

Namo Buddha Small Adventure - 12 days

Join a small group of seasoned volunteers on a special journey to provide dental care to children and monks in the foothills outside Kathmandu. This is a hands on experience where volunteers assist GDR staff in setting up the clinic, and then work for 5 days. Meals are enjoyed in the company of resident monks.

This is a unique experience, open to only a handful of volunteers each year. **You must be an intrepid traveler and a return volunteer to join this adventure.** You will be part of a team of four dental professionals and 4-5 non-dental volunteers. After the clinic ends, you return to Kathmandu where you can extend your stay, join another GDR clinic or head home.

- Day 1 Depart the US.
- Day 2 In transit to Nepal .
- Day 3 **Arrive Kathmandu.** On arrival in Kathmandu you are met and transferred to your guesthouse. Overnight in Kathmandu. (B)
- Day 4 **Kathmandu - Namobuddha.** Depart this morning for Namobuddha, approximately 2 hours driving. On arrival, you'll help set up the clinic. After lunch begin seeing patients. Half day working in the clinic - Enjoy dinner with the monks at the monastery. Overnight in Namobuddha. (B/L/D)
- Day 5 **Namobuddha.** Full day working in the clinic in Namobuddha. (B/L/D)
- Day 6 **Namobuddha.** Full day working in the clinic in Namobuddha. (B/L/D)
- Day 7 **Namobuddha.** Morning work in the clinic. Afternoon free to do a hike or otherwise explore the area. (B/L/D)
- Day 8 **Namobuddha.** Full day working in the clinic in Namobuddha. (B/L/D)
- Day 9 **Namobuddha.** Full day working in the clinic in Namobuddha. (B/L/D)
- Day 10 **Namobuddha - Kathmandu.** Morning working in the clinic. After lunch pack up the clinic and return to Kathmandu. Arrive Kathmandu in the late afternoon. Overnight in Kathmandu in the Boudhanath area. (B/L/-)
- Day 11 **End Kathmandu.** Transfer to the airport for your onward flight.

Project Fee: \$750

Project Fee includes: 8 nights accommodation in a basic guesthouse in Namo Buddha and 3 star hotel in Kathmandu; 3 meals a day while working in the clinic, other days breakfast only; airport transfers; round-trip ground transport from Kathmandu to Namo Buddha. A donation to GDR to help cover the cost of dental supplies for the clinic.

***Note:** food options in Namo Buddha are basic – if you have particular food allergies or dietary requirements, this may not be the adventure for you.

2019 Departure Dates:

April 11 – 22, 2019

September 19 – 30, 2019