

# Nepal

**APPLY NOW:**  
Complete the application form  
and let the journey begin!

## Destination info

### HIGHLIGHTS:

- Embark on your Silver International Award trek in the Helambu region which offers fabulous walking and truly breath-taking scenery.
- Go White Water rafting on the Trusili River, where you will find some of the world's best rapids, warm water and bug-free beaches and can choose to camp overnight on the banks of the river.

**TERRAIN:** Mountains and jungle

**LANGUAGE:** Nepali (for tourism purposes most locals also speak English)

**TIME ZONE:** GMT +3.45

**POPULATION:** 29.9 million

**FACT:** Nepal is the birthplace of the Buddha.



# APPLICATION AND CONTACT DETAILS



**SCHOOL:** Compass International School, Doha

**DESTINATION:** Nepal

**DEPARTURE DATE:** 18 June 2018

## PRICE

The price for this 8 day World Challenge expedition to Nepal departing in June 2018 will be QAR 8895

## WHAT HAPPENS NEXT?

The programme is now under way, and you may be wondering what happens next.

If you decide that this is an opportunity not to be missed, hand your fully completed application form to the teacher in charge, Dr. John Warren. The deposit payment should be made in conjunction with handing in your application form and all other payments for your trip should be handed into the school on the due dates (as set out below). Please note that any late payments may disrupt the rest of the team.

## PAYMENT PLAN

Deposit	1000 QAR	Due 8/10/17
2 <sup>nd</sup> Instalment	3500 QAR	Due 31/01/18
3 <sup>rd</sup> Instalment	4395 QAR	Due 18/04/18
Total	8895 QAR	

## HELP AND ADVICE THROUGHOUT THE PROGRAMME

Our School Support Coordinator can provide advice and support on all aspects of the expedition programme to Challengers and their parents. Please contact Victoria if you need any assistance.

Victoria Kiely

E: [vkiely@world-challenge.ae](mailto:vkiely@world-challenge.ae)

T: +971 4 366 3907



# WHAT THE COST COVERS



Expedition costs vary between destinations. All expedition fees are comprehensive, covering the entire programme from beginning to end. Below are the typical details of what will be included in your expedition fee:

## **Flights and in-country costs**

Transport, food, accommodation, guides' fees, park fees, expenses associated with white water rafting, airport taxes, local equipment purchase or hire and other in-country costs specific to the expedition. We also guarantee that no airline surcharges will be passed on to our customers.

## **Expedition equipment**

Satellite communication equipment, tents, ropes, harnesses, extensive medical supplies appropriate for your destination and stoves.

## **Insurance (medical)**

24-hour back-up from the Operations Centre in High Wycombe in the UK, all medical treatment until return to country of origin, search and rescue and casualty evacuation for all team members.

## **Preparation**

Expedition handbooks, online resources, destination research, meetings, parents' presentation, advice from dedicated Fundraising Support Team, Customer Support Team, regular support from your World Challenge representative, and medical consultancy.

## **Leaders & Expedition Assistants**

Each team travels with an Expedition Leader with necessary qualifications and experience who is specifically trained and assessed for the role by World Challenge.

All payments to the Expedition Leaders for their time and costs incurred.

## **Medical assistance**

We are associated with international medical assistance agency First Assist which supports the Operations Centre and are available 24 hours.

## **Training**

Preparation workshops.

## **THE COST DOES NOT COVER**

- Personal equipment (or personal equipment insurance)
- Pocket money
- Transport within the country of origin
- Vaccinations (if required)
- Visas (if required)



# VACCINATIONS AND VISAS

## NEPAL VACCINATION BRIEF

The recommended immunisation and anti-malarial information shown below is specific to World Challenge expeditions. Other travellers may have different requirements. **The information is designed for you to discuss with your doctor or travel clinic and the decision is down to each Challenger and their guardians.** Please note that not all vaccinations are suitable for everybody and that costs may vary.

