

YEAR 9 SERVICE EXPEDITION

TO *Nepal*



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 October 2019. 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 (50km 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 world's 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: 30 September 2019

Cost: \$5195.00

Included

- > Return Airfare with Thai Airways
- > 1/2 Day Tour of Kathmandu
- > Entry Fees to all Historical Sites
- > 4 Day Trekking Trip in the Rasuwa Region
- > 6 Day Village Stay
- > 4 Nights Accommodation in Kathmandu
- > 1 Night at the Transit Hotel in Bangkok
- > Most Meals on Tour
- > World Horizons Guides, Nepalese Support Staff & 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
- > Use of World Horizons Trek Pack: Sleeping Bag & Inner Sheet, Down Jacket, Insulated Sleeping Mat and a complementary Duffel/Travel Bag

Not Included

2 lunches and dinners in Kathmandu, and items of a personal nature.



Jhibe Jhibe Farmhouse - Rasuwa District Nepal



World Horizons Gagan Neupane will be one of your hosts and guides while staying in Nepal.

Outside of Kathmandu you will be staying at the Jhib Jhibe Farmhouse in the Rusuwa District. Home to World Horizons Nepal Operations Director Balaram Neupane, and his family, the original house, like others in the region constructed of mud & stone, was destroyed in the earthquake. With some of the remains, as well as a mix of traditional and modern building materials, we have constructed a new farmhouse as well as a small 'retreat'. The first stage is now complete and includes a solar shower block, biogas toilet system, and eco friendly kitchen block. What this means is that you can enjoy your surroundings in comfort and security, and know that you are also providing employment in a region where jobs, outside of subsistence based farming, are very difficult to find. the village of Jhib Jhibe is North of Kathmandu and is a 4 to 5 hour ride to get there. Home to many of World Horizons trek staff the village is at an altitude of around 1600 metres. You'll be there at the end of the monsoon, which means it can be reasonably warm. So a dip in our nearby stream is always a popular activity in the afternoons after teaching at the school.





B (breakfast), L (lunch) & D (dinner) indicate where your meals are not included. You'll need to budget between \$10 & \$20 each for these meals.

Day 1: Sydney to Bangkok (D) Mon 30 SEP

You'll be leaving the school by coach at 5:30am for Sydney International Airport. TG476 departs at 10:00 and arrives in Bangkok at 16:20. You'll then spend the night at the Novotel Airport Hotel. Make sure you have a change of clothes and your toiletries in your day pack as your World Horizons travel bag will be checked through to Kathmandu.

Day 2: Arrive Kathmandu Tue 1 OCT

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

Day 3: Kathmandu (L & D) Wed 2 OCT

This morning it's onto the bus for your tour of Swayumbunath (aka Monkey Temple) and the old part of Kathmandu. We'll be back at the hotel for lunch and then afterwards gather in the reception area of the hotel, where you'll be issued with your sleeping bag and down jacket. After lunch, there will be time for

a little shopping near the hotel. Tonight we'll be heading out for dinner a short walk from the hotel.

Day 4: Kathmandu to Jhibe Jhibe Thu 3 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 switchbacks to the village of Kalikasthan. Here you'll meet your World Horizons Crew and start walking toward Jhibe Jhibe about an hour away.

Days 5 to 8: Village Stay Fri 4 - Mon 7 OCT

You'll spend the next five days camped in the home grounds of World Horizons Balaram 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. Staff will be on hand to help at all times, and the students in these villages are extremely enthusiastic.

Day 9: Jhib Jhibe to Dilling Tue 8 OCT

We trek straight up this morning as the trail passes through the small Tamang village of Parangse, and then on until Lokil where you'll stop for lunch. From Lokil it's a steady 2-hour walk to your camp for the night.

Day 10: Dilling to Labung Wed 9 OCT

The walk today follows a series of paths used primarily by the local villagers to move cattle, during the summer, to the 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 evening's three-course meal in the dining tent.

Day 11: Labung to Bhaisi Kharka Thu 10 OCT

Just before descending through the rhododendron and pine forest, you'll 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'.

Day 12: Bhaisai Kharka to Jhib Jhibe Fri 11 OCT

It's about a 2-hour walk until we reach the village of Bittang. A small Buddhist monastery sits next to the village. Here one of your trek leaders, Lama Tamang, will perform a Buddhist ceremony known as a Puja for the group. Afterwards, we will trek down to Jhib Jhibe for lunch and the wonderful surrounds of the farmhouse. Tonight there'll be a dance performance by the local community to celebrate the end of your journey in the region.

Day 13: Jhib Jhibe to Kathmandu (L & D) Sat 12 OCT

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

Day 14: Depart Kathmandu Sun 13 OCT

Your flight departs Kathmandu at 13:05 so you will leave the hotel for the airport at 10:30.

Day 15: Arrive Sydney Mon 14 Oct

Arrive in Sydney at 08:20 on TG 475. Pick up by parents.



The Trekking Trip

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

On this trip, you'll trek in what's known as the Rasuwa District, just north of Kathmandu. your three-day journey heads up onto an undulating ridge for views of the highest mountains in the world, before heading back down to the village of Jhib Jhibe - home to many of the Trek Crew from World Horizons. Your trek team will include a cook and kitchen hands, Sherpa guides and porters, and two World Horizons' trek guides. The trek 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.

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. Break- fasts are always big. A typical one would be hot porridge and cereal or pancakes, 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. The conversation often lingers and is usually accompanied by a 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.

You can expect to be trekking in light-weight shirt and shorts during most days. At our two higher camps, however, you will need to be prepared for slightly colder conditions. So please read the gear list carefully.

Your 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.hotelmarshyangdi.com for a look around.

Travel insurance

Oxley College has comprehensive travel insurance that will cover all students on this tour. For further details please contact the school.



Health Issues

From our experience, you should be immunised against Hep 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.

Spending Money

The only thing you'll need spending money for is two lunches and dinners in Kathmandu (around \$15 per meal), any souvenirs you might want to buy, and A\$100 for tipping the Trek Crew. A\$350 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

Once you have booked we will send you the visa application form and procedure for acquiring your entry visa for Nepal.

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 water bottle, rain jacket, camera, sunscreen, or anything 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 woollen or fibre pile gloves. > A warm woollen 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 cool T-shirts and 2 or 3 lightweight long-sleeved shirts.
- > Sun hat (wide-brimmed - no baseball caps please!)
- > Beanie.
- > Sunglasses.
- > Good quality water bottle - 1 litre - Nalgene or Sig
- > Headtorch or handheld torch plus spare batteries.
- > Camera.
- > Personal toiletries.
- > Towel.
- > Swimwear.
- > Money Belt.
- > folding Umbrella—essential!
- > Lightweight 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
- > Earplugs

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\$100 ready for collection.

