



THE CARDONER PROJECT

NEPAL IMMERSION APPLICATION PROCESS



Thank you for your interest in taking part in our Nepal Immersion.

If you have decided you would like to participate in an Immersion, please follow the process below:

BOOKING PROCESS

Complete the Immersion Booking Request Form and return to jane.brennan@thecardonerproject.org

The Cardoner Project (TCP) will contact you to confirm a place for you on your chosen departure date if available.

To accept and confirm your booking you will need to complete the Booking Confirmation Form, transfer all funds due under the payment schedule to TCP and submit a copy of the photo page of your current passport
Note: the expiry date of the passport should be at least 6 months after the Immersion return date.

Complete the TCP Code of Conduct, the Volunteer Release and Waiver of Liability and Medical Information forms. Please note: all participants are required to have at least 2 doses of an approved Covid-19 vaccination and will need to submit their International Covid-19 Vaccination Certificate.

Get a Working with Children Check (Volunteer) and send the details to jane.brennan@thecardonerproject.org

Apply for your Nepal Visa (visit <https://au.nepalembassy.gov.np/visa/>)

Attend the Immersion pre-departure Formation Day (details/dates TBC)

PAYMENT SCHEDULE

The total cost of the Immersion is **\$5900.00**. Payment is due in three installments as detailed below.

For 28 November – 19 December 2022 Immersion

1st Installment	Due on acceptance of offer to participate in Immersion	\$2000
2nd Installment	Due 22 AUGUST 2022	\$2000
3rd Installment	Due 31 OCTOBER 2022	\$1900

For 6 – 27 January 2023 Immersion

1st Installment	Due on acceptance of offer to participate in Immersion	\$2000
2nd Installment	Due 26 SEPTEMBER 2022	\$2000
3rd Installment	Due 5 DECEMBER 2022	\$1900

CANCELLATION POLICY

The following cancellation fees will be levied

If cancelled before the second installment date	\$500
If cancelled before the third installment date	\$2500
If cancelled after the third installment date	\$4000

Trip Inclusions:

Return flights with Malaysian Airlines from Sydney to Kathmandu
Airport pick-up and drop-off in Kathmandu
Travel insurance
All meals
Accommodation
Guided trek by experienced Nepalese guides

Not Included:

Visas for Travel to Nepal
Personal expenses such as laundry, snacks/drinks, discretionary spending.



THE CARDONER PROJECT

NEPAL IMMERSION BOOKING APPLICATION FORM



Please complete this Form to apply for a place on a Nepal Immersion

Immersion you would like to apply for:

28 NOVEMBER – 19 DECEMBER 2022

6 JANUARY – 27 JANUARY 2023

If your preferred date is unavailable, are you interested in the other date: YES NO

PERSONAL DETAILS

Full Name as it appears in your passport:		
Passport Number:		Passport Nationality:
Issue Date:	Expiration Date:	Date of Birth:
Full Home Address: Street:		
Suburb:		Post Code:
State:		
Email Address:		Primary Phone:
Do you have any pre-existing medical conditions	YES	NO
If YES please provide details:		
Do you have any special dietary requirements	YES	NO
If YES please provide details:		
Emergency Contact	Relationship:	
Primary Phone:	Email Address:	

Please complete and return this form to jane.brennan@thecardonerproject.org



The Cardoner Project

NEPAL IMMERSION ITINERARY



The Cardoner Project's Nepal Immersion takes participants on a journey to our partner village, Tipling, sitting at 2087 metres above sea level in the Ruby Valley of Nepal. The Cardoner Project has been sending volunteers to serve In-Community in Tipling since 2014. On the Immersion, participants will experience a week in the local life of the village, contributing to activities of the community and the school such as our volunteers would experience.

BACKGROUND ON TIPLING

Tipling is a small village located very close to the Nepal border with Tibet (China). It is separated by the expansive Himalayan range, most notably the Ganesh Himal range, with the highest mountain at 7,422 metres. Tipling is in the district of Dhading and is situated on the upper end of Ruby Valley. It is considered one of the most geographically isolated villages in Nepal. Located beneath the Tibetan plateau, the scenery is breathtaking day in day out.

Originally, Tipling was a Buddhist village and was first reached by Jesuits in the mid-late 1980's. There has been a strong Jesuit presence in the village since then. When the Jesuits arrived, it was found that the Buddhist Lama was exploiting the locals. The story goes that if there was a member of the village that was unwell, the Lama demanded an unfair sum of money in return for his healing services, which did not achieve any feasible progress.

The vast majority of locals are now Christian due to the presence of the Jesuits and other Protestant missionaries and there is a large Catholic community. A Jesuit mission was established in Tipling in 2007. There are currently two to three Jesuits in Tipling at any given time, providing material goods to support the locals' livelihoods, supporting them on a spiritual level through mass services and being involved with their everyday lives.

The Cardoner Project has been sending volunteers to the Tipling community since 2014. Our In-community volunteers generally serve for a six-month period. Their key task is to teach English at the local school, assist with co-curricular activities and wherever else they can be of assistance. They become full members of the local community immersing themselves in all community activities. These volunteers often accompany the January Immersion as the start of their placement.

SUMMARY OF THE TREK TO TIPLING

There are two routes to access Tipling. Our trek up to Tipling (2087m) involves a six-hour bus ride from Kathmandu (1400m) to a small town called Syapru Besi (1503m). From here we trek to Gatlang (2337m) where we spend a day to acclimatize before the four-day trek through Langtang National Park, ascending the Pangsang Pass (3820m) into the Ruby Valley. The return route involves a three-day trek via the Tatopani Hot Springs down the valley to Dhundure (850m). From Dhundure it is a four-hour ride back to Kathmandu.

