challenges abroad

Supporting the futureSense FOUNDATION

NEPAL HEALTH PROMOTION CHALLENGE

Your Passport to Global Citizenship!



www.challengesabroad.com.au

Certified B Corporation

CARBON NEUTRAL

About Us

Greater Social Equality.
A More Sustainable Environment.
A More Secure World for Everyone.

Challenges Abroad is a social enterprise that provides impactful, customised overseas learning programs for students. Our mission is to develop the next generation of Global Citizens, who as future leaders will help shape a better future for everyone.

Through our programs, we ensure that students not only develop a global mindset but gain vital life and employability skills, enabling them to have a positive impact on the world through their future endeavours.

We are proud to be a Certified B Corporation!
It reinforces that together, we're delivering programs that are not only transformative for students, but also beneficial for communities and respectful of the planet.

The Challenges Abroad Difference

Student Impact
Developing the next generation of Global Citizens.

Community Impact
Delivering long-term development projects that support local communities.

Enviornmental Impact
We are working on becoming a carbon neutral organisation.



Short-Term Programs, Long-Term Impact.

Our Health & Well-Being Challenges enable students to step out of their comfort zone whilst developing global perspectives, learning about new cultures and fostering meaningful connections with the local community.



Global Citizenship:

Broaden your perspectives, embrace cultural diversity, and ignite a lifelong drive to make a difference in the world.



Cultural Immersion:

Discover, connect & experience - dive into vibrant local cultures, learning through meaningful cross-cultural exchange.



Community Engagement:

Lead, inspire & create change - deliver hands-on projects, building skills and leaving a lasting impact on local communities.

Every Challenges Abroad program supports the goals and objectives of our international development charity, the FutureSense Foundation.

Participants on a Challenges Abroad program are therefore, not only directly impacting the community through their project, but are part of a sustainable community development initiative that will have a long lasting, positive impact.

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Nepal: Land of the Himalayas

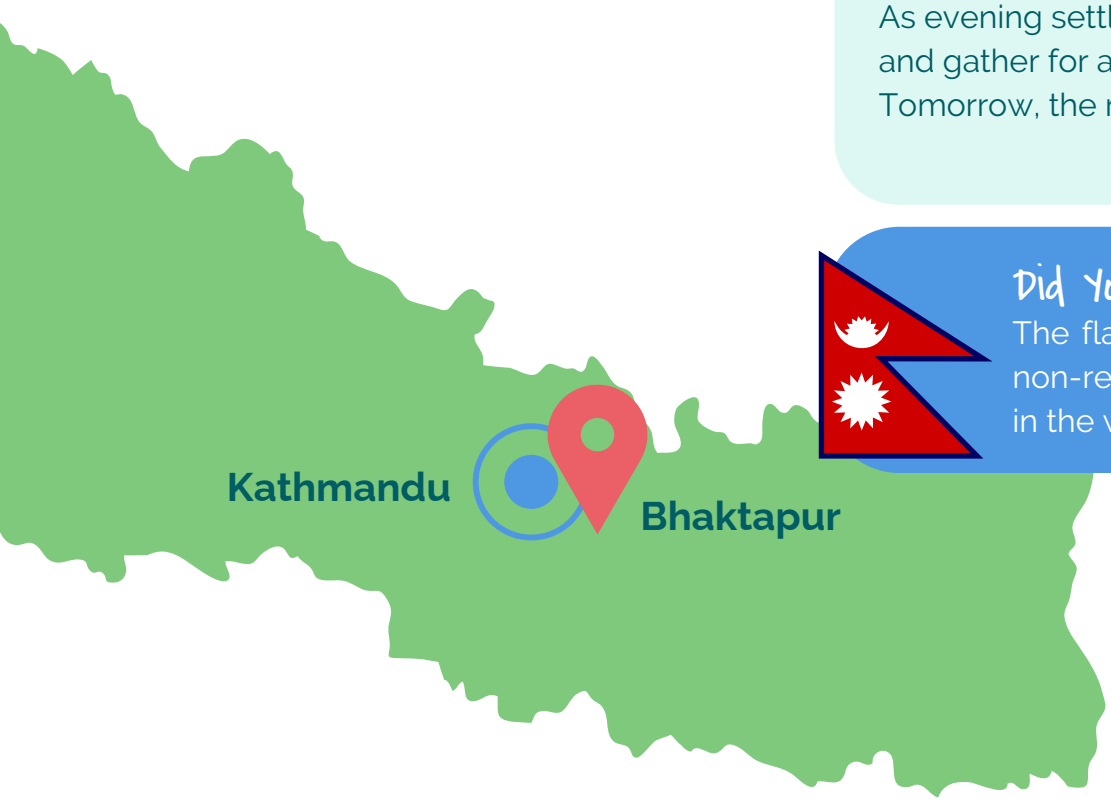
Our programs are based in the Kathmandu Valley, at the foothills of the Himalayas.

Kathmandu Valley is a bustling and vibrant area of Nepal. It's home to more than six UNESCO World Heritage sites, including the historical city of **Bhaktapur** - a hub of history and culture, making it the perfect place to explore!

Day 1
Arrival

Touch down in Nepal! Gateway to the Himalayas, Kathmandu is where ancient temples, buzzing markets and mountain energy collide in the best possible way. After being welcomed at the airport by your group mentor, transfer to nearby Bhaktapur and settle into your accommodation.

As evening settles in, explore the town and gather for a welcome dinner. Tomorrow, the real adventure begins.



Did You Know:
The flag of Nepal is the only non-rectangular national flag in the world!







