

# learning together in nepal

## health teams: observation, training, treatment and support - kathmandu, pokhara and remote health posts making a real difference



### expedition dates

28 Dec -12 Jan (16 days)

### expedition cost

\$2,000 AUD

All prices are per person

### inclusions

All food, accommodation, activities, permits, local staff costs, materials and donations to community projects, internal travel, tours

### excludes

Flights and visa into Kathmandu.

### summary

16 day expedition  
2 days preparation and visits,  
7 day community project, tour  
of world heritage site, 3 days  
travel, 12 nights hotels,

### the expedition

In conjunction with our long term partners in Nepal, our volunteers will have the opportunity to 'work' alongside Nepali health professionals and community members to assist in improving outcomes for those in more remote areas of Nepal.

As part of that obligation, we want to continue our commitment to our Health partners to ensure ongoing support in resourcing, training and advice to those associated to their organisations.

We seek to be able to undertake additional training and workshop focussed activity that will ensure that local people are given additional skills and knowledge that will support those rebuilding their communities.

Our program will include observation, treatment, training, practical repair and upkeep activity to ensure all participants are able to maximise their skills and abilities in a productive manner.

Our partners in health welcome our ongoing support and friendship and through this we look forward to being able to bolster their resolve.

Aussie Action Abroad's approach to our community projects is sustainable. We draw upon over 16 years of experience in the country and actively collaborate with communities with whom we work to provide practical and realistic support leading sustainable outcomes and enriching the lives of all involved.

### brief itinerary

- Day 1 Arrive in Kathmandu
- Day 2 Organisation visits & welcome dinner with partner organisations
- Day 4 Travel to Pokhara
- Day 5-12 Community project with Green Pastures Hospital, CBRS, Rainbow Children's Home, local women, then remote Health post
- Day 14-16 Kathmandu or Bhaktapur - World Heritage city
- Day 17 Departure

