



global learning for positive change



*"Global Action really did provide us with a world class experience which will be remembered by our pupils for the rest of their lives!"* Head of Geography, Lancing College

# Nepal Chitwan

Summer 2026



# Your Global Action Programme

At Global Action, we believe in engaging young people in Global Learning about poverty reduction, environmental issues and social justice. This develops Global Citizens, able to effect positive global change for the future.

Global Action programmes engage students with global issues, carefully designed around the UN agreed Sustainable Development Goals. Your trip will explore how these goals are being achieved on an international scale, and what still needs to be done

## Support Raising Funds



- ✓ Raising funds support
- ✓ Ideas and resources on webpage



## Trip Preparation

- ✓ Destination Handbook
- ✓ Discount codes for kit
- ✓ Fitness advice



## Global Learning

- ✓ Global Learning Workshop
- ✓ Resources and further reading on webpage

## Trip Preparation



- ✓ Meet your Global Action Leader and kit preparation evening
- ✓ Leaders' Safety Management Workshop
- ✓ Training Day (if applicable)



## Overseas Trip

- ✓ Exposure to local and global development
- ✓ Visits to international agencies
- ✓ Participation in practical projects



## Alumni Community

- ✓ Empowered and engaged global citizens
- ✓ ASDAN Universities Award



"It far exceeded all expectations - thank you for facilitating such a wonderful experience for the students, that I am sure they will remember forever."

*teacher, Harrow School*



# Why Nepal?

Nepal hosts 8 out of the 10 highest mountain peaks in the world, including Mount Everest. With spectacular mountains, forests, rivers and jungle, together with its rich and diverse cultures, Nepal offers an educational, adventurous, and hugely inspiring destination!

From the World Heritage palaces of Kathmandu to the world-famous Chitwan National Park, this Nepal trip will enhance key topics in: Biology, Geography, and Religious Studies:

- Safeguarding biodiversity and protecting endangered wildlife, while reducing the impacts of climate change
- Globalisation, Refugees, Migration, Democracy, Human Rights
- Poverty Reduction, Access to Education, Sustainable Livelihoods
- Buddhism and Hinduism; Philosophy and Ethics, Meditation



## Useful Facts

**Geography:** You will be based in the capital, Kathmandu working on a project in the Kathmandu Valley then visiting the spectacular Royal Chitwan National Park, on the Southern border with India.

**Climate:** In July, Nepal is hot and humid, with average temperatures of 30° C and expect some rainy days. In the Chitwan National Park, temperatures are warmer with average temperatures of around 35° C.

**Languages:** Nepali is the national language and English is widely understood.

**Culture:** Hinduism and Buddhism co-exist peacefully in Nepal, to the extent where both religions share some of the same deities and temples.

**Physical rating:** This trip has a low physical rating; the ability to walk with a daysack for 2 hours per day in hot/humid temperatures, is required.

**Accommodation:** You will be staying in comfortable Hotels in Kathmandu and in Chitwan.

# Sample itinerary

## Build Up Day

The day before departure, all team members will meet at the school. Your Global Action Trip Leader will check your kit and run through health and safety briefings.

## Days 1 – 2: UK – Kathmandu

Your exciting adventure begins with an overnight flight, arriving the following day in Kathmandu, the ancient capital of Nepal, set against a backdrop of the Great Himalayan Mountain Range. On arrival in Kathmandu, you will meet your Nepali guides and travel to your hotel.



In the late afternoon, you can explore the magical old Kathmandu, with its colourful markets, shops, temples, and shrines, often hidden away in the most unlikely places!

## Days 3 – 4: Nepalese Development, History and Buddhism

In Kathmandu, you can enjoy a few interactive workshops with experts at inspirational international agencies working at the forefront of poverty reduction and conservation in Nepal:

- **UK Foreign Commonwealth and Development Office:** learn how the UK is supporting international development in Nepal, ranging from women's empowerment, humanitarian work, work on climate change, nature and global health
- **Practical Action Nepal:** learn how this charity provides low cost technology and knowledge to vulnerable communities to reduce poverty.
- **World Wildlife Fund Nepal:** learn about their Living Himalayas Initiative - promoting conservation and protecting endangered wildlife throughout the Himalayas.

In the afternoons, you will learn about Nepalese history and Buddhism with visits to the **UNESCO World Heritage sites of Boudhanath Stupa** and Kathmandu's **Durbar Square**.

Stupas are built to house holy relics, and the stunning Stupa of Boudhanath is one of the holiest Buddhist sites in Asia, believed to be built around a piece of bone that belonged to Gautama Buddha. The stupa dates back to the 7<sup>th</sup> century and is one of the largest in Nepal. You will join the local community, traders and pilgrims from Tibet saying their prayers, as well as exploring the magnificent **Sakyapa Monastery** and receiving an introduction into **Buddhism and Hinduism**.

