



CASTrips

www.castrips.org

*Creativity,
Activity,
Service*

Bhutan Trip Proposal

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CAS Trips

Creativity, Activity & Service

Bhutan Sample Itinerary

Please note, this is a sample itinerary - all destinations, activities and timeframes can be adapted. CAS Trips are 100% customizable to your needs. Contact us to find out more.

Carbon Neutral CAS Trips



Carbon Offsetting

The process of compensating for carbon dioxide emissions arising as a result of travel, by participating in schemes designed to make equivalent reductions of carbon dioxide in the atmosphere.

carbon neutral

Being Carbon Neutral

Means you do things, such as carbon offsetting, to reduce carbon dioxide by the same amount as you produce while traveling.

CAS Trips calculate each participant's carbon footprint using the  **south pole** emissions calculator and offset your trip's carbon output by protecting rainforests around the world in partnership with **STAND FOR TREES**

Click to find out more about the incredible projects you will be supporting:





Day 1 – Arrival

Activity	Description
Arrival and Transport to Thimpu	Your dedicated CAS Trips Bhutanese tour guide will greet you at Paro Airport before boarding private transport for the 1-hour drive to Thimpu and your accommodation for check-in.
Check-in and relax	Check-in to your rooms, relax and freshen up following the long journey.
Welcome Ceremony & Bhutan Student Collaboration	Participants will be welcomed with a traditional Bhutanese ceremony and introduced to 2-3 Bhutanese students who will be integrated as part of a unique local sponsorship program to facilitate direct intercultural exchange between Bhutanese youth and your school.
Group Evening Meal	Enjoy traditional Bhutanese cuisine alongside your Bhutanese hosts
Bhutan: History, Religion, Culture & GNH	In this exploratory workshop students will learn all about Bhutan's fascinating history and culture as well as the concept of Gross National Happiness – Bhutan's unique philosophy which guides the country's government.



Day 2 – Creativity, Activity & Service

Activity	Description
Visit Buddha Doderma	We take a trip to this breath-taking giant golden monument of Buddha to learn about the country's deeply spiritual Buddhist roots and take in the incredible views of the capital city below.
Service Challenge: The Bhutan Youth Development Fund	<p>The Bhutan YDF empowers and supports Bhutanese youth by providing resources and platforms to define their own future and bring about positive, sustainable change in their communities.</p> <p>You will have the opportunity to speak to YDF social workers about their outreach projects before collaborating with young local students to plan and participate in football, basketball and modern Bhutanese dance classes in the YDF's center.</p>
Lunch	A group buffet lunch at Simply Bhutan living museum
Service Challenge: Support Young Monks	<p>The Dechen Phodrag Monastic Centre is the home and school of almost 500 young monks aged 6-16.</p> <p>Idyllically perched on a hill above the government's Tashichö Dzong fortress, the "Palace of Great Bliss" dates back from the 12th Century and receives limited State funding.</p> <p>Students will create, plan and deliver a group creative arts session for a group of young monks before making a</p>



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donation for winter blankets or footwear as determined by their pre-trip Fundraising Challenge.

Evening Meal

An evening meal of Bhutanese cuisine will be served, including the homemade dumplings, made earlier.

Guided Meditation Experience

Meditation is an integral part of every day life in the Buddhist kingdom of Bhutan.

In this unique activity, you will be introduced to the sacred practices of meditation and mindfulness by an English-speaking Buddhist tutor.



Day 3 – Service & Creativity in Education

Activity	Description
Government School Assembly	<p>Students will visit the government Jigme Loseling school to attend morning assembly and participate in the daily prayer and meditation rituals.</p> <p>Under the careful guidance and instruction of Jigme Loseling students, participants will be introduced to and robed in traditional Bhutanese dress</p>
Lunch	<p>Eat lunch at the school.</p>
Bhutan's 13 Traditional Arts & Crafts	<p>In this interactive visit to the national school for expert training in the arts, students will see masters at work before trying an art such as calligraphy, painting, sculpture and weaving, for themselves!</p>
Visit Bhutanese Post Office	<p>Participants will be able to pose for their own, unique Bhutanese postage stamp which will later be used to send postcards to friends and family back home.</p>
Evening Meal	<p>You will return to the hotel for the evening meal.</p>
Reflections Workshop	<p>Following an incredible first day in Bhutan, students are encouraged to exchange their thoughts and ideas about what they have seen.</p>



