

# THE LIVING PROJECT

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A WILD ADVENTURE TO INSPIRE LIFE

NEPAL - 14 DAYS

*"I just wanted to say thank you for everything you did this past week, it was genuinely such a beautiful experience. The philosophy with which y'all approach things is one many could learn from, and one which I hope to move towards in the future."*

**Student, Latymer Upper School**

**BE TRUE.  
LIVE WILD**

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# WHY WE'RE HERE

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We're passionate about working with young people, and providing a supportive space for healthy exploration of self, other and the world.

We do this through providing mindful adventures in wild places.

We have more than 25 years experience providing safe and meaningful adventures in the wild with young people.

We know that human and whole-planet health and wellbeing benefits with cross-cultural exploration and understanding. And that this is more important now than ever.



# SAFETY AND LEADERSHIP

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Expert insurance, robust risk assessment and safety management, plus AALA licensing and support from Pharos Response 24/7, together with our experienced leaders enables us to provide a safe space for magic to unfold.

Our co-founders have more than 25 years experience working with young people through adventurous activity and learning for service.

This means that safety is a hygiene factor which runs through everything we do as standard.

Through our experience in the adventure industry, we also understand the power of the human journey involved.

As such, our approach to adventure centres around mindfulness, coaching, teamwork, self-development and communication.

So while our leaders are all technically qualified when it comes to safety, they are also experienced, trained, resourced and committed to delivering meaningful adventures for students.

As well as our core team of leaders, we also partner with experts in fields such as re-wilding, conservation and sustainability, so that we can provide genuine breadth and depth to our adventures.

All of this enables us provide safe, current and credible programmes centred around exploration, curiosity, personal development, and wellbeing.

It's this unique combination of safety, experience and leadership which allows magic to unfold.



# THE MAGIC (WHAT WE DO)

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**On all our wild adventures, we focus on the journey itself - taking the time to engage students fully in the environment they're in**

We're committed to highlighting the benefits of connecting with others, and the natural world through adventure, and meaningful service.

We do this by engaging in a mix of activities (depending on the group, the environment and outcomes). Some examples of these - but not limited to are:

- Play
- Coaching
- Reflection and journaling
- Conservation and sustainability
- Mindfulness
- Meditation
- Yoga/movement
- Trekking
- Storytelling round the fire
- Sleeping under the stars

Empowering student outcomes include but are not not limited to:

- Self-confidence through Adventure & Exploration
- Improved awareness of Mental Health and wellbeing
- Leadership and teamwork
- A commitment to guardianship of the natural world
- Empathy for others and the natural world
- Awareness of responsible travel

We make conscious decisions about the way we travel to and from our adventures, and the providers, equipment and resources we use on our adventures.

By making responsible decisions, we are able to subtly immerse students in those considerations in order to develop their awareness in this space.

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# LEARNING FOR SERVICE

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We're committed to ensuring our learning for service experiences have a clear win-win for young people, host communities and the natural world. We ensure we do no harm. Our approach is driven by both our organisational values and internationally recognised standards for responsible tourism.

How do we do it?...

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## GLOBAL CITIZENSHIP

At the heart of our approach is to inspire young people to learn the skills and to want to be active global citizens.

We start with an inquiry question:  
**How can I/ we do good in the world?**

We consider this question from two perspectives.

### PERSONAL DEVELOPMENT

Firstly, through a lens of social and emotional learning, we consider the personal values and skills required in supporting healthy interaction with ourselves, our peers, and a wider global community.

### GLOBAL DEVELOPMENT

Secondly, we support the United Nations 17 Sustainable Development Goals. We always consider which development goals are appropriate to our learning for service and how we can contribute towards their achievement.

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# LEARNING FOR SERVICE

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## CLEAR LEARNING PROCESS

Young people will be led intentionally through a 5 stage structured participatory learning and development process that will take place before travel, in the adventure destination (Nepal) and after their return.

### STAGE ONE: PREPARATION & PLANNING

You will learn about responsible travel, and the ethics of learning for service. You will learn about your host community's context. Together you will consider what your respective roles can be in support of both your personal and their community development.

### STAGE TWO: ACTIVE COMMUNITY PARTICIPATION

You will participate in a 1/2 day responsible travel workshop in Kathmandu. This will provide you with an opportunity to consider how you can play an effective role as a global citizen now and in the future.

### STAGE THREE: REVIEW

Reviewing experience daily and after your Nepal adventure as self, team and with the host community is critical to both witnessing growth and recognising your understanding of the people among which you will spend time.

### STAGE FOUR: GRATITUDE & CELEBRATION

At the end of our adventure we say a heartfelt thank you, we recognise and celebrate our success and the time we have shared

### STAGE FIVE: DEMONSTRATION OF IMPACT

After you are back home we will need to consider the real world impact of your experience on you, and others. We are looking for impact. How has your time in Nepal inspired your life, decisions and passion to make a contribution to the world?

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# LEARNING FOR SERVICE

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## EXPERIENCED LOCAL PARTNERS

It's crucial that we work with experienced local partners if we are to see a positive impact of our presence. We love our in-country partner in Nepal because they use their influence and resources to improve livelihoods and the environment through regenerative adventure tourism. They support local groups and schools and the country they are proud to live in.



