

LITTLE TIBET TOUR 2022

Journey to
Dharamsala,
the heart of
Tibet in Exile

AUSTRALIA
TIBET
COUNCIL

LITTLE TIBET TOUR

Journey to
Dharamsala,
the heart of
Tibet in Exile

INSPIRED

ADVENTURES®

AUSTRALIA TIBET COUNCIL IS PARTNERING WITH INSPIRED ADVENTURES, AN EXPERIENCED FUNDRAISING AND TRAVEL AGENCY OPERATING FOR OVER 18 YEARS, TO BRING YOU THE LITTLE TIBET TOUR.

INSPIRED ADVENTURES WILL BE MANAGING PAYMENTS, PRE-DEPARTURE INQUIRIES, AND ORGANISING ON THE GROUND ITINERARY ARRANGEMENTS.

INSPIRED ADVENTURES IS A PHILANTHROPIC, WHOLE-HEARTED BCORP FUNDRAISING AGENCY THAT CONNECTS WORTHY CAUSES WITH PEOPLE SEEKING LIFE-CHANGING ADVENTURES.

ARE YOU READY TO TRAVEL FOR GOOD?

AUSTRALIA
TIBET
COUNCIL

29 OCTOBER TO 11 NOVEMBER 2022



FAST FACTS



**Dates: 29 October to
11 November 2022**



Trip duration: 14 days



**Travel quote: \$3,750
land-only (includes
\$1,200 donation to
Australia Tibet Council)**



**Accommodation:
3 star hotels**

* All costs are in Australian dollars.

HIGHLIGHTS

Immerse yourself in the vibrancy of Tibetan culture and politics in Dharamsala in northern India, the home in exile of the Dalai Lama and refugees from Tibet.

Discover yourself while gaining a deep appreciation of the Tibetan world - the inner lives of Buddhists, Tibet's political struggle, a thriving ancient culture and the resilience of a refugee community.

Feel rejuvenated by spending time in nature and exploring the foothills of the Indian Himalayas.

Support the work of Australia Tibet Council as we campaign for the protection of Tibetan human rights, culture and environment (travel cost includes a \$1,200 donation to ATC).



Copyright Learning
and Ideas for Tibet





TOUR SUMMARY

Stunning snow-capped mountains, prayer flags flapping in the wind, Tibetan devotees walking the kora every morning around the Dalai Lama's temple, young activists organising campaigns for a free Tibet...

By taking part in this 14-day Little Tibet Tour, you will experience all this and more. From the teeming streets of Delhi, you will travel north to the Himalayan foothills. Dharamsala is the spiritual and political capital of Tibet in exile, you will immerse yourself in all facets of Tibetan culture and learn firsthand about the current plight of the Tibetan people and their inspiring resilience.

Key highlights include meeting Tibetans and hearing their personal stories, experiencing the delights of Tibetan and Indian cuisines, hiking in the mountains, visiting Tibetan NGOs, political institutions and cultural centres and learning about all things Tibet. And also taking time out for yourself to meditate, read, spend time in nature and make meaningful friendships.

