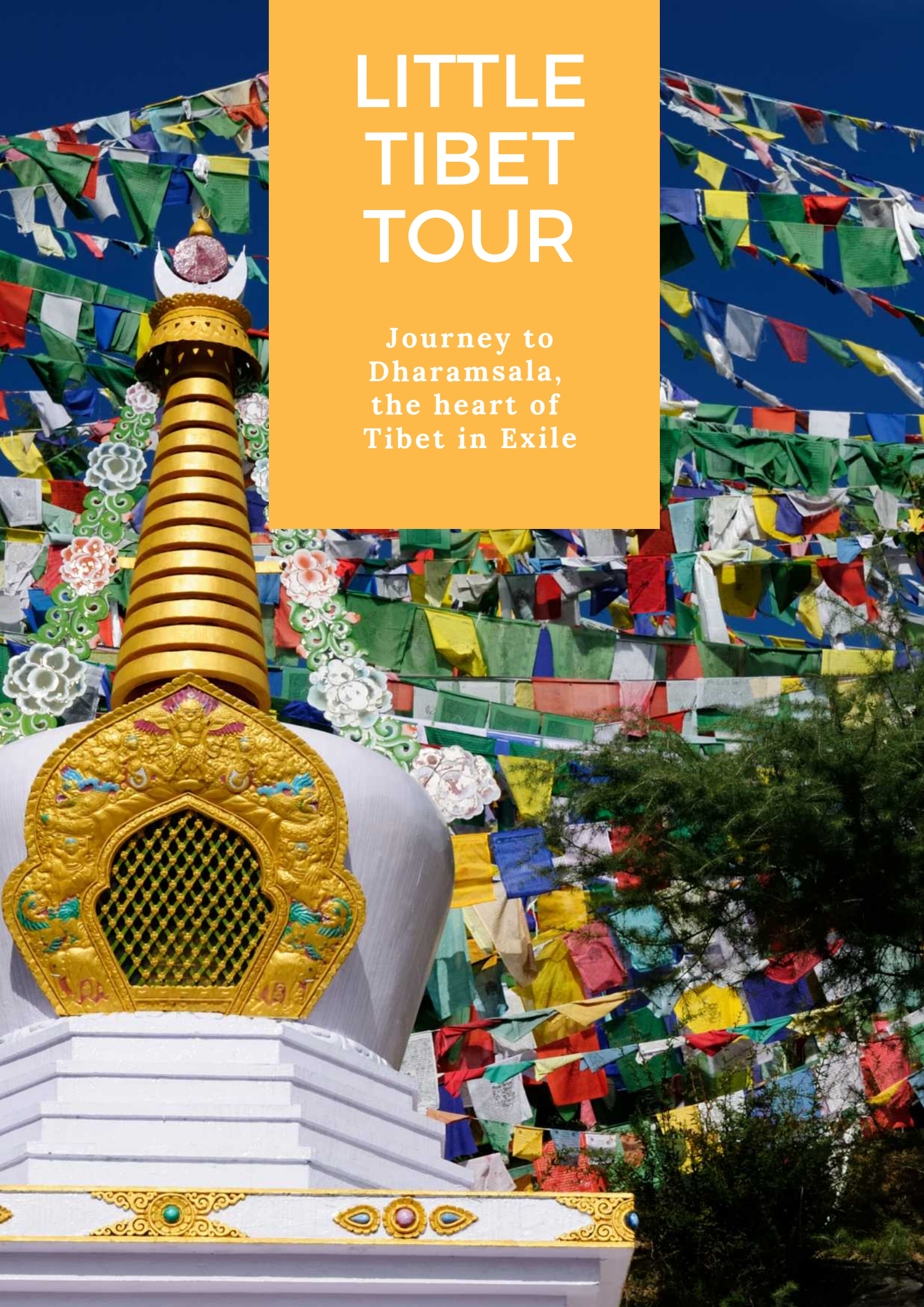


# LITTLE TIBET TOUR

Journey to  
Dharamsala,  
the heart of  
Tibet in Exile





# 14-27 NOVEMBER 2020



## FAST FACTS



**Dates: 14-27 November  
2020**



**Trip duration: 14 days**



**Travel quote: \$3,500  
land-only (includes  
\$1,200 donation to  
Australia Tibet Council)**



**Accommodation:  
3 star hotels**

\* All costs are in Australian dollars.

