

# NEPAL

UNBOUND STUDY TOUR  
GLOBAL CHALLENGES

## CONTACT

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# KEY DETAILS

## Program Length

14 days

## Program Cost

AU\$3,000

Payable as \$250 deposit

+ \$2,750 balance

### **Apply any time, and as early as possible because:**

We use rolling applications and programs will close once full; and universities have internal deadlines for funding programs for funding programs like OS-HELP.

## INCLUSIONS

### INCLUDED

- Accommodation (including hotel, hostel, home-stays)
- Meals for the duration of the program
- >100 contact hours of educational content and cultural experiences
- Expert program facilitators
- Coursework and educational content
- Translators and local guides
- Cultural and social activities
- Transport within the country (including airport pickup / drop off)
- Pre-departure support
- Safety and security monitoring and planning

### NOT INCLUDED

- International flights
- Passport and visa costs
- Travel insurance (Students travel insurance may be covered by their university's travel insurance policy. Get in contact with your Student Mobility Office to find out.)
- Personal expenses (such as souvenirs, drinks, laundry, medical expenses, phone calls)

# PROGRAM INFORMATION



## PROGRAM OVERVIEW

Located between the mountainous Himalayas and the plains of northern Nepal is Nepal, a beautiful land-locked country that has experienced significant challenges. Ranked 145th in the Human Development Index, the country faces a range of challenges related to poverty, infrastructure and economic development. As an additional challenge, in 2015, a 7.8 magnitude earthquake devastated the country, with thousands of lost lives, and billions of dollars in damage across the country. This was the largest natural disaster in over 70 years, and also comes at a time of socio-political change and transition for the country.

The Global Challenges Study Tour (Nepal) is a unique opportunity to explore this complex country and dive deep into building strong and resilient communities. With partners, the focus of this program explores the built environment – the architecture, design and engineering required to build a strong community, as well as understanding the effect of the recent earthquake. The program then looks to the bigger community and social aspects to forge strong societies, including education, livelihoods and equality. Participating students will become part of this journey of transition in Nepal, and make real connections as they explore the local innovations and programs that are building a brighter future in this remarkable country.

The partner projects that students will get the opportunity to be involved with are redesigning buildings using natural and locally sourced materials, notably bamboo and rammed earth. This approach is one that empowers individuals to create high quality, earthquake resistant structures. Working in multi-disciplinary teams, students will have the opportunity to explore what lasting community development is like, while building their skills as they bring their own passion and ideas in partnership with local communities and leaders.

# ACTION PROJECTS

Unbound uses Action Projects to help participants to encourage everyone to get hands on with the design process. They are opportunities to apply the concepts that you have learnt, to a real life application for the program partner, for a community, or even that you can take back home to work on in Australia.

You will work in a team of 3 - 5 people from different disciplines who are all interested in similar topics. You will work on the project for the duration of the program, and will present your solution at a graduation ceremony at the close of the program.

Using this workbook, practical sessions, educational workshops and unstructured sessions, we will work through the stages of designing and prototyping your action projects. These stages are the stages that you can use for any types of projects in the future.



## Action Project Topics

Projects could be a piece of technology (e.g. solar lamp), an education project (e.g. a hygiene poster for children), or they could be something like a website, marketing materials, or an event. You may have the chance to work on projects that previous groups have worked on, to develop these further. We encourage you to think up creative, diverse solutions that could positively change lives in Nepal or Australia.

In Nepal, our program partners provide a list of project ideas. These projects are ideas that will be useful for their work, or that address a need that the partner has identified after their years of work within the context. There may also be the chance to work on projects that student groups have worked on in previous program, and to develop these and take them to the next stage or revision.

We suggest you work with one of these ideas but do talk to your Facilitator if you have a special topic you would love to work on. We encourage you to think up creative, diverse solutions that will positively change lives either in Nepal or Australia.



## Timeframe & Scope

You will be in country for a total of two weeks, that includes time spent working on your projects, travelling and immersing ourselves in local culture, sightseeing and the unexpected! So, when project time is scheduled in, you should try to make the most of it. While we do encourage you to have big ideas, projects should be achievable within the two weeks. We want to see you with a ready to go prototype by graduation.



## Resource Acquisition

Creating your action project prototype, you may need help with resources. Please discuss your resource needs with Facilitators as your ideas develop and we will work together with our local partners to source and assist your team.



