



YOGA FOR CHILDREN INITIATIVE

In aid of

the street children of Kolkata



28 October — 7 November 2012

The Hope Foundation

Silverdale Grove, Ballinlough, Cork
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Who are The Hope Foundation?

The Hope Foundation is an Irish charity working for the street and slum children of Calcutta (now known as Kolkata). HOPE also has 2 offices in Kolkata, a UK and a German branch, and works in partnership with 14 Indian NGOs. Currently HOPE funds over 60 projects for street children and their families in Kolkata in the areas of: education, healthcare, accommodation, vocational training, counselling and advocacy. HOPE was established in 1999 in response to the terrible plight of the abandoned and abused street children of Kolkata who face a bleak future of poverty, disease, violence and death. These children desperately need our help. YOU can help us offer them a better future.



For further info on the work of HOPE visit www.hopefoundation.ie / www.hopechild.org / www.hope-foundation.in or call 00 353 21 4292990

Yoga with Children - MELLA'S Story

Mella Murphy is the group leader of the Yoga for Children trip to Kolkata. Mella has practiced teaching the many schools of yoga in Europe, Africa and India for over 40 years. She is also a qualified psychological hypnotherapist and counsellor.



"October 2006 found me part of a team of Hope Foundation charity walkers going to the Himalayas, India, in aid of the street children of Kolkata. The poverty, suffering and overcrowding in Kolkata must be seen to be believed. I was humbled and saddened to witness such conditions but delighted to be part of a charity which, in front of my eyes, was making such a difference to these children's lives. In the midst of all this deprivation would you believe I found LOVE!! I went to India with the intention of giving a little and I received a soul-mate in return; a wonderful man who has enriched my life! 2008 found us returning together to India with HOPE to the street children of Kolkata once again, but also to have our marriage blessed and witnessed by the charity which brought us together - The Hope Foundation". Contd. →



"In 2009 I decided I wanted to become more involved and I decided to use my passion for yoga to help the many children of Kolkata who had touched my life. A group of 10 of us set off in October for 10 days. We practiced yoga in the morning and then with the children in the afternoon. We visited the HOPE projects so that we could see where our fundraising money was going and the difference it was making to so many lives. The trip was a great success so we decided to do it again last year.

In 2010, 19 of us headed off to Kolkata and we had a great time working with the children. The benefits of this trip are direct giving joy, hope and happiness to so many children that have been rescued from a horrendous life of suffering and abandonment.

We are now looking for more volunteers to join us again in bringing yoga to the children of Kolkata through The Hope Foundation. I invite you to join me on this journey for 10 days from the 28 October — 7th November 2012. Each person is asked to raise €3,500/£3,000 to take part in this trip for this very worthy cause."

Mella



YOGA for CHILDREN

Learning yoga encourages children to build trust in their inner selves, to be creative, and helps to release anger, fear and sadness. Yoga helps children develop abilities that will be carried into their daily lives - body awareness, flexibility and co-ordination. Breathing and visualisation techniques teach kids how to focus, relax, and develop self-control. Out of increased inner strength and boosted self-esteem will come a sense of well being and self-respect.

Help on HOPE's Projects in Kolkata

A unique aspect of this trip is our visits to HOPE's projects in Kolkata. We think it is vitally important for participants to **see first-hand** just where your fundraised money is being put to use. You will meet the **children** who live in the **HOPE homes** and see other projects like **schools, medical facilities and craft cooperatives** run by HOPE together with our Indian partner groups. You will get to meet **project staff** who will answer any questions you may have and tell you more about specific projects.

Most importantly you will get a chance to work directly with the children on the projects. This is a **unique opportunity** to lend a much-needed helping hand and you will never forget your time with the children of Kolkata who have been given so little but have so much joy to share.



HOW DO I TAKE PART?