## HIGHLIGHTS

Immerse yourself in the vibrancy of Tibetan culture and politics in Dharamsala in northern India, the home in exile of the Dalai Lama and refugees from Tibet.

Discover yourself while gaining a deep appreciation of the Tibetan world - the inner lives of Buddhists, Tibet's political struggle, a thriving ancient culture and the resilience of a refugee community.

Feel rejuvenated by spending time in nature and exploring the foothills of the Indian Himalayas.

Support the work of Australia Tibet Council as we campaign for the protection of Tibetan human rights, culture and environment (travel cost includes a \$1,200 donation to ATC).





## TOUR SUMMARY

Stunning snow-capped mountains, prayer flags flapping in the wind, Tibetan devotees walking the kora every morning around the Dalai Lama's temple, young activists organising campaigns for a free Tibet...

By taking part in this 14-day Little Tibet Tour, you will experience all this and more. From the teeming streets of Delhi, you will travel north to the Himalayan foothills. Spending 11 days in the spiritual and political capital of Tibet in exile, you will immerse yourself in all facets of Tibetan culture and learn firsthand about the current plight of the Tibetan people and their inspiring resilience.

Key highlights include meeting Tibetans and hearing their personal stories, experiencing the delights of Tibetan and Indian cuisines, hiking in the mountains, visiting Tibetan NGOs, political institutions and cultural centres and learning about all things Tibet. And also taking time out for yourself to meditate, read, spend time in nature and make meaningful friendships.

Specially designed and led by Australia Tibet Council, the Little Tibet Tour is a unique opportunity to experience the Tibetan world with a group of travellers from Australia and worldwide, united by their shared passion and love for Tibet.





# WHAT WILL MY IMPACT BE?

By joining the Little Tibet Tour, you are supporting the work of Australia Tibet Council (ATC).

ATC campaigns for an end to China's occupation of Tibet.

Your donation will help us:

- Build grassroots awareness and support for Tibet.
- Engage in political advocacy in Australia and at the UN.
- Empower Tibetans and further strengthen the exile community.
- Strengthen the global Tibet movement and help to build stronger international pressure on China to end the occupation of Tibet.





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Tibetans have not given up their hope for a free country even after seven decades of Chinese occupation. Our resistance remains as strong as ever. It's time to bring the global focus back on Tibet. Violence grabs the media headlines and moves leaders to action. But through our non-violent resistance, Tibetans are showing that a better world is possible. A victory for Tibet is a victory for world peace and justice. Now more than ever, we need to protect these values.

”

- Kyinzom Dhongdue,  
Executive Officer  
Australia Tibet Council

**For enquiries about the trip, please  
call Kyinzom on 0416 695 590 or  
email [dharamsala@atc.org.au](mailto:dharamsala@atc.org.au) or  
visit [www.atc.org.au](http://www.atc.org.au)**





# TRIP NOTES

## DAY 1, SATURDAY 14 NOVEMBER 2020

### Arrive in Delhi

Welcome to Delhi, the vibrant and chaotic capital of India! There will be someone from the hotel waiting to greet you at the airport. Depending on your arrival time, you will be free to relax at a lovely hotel, not far from the airport, or begin your exploration of this historic city with all its colours and sounds.

We will meet for dinner and our first team briefing at the hotel restaurant.

