



Trip Information Packet

Nepal

Hong Kong Students and Families

April 11-19, 2025



Welcome to Courts for Kids. Most likely, this is your first trip with our organization and we are confident that this trip will impact you in ways you cannot even imagine. We work closely with our in-country partner to make sure your basic needs are met, so we can all focus on the task at hand, creating a multi-purpose sports court with the initiative, help and support of the community.

A sports court is a great project because it requires the help of many community members, provides plenty of work for everyone, and becomes an asset that provides not only safe places for children to play, but also various other benefits. The hard work of our team will be a great bridge between us and the community and we will develop a mutual respect that will help provide inroads into a rich cross-cultural experience and first-hand insight into a developing world community.

We are looking for great cultural ambassadors, so please only sign up for this trip if you are willing to step outside of your comfort zone. You will need to work hard, you will be eating different foods, sleeping and bathing in less comfortable environments. But this is where the greatest lessons are learned.

Most importantly, we ask that you enter into this with a great sense of humility. We want you to be eager to learn and grow in this process as we are entering into a different culture with different values and norms. We want you be quick to listen and slow to speak.

We will not be giving you a detailed itinerary as things are very prone to change with this sort of construction project. But your time will be spent working on the court, taking part in various cultural activities and, most importantly, connecting with the locals.

Please look through this informational packet and feel free to contact us with any questions you may have.

If you choose to go, I can almost guarantee you will look back on this trip as a life-changing experience. You will grow so much in a week it will make you wish you could stay longer. In fact, you will probably say this was the best week of your year.

Hope you can come!

Derek Nesland
President
Courts for Kids

Community Information

You will be traveling to the Chitwan district in the South of Nepal, where you will be working with community members and school children to construct a multi-use athletic court at a school to be determined. This will be the third project Courts for Kids will have completed in this general area.

Nepal is famous for the Himalayan Mountains, but the Chitwan area is at a low elevation with a tropical climate. It is in the drainage basin of the Gandaki River, which provides a meandering border between Nepal and India. Instead of the Himalayan yak, this part of Nepal has elephants, rhinos and even tigers.

You will be building the multi-use court at a school which has no court in the general area and will provide a great opportunity for basketball, volleyball, other sports and other community events.

Our Nepal projects feature incredible hospitality from communities, delicious food and kids who are very eager to work alongside you and get to know you better. The people have a very warm, welcoming spirit and a contagious joy to life.

The Chitwan Valley is world renown for it's beautiful wildlife and included in this experience will be a one day trekking, canoeing, and jeep safari to see elephants, rhinos, crocodiles, birds, and if you are lucky a tiger sighting!

Your group will be met at the airport by a Courts for Kids staff member who has been working closely with the community to plan all aspects of your visit. You will be staying in a community building sleeping on mattresses on the floor. You will work side-by-side with the locals and although it will be challenging there are jobs for everyone of every physical capacity. During the whole trip you will be fully immersed in the local culture eating authentic food, learning local traditions, customs, and way of life. It is important to note that this court will be built with the community not for the community. The community members are very motivated to make their court a reality and from the beginning, they have been the driving factor planning this project to see it come to fruition.

*More specific lodging, packing, and trip logistics will be provided as the departure date gets closer.



General Itinerary

April 11– Depart after school ends. Arrive into country and overnight in Kathmandu. In-Country Orientation. Make way to Chitwan in the morning of the 12th.

April 12-15 Service work on court, cultural activities, traditional food, team reflection, structured and unstructured relationship building and games with team and community members.

April 16– While the court is curing, a one day safari in Royal Chitwan National Park

April 17– Court inauguration, clinic and games on the new court. Final celebration of all of the hard work and final goodbye to the community members you connected with.

April 18– Depart from the community and head back to Kathmandu. Overnight in Kathmandu.

April 19- Fly home

Trip Safety

Courts for Kids makes your safety our number one priority. Being in a safe, tight knit community with strong awareness and ownership of the project will provide local people who will be personally invested in the safety of the team. Courts for Kids also has safety protocols in place that include, but are not limited to:

- A **Courts for Kids representative will lead the group** while in the destination country.
- We always contract **private transportation** to pick up and return the group to the in-country airport.
- We have a **strict behavior and conduct policy** for all trip participants which promotes the safety and security of the group. All participants are required to attend a **mandatory training**.
- We have **secure transportation** available to medical facilities in the case of any injuries.
- We will have a **first aid kit** with the group at all times.
- We only drink **clean, potable water**.
- We work with community cooks to adhere to our **Safe Cooking Practices**.
- We monitor the **US State Department** travel warnings and make travel adjustments as deemed necessary.
- **We do not allow cell phones**; we require all student volunteers to be disconnected for the entirety of the trip.
- **Insurance coverage** for all trip participants that includes evacuation with a medical escort in a worst case situation. Policy details can be provided upon request.
- **A Child Protection Policy** which includes background checks for all adults traveling in a group where minors are present.
- Courts for Kids may conduct a **behavioral background check** through a student's school and reserves the right to refuse a participant based on the information we receive.

Safety is a team effort and every trip participant is responsible for their behavior, must use common sense while traveling, and comply with Courts for Kids representatives and trip leaders at all times.

Funding Responsibilities

Everyone in your group will contribute to the total project costs.
Each participant will be required to fundraise/donate this amount:

\$2,700

100% of all donations are fully tax deductible

All funds raised are applied to court construction costs and the following group expenses:

- Airfare
- In-country costs (food, water, lodging, and transportation)
- Entrance/exit fees
- Emergency medical insurance
- Special activities
- Court construction costs (in addition to your giving, the host community also contributes making this court a reality).

Does not include: passport, immunizations, travel to and from the Hong Kong airport, food or incidental costs on layovers and delays, or spending money for souvenirs.

Funding Deadlines:

- **\$300**– Deposit due upon registration (**You will not be charged until we have the minimum number for the trip to be confirmed**)
- **January 31, 2025: \$700**– First amount due.
- **February 28, 2025: \$800**– Second amount due
- **March 20, 2025: \$900**– Final amount due.

****All donations are non-refundable** (unless the entire project is canceled by Courts for Kids, funds will be refunded less non-recoverable costs). If you raise/donate more than the above amount, you can choose to apply the excess to passport or immunization costs (must submit receipts), the court construction costs, sports equipment, toward the balance of another trip participant or towards Courts for Kids in general. You will not be eligible for any other refunds or reimbursements due to IRS regulations.*

Trip Checklist

- 1. Registration:** After accepted for program, a link will be provided to register online through Courts for Kids.
- 2. Passport:** Make sure you have a passport that will not expire before **October 12, 2025**. If you need a passport, go to the nearest post office for assistance. **In order to avoid the headache and stress, make sure you get your passport on time, do it ASAP.**
- 3. Vaccinations:** The recommended vaccinations for travel to Nepal according to the Center for Disease Control are the following (**keep in mind these are recommended, not required. Check with your local doctor and make the decision best for you**):
 - Routine (DPT, MMR, Polio, Chickenpox, Flu, Shingles)
 - COVID-19
 - Hepatitis A and B
 - Japenese Encephalitis
 - Malaria
 - Typhoid
 - Rabies
4. Students and parents must attend a **mandatory Courts for Kids pre-trip training, dates TBD, in early 2025**. At this meeting, you will be provided a detailed informational packet, including a packing list.

Contact Information

info@courtsforkids.org
+1 360.499.2185
Derek Nesland
+1 360.521.0592
derek@courtsforkids.org

Courts for Kids
PO Box 873786
Vancouver, WA 98687 USA



<https://www.courtsforkids.org/>