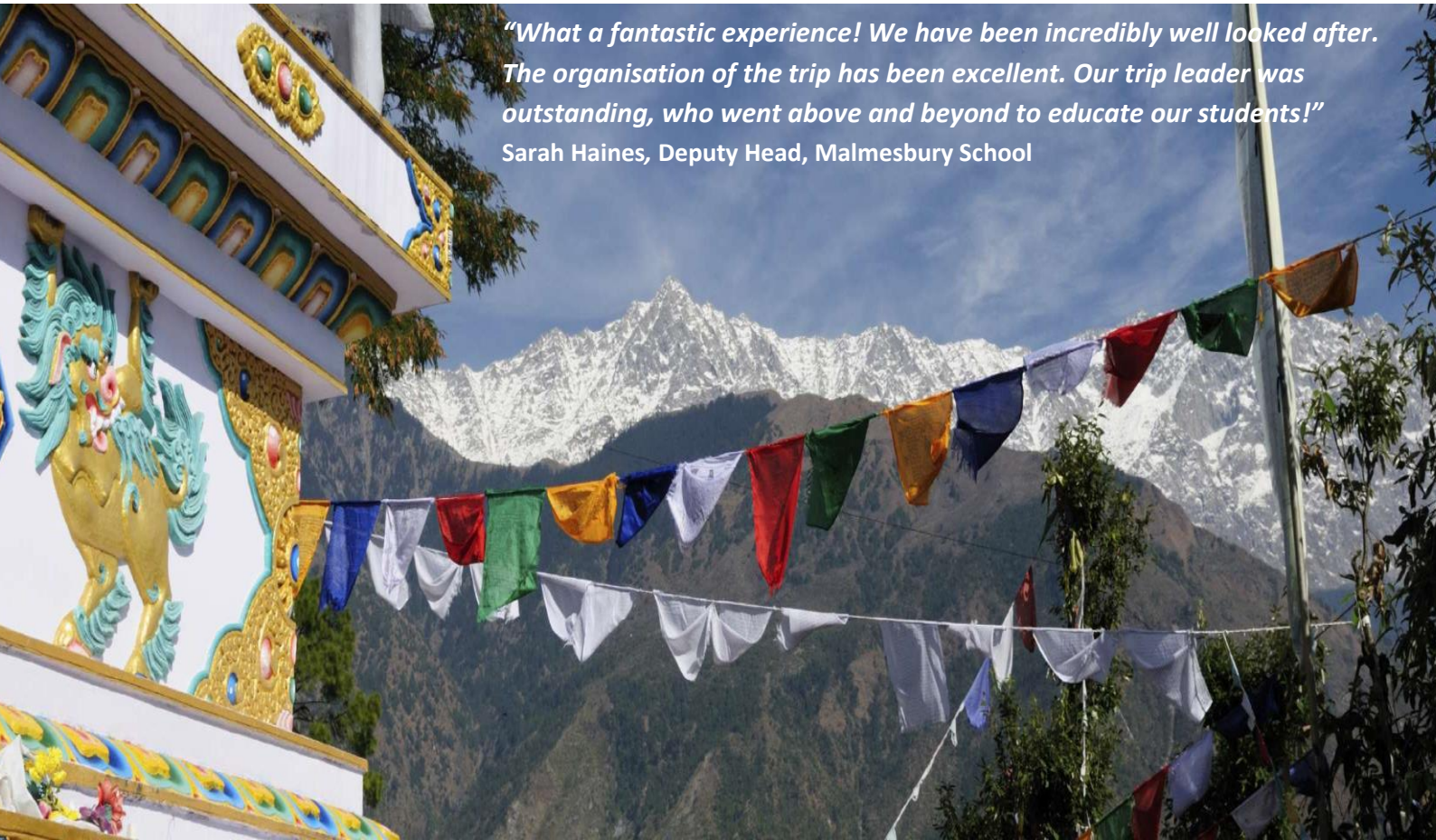




global learning for positive change

"What a fantastic experience! We have been incredibly well looked after. The organisation of the trip has been excellent. Our trip leader was outstanding, who went above and beyond to educate our students!"
Sarah Haines, Deputy Head, Malmesbury School



India Himalayan Culture

July 2026



Your Global Action Programme

At Global Action, we believe in engaging young people in Global Learning about poverty reduction, environmental issues and social justice. This develops Global Citizens, able to effect positive global change for the future.

Global Action programmes engage students with global issues, carefully designed around the UN agreed Sustainable Development Goals. Your trip will explore how these goals are being achieved on an international scale, and what still needs to be done.