Week 1

Days 2-3
Program & Cultural Orientation

The first couple of days are about building confidence, connection and excitement. You'll dive into Nepalese culture and language, get to know our Hub team supporting you throughout your challenge, learn more about the communities you'll be working alongside and how your program contributes to long-term development projects. This is where the real impact of your journey begins to take shape!

Days 4-7
Bhaktapur

Spend four immersive days embedded in the local community, contributing your skills, knowledge and passions to our long-term health promotion initiatives. With dedicated time to plan as a team, we'll help to make sure you're ready to contribute in a meaningful way - learning just as much from the community as you share. This hands-on experience builds confidence, uncovers new strengths, and leaves a lasting, sustainable impact.

Beyond your workshops, switch off and soak up Bhaktapur's vibrant and unique culture in the most authentic way - think local temples, ancient streets, bustling local markets, and endless portions of momos!

Potential workshop topics:
Mental, Social & Emotional Wellbeing (confidence, leadership, teamwork), Nutrition, Healthy Lifestyles, Hygiene & Sanitation, First Aid & Safety, Non-Communicable Diseases, Reproductive & Women's Health.







Week 2

Days 8-9
Your Free Weekend to Explore!

This is your time to make the most of everything Nepal has to offer:

👉 Sample local restaurants
👉 Join traditional Nepalese cooking classes
👉 Explore local Thangka painting schools
👉 Experience the vibrancy of Durbar Square
👉 Try your hand at pottery - a significant part of Nepal's history

There are endless ways to soak up the culture!

We recommend spending your free weekend in Dhulikhel, where you can soak in the breath-taking scenes of the Himalayas. Don't miss the opportunity to hike in Nepal, visit monasteries and watch the sunrise over Nagarkot - the perfect mix of adventure, culture and discovery!



Days 10-14
Bhaktapur

These five days follow a similar rhythm to the first - contributing to health promotion activities, leading workshops, and coming together as a team to reflect on the impact you're making. The difference? You return with stronger skills, growing confidence, and deeper connections, stepping back into the community with a clearer sense of purpose. Somewhere between the first day and the last, you'll begin to recognise your own growth as a Global Citizen.



Bhaktapur feels like you've stepped back in time - with towering pagoda temples, ancient royal squares, and potters still spinning clay by hand in the heart of the city.

Departure & Extension Trip

Day 15
Departure

The final day offers time to reflect on the skills you've developed, the experiences you've shared, and the perspectives you've gained. Our team will drop you off at the airport for you journey home or onwards travels. Or you might even want to extend your time in Nepal with us!

Days 15-21
Extention Trip!

Day 1: Pokhara. You'll be picked up early for your transfer to Pokhara. After arriving, enjoy time exploring the lakeside, Devi's Waterfalls, and Gupteshwor Mahadev Cave.

Day 2: Ghandruk. Travel to Nayapul to begin your trek along the Modi Khola, passing villages, waterfalls, and rice terraces. After lunch, continue to Ghandruk.

Day 3: Ghorepani. Trek to Bhaisi Kharka for a short break before continuing on the steepest part of the trek to Ghorepani (2,875m).

Day 4: Poon Hill. Start early with a sunrise walk to Poon Hill for stunning mountain views (one of the best panoramic viewpoints in Nepal!), then trek to Ulleri and enjoy exploring the village.

Day 5: Last Day of Trekking. Today's downhill trek to Nayapul passes villages and a possible river swim (weather permitting). Then return to Pokhara for free time and a farewell dinner with your guide.

Day 6: Kathmandu. After breakfast, travel back to Kathmandu and enjoy the evening exploring or shopping for souvenirs.

Day 7: Farewell. This morning, you'll be transferred to Kathmandu airport to catch your flight home or continue your Global Citizenship journey elsewhere!







The Essentials

Accommodation & Meals

You'll be staying in dorm-style accommodation, sharing your room with up to 3 other participants. There are western showers and toilets, as well as communal spaces for relaxing. While the amenities are basic, the accommodation is safe, clean, and in a great location for exploring the surrounding area!

We provide 3 vegetarian meals per day Monday-Friday (weekends being your free time to explore local restaurants!).

In-Country Transport

Any required transport for project work and airport pick-up and drop-off. Our team can also help you organise transport so you can explore the area in your free time.

In-Country Support

As well as supporting you in your project work, our team will provide 24/7 support during your time overseas... they'll also have the best recommendations on how to spend your free time!

Pre-Departure Support

We will provide you with a Welcome Pack, Packing List and Program Brief to help you prepare for your travels. Our team are there every step of the way for extra support, and we'll organise a pre-departure meeting 4-weeks before you go to make sure everyone is on the same page and ready for the adventure.

Check out more FAQs here!



What's Next?

Sign up!

All you need to do is apply on our **website** and pay the **$250 booking deposit.** Once accepted, you can pay the remainder of your program fee in fortnightly, monthly or quarterly instalments leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

hello@challengesabroad.com.au

We can also add you to a group chat on WhatsApp so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

Things to start considering:

- **International flights**
- **Travel insurance**
- **Visas**
- **Vaccinations**



Dates:
Dates TBC through the website



Cost:
$2,950
(possible credit/funding options here)



Extension trip:
Poon Hill Trek
$1,015

Elevate your Experience

If you're keen to take on an extra challenge, becoming a **Challenge Leader** will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study. Find out more and apply **here.**

"The pre-departure support is unparalleled. There is a lot of room for challenging yourself and personal growth - definitely a once in a lifetime opportunity that shouldn't be passed up!"

Global Citizen, Natan'El



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