

GAP SEMESTER



Nepal & India Gap Semester Program

FROM MOUNTAINS TO THE SEA

www.pacificdiscovery.org

Overview

Explore the rich culture and history of Nepal and India through epic treks in the Himalayas, living with local villages, and learning about the wildlife that share this beautiful part of South Asia.

Imagine soaring Himalayan peaks, fluttering prayer flags, big skies and stunning Buddhist monasteries. Nepal is known for its spectacular mountain environment combined with some of Asia's best wildlife viewing opportunities, a myriad of historical towns and the friendliest people on earth. And then there's India... It's like no other, unique by its architectural wonders, history, bustling bazaars, and spiritual traditions. Arriving here after peaceful Nepal feels like a blasting force of sounds, smells and colors, but in the best way possible.

On this gap year program around South Asia, we encourage our students to fully immerse themselves in the Indian and Nepali ways of life by living under the roof of host families, mastering the art of Indian cooking and Bollywood dancing, and practicing ancient meditation techniques that were taught by Lord Buddha. Apart from the culture, this program will also make your heart skip a beat with its diverse adventure activities and service-learning projects, ranging from trekking to Annapurna Base Camp and community volunteering in the shadows of Himalayan giants to surfing on the Arabian Sea and catching the sunrise over the Taj Mahal, one of the seven wonders of the world!





Safety

With our 20 years of operation and more than 100,000 student days in the field, we have an excellent safety record.

We even got voted as one of the Top Gap Year Providers for Safety by students on Go Overseas! Safety is something we pride ourselves on at Pacific Discovery, so it feels amazing to be recognized for the efforts we go through.



Accreditations

We have had our safety management systems assessed and accredited by the Gap Year Association (USA), Year Out Group (UK), and OutdoorsMark (New Zealand). Assessors have commented that our systems are among the best they have observed.



Who We Are

We are an accredited gap year provider that offers experiential gap semester and summer programs to some of the most amazing places on earth. Our programs are deliberate overland journeys, blending authentic immersion in diverse cultures, meaningful service-learning projects, rewarding adventures, wilderness exploration, and personal development.



Our Programs

Our programs are more than simply a travel, time-out or study abroad experience. Each is instead an overland journey of discovery, where students are immersed in a facilitated learning environment, designed to maximize the educational and life-skills potential.



Our Philosophy

We want to make the world a better place by providing extraordinary learning adventures that assist students in gaining the skills, confidence and insight to realize their potential in an increasingly global society; developing empathy for other cultures; furthering understanding of international issues; and heightening appreciation for the earth's wilderness and diversity.

Core Educational Components

Our programs are as much a journey of personal development as they are a physical journey, and participants are supported in reflecting together and thinking about their values, goals and what they wish to gain from the program experience.

PRE-PROGRAM

Prior to program start, participants are asked to create some goals for the program – this is personal and unique to each individual group member. Participants are given a suggested outline of skills and competencies that they can choose to focus upon.

DURING PROGRAM

At program orientation, goals participants have identified are discussed in a meeting with the program leaders. Throughout the program, ideas, tools and strategies are discussed that can be useful to help participants achieve their goals both on the program and for the rest of their lives. Participants are encouraged to journal during the program to assist them in clarifying their thoughts and define what they are learning.

TRANSFER AND FOLLOW UP

At the conclusion of the program, participants give a presentation to their group and leaders, summarizing how they've been challenged, what they've learned, how they've grown and how they intend to apply what they've learned to their lives after the program.

Towards the end of the program participants are also asked to write a letter to themselves imagining where they want to be in 6 months' time and identifying behaviors, habits and changes they wish to put in place. These letters are sent to them 6 months after program conclusion, helping reinforce the learning that has occurred.



Program Design

Each of our programs incorporate the following six core program components. These six interdependent components, provide immense opportunity for students to learn about themselves, to push their boundaries, question their assumptions, to stimulate problem solving and inquiry skills.



EDUCATIONAL FOCUS

Our programs are experiential education programs, meaning that learning is hands-on and tangible. For example, students will learn about a country's history and culture by immersing themselves in it, meeting local people and hearing life stories.



ETHICAL TRAVEL & SUSTAINABILITY

Students show respect for local customs, develop meaningful cross-cultural relationships, learn minimum-impact grassroots travel techniques and come to understand social and ecological issues on a deeper level.



