

HOPE WELLESS TRIP

★ 2025 ★

Experience Magical India



Give to yourself while giving to others

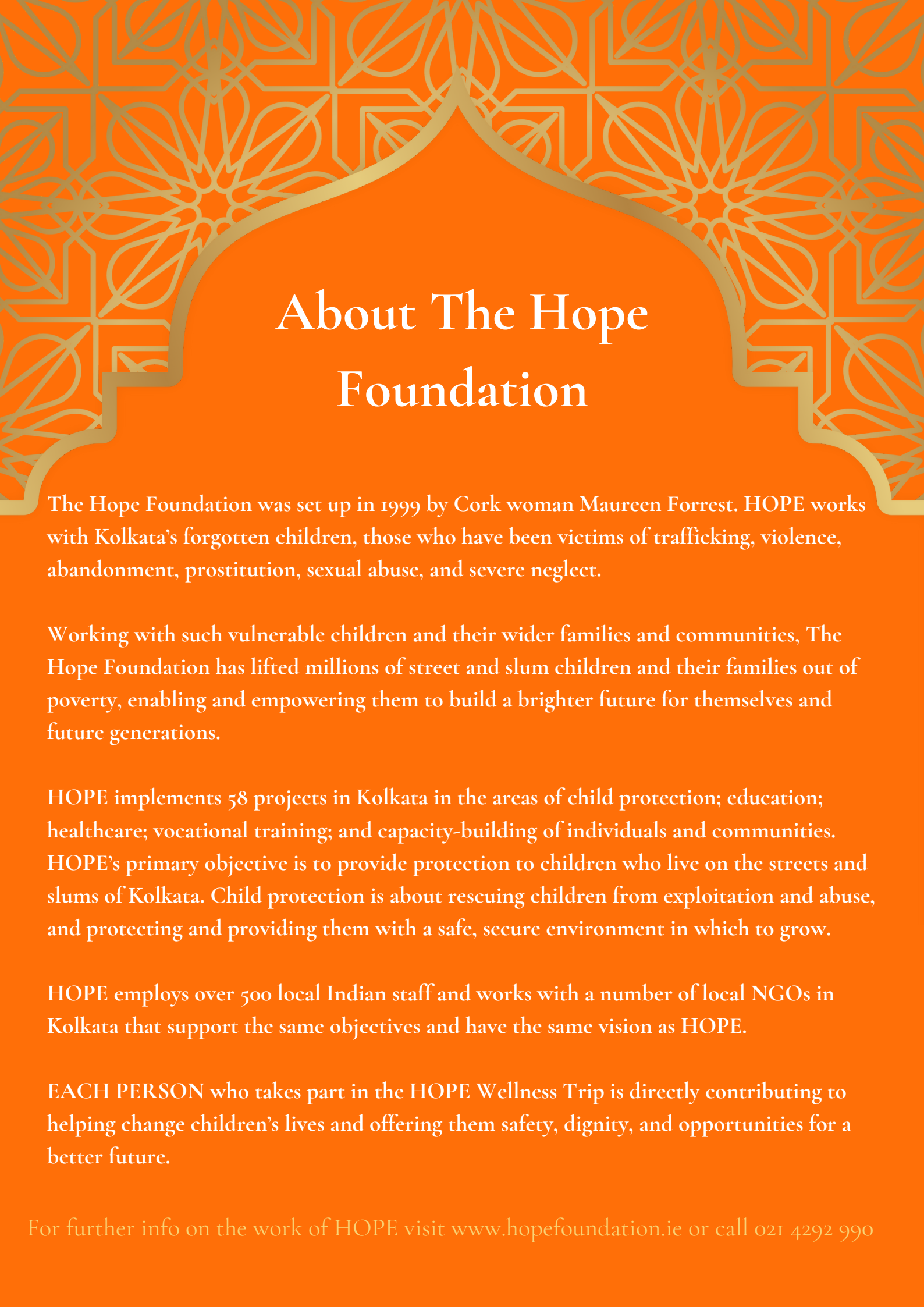
Kolkata, India

30th October - 9th November 2025

Visit the HOPE Projects • Daily Wellness Practices • Sightseeing



CHY 13237



About The Hope Foundation

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 58 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 that support the same objectives and have the same vision as HOPE.