## Target Audience

Your project should be designed with one of these groups in mind: one of our program partners; one of the communities, groups or organisations you visit; or a group, organisation, or community that you work with at home



## Due Date

Teams are required to give a presentation on **DAY 13** of the trip and submit all documentation and media on this day. If you are having trouble collating everything on time, please speak to your Facilitator individually.





## PREVIOUS ACTION PROJECTS

### Water Filter

One group of students discovered while talking to villagers in rural Dhulikhel, and visiting the source of the drinking water, that water is not filtered as it flows down the valley, being accessed by different families. The group decided to research different materials available locally that could be used to create a home-filtration system. They investigated different shapes and materials, using bamboo, sand, gravel and activated charcoal.



### Bamboo Rake

In rural Dhulikhel, villagers are farmers who farm on small terraced plots of land on the mountainside. One group of students noted that while preparing the soil and planting seeds, only one furrow is ploughed at a time. The students worked with local farmers to create a prototype of a new rake made from bamboo that had the potential to create several furrows at one time, with subsequent revisions possibly even creative furrows and planting seeds at the same time.



### Brick Press

Our Nepali partner organisation, Abari, is educating villagers in Dhulikhel on locally available construction materials, including rammed earth bricks. They have developed a brick press, pictured below. However, the brick press is not easily available and community members have developed their own small versions of the press. One group looked at different prototypes for efficient brick presses, that could create more than one brick at a time.

# ASSESSMENT & DELIVERABLES

**ALL PROTOTYPES  
& DOCUMENTATION  
MUST BE COMPLETE  
AND SUBMITTED  
BY DAY 13 OF  
THE PROGRAM  
(GRADUATION DAY).**

## Why the documentation?

Creating meaningful documentation is essential for the longevity of your work. If your project is something that spans over a period of time, good documentation means a future team can pick up where you left and delve deeper into refining and adapting an initial concept of design. It also means community members aren't constantly interviewed and asked questions.

## What's in it for you?

Being able to reference an international design challenge project is an invaluable asset for your professional careers. "Can you tell me about a time that you have had to think creatively to find innovative solutions?"

"How do you respond when working in an interdisciplinary team with members of different skill sets to yourself?"

Well-kept notes and documentation can be used to select essential skills for job applications or preparing for interviews, and digital summaries of your project can be linked to an online profile such as LinkedIn or portfolio.

## EACH GROUP WILL COMPLETE:

### Prototype

Groups will develop a working prototype in order to gain feedback on the idea, and to present at graduation as a proof of concept. This should be as complete as possible. For example if students are working on a bamboo water filter they should have an example bamboo water filter to present. It may not be the final version and many more iterations are likely to be required, which should be documented.

### Report

Groups will develop a short 2-4 page report or pitch deck detailing their project. Reports should include background information such as the design challenge and the stakeholders included in the project; an explanation of their prototype and design; and future recommendations for later iterations or subsequent groups working on this project.

### Presentation

Groups will present on graduation day about their prototype. This should be a succinct and engaging pitch and explanation about their project and prototype. Time allocated will depend on the group size - approx 5 - 7 minutes.

### Video

Groups will put together a short (up to 3 minutes) video about their project and the process that they went through to arrive at their prototype.

**Depending on your university's course requirements, there may be additional assessment tasks, such as a reflective essay or program report.**



# PROGRAM STRUCTURE

## OVERCOMING CHALLENGES

Nepal is a country that faces significant development challenges. The past two decades have seen enormous political turmoil as the country, and the Gorkha earthquake, a magnitude 7.8 quake.

Despite these challenges, across the country there are Nepali innovators, champions and leaders who are building their communities and bringing new opportunities. This program provides the chance to explore these programs that are part of creating resilient cities and communities. Using processes that empower local individuals to take action, and making the most of the vast resources that exist within Nepal, this project is a challenging, but transformational learning experience.

This Global Challenges study tour aims to equip participants with the skills and experience to work in a complex environment and in partnership with people from varied backgrounds. This experience will take participants out of their comfort zone, and give them the skills to work in the Asian Century.

