



## Nepal / Everest Dental Project

2018 - 2019

Put your profession and heart to work in Nepal by taking part in a one-week dental clinic in the Kathmandu Valley. The clinic will be set up in Kathmandu at Shree Mangal Dvip Boarding School, founded to meet the needs of children from the remote Himalayas where there are no schools.

We will provide dental care to children from several schools and orphanages in the Kathmandu Valley who would otherwise not have the opportunity or resources to receive dental care. The total program will last 21 days, which includes: travel time to Nepal, sightseeing in Kathmandu, 6 days working in the dental clinic and sightseeing /trekking to Khumjung in the Everest area of the Solo Kumbu at the end of the clinic.

### Itinerary(GDR Original Trip):

- Day 1 Depart the US.
- Day 2 In transit to Kathmandu.
- Day 3 **Kathmandu.** Upon arrival in Kathmandu a representative will meet you at the airport and you will be transferred to your hotel.
- Day 4 **Kathmandu.** Half day sightseeing in Kathmandu. Afternoon visit to the clinic site and project briefing of where you will be working for the next 6 days. Overnight in Kathmandu. (B)
- Day 5-7 **Kathmandu.** Work in the mobile dental clinic. Overnight in Kathmandu (B/L).
- Day 8 **Kathmandu.** Day off from clinic to rest. Half day sightseeing of Bhaktapur. Overnight in Kathmandu. (B)
- Day 9-11 **Kathmandu.** Work in the mobile dental clinic in Kathmandu. (B/L) \*\*On Day 11 we will have a farewell thank you dinner for all of our volunteers.\*\*
- Day 12 **Kathmandu-Lukla-Phakding.** Early morning transfer to the airport for your flight to Lukla. The flight into Lukla is an experience in itself. The airfield is on a slope and the altitude difference between each end of the runway is about 200 feet! Meet with your sirdar and the rest of the crew. After lunch, trek for a few hours along Dudh Kosi river to the village of Phakding at 9,000 ft. Overnight in Tea House Lodge. (B/L/D)
- Day 13 **Phakding-Namche Bazaar.** The trail continues north up the Dudh Kosi valley to Jorsale, where it officially enters Sagarmatha National Park. Continue along the trail, crossing the Bhote Kosi River to begin the steep climb up to Namche Bazaar, 11,500 ft. Remember to look out for glimpses of Mt. Everest from the trail en route to Namche Bazaar. Overnight in Tea House Lodge. (B/L/D)
- Day 14 **Namche Bazaar-Khumjung.** Continue up a steep ridge to reach the village of Khumjung, approximately 3hrs walking. Overnight in Tea House Lodge. (B/L/D)

- Day 15 **Khumjung.** Take a day hike to view Mt. Everest. Return to Khumjung in the afternoon. Overnight in Khumjung in Tea House Lodge (B/L/D).
- Day 16 **Khumjung-Phakding.** The trail descends steeply towards Namche Bazaar, then continues to descend down to the river. Overnight in Tea House Lodge.(B/L/D)
- Day 17 **Phakding-Lukla.** Trek down along the gorge of Dudh Kosi to the village of Lukla. Overnight in Tea House Lodge. (B/L/D)
- Day 18 **Lukla-Kathmandu.** Fly to Kathmandu. Transfer to hotel. The afternoon is free for some shopping or sightseeing. Overnight at The Radisson. (B)
- Day 19 **Kathmandu.** Day at leisure in Kathmandu to enjoy sightseeing or relax before your return journey home. Overnight at The Radisson. (B)
- Day 20 **End in Kathmandu.** Transfer to the airport for your international flight home. Arrive home on day 21.

### **Project Cost**

The cost for participation in this project is **\$2,450 per person** – based on double occupancy (**call our office for single room rates**). The fee includes: 2 meals per day during the clinic and all meals during trek around the Everest Region, other days, breakfast only; 2-star hotels (except while trekking / Tea Lodge Accommodation); flights within Nepal, transfers, and sightseeing in Nepal.

### **Options to Itinerary**

You can come and volunteer in the clinic only, without sightseeing. The cost for participation in the clinic only is **\$1080 per person**, based on double occupancy (**call for single room rate**). The fee includes: 2 meals per day; 2-star hotels in Kathmandu for 9 nts/10 days; daily transportation to/from the clinic site. Transfers to/from the airport and hotel in Kathmandu.

*We are happy to help you arrange your international airfare to the project site and/or direct you to a travel agent that can assist you.*

GDR is a 501(c)3 charitable organization. A percentage of the project cost is tax deductible.

### **2018 - 2019 Departure Dates**

April 17 – May 7, 2018

April 26 – May 16, 2018

October 25 – Nov 14, 2018

March 23 - April 12, 2019

April 2 - 22, 2019

October 10 - 30, 2019

October 30 - November 20, 2019

*“This was my second trip with GDR and both trips have been absolutely unforgettable experiences.” – Anil, dental student, volunteer since 2012*