

ASIA

Our solidarity trips

The solidarity journeys of ASIA arise from the desire to **create bridges and relationships** between the Western world in which we live and the countries of the Himalayas where we work.

In particular, it arises from the need to respond to the **growing demand from our supporters to go into the field to meet the children, monks, or elderly individuals we support, and to visit the schools and our projects**.

The idea of this project thus stems from the perception of an increasingly widespread need in the West to truly understand distant cultures and ways of life, to experience contact with people living on the other side of the world, and to personally see ASIA's projects.

PHILOSOPHY

The trips will be inspired by the values and principles underlying both the work and mission of ASIA and responsible tourism.

- creating an awareness of the richness represented by **cultural diversity** by promoting direct knowledge of diverse places, cultures, and ethnicities, fostering encounters and dialogues;
- promoting tourism that does not have a negative impact on the **environment** but instead is sustainable and respectful of the ecosystems of the countries being visited;

- increasing travelers' **awareness**, who will be accompanied on a journey to learn about distant peoples and traditions, very different lifestyles, which becomes a path of openness that makes the traveler more self-aware, of their own way of living, and of the interdependence among all living beings;

- **solidarity** is one of the central values of ASIA's trips, which also aim to support their cooperation projects locally and to encourage virtuous circuits of local economy.

THE TRIP IN NEPAL

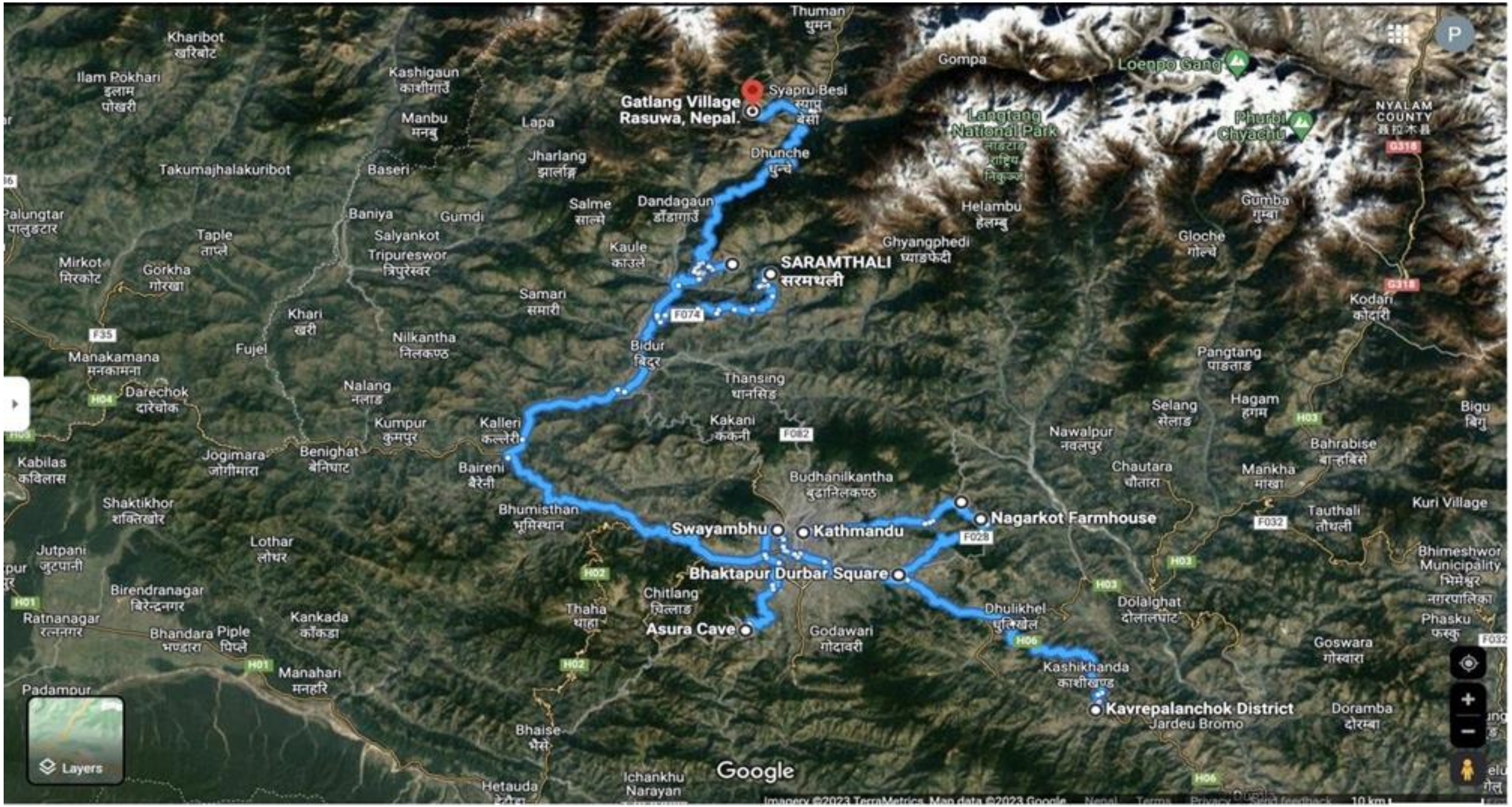
Nepal, famous for hosting the world's tallest mountains and breathtaking landscapes, is a small country rich in history, spirituality, and culture, inhabited by 100 different ethnic groups.