Through this program, you will support our local partner ABARI in their varied approach and outcomes. These include: designing and constructing sustainable structures using traditional material like adobe and bamboo, which is sensitive to the environmental, social, cultural and topographical conditions of the area; rescuing and redesigning traditional materials like adobe and bamboo so that they can cater to modern sensibilities; constructing structures that can harness solar energy and use household waste for energy generation, and much more! You will also have the opportunity to create new approaches and bring their own ideas into community work.

This immersive and engaging approach is a perfect introductory experience to travelling in developing countries and being involved in complex environments. The Global Challenges study tour is an excellent opportunity to learn in a unique and amazing part of the world.



# COURSE OUTCOMES

## DURING THIS STUDY TOUR YOU WILL

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1. Display an increased understanding of Nepali culture, including local social contexts and history. Demonstrate effective cross-cultural collaboration, cultural sensitivity and engagement with people from various backgrounds.
2. Demonstrate an understanding of post-earthquake reconstruction, including the use of local materials and the approach of Owner Driven Reconstruction. Exposure to various building approaches including rammed earth, stone masonry, mud plastering and bamboo designs.
3. In collaboration with local Nepali partners, effectively work within cross-cultural, multi-disciplinary teams in order to achieve professional and personal goals – including time management, problem-solving, critical thinking and coordination of work.
4. Sharing your work and the outcomes of your projects – display increased professional skills, including group-work, leadership, oral communication, project design and management.
5. Gain practical experience in an international professional context.
6. Improve understanding of the 2015 Nepali earthquake, including the various associated social and developmental challenges and translating that into a project based on innovative and community-led approaches.
7. Improved understanding and appreciation of active global citizenship, social enterprise and community development issues.
8. Improved ability for personal and professional reflection and growth.





# FUNDING & CREDIT

This program is designed to count for credit and/or meet a program work experience requirement. As such, students may be eligible for OS-HELP funding for this program. OS-HELP is a Government loan scheme providing up to \$7,764 in funding to study in Asia.

**More information can be found here:**

<http://studyassist.gov.au/sites/studyassist/help-paying-my-fees/os-help-overseas-study/pages/os-help-loans-and-study-overseas>

Scholarships and other funding support may be applicable depending on availability and eligibility through study abroad and student mobility offices.

**Note for Engineering Students**

This program has been designed and coordinated by a Chartered Professional Engineer (CPEng) and is eligible for 80 hours of professional engineering work experience, towards achieving their Engineers Australia Stage 1 Competencies.





# COUNTRY INFORMATION

## NEPAL: ESSENTIAL COUNTRY INFORMATION

<b>Capital</b>	Kathmandu
<b>Population</b>	~26 Million
<b>Main Languages</b>	Nepali
<b>Currency</b>	Nepalese Rupee
<b>Time Zone</b>	UTC+05:45
<b>Government</b>	Parliamentary Republic
<b>Weather and climate</b>	Spring: March to May ( approx. 18-22°C) Monsoon: June to August (approx. 25-30°C) Autumn/Winter: September to February (approx. 5-15°C)

### Health and Safety

- Health insurance – is essential for travel to Nepal
- Visit your doctor before arriving to ensure any required vaccinations are completed and health issues are discussed
- Register with Smart Traveller – <http://smartraveller.gov.au/>
- Bring any medications that you may need with you.
- We will have a first aid kit, trained first aiders, and we can access health clinics and hospitals. We will brief you on risks, health and safety daily
- The most common injuries and health issues for travellers are accidental injury (especially traffic accidents) and bouts of stomach sickness

# WHAT TO PACK

## SOME THINGS YOU SHOULD PACK INCLUDE:

We recommend that you bring a smaller bag to take things to the homestays where space is more limited. You will be required to carry these including some moderate walks. Backpacks are recommended.

### Clothes

The aim for your clothes are to be comfortable, respectful and present well.

- Comfortable walking shoes
- Thongs / flip flops
- Loose fitting long sleeve shirts
- T-shirts / Polo shirts - shoulders should be covered, nothing sleeveless for men or women
- Jumper (according to the climate of your country)
- Jackets (according to the climate of your country)
- Shorts (according to the climate of your country)
- Pants (according to the climate of your country)
- Socks and underwear
- Sunglasses
- Sunhat
- Swimmers
- Pyjamas
- If possible, pack one smart/casual outfit for your final presentation.

### Toiletries

Most basic hygiene products can be purchased in country if needed.

