

HOPE

HIMALAYAN WALK

India 2023

20TH ANNIVERSARY TRIP!



IN AID OF THE STREET AND SLUM-CONNECTED CHILDREN OF KOLKATA

CHY13237

15 - 29 March
2023





ABOUT THE HOPE FOUNDATION

“HOPE’s VISION IS OF ‘A WORLD WHERE IT SHOULD NEVER HURT TO BE A CHILD’.

The Hope Foundation was set up in 1999 by Cork woman Maureen Forrest. HOPE works with **Kolkata’s forgotten children**, those who have been victims of trafficking, violence, abandonment, prostitution, sexual abuse and severe neglect. Working with such vulnerable children and their wider families and communities, The Hope Foundation has lifted millions of street and slum children and their families out of poverty, enabling and empowering them to build a brighter future for themselves and future generations.

HOPE implements **over 60 projects in Kolkata** in the areas of: child protection; education; healthcare; vocational training; and capacity-building of individuals and communities. HOPE’s **primary objective** is to provide protection to children who live on the streets and slums of Kolkata. Child protection is about rescuing children from exploitation and abuse, and protecting and providing them with a safe, secure environment in which to grow.

HOPE employs over 500 **local Indian staff**, and works with a number of **local NGOs** in Kolkata who support the same objectives and have the same vision as HOPE.

EACH PERSON who takes part in the **HOPE Himalayan Walk Programme** is directly contributing to helping change children’s lives and offer them safety, dignity and opportunities for a better future.

For further info on the work of HOPE visit
www.hopefoundation.ie
www.hope-foundation.in / www.hopechild.org
or call 021 4292 990

Follow us on:



HOPE HIMALAYAN WALK

2 weeks: Weds 15–Weds 29 March 2023



WHERE DOES THE HOPE WALK TAKE PLACE?

The HOPE Himalayan Walk is a **brehtaking trek in the Himalayan foothills** in the north of India. The areas we will be exploring are the environs of **Pelling, Sikkim** on the Nepal and Tibet borders, and the area around the scenic mountain town of **Kalimpong, West Bengal**.

HOW MUCH DO I HAVE TO RAISE TO TAKE PART?

This trip is **€5,000** per participant in total. Out of these funds, approx. €3,400 will go to cover your trip costs with the other **€1,600 approx. going as a direct donation to HOPE's projects** (exact figure subject to final trip costs). The breakdown of payments will be as follows:

- 1) **Funds to HOPE** (charity donation + India travel costs to be paid by HOPE): **€3,845 approx.**
- 2) **Funds to Travel Agent, Lee Travel** (international flights + travel insurance): **€1,155 approx.**

You can fundraise publicly for your **€1,600 donation to HOPE** or pay privately, depending on what suits you. The remainder **travel costs** must be covered or raised privately and not from the general public in the name of HOPE under charity fundraising legislation. HOPE will provide fundraising guidelines to all trip participants.

*** IMPORTANT NOTE on TRAVEL AGENT COSTS:** *These costs above are based on an **insurance** policy supplied by Lee Travel that covers trekking at low altitudes. Any additional cover required (due to medical conditions, age over 65yrs etc.) will be in addition to the costs quoted above.*

*This cost is also based on the cost of a **group flight** with Lee Travel. There are 15 flights on hold at a fare of €1,115 each which will be allocated to Walk participants on first-come, first-served basis. Any sign-ups to the trip after these seats are filled will be quoted at a new, current, single-ticket fare by Lee Travel which may be higher. Fare increases are outside of HOPE's control and this is the maximum number of flights HOPE can hold to avoid incurring potential charges to the charity and is based on the average number of participants on this trip in previous years. So sign up as soon as possible to avail of this cheap group fare!*

When you sign up to the Walk we will send you full details of how to submit your Walk funds.

WHAT IS COVERED BY MY FUNDS GIVEN TO HOPE?

Your **funds** will **cover**: domestic flight in India, overnight train, accommodation, meals, water, tour guides, jeep transport in India. It will **NOT cover**: international flights + travel insurance (Lee Travel); visa for India (€40 approx.), travel vaccinations and malaria tablets, single room supplements.

WHAT IS ON THE ITINERARY?

