

TREK NEPAL 2011

**Things you want to know before
you sign up!**

Hi from us!

Thanks for showing interest in joining us on our trip to Nepal! We are very excited to show you our project area and enjoy this amazing trek with a great group of people.

Inspired By People is a UK registered charity that works in partnership with small NGO's in developing countries. We have selected a specific project of these partner organisations that we choose to support financially and by way of offering advise, training and expertise locally. All these projects have its aim to support the most vulnerable communities by improving education, health and the environment. We have our own criteria where these projects and organisations need to fit into. We only really support anything when it really feels good to us and we have had a chance to review this personally.

These days you hear so many complaints from charity supporters that have no idea what exactly happened with their money. It is important to us that we can offer our donors information on progress of the project that they choose to support. We will strive to keep people updated and involved with its developments in various ways.

Let's be transparent about the costs of this trip as well: The £595 sign up costs will cover the administration costs involved with organising this journey and your costs in Nepal. You are responsible for arranging and paying your own international flights as some people might come from different countries or would like to prolong their stay in Nepal. Then you start raising funding through sponsorship and/or fundraising activities which will go directly to the NGO. The minimum you need to raise is £1500,- but some people raise much more and of course that's fantastic as it will help to develop our project.

In our experience Nepal is a fantastic country, with friendly people, magnificent views of the Himalayas, is rich in culture and has incredible flora and fauna! We would be very happy to see you join us and share this unique travel experience with you!

Have a look at the information attached, if you have any further questions please do get in touch with us. If you are interested in signing up do it as fast as possible as places will go very quickly!

Warmest wishes,

Anniek Verholt

Co-founder of Inspired By People

Have a look at what it is you help to set up by going on this trip!

On your second day of the journey you will be greeted by a lovely lady, called Bina Silwal, who is the executive director of our partnering organisation Kopila Nepal.

KOPILA-Nepal is a non-profit making, non-governmental organization (NGO) based in Pokhara, Nepal.

The focus of their work is on human rights and physical and psychological health and education. In Nepali the word 'kopila' means 'flower bud', something delicate that needs nurturing and protecting until it comes into flower.

Nepal has experienced a large amount of traumatic events, particularly since the start of the Maoist insurgency in 1996. The civil unrest between Maoist, Government and Monarchy forces has had a devastating impact on the psychological well-being of communities and individuals, particularly in remote rural areas.

This and problems related to the social situation in Nepal can all damage an individual's psycho-social wellbeing. The people from Kopila Nepal are very passionate about the work they do that significantly improves the lives of these people. They offer training (to teachers and counsellors), counselling, advice and income generation activities.

We asked them what it is we could help them with and they have requested our support in setting up a Trauma Recovery Centre where they can run a support programme for those recovering from trauma and mental health problems. They will also support these people to start small-scale income generation activities so that they will be able to manage to pay for their basics and support their children's education and health treatment.

To build the centre, further develop the outreach programme, employ local staff and run the programme for 1 year we will need to raise:
£ 25,500

So put your fundraising skills to the test and join us in November to visit the people of Kopila Nepal, to make their project happen and to be part of a unique travel experience!

Have a look at some photographs of the people Kopila Nepal works with. For more information please visit their website:
www.kopilanepal.org.np





Costs and Information you need to know before you sign up!

Costs

The sign up price for Trek Nepal 2011 is £595. This will cover all expenses in Nepal apart from those not included (see below). This is a non-refundable deposit that reserves your place on this trip.

You will have to make your own arrangements for your international flights to and from Kathmandu. They start from £515 from London. We decided not to include these because people might be coming from different places around the world or would like to prolong their stay so it makes more sense you arrange this yourself.

After this you will have to raise a minimum of £1500 and you have until September the 10th to do this.

We find it important that the participant contributes to his own costs so that we can ensure that 100% of the sponsorship or raised money can go to our project.

There are many ways to raise this money and to help you we have put together a separate document filled with fundraising ideas.

It is worth asking your employer for matched funding as employers often encourage their staff to go on charity trips.

Of course it is also possible to pay for it yourself and sponsor the project in this way.

Don't hesitate to ask us for advice!

The following is included in the price of the trip (£595):

- Internal flight/transportation from Kathmandu to Pokhara.
- All transfers including airport collections.
- Shared rooms in hotels and guest-houses in Kathmandu and Pokhara.
- Breakfast, lunch, dinner and a snack pack.
- Shared sleeping space while on trek (local families offer their hospitality) in the remote villages we will visit.
- Local guides and porters on the trek.
- Guided visits to Kathmandu temples and city.
- Entrance fee for temples.

