



friendship force
INTERNATIONAL

New Zealand E-Flyer December 2011

A listing of 2012 exchanges with vacancies

These exchanges are open to all ambassadors and represent some of the many places where you can experience new cultures and grow your global circle of friends. If you are interested in any of the following exchanges, please contact the exchange director or club directly.

All prices and dates are subject to change.

Exchange costs are quoted in NZ currency unless otherwise specified.

If you wish to 'opt out' of receiving this e-flyer, please click on the 'opt out' link at the bottom of the e-mail, or email direct to Colin Ridge at colinjanet@clear.net.nz.

FRIENDSHIP FORCE OF SOUTH TARANAKI

Invites you to the
2012 NATIONAL CONFERENCE

To be held at Community Centre, Albion St., Hawera
On Friday-Sunday 3rd-5th February 2012

Registration \$150 (or \$140 if paid by 1st December)

Theme is 'Energy'

For further information contact:

Rod Walker
06-755 3986
rodandanne@hotmail.com

Ian Wards
06 278 4626
i.j.wards@xtra.co.nz

Information about the Conference, including registration form,
is available on the NZ website: www.friendshipforce.org.nz

Limited Home Hosting available on first in first served basis.

Humanitarian Exchange to Nepal



Imagine the most colour your eyes can handle! Imagine majestic mountains all around and beautiful blue skies above! Imagine crazy traffic - and ancient temples and beautiful goddesses. Add to all this happy, smiling, warm and friendly people, living very simple lives. Imagine being let into the lives of these people in a way you will never forget – to be able to bring joy to an underprivileged community using the skills and abilities you take for granted.

Amazing work is taking place in this tiny country at the top of the world, guided by the members of the Friendship Force of Nepal. This is an incredible opportunity to be part of a group who will not only experience home-hosting in Kathmandu, but will travel to a remote village in need of

EXCHANGE #: 11154

DATE: proposed mid-April 2012

COST: FFI fees of \$150. Ambassadors arrange own flights. Humanitarian program cost \$825pp which includes accommodation and food for duration of volunteer project (1 week) and some sightseeing too.

ED: To be confirmed - initial enquiries to Matthew Nidek FFI mnidek@thefriendshipforce.org

help. Every skill and ability will be welcome, every ambassador will have something to offer – and, at the end it will probably be YOU who has gained the most, even though you have taken gifts to these wonderful people.

To take part in this program there is a cost of \$850pp which covers accommodation, food, and materials/medicines for the work to be completed in the village of Thosey.

Obviously there exists opportunities for further explorations of Nepal after the program – don't forget that wonderful flight over Mt Everest which is not to be missed – and India is only next door with its exotic splendours for your enrichment.

Don't delay - sign on now!

Perth, Albany *and* Mount Barker, Australia

Date: April 2012

Cost: \$2,600 (includes FFI & Club Host fee and all travel from and to Wellington).

Contact: Graham Tufnail (Kapiti Coast) gtuffy@clear.net.nz 04-904 2215

Let's go visit our Aussie mates, or more particularly the beautiful city of Perth in Western Australia for our first seven-day hosting. Expect a beautiful Mediterranean climate, world famous parks, well preserved buildings of old world charm, and warm friendship.

There is so much to see and do. A highlight is a walk round the inner city ending at the Swan River and the Swan Bells, lunch and a visit to the Mint for a guided history tour and gold pouring demonstration.

Or perhaps a cruise or train trip to Fremantle for a fish focused lunch at Kailis' on the Wharf before visiting the Maritime Museum, the Shipwreck Museum, the Old Jail or the Round House, or just stroll the streets and visit the market. Or perhaps a bus trip north, south or east sometimes staying away overnight.

Our second seven-day hosting is a 400km bus ride south at the new Albany club, situated on beautiful King George Sound and the Princess Royal Harbour. The scenery is spectacular – stunning granite cliff formations with the 'Natural Bridge', the 'Gap', blue/green seas lapping immaculate white beaches, and a trip up Mount Clarence for a 360 degree view of the area.

We might cruise the Kalgan River or King George Sound to watch the whales, or walk among the wildflowers at the Stirling Ranges or Porongorup National Parks. Or we might have a guided walk round Albany and visit Brig Amity, Patrick Taylor cottage, the residency museum, the old jail and other Heritage Trust buildings.

We will learn of the Noongar Culture, visit Whaleworld Museum, Mount Romance (world's largest supplier of sandalwood), and Princess Royal Fortress which outlines Albany's connections with WW1.

Then to our third seven-day hosting at Mt Barker, a farming area in the Mount Lofty Range and Adelaide Hills east and



southeast of Adelaide and the first FF club established in Australia.

This prosperous and varied rural area specializes in a wide range of crops, especially fruit and vegetables, and pastureland for cattle and sheep.

