

## First Hand Experience in Nepal 26 November – 5 December 2010

Take part in ActionAid's First Hand Experience in Nepal and you'll meet and work with the people you are helping. The Kamaiya people of Nepal have recently been freed from a life of bonded labour – a form of slavery – and left with the most basic of shelter. You will work with them to build new, sustainable homes and a new future. You will share their hardships, progress and joy first hand.

You **will** change lives, including your own.

No experience is necessary, just enthusiasm, motivation and the desire to help make a difference.



Prayer flags in the Himalayas.

Photo: Shutterstock



Volunteers Marjolein Atling (left) and Sue Pengilley carry bricks during ActionAid's First Hand Experience to construct 23 homes for the Kamaiya people in Belarpur village, Kailali, Nepal.

Photo: Brian Sokol/ActionAid

### Itinerary

#### Friday 26 November

Meet the team at London Heathrow airport and fly to Kathmandu.

#### Saturday 27 November

On arrival in Kathmandu we transfer to the hotel, where we will get to know our team over dinner.

#### Sunday 28 November

Today we take an internal flight to Nepalganj and transfer by coach to the build area, arriving to a warm Nepalese welcome. After dinner we receive a detailed project briefing from ActionAid Nepal and the site supervisor before settling into tented accommodation close to the build site.

#### Monday 29 November

After a hearty breakfast we meet the families we will be working alongside to build safe, secure homes. We will receive full guidance on all tasks before we get to work.

#### Tuesday 30 November – Thursday 2 December

As the week continues, you, your team and local villagers will work on the construction of six houses, bricklaying, digging, carrying and pumping water, and mixing cement. You will learn local building techniques, local customs and greetings, and no doubt pick up some Nepalese along the way!

#### Friday 3 December

The final day of our build! This afternoon we finish early to visit a recently completed Kamaiya housing settlement. Meet local villagers and get a feel for the difference their new homes have made to their quality of life, and see what our finished homes will look like. Tonight's meal will celebrate our achievements.

#### Saturday 4 December

An emotional day as we say goodbye to our new friends, and return to Kathmandu. This afternoon we will have the opportunity to explore the lovely town of Kathmandu before our evening flight home.

#### Sunday 5 December

Arrive in London with wonderful memories, new friends and the knowledge that your hard work will make a real difference to the community you have come to know.



ActionAid volunteer Kezzie Zukas carries a tray of 'masala' (hand-mixed cement) as John Varian helps a local man lay bricks in Belarpur.

Photo: Brian Sokol/ActionAid

Places are allocated on a first come, first served basis. Extensions will be available at an additional cost. This is a complex itinerary and subject to change. All flights and expedition arrangements are being undertaken by Charity Challenge (ATOL 6546).

[www.actionaid.org.uk/experiences](http://www.actionaid.org.uk/experiences)

For more information please call 020 7561 7571 or email [experiences@actionaid.org](mailto:experiences@actionaid.org)

## Money matters

Registration fee: £300 (can be paid in two monthly instalments)

Minimum sponsorship: £2,950

Your trip costs are £1,580 and will be taken from your registration fee and minimum sponsorship.

Trip costs cover: all flights and transfers (excluding air taxes), accommodation, specialist travel insurance, all meals and drinking water, first aid supplies and medical backup, an English-speaking team leader with full local backup and support team, and carbon offsetting of your flights.

In addition you will need to budget for: airport taxes and any airline-imposed fuel surcharge (subject to change – to be confirmed 12 weeks prior to departure), 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 your GP for advice), tips for the support team.



ActionAid is a registered charity no. 274467.  
This itinerary is printed on recycled paper.



“I met the most amazing people in the world and got so much out of it. Fun, challenging, rewarding and I can’t wait to do it again!”  
**Lucy Lukins, Nepal 2008 First Hand Experience**

Photo: Brian Sokol/ActionAid



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First Hand Experiences

## YOUR ITINERARY

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**Kamaiyan girls dance during ActionAid’s First Hand Experience, Nepal, November 2008.**

Photo: Brian Sokol/ActionAid