

OUTLOOK
EXPEDITIONS

PROGRAMME GUIDE
NEPAL





Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors 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.

OUR PURPOSE

To deliver inspirational, immersive learning experiences, outside the classroom, that accelerate core skills development in young people

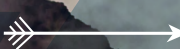
To empower teams to grow and learn through challenge, as they develop character, build resilience, and improve their wellbeing

To develop 'life-readiness', instilling the idea that everyone can be a leader

To encourage young people to travel responsibly and become active global citizens of the future, with an awareness of the world and their place in it

To provide long-lasting transformational benefits to our participants, the communities they're visiting, and the planet

Put simply, we exist to help young people get ready for life.



WE ARE OUTLOOK EXPEDITIONS

OUR VALUES

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

We practise what we preach; demonstrating the character and qualities that our products are designed to instil in young people, through the way we operate as an organisation.

Our core values are our guiding principles for working together internally, but also for managing customer relationships. The values are embedded into every aspect of our company culture — we call it the 'Outlook Way'

- » We have and promote a positive growth mindset
- » We work together
- » We find new ways
- » We believe in kindness

OUR RESPONSIBILITY

We understand a balance must be reached between the importance and value of international travel, against the polluting effects of aviation on the environment.

We also understand the need for self-awareness in travel, ensuring our experiences are always ethical, justified, and only ever a cause for good.

It is therefore our responsibility not only to stand up for the planet in the fight against climate change, but also to stand up for unheard voices within our global community.

It's our responsibility to educate our teams effectively about ways they can reduce their own carbon footprints, to understand the importance of meaningful travel, and have open conversations about what it means to be a responsible traveller.

UK LEADERSHIP DEVELOPMENT

When you book an Outlook Expedition, you aren't simply booking an overseas trip. You are benefiting from an in-depth, two phase programme that starts up to two years before departure.



Our UK Leadership Development Phase is unique to Outlook and is designed to develop character, build resilience, and improve well being — the tools required to be a leader and tackle life's challenges effectively. Delivered in a hybrid format of both face-to-face and interactive, online events, along with additional supporting activities, resources, and materials — this is where the journey really begins!

From engaging in meaningful discussions and activities about sustainable tourism, to immersive learning experiences in the UK's National Parks.



LEADER IN ME

The UK Leadership development phase is underpinned by Leader in Me, our Life Readiness leadership qualification.

Based on Covey's '7 Habits of Highly Effective Teens' Leader in Me is a comprehensive evidence-based learning model designed to increase effectiveness in students.

Through the completion of this online course, students will learn about character concepts and skills that they will use not only on expedition, but for the rest of their lives. Including; taking responsibility for your life, managing your time, teamwork, communication, and tools to manage your own wellbeing.

The key learnings from this award-winning leadership training programme will be drawn upon throughout both phases of the Outlook Programme and will form a framework that can be applied to any life scenario.



PAY YOUR WAY

The Outlook Programme is like a savings account for yourself and your future development. The more you put in, the more you get out! That's why self-funding is such an important part of your journey as it gives you the opportunity and experience to develop key life skills that you'll take forward into your expedition and beyond — from planning and organisation, to budgeting and communication — it's your chance to take ownership, set goals and really invest in your future!

Every year we're impressed by the innovative ways our students generate funds for their trip — from launching small businesses to providing services in the community, we love sharing self-funding success stories to inspire others on their journeys.

RESPONSIBLE TRAVEL

We know that for a lot of people, sustainable travel is a contradiction in terms. How can something that generates so much carbon possibly be sustainable long term?

We understand that aviation releases more CO2 per passenger than any other mode of transport and that put simply, travel is an incredibly carbon intensive activity.

But we also know how important it is to be part of a global community, with whole countries and communities relying on international visits for their livelihoods and well-being. We also know how essential rich, engaging overseas experiences can be in guiding personal development, empathy, and perspective.

At Outlook, we take an active role in caring for our planet — and educating our teams to do the same. From being proud members of the Tourism Declares a Climate Emergency movement, and founding signatories of the Glasgow Declaration on Climate Action in Tourism, to partnering with climate consultancy, Positive Planet, to help us to take control of our carbon footprint.

