高校生スペシャル ネパールでチャイルドケア&地域奉仕活動 2週間

実際のスケジュールは当日の天候や参加人数によって調整されますので、参考としてご利用ください。

1 日曜日 終日 現地到着 7:00am - 8:00am 朝食 8:30am - 12:00pm オリエンテーション 12:30pm - 2:00pm 昼食 2:00pm - 5:00pm 昼食 2:00pm - 8:00pm 夕食 8:00pm - 9:00pm 買文化体験: 伝統舞踊鑑賞 7:00am - 8:00am 朝食 9:00am - 12:00pm 昼食 1:00pm - 4:00pm 昼食 1:00pm - 4:00pm 少食 7:00am - 8:00am 朝食 9:00am - 12:00pm 地域奉仕活動: 建物の修繕 12:00pm - 1:00pm 昼食 1:00pm - 4:00pm 少食 5:30pm - 7:30pm 夕食 7:00am - 8:00am 朝食 9:00am - 12:00pm 地域奉仕活動:建物の修繕 12:00pm - 1:00pm 昼食 1:00pm - 4:00pm スワヤンブナート訪問 5:30pm - 7:30pm 夕食 7:00am - 8:00am 朝食 9:00am - 12:00pm 地域奉仕活動: 建物の修繕 6 金曜日 7:00am - 8:00am 朝食 9:00am - 12:00pm 上域の修繕 12:00pm - 1:00pm 昼食 1:00pm - 3:30pm 子供たちと教育活動: 200pm - 3:30pm 子供たちと教育活動		曜日	時間	内容
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			1:00pm - 3:30pm	子供たちと教育活動
4:00pm - 6:30pm ヨガ			4:00pm - 6:30pm	ヨガ
7:00pm-9:00pm 夕食			7:00pm - 9:00pm	夕食
7 土曜日 終日 ポカラ観光	7	土曜日	 終日	
8 日曜日 終日	8	日曜日	終日	· · · · · · · · · · · · · · · · · · ·

		7:00am - 8:00am	朝食
9	月曜日	9:00am - 12:00pm	Edu Farm訪問: 工作のワークショップ
		12:00pm - 1:00pm	昼食
		2:00pm - 5:00pm	Edu Farm訪問: モモ(ネパール餃子) 料理教室
10	火曜日	7:30pm - 8:30pm	夕食
		7:00am - 8:00am	朝食
		9:00am - 12:00pm	子供たちと工作
		12:00pm - 1:00pm	昼食
		2:00pm - 5:00pm	子供たちと工作
	水曜日	5:00pm - 7:30pm	夕食
		7:00am - 8:00am	朝食
		9:00am - 12:00pm	地域奉仕活動: 建物の修繕
11		12:00pm - 1:00pm	昼食
		1:00pm - 2:00pm	子供たちと教育活動
		2:00pm - 6:00pm	寺院訪問
12	木曜日	7:00pm - 8:00pm	夕食
		7:00am - 8:00am	朝食
		9:00am - 12:00pm	子供たちと教育活動
		12:00pm - 1:00pm	昼食
		1:30pm – 3:30pm	子供たちに衛生指導: 歯科衛生
		3:30pm – 6:00pm	活動の振り返り
13	金曜日	6:00pm - 8:00pm	お別れ夕食
		7:00am - 8:00am	朝食
		9:00am - 12:00pm	ゴールデンテンプル訪問
		12:00pm - 1:00pm	昼食
		1:00pm - 6:00pm	ローカルマーケットへ お土産ショッピング
		7:30pm - 8:30pm	夕食
14	土曜日	終日	帰国の途へ