



Itinerary (Subject to change)

Name of the trip	REBUILDING COMMUNITIES, NEPAL
Chaperones	Andrea Geoffroy, Karen Ercolino, Noah Franske
Chaperone's cell phone	Andrea Geoffroy: +420 606 361 225
Organiser	Karolína Bosáková +420 605 989 988 www.happyheartsczech.org
Departure	Sunday, September 14 – Meet at Airport at 18:30 - Flight is at 21:15
Return	Sunday, September 21 – Parents should pick up their children directly from the Airport at 20:30
Accommodation	- Kathmandu Guest House by KGH, Thamel & - Hotel Harati Crown, Nuwakot
Transportation	Flight Details: FZ1782 14SEP 7 PRGDXB HK15 2115 0525+1 FZ 539 15SEP 1 DXBKTU HK15 0835 1435 FZ1134 21SEP 7 KTMDXB HK15 0900 1155 FZ1781 21SEP 7 DXBPRG HK15 1535 2015

Contact Numbers

24 hours

In an emergency, please contact

Calley Connelly: Deputy Director	+420 720 868 717
Dr. Eric Sturm : US Principal	+420 220 384 192
Anthony Hennelly - Activities Director	+420 722 980 386
Raina Smith - WWW Coordinator	+420 607 076 259

*The students will be very busy and we ask that you **not** call the hotel or the chaperons directly. The chaperons will regularly be calling ISP to check in.*

What to bring?

Required

- Passport
- Work Boots: These should be sturdy work boots or hiking boots, they must be closed-toe. Puncture-proof soles and steel toe boots are recommended (no Converse or running shoes allowed on site)
- Soft luggage - backpack or duffle bag + a carry on backpack

Recommended

- Small gift for the school - coloring books/colored pencils, stickers, paints, books, etc...
- Work clothes: You will be provided with short-sleeved work shirts but you should bring pants to work in. Nothing nice as we will be painting.
- Long-sleeved shirt: for protection from mosquitoes
- Normal clothes for after-work and community events. No short shorts or tank tops as they are culturally inappropriate.
- Waterproof rain jacket
- Normal, everyday shoes
- Cash and credit/debit card
- Unlocked cell phone
- Personal first aid kit, including any medication e.g. paracetamol, oral rehydration salts, anti-diarrhea, etc. (We are unable to provide any medication).
- Vitamins, food supplements, comfort food: Highly advisable to bring any supplements that you regularly take at home, or any food that will make you feel more at home.
- Personal items, toiletries, towel
- Water bottle: we provide safe drinking water but for easier accessibility reusable water bottle is preferred.
- Mosquito spray
- Sunscreen

Good to have

- Battery pack
- Earplugs and sleep mask
- Personal coffee: It can be hard to find a good coffee in the area. There is mainly instant coffee available.
- **Sanitary products:** Tampons are not widely available in the area. Make sure to bring enough for the duration of your stay if not use a reusable alternative like menstrual cups or period underwear.
- Headlamp or flashlight: useful to have when lights go off
- Tetanus shot + all the [necessary vaccinations](#)

Packing Guidelines - Everyday Life in Villages: While not mandatory, covering shoulders and knees helps show respect for local traditions and makes a positive impression in the community.

Sunday (September 14)	Arrive at Václav Havel Airport Prague (PRG) at 18:30, Flight FZ1782 @ 21:15
Monday (September 15)	Arrival in Kathmandu (FZ 539 at 2:35 pm). Transfer to Kathmandu Guest House. Dinner in the evening.



Tuesday (September 16)	Explore Kathmandu on a city tour visiting Boudhanath, Pashupatinath, and Bhaktapur Durbar Square. Cultural orientation and project introduction led by <i>All Hands and Hearts (AHAH)</i> .
Wednesday (September 17)	8:00 am travel to Nuwakot (approx. 3 hours with a stop). 11:00 am lunch and bag drop at Hotel Water Tower. 12:00 pm travel to Bachchhala Devi School (40 min) – welcome ceremony and dance. 3:00 pm return to Hotel Water Tower (40 min). Dinner at 6:00 pm.
Thursday (September 18)	Breakfast at 7:00 am. 8:00 am travel to Prithvi School for welcome and start of volunteer project (painting). 12:00 pm lunch, then 1:00 pm student engagement activity with Prithvi School students, followed by more painting. 4:00 pm return to Hotel Water Tower. Dinner at 6:00 pm.
Friday (September 19)	Breakfast at 7:00 am. Internal classroom painting at Prithvi School starts at 8:00 am (no classes due to national holiday; some Prithvi students will join painting). 12:00 pm lunch, then continue volunteering at Prithvi School. 4:00 pm travel to Famous Farm (18–20 min drive). Dinner at 6:00 pm.
Saturday (September 20)	Travel to Kathmandu. Lunch in Kathmandu followed by an afternoon activity. Overnight at Kathmandu Guest House.
Sunday (September 21)	Flight home (FZ 1134 at 9:00 am). Layover, Next Flight FZ1781 at 15:35. Pick up students at Václav Havel Airport Prague (PRG) at 20:30