Support Raising Funds



- ✓ Raising funds support
- ✓ Ideas and resources on webpage

Trip Preparation



- ✓ Destination Handbook
- ✓ Discount codes for kit
- ✓ Fitness advice

Global Learning



- ✓ Global Learning Workshop
- ✓ Resources and further reading on webpage

Trip Preparation



- ✓ Meet your Global Action Leader and kit preparation evening
- ✓ Leaders' Safety Management Workshop
- ✓ Training Day (if applicable)

Overseas Trip



- ✓ Exposure to local and global development
- ✓ Visits to international agencies
- ✓ Participation in practical projects

Alumni Community



- ✓ Empowered and engaged global citizens
- ✓ ASDAN Universities Award



"It was a once in a lifetime experience with fascinating visits, all made possible by Global Action and their amazing staff. I feel extremely lucky to have been given this opportunity."

Student, Pate's Grammar School

Why the Indian Himalayas?

India's World Heritage palaces, beautiful Himalayan mountains, and ancient cultures offer unique learning opportunities, set in stunning locations.

India is one of the most fascinating countries on Earth - one of the world's oldest civilisations, the world's largest democracy, and a secular state with a strong tradition of religious freedom.

Our India programme is based in the peaceful Himalayan town of Dharamsala, known as "Little Lhasa". The region provides spectacular mountain scenery, lakes, and forests. Dharamsala was the favourite retreat of British Viceroy, and is also known worldwide as the 14th Dalai Lama's residence. The area has strong Buddhist roots, dating back 2,700 years.

Learn about:

- **Globalisation, Refugees, Migration, Democracy, Human Rights**
- **Buddhism, Hinduism, and Sikhism; Philosophy and Ethics, Meditation**
- **Poverty Reduction, Access to Education, Sustainable Livelihoods**



Useful Facts

Geography: The trip is mainly based in Dharamsala at an altitude of 1,275m.

Climate: In July and August, temperatures in Amritsar can reach 30°C. However, Dharamsala and Manali are significantly cooler at 20°C.

Languages: Hindi is the spoken language of Northern India, however, English is widely understood.

Culture: During the trip, you will learn about the ancient cultures of Sikhism, Hinduism and Buddhism.

Physical rating: A moderate trip. Ability to walk 2- 3 hours a day with a daysack.

Accommodation: You will be staying in comfortable Guest Houses.

Sample itinerary

Build Up Day

All team members will meet at the school. Your Global Action Leader will check your kit, and provide health and safety briefings.

Days 1 – 2: UK – Amritsar – Dharamsala

Today you fly to Amritsar, arriving the following morning. On arrival, you can relax in your hotel, before travelling to Dharamsala. It is a beautiful drive through rural Punjab, before ascending to mountain valleys covered with rhododendrons.

Days 3 – 7: Dharamsala

Based in the Indian Himalayas, you can enjoy a variety of seminars and interactive visits. Current options include:

Tibetan Refugees and Democracy in Exile

Since 1959 many Tibetans have fled Tibet to surrounding countries, many to Northern India, and especially Dharamsala. This has led to Dharamsala being named 'Little Lhasa', an important centre for the Tibetan refugee community. You will learn about the strength of cultural identity through the following activities:

- A seminar with a **Tibetan refugee** who will share his experiences of Tibet, escape to India and life as a refugee
- Visit the outstanding **Tibet Museum**, to learn about Tibetan culture, the invasion and current situation
- A guided tour of the **Tibetan Parliament**, where the democratically-elected Government-in-exile resides, managing Tibetan refugees around the world



World Religions: Buddhism

Now the home of the **14th Dalai Lama**, Dharamsala is the perfect place to learn about Tibetan Buddhism. You do this through the following:

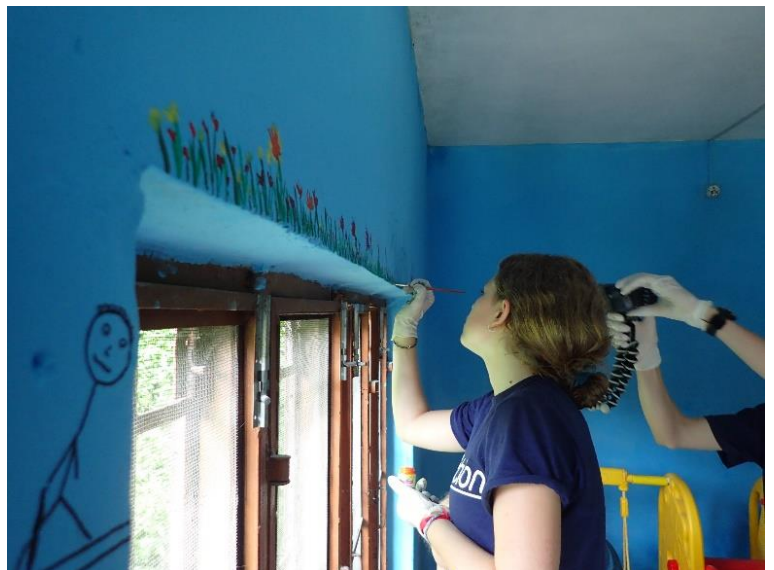
- Visit the outstanding **Dalai Lama's Monastery**: learn about its huge importance to pilgrims who come here from all over the world, and observe monks debating on opinions of Buddhist concepts!
- A seminar with a practicing **Tibetan Buddhist lama or scholar**, speaking openly about his day-to-day life as a Buddhist teacher, and exploring beliefs of Tibetan Buddhists.
- Spend the morning immersed in Buddhist teaching and enjoy a fun, practical lesson on meditation at a local **monastery or nunnery**. One of the institutes we support is **Dolma Ling Nunnery**, the first institute in India to provide the highest level of Buddhist education for nuns. We can visit the tailoring and crafts workshop, and retreat centres. You can ask why they became nuns, and what their daily life is like!



Community Engagement and Education

Ensuring inclusive and equitable education is one of the UN Sustainable Development Goals. **Education is a fundamental human right and is crucial for the achievement of sustainable development.** Education will empower girls, combat climate change, fight inequality and alleviate poverty.

You will have an opportunity to engage with different education settings, comparing opportunities presented to different ethnic groups. This will include visiting the inspirational **Tibetan Children's Village School** which educates 3,000 students, most of whom are orphans or newly arrived refugees from Tibet. Children are raised as brothers and sisters.



Indian Culture and Hinduism

Following lessons from our local Hindi teachers, you can practice your language skills at the Aghmanjar Mahadev (Shiva) Temple - located 5km from Dharamsala in a very peaceful area, near the Norbulinka. The group can learn about the history of Hinduism, meet Saddhus, receive a blessing from a priest, explore the temple, and then climb down steps to the river.



Social enterprise – reducing poverty

We can learn about **Fair Trade principles, enterprise development, cross-cultural understanding, and social integration**. Due to current world trade patterns, millions of workers in primary industries receive low wages and live in lower socio-economic conditions than the West. Fair Trade means the producer receives a guaranteed and fair price for their product, regardless of the price on the world market. This is proven to improve producers' living conditions, including being able to educate their children for a better future.

Meet the founder of **Dolls4Tibet** where you will learn about Fair Trade principles, enterprise development, women's empowerment, and social integration. You will have an opportunity to understand the challenges of setting up a Fair Trade company, and creating an open workspace.

You will also explore the renowned **Norbulingka Institute**, set-up by the Dalai Lama. Currently, over 300 people work here, driven by a strong social mission: to keep centuries-old Buddhist culture alive by training younger generations in traditional artisan skills. Learn how master craftsmen and women are preserving ancient traditions by teaching young apprentices statue-making, wood and stone-carving, and traditional art skills.

On your last day you have a chance to spend time in the shopping centre of McLeod Ganj to get those last-minute souvenirs and take a chance to rest in the street-side cafes before lunch and returning to our hotel for a fun afternoon of Indian cultural dress and Bollywood dancing!

We also facilitate a **Global Learning review** on what you have learnt in India. This includes recognizing the causes of local and global issues, and possible solutions to them. What will *you* do when you return to the UK as an inspired global citizen?

Days 8 – 9: Dharamsala – Amritsar; Visit the Golden Temple

After returning to Amritsar, you have a guided tour of the stunning **Golden Temple, one of the 7 Wonders of India**, to learn about India's history and Sikhism. The Golden Temple is believed to have healing powers which attract pilgrims from all over the world.

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.

"This has been the best two weeks of my life, and those in charge did everything in their power to make this the trip of a lifetime". Student, Kingswood School



Afterwards, you visit the Guru-Ka-Langar: a huge dining room which serves thousands of Sikh pilgrims a day who eat after praying at the temple. Hundreds of daily volunteers cater to everyone, from the poorest to millionaires, and it's a humbling demonstration of the Sikh principles of hospitality and service.

As a final service activity to our trip, we will make chapattis and help serve meals to the pilgrims.

Day 10: Amritsar - UK

Today, you check into Amritsar's International Airport for your return flight to the UK. After this unique experience, you will arrive in the UK, with memories to last a lifetime, and the ASDAN Universities Award!