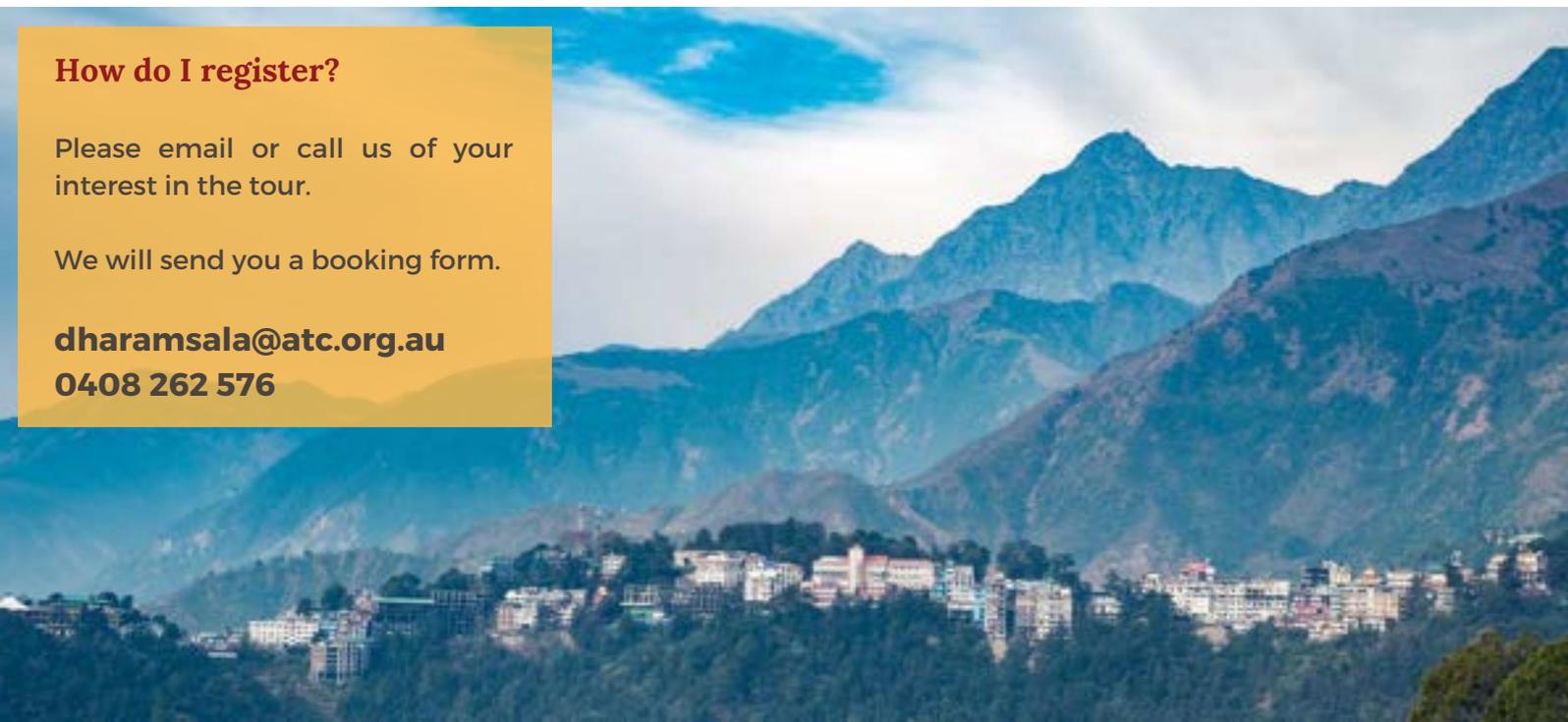
Specially designed and led by Australia Tibet Council, the Little Tibet Tour is a unique opportunity to experience the Tibetan world with a group of travellers from Australia and worldwide, united by their shared passion and love for Tibet.

How do I register?

Please email or call us of your interest in the tour.

We will send you a booking form.

dharamsala@atc.org.au
0408 262 576



WHAT WILL MY IMPACT BE?

By joining the Little Tibet Tour, you are supporting the work of Australia Tibet Council (ATC).

ATC campaigns for the rights and freedoms of the people of Tibet

Your donation will help us:

- Build grassroots awareness and support for Tibet.
- Engage in political advocacy in Australia and at the UN.
- Empower Tibetans and further strengthen the exile community.
- Strengthen the global Tibet movement and help to build stronger international pressure on China to end the occupation of Tibet.





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Travelling to Dharamsala is such a unique experience. A home to Tibetan refugees in India it is a place epitomised by the words: Resilience and Resistance.

Resilience because this is a place where Tibetans have thrived, it is like a “little Tibet town’ where Tibetan food, Tibetan language, Tibetan music, traditions, Tibetan Buddhism and most importantly the spirit of Tibet abounds. Resistance because Dharamsala is the home to Tibetan writers and poets, to Tibetan NGO’s and activists, to the Central Tibetan Administration (Tibetan Government in Exile) and of where His Holiness the Dalai Lama resides.

Tibetan people have never given up hope of a free Tibet where their rights and freedoms are restored and Dharamsala is a place where one can imagine what Tibet could have been, if it were not for Chinese occupation, and further imagine what Tibet will be in the future. Please join ATC on this tour.

- Zoe Bedford,
Executive Officer
Australia Tibet Council

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**For enquiries about the trip, please
call 0408 262 576 or
email dharamsala@atc.org.au or
visit www.atc.org.au**



TRIP NOTES

Arrival and sight seeing in Delhi

Welcome to Delhi, the vibrant and chaotic capital of India! There will be someone from the hotel waiting to greet you at the airport. Depending on your arrival time, you will be free to relax at a lovely hotel, not far from the airport, or begin your exploration of this historic city with all its colours and sounds.

We will meet for dinner and our first team briefing at the hotel restaurant.

