

# International Sustainability School 2019



## Information Handbook

**Sustainability School** is different - it is an extraordinary journey, a self-exploratory trek, a hub to find like-minded people lifetime friends, an opportunity to connect with nature, an experience with communities and a place to ignite ideas and inspiration.

It brings together change makers from around the globe to become sustainability leaders called the Sustainability Fellows and offers them inspiration, ignites ideas, inculcates skills and provides a team.

A background photograph showing a group of people in a rural setting. On the left, a man and a woman are looking at each other. The woman is wearing a red headscarf and a patterned top. On the right, a woman with reddish hair is looking down. In the foreground, two hands are clasped together. The background is slightly blurred, showing trees and a stone path.

## WHAT HAPPENS DURING SUSTAINABILITY SCHOOL?

The program revolves around 10 days experience, which is designed to give the participants ideas, network and inspiration. It is an opportunity to see, feel and know more about sustainability. Sustainability Fellows will get an opportunity to experience local realities as well as learn from experts while also discovering themselves. This is a physically, mentally and socially engaging program where participants enrich themselves, the communities they visit and each other. An astonishing experience is offered to anyone spending time in nature and local communities, and our job as educators is to harvest this 'connection' in helpful and meaningful ways for a more sustainable world by empowering change makers like you!

Through International Sustainability School, Hands-On Institute aspires to help learners re-establish relationship with nature and learn the wisdom embedded in age-old rural communities.

# SUSTAINABILITY SCHOOL INCORPORATES *THREE PHASES*:



## Phase Learn

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Starting with a fun-filled icebreaker, orientation and expectations sharing, during this phase participant will learn from experts and organizations about sustainability.

Participants will have the opportunity to participate in different workshops and interact with change makers.



## Phase Feel

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This is the wonder phase! It envelops 5 resourceful days filled with challenges. This phase helps inspire connection with local community and nature. We trek to our host village where we live like the locals and know about their issues. The impact of the outer world on the host village is explored. We use environment and community as learning modules to gain insights and absorb the knowledge, reality and wisdom present there.



## Phase Pack and Graduation

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We will have 2 intensive days of reflection, summarization and documentation. You will build your experience, energy and zeal into a project that you can share and carry-on for the rest of your life.



# STRUCTURE OF THE PROGRAMME

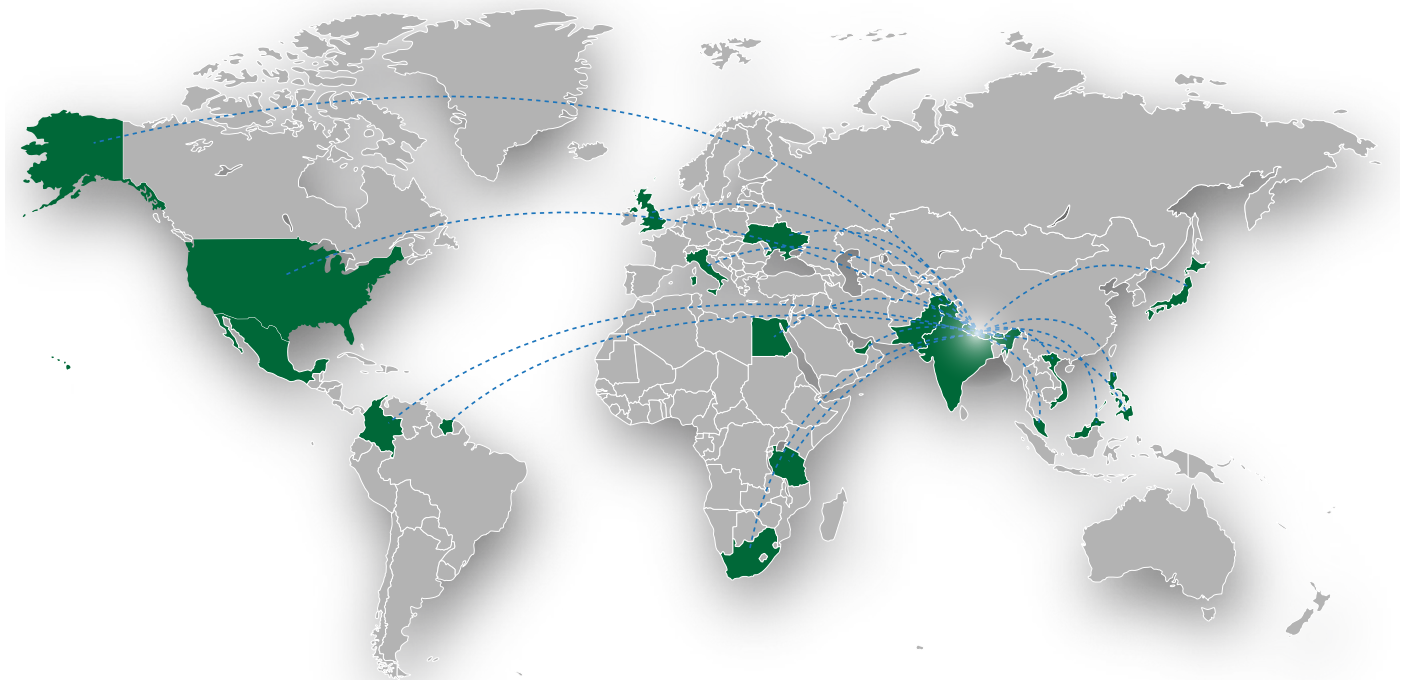


## Arrival

<b>July 28 - 29</b>	<b>Phase Learn</b>	Getting to know each other, orientation, icebreaker and expectations sharing.
		Conceptualizing Sustainability, climate change basics, sustainable agriculture, participate in organizational observations. Visit UNESCO World Heritage Sites, meet Ashoka Fellows and personalize sustainability.
<b>July 30 - August 3</b>	<b>Phase Feel</b>	TREK back and explore Pokhara and travel back to Kathmandu
<b>August 4 - 5</b>	<b>Phase Pack</b>	Reflection, summarization, action planning and documentation
<b>August 6</b>	<b>Graduation &amp; Farewell</b>	

