

GLOBAL HUMANITARIAN EXCHANGE TO NEPAL #11154

DATE: April 17-24, 2012

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

ED: Valda Owen (kenvalowen@idl.net.au) – Newcastle Club - **but** enquiries to Bobbie Mulholland rrsquared@optusnet.com.au till 1st August when Valda returns from overseas

A rare opportunity has arisen for a combination of Friendship Force activities and humanitarian works in an under-privileged village in Nepal.

The Friendship Force of Nepal is heavily involved in furthering the prospects of the poor and under-classes in their country – and they conduct programs regularly, supported by volunteers from around the world.

For us, they have chosen a community health project in the village of Thosey, 8 hour's drive from Kathmandu. This provides the opportunity for ambassadors with all manner of skills and abilities to participate in improving the lifestyle of the villagers. Cost for this week will include the purchase of medical supplies, accommodation and food.

The program currently looks like:

1st day - Arrival in Kathmandu stay in Hotel Shakti

2nd day - Sightseeing in Kathmandu and stay in Hotel Shakti or go to viilage program

3rd day - Drive to Thosey village and stay in hotel or Homestay

4th day - Health camps *

5th day - Health camps*

6th day - 2 hours hiking and farewell party and cultural program with local community.

7th day - Drive back to Kathmandu and stay with Friendship Force members or perhaps in a hotel.



***Health camps encompass a wide range of activities – those with a background in health will obviously work with villagers who come to the project with health/hygiene problems. Other volunteers can work in the school, health post and women's activities – there will be such a wide range of needs that everyone will be able to contribute in a meaningful way.



Kumari – living Goddess

After the project work there will also be the opportunity to arrange for another day or so in Kathmandu so that those interested can take a flight over Mt Everest. If there's enough interest, a short tour of other areas could also be added.

Following the satisfaction of working as volunteers in such a worthwhile program, it's most likely that ambassadors will want to take the opportunity to indulge in a short tour of the gems of Northern India?

Imagine yourself standing in the forecourt of the Taj Mahal, taking a boat trip on the Ganges at dawn in Varanasi, watching the snake-charmers on the street in Jaipur.....and the list goes on. A trip of up to 10 or 12 days is currently being drawn up by our contacts in India and details will be available shortly.