The next day we will go on a tour of Old Delhi. Steeped in history, this colourful and cacophonous part of Delhi throbs with the rhythms of humanity. Depending on the schedule we may visit Red Fort, home to the Mughal emperors before the British invasion of India; and Chandni Chowk, the bustling Indian bazaar of spices, saris and street food. Be prepared for your senses to be overwhelmed!



Indian Gate, Delhi

Arrive in Dharamsala

We will catch an hour-and-a-half flight to Dharamsala in the morning.

As you reach Dharamsala, nestled in the foothills of the Indian Himalayas, you will experience the contrasting landscapes and the pleasant Autumn weather.

Welcome to the capital of Tibet in exile!

After checking in at your hotel in McLeod Ganj in Upper Dharamsala and a short rest, we can have lunch at a local cafe or restaurant, where you will sit back and enjoy the views of the snow-clad mountains. Most places in McLeod Ganj serve a range of vegetarian and non-vegetarian cuisines including Tibetan dishes. It is where you will get to try Dharamsala's famous lemon ginger tea.

In the afternoon, you will embark on a guided walk of McLeod Ganj, the main Tibetan town, and learn about the adventures that await you on this trip, followed by other activities to engage with local Tibetan businesses and entities.

In the evening, you will be treated to delicious steaming hot Momo - Tibetan dumplings with spicy chilli sauce.

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ACTIVITIES TO DO IN DHARAMSALA

The Dalai Lama's temple and Tibetan Government-in-Exile

Immerse yourself in Tibetan culture, spirituality and politics. You can start your morning with a kora (circumambulation) around His Holiness the Dalai Lama's temple and residential complex. A wonderful chance to join local Tibetans in their daily spiritual practice and breathe in the fresh mountain air as you go on this special walk.

You can visit the Dalai Lama's temple complex called the Tsuglag Khang, the most important Buddhist site in town and where His Holiness' residence and Namgyal Monastery the centre of Tibetan Buddhism, are located.

You can also head to Gangkyi, the headquarters of the Tibetan Government-in-Exile, formally known as the Central Tibetan Administration. Learn about the evolution of Tibetan democracy and its significance. While we are at Gangkyi, we can visit the Department of Information and International Relations (Exiled Tibet's Department of Foreign Affairs) and learn about the important work it is undertaking to promote the Tibet cause globally.

Norbulingka Institute, Sidhpur

Named after the Dalai Lama's summer palace in Tibet, the Norbulingka Institute was built to become a centre for preservation of the Tibetan culture in its literary and artistic forms.

Norbulingka Institute is a thriving centre of Tibetan art and culture. You will see Tibetan artisans at work, ensuring Tibet's rich artistic lineages are preserved for future generations. You can visit the studios and the shop selling exquisite Tibetan crafts. This will be followed by a relaxed lunch in their cafe courtyard dotted with Tibetan prayer flags. You can also visit the nearby Gyuto Monastery.



Buddhism class and Tibetan Children's Village

A special class on Buddhism can be arranged. This is an opportunity to learn about Tibetan Buddhism from a monk teacher, ask any questions and expand your knowledge about an ancient religious tradition that serves to address many of our modern-life challenges.

You can also visit the Tibetan Children's Village, an educational community set up by the Dalai Lama's sister in the early years of exile and has since continued to provide care to thousands of children, many of whom have escaped from Tibet. You can also go on a guided tour of the school.

On the way back from the school, you can visit St John in the Wilderness, an Anglican church dating back from 1852 and set among the deodar forest, to learn a bit about the local history. On seeing the natural wonders of Dharamsala, you won't be surprised to learn that it once served as a popular summer destination for officers of the British empire in the 19th century.

Guided meditation Tushita Meditation Centre

For those interested in attending the a guided meditation session, you can visit the Tushita Meditation Centre for an hour in the morning. Alternative morning activities include morning walks, attending yoga classes or have a relaxing morning at a cafe.

Depending on the schedule we may also be able visit the offices of Tibetan NGOs, meet inspiring young activists working for a free Tibet, and hear personal stories of former political prisoners. Some inspiring Tibetan NGOs based in Dharamsala include, Students for a Free Tibet, a network of young people championing for Tibet's independence; Gu Chu Sum, an association established by former political prisoners from Tibet; and Tibetan Women's Association working to promote social, economic and political equality of Tibetan women.



Hiking and spending time in nature

On the weekend you are free to explore the town on your own, have a rest, meet your new Tibetan friends or go shopping.

