

### **Sunday May 24<sup>th</sup>, 2009 Day 1**

Arriving in Kathmandu and hotel transfer  
Kathmandu Valley central

Optional evening activity: Play 'Waiting for Godot' at hotel

### **Monday May 25<sup>th</sup> Day 2**

*Theme: Overall introduction*

Van leaves hotel at 8:30 am

**Morning:** Orientation will cover Nepal's religion, culture, history, customs, politics, environment, and geography. Also, students will be briefed on necessary health precautions.

Instructor: KU faculty

**Dr. Mahesh Banskota**

Tel No: 5548891

**Time of lecture: 9:30 am**

**Afternoon Field Trip:** Visit Durbar Square (closes at 4 pm) and the Living Goddess and eat lunch. The Living Goddess (Kumari) (open at 4 pm)

Evening walk to Swayambhunath Hill Stupa

### **Tuesday May 26<sup>th</sup> Day 3**

*Theme: Environment, conservation & sustainable technologies*

Van leaves hotel at 8:30 am (7:30 if go to monastery?)

Visit to Budathnikath temple (and monastery?)

Van leaves from temple to FOST at 10:30 am

**Field Trip:** Visit FOST for demonstration and application of sustainable technologies (e.g., smokeless stove).

**Time of Arrival in FOST: 11:00 am**

**Tel No: 4361574, 2190473**

*FYI: Lunch at FOST*

Dinner with group in Thamel

### **Wednesday May 27<sup>th</sup> Day 4**

*Theme: Environment, conservation & sustainable technologies*

Van leaves hotel at

**Morning:** Lecture on environment, conservation, recycling, and biology of Bagmati River; role of sustainable technologies (recycling garbage, compost toilets, community waste management).

Instructor: KU faculty

**Dr. Sanjay Nath Khanal**

Tel No: 9841273475

**Time of lecture: 09:00 am** (change to 8:30 am?)

**Afternoon Field Trip:** Visit Balambu Village with FOST for demonstration. Discussion with FOST presidents and village leaders and/or household members

**Time of departure for Balambu: 11:00 am**

*FYI: Lunch at Balambu Village*

Afternoon activity around Patan: TBD

**Thursday May 28<sup>th</sup> Day 5**

*Theme: Culture and arts; water architecture*

**Morning:** Lecture on mythology, arts and culture of the Bagmati River basin

**Instructor: Mahesh Banskota**

**Time of lecture: 10:00 am**

**Afternoon Field Trip:** Visit the Patan Durbar Musuem and ancient water spouts Patan Durbar Square

**Friday May 29<sup>th</sup> Day 6**

*Theme: eco-hike; water sample collection 1*

Van leaves hotel at 7:30 am

**Day Field Trip :** Exploration of the origin of the Holy Bagmati River; a short trek to Sundarijal in the northern hilly part of the valley and trek up to the water reservoir. (Water sample collection and study ecosystem); Lunch at SundariJal town

Visit to Goleornoh City, Temple, and Park on way back

**Saturday May 30<sup>th</sup> Day 7**

*Theme: Eco-tourism; comparing urban and rural living*

Dalchoki Model Village Summer practicum (rain water harvesting)

Sponsor: Jowalakhel Rotary Club (Contact Ms. Greta Rana and Mr. Madhukar Rana)

*FYI: Lunch at Dalchok*

**Sunday May 31<sup>st</sup> Day 8**

*Theme: Eco-hike, cultural exploration; water sample collection 2*

Van leaves at 8:00 am

**Day Field Trip:** Exploration of the lower Bagmati: hiking around the Chobhar gorge, visit temples, and eat lunch at Gomba and Sculpture Garden (water sample collection and study ecosystem)

Stop at Todo for birdwatching on way back

**Monday June 1<sup>th</sup> Day 9**

*Theme: Environment, people, and culture; and Rural health water sample collection 3*

Van leaves at 7:00 am

**Day Field Trip:** Exploration of the middle Bagmati (holy religious site of Pashupati Temple); water sample collection and Visit a nearby world heritage class hotel-cum-museum Dwarika for snack/light lunch. Visit water treatment plant.

**Afternoon: 02:00 pm** Nick Simons Institute for their contribution in Rural Health; (This will cover presentation on how NSI fits in the rural health and question answer session.)

Eat dinner at Dwarikas

**Tuesday June 2, Day 10**

*Theme: sustainable development --micro credit program for women*

Van leaves at 9:00 am

**Day Field Trip:** Learn about the sustainable development theme (site visit and lecture: KIVA org's micro credit program for women)

Sponsor: Patan Business and Professional Women (BPW Patan); in nearby village: Thecho (Ms. Urmila Shrestha)

*FYI: Lunch at Thecho*

**Wednesday June 3<sup>rd</sup>, Day 11**

*Theme: Images of Kathmandu*

**Break: Explore Kathmandu**

Optional day trip to Dhulikhel

**Thursday June 4, Day 12**

*Theme: Environment and health; water analysis of samples 1, 2 and 3*

**Morning:** Lecture on environment and health linkages; water borne bacteria; water sample lab analysis; water related health epidemic on the Bagmati basin.

Instructor: KU faculty

**Dr. Sanjay Nath Khanal**

Tel No: 9841273475

**Time of lecture: 09:00 am**

**Afternoon Field Trip:** Visit Friends of Bagmati; tour of carpet factory *if possible*

**Friday June 5<sup>th</sup> Day 13**

*Theme: Putting it all together*

Van leaves at 9:00 am

***Morning:*** Round table discussion and synthesis: the Bagmati versus the Rio Grande; feedback on various program items (with Professor Bohara and Professor Thacher). Interaction with KUSOM students

***Afternoon Field Trip:*** Students decide an outing program.

***Evening:*** Interaction with the grass-roots organization Jawalakhel Rotary Club 5:30PM and plan for future collaboration for the model village (e.g., Dalchoki water harvesting project)

**Saturday June 6<sup>th</sup> Day 14**

**Field trip ends. Namaste!**