



World
Challenge

NEPAL - ANNAPURNA TREK & COMMUNITY (20 NIGHTS)

LEADERSHIP
EXPEDITIONS



SUSTAINABLE
DEVELOPMENT
GOALS

4 QUALITY
EDUCATION



5 GENDER
EQUALITY





We believe in the power of extraordinary experiences. They allow us to see ourselves, others and the world differently, and develop our confidence, independence and resilience.

20 NIGHT EXPEDITION IN NEPAL

Trek through the Annapurna Sanctuary, explore Kathmandu and contribute to a community initiative. With you and your team tackling fresh challenges each day, this once-in-a-lifetime experience proves just how much you're capable of. It could change the way you see yourself and the world, forever.

START
HERE



DAY 1

ARRIVE IN KATHMANDU

Sleep: Hotel

Touch down in the legendary city of Kathmandu. You've made it to Nepal – a land of golden temples, thick forests and Himalayan peaks.

Make sure you get some rest after your flight. You're about to take the road less travelled and experience the places you've been dreaming about.

Snow-capped mountains, wild rivers and sacred cities – they're all here, waiting to be explored.

TRAVELLING RESPONSIBLY

REMEMBER, YOU'RE MORE THAN A TOURIST IN THIS PLACE. YOU'RE PART OF A TEAM OF GLOBAL CITIZENS, EMBRACING DIVERSITY AND COMMITTED TO LIFELONG LEARNING.

STAY OPEN TO OPPORTUNITIES, CONTRIBUTE WHERE YOU CAN, AND CONNECT WITH THE MANY PEOPLE YOU MEET ALONG THE ROAD.



DAY 2

DISCOVER THE CAPITAL

Sleep: Hotel

Your first impression of Nepal's crazy capital isn't something you'll forget in a hurry. A sensory overload of sounds and smells, Kathmandu is amazing but full-on.

Dive into expedition life. Assign some team roles and meet the ground team to discuss your plans. You'll also need to buy a SIM card for the team phone – head to the market and get to grips with the currency, Nepalese rupee.

Jobs done, it's time to explore. Navigate through colourful streets and bustling markets. Smell the food

sizzling on street stalls, and taste your first momos (Nepalese dumplings).

For a dose of culture, check out Durbar Square and the Boudhanath stupa. You could also visit the ancient city of Bhaktapur and Nepal's most important Hindu temple, Pashupatinath.

PLAN AHEAD

REMEMBER TO BOOK ANY OPTIONAL ACTIVITIES AT THE START OF THE TRIP- CHAT WITH THE GROUND TEAM AND GET PLANNING!

DAYS 3-12

ANNAPURNA SANCTUARY TREK

Sleep: Hotel, teahouses

Travel: Transfer 10-12hrs to Pokhara, transfer 1hr to start point, transfer 30mins to Pokhara

Trek: 9 days



Travel to Pokhara, a lakeside city surrounded by snow-capped peaks. On the long journey, watch everyday life pass by. Road trips are a great way to glimpse Nepal's colourful towns, forest-clad mountains and rushing rivers.

Boots on, daypack loaded, time to trek. You're about to hike among giants in the legendary Annapurna Sanctuary.

Your team just got bigger. Meet your local guides and cooks. They're insanely experienced, so ask questions and learn from these mountain masters.

Step forward as team leader and set the pace through lush foothills



to reach the British Expedition Camp Base (4,130m). Navigate past shrines and teahouses in a landscape of rhododendron forests, bamboo and high mountain passes. Trekking at altitude is tough, so support each other and keep morale up.

On your last day, wake up for a final sunrise and trek along the banks of the Modi Khol to the village of Shyaule Bazaar. Crash out on the journey back to Pokhara.

THE ANNAPURNA SANCTUARY

ANNAPURNA BOASTS SOME OF THE HIGHEST MOUNTAINS IN THE WORLD. THE TALLEST IS MORE THAN 8,000 METRES.