It is also a poor country with a very underdeveloped economy, subject to natural disasters such as earthquakes and floods. Here, ASIA has been working since 1996, with projects focusing on education, health, water, safeguarding cultural heritage, food security and agriculture, environmental protection, and combating climate change.

Following the 2015 earthquake, ASIA intervened with first aid and post-emergency projects.


The boundaries and names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations.
NEPAL
National capital
Regional seat
Zonal seat
District seat
International boundary
Regional boundary
Zonal boundary
Main road
Secondary road
Railroad
Airport
0 20 40 60 80 100 km
0 10 20 30 40 50 60 mi
Lambert conformal conic projection with a central meridian of 84 degrees east longitude with standard parallels of 24 degrees and 32 degrees north latitude using the WGS84 datum.
CHINA
INDIA
FAR WEST
MID-WEST
WEST
CENTRAL
EAST
MAHAKALI
SETI
KARNALI
BHERI
RAPTI
DHAWALAGIRI
GANDAKI
LUMBINI
NARAYANI
BAGMATI
JANAKPUR
SAGARMATHA
KOSHI
MECHI
Kathmandu
Simikot
Darchula
Baitadi
Chainpur
Gamagadhi
Martadi
Dadeldhura
Jumla
Dipayal
Silghadi
Manma
Mahendranagar
Dailekh
Duinai
Dhangadhi
Jajarkot
Jumlikhalanga
Birendranagar
Jomosom
Chame
Salyan
Liwang
Beni
Kusma
Baglung
Pokhara
Bisisahar
Gularia
Nepalgunj
Tulsipur
Tamghas
Syangja
Gorkha
Dhunche
Ghorahi
Pyuthan
Damauli
Dhadingbesi
Sandhikharka
Tansen
Bidur
Chautara
Butwal
Bharatpur
Bhaktapur
Charikot
Taulihawa
Siddharthanagar
Parasi
Patan
Dhulikhel
Hetauda
Salleri
Khandbari
Taplejung
Ramechhap
Okhaldhunga
Bhojpur
Phidim
Sindjulimadi
Dikte
Terhathum
Kalaiya
Dhankuta
Birgunj
Malangawa
Ilam
Gaur
Dharan
Janakpur
Gaighat
Siraha
Inaruwa
Chandragadhi
Jaleswor
Rajbiraj
Biratnagar
NEPAL
80°
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30°
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27°
26°

TRAVEL ITINERARY



TRAVEL'S PLAN

27 October – Departure from your own country

1° DAY – *28 October* - Kathmandu

- Arrival in Kathmandu and meeting in the guesthouse in **Boudhanath**, the Tibetan quarter of the city.
- Rest and time dedicated to practical travel arrangements (SIM card purchase, currency exchange, etc.)
- Meeting with the **Tour Operator**
- Dinner and evening walk around the **Great Stupa of Boudhanath**.