D

B = Breakfast, L = Lunch, D = Dinner

## DAY 2, SUNDAY 15 NOVEMBER 2020

### Sightseeing in Delhi

Today we will go on a tour of Old Delhi. Steeped in history, this colourful and cacophonous part of Delhi throbs with the rhythms of humanity. We will visit Red Fort, home to the Mughal emperors before the British invasion of India; and Chandi Chowk, the bustling Indian bazaar of spices, saris and street food. Be prepared for your senses to be overwhelmed!

At the end of this adventure, we will relax with authentic North Indian dinner and Kingfisher (a popular Indian beer).

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## DAY 3, MONDAY 16 NOVEMBER 2020

### Arrive in Dharamsala

We will catch an hour-and-a-half flight to Dharamsala in the morning.

As you reach Dharamsala, nestled in the foothills of the Indian Himalayas, you will experience the contrasting landscapes and the pleasant Autumn weather.

Welcome to the capital of Tibet in exile!

After checking in at your hotel in Mcleod Ganj in Upper Dharamsala and a short rest, you will have lunch at the popular Nick's Italian Cafe, where you will sit back and enjoy the views of the snow-clad mountains. Owned by the family of a former bodyguard of the Dalai Lama, the cafe serves a range of vegetarian Italian and Tibetan dishes. It is where you will get to try Dharamsala's famous lemon ginger tea.

In the afternoon, you will embark on a guided walk of Mcleod Ganj, the main Tibetan town, and learn about the adventures that await you over the next 10 days. This will be followed by a visit to Lha Charitable Trust, a local hub of social work supporting Tibetan refugees.

In the evening, we will have our first Tibetan dinner at Hotel Tibet, where you will be treated to momos (Tibetan dumplings) with chilli sauce.

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## DAY 4, TUESDAY 17 NOVEMBER 2020

### The Dalai Lama's temple and Tibetan Government-in-Exile

It's your first day to immerse yourself in Tibetan culture, spirituality and politics. We will begin early this morning with a kora (circumambulation) around His Holiness the Dalai Lama's temple and residential complex. A wonderful chance to join local Tibetans in their daily spiritual practice and breathe in the fresh mountain air as you go on this special walk. This is optional for those who are not early risers.

After breakfast, we will return to the Dalai Lama's temple complex called the Tsuglag Khang, the most important Buddhist site in town and where His Holiness' residence and Namgyal Monastery are located.

From this centre of Tibetan Buddhism, we will then head to Gangkyi, the headquarters of the Tibetan Government-in-Exile, formally known as the Central Tibetan Administration. We will visit the Tibetan Parliament-in-Exile and meet a few MPs in their offices and learn about the evolution of Tibetan democracy and its significance. While we are at Gangkyi, we will visit the Department of Information and International Relations (Exiled Tibet's Department of Foreign Affairs) and learn about the important work it is undertaking to promote the Tibet cause globally.

The evening is free for you to explore and relax.

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## DAY 5, WEDNESDAY 18 NOVEMBER 2020

### Guided meditation, Norbulingka Institute and dinner with NGO representatives

Your day will begin with a guided meditation session offered by Tushita Meditation Centre on weekday mornings at 9 am (optional). Or you may like to go on a morning walk or kora. We will meet at the town square in McLeod Ganj at 10.30 am to embark on our other programs for the day.

Today we are heading down to Norbulingka Institute, a thriving centre of Tibetan art and culture. You will see Tibetan artisans at work, ensuring Tibet's rich artistic lineages are preserved for future generations. You will visit the studios and the shop selling exquisite Tibetan crafts. This will be followed by a relaxed lunch in their cafe courtyard dotted with Tibetan prayer flags. We will then visit the nearby Gyuto Monastery.

In the evening, we will have a group dinner with representatives of Tibetan NGOs.

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## DAY 6, THURSDAY 19 NOVEMBER 2020

### Buddhism class and Tibetan Children's Village

A special class on Buddhism will be arranged for you this morning. This is an opportunity to learn about Tibetan Buddhism from a monk teacher, ask any questions and expand your knowledge about an ancient religious tradition that serves to address many of our modern-life challenges. This is an optional class.