The following is not included in the price of the trip:

- International flight to/from Kathmandu arriving at the 4th of November.
- Travel insurance
- Nepal Visa for 30 days (approx £25)
- Kathmandu airport departure tax (approx £14)
- Personal clothing, Equipment, expenditure.
- Tips
- Additional snacks, food, drinks.
- Whatever is not stated under 'what is included'.

Information

Participant Statement

Participants should be aware trekking and travelling in a developing country are activities that involve a risk of personal injury and even death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement.

On our trek in remote areas of West Nepal we will be away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation, it has to be accepted by you, evacuation could take up to several days and may impede you ensuing recovery.

Please read the terms and conditions carefully!

Ethical and Environmental considerations

Inspired By People is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience.

Cultural Considerations

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.

- When entering any Nepalese home, monastery or temple, always remove your shoes.
- For religious reasons, Nepalese people are offended by being touched on the head and similarly, never direct the soles of your feet at a person or a religious shrine.
- Many Hindu temples may not be open to non-Hindus. Always ask permission before entering.
- Handing out pens, balloons and sweets to children in the villages only decreases their respect for us and is strongly discouraged.
- "Namaste" is a common act done by putting the palms together in a prayer like gesture to greet anyone in Nepal. Do not take it seriously if any Nepalese hesitates to shake hands because it really hasn't been very long since western traditions crept into the Nepalese way of life.
- Use your right hand to eat and deal with food. Nepalese use their left-hand to wash themselves after defecating. Also remember that most Nepalese use their fingers to eat and using spoons and forks is not common, specially when you are having "Daal Bhat" the staple Nepalese diet.
- Bargaining is very common in Nepal. You would often need to bargain while shopping and riding cabs in Nepal.

It is recommended to read something about the country before you go!

Climate information

Temperature Chart (In Celsius)

Months	Kathmandu		Pokhara		Chitwan	
	Max.	Min.	Max.	Min.	Max.	Min.
January	19	2	20	8	24	7
February	20	4	21	8	26	8
March	25	8	27	11	33	12
April	30	11	30	16	35	18
May	30	16	30	19	35	20
June	30	20	30	20	35	23
July	20	21	30	21	33	24
August	29	20	30	21	33	24
September	27	19	29	20	32	22
October	23	15	27	18	31	18
November	23	4	23	11	29	12
December	20	2	20	8	24	8

Rainfall Chart (In mm.)

Months	Kathmandu	Pokhara	Chitwan
January	25	15	10
February	25	15	10
March	75	30	10
April	50	50	15
May	100	300	200
June	225	575	300
July	375	800	500
August	360	700	450
September	175	575	400
October	50	220	100
November	10	20	5
December	10	5	5

As you can see we will be traveling through Nepal at the beginning of November when the weather should be dry with comfortable temperatures.

Food

On the trek and on various occasions we will be eating local Nepalese food. In the bigger cities there is a wide range of excellent restaurants including steak houses, Italian, Thai, Tibetan restaurants if you fancy a break from the local cuisine. Breakfast in the hotels is usually continental. A strong dietary need could be difficult during the trek as there won't be much available other than locally cooked food. Vegetarian food is usually available. Please ask us for more information.

Clothing and Equipment

Each person should have one small backpack to carry on the 5-6 day trek and one big backpack or easy to carry bag for the rest of the trip. Please ensure that your bag is marked clearly on the outside for easy identification.

One sleeping bag per person is required and should be small enough to fit in your small backpack on top of the things you need during this trek (water, change of cloths, snack pack, etc).

Good hiking shoes are essential! Don't bring any new pair without trying first at home. Walk a day to test them. Blisters can be a real problem on a trek!

At times we will have to pass through difficult tracks and you might like to have a walking stick but this is optional.

Other necessary items:

- fleece jumper
- head torch/torch
- light weight cloths.
- cap/ hat
- sun block
- wet tissue paper
- insect repellent
- water purifying tablets
- a few plastic bags
- towel
- cloths you sleep in

Vaccinations and Medical

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal.

Recommended medicine to take with you: paracetamol, Imodium, and your own medicines and a basic first aid kit.

Flights

There are a number of good online agents:

Kayak www.kayak.co.uk

Travel jungle www.traveljungle.co.uk

Cheap Tickets www.cheaptickets.com

Southall Travel: www.southalltravel.co.uk

Insurance

Travel insurance for any of our trips is a condition of booking with us. At the very least you should have emergency medical and repatriation insurance. Cancellation insurance is strongly recommended, as all deposits paid to Inspired By People are non-refundable.

There are limited places available so make sure you reserve your place soon!

We are looking forward to seeing you in Kathmandu!

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by people