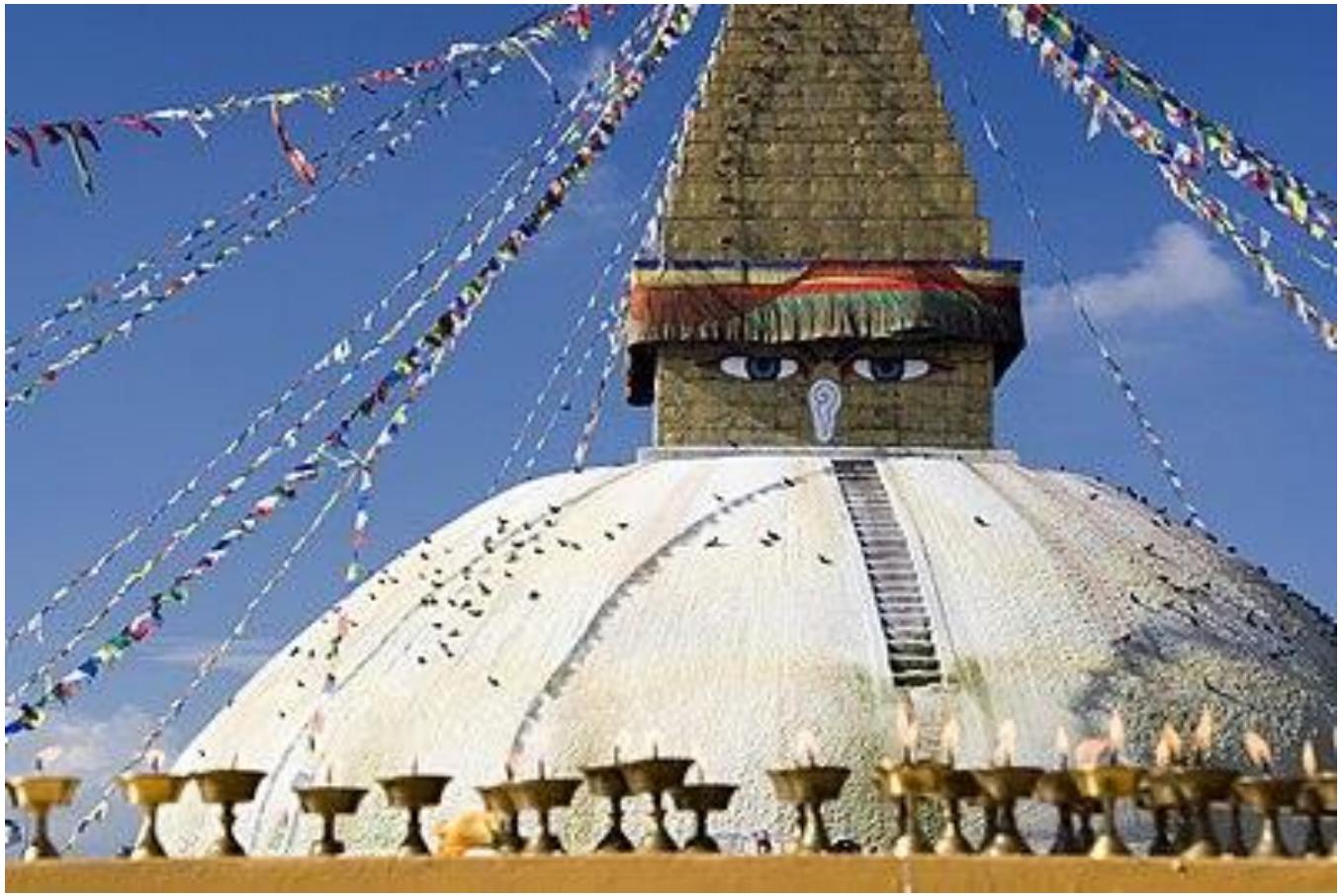


The Great Stupa of Boudhanath

It is one of the largest stupas in the world and a Buddhist pilgrimage site, as well as being one of the main tourist destinations in Kathmandu.