The HOPE Walkers will travel from Dublin airport on Weds. 15 March, via Dubai, arriving in Kolkata the following morning local time. Over the next 4 days the group will visit HOPE's projects in Kolkata to see our work first-hand and visit some of the local sights in Kolkata. The group will then travel (overnight train + jeep) to the mountain town of **Kalimpong, West Bengal** and begin the walking here (2 days) under the Himalayan peaks. Following this, you will transfer (by jeep) to the village of **Pelling, Sikkim** where the group will spend 3 days trekking in this stunning Himalayan region not often seen by tourists. Finally the group returns to **Kolkata** (jeep + flight) for 2 more days of HOPE project visits and sightseeing before departure on Weds. morning (29 Mar), arriving back in Dublin on Weds. evening, 29 Mar. at 20.10Hrs (*Detailed itinerary will be supplied*).

HOW FAR DO WE WALK EACH DAY AND HOW FIT DO I NEED TO BE?

The group will spend between 2-7 hours on each walk. Reasonable fitness is required but these are flexible walks aimed at people of varied fitness levels. Our experienced tour guides will accommodate all members of the group so walkers can progress at their own pace. Jeeps are on hand at all times for tired walkers! You won't need any special equipment (apart from good boots and maybe a trekking pole). There is no risk of altitude sickness as you will not be at a high enough altitude.

WHO WILL BE PARTICIPATING WITH ME?

The group will comprise of approximately **10-20 walkers** of all ages, backgrounds and fitness levels.

HOW CAN I FUNDRAISE FOR MY HOPE DONATION ON THIS TRIP?

When you sign up, HOPE will send you further info on fundraising and you will receive support if needed from our Cork office. Enlist as many helpers as you can to help you reach your target! We know that fundraising can be daunting, but people just like you are reaching and even surpassing their target every year - you can do it too!

HOW DO I SIGN UP?

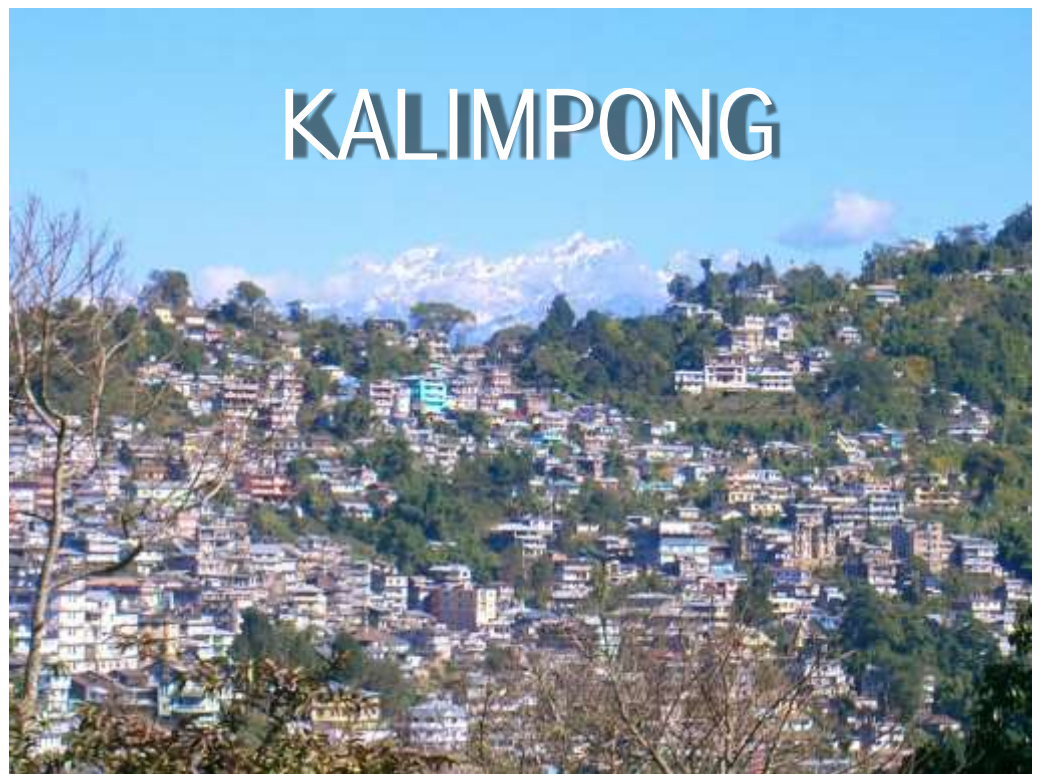
FILL OUT THE REGISTRATION FORM INCLUDED WITH THIS INFO PACK AND RETURN TO HOPE WITH A DEPOSIT OF €200 (NON-REFUNDABLE) AND A PHOTOCOPY OF YOUR PASSPORT. WE WILL THEN SEND YOU FURTHER INFORMATION ON THE TRIP, ADVICE ON FUNDRAISING, DETAILS OF HOW TO BOOK YOUR FLIGHT AND INSURANCE AND HOW TO SUBMIT YOUR WALK FUNDS TO HOPE.

