



**PROJECT  
INSPIRE**

*Nepal*

**ITINERARY**

December 29, 2019 - January 08, 2020

## Project Inspire: Nepal December 29, 2019 – January 08, 2020

**Tuesday, December 31, 2019**

*Arrival*

2:30 p.m. Check-in and lunch at **Hotel Le Himalaya**

4:00 p.m. Depart hotel for **Bouddhanath Stupa**



**Bouddhanath** is one the most popular world heritage sites of Nepal, situated eight km to the east of downtown Kathmandu. The 36-meter-high *stupa* (Buddhist shrine) of Bouddhanath is one of the largest *stupas* in South Asia. Built in the shape of a mandala, the *stupa* was designed to replicate a holy site in Tibet.

6:30 p.m. Dinner at **Rokpa Restaurant & Bakery** a social enterprise that supports the Rokpa Children's Home which provides shelter, food and education to underprivileged children. Additionally, the Rokpa Restaurant is home to a training center that provides hotel management training to underprivileged youth who were unable to complete their high school education.

8:00 p.m. Return to hotel

**Overnight:** *Hotel le Himalaya, Kathmandu*

**Wednesday, January 1, 2020**

Breakfast at the hotel (available starting at 6:30 a.m.)

9:45 a.m. Group discussion

10:45 a.m. Walk to the **Israeli Embassy** for briefing on Israel's work in Nepal with **Deputy ambassador Tal Schwartzman**.

12:30 p.m. Short drive to lunch meeting at **Rosemary Kitchen and Cafe** with **Dr. Rabindra Kumar Shakya**, President of Shalom Club Nepal and former

vice chairman of the National Planning Commission of the Nepali Government. The Shalom Club serves as a forum for MASHAV alumni to participate in professional and social activities.

1:45 p.m. Walk to **Shanti Shikshya Mandir School** for meeting with **Principle, Mr. Sudam Gautam** and his teaching staff. Mr. Gautam will share how support from the Israeli embassy helped reinvigorate school enrollment from 70 to 300 students. We will be accompanied by **Mrs. Reshma Joshi**, of the Israeli embassy and **Dr. Shakya**.

3:00 p.m. Evening walk around **Basantapur** and **Kathmandu Durbar Square**



**Kathmandu's Durbar Square** was where the city's kings were once crowned and where they ruled (*darbar* means "palace"). As such, the square remains the traditional heart of the old town and Kathmandu's most spectacular legacy of traditional architecture. The square bore the brunt of Kathmandu's 2015 earthquake damage. Half a dozen temples collapsed, as did several towers in the Hanuman Dhoka palace complex.

6:30 p.m. Dinner at **Bhoye Chhen Restaurant**. Bhoye Chhen (Newari for "Party House") is one of the oldest restaurants in the heart of Kathmandu Durbar Square serving authentic Newari cuisine. Newari cuisine is the food of the Newar Community; the historical inhabitants of the Kathmandu Valley who are a renowned cultural community in Kathmandu.

8:00 pm Return to hotel

**Overnight:** *Hotel le Himalaya, Kathmandu*

<b>Thursday, January 2, 2020</b>
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6:30 a.m. Breakfast at the hotel

7:00 a.m. Depart hotel for Bethanchok Rural Municipality

10:00 a.m. Arrive in **Bethanchok** to visit the community project of **Tevel B'Tzedek**, an Israeli NGO that aims to create Israeli and Jewish leadership passionately engaged in *tikkun olam* through long term volunteer work to

advance livelihood, capacity, and wellbeing in impoverished communities in Nepal.

Tevel's project in Bethanchok focuses on livelihood enhancement through the development of agricultural and tourism projects. The project includes agricultural trainings for local farmers and market facilitation to assist in the sale of crops. In addition, the project has cultivated a tourist market through the development of a community homestay program, where villagers rent out rooms in their homes to tourists and development volunteers. We will meet with **Dr. Bishnu Chapagain**, Nepal Country Director at Tevel and learn how a holistic approach to agriculture and tourism has empowered the local community.