OUTDOOR EXPLORATION

Immersion in the wilderness is an opportunity for students to become grounded, teaches appreciation for wild places and provides us the opportunity to explore local environmental issues and relate these issues to global environmental themes



SERVICE LEARNING

Volunteer elements built into our programs allow students to really immerse themselves in a place and share an experience with local people, bridging the gap that often exists between visitor and host.



CULTURAL IMMERSION

We immerse students in the local culture, through homestays, volunteer projects and language study. Students learn empathy for other cultures and build bridges of shared understanding.



PERSONAL & LEADERSHIP DEVELOPMENT

Throughout the program, students are given leadership opportunities from facilitating reflection to coordinating the daily schedule.



Sample Itinerary

***This is a guide to what you can expect to do on program.
The order in which the activities occur might vary***

NEPAL

WEEK 1 | CULTURAL ORIENTATION & PERMACULTURE FARM

Namaste! On arrival in Kathmandu, you will meet your program instructors at the airport and travel together to Nagarkot for an introduction to Nepali culture. There's no better place to delve into the culture than Nagarkot, a small village on the rim of The Kathmandu Valley full of ancient pilgrimage sites, mountain views and ancient temples. We will have some time to explore while we focus on getting to know each other and creating a positive and reflective group culture.

After a comprehensive program briefing, we head to a rural permaculture farm, where we will be introduced to various aspects of organic agriculture, sustainable development and take in the fresh foods and mountain air of the region. Don't expect this to be in a classroom setting. Instead, we will be learning hands on by sowing seeds, thinning seedlings, planting vegetables, making compost, designing our own garden and so much more. We will also learn more about the welcoming Nepali culture and lifestyle by living on this family farm. This will be a truly immersive experience where we work, learn, and eat together with the host family.

WEEK 2 | YOGA AND MEDITATION RETREAT & KATHMANDU

We then head off to a yoga and meditation retreat, where the serene natural environment and views of the Himalayan range is the perfect backdrop for our restorative yoga sessions, breath work, mantra chanting, and guided meditations. During these three days, we will get a chance to drop into the serenity of the beautiful surroundings to relax the mind and body in preparation for our journey ahead.

After a few days of peace and quiet, we make our way to bustling Kathmandu. We will spend a few days in Nepal's capital, which is set in a valley surrounded by the Himalayan mountains. We will master the rich flavors of traditional Nepali cuisine during a cooking class, but there will also be some free time to explore this vibrant city. We might wander around the maze-like alleys in Durban Square, shop for souvenirs at Asan's bustling market area, visit a temple that is rampant with monkeys, and talk to some of the friendliest locals around.



WEEK 3 | **RURAL HOMESTAY & COMMUNITY PROJECT**

The next ten days will be spent living under the roof of a local family in a gorgeous small village at the foothills of the Himalayas. There are few roads in the area, and we will walk 30 minutes from the nearest road to our village. We will be fully immersing ourselves in the warm Nepali culture here, and assisting the community on a development project they have initiated. This is particularly valuable to the community in the wake of the 2015 earthquakes.

During the day we will be working with community members on the project, helping them in whichever way we can, whether it's by painting, doing garden work or harvesting fields. There will be wonderful opportunities for cultural exchange with our host families during our homestays, including helping cook meals, playing football with the children or helping them out with their homework, learning about local food production, and gaining experience in grassroots development.

WEEK 4 | **COMMUNITY VOLUNTEERING & EXPLORE POKHARA**

After a few more days with our homestay families, we will transfer to Pokhara, nestled on the banks of Phewa Lake at the foot of the mighty Annapurna mountains, which was once an important town on the trading route between Tibet and India. Today, Pokhara is one of the most popular places to visit in Nepal, and is home to several Tibetan communities and the World Peace Pagoda. We will hike up to this holy pagoda which is located on top of a hill right above the Phewa Lake, and get rewarded with 360 degree views of the Pokhara Valley and Himalayan range.

We will also have some free time to explore the many temples and monasteries around, relax by the side of the lake, catch a sunrise at Sarangkot, or simply prepare for our highly anticipated trekking through the Himalayan mountains.

