



**Global Crossroad**

Volunteer Abroad, Intern Abroad, Mini-Escapes, and Summer Escapes

## Summer Escapes Tibet and Nepal

**Program:** Summer Escapes – Tibet Nepal

**Highlights:** Community Work, Cultural Immersion, Country-wide Travel

**Departure and End Point:** Tribhuvan International Airport – Kathmandu

**Language Requirement:** None

**Accommodation & meals:** Hostel, Host Family, Tea Houses (during travel), Nepali foods 3/day

**Special Needs:** Good health for trekking

**Program Fee:** \$1999 for 28 days program including 7-day of Tibet tour

### Summer Escapes - Tibet and Nepal

Tibet, also known as "Shangri-La" and "the roof of the world," is an awesome land rich in wonderful people and an amazing culture. Nepal is a land of some of the most awe-inspiring scenery, cultural treasures, and trekking trails on Earth. For 30 days, join Global Crossroad's summer Escape in Tibet and Nepal- making a rugged Himalayan adventure in this mysterious and intriguing land, trekking through stunning landscapes, hidden valleys, all among a backdrop of flowering grasslands, majestic monasteries, Buddhist stupas and Himalayan plateaus. During this short but enriching period, travelers are introduced to the amazingly diverse culture, language, and religion; all while traveling on the historic, centuries-old caravan trails, assisting the fascinating and rural people of Nepal

### Orientation, Language and Cultural Immersion in Kathmandu (7 Days)

Your Summer Escape will commence in Nepal with a small, but interesting, orientation about the culture, history, religion, habits and behaviors of the Nepalese people. A short video will follow this brief orientation. The purpose of this orientation is to offer a glimpse into the daily lives, language and cultures of the Nepali people by visiting sites of cultural, religious significance and providing Nepali language classes.

**June 28:** Arrive at the Tribhuvan International Airport in Kathmandu. Upon arrival, Global Crossroad's In-Country Coordinator will meet participants at the airport before being transferred to Global Crossroad's hostel in Kalanki.

**June 29:** Join general orientation and informative presentation about Nepal, Nepali language, culture, customs and others. After orientation, you simply begin Nepali Language Class with our experienced language instructors.

**June 30:** After a two-hour Nepali Language Class, Global Crossroad will organize a short cultural tour to Kirtipur which is a very famous historical place. We will see local people and their typical lifestyle.

**July 1:** Nepali language continues, followed video clips about the Nepali folk song.

**July 2:** After breakfast, set out for a sight-seeing tour of the Kathmandu Valley. Visit a worldfamous, Hindu holy place known as the Pashupatinath Temple, one of the greatest stupas in Asia as well as Monkey Temple. After the completion of the day's sightseeing, the remainder of the day is free to be used at your own discretion.

**July 3:** Nepali Language Class for two hours with the remainder of the day free to explore the highly popular region of Thamel.

**July 4:** Review the Nepali language after breakfast. After the review, celebrate with your fellow students and teachers with a small party where each participant will receive a small gift and proof of participation. After lunch, you are free for the remainder of the day to explore the region and prepare for the next day's community service project.

### **Work in Orphanage: July 5-July 18**

During these two weeks, participants will work in an orphanage project ( Kathmandu or Chitwan) - bringing a ray of hope into the lives of destitute orphans. Volunteers will teach basic, conversational English to the children and organize fun activities in order to encourage their participation as well as easily comprehend things. Extend a helping hand in the sanitation and food distribution efforts of the orphanage. In your free time, hike in the beautiful areas surrounding Kathmandu Valley and experience the peace and tranquility of amazing Nepal



### **Tibet Exploration : Insights of Tibet (Fly In Fly Out) 7 Nights 8 Days**

This tour is full of adventure and incredible scenery as you spend over a week traveling across Tibet. From Kathmandu you will depart over on a flight over Mt. Everest and then experience Tibet up close and personal with exploration of ancient temples and monasteries along with other sightseeing tours. Then you can enjoy relaxing drives through the country and the Brahmaputra River.

**Day 0** – Trip Preparation

**Day 01:** Kathmandu(1300m) – Lhasa (3650m)

The Trip Starts With A Flight For You To Lhasa By Air China Ca408 Flight, Upon Arrival Drive To Tsedang Accommodation: Guest House. Meals: B

**Day 02:** Tsedang-Lhasa.

Day Two You Will Drive To Samya Monastery And After Sight Seeing Proceed To Lhasa Accommodation: Guest House. Meals: B



**Day 03 – 04:** In Lhasa.

On 3rd & 4th Day You Will Be Engrossed With Sight Seeing Tour To Magnificent Potala Palace, Jokhang Temple, Barkor Market, Deeprung Monastery, Sera Monastery And Nunnery. Accommodation: Guest House. Meals: B

**Day 05:** Lhasa -Gyantse:

Today You Will Enjoy A Full Day Picturesque Drive Along The Turquoise Lake Yamadrok, Crossing Over Kampala Pass (4794m) And The Brahma Putra River (Yarlung Tsangpo). Accommodation: Guest House. Meals: B

**Day 06:** Gyantse (3,950m)-Xigatse, 90km, Approx 2 Hrs Drive.

The Sixth Day Starts Early In The Morning With Sightseeing To The Kumbum Stupa & Palkor Monastery And Drive Through The Tibet's Biggest Agricultural Field To Xigatse, Sight Seeing At Panchen Lama's Tashilumpu Monastery Accommodation: Guest House. Meals: B

**Day 07:** Xigatse –Lhasa

Today You Will Drive Back From Xigatse To Lhasa Through Bramhaputra River Accommodation: Guest House. Meals: B

**Day 08:** Lhasa – Kathmandu

You Will Bring This Journey To A Close By Taking An Early Morning Drive To Gonggar Airport For Departure Flight To Kathmandu Or To Your Onward Destination. Accommodation: Guest House. Meals: B

*Program itineraries are merely samples and may change to meet the needs of the volunteers and changes in the field conditions. This itinerary will be finalized upon arrival in Kathmandu*



**Dates**

*Volunteers mostly travel to Tibet at the middle of the summer escapes program. The travel date to Tibet can be changed with climate and flight availability so flexibility is required*

**Additional Cost:**

Airfare Ktm-Lhasa – Ktm US\$ 616.00 (Commissionable)

Tibet Visa US\$ 45.00 (Normal)

Tibet Visa Rush (Additional) US\$ 17.00

Dates: Fixed Departure Every Saturdays and Tuesdays

**Cost Includes:**

- Transfer By 4wdland Cruiser In Tibetan Part And Bus In Nepali Part
- Accommodation In Twin Sharing In Guest House & In Hotel On Bb Basis
- Sight Seeing As Per The Itinerary With English Speaking Tibetan Guide
- Monastery Entrance Fees
- All Air Port Hotel Airport Transfer

**Cost Excludes:**

- Lunch and Dinner
- Nepal Re-Entry Visa Fees
- Expenses Of Personal Nature And Extra Cost Of 05 –10 Dollars In Case Of Land Slide In Nepali
- Portion For Porter And Transportation