



OB Nepal

The programme will be conducted in Kathmandu and Pokhara area. The adventure component includes trekking at Ghoranpani. This is a programme in which participants will experience living in the tent, navigation, wilderness skills and solo experience in the scenic environment of the Himalayan mountain range. The cultural activities may include, local temple visits, and interactions with the locals during the trek.

Experience living in the tent

Navigation & Solo experience in the scenic environment of Himalayan Mountain Range

Wilderness Skills

Cultural Interaction with the locals

"During the coldest night and the last 30mins of the ascent which was very steep as it left me with the deep memory of how my mind overcome my body and the strong encouragement from my watch mates that pushed me on till the summit." -Lee Shu Wei

"I have learnt to help others with the mindset of not getting anything back. When one offers everything to help others, the feeling itself would be the receiving back." - Choo Wen Yi

"I learnt more about my strength through the days of trekking and through the sharing and reflection of my peers. Also the daily stories shared by the instructors taught me valuable lessons." - Joshua Tan