

BOOK CLUB QUESTIONS for NEPAL ONE DAY AT A TIME
By Patti Shales Lefkos

Reading Guide

1. The author outlines countless fears around solo travel to a developing country. Were her fears well founded? How did she overcome those fears?
2. Have you ever travelled alone to a developing country? What were the challenges and joys? If you have never travelled alone, why not? What are your biggest fears? What actions could you take to overcome them?
3. During her time in Nepal the author sometimes wishes she had a female interpreter. What questions would you ask local women if you could?
4. From the time of her first visit to Upper Mustang in 2011 and her solo visit in 2014, the road to Lo-Manthang was completed. Locals share their views as to the drawbacks and benefits of the road. What are your views about opening up this, or similar unspoiled cultural areas, to outsiders?
5. Compared to residents of rural Nepal, the author and the majority of tourists come from a position of privilege. What actions can a visitor take to be respectful of and contribute to local culture?
6. In rural Nepal people easily welcome strangers into their homes for tea. Have you ever invited a stranger into your home for tea or coffee? What was it like?
7. The author received varied reactions to her decision to go trekking in Nepal alone as a senior woman. What would friends and family members say to you if you made a similar decision?
8. The author was worried about how leaving her husband behind would affect their relationship. How do you think your relationship with a loved one might change in similar circumstances?
9. At some point the author formulates her wish to become directly involved in the educational dreams of the people of Aprik. In what ways have you been involved in local or international humanitarian efforts? How would you like to be further involved?
10. Rotary has more than 1,000,000 members worldwide in 33,000 clubs. Have you ever considered joining a service club like Rotary? Why or why not?