"An amazing, life-changing experience for students and staff. The most organised, beneficial educational trip you could ever experience – I have never come across an organisation with such an extensive programme, where you feel you are positively making change in the world. The learning that took place throughout the programme was beyond outstanding."

School Leader, Bede's Senior School

"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 massively exceeded my expectations, it involved lots of activities to allow us to explore different cultures."

Student, Cheney School

"The trip exceeded all of my expectations by far. The organisation and support during the trip was vital for its outstanding success. All of the activities contributed to greater understanding of India."

Head of Religious Studies, Kingswood School

Organisations we support in India



The Tibetan Children's Village (TCV), a school which educates 3,000 students, most of whom are orphans or newly arrived refugees from Tibet. The children receive an outstanding education, while living in boarding houses with foster parents as a self-contained family unit.



Dolls4Tibet a social enterprise: Nepalese and Tibetan refugees work with Indian women in a mutually supportive environment, providing a sense of achievement to refugee women, often lacking in self-esteem and language skills.



TIBETAN NUNS PROJECT

Dolma Ling Nunnery, the first institute from all Buddhist traditions to provide the highest level of Buddhist education for nuns. The nuns receive a 17-year course of traditional Buddhist education, and go on to teach in schools throughout Asia. In 2017, Dolma Ling nuns made history, becoming the first Tibetan women to successfully pass their exams for a Doctorate in Buddhist philosophy.



The Tibet Policy Institute, is an internationally recognized organisation, that advises the Tibetan Government in Exile and many countries internationally, on strategic policy issues affecting Tibet.



"Global Action were really well organised - they picked guides and leaders well, and our safety was always their priority. The community work gave me a huge sense of satisfaction and reminded me of how little others have, and to appreciate what I do have."

Student, Queen Elizabeth Grammar School Penrith

Raising Funds towards your trip

You're about to embark on a life-changing trip abroad and support communities in need. Fundraising will give you a fantastic sense of achievement. Apart from raising cash for your trip, this will give you **increased self-confidence, and develop your life-skills in: budgeting, creativity, independence and entrepreneurship** – great for university and your careers.

At Global Action we care about your success. We provide:

- ✓ 1-2 fundraising workshops for you and your team
- ✓ Regular online fundraising webinars with our partners at easyfundraising
- ✓ A 17 page fundraising guide packed with ideas, plans and resources to get you started

Did you know?

Most students raise £600 - £1000 towards their trip - and many even earn their whole trip cost!



Here's our five step plan to getting started:

1. Set a target! Are you aiming to raise the whole amount yourself, or part of this cost?
2. Break down your target into milestones – base this around monthly or termly targets, or think about when you can dedicate the most time to it – especially over summer holidays
3. Make a mind map of your network, and the different ways in which they might be able to help you - and how you might be able to help them!
4. Put together the plan to reach your target – use the Global Action Fundraising Planner from your fundraising pack.
5. Pick your first event and get planning! Once you have your first contribution, reaching your target will feel much more achievable.

Your fundraising will probably be split between **individual fundraising and team fundraising** – we've included some ideas below to get you thinking...

Individual

- 🌐 Part-time work/Summer job
- 🌐 Sponsored event
- 🌐 Selling art and crafts
- 🌐 Selling unwanted items
- 🌐 Odd jobs in the community
- 🌐 Donations from local businesses and rotary clubs

