

# global action

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 Annapurna

St Swithun's School - July 2027



# 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



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



- ✓ 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)



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



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



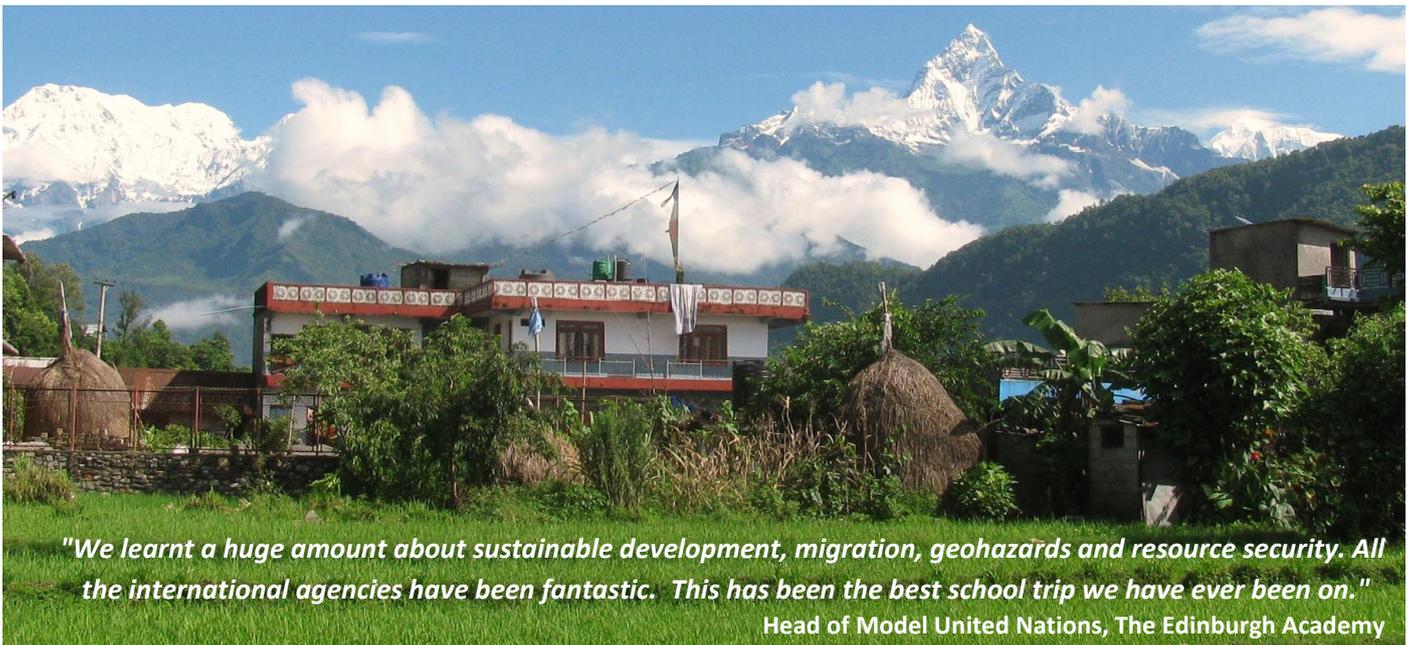
*"It has been an amazing trip and whilst being fun and exciting, it was very educational and something I'll never forget."* Student, Queen Elizabeth Grammar School, Horncastle

# 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 Annapurna National Park, Nepal offers a diversity of locations for you to learn about:

- **Community Development:** Under the UN's Sustainable Development Goals, support an important poverty-reduction programme; learn about: NGOs, sustainable development, and natural hazards resilience
- **Refugees:** community integration, livelihoods and social justice
- **Sustainable Tourism:** ecotourism and sustainable resource management



*"We learnt a huge amount about sustainable development, migration, geohazards and resource security. All the international agencies have been fantastic. This has been the best school trip we have ever been on."*  
Head of Model United Nations, The Edinburgh Academy

## Useful facts

**Geography:** You will first visit the capital, Kathmandu, and are then based in Pokhara (Western Nepal), and the surrounding foothills of the spectacular Annapurna National Park.

**Climate:** In July and August Nepal is hot and humid, with average temperatures of 20-30° C and expect some rainy days. At higher altitudes, temperatures are cooler with summer temperatures of around 14° 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. You will learn about Buddhist beliefs and meditation.

**Physical rating:** This is a moderate trip; the ability to walk for 6- 7 hours per day, for 5 days, at up to 3,210m with a daysack is required.