Each participant is asked to fundraise **€3,500/£3,000** between now and end October to take part in the trip. Less than half of this money will go towards your **travel expenses** i.e. flights, accommodation, food etc. The rest will go directly to The Hope Foundation's projects with the street children of Kolkata. Each participant must submit an **Application Form**, **a Deposit of €350/£300**, & **2 Photocopies of your Passport** to secure a place on this trip.

The following instalments of funds are requested for the trip:

- 1) **Deposit €350/£300:** As soon as possible to reserve a place!
- 2) **Flight & insurance costs (tba) to HOPE's travel agent— asap.** Please note that participants are asked to book their own flights and insurance with this travel agent (see terms and conditions for details).
- 3) **Balance** by 26 October 2012.

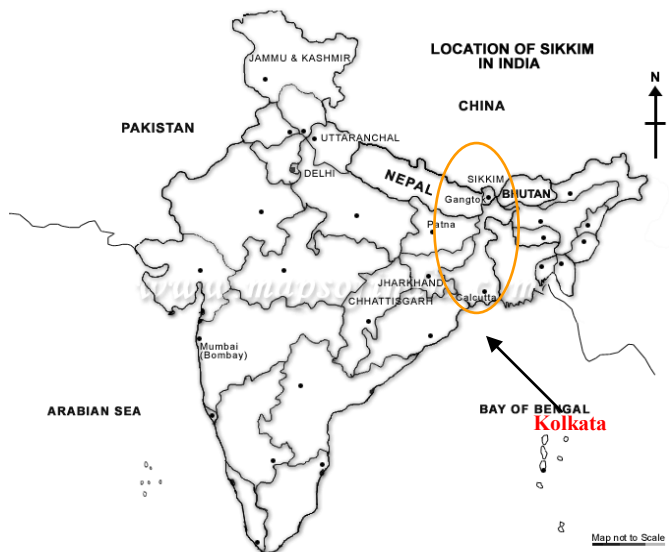
So fill out the APPLICATION FORM and return with your DEPOSIT and PASSPORT COPIES NOW! A place will then be reserved for you and you will receive further information on this trip i.e. fundraising, itinerary etc.

**Please send to: The Hope Foundation, Silverdale Grove, Ballinlough, Cork
 T. 00 353 21 4292990 E. susan@hopefoundation.ie**

PLEASE NOTE: Participants must be over 18 and should have an interest in Yoga as well as some Yoga experience.



Above: Maureen Forrest, Hon. Director of HOPE with children in a HOPE school, Calcutta



Right: Position of Kolkata, located in eastern India on the east bank of the River Hooghly

Terms & Conditions: Please read carefully!

**BY SIGNING UP TO THE YOGA FOR CHILDREN INITIATIVE
YOU ARE AGREEING TO THE CONDITIONS BELOW**

Deposit & Funds

All deposits of €350/£300 are non-refundable due to admin costs and booking deposits incurred in the HOPE office in Ireland and with HOPE's tour operators in Ireland. We regret that we cannot make exceptions to this rule.

All further monies submitted to HOPE towards your fund are also non-refundable. In the event of cancellation, these funds will be appropriated to HOPE's street children's projects minus travel fees incurred.

On signing up for this trip you are agreeing to raise the required amount in sponsorship for HOPE and agree to lodge this with the charity by the set deadline.

Travel Expenses & Additional Costs

The costs for **the Yoga For Children Initiative** are based on:

- **Flights** at a group rate departing from Cork or Dublin on the dates designated.
- All **accommodation** (2 persons to a room)*, **meals** and **transport** in India as per the itinerary to be set out by HOPE).

