

Outline Itinerary [Spring 2018]

10.04.18 Day 01 Departure from UK Day 01 Departure from UK
11.04.18 Day 02 Arrive in Kathmandu and transport to Hotel Tibet, Lazimpat.
12.04.18 Day 03 In Kathmandu - Meetings with REED Team
13.04.18 Day 04 Fly to Badrapur and drive to Taplejung
14.04.18 Day 05 Nepali New Year
15.04.18 Day 06 Drive to Happukhola and trek to Aapdada
16.04.18 Day 07 Trek to Yamphudin
17.04.18 Day 08 In Yamphudin visiting schools (**Kangchenjunga SS, Yamphudin PS & Bhoegao**) and the **health clinic**
18.04.18 Day 09 Morning in Yamphudin then trek to Khewang
19.04.18 Day 10 Trek to Happukhola and drive to Taplejung
20.04.18 Day 11 Drive to Chiruwa and trek to Tapethok
21.04.18 Day 12 Morning visit to **Saraswati LS and clinic**, afternoon trek to Lelep
22.04.18 Day 13 In Lelep visiting the **Saraswati Chyaribuk HSS and clinic**
23.04.18 Day 14 Visit **Lungtung School** and return to Lelep
24.04.18 Day 15 Visit schools in Hellok (**Parvati LS & Kanchenjunga PS**) and return to Lelep
25.04.18 Day 16 Trek to Amjilosa
26.04.18 Day 17 Trek to Gyabla
27.04.18 Day 18 Trek to Ghunsa
28.04.18 Day 19 Visit **school and health post** in Ghunsa
29.04.18 Day 20 Free day to explore Ghunsa and surroundings
30.04.18 Day 21 Trek to Amjilosa
01.15.18 Day 22 Trek to Lelep
02.05.18 Day 23 Trek to visit **Sabriti PS, Mohendra PS and Deurali PS**
03.05.18 Day 24 Trek to **Bipudham LS** and then to Chiruwa
04.05.18 Day 25 Trek to visit **Phoktanglung (school and health post) & Sewalung.**
05.05.18 Day 26 Trek to **Rani School** and then descend to Siwan
06.05.18 Day 27 Drive to Taplejung in the morning and meet with DEO and DMO in the afternoon.
07.05.18 Day 28 Early drive from Fungling to Bhadrapur for late flight to KTM
08.05.18 Day 29 In Kathmandu Meetings with REED
09.05.18 Day 30 Transfer to airport for international departure

- This itinerary allows us to visit and experience 16 schools and 5 health posts.
- It will be necessary to have the support of Rajendra and Rati from REED and somebody from AFNepal accompanying the trek.
- Accommodation will be in lodges or camping, whichever is preferred. Appropriate number of tents will be purchased on arrival in Kathmandu and will thereafter be available for trustee/volunteer use.
- All food will be taken in lodges.
- Porters will be employed locally to carry kit and tents.
- The emphasis of our input will be largely in support of the teachers with English, maths and science. Any English conversation with teachers will be vital if they are to improve their own standard.
- It is hoped that by having several sets of eyes looking at the schools, the group would automatically become an advisory body, looking at how the

educational provision within the schools can be improved and how best to resource it.

- Those with health expertise will decide what the emphasis should be with regard to health.
- Importantly, because we will be largely self sufficient, the cost for this 31 day trip would be in the region of £1000 - £1200 + international flights.
- International flights cost in the region of £450 - £500. Good services are provided from Heathrow with Etihad, Jet Airways and Qatar.