**Accommodation:** You will be staying in comfortable Hotels in Kathmandu and Pokhara, and in Guest Houses during the trek. During your community project, you will be staying in a community hall.

# Sample itinerary

## Build Up Day

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

## Days 1 – 2: UK – Kathmandu

Your exciting Himalayan adventure begins with an overnight flight, arriving the following day in Kathmandu, the ancient capital of Nepal, set against the 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 enjoy a couple of 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.
- **The International Centre for Integrated Mountain Development:** learn how migration, globalisation and climate change is influencing mountain communities and landscapes.
- **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**. 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**.

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.

### Day 5: Kathmandu – Pokhara

Today you will travel West to Pokhara, a beautiful lakeside city at the foot of the Annapurna mountain range. In the afternoon, you will arrive in Pokhara, and check into your accommodation.

### Days 6 – 10: Poverty Reduction Project and Cultural Exchange

A highlight of your trip will be working on a poverty reduction project in the Pokhara area. Some of our teams are hosted during their community projects at Tashi Ling Tibetan camp, where they experience amazing hospitality and a unique cultural exchange. Following the Dalai Lama's escape from Tibet in 1959, four Tibetan refugee camps were established in the Pokhara area of Nepal. One of these is the Tashi Ling Refugee camp, established in 1964 by the United Nation High Commission for Refugees. Currently 400 Tibetans live here, and their main source of income is from carpet weaving, and the sale of souvenirs. Other teams stay in the community they are completing the project work in.

Over the next 4 days, you will be working alongside local families to implement the project. Typical projects include:

- **Provision of Safe Drinking Water:** Installing a water tank at a local school, improving local attendance 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 in Pokhara 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. The project will be interspersed with the opportunity to learn about the local culture and Buddhism, a chance to teach English or play sports with local children, visit the monastery and learn how to make 'momos' with the local ladies.

One afternoon you will also visit the fantastic **International Mountain Museum**, to learn about the flora, fauna and geology of the Himalayas, the history of mountaineering, and how locals are responding to climate change.

Whilst staying in Pokhara you will visit the **Gurkha Welfare Trust** Headquarters, 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. The Patron of the Trust is HRH King Charles.

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 11 - 15: Trekking in the Annapurna Conservation Area

Over the next five days, you will enjoy a superb trek in the foothills of the Himalayan Mountains! You will ascend slowly from subtropical to Alpine zones, starting in fine oak, magnolia and rhododendron forests, and enjoy a diversity of wildlife: brightly-coloured birds, monkeys, soaring golden eagles, butterflies, and if you are quiet deer, or Himalayan tahr! This will be a fully-supported trek, which means you will carry daysacks only (with waterproofs, water and snacks), as your rucksacks/holdalls will be carried by porters.



The path winds through remote mountain villages and farms, and as the trail opens out you can enjoy spectacular views above the clouds of the **world-famous Annapurna peaks** (Annapurna I to IV, plus Annapurna South), the distinctive Machapuchare, (known as the 'fish tail' or 'Himalayan Matterhorn') and Dhaulagiri.

During the trek, your days will be simple – waking early, walking 5-6 hours a day, enjoying delicious meals, and sleeping like you have never done before! The evenings will be filled with stories from your guides, and group-led discussions on our experiences. You will meet welcoming villagers from Gurung, Magar and Thakali ethnic groups, and learn about their distinct culture and history. You stay in comfortable Nepalese-run trek lodges, which provides a critical source of income to these mountain communities.

In Ghandruk, you visit the **Annapurna Conservation Area Project (ACAP)**, to learn about this important Nepalese charity. Covering the entire Annapurna range (over 7,600 km<sup>2</sup>) ACAP has established rules for environmental protection, clean water and sanitation, solar and micro-hydro energy, while promoting Nepali culture. You can learn how ACAP protects glacial systems and endangered wildlife, and promotes ecotourism, and environmental conservation.

### Day 16: 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.



You can learn how the monastery is **preserving the religious and cultural heritage of Tibet**, and has become a 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 17: Kathmandu – UK

Today, you will check into Tribhuvan International Airport to fly home. Your team can reflect on your unique adventure in Nepal, the work of international agencies to help create a better future for Nepal, 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 blind school 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 to 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.



Foreign, Commonwealth  
& Development Office

We also visit the **UK Foreign Commonwealth and Development Office** to learn how the UK government is supporting international development in Nepal, ranging from women's empowerment, humanitarian work, work on climate change, nature and global health.