WEEK 5 | **VILLAGE-TO-VILLAGE TREKKING TO THE ANNAPURNA BASE CAMP**

Pokhara is our gateway to Annapurna National Park, and an incredible journey trekking to Annapurna Base Camp through the rugged Himalayas. Over the course of ten days, we will hike through glacial carved valleys, and overnight in tents or tea houses with local Sherpa and Tamang families. The trail takes us through forests, steep gorges, past glaciers, breathtaking lakes, and some of the highest mountains on earth, until we reach the amazing Annapurna Base Camp at 4,130 meters (13,500ft)! This is a starting point for high mountain mountaineers, and if we're lucky we'll get to see some embarking on their expeditions.

Traditions and Tibetan Buddhist culture is still preserved on the Annapurna Range, making it one of the best treks from a cultural point of view. On our journey, we will eat with local families in the tea houses and have the chance to glimpse into their lives deep in the mountains. The resting days provide our feet with some well-deserved rest and give our bodies the chance to acclimatize, but also provide us with ample opportunities to explore the prayer-flag alleys, Buddhist gompas, monasteries and other local cultural heritage.

WEEK 6 | FINISH TREKKING & RELAX IN THE MOUNTAINS

From Annapurna Base Camp we descend back down towards Pokhara, again staying in small mountain villages along the way. In the town of Jhinu Danda, we get the chance to soak in the renowned natural riverside hot pools, and explore the local handicraft markets of Chhomrong (keep an eye out for some Tibetan influences here). As we get lower, the air becomes more oxygen rich and slightly warmer, giving us a bit more bounce in our step!

After the hike we will enjoy a few days in Pokhara to rest and rejuvenate. This town is famous for its Buddhist monasteries, stunning lake and yoga retreats, so it's a good time to put into practice the meditation and yoga practices we learned earlier in the program, before jumping into the next part of the program!

FROM NEPAL TO INDIA

WEEK 7 | WILDLIFE SAFARI, ELEPHANT CONSERVATION & TAJ MAHAL

Next, we head to Royal Chitwan National Park, a UNESCO World Heritage Site nestled at the foot of the Himalayas. Crocodiles, cheetahs, slug bears, wild elephants, monkeys and rhinos all inhabit this area, so we will have to keep our eyes open during our jungle walks and open jeep safaris to spot them. If we are lucky, we might even catch a glimpse of the elusive Bengal tiger! Bird lovers can also wake up extra early for a trip around grassland river, lakes and forest to try and spot some of the 500 different species of bird present in the Chitwan area.

Since we are fortunate enough to work with a partner in Royal Chitwan National Park that aims to create better lives for elephants in Nepal, we get to learn about their journey into preserving elephant rights and establishing an inspiring elephant welfare program that takes elephants out of the tourist industry. We will listen to the stories of our guide, participate in making elephant food, and simply enjoy sitting beside these gentle creatures while they graze, river bathe, play in the sand and walk through the bush.

We then head back to Kathmandu for a night before flying into Delhi, India! Be ready for your senses to be overloaded as we fly into one of India's busiest cities. We'll transfer through to Agra for an early night so we can get up to see the sunrise over the famous Taj Mahal Palace. The Taj Mahal is a UNESCO world heritage site, for being the jewel of Muslim art in India and one of the universally admired masterpieces of the world's heritage.



WEEK 8 | **SLOTH BEAR RESCUE, SPICE TOUR & BOLLYWOOD DANCING**

From the Taj Mahal, we'll make our way just down the road for the next week to work at a sloth bear rescue center. This center is the largest sloth bear rescue facility in the world! It currently houses nearly 200 sloth bears in large forested enclosures with ponds and shady trees who have been rescued from the 'dancing' bear trade, poaching, ill-kept zoos and human-bear conflict situations. Our volunteer duties include building hammocks for sloth bears to rest in, constructing enrichment structures for play, prepping food and assisting keepers on daily afternoon feedings. We'll love watching these playful bears rustle and play with the enrichment items you make for them!

From Agra we will head into the historic and bustling temple city of Jaipur, also known as the pink city because of its stunning pink colored palaces and temples. We will explore the city on a walking tour, learn about the temples and visit local spice markets to alight our senses. We will also dive into modern Indian culture with some Bollywood lessons - where we will get adorned with traditional saris and turbans and learn to groove to classic Indian tunes.