It rises with four pairs of eyes in the four cardinal directions, overseeing righteous behavior and the prosperity of humans.

The Boudhanath neighborhood hosts the Tibetan refugee community and is the heart of Buddhist life, with over 50 monasteries.



2° DAY – *29 October* – Kathmandu

- Visit to the **Manasarovar School**
- **Lunch** with the children and staff of the Manasarovar School.
- Visit to **ASIA Nepal office and meeting with the team**, who will introduce the group to the ongoing projects



The **Manasarovar Educational Foundation** is a non-profit organization established in 1999 in Kathmandu out of the desire of two women (one Tibetan and one Nepalese) to provide Tibetan refugee children in Nepal with the opportunity to receive an education based on the ancient traditions of their culture. Drawing on the belief that "culture is freedom," these two women established a nursery and primary school in Ramhiti Boudhanath, on the outskirts of Kathmandu, where the Tibetan refugee community is quite large. The name, Manasarovar, is inspired by the sacred lake located near Mount Kailash in Tibet, a feminine symbol in Tibetan tradition.

ASIA has been active in this school with sponsorship programs since its establishment in 1999.



ASIA

3° DAY – *30 October* – Visiting Kathmandu

- You depart from **Durbar Square** – a UNESCO World Heritage Site – to reach **Azon Bazar** (the oldest market in Nepal) and **Thamel**, the heart of shopping
- Lunch in Thamel
- Free afternoon and evening, with the possibility to visit the Tibetan quarter of Boudhanath and walk around the Great Stupa together with a monk.

4° DAY – *31 October* – Medical school and departure for Nagarkot

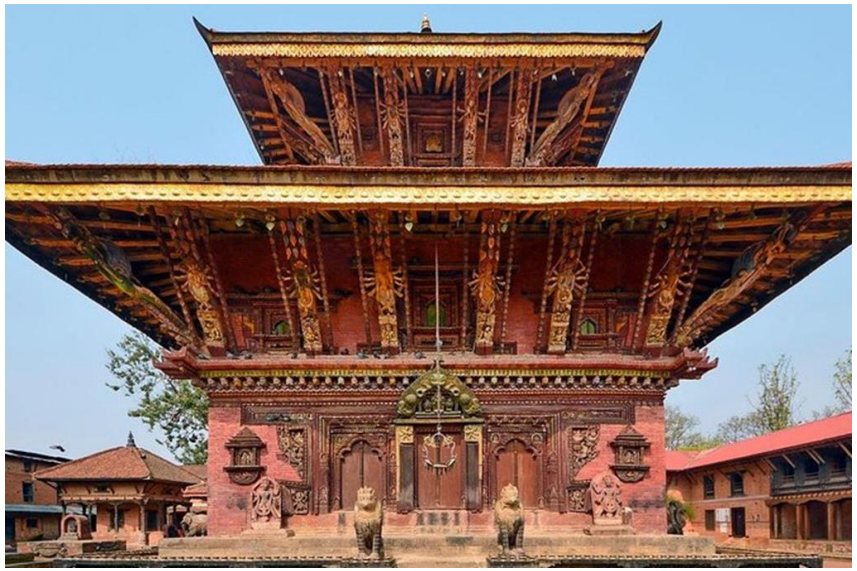
- Leave Kathmandu. First stop: Jarsing Pauwa (1,792 m, 20 km from Boudhanath), where you will visit the Bönpo Traditional Medicine School with the possibility of having a consultation with a doctor (pulse diagnosis).
- Lunch and rest.
- Departure for Nagarkot (2,195 m) with a stop at Changunarayan Temple (or alternatively a 45-minute walk to Telkhot). Arrival and overnight stay at Nagarkot Farm House.



The Bönpo Traditional Medicine School

It was established by ASIA in partnership with the Triten Norbutse Monastery with the aim of improving basic healthcare in remote areas of Nepal through the training of qualified Himalayan traditional doctors.

It is the only school outside Tibet that teaches the entire Bön Bumshi medical system, thus helping to preserve and maintain this unique medical tradition.



