

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Nepal
Chitwan National Park & Village Stay



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain an understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

EXAMPLE COMPONENTS

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course

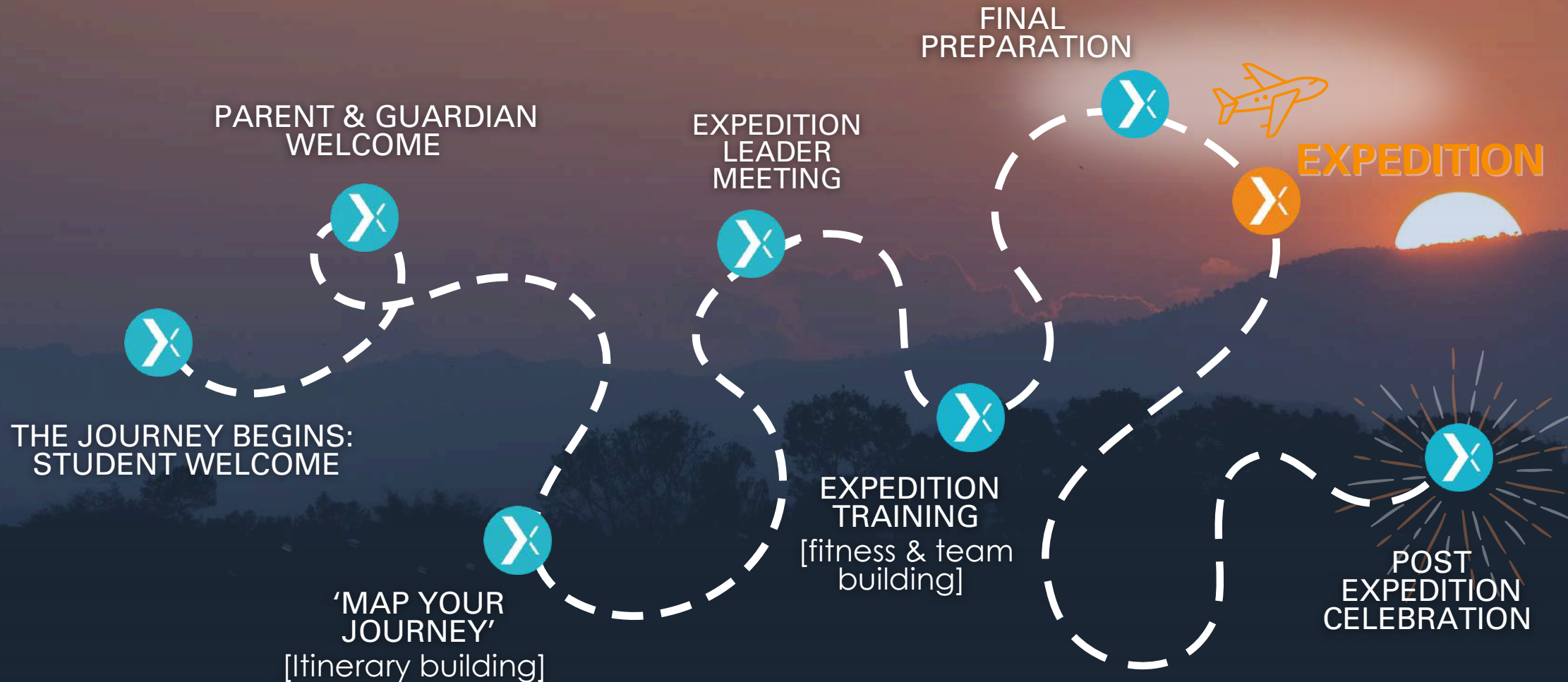


ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

NOTE: SOME COMPONENTS MAY BE COMBINED BASED ON THE NEEDS OF THE SCHOOL AND THE EXPEDITION

Welcome to Nepal

Rooted in community, conservation, and compassion, Nepal offers a powerful setting for service learning. Landlocked between India and China, this diverse nation combines a deep sense of spirituality with strong community values, where meaningful collaboration and shared purpose sit at the heart of everyday life.

Nepal's lowland landscapes open into the wildlife-rich floodplains of Chitwan National Park. Here, dense jungles, grasslands, and winding rivers provide a striking contrast to the mountains, while conservation initiatives protect endangered species such as the one-horned rhinoceros and Bengal tiger. Service learning in this region brings together environmental stewardship, community engagement, and cultural exchange—offering students an immersive experience that connects people, place, and purpose.



WHY NEPAL: CHITWAN & VILLAGE STAY FOR AN EXPEDITION?

- Take part in a meaningful community service learning projects
- Experience a wildlife safari in the sub tropical Chitwan National Park, a World Heritage site and the protected home of the Bengal Tiger.
- Connect with local communities, landscapes and traditions across Nepal
- Explore the vibrant culture, temples and markets of Kathmandu

Nepal: where mountains, culture and community come together

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 14 DAYS

SEASON: ALL YEAR

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 and 2: Fly from the UK to Kathmandu and arrive in Nepal

Day 3: Orientation day in Kathmandu

Day 4: Transfer to the community project location

Day 5 to 8: Community project work with local partners

Day 9: Transfer back to Kathmandu

Day 10: Travel to Chitwan National Park

Day 11 and 12: Chitwan National Park experiences and wildlife activities

Day 13: Return to Kathmandu with sightseeing

Day 14: Fly back to the UK and arrive home





Your Expedition Starts

Day 1-2

Fly from the UK to Kathmandu

Depart the UK on your international flight to Nepal. On arrival in Kathmandu you will be met and transferred to your accommodation. Spend time resting after the journey and getting your first impressions of this vibrant and colourful city.