The trek is rated at Grade 3 which requires a good level of fitness. Please note that the altitude will add to this degree of difficulty for many people.



NEPAL IMMERSION ITINERARY

The itinerary below is for the November/December and January Departures.
Please be aware that slight changes can occur as our local guides refine the itinerary.

DATE	EVENT
DAY 1	MEET AT AIRPORT AT 10AM Depart MH0122 SYDNEY: 1:10 PM Arrive MH0122 KUALA LUMPUR: 6:45 PM Depart MH0114 KUALA LUMPUR: 8:00 PM Arrive MH0114 KATHMANDU: 10:30 PM Transfer to: Shechen Guest House , Kathmandu.
DAY 2	Kathmandu Today will be a chance for us to check out what Kathmandu has to offer. In the morning we will make our way to Swayambhunath Temple, known to some as the 'Monkey Temple' and for good reason. Be careful not to leave anything out in the open. On our way back from Swayambhunath, we will stop in Thamel. This is a well-known market area, and a chance to get last minute gear for the trek. <i>You will have to buy your own lunch whilst here at Thamel.</i> In the evening, we will pay a visit to Father Greg Sharkey SJ, an American Jesuit who has been working in Nepal for 36 years. He will give us an extensive outline of Nepal's rich cultural tapestry and a history of the Jesuit works there.
DAY 3	Kathmandu Today will be spent working with the Missionaries of Charity at Pashupatinath Temple. Here, they provide services to the elderly and dying in a social welfare centre in one of Kathmandu's holiest places. Many people come to stay here in their old age as they believe dying near the temple will give them instant salvation. While working with the Sisters, we will assist in feeding and caring for the patients whilst also washing clothing and bedding.
DAY 4	Kathmandu to Syapru Besi We will check out of our hotel and hop on the bus towards Syapru Besi. After an 8-hour bus trip (with a lunch stop along the way), we will find ourselves at the base of the mountain range we will be looking to conquer in the next few days. We will take the evening to acclimatise and enjoy the stunning scenery before settling in for a much-needed rest.



<p>DAY 5</p>	<p>Syapru Besi to Gatlang (Parbati Kunda)</p> <p>We will begin the trek with a steep uphill climb that will take about three hours to ascend. Once on top of this ridge, we'll stop for a tea break. Then we will walk along an easy jeep trail to our lunch stop. After lunch, the jeep track continues for another hour or two to reach our campsite for the night.</p> <p><i>Trek time: 6 hours</i></p>
<p>DAY 6</p>	<p>Acclimitaization Day in Gatlang (Parbati Kunda)</p>
<p>DAY 7</p>	<p>Gatlang to Somdang</p> <p>After breakfast, we will start our rather long hike uphill with a break after about an hour. Today, we'll be walking for a good four or five hours uphill and then down a jeep trail to the mining base camp of Somdang. This will probably be the coldest night of the trek. We will be camping outside but we will be able to get nice and warm having dinner in one of the local lodges.</p> <p><i>Trek time: 7 - 8 hours</i></p>
<p>DAY 8</p>	<p>Somdang to Marmelung (via Pangsang-La)</p> <p>Today is our toughest day as we go up around 400 meters to the Pangsang Pass at 3820 meters. Lunch on this day will be carried with us and we will stop at the top of the pass to eat. After trekking through the pass, we will drop down to Marmilung Kharka to camp, with our final destination in sight.</p> <p><i>Trek time: 5 – 7 hours</i></p>
<p>DAY 9</p>	<p>Marmelung to Tipling</p> <p>Our final trekking day will be much simpler than the others, as we walk downhill the whole way into Tipling.</p> <p>Our first afternoon in the village will be spent resting, setting up camp but also making ourselves at home with the people. It's times like this that the universal languages of sport and music come most in handy.</p> <p><i>Trek: 5 – 6 hours</i></p>
<p>DAY 10</p>	<p>Tipling</p> <p>Each day in Tipling will be spent working in the Dalit village, Saano Gaau. We will also have an opportunity to jump into the schools and have a go teaching at Dongden Devi Secondary School and Shree Gothan Devi Basic School.</p>
<p>DAY 11</p>	<p>Tipling</p> <p>Working in village schools teaching English and Service Projects</p>
<p>DAY 12</p>	<p>Tipling</p> <p>Working in village schools teaching English and Service Projects</p>



DAY 13	Tipling Working in village schools teaching English and Service Projects
DAY 14	Tipling Working in village schools teaching English and Service Projects
DAY 15	Tipling Working in village schools teaching English and Service Projects
DAY 16	Tipling Working in village schools teaching English and Service Projects
DAY 17	Tipling to Tatopani Today we farewell Tipling and make our way to Tatopani, which in Nepali, literally means 'hot water'. Here, we can treat ourselves to a well earned experience of Nepal's favourite hot springs, the best way to recover after a long few weeks of trekking and hard work.
DAY 18	Tatopani to Gercho Trek to Gercho and camp overnight.
DAY 19	Gercho to Dhundure Trek to Dhundure and camp overnight
DAY 20	Dhundure to Kathmandu (drive) . Arrive in Kathmandu and check in to Shechen Guest House for the final evening together
DAY 21	Kathmandu to Sydney Final day for free time and you have the chance to buy souvenirs. Depart MH0115 Kathmandu: 11:30 PM
DAY 22	Arrive MH0171 KUALA LUMPUR: 6.30 AM Depart MH0141 KUALA LUMPUR: 9.10AM Arrive MH0141 SYDNEY: 8.30PM