Changu Narayan

The oldest temple in the Kathmandu Valley, it is a UNESCO World Heritage Site. It is a landmark of Nepalese sacred architecture, featuring rich bas-reliefs. The temple is surrounded by sculptures dedicated to Vishnu.
In addition, within the main courtyard, there are temples dedicated to Shiva, Ashta Matrika, Chhinnamasta, Kileshwor, and Krishna

5° DAY – *1 November* - Return to Kathmandu

- Visit to the **Triten Norbutse Bönpo Monastery** (Swayambunath) and meeting with the resident masters.

Before returning to Boudhanath, visit **Swayambhu, the “Monkey Temple.”**





The Triten Norbutse Monastery was founded in Nepal in 1987 by Lopon Tenzin Namdak Rinpoche, with the aim of protecting and preserving Bön culture and religion outside Tibet. The name comes from the original Triten Norbutse Monastery, founded in the 14th century in Tsang (Central Tibet), which was completely destroyed during the Cultural Revolution (1966–76).

Lopon Rinpoche wished to revive this precious place in the hope that, once the monks complete their studies, they can bring the valuable Bönpo teachings and practices back to Tibet and to other parts of the world.
Since 1996, ASIA has implemented a sponsorship project here to support the monks.

6° DAY – *2 November* - Pharping

- After breakfast, travel to **Pharping**, a small Newar town on the Bagmati River, home to numerous important Buddhist temples and monasteries.
- In the morning, visit the Yanglesho and Asura Caves, where it is said **Guru Rinpoche** meditated, and the Vajrayogini Temple. Here, participate in the ritual of hanging lungta (Tibetan prayer flags).
- Lunch.
- Visit **Patan Durbar Square**: it is believed to have been founded in the 3rd century BCE by the Buddhist emperor Ashoka during a pilgrimage, making it considered the oldest Buddhist city in the world.
- Return and overnight stay in Boudhanath.





7° DAY – *3 November* - Departure for the Kavrepalanchok district and overnight stay in Bhaktapur.

- After breakfast, depart for **Kavre**
- Arrival in Kavre and visit to the historical sites.
- Lunch.
- In the afternoon, visit the **Model Farms and Collection Centers** of the ASIA project “Developing Climate-Resilient Agriculture in Nepal.”
- Overnight stay in Bhaktapur.





*In this area, ASIA is promoting a sustainable production model capable of responding to climate change through the cultivation of local varieties with high adaptive capacity.



8° DAY – *4 November* - Bhaktapur

- Visit to historical monuments, museums, temples, and traditional Nepalese craft workshops, and tasting of the famous yogurt at **Bhaktapur Durbar Square** – a UNESCO World Heritage Site.
- Lunch.
- Free afternoon and time for shopping.

Bhaktapur

also known as Bhadgaun, the City of Devotees, is the center of traditional Nepalese wood carving. Founded in the 9th century, it has the shape of a shell and is famous both for the peacock carved in wood and for its museum.

Durbar Square

It was the palace of the medieval kings who ruled the then Kingdom of Kantipur. We will visit the residence and the temple of the Living Goddess "Kumari." Born to Buddhist parents, she is a young girl considered sacred until her first menstrual cycle.

Each year, the Kumari makes only three public appearances, during which she is carried through the streets on a large chariot. We will also see the Kasthamandap, the imposing resting place said to be the origin of the name "Kathmandu."