DAY 13

EXPLORE POKHARA

Sleep: Hotel

Back in Pokhara, decide as a team how to spend your time here. Built by Buddhist monks, the World Peace Pagoda is a great spot to check out those epic views of the Annapurna range.

You could also visit the cascading Devi Falls, or head to the Tibetan refugee camp of Tashi Palkhiel and listen to the monks chanting.

Or how about dipping into your spending money and renting a boat on Phewa Lake, or learning about the mighty Gurkhas at the Memorial Museum?



LEARN THE LINGO

THE OFFICIAL LANGUAGE OF NEPAL IS NEPALI. PRACTICE SIMPLE PHRASES - SAY 'NAMASTE' TO GREET LOCALS.

DAYS 14-17

● COMMUNITY INITIATIVE

Sleep: Camp, hotel

Travel: Transfer 1-2hrs to village, transfer 1-2hrs to Pokhara



Travel into the countryside surrounding Pokhara. Spend the next three days living alongside a village community and contributing to a sustainable project that aims to improve the quality of local education.

The village school is in need of better infrastructure. Learn some skills from the experts as they carry out renovations - then roll up your sleeves and help out where you can.

Dive deeper into community life by preparing lunch and practising your Nepali with the locals. Organise a



football match and play badminton with the community.

This is a side of Nepal that few tourists see. Rural life can be tough, and you'll have none of the comforts you're used to back home. Grab this opportunity to connect with the locals and learn about their lives.

QUALITY EDUCATION

CONTRIBUTE TO A SUSTAINABLE INITIATIVE THAT AIMS TO IMPROVE SOCIOECONOMIC MOBILITY THROUGH EDUCATION.

DAYS 18-20

○ KATHMANDU & AROUND

Sleep: Hotel

Travel: Transfer 10-12hrs to Kathmandu

Grab some snacks and bag a window seat for the long trip back to Kathmandu.

Break up the journey with an optional white water rafting trip. Head to the Trisuli River, grab a paddle and navigate the rapids together, camping beneath the stars.

If you'd prefer to stay in the city, you've got options. You could head off on a rickshaw ride to the Swayambhunath 'monkey temple' and Asan Tole - this buzzing market sells everything from dried fish to yak tails.

There's also the option of a women's social enterprise workshop to discover Nepali cooking, handicrafts and language. The organisation supports disabled and discriminated women by providing training, education and employment opportunities.

Mark the end of your trip with a team meal. Tuck into your favourite Kathmandu cuisine, share your memories and set your friendships in stone.



GENDER EQUALITY

CONTRIBUTE TO AN INITIATIVE THAT STRIVES FOR EQUAL OPPORTUNITIES AND AIMS TO EMPOWER WOMEN AND GIRLS.

DAY 21

TRAVEL HOME FROM KATHMANDU

After the best three weeks of your life, it's time to travel home. Cram everything into your backpack and head to the airport.

Check in, sit back and let it all sink in. You've just experienced something incredible. Nepal has opened your eyes and challenged you more than you ever imagined. You've fast-tracked your

life skills and connected with locals; you've led your team and made new friends for life.

These experiences will shape who you are and put you on the path to becoming a true global citizen. Prepare to return home forever changed.



WE CARE ABOUT EDUCATIONAL OUTCOMES.

