. It should also be mentioned that by participating on this trek you are helping members of the trek team subsidize a very modest annual income based on agriculture, and use their wages to buy small "luxuries" they could not otherwise afford.

A typical trekking day begins at around 7am, with a hot cup of tea passed into your tent by one of our kitchen staff. When you have washed, dressed and packed your duffel bag, just go to your waiting breakfast, leaving the Sherpas to organise your tent and bags. Breakfasts are always big. A typical one would be hot porridge and cereal or pan-cakes, eggs, toast, marmalade, honey, tea, coffee or hot chocolate. After breakfast we usually walk for three or four hours through fields and along remote ridgelines, up and down terraced hillsides and past spectacular mountain backdrops. During this time the cook team has moved ahead to prepare lunch.

After lunch a further two or three hours walking brings us to our camp for the

night. We are welcomed with tea and biscuits, and once again there is the opportunity to explore the area before the evening meal or take in a quick game of cards. After dinner your World Horizons Guide will make sure you know about the next day's walking and anything else planned. Conversation often lingers into the night, and is accompanied by combinations of coffee, tea and hot chocolate, until your sleeping bag beckons and you arise again to another day in the Himalaya.

World Horizons use roomy tents you can almost stand up in - two people to a tent that easily holds three. We provide high quality sleeping bags and a sleeping mat for a comfortable night's rest. There are also toilet tents and a dining tent, complete with table and chairs set up at each campsite. It's your job to do the walking and take the photographs, while our trek staff take care of the camp duties and carry everything. At some of the camps it may get a little chilly at night, but the days will generally be warm, so you can expect to be trekking in light-weight shirt and shorts during most days. At our two high camps however you will need to be prepared for slightly colder conditions. So please read the gear list carefully.

Keep in mind that this is not a particularly difficult trek; however if you're not





into regular exercise we do suggest you start preparing at least three to four months before departure. If you have any concerns at all about your fitness level please call the World Horizons office to talk to one of our staff.

Our Hotel in Kathmandu

The Marshyangdi Hotel is a situated right at the centre of the major tourist area of Thamel and many other notable attractions the city has to offer. Go to www.hotelmarsyangdi.com for a look around.

Travel insurance

It is mandatory that you have travel insurance to join the trip. World Horizons recommends and offers Cover-More Travel Insurance. On receiving your booking forms we will send you the policy brochure along with your letter of confirmation. To take up the policy just fill in the enrolment form and return it with your final submission.

Health Issues

From our experience you should be immunised against Hepatitis A and B, Typhoid, Meningitis and Polio. Make sure your Tetanus shots are up-to-date, and a dental check up is recommended.

Your doctor also might advise you to take an antimalarial. The CIWEC clinic in Kathmandu gives the following advice...

"Although Nepal is endemic for malaria, the risk for the average tourist or expatriate seems very low in Nepal. We believe that there is no malaria risk in Kathmandu, Pokhara or the mountain trekking areas."

The CIWEC clinic is also a very good source of information on health related issues for visiting Nepal. Just Google - CEWIC.

Spending Money

The only thing you'll need spending money for are a 3 lunches and dinners in Kathmandu (around \$10 per meal), any souvenirs you might want to buy, and A\$50 for tipping the Trek Crew. A\$250 should be plenty. We suggest you travel with cash (AUD is fine) and an ATM card if you wish. Your cash can be exchanged at the hotel, or at any bank or official exchange centre, for Nepalese Rupees. ATMs are readily available in Kathmandu.

Visa

A single entry visa is included in the trip. Once you have booked we will send you the visa application form. Be sure to stick your photograph onto the application form before returning to us. You will need a valid passport, along with a passport size photograph.

Climate

In Kathmandu it will be quite warm during the day, anything from 25 to 30 degrees. At night it will be a very pleasant mid to late teens. On trek the day temperatures can be warm to cool, at around 18 to 26 deg C. Nights however can be cool and at our high camps can drop to as low as 0 degrees C. So make sure you read the gear list carefully and bring all that is suggested.

Gear List

World Horizons provides you with the use of our Trek Pack. In this is included a sleeping bag & inner sheet, an insulated sleeping mat, and a duffel bag. Your duffel bag is what you will transfer

your gear into for the trip outside of Kathmandu. You will pack your duffel bag the night before we leave Kathmandu. Anything you don't want to take can be left in your suitcase at the hotel. It is important you adhere to the gear list, as invariably we find people tend to bring too much. If you don't have any of the items listed below they can be obtained from outdoor stores throughout Australia.

> **Day pack** of medium size around 25 to 30 litres, to carry items such as your waterbottle, rainjacket, camera, sunscreen, or any- thing else you might want to have with you while trekking, on day trips or the aircraft.

> A good pair of walking **boots** (leather or synthetic) with ankle support is your best option for a trek in Nepal. The most important feature of your boots is that they are well worn in BEFORE the trek. Blisters can turn your trek into an unpleasant experience, so take time to wear new boots in.

> Bring plenty of **socks**, 3 or 4 thick warm pair and 3 thin pairs.

> One pair of **sandals** or **thongs** for around camp.

> One pair of **runners**.

> A **waterproof jacket** with a hood is a must. Preferably of good quality and around thigh length. Gore-Tex or other breathable fabrics are great, if you already have one, but quality nylon will do just as well.

> A pair of woolen or fibre pile **gloves**.

> A warm woolen or fibre pile **pullover** or **jacket**.

> **Thermal underwear**, both long top and bottom.

> 2 pair of lightweight **trousers** for trekking, along with 2 or 3 pairs of **shorts**. Jeans are not recommended for

trekking, but bring a pair for casual wear in Kathmandu.

> One pair of warm **track pants** for cold nights.

> 2 or 3 cotton **T-shirts** and 2 or 3 light-weight **long-sleeved shirts**.

> Sun **hat** (wide brimmed—no baseball caps please!)

> **Beanie**.

> **Sunglasses**.

> Good quality **water bottle** - 1 litre - Nalgene or Sig

> **Headtorch** or hand held torch plus spare batteries.

> **Camera**.

> Personal **toiletries**.

> **Towel**.

> **Swimwear**.

> **Money Belt**.

> World Horizons provides an insulated sleeping mat, but if you have a Thermarest bring it along.

> folding **Umbrella—essential!**

> Light weight **evening wear** for nights out in Kathmandu

Personal Medical Kit

> Sunscreen and Lip Balm

> Band-Aid strips

> Insect repellent

> Leucoplast or Moleskin

> Throat lozenges

> Aspirin or Panadol

> Ear plugs

> Wet Wipe

Tipping

It's customary at the end of a trip to tip the trekking staff that have helped to make your journey a safe and memorable one. On your last morning with the trek crew, tips are presented to each member during a very enjoyable ceremony. On arrival in Kathmandu please have on hand A\$50 ready for collection.

For further details on this trip please contact the office of World Horizons.

Phone: 02 4787 5960 or Email: info@worldhorizons.net

www.worldhorizons.net