two weeks on nepal

October

Tuesday, October 30th
Dining Hall
**Nepalese foods** will be prepared and served in the HUB cafeteria by our Nepalese students during the dinner hour.

Wednesday, October 31st
**The Trekking Experience by Robert Spillman**
7:00 p.m. Snyder Room
Mr. Spillman has enjoyed the trekking experience in countries all over the world. He has found this experience unique from anything we do in America and will explain why this is so.

November

Thursday, November 1st
**Film: Everest (A MacGillivray Freeman Film)**
9:30 p.m. The Pavilion
Filmed during the infamous 1996 storm that claimed eight lives, Everest documents the filmmakers' harrowing rescue efforts to help surviving member of the ill-fated group. Join an international team of climbers as they scale the world's tallest peak. Witness the perils of skin-blasting cold, violent blizzards that drop the windchill to minus 100 degrees and air so thin it numbs the mind. Everest will take you across creaking icefalls and gaping chasms, up dangerous, towering cliffs and into the danger zone of oxygen-thin altitude. Narrated by Liam Neeson.

Friday, November 9th
**Tihar celebration**
5:00 p.m.
Tihar, also known as Diwali, is one of the biggest festivals in Nepal. It is also known as the festival of lights.

**Film: Himalaya (Oscar nominated)**
9:30 p.m. The Pavilion
Nominated for the Academy Award for best foreign language movie, Himalaya tells the story of a generational power struggle for the leadership of a tiny mountain village in Nepal played out between its proud old chief and a headstrong young caravanner as they make their annual salt delivery trek across the Himalayas. Directed by critically acclaimed director Eriv Valli.

Saturday, November 10th
**Singing Bowls of Tibet with Benjamin Lobst**
1:30—4:30 p.m. Rec Room
This is a meditation workshop in which you will explore the human relationship to sound and vibration in a profound hands-on way with the Tibetan singing bowls (which is also a custom in Nepal). These remarkable bowls sing with complex harmonic tones that draw the mind into a state of meditative focus. Ben will provide participants with the well-worn metal bowls from the Himalayas to serve as our sound guides and teach us a variety of techniques to enhance our playing experience. The workshop will culminate in a deep sound meditation performed by Ben. Absolutely no prior experience or special ability is needed. Bring a blanket and a pillow and wear loose, comfortable clothing.

Monday, November 5th
**The Nepalese have a custom of painting hands with symbols of religious significance. The Art Club will be applying the henna tattoo in the HUB lounge from 11 a.m. to 1 p.m.**

Tuesday, November 6th
**Film: Nepal, The land of Gods**

Wednesday, November 7th
**Photographic Journey to Nepal**
4:30 —5:30 p.m. Snyder Room
Tarun Pokharel will give a photographic presentation on cultural life in urban and rural Nepal. The presentation also focuses on the diverse geography of Nepal. The photographs were taken during his trip to Nepal on winter 2000.

Sunday, November 4th
**Trek to Sunset Pond in New Jersey**
Sunset Pond is a site recommended by Mr. Spillman as a place that will give participants an American version of the experience of trekking. The trek will be a walk up to the lake, lunch, and return.
Participants must sign up at the HUB desk.
Departure will be at 9:30 a.m.
A box lunch will be provided.

**call the hub desk at 610 861 1491 for more information**