The following expenses are NOT covered by your fundraising of €3,500/£3,000 and must be paid for privately:

- 1) **Travel Visa For India:** You will be required to make your own application. Application details will be provided by HOPE.
- 2) **Garda Vetting/PSNI Clearance:** This is required in line with our child protection policy.
- 3) **Travel Vaccinations and Malaria Tablets**
- 4) ***Single Room Supplement:** single rooms are available on request, however a supplement is payable. You will be advised of the amount on request and the supplement is payable to HOPE before departure.
- 5) **Error:** Provision of an incorrect/incomplete passport name on your Application can result in a charge to make an alteration to your flight ticket so **please be careful!**

Flight Details

- Flights to Calcutta have been preliminarily booked with our travel agent. You are asked to **contact our travel agency directly** in order to **confirm AND pay** for your seat and take out a **travel insurance policy**. Payment will be required in Euros. (Travel Agent details will be confirmed on receipt of deposit)
- Flights are available **ex Cork or Dublin**.
- The cost of your flight is **included** in your €3,500/£3,000 fundraising total.
- Participants are required to travel to Calcutta with the group and remain with the group for the duration of the trip.

Terms & Conditions contd.

Insurance

All participants are asked to ensure that they have full insurance for travelling to India.

If you decide to take out insurance with our travel agents you will be covered by a Fairsure Standard Insurance Policy. However, please be aware that any **pre-existing medical conditions** may NOT be covered by this policy. You may be requested by our Travel Agent to contact the insurance company (Accident & General) in this regard. If at that time you feel you require additional cover you will have to discuss this privately with the insurance company and cover any additional costs privately. Details of your standard cover will be forwarded by our Travel Agent.

Medical Health—Travel Vaccinations & Other Medication

All participants in the Yoga For Children Initiative 2012 will be requested to have all the necessary vaccinations for India, have malaria medication organised and bring adequate supplies of any existing medication. If you choose not to take shots or medication or prefer to use alternative medications that is your personal choice and HOPE can bear no responsibility for this decision.

As HOPE do not have qualified medical staff, we would request that participants please **do not apply to us for details of the correct vaccinations** for this trip as we are not in a position to give out this kind of medical information. You will be requested to attend your own GP or a travel medical specialist in this regard. Thank you.

Personal Responsibility

We would ask all participants in the Yoga For Children Initiative 2012 be aware that you are responsible at all times for your own **health** and **safety** and the safety of your personal **possessions**. The Hope Foundation cannot accept responsibility for any injury, loss or damage that may be suffered by you during the course of your trip. You should be fully vaccinated and bring with you any medications prescribed by your doctor. If you have any **medical condition** that may affect your health on the trip we would request that you get clearance from your GP before signing up.

While HOPE, together with our travel agents, have done all we can to ensure the best **conditions** possible for your trip, we cannot take responsibility for conditions and facilities in India which are often not of the standard we are used to in Ireland.

We ask you to be aware of the **limitations** of HOPE's liability in regard to your trip, which you are undertaking on a voluntary basis. As a charitable organisation we are most grateful to you for your support but we cannot accept liability for your own choices or for conditions that are outside of our control. Many thanks.

Thank you for your attention and we appreciate your cooperation with the conditions above.

**If you have any questions about any of these Terms & Conditions please contact HOPE on:
T. 00 353 21 4292990 / E. susan@hopefoundation.ie**

Application Form

PERSONAL DETAILS

Name: _____

Address: _____

Gender: _____ **Age at time of trip (for insurance purposes):** _____

Phone: _____ **Mobile:** _____

Email: _____

Size (t-shirt supplied by HOPE): **Small / Medium / Large / X-Large (circle one)**

How did you hear about the Yoga For Children Initiative?

Poster / other (please give details)

PASSPORT DETAILS (incl. 2 Photocopies of Your Passport)

Full Name as on Passport: _____

Date of Birth: _____ **Nationality:** _____

Place of Birth (county): _____

Passport Number: _____

Date of Issue: _____

Date of Expiry: _____

Place of Issue (eg. Passport Office, Dublin):

Important Note on Passports:

Your passport must have at least 6 months validity left from the end of the trip to apply for an Indian Visa. Therefore your passport should be valid until May 2013. If your passport expires before this date please apply for a new one as soon as possible and forward copies of this to HOPE.

Please turn over →

