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FOUNDATION

# NEPAL HEALTH PROMOTION CHALLENGE

Your Passport to Global Citizenship!

[www.challengesabroad.com](http://www.challengesabroad.com)

Certified



Corporation





## Unlock a Different Side of Nepal

Nepal is known for its towering mountains and iconic trekking routes, but beyond the tourist trails lies a world full of heart, culture, and connection. Just outside the buzz of Kathmandu, in the historic town of **Bhaktapur**, is where the Nepal Health Promotion Challenge begins.

Here, you'll experience the real Nepal, where peaceful landscapes blend with rich traditions. You'll work alongside local communities on meaningful projects, from education support to sustainable development. It's immersive, eye-opening, and truly rewarding.



# Challenge Snapshot

## The Challenge

Nepal's remote areas face gaps in health education and community engagement, with limited resources, few trained health workers, and low awareness. Strengthening these areas is vital for healthier communities and improved care access

## The Goal





To **build community capacity in general health education and access.**



## The Solution (where you come in)

By joining this **team of global changemakers**, you will be helping us **address these barriers with the local community in Bhaktapur.** Using **YOUR skills**, you will **design hands-on and engaging activities to build community capacity and health education!**

## What's in it for you?

-  **Make friends for life** as you connect with other Global Citizens from across Australia
-  **Boost your employability** by gaining transferrable skills such as teamwork, communication, adaptability and more!
-  **Make a real impact** on the world as you work towards sustainable development projects.
-  **Experience something new, fill your camera roll with life-long memories and have an unforgettable adventure!**



**Location:**  
Kathmandu Valley



**Upcoming Dates:**  
[Click here to view our website](#)



**Cost:**  
\$1,850



**Duration:**  
15 days



# The Essentials



## Accommodation & Meals

You will stay in **shared dorm-style rooms and bathrooms**. You'll likely be sharing your room with **2-3 other participants**. While you will be provided with home comforts, these will be different to your usual standards, but all part of the challenge!

We provide **3 vegetarian meals per day Monday-Friday** (we can accommodate to further dietary requirements such as vegan, gluten free, nut free and other allergies), with weekends being your free time to explore local restaurants!

## In-Country Transport

Any **required transport for project work and airport pick-up and drop-off**. Our team can also help you organize transport so you can explore the area in your free time.

## In-Country Support

As well as supporting you in your project work, our team will be a **24/7 contact for you during your time overseas...** they'll also have the best recommendations on how to spend your free time!

## Pre-Departure Support

We will provide you with a **Welcome Pack, Packing List and Program Brief to help you prepare** for your travels. Our team are there every step of the way for extra support, and we'll organize a **pre-departure meeting 6-weeks before you go** to make sure everyone is on the same page and ready for the adventure.



“The pre-departure support is unparalleled. There is a lot of room for challenging yourself and personal growth - definitely a once in a lifetime opportunity that shouldn't be passed up!”

Global Citizen, Natan'El



# Sample Itinerary

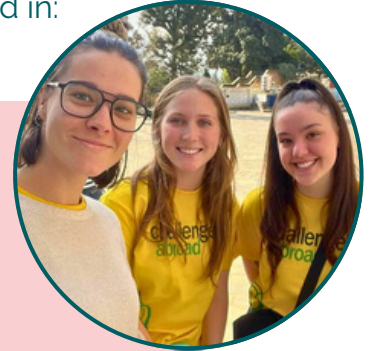
Your program is **customized to meet both the interests & experience of your team, as well as current community needs**. We will confirm specific program activities and schedule in your pre-departure meeting and briefing pack around **6-8 weeks before you travel**. In the meantime, here is a sample itinerary and activities you could be involved in:

## Arrival & Orientation

Touch down at **Tribhuvan International Airport** and get ready to begin your journey! A member of our local team will be there to welcome you and take you to your new home for the next 2-weeks. Your orientation will include:

- Culture and language workshop
- Full introduction to your program & schedule
- A welcome dinner & local tour with your team

**You'll have plenty of time to settle in, explore, and start feeling at home in your new community.**



## Project Days - Community Impact

Your weekdays will be packed with **meaningful community engagement!** Working as a team, you'll design & deliver fun, hands-on health promotion activities at our partner schools - **raising awareness of important health topics & helping to improve overall community health.**

**Workshop themes might include:** Women's Health & Hygiene, Nutrition & Healthy Lifestyles, Non-Communicable Diseases, First Aid & Safety.

