Khandbari, Nepal

- Population – 26,000
- District Headquarters of Sankhuwasabha
- Elevation – 2,844 ft.
- North Eastern Nepal
- Main Trekking route to Mt. Makalu (5th highest peak)

Helping Hands Health Education

- [www.helpinghandsusa.org](http://www.helpinghandsusa.org)
- Narayan Shrestha - Founder and President

Prep Parties! (Strongly Encouraged)

- Friday, February 3rd
- Friday, March 17th
- Friday, May 19th

Contact Us!
Metta King -303-868-0484
Devon Warn- 303-886-8880

Nepal 2017

Surya Secondary Boarding School
Montessori Program

June 1, 2017 - June 21, 2017
## Tentative Itinerary

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Thursday, June 1</td>
<td>Fly to Nepal</td>
</tr>
<tr>
<td>Saturday, June 3</td>
<td>Arrive in Kathmandu&lt;br&gt; • Stay at Hotel Friends&lt;br&gt; • Stay in Thamel (an area in Kathmandu)&lt;br&gt; • adjust to the time change&lt;br&gt; • Dinner at OR2K (not included, meals run from $3-15</td>
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<tr>
<td>Sunday, June 4</td>
<td>Guided City Tour of Kathmandu</td>
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<tr>
<td>Monday, June 5</td>
<td>Fly to Khandbari&lt;br&gt; • Get Settled in homestays&lt;br&gt; • Explore Khandbari</td>
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<tr>
<td>Tuesday, June 6 – Friday, June 9</td>
<td>Volunteer at Surya Boarding School</td>
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<tr>
<td>Saturday, June 10</td>
<td>Free Day&lt;br&gt; • We recommend Saturday Market or a visit to Police My Friend Library</td>
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<tr>
<td>Sunday, June 11 – Thursday, June 15</td>
<td>Volunteer Work at Surya Boarding School</td>
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<tr>
<td>Friday, June 16-Sunday, June 18</td>
<td>Mini Trek</td>
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<tr>
<td>Monday, June 19</td>
<td>Fly back to Kathmandu&lt;br&gt; • Explore Thamel</td>
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<tr>
<td>Tuesday, June 20</td>
<td>Fly back to Denver</td>
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</tbody>
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## Program

### Cost

$3,500

Includes: All airfares, homestay (meals too), hotels in Kathmandu, Sightseeing Day, mini trek,

- Tax Deductible

### Cost Does Not Include

- Visa
- Tips (Guides)
- Laundry
- A few meals while in Kathmandu

### Volunteer Project

- Prepare and set up 2 primary Montessori Classrooms
- Train teachers on materials and Montessori philosophy
- Beautify Campus – Build Garden, Playground, etc