We don't believe in greenwashing, confusing jargon and labels, or claiming perfection overnight. We know the fight against climate change is a journey — the most important of all the journeys we've made. But we also know that we're in this together, and we're committed to learning and growing through the process, as we empower our students to do the same.

But being a **responsible traveller** is about more than simply caring for the planet — it's being a **Global Citizen**, someone that takes an active role in making the planet more equal, fair, and **sustainable for all**.

During our UK Leadership Development Phase we provide an **educational framework** for students to better understand the impact of their travels on the communities they visit. From discussing ways to contribute towards the **United Nation's Sustainable Development Goals**, to understanding responsible travel do's and don'ts regarding photography, shopping, and respecting different cultures.

Through **service-learning opportunities** overseas, students work in partnership with local community and environmental initiatives, to gain a **unique insight** into some of the world's biggest issues.

It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child welfare**, ensuring we take best practice actions linked to child protection in the workplace, in our supply chain and in the communities, we operate in.



WELCOME TO NEPAL



Birthplace of Buddha and home of Everest, the tiny kingdom of Nepal is the greatest adventure paradise of all!

Discover the charms of Kathmandu, experience kindly tea-houses and meditate in magnificent monasteries; trek in the world's highest mountains, barter in bazaars and wear out your boots on dusty, yak-trodden trails!

Experience the local culture whilst trekking through Sherpa villages and glacial valleys, climbing to the 5,623m peak of Kala Pattar! Join the trail to the mightiest peak of all - nothing can compare to the sight of Earth's highest point, piercing into the deep blue sky!

The purpose of this brief is to introduce you to your destination and the types of activities that you might do in-country. We hope this brief snapshot will leave you feeling inspired and wanting more!



NEPAL HIGHLIGHTS

- » Climb to the peak of Kala Pattar (5623m)
- » Experience the culture and bustle of Kathmandu
- » Visit age-old villages and tea-houses along the trails
- » Take in the unforgettable sight of Mount Everest



DESTINATION FACTS

- » **RELIGION/S:** Buddhism, Hinduism.
- » **CULTURAL OR HISTORICAL INTEREST:**
Nepal is home to 8 of the 10 highest peaks on Earth and is regarded as home to the mythical Shangri La.
- » **LANGUAGES:** Hindi, Nepali and English.
- » **GEOGRAPHY:** Lush lowlands in the south and the giant peaks of the Himalaya to the north.
- » **CLIMATE:** Dependent on altitude, humid and monsoonal in the south and dry in the Himalaya with warm summers and cold winters.
- » **ALTITUDE:** Includes trekking consistently above 4000m.
- » **VISA:** Required for British nationals*

* Please note requirements may change



OUTLOOK  Ready. For Life.



WHAT YOU CAN EXPECT



CHALLENGE RATING VERY CHALLENGING

- » Altitude may at points go above 2500m
- » In country support may be minimal i.e. all personal and group kit is to be carried by self
- » Distances covered are often more than 10km per day
- » Height gain and loss may be high per day
- » Challenging terrain in places (boulder fields etc..)
- » Where kayaking activities are undertaken, distances covered can be up to 15km per day and water conditions are difficult i.e. tidal sea traverses, strong winds etc.



CULTURE SHOCK HIGH

- » English not widely spoken
- » Signage unlikely to be in English
- » Transport is less reliable with 'as and when' schedules
- » Amenities such as hot water and Wi Fi are less common outside large cities.
- » Himalayan cuisine is influenced by Chinese, Nepalese, Indian and Tibetan food. Staples include lentils, dumplings, yak cheese, noodles and soups



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 a deep understanding of other cultures and global issues
- » Uncover your strengths and discover new passions
- » Strengthen friendship bonds and make new connections
- » Build character, resilience and the confidence to face life's challenges
- » Boost your CV for university and job applications



SERVICE-LEARNING



This phase is not only one of the most valuable but often the most memorable parts of the expedition experience for our teams, as it's where you gain unique insights and perspectives on the world through providing a meaningful service to one of our overseas partners.