Many enterprises produce specialty goods such as wine, cheese, olive oil and chocolates, and we will have the opportunity to visit antique and other shops in the many small historic villages that adorn the area.

And we will visit the famous Barossa Valley which is only an hour away and also Victor Harbour and Murray River mouth on the lovely south coast.

Then it's goodbye to our new friends and the chance to travel on other areas in Australia before returning home.

Yamaguchi *and* Yamagata, Japan



Date: May/June 2012

Cost: On application to ED

Contact: Jane Holgate (Otago)

janemiller@xtra.co.nz

03-484 7007 or

Rona Potiki (Otago)

grandmarona@yahoo.co.nz

03-454 6355

Although there have been major issues with Japan recently, both Yamaguchi and Yamagata are undamaged, are outside the restricted zone and would welcome Ambassadors.

During this wonderful experience, we will be visiting shrines & temples and take part in calligraphy demonstrations, kimono fittings, and the unique tea ceremony. We will enjoy the shopping arcades, an evening walking tour among the dazzling neon lights of Tokyo, or perhaps even go to a Sumo Wrestling Match! Maybe venture to Hakone for a cable car ride with panoramic views of spectacular Mount Fuji. We can immerse ourselves in the Japanese culture and hospitality in a ryokan - a Japanese Inn which features traditional touches - tatami mat floors, a futon sleeping mattress on the floor, and the chance to experience a Japanese-style bath - as well as the modern convenience of a private bathroom

We start our visit in the third week of May with 2-3 nights in Osaka, Japan's second city is a lively business and nightlife centre. Maybe experi-



ence their subway, a great way to travel – and/or go to see the Osaka Castle?

We then travel by shinkansen (bullet train) to our first seven day hosting at Yamaguchi which is at in the south western area of Honshu sandwiched by the Japan Sea and the Seto Inland Sea near the Chugoku Mountain Range. From throughout their long history, they have many cultural heritages of shrines and castles. The programme may offer a visit to a school / social welfare centre, day tour to Hiroshima, practice making paper dolls & bookmarks, and a trial wearing a bridal costume.

We then spend 2-3 days in historic Kyoto, a city of temples, sanctuaries, geisha and Zen Gardens has played a key role in establishing the Japanese National Identity. Visiting an 'Imperial Villa' / a tea-house or exploring an area where the Geisha [geiko or 'art lady'] are likely to be.

Then it's off to our second seven days hosting at Yamagata which is situated in the mid north of Honshu in a mountainous area. It has hot springs, spas, fruit growing, and seafood as they are close to both the Japan Sea and the Pacific Ocean, have amazing historic buildings, and major tradition and culture. Yamagata is evaluated as one of the sightseeing spots in Japan.

We return to 2-3 days in Tokyo. Japan's capital is one of the largest cities in the world – it captures the tradition and futurism that makes this a magical extraordinary city to visit. Waterbuses / Museums / Temples / Race Track / Gardens – such diverse experiences are waiting to be explored.

Be in quick, as we have spaces available for 15 Ambassadors.

Miyagi, Japan; St Petersburg, Russia; *and* Kayseri, Turkey

A smorgasbord of contemporary, imperial and ancient history and culture. Join the Central Coast, Australia club for three destinations that will have you talking for years.

First we visit modern Japan as guests of the Miyagi club, then on to St Petersburg club, where we will see imperial



Russia in all its splendour. Finally, for the icing on the cake, we visit the Kayseri club in Turkey which is in the Cappadocia region, and only leisurely drive to Goreme where you will see the earliest Christian churches and sanctuaries, and the famous Fairy Chimneys.

In between there are must-do things like a trip on a Japanese bullet-train, an overnight voyage on the

Dates: Depart approx May 20th 2012

Cost: Currently around AU\$3000 per person (Sydney – Helsinki – Istanbul – Kayseri – Istanbul – Helsinki – Hong Kong – Sydney) if booked by end of October 2011. Each month sees a steep rise in cost.

Contact: Rae Snell (Central Coast, NSW)
kr_snell@hotmail.com Ph +61 2 4399 3625

Helsinki-St Petersburg ferry, and a rest-break in Helsinki, Finland. You might want to add a coach tour to Gallipoli after the Kayseri exchange, or stop over in Hong Kong for some sightseeing and shopping on the way home.

Please register as soon as possible to gain maximum benefit from excellent airfare rates. NB Route planning still in progress.

Dates are still being considered by the other clubs and will be advised to all who register as soon as available.

Please register with Ann Coggan neilandanne@hotmail.com or ph +61 2 4367 2207.

Campinas *and* Fortaleza, Brazil

Here's a chance to visit the land of the Samba and experience the wonderful Brazilian hospitality and friendship. As June is the busy season and we need to get onto booking accommodation, please advise the ED of your interest asap together with a deposit of \$125.

We commence our journey with a 3 night stopover at Santiago with all it has to offer. Note that all three stopovers in this exchange include accommodation, local tours and some meals.