Each day you'll also have **dedicated time to plan & prepare**, ensuring your workshops are impactful and engaging.



## Departure

As your program comes to an end, it's time to **say goodbye to your new friends and the community that has been your home**. This morning, you'll either travel with our team to the airport for your flight home or onward journey if you're planning even more incredible experiences while overseas.



# Discover Nepal

## Evenings & Weekends - Time to Explore!

This is your time to make the most of everything Cambodia has to offer:

**Sample local restaurants**

**Participate in traditional Nepalese cooking classes**

**Explore local Thangka painting schools**

**Experience the vibrancy of Durbar Square**

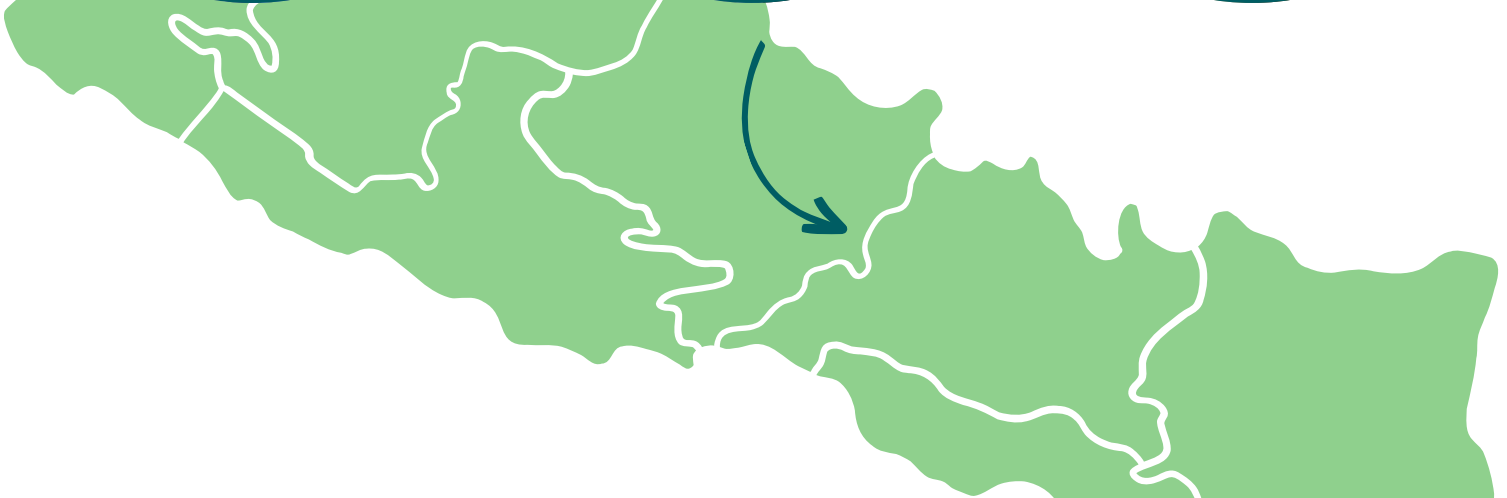
**Try your hand at pottery - a significant part of Nepal's history**

Every day in Nepal, there is a cultural holiday or festival somewhere in the country. There are endless ways to soak up the culture!

We recommend spending your free weekend in **Dhulikhel**, where you can soak in the breath-taking scenes of the Himalayas. Don't miss the opportunity to hike in Nepal, visit monasteries and watch the **sunrise over Nagarkot** - the perfect mix of adventure, culture and discovery!



[Find more travel inspo in our blog!](#)





# What Next?

## Sign up!

All you need to do is apply on our [website](#) and pay the **\$250 booking deposit**. Once accepted, you can **pay the remainder of your program fee in fortnightly, monthly or quarterly installments** leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

 [hello@challengesabroad.com](mailto:hello@challengesabroad.com)

We can also add you to a **group chat on WhatsApp** so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

For more insights on what your Challenges Abroad experience could look like, follow us on:



@challengesabroad



@challengesabroad







The Nepal team were amazing and provided support throughout the entire program. They went above and beyond in ensuring we were safe, had fun, and learnt about a new culture.



Global Citizen, Kaitlyn

## Things to start considering:

-  International flights
-  Travel insurance (might be covered by your university)
-  Visas
-  Vaccinations

## Elevate your Experience

If you're keen to take on an extra challenge, becoming a **Challenge Leader** will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.

Ready to become a global leader? Find out more and apply [here](#).





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