Nepal Summer Opportunity

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Overview of the 2012 Trip

- 3 weeks – variable
  - Can do more or less (e.g. 2011 trip)

- Group size

- Multiple flight possibilities
  - Do this EARLY – cost options
  - Travel agent?
  - Be conscious of layovers, bags, etc.
  - Flight time with layovers 30-36 hours

- 1-2 weeks of hospital volunteerism

- Travel time afterward
Nepal

- Mountainous
- Jungle
- Third world, sparsely pop.
- Hot
- Beautiful!
- Buddhist/Hindu
- Languages are Nepali (primary), Hindi (second), English (third)
Chitwan

- Past project site
- Hospitals
- Orphanage
- Urban and rural
- In a valley – hot (prepare)
- Living conditions
Kathmandu

• Capital city
• Airport
• Sprawling
• Urban scene
• Temples
• Shopping
• Food
• Bars
• Most excursions
Pokhara

- Not to miss!
- Gorgeous
- Nicer weather
- Lake
- Motorcycles, boats to rent
- Paragliding
- Temples
- Shopping
- Food
- Tourist center
- Living conditions
Other Things To Do

- Hiking/safari
- Elephant ride
- Everest
- Paragliding
- Rafting
- Bungee Jumping
- Canyoneering
- Canyon Swing
- Explore
- Bars – live bands, hookah
IFRE

- **Relationship**
  - Ask for contact info if interested

- **What they do: facilitate!**
  - To and from airport
  - Between site and accommodations
  - Excursions
  - Between cities
  - Help avoid risks and tourist traps!!!

- [www.ifreveolunteers.org/](http://www.ifreveolunteers.org/)
The Service

• 8:00a.m. – 3 p.m. weekdays

• Ride back and forth from village
  • Tuk-tuk

• Department rotation
  • 1-2 students per department at a time

• Breaks

• Open to change (food, explore, etc.)
A Nepali Hospital

- Third world
  - VERY limited resources
  - Crowding
  - Unique PT population - underserved

- ER
- OR
- OB/GYNE
- Other departments – psych, med, dialysis, etc.
- Cool, weird diseases
- Medicine at its most pure
What Was Good

- The people and culture
- The food
  - Milk tea, chili fries
- Medicine at its most basic
- Adventure!!!
  - Treks, excursions, shopping
  - Once in a lifetime
  - Stories
What Was Not So Good…

- Under-preparedness
  - Gear
  - Plan
  - What to expect (from previous group, IFRE)
- Heat
- Bugs?
- Hospital choice?
  - Alternative?
What You’ll Need (Briefly)

- MOSQUITO NETS
- Day pack
- **LIGHT** clothes
  - Shorts *and* long pants, hat, hiking boots, sandals, walking shoes, **towel**
  - SPF, anti-odor?
- Water bottle
  - Consider water treatment options
- First aid
- International-capable phone(s), passport (plan ahead), other ID
- STRONG bug spray
  - BIG bugs
- Rope or cord-o-let
- More to come for those interested
- Bottom line: pretend you’ll be camping (minus a tent and sleeping bag)
BEWARE!

• Bugs (mosquitoes)
  • Repellent, nets, vaccines (malaria, japanese encephalitis)
  • NO poisonous spiders

• Heat – hydrate, hydrate, hydrate!

• Other animals
  • Dogs
  • Cows
  • Rhinos

• Food
  • “If it isn’t cooked, boiled, sealed, or can’t be peeled, don’t eat it!”
  • Cipro, zofran, immodium (caution with diarrhea)?

• Water – NOT potable for westerners

• Expect the unexpected – it’s an adventure!
  • Preparedness makes all the difference
Here it comes...
The Cost

- **Flights** – where it hurts - $2,000 - $2,200 (varies)
- **IFRE** - $750
- **Accomodations** (rarely)
  - No need to spend more than $20-$30/night
- **Food** is very affordable
- **Excursions**
  - $20-$250 each
- **Transport around country** (if not IFRE)
- **Miscellaneous and unexpected**
  - Have cards, cash (U.S. and Nepali) at the least
- **Total:** expect to get there and back for $3000 - $4000
Now What?

• If you’re interested:
  • Contact me
    • Questions, general info., stories
  • Set up a meeting with last year’s group
  • Do some research!
    • Nepal
    • 3rd world and how to prepare
  • Cost
  • Schedule
Questions?

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