You then have a guided walking tour of Kathmandu's **Durbar Square, a UNESCO World Heritage Site**. You will learn about Nepal's fascinating history, which used to be three kingdoms, before the unification of Nepal by King Prithvi Shah in the mid-18<sup>th</sup> century. The square houses beautiful 15<sup>th</sup> century palaces of the Malla and Shah Kings, surrounded by spectacular temples and architecture that showcase the intricate carving skills of the Newari artists and craftsmen.



### Days 5 – 8: Poverty Reduction Project and Cultural Exchange

For the next 4 days, your team will work on a well-planned poverty-reduction project which focuses on the local community in the Kathmandu Valley. The needs of the community will depend on the work the group will get involved with. The group will be immersed in local culture and can practice some of the Nepalese they have started to learn. A couple of previous examples of projects our groups have got involved with are:

- **Provision of Safe Drinking Water:** Installing a water tank at a local school to provide safe clean drinking water. This helps reduce illness and disease and increases attendance at school, improving local education.
- **School Classroom:** building a new school classroom or renovation of old classrooms.



Our projects director will be working with the local community over 6 months to ensure this project is well designed, feasible within time constraints, and all project materials will be on site prior to your arrival.

As part of our community service, we will visit the **Gurkha Welfare Trust**, a UK Charity, to learn how **Nepalese officers serving in the British Army coordinate development to remote mountain communities**. For over 200 years, the Nepalese have been recruited into the famous Gurkha regiments of the British Army – a practice which continues today.



You will learn how this inspirational charity supports vulnerable communities in the area by:

- Building schools, bridges, clean water and sanitation systems (to reduce disease and infant mortality rates)
- Providing medical camps, disaster relief and healthcare support to Gurkha pensioners



### Days 9 – 12: Royal Chitwan National Park

You visit the superb Royal Chitwan National Park, a United Nations' World Heritage Site. Located in southern Nepal, the Park's dense forests and grassy plains are famous for its biodiversity, and home to many rare mammals. The park shelters 68 species of mammals, 544 species of birds, 56 species of amphibians and reptiles, and 126 species of fish. The park is especially renowned for its protection of the greater one-horned rhinoceros.



Whilst here, you can enjoy safaris to see some of the incredible diversity of wildlife, including the greater one-horned rhinoceros, deer, sloth bears and many species of monkeys. Your jungle adventure continues with a boat trip down the river, to see the amazing number of different bird species, including kingfishers and Paradise Flycatchers, as well as nature trail walks.

You will also visit a local charity called Stand up 4 Elephants to learn how they are bringing a progressive responsible approach regarding improving the lives of elephants in Nepal. In the evenings you can enjoy presentations on the Royal Chitwan National Park and see the Tharu Cultural Show with their intricate stick dance.





### Days 13: Kathmandu – World Religions, history, and relaxation

Returning to Kathmandu for the final part of your trip, you will visit the magnificent **Kopan Monastery**, overlooking the Kathmandu Valley. Kopan is in a very tranquil location, away from the hectic pace of Kathmandu – the perfect place to relax and reflect at the end of your trip!

Dominated by a huge Bodhi tree, Kopan was once home to the astrologer to the King of Nepal. Now, Kopan is a thriving Buddhist monastery housing 360 monks and 380 nuns, and it is a spiritual oasis for visitors from around the world.

At Kopan Monastery, you will have an interactive series of discussion and activities with a **Tibetan Buddhist lama** - speaking openly about his day-to-day life as a teacher. You can learn about: the origin of Buddhism including the Four Noble Truths; Buddha as a source of wisdom and authority; Buddhist beliefs concerning reality, the self, life and death. You will also have an opportunity to practice **meditation** from a special teacher. Meditation is a process to reduce stress and develop concentration.



You can learn how the monastery is **preserving the religious and cultural heritage of Tibet**, with its renowned international centre for study and meditation. Afterwards, you will have the opportunity to visit local markets filled with exquisite textiles, jewellery, and intricate wood carvings.

### Day 14: Kathmandu – UK

Today, you check into Tribhuvan International Airport to fly home. You can reflect on your unique adventure in Nepal, the work of international agencies to help create a better future, and your own achievements to improve the lives of a marginalised community in a **Global Learning Review**. You arrive in the UK in the early evening, with memories to last a lifetime and The ASDAN Universities Award!

**“Global Action were really well organised - they picked guides and leaders well, and our safety was always their priority. The community work gave me a huge sense of satisfaction and reminded me of how little others have, and to appreciate what I do have.”**

**Student, La Sainte Union School**

# Charities and Organisations we support in Nepal

In 2015, Global Action was one of the first organisations to send UK school groups to help Nepal's post-earthquake recovery. Since 2015, Global Action have invested over **US\$40,000** into important community projects in West Nepal. Our UK school teams have:

- ✓ **Rebuilt Gogan Higher School, enabling children to go back to school after the earthquake**
- ✓ **Installed the first water systems for primary schools in Kathmandu and Pokhara, at a school for sight-impaired children, and in a refugee camp**
- ✓ **Rebuilt a community weaving centre, which is now generating sustainable income**

Our Nepal projects director is on the board of the Lions Club of Pokhara Annapurna, works with the Nepal Annapurna Red Cross, and has over 20 years' experience in coordinating local projects. **Global Action provides long-term support to the following:**



The Gurkha Welfare Trust is the leading Gurkha charity, and provides development support to build earthquake-resistant schools, clean water and sanitation systems, and offer essential medical support. The Patron of the Trust is HRH King Charles.