WEEK 9 | **KOCHI FORT, COOKING CLASS & BACKWATERS CRUISE**

We start the week with a flight down to Kochi, the capital of Kerala in South Western India, so we can experience the broad variety this amazing country has to offer. We will immediately feel the temperature and humidity rise compared to being up in the mountains. Kochi is a traditional fishing port, and we marvel at the mechanism of the Chinese fishing nets by the beach before continuing to learn more about Fort Kochi on a walking tour. We then compare the differences of Northern to Southern India in a traditional cooking class where we will become pros at spicing our own Indian curry.

This area is surrounded by lush forests, rice paddies and flowing canals, and we'll get to explore them up close and personal on a hike through the surrounding forests and a few nights enjoying this mountainous region. From there we will sleep overnight in a huge traditional shikara boat, and will explore the backwaters (a network of lagoons and canals) spotting wildlife, fish and seeing the traditional villages we pass by, and spending the night on the vessel. We will finish the cruise off in Alleppey, known as the Venice of the East because of its scenic beauty and tranquil waters.



WEEK 10 | SURF CAMP & PROGRAM WRAP

From Allepy, we'll take a local train on an overland journey south along the coast to one of India's beautiful southern beaches, close to the southern tip of India. These stunning beaches are surrounded by palm trees and will be our home for the next four days as we embark on a surf camp. We will learn how to ride the waves with a local surf club that uses surf to engage disadvantaged youth of the area. When we're not surfing, we can spend time relaxing on the beautiful sandy beaches.

Upon return to Kochi, we celebrate and reflect upon our learning and growth throughout the program. You will depart Nepal and India a different person, touched by the places and experiences you've encountered, and with an intimate understanding of the complex issues facing our environments and cultures.

**Each week there will be some designated free time so that you can catch up on email, do laundry, rest, and explore independently with others in the group.*

***Pacific Discovery reserves the right to alter and/or change the order of the itinerary, the focus of the projects, or the activities themselves due to dates, availability, and safety precautions.*



Program Highlights

- Multi day Trek to Annapurna base-camp, immersed deep in the Himalayas
- Learn to Surf in the Arabian Sea
- Traditional yoga and meditation retreat in Nepal
- Spice tour and Indian cooking classes
- Organic permaculture farmstay in hill country Nepal
- Homestay in mountain villages immersing in the rich Nepalese culture
- Learn about the elephants in Chitwan National Park
- Work on a Sloth Bear rescue center in India
- Sunrise at the Taj Mahal
- Bollywood dance classes
- Experience the lush and tropical southern india
- Experience Indian culture in the “Pink City” Jaipur





COUNTRY INFORMATION

For a relatively small country Nepal has astounding diversity – in environment, ranging from the semi-tropical Terai in the south to the mountainous Himalayas in the north, home to eight of the world's ten highest mountains, including Mount Everest. Nepal is a multi-cultural, multi-linguistic, multi-religion country. Hinduism is practiced by a huge majority of the people, but the country also has a strong Buddhist tradition - Lumbini, the birthplace of Buddha is located in Nepal. Nepal is a country in transition (changing from a monarchy to a federal democratic republic) and recovery (since the April 2015 earthquakes).

India is one of the oldest civilizations in the world with a kaleidoscopic variety and rich cultural heritage. It has achieved allround socio-economic progress since its Independence. It covers an area of 32,87,263 sq. km (1,269,346 sq mi), extending from the snowcovered Himalayan heights to the tropical rain forests of the south. As the 7th largest country in the world, India stands apart from the rest of Asia, marked off as it is by mountains and the sea, which give the country a distinct geographical entity.



CLIMATE

Kathmandu, Nepal: Feb - April temperature - Average min/max 50/75°F
Sep - Nov temperature - Average min/max 50/75°F

India: Feb - April temperature - Average min/max 70/83°F
Sep - Nov temperature - Average min/max 73/88°F



MEALS

The traditional food of Nepal is Dhal Bhat - essentially a lentil curry and rice. You'll find this at every teahouse and is often accompanied with achar (pickle), various cooked vegetables, chapati bread and chilli. While up in the mountain areas, refrigeration is scarce and consequently many people choose to eat vegetarian for food safety reasons. The lack of refrigeration also means that dairy foods are rare. As you ascend higher into the mountains, variety reduces and food becomes more expensive. It's all about curries in India, accompanied with chutneys, raita, roti and chapti bread. Heartier curries dominate in the north, while lighter curries, dosai pancakes and fish are common in the south.