Day 4 – Arrival in Punakha

Activity	Description
Journey to Punakha & Hoisting Prayer Flags	The group will travel to Punakha via private minibus transport, stopping at the spectacular 108 Stupas site en route and hoisting the iconic Bhutanese prayer flags to bring good luck and fortune in the future.
Check-in to local homes	In Punakha, students in groups of 2-10 will be assigned to local families in the small farming community of Mendegang for an immersive Farmstay experience.
Lunch	Lunch will be eaten with host families on arrival at Mendegang Farmstay.
Orientation Walk	Lead by CAS Trips guides and host families, participants will take a guided tour of the village, school, rice paddies and farm land to prepare for the next days' Service Challenges
Service Challenge: Intercultural Team Sports	In a community setting, students will meet local children and villagers who will introduce them to traditional Bhutanese sports and team games, including archery and darts for an afternoon of fun.
Evening Meal	Dinner will be eaten with local host families.
Evening Reflections	Following evening meals with local host families, students will gather together to share reflections and impressions of their experiences.



Day 5 – Service in the Community

Activity	Description
Service Challenge: Community Service	In small groups, students rotate activities as they help local farmers with reforestation projects, seasonal cultivation, planting or harvesting, dairy production or planning, creating and teaching ESL classes at the local village community school.
Lunch	Lunch will be eaten at their Farmstays.
Service Challenge: Community Service	In small groups, students rotate activities as they help local farmers with reforestation projects, seasonal cultivation, planting or harvesting, dairy production or planning, creating and teaching ESL classes at the local village community school.
Service Challenge: Homestay Cooking	Students will return to their homestay families to help with the preparation and cooking of their evening meal, including traditional Bhutanese Momo dumplings and butter tea.
Student-led Evening Reflections & Meditation	<p>Following evening meals with local host families, students will gather together to share reflections and impressions of their experiences.</p> <p>Using the techniques and practices taught by your CAS Trips guides and host families, students will also lead their own meditations.</p>



Day 6 – Service in the Community

Activity	Description
Service Challenge: Community Service	In small groups, students rotate activities as they help local farmers with reforestation projects, seasonal cultivation, planting or harvesting, dairy production or planning, creating and teaching ESL classes at the local village community school.
Lunch	Lunch will be eaten at the Farmstays.
Check-out & departure for Paro	After an incredible couple of days in the rural setting of Punakha, we wave goodbye to our host families after lunch and head to Paro for the final leg of our journey.
Journey to Paro	You will travel the 5-hour journey across the zig-zagging roads to Paro via private transport.
Hotel Check-in	Following check-in to the hotel, CAS Trips guides will lead an optional tour of the local sites of Paro. Set in the tranquil Paro Valley, Paro is home to the Rinpung Dzong fortress monastery, several palaces as well as several shops and restaurants to explore.
Evening Meal	You will return to the hotel for tonight's evening meal



Day 7 – Activity

Activity	Description
Hike to Khamsum Yullay Monastery	<p>Just a short drive along the valley, you will arrive at the longest suspension bridge in Bhutan.</p> <p>Here you will disembark, cross the bridge and begin your hike up to Khamsum Yullay Monastery.</p>
Lunch	<p>Lunch will be eaten during the hike.</p>
Service Challenge: UN Changemakers Challenge	<p>In this unique CAS Trips workshop, students will learn about the UN Sustainable Development Goals, investigate how they could impact their own communities and receive the tools and frameworks to plan, organize and implement a long-term collaborative CAS Project that will have a positive impact back home.</p> <p>Teams can submit projects for a chance to win an all-expenses paid CAS Trip to Prague, Medellin or New York!</p>
Evening Meal	<p>International cuisine in the hotel.</p>
Reflection Workshop	<p>Reflection is a key core feature of IB pedagogy and in this innovative workshop, students will be tasked with analyzing their own CAS Trips experiences – individually and in a group symposium - in relation to the 7 Learning Outcomes and creating their own personal reflections using innovative and creative mediums.</p>



Day 8 – Activity

Activity	Description
Hike to The Tiger’s Nest	The iconic Tiger’s Nest monastery is the perfect finale to wind up your CAS Trips experience in Bhutan. The 3-hour trek requires perseverance, but the stunning rewards are unquestionably worth every step!
Optional Hot Stone Bath	After the rigors of the trek up and down from the Tiger’s Nest, you will return to refresh and relax at the hotel. There is the optional extra of indulging in a traditional hot stone bath (\$25 per person – advance booking needed).
Evening Meal	You will return to the hotel for final night’s evening meal
Reflection Workshop	Reflection is a key core feature of IB pedagogy and in this innovative workshop, students will be tasked with analyzing their own CAS Trips experiences – individually and in a group symposium - in relation to the 7 Learning Outcomes and creating their own personal reflections using innovative and creative mediums.



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Day 9 – Departures

Activity	Description
Check-out and Departure	Following check-out from the hotel, your CAS Trips guide will meet and accompany you for the short trip to the airport.

Have questions or need further information?

Get in touch



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