SEND YOUR REGISTRATION FORM, DEPOSIT & PASSPORT PHOTOCOPY TO:

HIMALAYAN WALK, THE HOPE FOUNDATION, SILVERDALE GROVE, BALLINLOUGH, CORK T12E974



This tranquil Himalayan **hill station** in **West Bengal** (1,247m/4,091ft) is located on top of a ridge on the east of the river Teesta with stunning views of the snowy Himalayan peaks. Kalimpong is famous for its hospitality, exotic blend of cultures and religions, and its artisans who produce Tibetan and Bhutanese **handicrafts** and jewellery that is much admired. A great destination for **shopping** and **sightseeing** as well as trekking!



This laid-back scenic **hamlet** in the Indian state of **Sikkim** is situated 2,085m (6,840ft) above sea level and looks north towards the glaciers and peaks of Kanchendzonga, the worlds third highest peak. Your walking in Pelling will take you through **farmland, villages, cardamom plantations, forest trails and valley ridges**. This is a wonderful opportunity to visit a remote and unspoiled part of India not seen by many tourists.





VISIT HOPE'S PROJECTS & THE CITY OF JOY

A unique aspect of this journey is that the itinerary includes **visits to HOPE's projects** in Kolkata. These visits will take place before and after the walking in the Himalayas.

We believe it is vitally important for all HOPE Walk participants to **see first-hand** just where your donated funds are being put to use. Most importantly, participants in this programme will get a chance to meet some of the beneficiaries of HOPE's projects such as our **education centres**, the **HOPE Hospital** and the **HOPE Life Skills Vocational Training Centre**.

This is a **unique opportunity** to see your donation in action. You will never forget your time visiting the children of Kolkata who have been given so little but have so much joy to share.

Kolkata is a city of deep contrasts and, despite the poverty that you will witness there, the 'City of Joy' has many **fascinating sights** to see and the spirit and beauty of **magical India** shine through on every side. Our guides will take you to some of the local sights during your time in the city e.g. markets, temples, and the tomb of Mother Teresa. There is much to experience in this vibrant city and you will get a taste of the local culture on this trip with HOPE.



CONTACT US:

THE HOPE FOUNDATION, SILVERDALE GROVE, BALLINLOUGH, CORK T12E974
CHY13237 / 021 4292990 / WWW.HOPEFOUNDATION.IE / AOIFE@HOPEFOUNDATION.IE

HOPE HIMALAYAN WALK 2023 Registration Form

NAME: _____

PASSPORT NAME (IF DIFFERENT): _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

PLEASE SUPPLY AN EMAIL ADDRESS AS SOME OF THE CORRESPONDENCE RELATING TO PREPARATIONS FOR THIS TRIP IS DONE BY EMAIL.

NATIONALITY: (FOR INDIAN AUTHORITIES) _____

PARENTS' NATIONALITY: (FOR INDIAN AUTHORITIES) _____

ANY DIETARY REQUIREMENTS _____

ANY RELEVANT MEDICAL CONDITION _____

NEXT OF KIN NAME & CONTACT No. _____

T-SHIRT SIZE: SMALL MEDIUM LARGE X-LARGE

HOW DID YOU HEAR ABOUT THE HOPE WALK? _____

ACCOMMODATION

***SINGLE ROOMS:** The budget for the HOPE Walk is based on **2 people sharing a twin room**. If you require a single room there is a **single supplement** payable. On the previous Walk this cost came to €697; this year's cost will be confirmed before departure. This extra cost should be advanced to HOPE before departure. Single rooms are subject to availability.