Regular food to expect:

Breakfast: toast and spreads, boiled eggs, oatmeal

Lunch: omelets, soups, boiled eggs, momos, popcorn, dhal bhat, rice, toasted sandwiches, chapati bread (a type of flatbread), samosas

Dinner: curries, dhal bhat, rice, soups, thukpa (noodle soup), pasta and noodles, fried rice, potatoes, omelets



TRANSPORT

The itinerary has been designed to maximize comfort and safety whilst also giving you the opportunity to experience local transport and take part in daily life.

SUITABILITY

Gap programs are intended for students aged 17 - 22. This program is suitable for anyone of average fitness with an enthusiasm for conservation and new experiences. There is always a volunteering component in our programs, so we can give back to the places that give so much to us. You need to be prepared for some physical work during this volunteering portion of the program; i.e. trail building, tree planting or painting. You don't need to have had previous experience with travel or any of the activities offered.

ATTITUDE

The program is a shared group experience. We would like you to join the program with an open mind and a willingness to work together with your group mates to make the program an amazing experience. The programs focus on group cohesion. We appreciate you for being open to learning and challenging your ideas and assumptions in order to get the most from this summer abroad experience.

GROUP SIZE

Group sizes vary per program and are generally 12-14 students, accompanied by two experienced and qualified Pacific Discovery program instructors. Local guides assist with interpretation of some historical sites, cultural experiences, and activities.

PROGRAM LEADERSHIP

We have selected a dynamic team of inspiring, supportive, resourceful, and highly experienced instructors to lead our programs. Our program instructors are committed to putting your welfare and safety first. They are people in whom you can trust and confide, who remain objective whatever the circumstances, and who take a genuine interest in your well-being. They implicitly understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited and an awareness of minimum impact travel ethics. All of our instructors have Wilderness First Responder (WFR) first aid certification, and extensive group leadership and risk assessment/management training.

ACCOMMODATION

Our accommodation will be a mixture of comfortable and clean hostels, lodges and campsites. Accommodation is diverse, comfortable and carefully chosen to fit our needs and varies per program.



FREE TIME

Programs are heavily scheduled so that we are always on the move and having lots of structured fun; but we highly value rest and reflection. There will be some designated free time in a town or city each week so that you can catch up on email and laundry and rest.



HEALTH

One component of all of our programs is outdoor adventures like hiking, biking and kayaking, so while you don't need to have done any of these before, you will need to be prepared and have the fitness level to give them a go. If you have any queries regarding health recommendations for travel, please contact your doctor, or a travel doctor, to discuss this. For further information refer to: [http:// wwwnc.cdc.gov/travel/](http://wwwnc.cdc.gov/travel/) We also recommend you be up to date on specific vaccinations that are required to travel in this region.

We recommend that you carry a personal first-aid kit as well as any personal medication. Please be aware that for legal reasons, our program instructors are prohibited from administering any type of drug. Please ensure that you are adequately prepared.



SPENDING MONEY

Spending money usually goes towards drinks and snacks, personal shopping, laundry, email, entertainment, and optional activities. We recommend you budget approximately \$100 a week for this, but this varies per student and per program. The amount of spending money you bring depends on your budget and shopping habits. You need to bring this money yourself.

Optional activities are available on many programs that can add to this cost, such as skydiving, bungee jumping, extra surfing lessons, etc.



KEEPING IN TOUCH

Our students value the opportunity to wind down, immerse in their surroundings and talk to each other. We encourage students to self manage their phone use, and we strongly encourage flight mode. This allows students to still take photos and send updates to family when in wifi, but allows them to be fully connected to the locals, service work and community when they're out and about. You are able to purchase a SIM or use international roaming plans if you wish. The easiest option is to use the WIFI available at places we stay in main cities and towns. Family and friends will also be able to keep in touch and follow your adventures through Pacific Discovery's social media pages, and through an online Facebook album for your group (which your instructors will upload photos to each week).