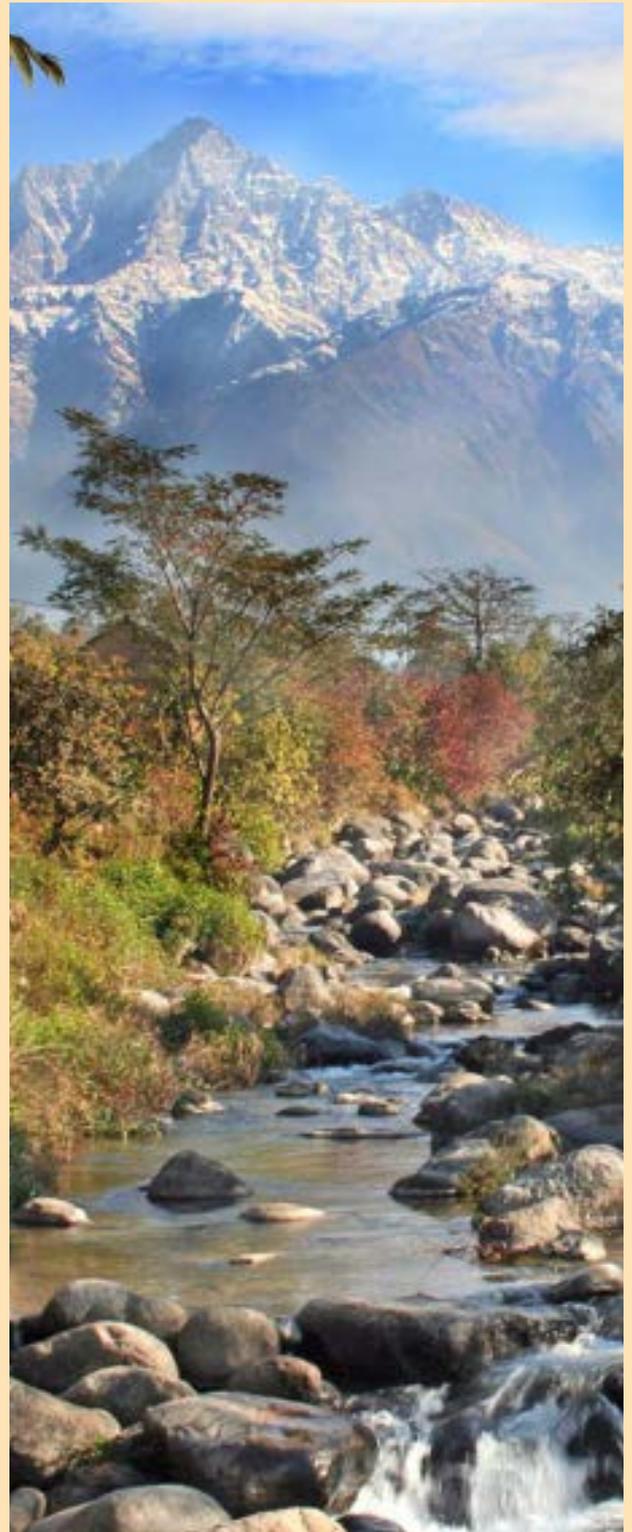
After a full intense week, we recommend spending at least a day in nature. We will arrange a day of hiking in the mountains.

There are two options for our team members.

The first option is to go on a short hike to Dharamkot, a quiet Indian village that has become a second home for many foreigners in recent decades. The Sunset Cafe is a Dharamkot favourite, a hidden gem in Upper Dharamsala. You can spend the whole day there, reading your favourite book, enjoying the expansive views and sipping endless cups of chai.

The other option is to visit Magic View Cafe. This involves doing an easy to moderate hike and takes around three hours one way. As the name suggests, the view at the end of the walk will be magical.

Regardless of which option you end up taking, you will be treated to spectacular views of the snowcapped Dhauladhar Range and the Kangra Valley.



Tibetan Library, Voice for Tibet and Tibetan Medicine

The Library of Tibetan Works and Archives, one of the world's premier institute of Buddhist and Tibetan studies. You can spend an entire morning immersing yourself in the world of Tibetan history and culture.

The Voice of Tibet radio is a local Tibetan radio station headed by a female editor. We may get the opportunity to meet her and her team of journalists and learn about the growing role of media in Tibetan society.

Next to the radio station is located the Tibetan Medical and Astrological Institute (Men Tsee Khang). Consultations with Tibetan doctors and astrologists can be arranged.