Please tick your accommodation preferences below:

- Twin Room sharing
- Twin Room sharing with Walker of my choice: NAME: _____
- Single Room (I agree to pay the single supplement TBC)*

- I confirm that I have read and agree to the HOPE Walk Terms & Conditions overleaf (required)
- I confirm that I am in sufficient good health to take part in the HOPE Walk (required)
- I give permission for my contact details to be given out to other Walkers who may like to contact me before or after the trip (optional)
- I give permission for HOPE to include me on their mailing list for further info about the work of the charity and future events (optional)

SIGNATURE: _____ DATE: _____

PLEASE POST THIS COMPLETED FORM + DEPOSIT **€200** + PASSPORT PHOTOCOPY TO:

HIMALAYAN WALK, THE HOPE FOUNDATION, SILVERDALE GROVE, BALLINLOUGH, CORK T12E974

OR FORMS CAN ALSO BE SCANNED AND EMAILED TO: AOIFE@HOPEFOUNDATION.IE

TERMS & CONDITIONS

1. Walkers must be **over 18yrs** at the time of the Walk. Under-18's must be accompanied by a parent or guardian of over 21yrs.

2. All funds submitted to HOPE towards your Walk fund are **non-refundable**. In the event of **cancellation**, these funds will go to HOPE's projects minus any costs incurred. In the event that you are having trouble reaching your target, please call HOPE to discuss possible options.

3. The **budget** for the HOPE Walk is based on:

- **Flights to/from Kolkata:** at a group rate from/to Dublin on the dates designated (15 - 29 Mar 2023);
- **Room-sharing:** 2 persons to a twin room;
- **Travel insurance*, accommodation, meals, transport and tour guides** as per itinerary set by HOPE and our Indian tour operator.

The **costs** of a visa for India, vaccinations and malaria tablets, single rooms, changes to flights, extra insurance cover and non-itinerary-listed activities are **NOT covered** in the total Walk cost of €5,000.

4. **Any fundraising** for HOPE in relation to our Walk Programme will be overseen by HOPE. Participants should keep HOPE informed of your public fundraising activities and abide by the guidelines given by HOPE in relation to correct fundraising practices.

5. HOPE and our travel agents reserve the right to make **changes** to the Walk itinerary if necessary eg. due to weather conditions.

6. HOPE cannot make **alternative travel arrangements for individuals** on the HOPE Walk. The only exceptions are:

- Booking of **single rooms on request**, subject to payment of a single supplement to be advised;
- Booking of **alternate return flight dates from Kolkata to Dublin**, subject to payment of extra airline charges and any extra cost of extending travel insurance cover. Contact Lee Travel to enquire.

7. Your **passport** must have at least 6 months validity left from the time of the trip to apply for an Indian Visa. Therefore it should be **valid until the end of Sept 2023**. If your passport expires before this date please renew as soon as possible and forward a copy to HOPE for your travel bookings.

8. *All walkers should be covered by a travel insurance policy taken out through Lee Travel. However, any **pre-existing medical conditions** will NOT be covered by this policy and any additional cover required must be organised with Lee Travel. Details of your cover will be forwarded by Lee Travel. If you prefer to use your own travel cover please check with HOPE that it will be adequate for this trip.

9. By signing up to the HOPE Walk you are confirming that you are in sufficient **good health** to take part in this trip however in certain cases a letter confirming fitness to travel may be requested from your doctor.

Please inform HOPE before signing up if you have any **medical condition** that could affect you on this trip. HOPE reserves the right to refuse a place on this trip to anyone deemed medically unfit to take part.

10. All participants in the HOPE Walk must take full responsibility for getting all the necessary **vaccinations** for India, obtaining **malaria medication if required** and bringing adequate supplies of any existing **medication**.

As HOPE Ireland has no qualified medical staff, **please do not contact our office for details of the required vaccinations** for this trip. You will need to attend a travel medical clinic or your own GP in this regard.

If you choose not to get vaccinations or take malaria tablets or prefer to use alternative medications, that is your personal choice and HOPE can bear no responsibility for this choice.

11. Participants are responsible at all times for your own **health** and **safety** and the safety of your personal **possessions**. While HOPE, together with our travel agents, will do all we can to ensure the best **conditions** possible for your trip, we cannot accept responsibility for any injury, loss or damage that may be suffered by you during the course of your trip or for conditions in India that are outside of our control.

For any queries regarding the T&C's above please call HOPE on 021 4292 990
or email aoife@hopefoundation.ie. Thank you.