We will then visit the Tibetan Children's Village, a thriving educational community set up by the Dalai Lama's sister in the early years of exile and has since continued to provide care to thousands of children, many of whom have escaped from Tibet. We will go on a guided tour of the school.

On our way back from the school, we will visit St John in the Wilderness, an Anglican church dating back from 1852 and set among the deodar forest, to learn a bit about the local history. On seeing the natural wonders of Dharamsala, you won't be surprised to learn that it once served as a popular summer destination for officers of the British empire in the 19th century.

The evening is free to explore and relax.

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## DAY 7, FRIDAY 20 NOVEMBER 2020

### Guided meditation, Tibetan NGOs, Debrief

For those interested in attending the guided meditation session, we will visit the Tushita Meditation Centre for an hour in the morning. Others may like to go for a morning walk, attend a yoga class or have a relaxing morning at a cafe.

We will meet at the town square in McLeod Ganj at 10.30 am. Today we will visit the offices of three great NGOs, meet inspiring young activists working for a free Tibet, and hear personal stories of former political prisoners. We will visit Students for a Free Tibet, a network of young people championing for Tibet's independence; Gu Chu Sum, an association established by former political prisoners from Tibet; and Tibetan Women's Association working to promote social, economic and political equality of Tibetan women.

In the evening, we will meet for a group dinner and take the opportunity to debrief on our experiences so far.

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**DAY 8, SATURDAY  
21 NOVEMBER 2020 &  
DAY 9, SUNDAY  
22 NOVEMBER 2020**

**Weekend: Hiking and  
spending time in nature**

It's the weekend. So you are free to explore the town on your own, have a rest, meet your new Tibetan friends or go shopping.

After a full intense week, we recommend spending at least a day in nature. We will arrange a day of hiking in the mountains.

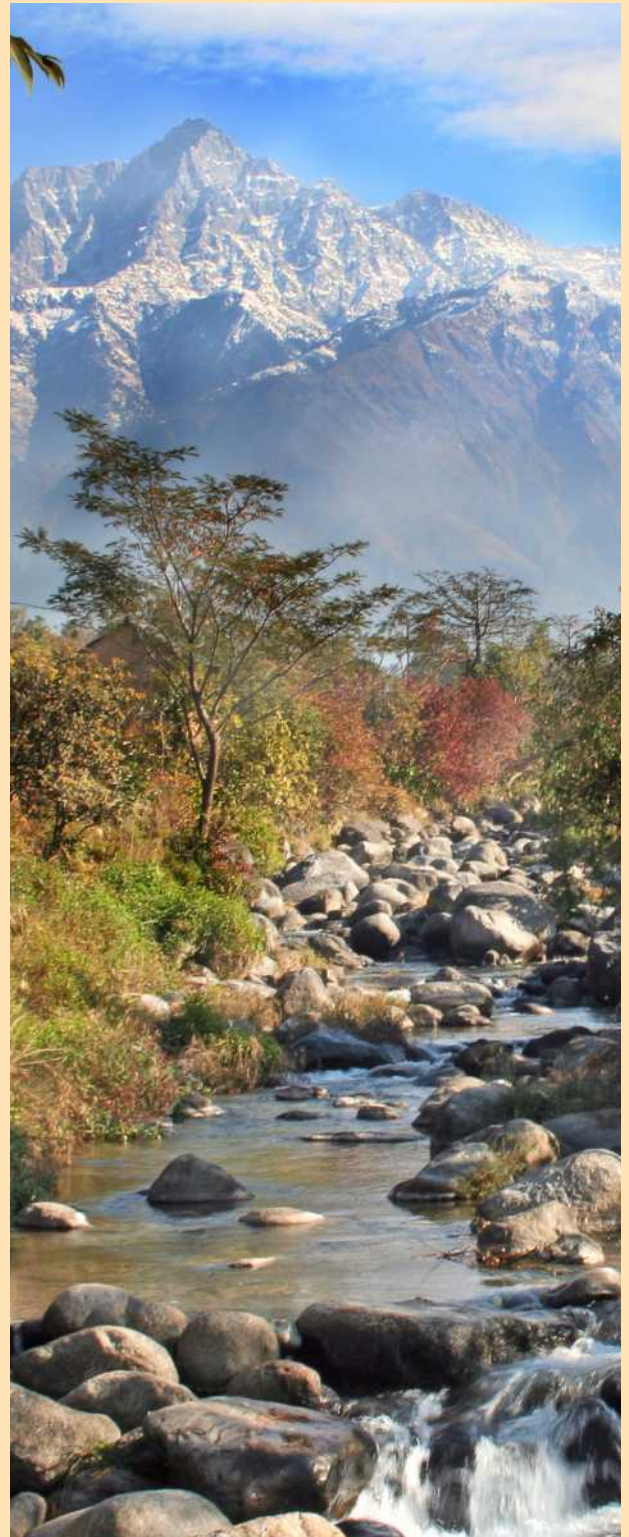
There are two options for our team members.

