



**The Psychology of Social Change: how collective and individual psychology contributes to development in Nepal**

Indicative program outline: This itinerary is subject to change and should be used as a guide only.

| Day | Activity   |
|-----|--|
| 1   | All participants must have arrived in Kathmandu by this date. After checking in to your accommodation you will take time to rest and refresh before joining the group for dinner   |
| 2   | Today you'll be taken through the program orientation. This will include an opportunity to change money, purchase sim cards etc. You'll also visit a local market.   |
| 3   | Visit local school – education activities  |
|     | Lunch  |
|     | Continue activities,   |
|     | Dinner at an authentic Nepali restaurant, <b>Gokarna House</b> . This will include a range of traditional Nepali foods accompanied by a cultural dance performance   |
| 4   | Visit to Nutritional rehabilitation centre. The centre treats severely malnourished kids with locally available food. Child and caretaker mothers get free stay and food. They also give training on nutrition, family planning etc.   |
|     | Lunch  |
|     | Continue visit. Visit Patan Durbar square  |
|     | Time to complete daily briefings before dinner   |
| 5   | You'll visit a local doctor to learn about Post Disaster Psychosomatic disorders (Psychosomatic disorders in community which appears Post disaster (Natural and Biological Covid) learning and practical experience from massive earthquake and pandemic. Experience sharing from the field and medical setup. Treatment approaches and mitigation measures. |
|     | Lunch  |
|     | Neurological examination and practical through Gamification with school kids by local doctor   |
|     | Short shopping, Planning session for environmental impact in our daily life program  |
|     | Dinner at the hotel <b>Momo making class</b> (momo's are a type of dumpling popular in Nepal) and taste Momo   |
| 6   | Introduction to Nepal Youth Foundation's activities  |

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|----|---|
|    | Local school visit / activities   |
|    | Lunch   |
|    | Visit to Ankur counselling centre, Meet with counsellor – discussion over earthquake recovery and impact of Covid -19   |
|    | Drive back to Kathmandu,  |
|    | Dinner  |
| 7  | Visit a local NGO that supports women in business and education   |
|    | Lunch   |
|    | Guided tour of <b>Swayambhu Stupa</b> , a famous Buddhist temple also widely known as Monkey Temple as it is home to many hundreds of monkeys & packing for the Chitwan Trip  |
|    | Dinner at hotel   |
| 8  | Travel to Chitwan National Park   |
|    | Lunch upon arrival at the hotel in the National Park  |
|    | Village walk - You will enjoy the sunset on the banks of the Rapti River before enjoying dinner and Tharu cultural dance. - dinner with culture dance   |
| 9  | Breakfast, followed by bird watching tour   |
|    | Lunch   |
|    | After lunch at the hotel, it's time for a jeep safari where you will have a chance to spot the Greater One-horned Rhino (you may even be lucky enough to spot the rare Bengal Tiger). You will enjoy the sunset on the banks of the Rapti River, shopping, dinner |
| 10 | In the morning you'll travel to the conservation site for induction and activities  |
|    | Lunch   |
|    | Continue activities   |
|    | Dinner at the hotel   |
| 11 | Conservation activities   |
|    | Lunch   |
|    | Conservation  |
|    | Dinner at hotel   |
| 12 | You'll travel back to Kathmandu in the morning.   |



Lunch

**Yoga session** (a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation)

13 TBC

Lunch

Meetings with mental health practitioners

14 This morning you'll travel to the Kathmandu Valley to learn about organic farming practices

Lunch

Continue activities

15 Today you'll be able to take part in short hike in Kathmandu Valley hills before you attend program wrap up briefings and farewell activities

16 Participants are free to return home or continue with private travel