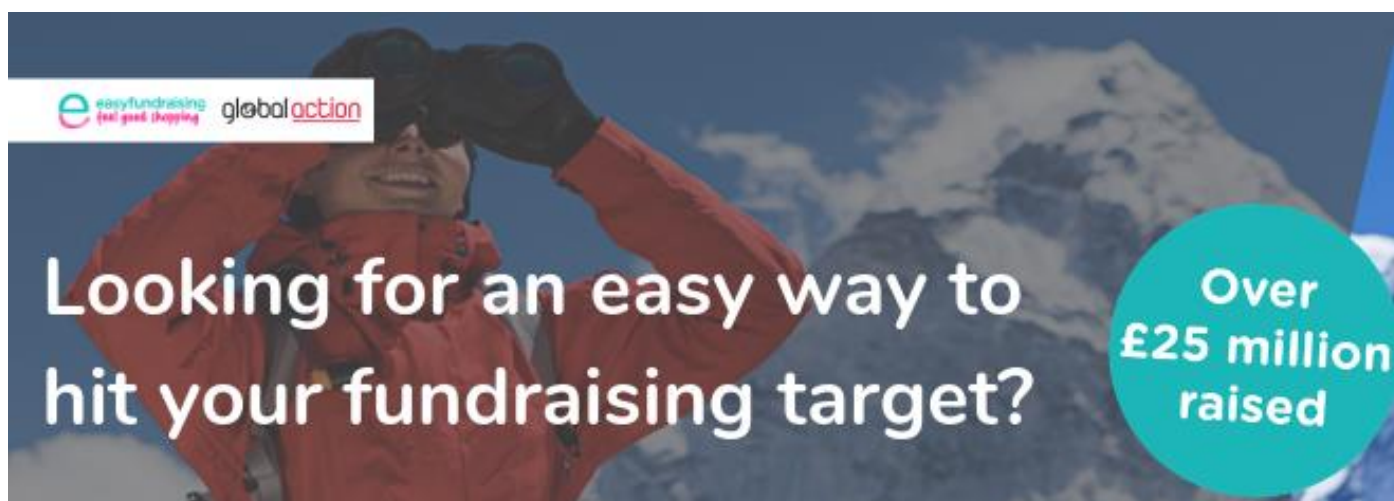
Team Fundraising

- 🌐 School event – film night, disco, battle of the bands
- 🌐 Parents evening refreshments
- 🌐 Christmas stall
- 🌐 Raffle or auction of promises
- 🌐 Quiz night

And, see overleaf for a great way to get **free** money!

” Doing your own fundraising gives you a sense of achievement and means that whilst you are out on the trip you engage more in the activities as you paid for them yourself. ”

James, Saffron Walden High School, Zanzibar



We've partnered with the UK's leading online shopping fundraising service, [easyfundraising](https://www.easyfundraising.org), to give you access to an unlimited source of funding towards your trip. Every time you buy something online, from fashion to fast food, go to [easyfundraising.org](https://www.easyfundraising.org) first to find the retailer you want. There's over 7,500 to choose from including: Amazon, eBay, Asos, Just Eat and Booking.com.

[easyfundraising](https://www.easyfundraising.org) direct you to the retailer's website and, when you check out, you get a percentage of what you spend back as a donation to your trip - and it doesn't cost you a penny extra! It really is as easy as 1,2,3.....



1. Join

Register your trip (e.g. Global Action Greece 2026 – Joe Bloggs) at: global-action.easyfundraising.org.uk



2. Shop

Visit [easyfundraising.org](https://www.easyfundraising.org) every time you shop online, then shop as normal by clicking out to a retailer's site. Every time you buy something, you'll receive a donation towards your trip.



3. Raise

Encourage your friends and family to sign up to shop in support of you too – your funds will soon mount up!

Easyfundraising run **regular webinars** for Global Action travellers, and you can even book a personal 10 minute call with one of their **fundraising coaches** to maximise your earnings – students who do this earn twice as much on average. Our record for a single month of easyfundraising earnings stands at £357 – can you beat that?

Shop with over 7,500 brands and sites including...

John Lewis



ebay

Booking.com



Sign up at:

<http://global-action.easyfundraising.org.uk>

Why book with Global Action?

The Specialists

Travel with the UK's leading provider of Global Learning programmes. Global Action is managed by international development professionals, who have over 15 years' experience in organising school trips worldwide. You'll get full support, start to finish, from our experienced operations team, who have travelled to all our trip destinations. You will benefit from their first-hand knowledge and their wealth of experience from organising inspirational trips.

High Educational Value

Our Global Action programmes are designed to strengthen students' **employability skills** in leadership, teamwork, and communication. All students completing a Global Action trip receive the widely recognised **ASDAN Universities Award**. The ASDAN Universities Award is highlighted by UCAS for applicants to mention in the personal statement of their UCAS form. Students have found that the Universities Award has made a significant difference to their UCAS Application.

Safety First

On a Global Action trip, the health and safety of all our participants is our top priority. We have a full and comprehensive **Safety Management System**, including detailed risk assessments for each activity, and extensive itinerary planning with our trained in-country partners. We provide each team with highly qualified and experienced UK Global Action Leaders, supported by school staff, 24-hour safety backup, communication equipment and comprehensive First Aid Kits. **Read more at:** www.global-action.co.uk

Financial Protection

Once you have booked you will enjoy financial security, as Global Action is a **fully-bonded UK tour operator** with the Civil Aviation Authority's Air Travel Organisers Licence (ATOL) Number 10624. So your trip is in safe hands, and monies paid to us are fully protected.



How to apply for this trip

1. Complete online application: see school letter for the link to your portal page
2. Send deposit to Global Action (or the school) – see your portal page



Contact us

info@global-action.co.uk

01285 641 875

www.global-action.co.uk