

# Return to Study Abroad Nepal Itinerary

EXPERIENCE NEPAL THE SIT WAY IN THIS ADULT EDUCATIONAL TRAVEL PROGRAM  
FOCUSED ON TIBETAN AND HIMALAYAN PEOPLES

## Outline of Itinerary:

*\*Please note that the itinerary is subject to change and a more detailed itinerary will be provided closer to the start of the program and after Registration closes on December 9<sup>th</sup>, 2024\**

### DAY 1: SUNDAY, MARCH 2ND

*Meals included: Lunch & Welcome Dinner*

Arrival Day! Arrive in Kathmandu, transfer to Pharphing, and check into hotel

*Please Note: We ask that participants try to arrive in the morning before noon*

### DAY 2: MONDAY, MARCH 3RD

*Meals Included: Breakfast, Lunch, Dinner*

Welcome and Introductions

Get an introduction to Nepal and a background on Tibetan and Himalayan Peoples. Visit Buddhist and Hindu sacred sites with a local expert and learn about ancient pilgrimage routes and synchronicity between Buddhism and Hinduism in Nepal. Explore the topic of Tibetan and Himalayan Traditional medicine from an "Amchi," or traditional doctor and, if you choose, have a medical consultation.

### DAY 3: TUESDAY, MARCH 4TH

*Meals Included: Breakfast, Lunch, Dinner*

Travel from Pharphing to Kathmandu and experience the Boudha area. Take a guided tour of the Boudha Stupa and learn about different schools of Tibetan Buddhism by visiting local monasteries. Experience our beautiful program center, in a restored traditional house just a 10-minute walk from the Boudha Stupa. Learn basic Tibetan language & learn to cook Tibetan and/or Nepali food with a local homestay family.

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#### DAY 4: WEDNESDAY, MARCH 5TH

*Meals Included: Breakfast & Lunch*

Experience the Tibetan *Lhakar* (“White Wednesday”) movement and visit a Tibetan refugee settlement in Kathmandu to learn about the history of Tibetan exile. Then have a free afternoon to explore local sites in Kathmandu at your own pace.

#### DAY 5: THURSDAY, MARCH 6TH

*Meals Included: Breakfast & Lunch*

Hear about the history of geopolitics & trade in the Himalayas from a local expert and Learn about the unique form of Newar Buddhism and intangible cultural heritage on a guided walk through Patan Old Town.

#### DAY 6: FRIDAY, MARCH 7TH

*Meals Included: Breakfast, Lunch & Dinner*

Take a day trip to Namu Buddha, a sacred Buddhist pilgrimage site 40km outside the Kathmandu valley and visit Thangu Tashi Yangtse Monastery to learn about monastic education and present-day pilgrimage practices. Have the option to take a scenic afternoon hike through rural villages to Panuti.

#### DAY 7: SATURDAY, MARCH 8TH

*Meals Included: Breakfast & Final Celebratory Dinner*

Visit the Swayambu Stupa, considered one of the most sacred Buddhist shrines, with local experts to learn about Buddhist mythology & symbolism. Then enjoy a free afternoon for souvenir shopping or last-minute exploration.

#### DAY 8: SUNDAY, MARCH 9TH

Departure Day