Do you want a challenge?

Could you live without the basic comforts of life, like drinking water, hot water and modern plumbing, etc? Could you accept a culture that is very different from your own? Could you cope with being in a very unfamiliar place where you feel isolated? If you would be prepared to meet these challenges, then you could be opening the door to a personally enriching and life-changing experience by becoming involved in a unique and diverse group of activities in Nepal. For example, you could undertake voluntary work in dentistry by training and assisting qualified local people to undertake simple dental procedures, and by teaching basic dental care to the local schools. There could also be a fantastic opportunity for you to provide back-up emergency dental care to some major expeditions that are happening over the next 12 months, including an Everest Summit Bid. There would also be the opportunity to take time out for an adventure trek in the spectacular regions of Everest, Annapurna and Langtang or challenge yourself further and climb a magnificent Trekking Peak.

Although ‘Gap Year’ is normally associated with students who are taking a break from their studies, it can also apply to anyone of any age who wants to take time out to broaden his or her outlook on life, by experiencing a different culture and by helping to improve education and the quality of community life.

You can bring much needed hands-on skills – teaching dentistry and dental hygiene, nursing, joinery, bricklaying, plastering, plumbing, agriculture, etc, or just the basic helping out of everyday chores, these all greatly benefit the local villages which have a very simple day – day way of life. It is also an opportunity to have an adventuresome of a lifetime, make new friends from all walks of life and a great chance to travel in this remarkable and much undiscovered part of the world. Nepal is regarded as one of the most under-developed countries in the world, ranked the 12 poorest in earth with 45 per cent of people living in dire poverty. This is due to the difficult geographical location, limited access to development aid, inadequate resources and investment and an overall lack of awareness and education amongst the people. So whether you are taking a 'Gap Year', taking a career break or just time out, the people of Nepal would appreciate your help to enable them to develop much needed community projects within their own areas. Of particular importance is the success of these projects is employment skills, dental health education, primary health care, child welfare, economic wellbeing, basic human rights and the promotion of equality for women and children.

There are no fixed guidelines on how to volunteer. You can decide on your own aims and goals and on how best to achieve them. The choice is yours and there is no time limit. Trekking Encounters are the UK representatives for KEEP (Kathmandu Environment Education Project) and we work very closely with them in organising community projects. The school projects that are taking place at the moment includes the Community Development Programme and Volunteer Teaching in Government Schools. There is a programme packaged for people who choose to work as a volunteer for a longer period, three months to up to five months. During this programme, the volunteer stays with a family (Homestay) while engaging in activities such as teaching in a school or helping in social organisation and community development activities. Through this integration students can gain a broader understanding of the outside of the world. In addition to ‘Homestay’ KEEP can organise a number of other types of volunteering to tie in with your particular agenda eg assisting in orphanage homes. This is a great opportunity to change not only your own life, but that of others. The list is unrestricted and open to options.

It is not always easy to take that first step and that is why with Trekking Encounters’ experienced team we can help you take that first step and be with you through the journey. If you need reassurance, encouragement or just ideas contact us let Trekking Encounters help you make that dream a reality.

If you wish to volunteer, contact Trekking Encounters at info@trekkinglencounters.com or visit our website at www.trekkingencounters.com

Don't just change your life, change the life of others.

It is in our experience that once you are in Nepal and visiting the villages you will relish the opportunity to see more of this fantastically diverse country.

The Himalayan region of Nepal is the ultimate destination with its unique landscape natural beauty and vibrant cultures.

- The highest mountain in the world - Mt Everest and eight of the fourteen highest mountains in the world all upwards of 8,000m (ranked 1, 3, 4, 5, 6, 7, 8 and 10).
- Only 800km by 140km (0.1 per cent of the world's landmass) ranging from 70m above sea level to 8,848m.
- Home to two per cent of the world's flowering plants.
- Home to eight per cent of the world's birds.
- Home to four per cent of the world's mammal species.

Lying between the two giant countries of India to the south and the Peoples Republic of China to the North, no other country can offer such variety as Nepal, with 105 ethnic groups and 95 spoken languages. Birthplace to Lord Buddha - Lumbini and with two of the oldest religions, this country lives in harmony embracing both Buddhism and Hinduism. With eight of the highest mountains in the world, Nepal has been the focus of some of the most outstanding achievements in the world of mountaineering. There are some 526 peaks opened for mountaineering today.

Trek to Everest Base Camp in the region also known as the Khumbu region, which has drawn walkers, trekkers and mountaineers for many years now. It is justifiably regarded as the most famous trekking and mountaineering region in the world. Mt Everest is situated in the Sagarmatha National Park, a natural World Heritage Site. The region is also renowned for its Sherpa people and villages, Namche Bazaar being the capital of the Sherpa people the area also has stunning Buddhist monasteries.

Trek to the Annapurna Region located in central Nepal the most geographically and culturally diverse region for trekking. The region stretches over 2,600 sq km and is the region where the famous Gurkha soldiers are from. The area is rich with sub-tropical low lands, valleys, hamlets, oak and rhododendron forests, alpine meadows, windswept desert plateaus, glaciers and of course the impressive Annapurna Mountain range.

Trek to the Langtang Region this is a protected area in the Langtang National Park covering an area of 1,710 sq km. Known as ‘The Valley of the Glaciers’, it is a narrow valley running parallel with the Tibetan border and north of Kathmandu. Enclosed to its north by the main Himalayan range and to its south by a slightly lower series of snowy peaks this is a high and isolated area. The park has a variety of climatic zones ranging from subtropical to alpine and around 25 per cent of the park is forested with trees such as oak, maple, pine and rhododendron. Animals include red panda, Himalayan black bear and monkey.

Cultural Nepal
Kathmandu is both the capital and largest city of Nepal with a population of about 700,000. The three main historic cities are Kathmandu, Patan and Bhaktapur. The Kathmandu valley has seven World Heritage Sites within a radius of 20km designated by UNESCO in 1979.

Lumbini - Lord Buddha’s birthplace site, is the sacred birthplace of Siddhartha Gautam, the Shaky Prince, the eventual Shakyamundu and the ultimate Buddha - the Enlightened One. It is the holiest pilgrimage site for Buddhists.

Chitwan National Park: stretches across an area of 952 sq km and lies in the inner Terai belt of Chitwan. The park offers nature at its best with a jungle safari, a canoe on the river where you can see crocodiles and visit an elephant nursery.

This country will give you a challenge, are you ready for it?

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