Day 3

Orientation day in Kathmandu

Enjoy a full orientation day including programme briefings, cultural introduction and preparation for the weeks ahead. Explore parts of Kathmandu and begin to understand daily life, customs and traditions in Nepal.



Day 4

Transfer to community service learning location

Travel from Kathmandu to your community service learning placement. Settle into your accommodation and meet local partners and community members.



Day 5-8

Community service learning

Spend several days working alongside local communities on meaningful service learning projects. Develop practical skills, build strong relationships and gain a deeper understanding of local challenges, culture and ways of life. Time is also built in for reflection and group discussions.



Day 9

Transfer back to Kathmandu

Travel back to Kathmandu and check into your hotel. Enjoy a relaxed evening with time to rest, reflect on your experiences so far or explore nearby streets and cafés.

Day 11

Travel to Chitwan National Park

Journey to Chitwan National Park, travelling from the hills to the lowland plains of southern Nepal. Settle into your accommodation and enjoy your first experience of this unique subtropical environment.

Day 11-12

Chitwan National Park experiences

Spend two days exploring Chitwan National Park and its surrounding areas. Activities may include guided wildlife experiences, nature walks and learning about conservation efforts, with opportunities to spot animals such as rhinos, deer and a wide variety of birdlife.

Day 13

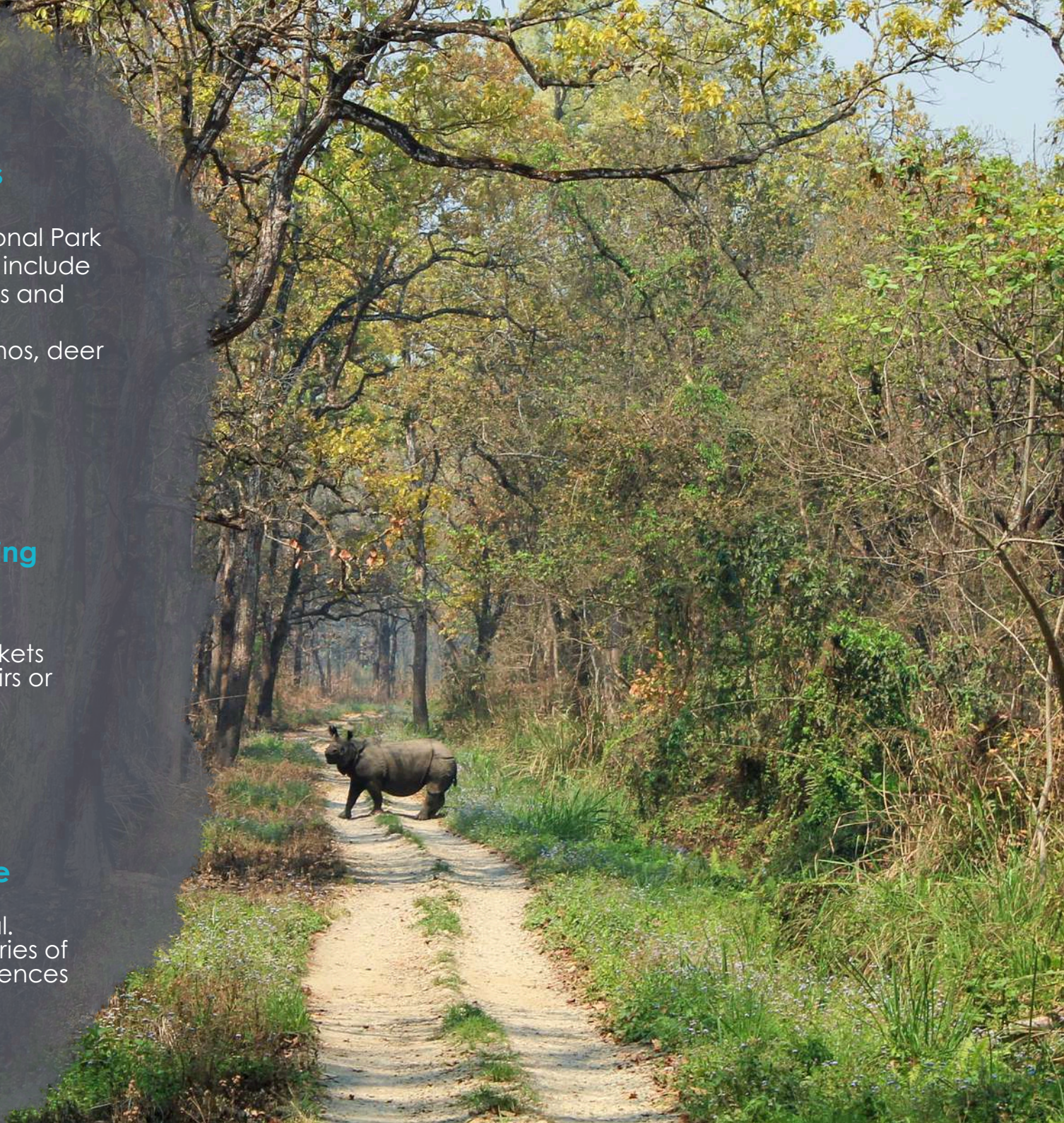
Return to Kathmandu and sightseeing

Travel back to Kathmandu and enjoy a sightseeing day, visiting key cultural and historic sites, exploring temples and markets and spending time shopping for souvenirs or relaxing in the city.

Day 14

Fly back to the UK and arrive home

Transfer to the airport and depart Nepal. Arrive back in the UK with lasting memories of your community project, cultural experiences and time spent exploring Nepal.



What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

? WHY DO WE EXIST?

To help young people get ready for life.

? WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

? WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

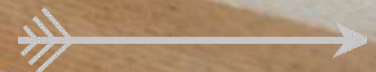
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

CONTACT US

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award