- [Tetanus](#) - ensure immunity is up to date.
- [Polio](#) - low risk. Ensure immunity is up to date.
- [Diphtheria](#) - low risk. Ensure immunity is up to date.
- [Hepatitis A](#) – recommended.
- [Typhoid](#) – recommended.
- [Rabies](#) – recommended.



## NEPAL VISA BRIEF

The application and cost of obtaining a visa to travel is your responsibility and may differ depending on your nationality. We ask that you do not leave it to the last minute as some visas can take longer than expected, and that you do not seek to gain visa upon arrival as this may cause lengthy delays for the rest of the team. The information below is recent, but it is not uncommon for formalities to change, so please visit the below websites to confirm the application process before applying.

### Visa information

Visa requirements: Indian nationals do not need a visa to enter Nepal (passport ID is required). All other passports will need to supply the following documents:

- Completed application form
- 2 passport-sized photographs
- Passport and residence visa (valid for 6 months from return date)
- A photocopy of your passport and visa
- Application fee of 100QAR (cash)
- Sponsor letter
- WC and school NOC



### The Embassy of Nepal, Doha

Zone Number-56, Rawdat Umm Al-Theyab Street, Street Number-681

Abu Hamour Area (Ain Khaled), Doha, State of Qatar

Tel: +974 44675681      E-mail: [nembdoha@qatar.net.qa](mailto:nembdoha@qatar.net.qa)

**Please note that if your documentation is incorrect, immigration may refuse you entry. Neither the school nor World Challenge will be held responsible for such an occurrence.**

If you are still undecided, please do not hesitate to contact us to discuss any of your concerns.

T: + 971 (0) 43663907

E: [vkiely@world-challenge.ae](mailto:vkiely@world-challenge.ae)

<b>Compass International School- Itinerary</b>	
<b>18 June</b>	<p><b>Departure for Nepal</b> Once you've checked in, you'll have time to work as a team to create leadership roles and talk about your goals and expectations for the life changing journey that waits. Be sure to arrive at the airport at least three hours prior to your scheduled flight departure.</p> <p>Arriving in the capital of Nepal is not an experience you'll forget in a hurry! But before you leave the airport to start your adventure, you'll need to as a team, agree on some expedition ground rules, allocate roles, gather the team's kit and change some money.</p>
<b>19 June</b>	<p><b>Orientation Day</b> Today you will make your final preparations for your upcoming International Award Trek. You will complete a short trek with your expedition leader as a final reminder of all the skills and camp craft you will need to complete the main trek that you will be leading yourselves! You will also need to buy all the food and supplies you need for the duration of your trek.</p>
<b>20 June – 23 June</b>	<p><b>Silver International Award Qualifying Trek: Helambu Region</b> Your team is about to embark on a stunning four day camping trek. You will be in the Helambu region, which offers truly breath-taking scenery. The trek is a great opportunity to immerse yourself in the tremendous cultural diversity of this part of the Himalayas.</p> <p>You will be undertaking your Silver International Award trek. The first day you will be under the guidance of your expedition leader and local guide to ensure you are fully prepared for the challenges ahead.</p> <p>For the next 3 days you will be leading the trek; you will have to navigate, set up camp and cook for yourselves, as the expedition leader will be remotely supervising your team from afar. You'll pass trail-side shrines, teahouses and local villages.</p>
<b>24 June</b>	<p><b>White Water Rafting</b> You may choose to head off to the Trusili River for some White Water Rafting. This can be done as a day trip or with an overnight stay at the river camp and needs to be booked in advance by your team. The Trusili River is where you will be rafting and it is on these rivers you will find some of the world's best white-water, warm water and bug free beaches.</p> <p>All this makes a wealth of unlimited opportunities for a great river rafting day trip. Our White Water providers include transport in their package, equipment &amp; lunch. Afterwards you will be camping overnight at the rafting camp.</p> <p>Please note - This activity is dependent on the water levels and safety of river at time of your booking.</p>
<b>25 June</b>	<p><b>Departure day</b> Time to go. Cram everything back into your rucksack and set off for the airport. Check-in, sit back and reflect. You've just experienced something incredible. You'll be bursting with stories and cherished moments to share with your favourite people back home .</p>