Then it is on to our first seven day hosting is with the Campinas FF which is in the second largest city in the State of Sao Paulo. It is an industrial area, has four universities, 26 hospitals, and the largest cargo airport in the country. There are several research centres such as the Food Technology Institute, the Brazilian Company of Research on Agriculture which is about cattle breeding, and the Research & Development Centre aimed at generating technology in telecommunications.

Campinas also has an art heritage with two Symphonic Orchestras, Lyrical singers, and many theatres, bands and libraries. It is also the birthplace of the great poet Guillerme de Almeida and famous conductor and composer Carlos Gomes. Our friends in Campinas will make us most welcome and show us their culture and sights.

No trip to this area is complete without a trip to the Iguassu Falls and we will spend two nights there followed

Dates: June 2012

Cost: Approx \$6,300 based on twin share (includes FFI and Club Host fees but not taxes, and the optional 12 day add on tour to Peru and area is a further \$3,900 based on twin share).

Contact: Laurie Holloway (Auckland-North Shore)
laurie.diane@xtra.co.nz 09-444 8418

by four nights in the party city of Rio de Janeiro.

We then take a flight to our second seven day hosting at Fortaleza, a fascinating and beautiful city with a modern architectural profile located in the north east area of Brazil.

It is located on the coast, so experiences beautiful beaches, greenish-blue seas, soft winds, a comfortably warm climate and of course a festive people. Because of this, Fortaleza is a tourist destination, and we will have the opportunity to experience a beach holiday while enjoying all that that our happy and friendly hosts show us.

Then it's off home through Santiago, or to an optional 12 day tour into Peru, including Lima, Ballestas Islands, Nazca, Arequipa, Colca Canyon, Cuzco, Sacred Valley, Machu Picchu, and Lake Titicaca before returning to Santiago for our flight home.

Full itinerary is available.



Cairo, Egypt

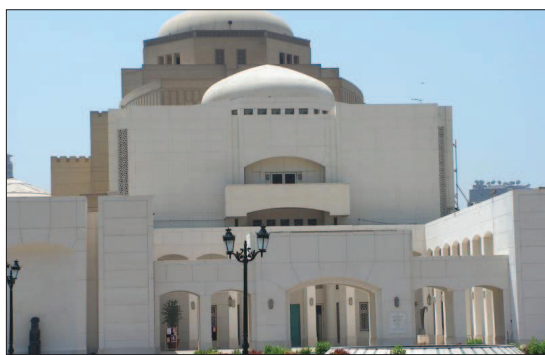
Date: October 2012

Cost: On application to ED

Contact: Matthew Nidek (Programme Coordinator FFI) mnidek@thefriendshipforce.org

Our planning is not far advanced at this stage, but we are assured by the Cairo FF Club that the political situation is quite settled and they would love to host our Ambassadors. We ask that you register your interest with us now and we will keep you informed of our progress and planning.

When we visit, we will have a unique opportunity to see Egypt both old and new.



For the 'Old', we will visit the regular tourist sites such as the Pyramids, the Sphinx, the National Museum of Pharaonic Artifacts and other places of general interest.

For the 'New', there is the War Panorama, the Opera House, the Bazaars, and a Nile boat ride.

And we will have the opportunity to make trips by bus to Alexandria on the sea coast with its cultural historic background, or to Tanta in the middle of the Nile delta, or to industrial Melhalla, all through the rural and beautiful countryside through rural villages that have been there thousands of years.

Welcome to Egypt - it's glorious past and today's vitality.

New Zealand Outbound Exchanges for 2012

Date	No.	Details
April	10926	Horowhenua, NZ to Noumea, New Caledonia
April	10931	Nelson and Wellington, NZ to West Alajuela, Costa Rica and Xalapa, Mexico and San Antonio, USA
April	10928	Kapiti Coast, NZ to Perth, Albany and Mount Barker, Australia
May	10929	Manawatu, NZ to Oxfordshire, UK and Norderstedt, Germany
May	10933	Otago, NZ to Yamaguchi and Yamagata, Japan
June	10924	Auckland-North Shore, NZ to Campinas and Fortaleza, Brazil
June	10934	Taupo, NZ to Stratford & St. Mary's, Canada and National Capital Area and New Hampshire Seacoast, USA
August	10937	Western Waikato, NZ to Cairns and Bundaberg, Australia
September	10930	Marlborough, NZ to Bavaria-Nuernberg and Gelsenkirchen, Germany
October	10936	Western Bay of Plenty, NZ to Luebeck and Cottbus, Germany and Zeeland, Netherlands
October	10925	Christchurch, NZ to Hobart and Melbourne, Australia
October	10935	Thames-Coromandel, NZ to Gold Coast and Tamworth, Australia
October	10927	Howick, NZ to Cairo, Egypt