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 3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 7:30am-8:30am 朝食 8:30am-12:00pm オリエンテーション 1:00pm-2:00pm 昼食 2:00am-4:00pm 地域奉仕活動:施設の付金 4:00pm-7:30pm カトマンズで買い物では事性活動:施設の付金 7:30pm-8:30pm 夕食 8:00am-9:00am 朝食 10:00pm-2:00pm 昼食 2:00am-4:00pm 地域奉仕活動:施設の付金 4:00pm-6:00pm 休憩 6:30pm-8:30pm 夕食 8:00am-9:00am 朝食 10:00am-1:00pm 地域奉仕活動:施設の付金 4:00pm-5:30pm ローカルマーケット/クラント/クラント/クラント/クラント/クラント/クラント/クラント/クラン	多繕
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9 月曜日 終日 カトマンズへ移動	
7:00am - 8:00am 朝食	
8:30am - 12:00pm 子供たちと教育活動	
10 火曜日 12:00pm - 1:00pm 昼食	
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6:00pm - 8:00pm 夕食	_
9:00am - 10:00am 朝食	
10:30am - 12:00pm 子供たちと教育活動	
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11 水曜日 1:00pm - 2:30pm 子供たちと教育活動	
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		8:00am - 9:00am	朝食
	 木曜日 	10:00am - 12:00pm	子供たちと教育活動
12		12:00pm - 1:00pm	昼食
		1:30pm - 5:00pm	ヨガクラス
	金曜日	6:00pm - 8:00pm	夕食
		8:00am - 9:00am	朝食
13		10:00am - 4:00pm	キルティプル・チョバル 訪問
13		4:30pm - 6:30pm	異文化体験: ネパールダンス
		6:30pm - 8:30pm	夕食
14	土曜日	終日	Edu Farm訪問: 工作・モモ(ネパール餃 子)料理教室
		8:00am - 9:00am	朝食
		10:00am - 12:00pm	子供たちと工作活動
15	日曜日	12:00pm - 1:00pm	昼食
		1:00pm - 3:30pm	教室の飾りつけ
		3:30pm - 8:30pm	小旅行に向け買い出しと 準備・夕食
16	月曜日	終日	チトワン国立公園・
17	火曜日	終日	ワニ保護施設訪問
		7:00am - 8:00am	朝食
18	水曜日	8:30am - 2:30pm	カトマンズへ移動
10		3:00am - 5:30pm	ホテルで休憩
		5:30pm - 7:30pm	夕食
		8:00am - 9:00am	朝食
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19	木曜日	10:00am - 1:00pm	朝食子供たちに歯科衛生指導
19	木曜日	10:00am - 1:00pm 1:00pm - 2:00pm	朝食 子供たちに歯科衛生指導 昼食
19	木曜日	10:00am - 1:00pm 1:00pm - 2:00pm 2:00pm - 4:00pm	朝食 子供たちに歯科衛生指導 昼食 子供たちとのお別れ会
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