

## DAY 01

- Arrive at Paro International Airport; Receive welcome blessings and spiritual cleansing from high lama
- Transfer to Thimphu
- Stroll down Thimphu's main district center (optional)
- Welcome dinner at the hotel; Rest

## DAY 02

- 9:00-10:00 Breakfast; Orientation
- 10:00-12:00 Family Sports Day with local children
- 12:00-1:00 Lunch with local children
- 1:00-1:30 Drive to Thimphu
- 3:00-7:00 Free Time
- 7:00 Dinner at the hotel; Rest

## DAY 03

- 8:30 am Breakfast; Leave hotel for Kuenselphodrang
- 9:00-10:00 Visit one of the world's largest Buddha statue
- 10:00-10:30 Drive to Takin Trail
- 10:30-11:30 Hike the ancient Takin trail and plant tree
- 11:30-11:45 Drive to town for lunch
- 12:00-1:30 Lunch at a local favorite restaurant
- 1:30-2:00 Drive to Bhutan Post Museum
- 2:00-3:00 Bhutan Post Museum Visit
- 3:00-7:00 Free time
- 7:00 Dinner; Rest

## DAY 04

- 9:00 am Breakfast; Leave hotel for Nunnery
- 9:30-10:30 Meet the nuns at the Nunnery
- 10:30-12:30 Whitewash the nunnery with the nuns
- 12:30-2:30 Lunch with the nuns
- 2:30-4:00 Royal Textile Museum
- 4:00-7:00 Free time
- 7:00 Dinner at a local favorite restaurant; Rest

## DAY 05

- 8:00-8:30 Early transfer to Nakula Dog Shelter
- 8:30-9:30 Volunteer at the Nakula Dog Shelter
- 9:30-12:30 Build sheds for the rescue animals
- 12:30-2:30 Picnic Lunch Transfer to Punakha
- 2:30-4:30 Stop at Dochula Pass
- 4:30-7:00 Free time
- 7:00 Dinner at the hotel; Rest

## DAY 06

- 8:30-9:00 Breakfast; Transfer to Visit Punakha Dzong
- 9:00-10:00 Punakha Dzong
- 10:00-10:30 Walk the longest suspension bridge
- 10:30-11:00 Transfer to Aum Karma's family home
- 11:00-1:00 Lunch at Aum Karma's Family Home
- 1:00-2:30 Rice planting in the paddy fields (June/July)
- Landscaping at local nunnery (Spring and Fall)
- 2:30 Transfer to hotel
- 3:00-7:00 Free time
- 7:00 Dinner; Rest

## DAY 07

- 9:00-1:00 Breakfast; Transfer back to Paro
- 1:00-2:30 Lunch
- 2:00-7:00 Free Time
- 7:00 Dinner at the hotel; Rest

## DAY 08

- 7:00-7:30 Breakfast; Leave hotel to Tiger's Nest Base
- 7:30-10:30 Hike to Tiger's Nest
- 10:30-11:30 Enter the sacred cave
- 1:30-2:30 Lunch at the viewpoint
- 4:00-4:30 Drive to Paro Town
- 4:30-5:30 Visit Paro Town- Kaja Throm
- 7:00 Dinner at a family farm home; Rest

## DAY 09

- Exit

PLEASE NOTE THAT THESE ACTIVITIES ARE SUBJECT TO CHANGE AND DEPEND ON HOW MANY VOLUNTEERS ARE THERE DURING THE WEEK, PROJECT AVAILABILITY, WEATHER, PREVIOUS PROGRESS, ETC.