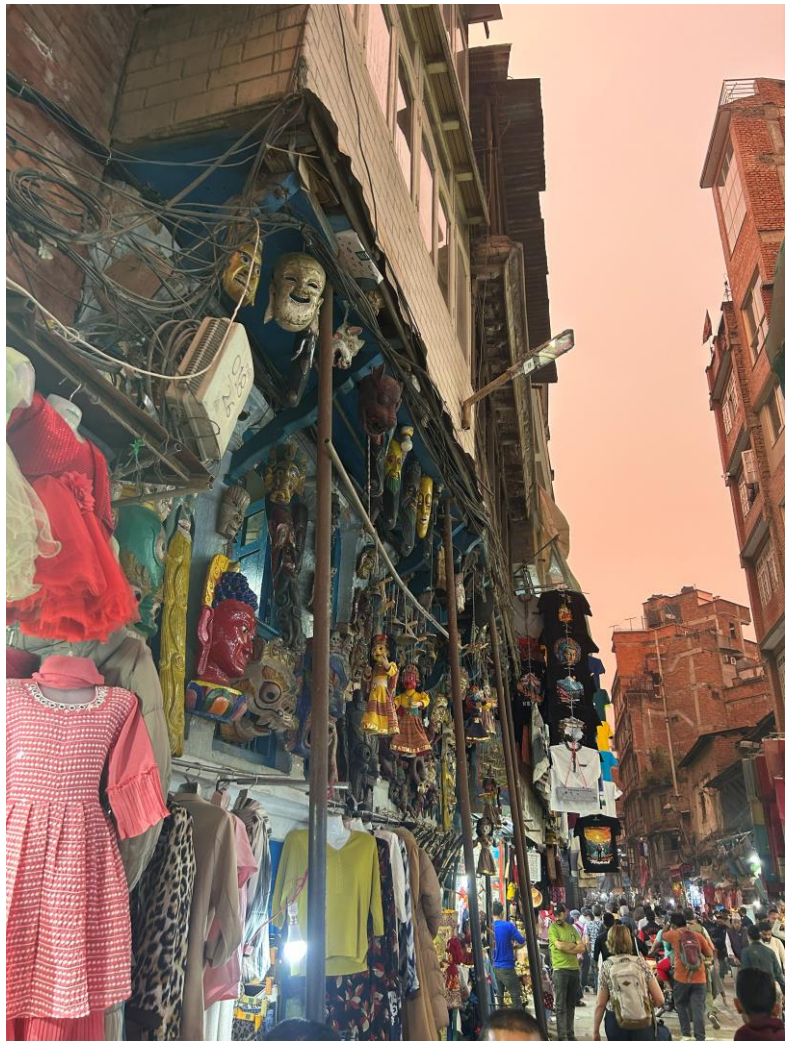


Ason Bazar

It is located along one of the two legendary India-Tibet trade routes passing through Kathmandu. Due to its location, Ason has been one of the city's main markets since ancient times. It has been described as one of the Newar examples of a traditional Asian bazaar. It attracts buyers from all over the city for its wide variety of goods, ranging from food products and spices to fabrics, handicrafts, and other items.

9° DAY – *5 November* – Free day in Kathmandu

In the morning, return to Kathmandu.
Free day to relax, go shopping, or stroll through the streets of the city center.





10° DAY – *6 November* – Travelling to Kalikhastan and Rasuwa

- Morning travel and arrival in **Kalikhastan**
- Rest and lunch
- Visit to the **Aarukharka** school * in the Yarsa Municipality (Rasuwa district) and to the income – generating activities established there
- Return and overnight in Khalikastan





* Following the 2015 earthquake, ASIA rebuilt four schools in this district, where it established a sponsorship program

11° DAY – *7 November* – Kalikasthan

Walk through the village and meeting with the community, particularly with the women beneficiaries of ASIA's environmental protection and women's microenterprise projects.

Visit to the traditional Tamang communities.

Dinner with village families and overnight stay in a local guesthouse.







Beneficiaries of the resilient agriculture projects

12° and 13° DAY – *8 and 9 November* – Transfer and excursion to Gatlang.

- **Gatlang** is a village with breathtaking views. Here, you can go trekking and meet the local community, which traditionally welcomes tourists with traditional dances and songs.





14° DAY – *10 November* – departure from Gatlang to Kathmandu
Travel day and return to Boudhanath, free evening

15° DAY – *11 November* - Kathmandu
Free day for shopping and enjoying the city

16° DAY – *12 November* – Departure for your own country
Free morning, transfer to the airport, and departure for Italy.

Arrival in Italy in the evening.



Thamel, a neighborhood in Kathmandu famous for its numerous artisan shops and shopping opportunities















Trips to Nepal

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

T. S. Eliot

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