

Example Itinerary

Care & Community in Nepal

*The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, needs of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Special programmes.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	8:30am-12:00pm	Induction and tour of Thamel
		12:30pm-2:00pm	LUNCH AT LOCAL RESTAURANT
		2:00pm-5:00pm	Tour and Induction at Care Centre
		6:00pm-8:00pm	DINNER
		8:00pm-9:00pm	Traditional Dancing
3	Tuesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
4	Wednesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
5	Thursday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
6	Friday	6:00am-1:00pm	Travel from Thamel to Chitwan
		12:00pm-1:00pm	LUNCH
		1:00pm-7:00pm	Tour of Chitwan
		7:00pm-9:00pm	DINNER
7	Saturday	ALL DAY	Weekend in Chitwan National Park
8	Sunday	ALL DAY	Weekend in Chitwan National Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Play with children at Care Centre
		5:00pm-7:30pm	Bollywood Movie
		7:30pm-8:30pm	DINNER
10	Tuesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
11	Wednesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-2:00pm	Completion of painting project
		2:00pm-6:00pm	Visit Boudhanath Stupa
		7:00pm-8:00pm	DINNER
12	Thursday	9:00am-12:00pm	Play with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-6:00pm	Rikshaw Tour of Thamel
		7:30pm-8:30pm	DINNER
13	Friday	9:00am-12:00pm	Sports with children at Care Centre
		12:00pm-1:00pm	LUNCH
		3:00pm-6:00pm	Souvenir shopping at local market
		7:30pm-8:30pm	FAREWELL DINNER
14	Saturday	ALL DAY	Departure