EACH PERSON who takes part in the HOPE Wellness Trip is directly contributing to helping change children's lives and offering them safety, dignity, and opportunities for a better future.

For further info on the work of HOPE visit www.hopefoundation.ie or call 021 4292 990



Background Story

The HOPE Wellness Trip has grown from the Yoga for HOPE Trip. Yoga for HOPE was established in 2009 by yoga teacher and dedicated supporter of HOPE, Mella Murphy, to help raise much-needed funds to support HOPE's projects with the street and slum children of Kolkata. The HOPE Wellness Trip evolved from the work Mella Murphy did with Yoga for HOPE for over 12 years.

In 2023, Mella retired from Leading HOPE Trips and passed the Baton to Breda McDonald. Mella continues to fundraise for HOPE in Ireland. The trip now takes on a new lease of life, which looks at wellness holistically and not just focusing on Yoga practice.

HOPE WELLNESS TRIP 2025 ITINERARY

A Journey of a Lifetime

Team HOPE have an inspiring vision for the 2025 trip. We will arrive and dive into an eventful schedule visiting HOPE projects and seeing the wonderful work that the Hope Foundation does in the bustling City of Kolkata, which is not visited by many tourists. You will have time to reconnect with yourself through meditation, journaling, yoga and ayurvedic treatments.

VISITS TO HOPE'S PROJECTS

A unique aspect of this journey is visits to HOPE's projects in Kolkata. We believe it is vitally important for participants to see first-hand just where their fundraised money is being used. Most importantly, participants will get a chance to meet with some of the children and staff in the projects and visit creches, schools, medical facilities and craft cooperatives run by HOPE, together with our Indian partner groups. This is a unique opportunity to see your fundraising 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.





FREQUENTLY ASKED QUESTIONS

Everything you need to know

HOW MUCH DO I HAVE TO RAISE TO TAKE PART

This trip is €2,730 per participant in total. Out of these funds, approx. €730 will go to cover your trip costs with the other €2,000 approx. going as a direct donation to HOPE's projects (exact figure subject to final trip costs).

WHEN DO I NEED TO SUBMIT THESE FUNDS?

The following installments of funds are requested:

1. Deposit €300: On Registration
2. Instalment 1: June 2025
3. Instalment 2: September 2025



WHAT IS COVERED ?

Your €2,730 will cover: charity donation (Can be publically Fundraised), hotel accommodation, water, breakfast, dinner, tour guides and sight-seeing activities, HOPE T-shirts and fundraising material, and all transport within India

It does not cover: Indian Visa (€25 Approx.), Vaccinations (Inc. Malaria Tablets), International Flight, Single Room Supplement, Travel Insurance as well as off-itinerary activities.

WHAT DOES A TYPICAL DAY LOOK LIKE?

You'll begin your day with perhaps a meditation, yoga practice or wellbeing check-in followed by a nutritious breakfast. After breakfast you will reconvene to travel to a HOPE project, to connect with the children you are directly helping. You will then go to the HOPE Café for a delicious lunch cooked and served by HOPE alumni. After lunch you will visit one of many interesting sights around Kolkata and then head back to your hotel for dinner and some R&R.

HOW DO I SIGN UP?

Fill out the Registration Form included with this pack and return to HOPE with a deposit of €300, plus 2 photocopies of your passport. Please send to: sharonlouise@hopefoundation.ie or Sharon Noonan, The Hope Foundation, Silverdale Grove, Ballinlough, Co. Cork. T12 E974

PICTURES FROM 2023 TRIP



REGISTRATION FORM

Begin your journey



Name:

Address:

Email:

Mobile:

Landline:

Next of Kin - Name & Number:

TSHIRT T-Shirt Size: ☐ Small ☐ Medium ☐ Large ☐ X-Large

How did you hear about HOPE?