- 12:30 p.m. Lunch with Tevel's homestay community & enjoy vegetarian hot lunch
- 4:00 p.m. Depart village
- 5:00 p.m. Arrive at Balthali Village Resort
- 5:45 p.m. Group discussion by camp fire
- 7:00 p.m. Dinner at hotel
- Overnight:** *Balthali Village Resort, Kavrepalanchok*

<b>Friday, January 3, 2020</b>
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- 7:30 a.m. Breakfast at hotel
- 8:30 a.m. Depart for Kushadevi Village
- 9:30 a.m. Visit **HoneyAID** project in **Kushadevi Village, Kavrepalanchok**



**IsraAID** is an Israel based NGO focused on supporting communities impacted by humanitarian crises through disaster response and risk reduction. IsraAID implemented the HoneyAID project in **Kushadevi Village**, one of the villages in Kavrepalanchok impacted by the 2015 earthquake. **HoneyAID** is a women's empowerment project for women to receive tools and training to build livelihoods through beekeeping. The project also aims to help women to cope with post-earthquake trauma through support groups. We will be guided by **Sanjeeb Pandey** and **Mr. Bhoj Kumar Lama** and meet with **Ms. Sushila**, one of the women trained through this project.

- 11:30 p.m. Depart Kushadevi Village
- 12:00 p.m. Lunch at Dhulikhel
- 1:00 p.m. Meeting with **Mr. Chadra Yogal, Public Health Manager at Dhulikhel Hospital**. The Embassy of Israel in Nepal has worked closely with Dhulikhel Hospital to provide capacity building in the fields of public health, medical interventions and community services. Since 2012, MASHAV has organized short- and medium- term trainings and workshops in Nepal run by Israeli experts to provide additional support to Nepali trainers and health professionals.
- 2:30 p.m. Depart Dhulikhel Hospital
- 4:15 p.m. Shabbat Inspire at hotel (candle lighting is 5:07pm)
- 5:00 p.m. Shabbat and dinner with **Chabad House of Nepal**. The Chabad House in Kathmandu was opened in 2000 by **Rabbi Chezki and Chani Lifshitz**. Since then, the house has been considered a success and two more satellite houses in Nepal have opened, one in the city of Pokhara in November 2007, and a third in Manang in April 2010.

**Overnight:** *Hotel le Himalaya, Kathmandu*

<b>Saturday, January 4, 2018</b>
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- 5:00 a.m. Meet in lobby for optional mountain flight. Take-away breakfast for people participating.
- 6:00 a.m. Optional: Everest flight - TIA, Kathmandu  
This one-hour flight offers views of the world's highest peak, Mount Everest, as well as panoramic views of the Himalayan ranges.
- 8:30 a.m. Mountain flight returns to hotel. Take-away breakfast for hikers.
- 9:00 a.m. Depart for optional: Shivapuri hike  
Shivapuri National Park is home to the second highest hill in Kathmandu valley. This hike includes views of the Budhanilkantha Temple and the Bagmati river.
- 12:00 p.m. Lunch at the hotel
- 1:30 p.m. Meet with member of Parliament, **Mr. Krishna Bhakta Pokharel**.

Krishna Bhakta Pokharel is a Nepali communist politician and a member of the House of Representatives of the federal parliament of Nepal. He serves as Chairman of the Law, Justice, and Humanitarian Parliamentary Committee.

3:00pm Group discussion

4:00 p.m. Depart via bus from hotel for sightseeing in **Patan Durbar Square**

Patan Durbar Square is situated at the center of the city of Lalitpur in Nepal. It is one of the three palace squares in Kathmandu Valley and a UNESCO World Heritage site. Its main attractions include the ancient royal palace of the Malla Kings of Lalitpur as well as various temples. The square was heavily damaged by the April 2015 earthquake.

6:00 p.m. Havdalah Inspire

Dinner meeting with members of Nepal cycle society. Nepal Cycle Society, a Nepali NGO advocating for the rights of cyclists, in Kathmandu Valley.

**Overnight:** *Hotel le Himalaya, Kathmandu*

<b>Sunday, January 5, 2020</b>
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8:00 a.m. Breakfast at hotel

9:00 a.m. Visit **Antardristi** with former **IsraAID** staff **Sanjeeb Pandey** and **Adhikari Momisha**. Antardristi is a local NGO working to address child sexual abuse through awareness, prevention, child protection, psychosocial recovery, and social integration. Meet with Ms. Binita, who participated in IsraAID's eight month long capacity building project.



IsraAID is an Israeli humanitarian and development NGO, and the largest Israeli NGO operating in Nepal. They began working in Nepal in 2015 as one of the first responders to the earthquake. Since then IsraAID has employed mental health experts, agriculturists, and volunteers to aid in reconstruction and recovery projects in Nepal.