***"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 careers.

At 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**



easyfundraising

global action

## 6 easy steps to getting started with easyfundraising

Fundraising for your trip just got easier. Sign up to easyfundraising and start earning free cashback on all online purchases. easyfundraising partners with over 8,000 well-known online brands, so whenever anyone you know shops online, you receive free cashback you can use towards your trip target. The selection of brands to shop with is endless...

amazon.co.uk

ebay

JOHN LEWIS

JUST EAT

ASOS

Booking.com

M&S

SCREWFIX

moonpig

TESCO

trainline

Boots  
Let's feel good

skyscanner

Argos

+7,500  
Others

### Step 1

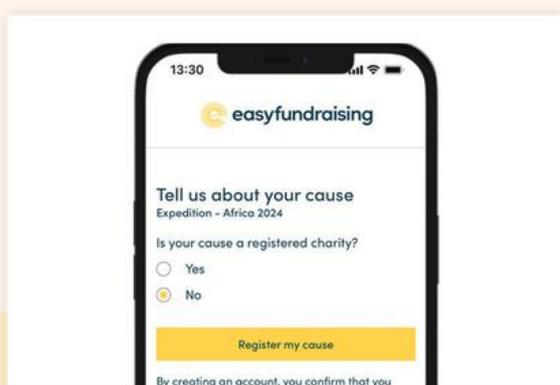
Scan the QR code or use the link to get started. Tell us your name and where you are going to travel.



[www.easyfundraising.org.uk/global-action](http://www.easyfundraising.org.uk/global-action)

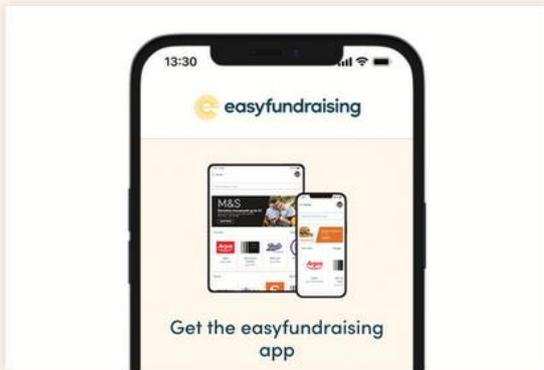
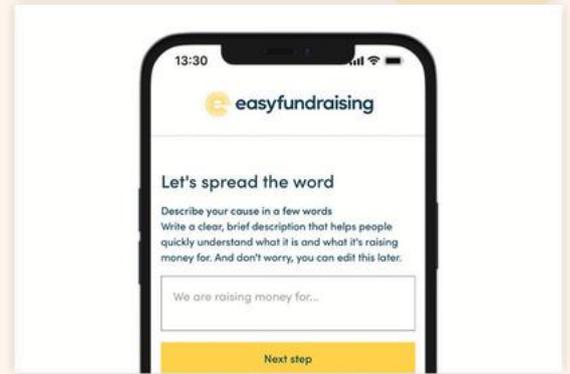
### Step 2

Fill in your details and click 'Register my cause'.



## Step 3

We'd love to know more about you and what you're up to; tell us a bit about your expedition.

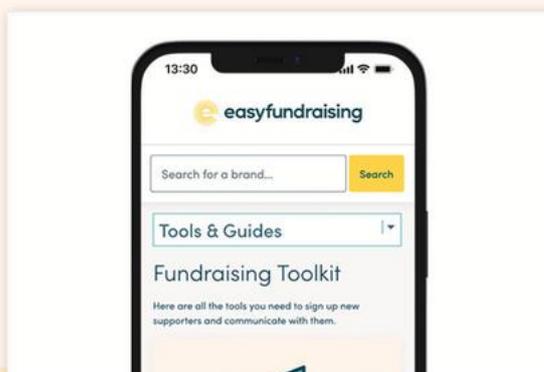


## Step 4

Downloading the easyfundraising app is the easiest way to earn free cashback, do this now while you remember.

## Step 5

Book a free call with one of the fundraising experts for the best advice on how to get family and friends registered and earning cashback toward your target.



## Step 6

Visit 'Account' then 'Promote my Cause' for ready-made social media text, images, and WhatsApp messaging you can download and share to encourage family and friends to support you.

# 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

[info@global-action.co.uk](mailto:info@global-action.co.uk)

01285 641 875

[www.global-action.co.uk](http://www.global-action.co.uk)