With Headquarters in Kathmandu, The International Centre for Integrated Mountain Development (ICIMOD) serves 8 countries of the Hindu Kush Himalayas to strengthen livelihoods and protect communities from the effects of climate change.



Practical Action provides alternative technology in poor communities in Nepal, which increases access to energy and food security, and assists in disaster risk reduction.



World Wildlife Fund (WWF) aims to reduce the adverse impacts of climate change and threats to biodiversity in Nepal; whilst promoting conservation and protecting endangered wildlife.



Kopan Buddhist Monastery houses 740 Tibetan refugee monks and nuns. Our donations at Kopan go directly to support their projects in remote mountain areas, including an orphanage, animal sanctuary, and health clinic.



We also visit the NGO Stand up 4 Elephants who bring a progressive and ethically responsible approach regarding improving the conditions of the captive elephants in Nepal.

**“An amazing, life-changing experience for students and staff. The most organised, beneficial educational trip you could ever experience – I have never come across a company with such an extensive programme, where you feel you are positively making change in the world. The learning that took place throughout the programme was beyond outstanding”**

**School Leader, Bede's Senior School**



# Raising Funds towards your trip

You're about to embark on a life-changing trip abroad and support communities in need. Fundraising will give you a fantastic sense of achievement. Apart from raising cash for your trip, this will give you **increased self-confidence, and develop your life-skills in: budgeting, creativity, independence and entrepreneurship** – great for university and your career! Global Action we care about your success. We provide:

- ✓ 1-2 fundraising workshops for you and your team
- ✓ Regular online fundraising webinars with our partners at easyfundraising
- ✓ A 17 page fundraising guide packed with ideas, plans and resources to get you started

## Did you know?

Most students raise £600 - £1000 towards their trip - and many even earn their whole trip cost!



Here's our five step plan to getting started:

1. Set a target! Are you aiming to raise the whole amount yourself, or part of this cost?
2. Break down your target into milestones – base this around monthly or termly targets, or think about when you can dedicate the most time to it – especially over summer holidays
3. Make a mind map of your network, and the different ways in which they might be able to help you - and how you might be able to help them!
4. Put together the plan to reach your target – use the Global Action Fundraising Planner from your fundraising pack.
5. Pick your first event and get planning! Once you have your first contribution, reaching your target will feel much more achievable.

Your fundraising will probably be split between **individual fundraising and team fundraising** – we've included some ideas below to get you thinking...

## Individual

- 🌐 Part-time work/Summer job
- 🌐 Sponsored event
- 🌐 Selling art and crafts
- 🌐 Selling unwanted items
- 🌐 Odd jobs in the community
- 🌐 Donations from local businesses and rotary clubs

## Team Fundraising

- 🌐 School event – film night, disco, battle of the bands
- 🌐 Parents evening refreshments
- 🌐 Christmas stall
- 🌐 Raffle or auction of promises
- 🌐 Quiz night

And, see overleaf for a great way to get **free** money!

” Doing your own fundraising gives you a sense of achievement and means that whilst you are out on the trip you engage more in the activities as you paid for them yourself. ”

**James, Saffron Walden High School, Zanzibar**

# Why book with Global Action?

## The Specialists

Travel with the UK's leading provider of Global Learning programmes. Global Action is managed by international development professionals, who have over 15 years' experience in organising school trips worldwide. You'll get full support, start to finish, from our experienced operations team, who have travelled to all our trip destinations. You will benefit from their first-hand knowledge and their wealth of experience from organising inspirational trips.

## High Educational Value

Our Global Action programmes are designed to strengthen students' **employability skills** in leadership, teamwork, and communication. All students completing a Global Action trip qualify for the widely recognised **ASDAN Universities Award**. The ASDAN Universities Award is highlighted by UCAS for applicants to mention in the personal statement of their UCAS form. Students have found that the Universities Award has made a significant difference to their UCAS Application.

## Safety First

On a Global Action trip, the health and safety of all our participants is our top priority. We have a full and comprehensive **Safety Management System**, including detailed risk assessments for each activity, and extensive itinerary planning with our trained in-country partners. We provide each team with highly qualified and experienced UK Trip Leaders, supported by school staff, 24-hour safety backup, communication equipment and comprehensive First Aid Kits. Read more at: [www.global-action.co.uk](http://www.global-action.co.uk)

## Financial Protection

Once you have booked you will enjoy financial security, as Global Action is a **fully-bonded UK tour operator** with the Civil Aviation Authority's Air Travel Organisers Licence (ATOL) Number 10624. So your trip is in safe hands, and monies paid to us are fully protected.





## How to apply for this trip

1. Complete online application: see school letter for the link to your portal page
2. Send deposit to Global Action (or the school) – see your portal page



Contact us

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