ACCOMMODATION

***SINGLE ROOMS:** The accommodation budget for the HOPE Wellness Trip 2025 is based on 2 people sharing a room. If you would prefer a single room there is a single supplement payable (in addition to your fundraising). This cost will be confirmed before departure. This extra cost should be advanced to HOPE before departure along with your fundraising money. Single rooms are subject to availability.

Please tick your accommodation preferences below:

- ☐ Twin Room Sharing
- ☐ Twin Room Sharing with partner of my choice - Name:
- ☐ Single Room (I agree to pay the single supplement TBC)*

DEPOSIT €300 - PAYMENT DETAILS

Please tick your preferred payment method below:

- ☐ Cheque/Draft Enclosed: made payable to: The Hope Foundation
- ☐ Bank Lodgement. Please contact Aoife for trip specific bank account details.
- ☐ Credit / Debit Card. Please contact Aoife on 021 4292990 with card details.
- ☐ I confirm that I agree to the **HOPE Wellness Trip 2025 Terms & Conditions overleaf** (required)
- ☐ I confirm that I am in **sufficient good health** to take part in this program (required)
- ☐ I give permission for my contact details to be given to other program participants who may like to contact me before or after the program.
- ☐ I give permission for HOPE to include me on their mailing list for further info about the work of the charity and future fundraisers.
- ☐ I agree to raise the required amount in sponsorship for HOPE and agree to lodge this with the charity by the set deadline.

Signature:

Date:

Please post this completed form + 2 passport photocopies + deposit to: Aoife Bulman, The Hope Foundation, Silverdale Grove, Ballinlough, Cork or you may also scan and email your registration to aoife@hopefoundation.ie

TERMS AND CONDITIONS

The small print

1. Participants must be over 18yrs at the time of the programme. Under-18s must be accompanied by a parent or guardian (over 21yrs).
2. All funds submitted to HOPE towards your trip fund are non-refundable. In the event of cancellation, these funds will be appropriated to HOPE's projects minus travel fees incurred. If you are having trouble reaching your target, please call HOPE for assistance and to discuss possible options.
3. The budget for the trip is based on:
 - Accommodation: 2 people to a twin room;
 - Meals and transport as per itinerary are to be set by HOPE and our group leaders.
4. Fundraising for HOPE Trip 2025 will be over-seen by HOPE. You should keep HOPE informed of your public fundraising activities and abide by any guidelines given by HOPE in relation to fund-raising practices.
5. HOPE, our group leaders and our representatives in Kolkata, reserve the right to make changes to the programme itinerary if, and as necessary eg. due to project restrictions etc.
6. Participants are required to remain with the group for the duration of the programme.
7. Your passport must have at least 6 months validity left from the time of the programme to apply for an Indian Visa. Therefore it should be valid until end May 2026. If your passport expires before this date please renew it as soon as possible and forward a copy to HOPE.
8. All participants should be covered by a travel insurance policy taken out by yourself. However, please be aware that any pre-existing medical conditions may NOT be covered by this policy, always check with your Insurer. Participants may use existing policies.
9. By signing up to the HOPE Wellness Trip 2025 you are confirming that you are in sufficient good health to take part in this programme however in some cases a letter confirming this may be requested from your doctor. Please inform HOPE before signing up if you have any medical condition that could affect you on this programme. HOPE reserves the right to refuse a place on this programme to anyone deemed medically unfit to take part.

10. All participants on the HOPE Wellness Trip 2025 must take full responsibility for getting all the necessary vaccinations for India, obtaining malaria medication and bringing adequate supplies of any existing medication. As HOPE has no qualified medical staff, please do not contact our office for details of the required vaccinations

for this programme. You will need to attend your own GP or a travel medical specialist in this regard. If you choose not to get shots or take medication or prefer to use alternative medications, that is your personal choice, and HOPE can bear no responsibility.

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

Thank you for your support,

TOGETHER

we can make a difference!