



GlobalDentalRelief

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Pokhara Small Adventure Clinic – 13 days

Join a small group of seasoned volunteers on a special journey to provide dental care to children and monks in Pokhara. This is a hands on experience where volunteers assist GDR staff in setting up the clinic, and then work for 6 days. Breakfast and lunch are enjoyed in the monastery setting; dinners are out and about in town.

This is a unique experience, open to only a handful of volunteers each year. You must be an intrepid traveler and repeat volunteer to join the clinic. You will be part of a team of four dental professionals and 4-5 non-dental volunteers. After the clinic ends, you can extend your stay and do a three day hike in the Annapurna foothills, or return to Kathmandu.

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| 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 – Pokhara. Depart this morning for Pokhara – a short 45 minute flight. On arrival you are met at the airport and transferred to the monastery where you'll be working for the next week. After lunch pitch in to help set up the clinic. Overnight in Pokhara at the monastery guesthouse. (B/L) |
| Day 5 | Pokhara. Full day working in the clinic in Pema Tsal Monastery. Overnight at the monastery guesthouse (B/L) |
| Day 6 | Pokhara. Full day working in the clinic in Pema Tsal Monastery. Overnight at the monastery guesthouse (B/L) |
| Day 7 | Pokhara. Full day working in the clinic in Pema Tsal Monastery. Overnight at the monastery guesthouse (B/L) |
| Day 8 | Pokhara. Today is a free day from the clinic. Join a guided half day exploration of the area, or relax on your own. Overnight at the monastery guesthouse (B) |
| Day 9 | Pokhara. Full day working in the clinic in Pema Tsal Monastery. Overnight at the monastery guesthouse (B/L) |
| Day 10 | Pokhara. Full day working in the clinic in Pema Tsal Monastery. Overnight at the monastery guesthouse (B/L) |

- Day 11 **Pokhara.** Morning working in the clinic. After lunch help pack up the clinic. This evening enjoy a farewell dinner with the group. (B/L)
- Day 12 **Pokhara – Kathmandu.** Morning transfer to the airport for your flight back to Kathmandu. Arrive Kathmandu in the late afternoon. Overnight in Kathmandu in Boudhanath area. (B/L)
- Day 13 **End Kathmandu.** Transfer to the airport for your flight home. (B)

Cost: \$1150

Project Fee includes: 10 nights accommodation in a basic guesthouse in Pokhara and 3 star hotel in Kathmandu; 2 meals a day while working in the clinic, other days breakfast only; airport transfers; sightseeing on day off from the clinic; round-trip airfare from Kathmandu to Pokhara. A donation to GDR to help cover the cost of dental supplies for the clinic.

Note* Single rooms may be requested but cannot be guaranteed.

2018-2019 Departure Dates

November 21 – December 4, 2018

April 10 - 23, 2019

November 19 – Dec 2, 2019