With all the organisations we partner with, we're committed to ensuring that our presence never disrupts, strains or negatively impacts the communities we're visiting. Instead, these are opportunities for students to be empowered and educated by our partners in a way that is mutually beneficial for all.

PHYSICAL CHALLENGE



For many students, the physical challenge of a trek is a really important part of their expedition, as this it's where you can push yourself — physically and mentally — as you take a step outside of your comfort zone. It's also a great opportunity to connect with nature and one another in some incredible landscapes.

From summiting a mountain peak to exploring rural life and remote villages, the duration and challenge level of your trek will be dependent on the team's aims and objectives.

LEADERSHIP



Equipped with your Leader in Me toolkit, your expedition is an opportunity to put your leadership skills to the test. Not only will the 7 Habits form part of your team culture while away, you'll also have an active role in the team's management each day.

One day you could be the team coordinator, the next taking charge of the budget. An expedition is all about putting you in the driving seat and giving you ownership of your adventure!

R&R/ACTIVITIES



Your itinerary will also include time to explore your destination, engage with fun activities, and take some time for a well-earned rest!

From sight-seeing in the city and visiting must-see attractions, to taking part in adventure sports and reading a book in a perfectly placed hammock.

This is the time to rest and recuperate while experiencing local culture and seeing more of the destination!

EXAMPLE ITINERARY

The duration and number of phases included in your final itinerary will be dependent on the length of your expedition

