Tibetan People Cultural Exchange in Nepal
17-Day Guided Program with Community-driven Project

In Partnership Since 1999

Experience daily life in Nepal and learn about Tibetan history and culture while staying in a Tibetan settlement. In partnership with settlement leaders, contribute to a community project such as road or building repairs. Deepen your understanding of Tibetan culture by meeting community elders, learning about Tibetan Buddhism, and visiting a Tibetan carpet factory. You’ll be accompanied by an Xperitas Team Leader, who will take care of logistics and facilitate daily group reflection and journal-writing.

Features & Inclusions

- ROUND-TRIP AIRFARE
- OVERNIGHT ACCOMMODATIONS
- IN-COUNTRY TRANSPORTATION
- INSURANCE
- 24/7 EMERGENCY SUPPORT WHILE ABROAD

Trip Overview

17 DAYS
STAFF-GUIDED
WITH COMMUNITY STAY
FROM $5569

“The final party of sharing, dancing, singing. Very, very emotional and spiritual. Tibetans are wonderful hosts. Could not top this experience.”
— Participant

“I know that everyone in our group has loved being together as a group and spending time in Jampaling. We have been enriched, well cared for, and have learned much from our new friends.”
— Participant

Visit xperitas.org for pricing and more information.
ITINERARY

About the Community
Nepal’s Pokhara Valley is nestled at the foot of Annapurna Range, featuring three of the highest ten peaks in the globe. Nepali and Tibetan culture come together in this unique region, where thousands of Tibetans in exile formed settlements in the late 1950’s in response to China’s invasion of their country. Today, Tibetans in the Pokhara Valley continue their practices of Tibetan Buddhism, culinary traditions, and the ancient craft of Tibetan rug-making. Xperitas partners with a group of Tibetan refugee leaders dedicated to improving their communities.

DAY 1 | Departure
Depart for Kathmandu.

DAY 2 | Kathmandu
Welcome to Nepal! Your Xperitas Team Leader will greet you at the airport in Kathmandu. Transfer to your hotel and enjoy your first group dinner and team meeting. D

DAY 3 | Pokhara
Take a short domestic flight from Kathmandu to Pokhara. Then, take a ride to the Tibetan Settlement. Meet community leaders and get settled into accommodations. B L D

DAYS 4-14 | Community Stay
Under the direction of settlement leaders, collaborate on a project alongside community members such as road or building repairs. In addition, you’ll connect with community members by visiting the elders’ home, local school, and the market in the neighboring Nepali town. You’ll also see what life is like in other Tibetan settlements on a day trip to Pokhara, including a visit to a Tibetan carpet factory. Participate in additional community events by invitation, depending on the timing of your visit, such as local festivals and ceremonies. Reflect on your experiences in daily team meetings and journal-writing. On the last day, have a final celebration with community members. B L D

DAY 15 | Pokhara
Say goodbye to your new friends in Jampaling and depart for Pokhara. Spend the afternoon at Lake Fewa, Nepal’s second largest lake, on a paddle boat ride. B L D

DAY 16 | Kathmandu
Hop on a short domestic flight from Pokhara to Kathmandu. Then, check in at your hotel in Kathmandu and visit Boudhanath, one of the largest stupas in the world and the heart of Tibetan Buddhism in Nepal. B L D

DAY 17 | Return
Depart Kathmandu for your flight home. B

The order of this itinerary is subject to change.

The Community Stay Experience
We believe that spending time within a community, participating in their customs, and working alongside them is the best and most authentic way to experience another culture.

For almost 50 years we have been arranging programs that bring people of different ways of life together in respectful, mutually beneficial ways.

Non-Profit | Since 1972 | 100 Host Communities & Growing
Xperitas is a community of lifelong learners who believe in a world built on deeper understanding between cultures. Our values are reflected in our commitment to inspiring personal connections with diverse individuals, elevating relationships over projects and providing a channel for indigenous voices and perspectives. We are dedicated to promoting global citizenship through authentic immersion experiences.

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