Tibetan Nuns Project

This will be quite a special visit, especially for the feminists in our team! You can spend a day at Dolma Ling Nunnery as part of the Tibetan Nuns Project. Over the last few decades, TNP has been helping educate and empower Tibetan Buddhist nuns to become teachers, scholars and leaders. You will learn about the status of nuns in Tibetan society and enjoy a vegetarian lunch prepared by the nuns.



Jampaling Elders' Home, Tibet Museum

The Jampaling Elders' Home is an aged cared as we call it here in Australia. You will have the chance to meet Tibetan Elders and hear their stories of life in Tibet and after fleeing into exile.

This can be followed by a visit to the Tibet Museum. A great place to learn about Tibet's history, culture and the present situation in Tibet under China's occupation.



Goodbye Dharamsala

With our adventure complete, you will board a flight to Delhi in the morning. Later in the day, please make your own way to the airport to head home or off on your next adventure.



FAQs

How much does the tour cost?

The travel quote is \$3,750 (land only). This includes a \$1,200 donation to Australia Tibet Council.

You have to organise your own international flights. We are not including international airfares to provide greater flexibility to your travel arrangements. It also means participants from any part of the world can potentially join the tour.

When do I have to make the payment?

The payment has to be made in two stages. First, you pay a non-refundable travel deposit of \$500 at the time of registration. The balance (\$3,250) has to be paid prior to departure, by 19 August 2022.

Can I stay longer in India?

You are most welcome to extend your stay. You have travelled a long way and may like to get the most out of your overseas trip. However please note you are responsible for your additional travel costs and arrangements.

Is there an age limit for participants?

You have to be at least 18 to join our group. Going by past tours, we have had participants of all age groups, mostly in their 50s, 60s and 70s, all united by their shared passion for travel and Tibet.

Is my donation tax-deductible?

ATC is a registered charity with the ACNC, however donations are not tax-deductible

What insurance do I need?

A comprehensive travel insurance is compulsory in order to join our tour. It must provide adequate cover for cancellation, delays in travel, loss or damage to baggage and valuables, medical and hospital expenses for injury or illness, and emergency evacuation. Certain travel insurers offer levels of coverage for COVID-19 related impacts and expenses, which is recommended.

Can you guarantee the travel cost?

We will try our best to keep the travel costs as quoted. However they can vary slightly as a result of changes in group size or factors beyond our control. For instance, significant change in exchange rates. The sooner participants can confirm their trips, the sooner we can lock in the quote.

What is the size of the group?

There can be anywhere from 10-20 people in our group. If we get more than 20 or so participants, we may look at organising two tours - one after another.

How will you manage the risk of Covid?

We have prepared a detailed COVID-19 Safety Management Plan to account for the wide variety of scenarios that may impact your departure. Participants are responsible for any additional COVID-19 requirements for travel from their departure location and arrival point, as well as any layover locations and the requirements of the airline they are travelling with. We require that all travellers are fully vaccinated against COVID-19 as described in government guidelines and ground operator requirements. For more information, please visit: www.inspiredadventures.com.au/our-covid-response.

WHAT IS INCLUDED IN THE TRAVEL QUOTE?

- Accommodation for 13 nights in 3 star hotels
- Return Delhi-Dharamsala flights
- Local transport in Delhi and Dharamsala as per itinerary
- Meals as per itinerary
- All sightseeing and activities as per itinerary
- Australia Tibet Council escort
- Local Tibetan English-speaking guide
- Donation of \$1,200 to Australia Tibet Council

WHAT IS NOT INCLUDED?

- International flight to Delhi
- Travel insurance, including cover for emergency medical expenses (compulsory)
- Visas
- Alcoholic beverages
- Personal expenses
- Tips and gratuities
- Any additional sightseeing or activities

How do I register?

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We will send you a booking form.

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ABOUT AUSTRALIA TIBET COUNCIL

Australia Tibet Council is the leading Australian organisation campaigning for freedom and human rights of Tibetans.

From stopping Australian companies from exploiting Tibet's natural resources to shutting down China's propaganda outfits in our schools to amplifying Tibetan voices in the halls of power, we are fighting alongside the people of Tibet to end China's occupation of their homeland.

By joining ATC on the Little Tibet Tour, you can also be part of a truly global movement. We are a partner of the International Campaign for Tibet and a key member of the International Tibet Network, a worldwide coalition of close to 200 Tibet Support Groups.



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