However, you may still want to pack the following:

- Sunscreen
- Toothpaste / Toothbrush / Floss
- Small shampoo / conditioner
- Razor or shaver
- Deodorant
- Tissues or emergency toilet paper
- Body wash / soap
- Wet wipes (biodegradable for reduced impact)/Hand sanitiser
- Contact Lens case and solution
- Eye drops
- Menstrual products - women
- Nail clippers

### Medical and First Aid Kit

- Personal medications
- Small travel first aid kit – band aids,
- Drugs - paracetamol, diarrhea medicine (GastroStop), hay fever or allergy medicines, nausea or travel sick tablets for windy roads or boat journeys, ural if you are prone to UTIs, hydrolytes
- Mosquito repellent

### Note for Women

- Please bring a supply of tampons, panty liners, mooncup, pads etc for the whole trip according to your cycle. Although menstrual products are available in country in main cities and supermarkets, they may not be as comfortable or available as you are used to in Australia, so pack this!

### Electronics

- Laptop / Tablet / iPad - although it isn't compulsory, a device like this will be invaluable to research and conduct your Action Projects
- Phone (unlocked)
- Camera
- Power adapters / converter (multi country ones are useful)
- Torch (handheld, head torch, or use your phone)
- Powerbank or Portable battery pack + cable

### Travel Well

- Day bag for water, sunscreen etc. -very practical and useful
- Small plastic bags or reusable cloth bags (for dirty laundry, extra clothes, small supermarket or souvenir shopping)
- Reusable water bottle to reduce plastic consumption
- Passport and Passport Holder
- Vaccination Booklet (yellow)
- Passport Photos (x4) - for general travel -SIM cards/visas
- Photocopy of Passport
- Print out of travel itinerary
- Blank notepad or diary to write down/doodle your travel thoughts
- Backpacks are preferred over suitcases
- Eye Mask
- Ear Plugs
- Travel Pillow
- Lightweight scarf (good to keep the sun off, doubles as a pillow)
- Cash to exchange in country or debit/credit card (notify your bank of international travel)

### Optional but Fun

- Vegemite / Tim Tams or other tastes of Australia that you might want to share
- Photos of your family, house, friends, university (this can be on your phone or printed out)
- Playing cards or travel games

### Don't Pack

- Anything that is illegal in either Australia or the destination country
- Drugs and alcohol
- Towel (not necessary – but feel free to bring small travel towel)
- Sleeping bag
- Massive suitcase that you can't carry
- Inappropriate or revealing clothes (short shorts, singlets, clothing with offensive/beer slogans, impractical heeled shoes)



# LOCAL PARTNER



## ABARI

[abari.earth](http://abari.earth)

ABARI is a socially and environmentally committed research, design and construction firm in Nepal. Abari builds inspiring spaces using local resources like adobes, bamboos, stones and reed, that are earthquake resistant, healthy, energy efficient and a modern sustainable alternative to conventional building practices. Abari designs structures resistant to earthquake and flooding, and incorporates ecological values into their creation of space, such as harnessing solar energy and using household waste for bio-gas energy. Abari also trains local people in bamboo construction, manufacturing of earth bricks, and other specialized construction methods.



# ABOUT UNBOUND

## LEARN WITHOUT BOUNDARIES

Unbound is an Australian social enterprise that leads innovative overseas educational programs with a focus on social and environmental issues.

The organisation aims to educate and connect students to important global issues; to increase the number of students undertaking international education and mobility programs; and to provide tangible connections between technical knowledge and their application to create positive social change.

Unbound draws on a network of academics, educators, community partners and industry groups to make a positive contribution to higher education, student engagement and mobility. Above all, Unbound is committed to the delivery of safe, inclusive, high quality and engaging educational programs for Australian university students.

### Our Approach

- 7 Billion Teachers - We believe everyone has something to teach and share.
- Learning by Creating - Making projects for the real world is an exceptional way to learn.
- Working across Borders - Working at the intersection of disciplines is where innovation and real change happens.
- Embrace Innovation - We don't always have the answers, but are ready to try new things and find out.
- Powered by Humans - We care. We learn. We connect. We enjoy the ride.

To read about our awesome team & facilitators, visit: [unbound.edu.au/about](http://unbound.edu.au/about)





WHAT ARE YOU WAITING FOR?

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