

Dharamsala, a small city in the northern Indian province of Himachal Pradesh, literally means 'spiritual dwelling' or 'rest house for travelers'. It's famed for its large Tibetan community centered around the activities of the Dalai Lama and the exiled Tibetan Government. As a **Cross-Cultural Solutions** volunteer you'll work with an Indian community that receives little outside help or attention—a powerful mission in one of the world's most awe-inspiring and historically significant settings.

DISCOVER DHARAMSALA, INDIA



**ANCHORAGE HS BIOMEDICAL GROUP
GLOBAL HEALTH SQUAD
May 31-June 16, 2018**



DAYS 1-3: TRAVEL TO NEW DELHI AND THE TAJ MAHAL

Take a long series of flights from Anchorage to New Delhi. Upon arrival meet your guide and begin your journey to Agra to explore the iconic and breathtaking Taj Mahal. Travel from Agra to Jaipur to spend the night and tour the amazing temples and markets of the Golden Triangle. After a day of exploration retire to New Delhi for a transfer to Dharamsala.

DAY 4: GROUP ARRIVAL IN DHARAMSALA, INDIA

Fly from Dehli to Dharamsala-Kangra Airport (DHM) where you'll be greeted by our friendly CCS staff who will meet you at the airport and transport you a short ways to our peaceful home-base. Set to a gorgeous backdrop of the Himalaya, the views alone at the home-base will make you want to pinch yourself while settling into your new home away from home. Enjoy your first delicious home-cooked Indian meal and a greeting and orientation from our Country Director.

DAYS 5-9 & 12-15: VOLUNTEER AND CULTURAL ACTIVITIES

Over the course of the next week, your group will work in a school or orphanage to complete healthcare initiatives such as Dental Hygiene and Hand-washing. In addition the group will experience the tangible accomplishment of a much needed project such as building hand-washing stations in a school. Each afternoon the group will be engaged in cultural and adventure activities within the community. Learn basic spoken Hindi while practicing your calligraphy with our patient and fun-loving instructors. Learn how to cook a delicious "tikka" or "tandoori."



www.crossculturalsolutions.org/groups

Call now to speak with our Director of Youth Engagement at 1-800-380-4777,
or email us at schoolgroups@crossculturalsolutions.org


Cross-Cultural Solutions



Learn all about ‘Odissi,’ an Indian classical dance. Visit McLeod Ganj, home to a substantial Tibetan refugee population and the Tsuglagkhang Complex, temple of the Dalai Lama.

DAYS 10-11: AMRITSAR AND THE GOLDEN TEMPLE

Take a weekend excursion to Amritsar, the spiritual and cultural center of the Sikh religion. Visit Harmandir Sahib (“Golden Temple”), one of India’s most beautiful sites.

DAYS 16-17: THE LONG JOURNEY HOME!

Fly from Dharamsala back to New Dehli. and then a series of flights back home. Friends and family will love to hear of the many exciting stories, friendships, and discoveries you made in India!

Home-Base Accommodations

At the Home-Base, you’ll have the chance to enjoy authentic local cuisine, connect with CCS staff, and enjoy your downtime. Volunteers stay in same-sex rooms with private bathrooms. One room accommodates 4-6 people. There are several communal spots, including a garden, a patio, and a living room.

Staffing

During your stay in Dharamsala, our incredible team will be on call to support you every step of the way—including Country Director as well as expertly-trained CCS cooks, security guards, house managers, and drivers.

Communication

Our staff can be reached 24/7 in the event of an emergency. Students will have the opportunity to access the internet and landlines for set periods of time on most evenings. Trip updates may be posted on the group FB page for friends and family to follow along.

Group Airfare (included)

Thursday, May 31: DL #142 departs Anchorage Intl 6:00 AM, arrive Schiphol 8:30 AM, Jun 1
Friday, June 01: KL #871 departs Schiphol 2:25 PM, arrives Indira Gandhi Intl 1:45 AM, Jun 2
Sunday, June 03: internal flight from Delhi to Dharamsala TBD
Saturday, June 16: KL #872 depart Indira Gandhi Intl 3:45 AM, arrive Schiphol 8:35 AM, DL #143
depart Schiphol 10:05 AM, arrive Seattle Tacoma 11:24 AM, DL #2866 depart Seattle Tacoma 6:55 PM
arrive Anchorage Intl 9:25 PM



Terms and Conditions:

Individual Program Contribution includes all airfare and in-country expenses, including meals, lodging, transport, scheduled activities, staffing, travel medical insurance, and volunteer project support. The minimum group size necessary to secure this package is 12 students. Two free teachers are included with 12-16, 3 free for 17 or more students.

Fees and Due Dates:

Individual Program Contribution: \$4485 per student including all airfare

Group Project Contribution: \$1500 per group which goes 100% to host organization and project

Due Dates: Application & \$350 deposit due November 30, 2017, balance due 60 days prior to departure

How to Enroll: Online @ <https://www.empowered.org/Anchorage-Biomedical-Group>

www.crossculturalsolutions.org/groups

Call now to speak with our Director of Youth Engagement at 1-800-380-4777,
or email us at schoolgroups@crossculturalsolutions.org