The first option is to go on a short hike to Sunset Cafe in Dharamkot, a quiet Indian village that has become a second home for many foreigners in recent decades. The Sunset Cafe is indeed a hidden gem in Upper Dharamsala. You can spend the whole day there, reading your favourite book, enjoying the expansive views and sipping endless cups of chai.

The other option is to visit Magic View Cafe. This involves doing an easy to moderate hike and takes around three hours one way. As the name suggests, the view at the end of the walk will be magical.

Regardless of which option you end up taking, you will be treated to spectacular views of the snowcapped Dhauladhar Range and the Kangra Valley.

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## DAY 10, MONDAY 23 NOVEMBER 2020

### **Guided meditation, Tibetan Library, Voice for Tibet and Tibetan Medicine**

It's the first day of our second week in Dharamsala. Let's start with a guided meditation session at the Tushita Meditation Centre. This is again optional, so you are most welcome to sit back at a cafe or enjoy a leisurely morning walk.

After our meditation session, we will visit the Library of Tibetan Works and Archives, one of the world's premier institute of Buddhist and Tibetan studies.

In the afternoon, we will visit the Voice of Tibet radio station, headed by a female editor, and meet her and her team of journalists and learn about the growing role of media in Tibetan society.

Next to the radio station is located the Tibetan Medical and Astrological Institute (Men Tsee Khang). Consultations with Tibetan doctors and astrologists can be arranged.

In the evening, we will have dinner at Common Ground Cafe with Tibetan poet and writer Bhuchung D Sonam.

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## DAY 11 TUESDAY 24 NOVEMBER 2020

### **Tibetan Nuns Project and Dinner/discussion with a Tibetan feminist**

This will be quite a special day, especially for the feminists in our team! We will spend a day at Dolma Ling Nunnery as part of the Tibetan Nuns Project. Over the last few decades, TNP has been helping educate and empower Tibetan Buddhist nuns to become teachers, scholars and leaders. We will meet the project director to learn about the status of nuns in Tibetan society and enjoy a vegetarian lunch prepared by the nuns.

We will meet for an early dinner at the beautiful Illiterati Cafe and enjoy a lively discussion with a Tibetan feminist.

**B**

**L**



Credit: Tibetan Nuns Project



## DAY 12, WEDNESDAY 25 NOVEMBER 2020

### Guided meditation, Jampaling Elders' Home, Tibet Museum

We are almost at the end of our tour. Before we return, let us take one more chance to reflect on the journey we have taken and train our minds to become more peaceful and fulfilled in our lives.

We will visit the Tushita Meditation Centre for our group session in the morning. This is again optional.

