

Nepal house build challenge

20–30 November 2009

act:ionaid



This unique house-building challenge offers the exciting opportunity to work side by side with a local community building vital family homes which will make a real and lasting difference to people's lives. Set against the magnificent backdrop of the Himalayas, you will be completely immersed in rural Nepal as well as having the chance to explore the magical city of Kathmandu. No experience necessary – just enthusiasm, motivation and the desire to help make a difference!

DAY 1: Friday 20 November

Depart London Heathrow to Kathmandu.

DAY 2: Saturday 21 November

Arrive Kathmandu and transfer by coach to our hotel. Enjoy some free time to relax and see a little of the city before a welcome briefing and evening meal. In the briefing you will hear more about what you will be working on in the coming week!

DAY 3: Sunday 22 November

Internal flight to Nepalganj, where you will meet your team leader and in-country staff. Coach transfer to the area of the build where you can settle into your tented accommodation near to the build.

DAY 4: Monday 23 November

After a full health and safety briefing, the first day of your build challenge begins! You will be working with the community and in some cases even the new homeowners for whom you will be building. The group will be overseen at all times by a construction supervisor. You will not be asked to do anything which is either too difficult or too demanding. Dinner will be back at camp.

DAYS 5 - 7: Tuesday 24 - Thursday 26 November

Each morning you will leave camp after breakfast to work on the project. Work could include digging, mixing cement or concrete, rendering, painting, or moving or laying bricks, among other activities.

Drinking water, lunch and snacks will all be provided on site during the day. In the evenings there will be the chance to visit places of local interest. You will also have the chance to talk to the community to better understand the issues faced by the local Kamaiya people, who are freed former bonded labourers. Dinner will be either in

the camp or at nearby restaurants in order to help support the local economy.

DAY 8: Friday 27 November

The final day of the build! This afternoon we finish work early to visit a completed ActionAid project. This will give you a real insight into ActionAid's work in the area, and the chance to see how your sponsorship is helping to provide a brighter future for these communities. There will also be the chance to ask questions. Later in the evening we celebrate the achievements of our week's work with a special dinner.

DAY 9: Saturday 28 November

Depart from camp to Nepalganj, for an internal flight back to Kathmandu.

DAY 10: Sunday 29 November

After a half-day guided tour of Kathmandu you will have some free time to relax in this wonderfully vibrant city before returning to the UK the next day.

DAY 11: Monday 30 November

Fly Kathmandu to London.

There will be the option to extend your stay with a visit to the stunning Chitwan National park (minimum numbers required) or to extend your stay and make independent travel arrangements. Please note there will be an additional cost for all extension options. Places are available on a first come, first served basis.

© **community**challenge. This is a complex itinerary and subject to change. All flight and expedition arrangements are being undertaken by Community Challenge (ATOL 6546)

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"The connection that is formed between you, the project and the community is one that will stay with you for a long time - a truly amazing and rewarding experience."

Deborah Fraiss, Cambodia Community Challenge 2007



WHERE ON EARTH AM I GOING?

About Nepal

Nepal is a stunning country of mountains, wildlife, cities and an enriching spiritual culture. At the same time it is still developing, which is why your challenge is so important. As such you should be aware of your own health, take precautions for malaria, wear insect repellent and only drink bottled or purified water. All accommodation and restaurants have been checked by our tour operators.



ActionAid in Nepal

ActionAid has been working in Nepal since 1982. We are currently working with many poor and excluded people including the Kamaiya people. Locked into bonded labour for years the Kamaiya have now been released from this form of slavery, but they now suffer severe poverty without homes and income and many have just simple shelters which are exposed to the elements. Your help will really make a difference as you work with the local people to build long lasting homes providing vital shelter and long term solutions to end poverty. We work at both the grassroots level and nationally to address the rights of the poorest people.

Photography: Liba Taylor/ActionAid

MONEY MATTERS

REGISTRATION FEE: £300 (can be paid in two monthly instalments)

MINIMUM SPONSORSHIP: £3,200

The trip costs of **£1,795** will be taken from your minimum sponsorship.

Trip costs will cover:

- flights and transfers
- accommodation
- travel insurance (this is a specialist insurance which covers work on a building site)
- all meals and drinking water
- passenger service charge and UK airport tax
- English-speaking expedition leader and full local support team
- group first aid supplies
- carbon offset for your flights

Additional extras you will need to cover:

- additional airline-imposed fuel surcharge
- Nepal visa (approx £20)
- any optional activities not mentioned in the itinerary
- personal spending money, alcoholic and soft drinks
- travel to/from UK airports
- any vaccinations required (please see you GP for advice)
- tips for the local support team (we recommend

t: 0207 561 7571

www.actionaid.org.uk/adventures

ActionAid is a registered charity no. 274467

