

Quick Info.

Dates: 3 - 14 Nov 2024

Trip duration: 12 days

Travel quote: \$4,475*

**Includes \$1,200 donation to
Australia Tibet Council**

Accommodation(s): 3 Star Hotels

* All costs are in Australian dollars.

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Travelling to Dharamsala is such a unique experience. A home to Tibetan refugees in India it is a place epitomised by the words: Resilience and Resistance.

Resilience because this is a place where Tibetans have thrived, it is like a 'little Tibet town' where Tibetan food, Tibetan language, Tibetan music, traditions, Tibetan Buddhism and most importantly the spirit of Tibet abounds.

Resistance because Dharamsala is the home to Tibetan writers and poets, to Tibetan NGO's and activists, to the Central Tibetan Administration (Tibetan Government in Exile) and of where His Holiness the Dalai Lama resides.

Tibetan people have never given up hope of a free Tibet where their rights and freedoms are restored and Dharamsala is a place where one can imagine what Tibet could have been, if it were not for Chinese occupation, and further imagine what Tibet will be in the future. Please join ATC on this tour.

Dr Zoë Bedford



Executive Officer
Australia Tibet Council

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LITTLE TIBET TOUR 2024



**AUSTRALIA
TIBET
COUNCIL**
www.atc.org.au

The Guide.

WHAT IS INCLUDED IN THE TRAVEL QUOTE?

- Accommodation for 11 nights in 3 star hotels
- Return Delhi-Dharamsala flights
- Local transport in Dharamsala as per itinerary
- All sightseeing and activities as per itinerary
- Australia Tibet Council tour leader
- 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)
- Some lunches and dinners are provided but
- most lunches and dinners are at your own cost
- Visas
- Alcoholic beverages
- Personal expenses
- Tips and gratuities
- Any additional sightseeing or activities

Tour Summary.

Dharamsala is located in the North-Indian state of Himachal Pradesh. It is the home of the Dalai Lama in exile.

Our 12-day **Little Tibet Tour**, provides you a unique opportunity to experience the thriving Tibetan culture, learn about the Tibetan struggle and connect to your spiritual side by immersing yourself in Tibetan-Buddhism, all while absorbing the stunning views of the Himalayas.

Some of our highlights include intimate interactions with Tibetans, indulging in Tibetan and Indian cuisines, walking trails in the mountains, visiting Tibetan non-profits, political institutions and cultural centres to immerse in the Tibetan diaspora community.



Your Impact.

Your donation from the **Little Tibet Tour** will support Australia Tibet Council's work.

ATC campaigns for freedom and human rights in Tibet.

With your donations we will lobby for Tibet to the Parliament and the Australian Government.

We will help empower Tibetans and further strengthen the resilient exile community.

We will collaborate with the International Tibet movement and help to build pressure on China to end the occupation of Tibet.



At a glance.

***Tshuglakhang* – The Dalai Lama's temple and *Kora* (circumambulation) walk**

At the heart of the McLeod Ganj hill station is the Dalai Lama's temple and monastery. Locals and visitors often walk around the temple clockwise chanting prayers and spinning prayer wheels, wishing good for all sentient-beings.



Shugsep Nunnery and the Tibetan Nuns Project (TNP)

Under the Dalai Lama's advice, one of the first institutions established by Tibetans in exile were nunneries to provide for and educate nuns escaping persecution from the Chinese.

The Shugsep nunnery is famous for its *Chod* ritual – a favourite of many tour participants.



Library of Tibetan Works and Archives

An essential part of preserving Tibetan culture, the library is one of the world's premier institute of Buddhist and Tibetan studies.

It is also the largest archive of original Tibetan scripts and artefacts brought to the library by escaping Tibetans.



Tibetan Institute of Performing Arts (TIPA)

TIPA plays an active role in preserving and promoting Tibet's ancient and unique musical heritage and arts.



Jampaling Elders' Home

ATC's relationship with networks in Dharamsala give you access to the Jampaling Elders' Home, which is an aged care as we call it here in Australia.

You will have the chance to meet Tibetan Elders and hear their stories of life in Tibet and after fleeing into exile.



Norbulingka Institute

Named after the Dalai Lama's summer residence in Tibet, the Norbulingka Institute is centre for preservation of the Tibetan arts and crafts.

The institute is surrounded by beautiful gardens and water features.



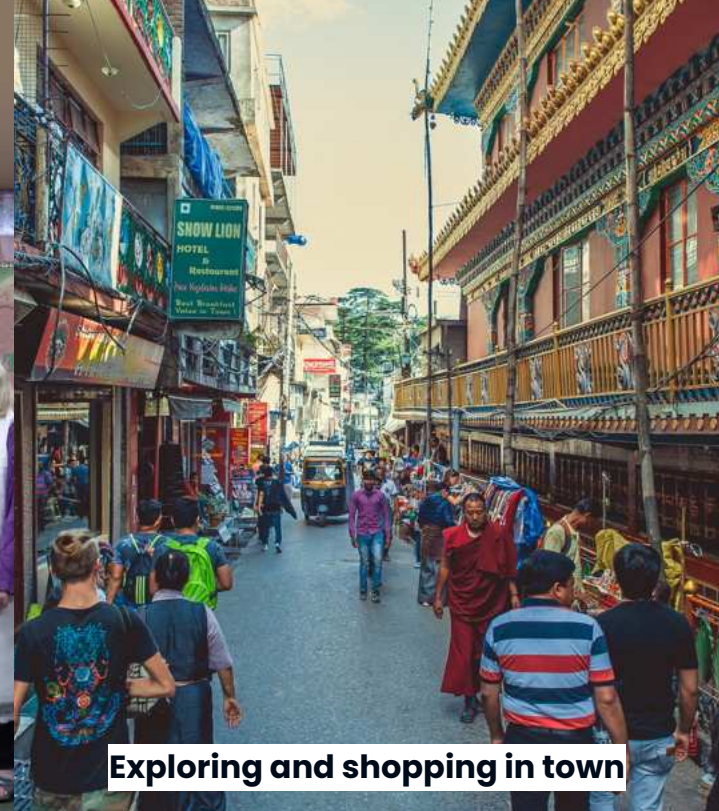
**All of that
and more.**



Attend Tibetan cooking classes



**Meetings with Tibetan Gov and
Parliament**



Exploring and shopping in town



Dinner with poets and artists



Visiting the Tibet Museum



Meeting NGOs and Charities