10:30 a.m. Depart hotel for Visit to **SAATH, a social work organization.**

Meet with **Ms. Kritishma Karki**, Executive Director of **SAATH**, a social enterprise supporting women, the elderly, and LGBT youth in Nepal. We will visit the site of Project Danfe, which was created in response to the 2015 earthquake and provides young women with job training skills and work producing products for the Danfe Outlets. We will have an opportunity to learn about the impact of this training and to shop at the at one of the outlets.

12:00 p.m. Lunch at **Yellow Pomelo Restaurant**, Jhamshikhel, Lalitpur

2:00 p.m. Meet with **SOS Children’s Villages National Director, Ishwori Prasad Sharma**

**SOS Children’s Villages** is an NGO that aims to provide quality nurture, education, and rehabilitation to children who have lost or are at risk of losing parental care. This organization manages an orphanage in Nepal with a special focus on working with local communities to strengthen families and safeguard the future of local children. IsraAID has worked with staff of SOS Children’s Villages to provide capacity building and training around mental health services.

3:30 p.m. Visit **Bhaktapur Durbar Square** for tour of earthquake damage and restoration projects. The ancient city of Bhaktapur lies on the eastern part of Kathmandu valley, which is also known as Bhadgaon or Khwopa. The city is home to a large population of the indigenous Newari people, as well as many historic sites from the medieval age of culture and tradition in Nepal. Many of Bhaktapur’s historic sites were damaged during the 2015 earthquake and are currently under restoration.

5:30 p.m. Return to hotel

6:00 p.m. Shopping in **Lazimpat** and **Thamel** on way to **Durbar Marg**

Durbar Marg (“King’s Way”) is a famous street in front of the palace where the last monarch of Nepal lived and ruled before Nepal was declared a republic. The palace has since been converted into a museum.

8:00 p.m. Dinner at Opium Restaurant, Durbar Marg

**Overnight:** *Hotel le Himalaya, Kathmandu*

**Monday, January 6, 2020**

7:30 a.m. Breakfast at hotel

8:30 a.m. Depart to **Monkey Temple: Swoyambhunath**



A UNESCO World Heritage site, the “Monkey Temple” of Swayambhunath is one of the definitive experiences of Kathmandu. Mobbed by monkeys and soaring above the city on a lofty hilltop, the temple hosts a fascinating mix of Buddhist and Hindu iconography. Even the 2015 earthquake failed to topple Kathmandu's most loved temple, though a couple of outlying buildings crumbled in the tremor. The compound is centered on the gleaming white stupa, topped by a gilded spire painted with the eyes of the Buddha. Depictions of these eyes appear all over Kathmandu Valley.

11:30 p.m. Lunch Meeting with **Dr. Gajananda Bhandari**, Founder and Executive Director of Prevent Cancer Nepal

**Dr. Bhandari** has been working in the public health sector in Nepal for more than a decade and has been involved in numerous development projects with organizations such as USAID. He is also the former director of Nepal Public Health Foundation. Dr. Bhandari currently runs Prevent Cancer Nepal with an aim to minimize cancer death rates in Nepal.

1:00 p.m. Meet with **Prof. Uma Koirala**, President of **Friends Service Council Nepal (FSCN)** and staff member **Sujeet Gautam** at the FSCN office to discuss joint project with **World Jewish Relief (WJR)**.

FSCN is a Nepali NGO founded in 1991 that focuses on working for socio-economic development, disaster risk management, livelihood support, and human rights protection. World Jewish Relief recently finished up a multi-year partnership to help FSCN respond to local needs caused by the 2015 earthquake.

**WJR** is the British Jewish community's international humanitarian agency, which works to support poor Jewish communities and responds to global disasters. WJR works toward these goals through partnership with trusted local organizations in the communities they seek to serve.

- 1:30 p.m. Depart for project site with Friends Service Council Nepal staff
- 4:00 p.m. Depart for hotel
- 6:00 p.m. Final group discussion at hotel
- 7:30 p.m. Dinner at **Or2k restaurant**, Thamel

OR2K restaurant is one of the most visited restaurants in Thamel by Israelis and Jewish people. The restaurant is owned and run by an Israeli and is famous for fresh and light Middle Eastern dishes and vegan food.

**Overnight:** *Hotel le Himalaya, Kathmandu*

<p><b>Tuesday, January 7, 2020</b> <i>Departure from Nepal</i></p>
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- 7:00 a.m. Breakfast at hotel
- 8:30 a.m. Depart hotel
- 12:25 p.m. Flight to Istanbul, Turkey from TIA, Kathmandu and then flight to Boston