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14 days in...

# India

## Himalayan Adventure

Sustainable Development,  
World Religions and Trek



# India at a glance

## Highlights

- Epic trek through spectacular Himalayan scenery
- Inspiring NGOs and social enterprises
- Unique opportunities to meet Buddhist and Hindu scholars
- The breathtaking Golden Temple at Amritsar

## Support

- **The Tibetan Children's Village**
- **Tong Len School**
- **Dolls4Tibet**
- **Dolma Ling Nunnery**
- **Fair Trade Co-operatives**

## Need to know

**Language:** Hindi, English widely understood

**Climate:** Hot and humid in Amritsar and Delhi (30° C), cooler in Dharamsala

**Accommodation:** Guesthouses and tents

**Physical Rating:** Moderate

## Learn

### Subject links:

Geography • Politics • RE • Biology

### Curriculum links:

### Sustainable Development:

Poverty Reduction, Ecotourism, Conservation, Human Rights, Globalisation, Refugees, Migration

**World Religions:** Hinduism, Islam, Buddhism, Sikhism

## Days 1-8

**Touch down** in Amritsar and journey through beautiful scenery to the town of **Dharamsala** in the spectacular **Himalayan foothills**, known as 'Little Lhasa' due to its importance to the **Tibetan community**.

Take a guided tour of the Tibetan Parliament where the Government-in-exile resides. Learn about the culture and history of Tibet at the **Tibet Museum**, and meet a **Tibetan refugee** who will share stories from their unique life experience. Visit the Tibetan Children's Village School, home to 3,000 students, many of them orphans and refugees. Share a **cultural exchange** at Tong Len School, which offers free education to children from the slum community.



Immerse yourself in Indian culture at the **Dalai Lama's own monastery**, practice meditation with the nuns at **Dolma Ling Nunnery**, and learn about Hinduism at the **Aghmanjar Mahadev Shiva Temple**. Visit the social enterprise **Dolls4Tibet**, which promotes fair trade and women's empowerment, and the **Norbulingka Institute**, set up by the Dalai Lama to preserve ancient traditions and crafts. Explore an organic farm promoting **environmental sustainability**.

## Days 9-12

**Pull on** your hiking boots and don your daysacks as you head out on an **epic adventure** in some of the world's most **spectacular scenery**. Trek for 3 special days through Himalayan valleys and forests, accompanied by your expert guides and porters.

Set up camp each night alongside rushing snowmelt streams, surrounded by **towering mountains**. Soak in the views and relax around the campfire, sharing stories and reflections on your experience. What an incredible achievement!

## Day 13

**It's time** to return to Amritsar, where you will visit the stunning **Golden Temple**, a key pilgrimage site for Sikhs. Floating at the end of a long marble causeway, the temple itself is a mesmerising blend of Hindu and Sikh architecture, with its many levels of marble, flower and animal motifs, topped by a dome gilded with gold. Make chapattis and serve meals to the pilgrims at the **Guru-Ka-Langar** dining room as a last act of service for your time in India.





## Day 14

**Wave goodbye** to India as you return to Delhi for your flight home. You've explored **diverse landscapes** and **new cultures**. You've learnt about sustainable development, world religions and fair trade, supported local communities and visited one of the **7 Wonders of India**.

**Reflect** on the incredible experience you've just had - the places you've been, the friends you've made, and the things you've learnt as a **global citizen**. Arrive back home with memories to last a lifetime!

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Incredible, fun, eye-opening, amazing, inspiring. I've had the time of my life and really don't want to leave!

**Student, The Godolphin School**

The trip exceeded all my expectations by far. The organisation and support during the trip was vital for its outstanding success.

**Head of RE, Kingswood School**

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**Say hello!**



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