

"I learnt more than I had ever imagined"

"I never thought I could make a difference, now I know I can"

"I learnt so much about myself, my group, and what we are capable of, if we work together"

"The trek tested me physically, but when we made the top..... wow', it felt good!"

"I know that my leadership skills will be used to the max when I go back to work"

Some Expedition information

Costs.

The following costs relate to those incurred whilst on the ground in Nepal. **Your airfare, visa, taxes, medical preparations, personal gear etc will be additional.** (Airfare is around \$2,000)

Osteos, Chiro, Physios	\$3,100 xx
Community Health Group	\$3,100 xx
Environmental Action Team	\$3,100 xx
Construction Plus	\$3,100
Education Focus Team	\$3,100 xx
Community Project Team	\$3,100
Trekking - Everest (incl internal flight)	\$3,550
Trekking - Annapurna	\$3,300

(2 week option = XX reduced fee)

Dates

The Expedition will commence in Kathmandu
on **28th December**
and return to Australia
on **24th January**

Numbers

Each participant will be in a group of 10.
Each group will also have an Australian Group Leader, Nepali Staff and when required, a Medical Officer.

Application process

Interested?

Complete the Expression of Interest Form, attach a \$500 deposit and forward ASAP to ensure your place in the team.

- OZQUEST ADVENTURES -
The Duke of Edinburgh's Award
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NEPAL Expedition

Over 18 yrs



Immerse yourself in a Nepali Community

www.ozquest.org

Dec 28th '09 - Jan 24th '10

Over 18? Join a team now.

With the success of enabling teams to experience Nepal, we are again offering the opportunity for you to join us for our forthcoming Expedition.

The magic of Nepal, the lure of working alongside some amazing people, to experience the culture, to share, to learn and assist in many ways is awaiting your commitment.

We know that our Nepali Partners have valued our contribution over the past years and in planning our projects for the future we are keen to continue to 'work' alongside them. This ensures our projects are real and make a contribution to the way of life of village people and their community.

2 week OPTION FOR SOME -

Enrol for the full 4 weeks or **take the option of 2 weeks**, knowing that your contribution will be valued, exciting and memorable.



Osteos/Chiros/Physios

We again offer the experience for Osteos, Chiros or Physios to work with organisations in Pokhara who have clients with a wide range of physical needs. Patient treatment, home visits, observations and sharing with Nepali staff ensures a most rewarding experience.

Community Health Workers

Working with Global Action Nepal & the Fishtail Hospital, medical practitioners such as Doctors, Nurses, Midwives, Community Health Workers will have the opportunity to share, consult and treat Nepali patients whilst working alongside Nepali professionals. A unique experience in and around Pokhara.

Expedition Dates Dec 28th '09 - Jan 24th '10

Environmental Action

Working within villages with Nepali organisations, the team will be involved in educational and practical activities focussed on waste disposal and composting.

Discussions, workshops, and teaching will set the scene for a 'clean up our village' day to culminate the project.

The team will also have time for some trekking in areas close to project sites. An experience for those with an agriculture, or environmental interest.

Construction Plus

Architects and related professionals will be working 'hands-on' with local trades people to construct sustainable buildings. A real opportunity to understand local needs, resources and the adaptation of materials to suit the project.

Education Focus

An opportunity to contribute to the Nepali Education system, their needs and their plans for the future. The team will assist with School Council, teacher and parent workshops focussed on meeting needs and development. A great time to share, instruct and provide sustainable activity.

Community Project

We will continue to work with our Nepali NGO partners to provide experiences that will engage, challenge and utilise the skills of our participants. This team will continue to help 'construct' a school in a VERY remote village of Simbu and take the opportunity to trek in the Langtang National Park.

Trekking - Everest

Following a few days of Community project work the group will fly to Lukla and then walk a 14 day return trip to Everest Base Camp or Kala Patar. An inspiring walk, that requires a **high degree of fitness**, some good teamwork, an appreciation of team members and our Nepali staff.

Trekking - Annapurna

Similarly, after a few days of Community project work the group will start from Bhulbhule to walk the Circuit around to Pokhara. A great walk, over a pass at around 5,000m which will also require a **high degree of fitness**, good teamwork and an appreciation of each other.



Please put my name on the list expressing my interest in the OzQuest Expedition to Nepal.

Name.....

Address.....

.....

Email.....

Phone.....

I am keen to join the Expedition in one of the following teams

	2 week option	
Osteos/Chiros/Physios	<input type="checkbox"/>	<input type="checkbox"/>
Community Health	<input type="checkbox"/>	<input type="checkbox"/>
Environmental Action	<input type="checkbox"/>	
Construction Plus	<input type="checkbox"/>	
Education Focus	<input type="checkbox"/>	<input type="checkbox"/>
Community Project	<input type="checkbox"/>	
Trekking - Everest Trail	<input type="checkbox"/>	
Trekking - Annapurna Trail	<input type="checkbox"/>	

Signed.....

Date.....