

Nepal is a landlocked country, bordered to the north by China and the South by India. It has a population of approximately



30 million being predominately Hindu.

The Himalayas cover 80% of the land mass which includes 8 of the 10 highest mountains in the world.

Poverty housing in Nepal is inadequate, insecure and unhealthy and Habitats beneficiaries earn as little as US\$1 a day working in factories, farming and keeping small shops.

The team will fly into Kathmandu International airport and then get a domestic flight to Biratnagar, for a 40 minute drive to Itahari where the Build will take place.



Proposed Itinerary

Day	Date	Description
Day 1	21 Oct, Thursday	Welcome Orientation Fly to Sunsari- Itahari Local orientation/ const & safety orientation Visit Build site, meet partners
Day 2	22 Oct, Friday	Build
Day 3	23 Oct, Saturday	Build
Day 4	24 Oct, Sunday	Build Visit Local Market / Dharan
Day 5	25 Oct, Monday	Build
Day 6	26 Oct, Tuesday	Build
Day 7	27 Oct, Wednesday	Build Community Interaction
Day 8	28 Oct, Thursday	Build
Day 9	29 Oct, Friday	Build (Half day) R&R Koshi Tapu (Evening Onward)
Day 11	30 Oct, Saturday	R&R Koshi Tapu
	31 Oct, Sunday	R&R Koshi Tapu Back to Itahari Hotel (Evening)
	1 Nov, Monday	Build
	2 Nov, Tuesday	Build
	4 Nov, Wednesday	House Dedication Lunch Fly back to KTM



The Team will consist of 18 people and we will depart Auckland on 19th October 2010, arriving Kathmandu 20th and start the build on 21st. Accommodation during the build will be in a good standard hotel on a share twin basis and all meals, transportation and domestic flights will be included in costs



Building Houses

The house design will be of bamboo walls with mud plastering finish and sunburnt bricks. The team members will cut and split the bamboo, mix the mud or cement, pass the bricks and mortar, help build the bamboo/brick walls and carry the water, all under the watchful eye of the local cratsmen.

No experience is required, just a willingness to work and interact with the local people.

Trip Costs – per person

Build in Nepal	\$1,138**
includes accommodation, transport, meals & contingency	
Team Leader costs	\$66**
Medex medical insurance	\$55
HFH Donation	\$650
Tee-Shirts (2)	\$90
Total	\$1999
(**Prices are subject to the fluctuating US dollar)	

Not included –

International airfares - vaccinations – visas – travel insurance – personal spending.

R & R during build (optional) \$410**
Koshi Tapu Wildlife Reserve

R & R activities after the build, can be arranged by contacting the Team leader for more information.

About me:-

I have been travelling to Nepal for over 10 years, taking small groups trekking. Last year I joined a HFHI team going to Nepal so that I could have another experience. Now I am leading a group of my own and this is very exciting. I have trekked extensively in the Himalayas and have enjoyed the hospitality of the warm and friendly people. Now I can share this with you and look forward to introducing you to a new culture.

Contact volunteer team leader Helen Neale to apply:

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