After that, we will visit the Jampaling Elders' Home where we will meet Tibetan Elders and hear their stories of life in Tibet and after fleeing into exile. This will be followed by a visit to the Tibet Museum. A great place to learn about Tibet's history, culture and the present situation in Tibet under China's occupation.

The evening is free to relax and explore.

B



## DAY 13 THURSDAY 26 NOVEMBER 2020

### Free day

It's a free day. Take time to reflect on the memories and moments that have made this journey one you will never forget. You may want to go shopping, catch up with friends, have a massage (Tibetan or Ayurvedic) or revisit some of your favourite places.

In the evening, we will meet for a farewell dinner.

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## DAY 14 FRIDAY 27 NOVEMBER 2020

### Goodbye Dharamsala

With our adventure complete, you will board a flight to Delhi in the morning. Later in the day, please make your own way to the airport to head home or off on your next adventure.

B



# FAQs

## How much does the tour cost?

The travel quote is \$3,500 (land only). This includes a \$1,200 donation to Australia Tibet Council.

You have to organise your own international flights. We are not including international airfares to provide greater flexibility to your travel arrangements. It also means participants from any part of the world can potentially join the tour.

## When do I have to make the payment?

The payment has to be made in two stages. First, you pay a non-refundable travel deposit of \$500 at the time of registration. The balance (\$3,000) has to be paid by 16 August 2020, that is 90 days prior to departure.

## Can I stay longer in India?

You are most welcome to extend your stay. You have travelled a long way and may like to get the most out of your overseas trip. However please note you are responsible for your additional travel costs and arrangements.

## Is there an age limit for participants?

You have to be at least 18 to join our group. Going by past tours, we have had participants of all age groups, mostly in their 50s, 60s and 70s, all united by their shared passion for travel and Tibet.

## Is my donation tax-deductible?

ATC is a not-for-profit organisation, however, donations are not tax-deductible.

## What insurance do I need?

A comprehensive travel insurance is compulsory in order to join our tour. It must provide adequate cover for cancellation, delays in travel, loss or damage to baggage and valuables, medical and hospital expenses for injury or illness, and emergency evacuation.

## Can you guarantee the travel cost?

We will try our best to keep the travel costs as quoted. However they can vary slightly as a result of changes in group size or factors beyond our control. For instance, significant change in exchange rates. The sooner participants can confirm their trips, the sooner we can lock in the quote.

## What is the size of the group?

There can be anywhere from 10-20 people in our group. If we get more than 20 or so participants, we may look at organising two tours - one after another.

## How do I register?

Please email or call us of your interest in the tour.

We will send you a booking form.

**[dharamsala@atc.org.au](mailto:dharamsala@atc.org.au)**  
**0416 695 590**



## WHAT IS INCLUDED IN THE TRAVEL QUOTE?

- Accommodation for 13 nights in 3 star hotels
- Return Delhi-Dharamsala flights
- Local transport in Delhi and Dharamsala as per itinerary
- Meals as per itinerary
- All sightseeing and activities as per itinerary
- Australia Tibet Council escort
- Local Tibetan English-speaking guide
- Donation of \$1,200 to Australia Tibet Council

## WHAT IS NOT INCLUDED?

- International flight to Delhi
- Travel insurance, including cover for emergency medical expenses (compulsory)
- Visas
- Alcoholic beverages
- Personal expenses
- Tips and gratuities
- Any additional sightseeing or activities

## ABOUT AUSTRALIA TIBET COUNCIL

Australia Tibet Council is the leading Australian organisation campaigning for freedom and human rights of Tibetans.

From stopping Australian companies from exploiting Tibet's natural resources to shutting down China's propaganda outfits in our schools to amplifying Tibetan voices in the halls of power, we are fighting alongside the people of Tibet to end China's occupation of their homeland.

By joining ATC on the Little Tibet Tour, you can also be part of a truly global movement. We are a partner of the International Campaign for Tibet and a key member of the International Tibet Network, a worldwide coalition of close to 200 Tibet Support Groups.