DAY	PHASE	SUMMARY
1	Flight	Depart the UK on your flight to Kathmandu, the capital city of Nepal.
2	Orientation	Settle in and adjust to the hustle and bustle of this vibrant city. Head out to complete orientation tasks and get to know the winding streets of Kathmandu!
3	Trek Preparation	Today, you'll receive a briefing about what to expect over the next couple of weeks and ensure all your kit is prepared for your trek to Everest Basecamp!
4	Travel to Phaplu	Today you will leave Kathmandu behind and head for the mighty Himalayas. You'll take a private transfer to the mountainous town of Phaplu. The journey will take you on a scenic route through the Nepalese countryside to reach your guesthouse for the night - already at an altitude of 2,413 m.
5	Travel to Kharikhola or Payan	Back on the road, today you will journey to the small settlements of either Kharikhola or Payan - which route you take will be dependent on the road conditions at the time. Today is another great opportunity to get an insight into rural life in Nepal.
6	Trek to Phakding	Today is your first official day on the trail, headed to Everest Basecamp. As you follow the paths towards the small village of Phakding you'll begin to see other hikers on their own EBC journey.
7	Trek to Namche Bazaar	Today you will pass through Zaphute, Toktok, Benkar, and Chumoa, before arriving in Monjo (2815m), where you will reach the entrance to Sagarmatha (Everest) National Park.
8	Acclimatisation	Follow in the footsteps of the world's greatest adventurers and trek through the spectacular Khumbu region of the Himalaya to Everest Base Camp. Ascend through forests of rhododendron and passing the Sherpa villages of Namche Bazaar and Tengboche where you will meet local Nepali people. Trek alongside the Dudhi Kosi River, crossing many exciting swing bridges as you meander your way higher and higher. You will eventually emerge from the tree line surrounded by snow capped peaks! Due to the high altitude of your trek, the group will make very careful ascents, camp at progressively higher altitudes and take any necessary rest days to aid acclimatisation. Once the team feels ready there will be a steady climb to the summit of Kala Pattar (5500m), offering stunning 360° views of the surrounding wilderness. Continue on your trek towards Everest Base Camp, reaching and following the snout of the Khumbu Glacier. The closer you get to Everest the more imposing the massif becomes, an awe-inspiring sight gleaming high into the atmosphere. During rest points along the trek, you will have the opportunity to interact with the locals, experience the culture and learn about their way of life.
9	Trek to Tengboche	Today you will trek to Tengboche. This is a cultural, spiritual, and religious centre for the people of the Khumbu region, and a welcoming and popular stop for all trekkers heading to Kala Pattar. There is a famous Gumpa here and the views of the surrounding mountains are spectacular.
10	Trek to Dingboche	Make your way along the trail past several small villages including Pangboche (3,901m), before continuing to Dingboche (4,360m).
11-12	Acclimatisation	Acclimatise at Dingboche for a couple of days. Dingboche village has a lower (often colder) part and an upper (often warmer) part and is a great acclimatisation stop. If you're feeling fit enough, don't miss out on the classic hike to Chukung (4740m), traditionally a herding station used as a base to graze the surrounding grasslands. From here there are truly outstanding views towards Lhotse, Nuptse, Ama Dablam, Chukung glacier, as well as several other snow-capped peaks. The next day you could climb onto the dividing crest behind Pheriche / Dingboche and head north along it, towards Nangkar Tshang on the slopes of Pokalde and take in the spectacular mountain panorama.
13	Trek to Lobuche	Leaving Dingboche you will climb the ridge behind the village to gain the higher plain, passing many memorials and prayer flags at the crest. Continue to the village of Lobuche (4,935m). Make sure you stock up on some snacks for your long journey tomorrow.
14	Trek to EBC via Gorak Shep	Today's the day! Leave Lobuche and make your way to your overnight stop of Gorak Shep (5,180m) where you will have a short rest before continuing on to Everest Base Camp (5,300m)! The route from Gorak Shep to Base Camp follows the moraine crest, past the Gorak Shep flats, before descending onto the Khumbu glacier. There is not one single location for Base Camp, but most expedition teams choose a site close to Khumbu Icefall at 5300m. The hike from Gorak Shep to Everest Base Camp could take you 2 or 3 hours each way.
15	Kalapatthar (5545m) and onto Lobuche	You will wake in the early hours of the morning for your summit attempt of Kala Pattar (5,623m). Kala Pattar ('Black Rock' in Hindi) is the most popular viewpoint of Mt Everest, with breathtaking views of the surrounding faces, peaks, and glaciers. Once you have reached the top of Kala Pattar you will retrace your steps back to Lobuche - notice how much easier the journey is in reverse as you descend from high altitude with every step!
16	Trek to Dingboche	You'll continue on for the next couple of days, the same way you trekked in. Individual features of the valley and mountains appear quite different when seen from the opposite direction, and the team can vary their stopping places and visit other tea houses along the route.
17	Trek to Namche Bazaar	The bustling mountain village of Namche is a great place to return after your trek, it's also an opportunity to pick up some small souvenirs as reminders of what you've achieved over the last few days!
18	Rest Day	As a team you'll decide where you want to spend a day to just stop, and rest. You've come a long way since you left the UK, today is an opportunity to take that all in!
19	Trek to Surke	Today you will head to the village of Surke - one of the last settlements on the EBC trail.
20	Trek to Payan and travel to Phaplu	Your trek is completed today as you reach the small village of Payan. From here you will be picked up and transported back to Phaplu.
21	Travel to Kathmandu	You will make the same drive back to Kathmandu that you took at the start of your adventure. On arrival in the city, you will grab some food and head to your accommodation for a much-needed rest!
22-23	Kathmandu	Over the next two days explore the fascinating streets and temples of Kathmandu. Immerse yourself in the culture by seeing some of the country's most fascinating monuments, shop in the bustling bazaars and try some of the best street food the country has to offer!
24	Depart Nepal/ Arrive UK	Say goodbye to Kathmandu and Nepal, as you head back to the UK with lots of incredible stories to share!



ADVENTURES & EXPERIENCES

At the Map Your Journey Session, with guidance from one of our Leadership Facilitators, you and your team will shape the programme objectives. Your programme objectives will inform the treks, service-learning initiatives and activities selected to suit your expedition duration and desired challenge level.

Here are some examples of the adventures and experiences on offer in Nepal:

EVEREST BASE CAMP:

Follow in the footsteps of the world's greatest adventurers and trek through the spectacular Khumbu region of the Himalaya to Everest Base Camp.