# OUR ALUMNI NETWORK

Since the launch in 2014, the alumni network has spread across following twenty two countries- Columbia, Tanzania, India, Bangladesh, Vietnam, Nepal, Pakistan, USA, Japan, Egypt, Malaysia, Serbia, Mauritius, Suriname, UK, South Africa, Ukraine, U.A.E., Philippines, Bhutan, and Italy.

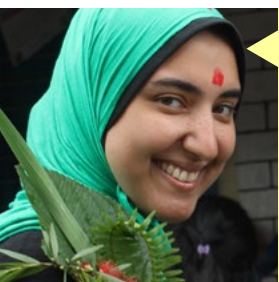


## WHAT OUR PARTICIPANTS SAY



Thank you for playing such a significant role in assisting me to widen my perspective regarding sustainability, and even going beyond this and challenging me on a personal capacity. The time I have spent here has awakened passions which I wish to pursue and will give more thought to back home.

**Bukelwa Nzimande**  
South Africa



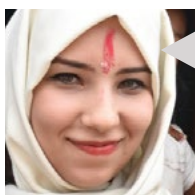
I came back home discovering not only myself, but also the purpose of life. There, I conquered my fears, I challenged myself, and I gained new valuable family and friends. On the last day I felt I was leaving a family and a home in Nepal where I felt loved, safe and thankful to Allah for going there.

**Neama Ebaid**  
Egypt



I walked away with lifetime friends from around the world and more understanding on sustainability.

**Jassica Jackson**  
Tanzania



Thank you for creating an amazing learning hub bringing people from different countries. Thank you for allowing me to reach my 'magic zone'.

**Saja Alkhatib**  
UAE



I've had the most amazing adventure in Nepal one which I never could have imagined to be so life changing. I feel lucky to be one of a few chosen to share this with.

**Carly Marie Cummins**  
United Kingdom



A wonderful experience shared with wonderful people, definitely one of the best trips of my life.

**Koume Ono**  
Japan



A great opportunity for personal reflection and growth alongside like-minded individuals. A truly great experience.

**Jasmine Cadena**  
USA



A perfect design for learning by doing.

**Gaurav Dhankar**  
India



International Sustainability School is an opportunity for you, as a humankind to concern about our mother earth, learn about environmental education as well as experience a unique Nepalese culture in person.

**Jason Ang**  
Malaysia



I have been on every continent in the world, met some wonderful people, had beautiful experiences, but visiting Nepal and participating in Hands-On Institute's program has a special place in my memory. I was able to learn about Nepali culture by living with Nepali people and sharing that experience with other people from all around the world. If there is one experience, in whole my life, that I would want to have again, it would be to participate in the International Sustainability School.

**Bojan Trobok**  
Serbia



## WHO SHOULD APPLY?

The programme has been created for young people. It may be at the point of a career change, or after graduating or during study. Sustainability School is for all those interested in self-discovery, adventure and network development.

## PARTICIPATION FEE AND SCHOLARSHIP

### Participation Fee: USD 800

*Limited Scholarships are available based on ability and commitment to impact upon returning from the trip.*

#### **The fee includes all services from the arrival to the departure of the course:**

- All local transportation services including airport pickup and drop, excursions and field trips during the course
- All meals (breakfast, lunch and dinner) and lodging during the full course duration
- UNESCO World Heritage Site visits and entrance fees
- Documents and all course material, Certificate of Participation and token

#### **Does not includes:**

- International travel to Nepal
- Health and travel insurance
- Visa fees (if applicable)
- Any additional activities outside/after the course



Program Date  
**Jul 28 - Aug 6,  
2019**

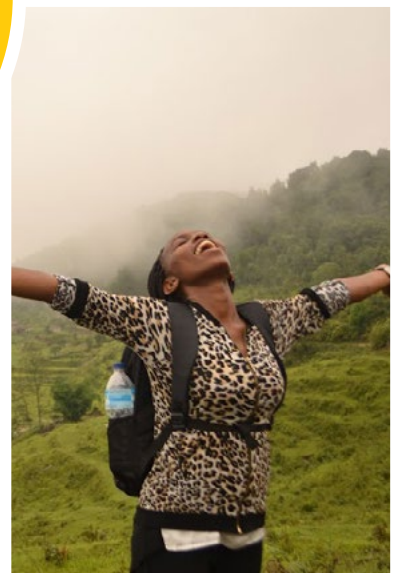
Applications will  
be accepted and  
reviewed based on  
rolling basis:  
**April 30, 2019**







# Glimpses







[Click here to Apply](#)

**For further information**



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