PASSPORTS AND VISAS

Travel abroad requires a passport. If you don't have one, you need to apply for one as soon as you apply for this program.

US Government Passport website: <http://travel.state.gov/passport/>

If you already have a passport, it must be valid for more than 6 months after program end, otherwise you need to get a new one issued before joining the program. Pacific Discovery will contact you regarding visa requirements and arrangements after you apply for the program.



TRAVEL INSURANCE

Pacific Discovery requires all students to purchase a comprehensive travel insurance policy for the duration of the program. Travel insurance provides cover in the event of medical expenses due to illness, injury, and emergency medical evacuation. Travel insurance may also include cover for loss of baggage or personal effects, and trip cancellation or trip curtailment.

To arrange your policy, [click here to go to our website](#).



COVID-19

COVID-19 has impacted all of our lives greatly, and Pacific Discovery has developed rigorous policies for safety based on professional advice and endorsement. The health of our students is of the utmost importance at all times. We are working closely and regularly with health professionals on our COVID-19 policy, as the situation continues to develop.

[Read our full COVID-19 policy here.](#)



PEACE OF MIND

Pacific Discovery is an educational travel organization accredited with American Gap Association (USA). Since its inception in 2001, Pacific Discovery has taken several thousand students, graduates, faculty, family and special interest groups, on experiential travel and volunteer programs, utilizing a staff of experienced and qualified program instructors. We have an exemplary safety record, comprehensive Risk Management Systems and a database of alumni, parents, advisors and faculty, who are happy to be contacted for feedback. The program carries public liability insurance, and student funds are held securely until disbursement.

Program Tuition & Costs

A \$500 application fee is due when you apply. Upon acceptance onto program, a deposit is due within 14 days. Balance of program cost to be paid 60 days prior to departure.

Included in Program Tuition

- All in-country travel and transport
- All accommodation
- All meals
- All activities, excursions, entry fees and adventure travel as described in the itinerary
- Informal lectures from resident experts on conservation and sustainability, history, and culture.
- Experienced program Instructors and local guides.

Not Included in Program Tuition

- Travel (international flights) between your home and the program
- Internal flights
- Visas
- Spending money (we suggest allowing \$15 per day for drinks, snacks and personal expenses)
- Travel insurance
- Optional academic credit
- Optional activity costs ie skydiving, bungee jumping, and additional surf lessons.

INTERNATIONAL FLIGHTS

Students should not book their travel until after they have received the flight confirmation email from Pacific Discovery with the program flight requirements and travel agent details. This is sent out 2-3 months ahead of program departure. This information is also made available in the student portal login section of our website.

Our preferred groups travel agent, [The Travellist Co.](#), can assist you to arrange international flights from your nearest regional airport, and return home. We prefer you to arrange your flights through our group travel agent to simplify arrival logistics, and so that you are traveling to and from the program with others in your group.





College Credit

Our programs are a structured syllabus with clear learning outcomes that offer true personal growth and global awareness. As a reputable gap year provider since 2001, we have developed strong industry connections, including two educational institutions which we offer college credits through for our programs.

Pacific Discovery partners with Seattle Central College to offer college credit, a recognized educational provider who offers exceptional study options for students. We have been running college credit options for students for several years now with this provider, and as long as requirements are completed, the system has been an excellent option for students in regard to continuation of study, deferment and easy transfer to other institutions.

If you're keen to explore this option further, please reach out to us using the contact details provided at the end of this catalogue. We'd love to help you identify what options are available to you and support you throughout the process.

Scholarships & Financial Aid

We want to make our programs as accessible as possible. Although we charge the minimum we can for our programs, we recognize that they can still be difficult to fund for many families. Please note that these scholarships go directly towards the tuition costs for the program and do not include assistance towards the cost of international flights. We expect scholarship recipients to demonstrate their commitment to this opportunity by fundraising for their international flights, personal spending, and the balance of tuition.

Our students supplement the program costs in a variety of ways. We encourage you to get creative! Create a Kickstarter, find a part-time job, fundraise. Think big and small. Each dollar adds up to one amazing adventure abroad.

- Exploration Scholarship
- Diverse Voices Scholarship
- Financial Need Scholarship
- Gap Year Ambassador Fellowship

To apply, please go to pacificdiscovery.org/need-to-know/scholarships-financial-aid



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