## AVOID HARM, MAXIMISE MUTUAL RESPECT

We're committed to values and actions that respectfully consider appropriate roles, hopes and fears of all stakeholders. These include us, our host communities, skilled work people and local partners.

- We only undertake safe and the appropriate tasks that recognise the experience and skills that we have.
  - Our participation is respectful of others' daily lives and our activities are aligned to ensure they do not adversely affect children's education and the communities normal livelihood activities.
  - We pay fairly for all services we receive, including the services of local tradespeople, if required, so that through our presence we actively provide economic benefits to our host community.
  - We take our social and cultural impact seriously. We take photos of adults only with their stated permission. We do not take photos of children, including you, unless there is an agreement from their guardians to do so. Child Safeguarding is universal.
  - We never seek to tag our names through fixed murals or to take ownership of others schools, community buildings etc. We leave with memories and respect how our hosts wish to recognise our added value.
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# WILD NEPAL

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# OVERVIEW:

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A 14 day wild adventure in the Langtang Valley of Nepal.

You are invited to on an adventure among a magical people and place. You'll work as a team on a remarkable mountain trek through the incredible Langtang Valley. Spot the wildlife returning after the earthquake of 2015, and the resilience of the people in rebuilding their lives. Support each other to reach the summit of Kyanjin Ri at 4350m and enjoy the epic Himalayan views as a result. You'll immerse yourselves in Nepali culture and engage in a responsible travel workshop to consider the power of coming together as a connected community of Global Citizens.

Beginning and ending in Kathmandu (the gateway to the Himalayas) and exploring the remarkable Langtang valley this will be an adventure stepping out of the familiar, and into the daily joys of people who have a close connection to their mountain home, and face unique challenges in a rapidly changing world.

Your goal, through adventure and learning for service, is to explore what it means to be human, a community, and to find our place in the world, where we can make a positive contribution.

You will be enriched by your experience, inspired by your hosts' resilience and proud of your achievements!

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# NEPAL:

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Nepal is a unique place and people, home to many of the highest mountains in the world, and a rich diverse culture influenced heavily by hinduism, buddhism and a deep connection with the natural world and its wonders. It has also lived through recent civil wars, natural disasters and economic crises. Each time, it's resourceful people respond.

We love Nepal. Our Director, Josh, has led many expeditions in Nepal and is passionate about enabling others to share its magic. Kathmandu is an incredible energy of modern day capitalism existing alongside ancient revered spiritual tradition. The Langtang Valley is a majestic, peaceful Himalayan Valey still recovering from the earthquake of 2015. To witness these environments is a remarkable experience.

On this adventure you will explore the rich cultural diversity of Nepal as well as its unique environmental magic!

You in?



# EXAMPLE ITNERARY:

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## Day One

Arrive in the remarkable city of Kathmandu. You'll be met by your Leader at the airport and transferred by private transport to Hotel Yambu, where you'll meet the wonderful owner Raj. Here you'll also meet your local expert guide. After getting to know each other and making plans for the adventure ahead you'll head out into the sights, sounds and smells of Kathmandu and grab a bite to eat before getting some kip.

## Day Two

Today is all about "landing" in Nepal. In the morning you'll take part in a responsible travel workshop to enable you to explore your role as global citizens in the culture in which you are being welcomed as a guest. In the afternoon you'll have the opportunity to explore Kathmandu a little more - change money, buy any last minute bits and bobs and maybe check out the famous Monkey Temple (Swayambhunath), and grabbing some of Nepal's famous Momo's for lunch. After a final evening check in to prepare for your travel day tomorrow you'll head out to a local restaurant together for dinner.

## Day Three

You'll start fairly early this morning. After enjoying a final Yambu breakfast you'll jump in your private transport for the 8hr drive up into the mountains and the village of Shyabrubesi where you'll have dinner and spend the night. The drive is spectacular, winding higher and higher into the mountains, and we'll stop halfway for lunch.

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# EXAMPLE ITNERARY:

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## Day Four

You start early in the mountains. Waking with the light for breakfast you'll meet the rest of your support team (assistant guides and porters), hand over your main luggage, strap on your day packs and begin the trek into the Langtang Valley. Langtang National park was established in 1976. Human impact in the valley is limited but not absent as permanent local villages exist in the valley and they actively help maintain the biodiversity and ecology of the park. In 2015 the valley was hit by a devastating earthquake. Josh has returned to the valley twice since then and it is amazing to see how the rich flora and fauna has over time, returned (he even saw bears last time), as well as witnessing the remarkable people of the valley honour the tragedy, and re-build their lives after it. Throughout the trek you'll explore mesmerising rhododendron and bamboo forests, broad meadows and pastures, breathtaking waterfalls and all the while be surrounded by awe-inspiring snow-capped Langtang Himal. Today you begin your climb, moving slowly to ease your bodies in, and begin to acclimatise as you gain altitude. You'll trek for around 5hrs to your first overnight stop, at Bamboo (a Tea House). You'll have lunch on route.