You will fly to Lukla to begin the trail, ascending through forests of rhododendron and passing the Sherpa villages of Namche Bazaar and Thyangboche where you will meet local Nepali people. Trek alongside the Dudh Kosi River, crossing many exciting swing bridges as you meander your way higher and higher.

You will eventually emerge from the tree line surrounded by snow capped peaks!

Due to the high altitude of your trek, the group will make very careful ascents, camp at progressively higher altitudes and take any necessary rest days to aid acclimatisation. Once the team feels ready there will be a steady climb to the summit of Kala Patthar (5500m), offering stunning 360° views of the surrounding wilderness.

Continue on your trek towards Everest Base Camp, reaching and following the snout of the Khumbu Glacier. The closer you get to Everest the more imposing the massif becomes, an awe-inspiring sight gleaming high into the atmosphere.

During rest points along the trek, you will have the opportunity to interact with the locals, experience the culture and learn about their way of life.

KATHMANDU:

Back down in Kathmandu indulge in the sights and sounds of this vibrant city; visit the Monkey Temple (an ancient Buddhist complex), the Tibetan Monastery, and the many shrines and markets which make this such a rich cultural melting pot.



PAY

YOUR WAY

Every family's financial situation is different so self-funding is a great way to enable every young person to experience the adventure of a lifetime!

Not only is self-funding one of the most rewarding and valuable elements of participating in an Expedition or Explore trip, but universities and employers respect the commitment and entrepreneurship that a young person demonstrates in this phase. For these reasons we encourage our participants to self-fund the majority, or if not, the entirety of the amount.

It's about putting students in the driving seat so that they develop skills for life; managing money, record keeping, self-motivation, goal setting and target achievement.

PAYMENT OPTIONS

Your bespoke payment plan will be created based on the launch dates of your expedition. However, there are two options available for you to choose from, so that you can pay your way. Please find the example formats below — your actual payment plan will be provided to you separately based on the dates of your launch and expedition:



STANDING ORDER

Spread your payments evenly by setting up a monthly standing order, up to the final balance date

DEPOSIT	PAYMENTS
DATE	X PAYMENTS
£TBC	£TBC



INSTALMENTS

Instalments: Settle your balance across a number of instalments. Payments can be made through debit card, bank transfer or cheque

DEPOSIT	PAYMENTS 2	PAYMENTS 3	PAYMENTS 4
DATE	DATE	DATE	DATE
£TBC	£TBC	£TBC	£TBC

Payments can be made via Basecamp or by contacting our Customer Support Team. Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants



UK LEADERSHIP DEVELOPMENT

Fully guided programme including;

- » Pay Your Way support
- » Map Your Journey Session
- » Leader Meeting
- » Final Preparation Day
- » 7 Habits of Highly Effective Teens (accredited online learning course)
- » Regular communications and online resources to inform and inspire
- » Team t-shirt



LEADER TEAM

- » Up to 2 travelling teachers and a highly qualified and experienced Outlook Expeditions Leader



INSURANCE & 24-HOUR SUPPORT

- » Comprehensive overseas medical insurance and 24-hour Operations Room to support teams in country



IN DESTINATION

- » All food and accommodation
- » All group equipment including tents, stoves, communication devices, and safety gear
- » All group activities and entrance fees
- » Contribution to support sustainable service-learning partners



FLIGHTS

- » Return international flights

PRACTICAL LEADERSHIP WEEKEND

Training event to prepare you for life on expedition, and beyond, including;

- » Putting the 7 Leadership Habits into action
- » Food budget management and cooking safety
- » First aid and equipment testing
- » Orienteering, trekking and campcraft

EXCLUDED:

- » Vaccinations and visas
- » Personal belongings insurance & costs incurred by loss of passport
- » Pre-departure cancellation insurance (should you need to cancel your place on the team)
- » Personal equipment
- » Spending money for souvenirs
- » UK transport (to/from UK training venue, Final Preparation Day and airport collection)
- » Food & accommodation while travelling to and from UK airports

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