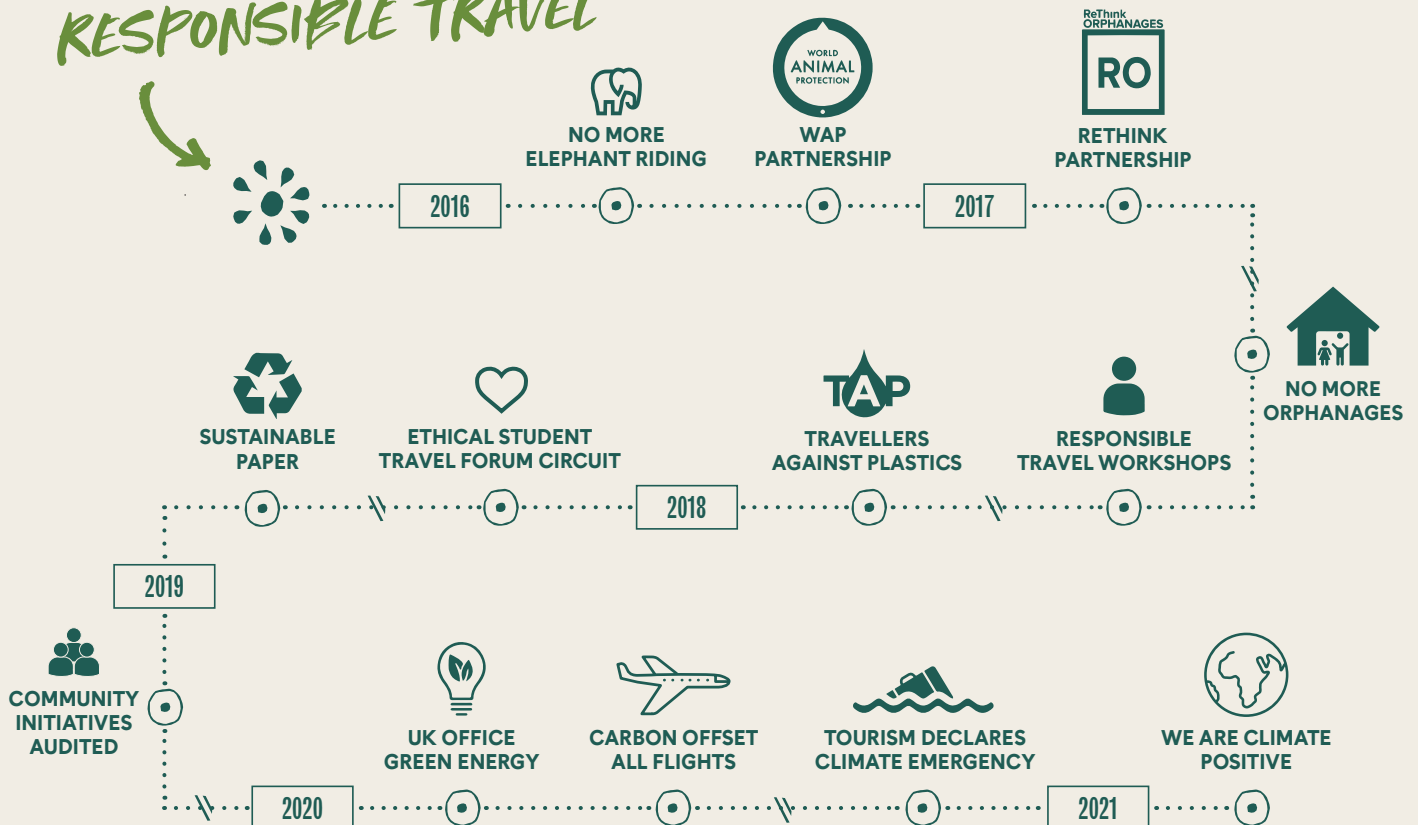
- ✓ Students will gain a **greater understanding of how to act for a more sustainable future**, at both local and global levels.
- ✓ Students will be **empowered to build on their self-care strategies**, enhancing their physical and mental wellbeing.
- ✓ Students will be immersed in different cultures and experiences, **growing to understand their role within our global community**.
- ✓ Students will experience and reflect on the power of being pushed outside of their comfort zone, allowing the **development of initiative, confidence, and resilience**.
- ✓ Students will be **challenged to think critically about topical issues** that affect our past, present and future around the world.
- ✓ Students will **build a deeper connection to their own identity & personal values**, developing their independence and sense of self.



EXPERIENTIAL LEARNING



OUR JOURNEY TOWARDS RESPONSIBLE TRAVEL





SPARKING GREATER POSSIBILITY

CONTACT US

weareworldchallenge.com