## Day Five

Settling in to the routine of waking early to enjoy the day, you'll breakfast and set off for Ghodabela at 2,900m. Today's trek will be around 6hrs and towards the end of the day you'll mindfully leave the forested lower slopes behind, and pass through alpine pastures that funnel you ever higher into the valley ahead. You'll share a meal around the fire in your tea house, and maybe do some star gazing before settling in for a good night's sleep.

## Day Six

Today sees you trek for 5-6hrs to the new village of Langtang situated at 3,400m. Your route today passes over the site of the 2015 earthquake, where the old village used to be, before passing the evocative memorial and entering the new village of Langtang where you'll spend the night in a tea house.

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# EXAMPLE ITNERARY:

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## Day Seven

After breakfast you'll continue your trek bound for Kyangjin Gompa at 3,800m. A journey of 4-5hrs you'll take your time as you get higher into the mountains, stopping for lunch on the way, and noticing the change in environment up here. You'll likely encounter Yaks on the trails, working to bring everything required for life up here from the valley below, and it'll be noticeably colder up here.

## Day Eight

Today is an opportunity to wake early and head for the nearby summit of Kyangjin Ri at 4,350m. A steep hike, but not a technical one, leads to remarkable views over some of the Himalayas highest mountains, up into an ever-retreating glacier, and back down the incredible valley you have just walked up. That's if the weather gods do their thing of course! You head back down for lunch with the afternoon open for you to rest, relax, explore and consider the impact of what you have experienced so far. You'll gather for dinner as always and spend another night here in Kyangjin Gompa.

## Day Nine

Having spent the last few days looking up, today you'll begin the wonderful trek back down the valley, enjoying the views from a different perspective. You'll hike down for 6-7hrs, back into the trees and stop for the night at Lama Hotel, 2500m.

## Day Ten

Your final day in the valley sees you follow a stunning ridge that leads you back down to Shyabrubesi. It'll be about a 7hr hike today, with a celebration meal in Shyabrubesi to top it off! You'll spend the night here, revelling in your adventure.

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# EXAMPLE ITNERARY:

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## Day Eleven

You'll say goodbye to your support family today. After breakfast you'll jump back into your private transport bound for Boudhanath, a Tibetan Buddhist enclave built around a remarkable Stupa in the far east of Kathmandu. Your journey will once again be a slow 7-8hrs, giving you some welcome time to rest and reflect on the adventure so far. Perhaps considering the question, what, that I have witnessed so far have I learned about my role as a global citizen?

Arriving in Boudha you'll check in to the lovely, family run, Valley Guest House, and if time, head out to watch the sunset over the stupa from a rooftop nearby.

## Day Twelve

Boudha is a tangibly spiritual place. A perambulation around the Stupa, surrounded by mantra reciting buddhists is a mediation in and of itself. Today is a day for you to explore this unique place and people, enjoying lunch in a local eatery, and immersing yourself in local culture.

## Day Thirteen

Return to Kathmandu. Today, after breakfast and enjoying the last dawn recitations of the surrounding monks you'll jump back in your transport and head full circle - back to Kathmandu. Here as a team you'll have the chance to powerfully reflect on your adventure and its meaning for you as individuals and global citizens. You'll also have the chance to grab any final souvenirs from the shops in Thamel, and visit any of the magic you missed on arrival.

The day will finish with a whole team celebration meal.

## Day Fourteen

Today will see you depart Kathmandu - inspired by your experience - bound for home x

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# INCLUSIONS

- 1 Pre-Adventure Workshop (Zoom)
- 1 The Living Project Leader per team
- The Living Project Comprehensive Risk Management inc. travel & public liability insurance and incident response (while in Sri Lanka) see our [terms and conditions](#) for details
- 1 free school leader place per team (extra school leaders charged 100% pp price)
- All in-country trek support (as per itinerary) + In-country partner staff as required
- 1/2 day responsible travel workshop
- All required transport during the adventure from collection to return at Kathmandu Airport
- All accommodation - local hotels, teahouses, guesthouses
- All required safety kit/support
- All meals. From arrival in Nepal until return to Kathmandu airport
- The Living Project t-shirts for all school leaders
- Personal journals + pencils



# EXCLUSIONS

- Transport to and from Nepal (flights)
- Cancellation/flight insurance
- Personal kit, sleeping bags (kit list provided)
- Additional snacks/sweets
- Personal medications
- Personal spending money (recommend \$50USD pp)

# WHEN?

- The best times to visit Nepal are April - Jun and September - November. July/August are possible but can be wetter due to monsoon season, and December-March can be very cold, with many treks impassable due to heavy snow.

# PRICE:

**£1,895PP**

- Min students per team: 10
- Max students per team: 18
- Max number of teams at one time: 1
- 30% pp deposit required to secure booking. Final payment due 8 weeks before the start of the adventure.



*"It's ignited a flame, it's an experience I'll remember for the rest of my life."*

**BE TRUE.  
LIVE WILD**



**THE ADVENTURE STARTS HERE...**

The Living Project  
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