

Ladakh -- Dental Camp **2009-2010**

Be part of a pioneer humanitarian project in the Ladakh Valley. A one-time departure point for yak trains traveling into Central Asia, Leh is located in a small area just north of the Indus Valley. Situated deep in the Indian Himalayas, it offers spectacular mountain views and trekking. The people of Leh are of Tibetan descent and primarily practice Mahayana Buddhism.

Working in partnership with the dZi foundation and the Lions Club, we will set up a mobile dental clinic in a remote village in the Ladakh valley to provide first time dental care to children throughout the area. Outside the clinic, volunteers have a chance to get to know the local village people and take in rural life in the countryside. Volunteers work in the clinic for 6 days, after which the journey continues through India with sightseeing in Ladakh, Delhi, and Agra to see the Taj Mahal.

- Day 01 Depart the US from Los Angeles, Newark or Chicago.
- Day 02 **Delhi.** Arrive Delhi. Transfer to your hotel. The rest of the day is at leisure. Overnight at hotel in Delhi.
- Day 03 **Delhi.** Morning at leisure. Afternoon sightseeing of Old & New Delhi. Overnight at hotel in Delhi. (B)
- Day 04 **Delhi-Leh.** Transfer to the airport for your early morning flight to Leh. On arrival in Leh transfer to your hotel. Afternoon at leisure. Overnight at hotel in Leh. (B/L/-)
- Day 05 **Leh.** Morning at leisure (to adjust to the elevation). Afternoon -- visit the clinic site and project briefing of where you will be working for the next 6 days. Overnight at hotel in Leh. (B/L/-)
- Day 06-08 **Leh.** Full Day working in the dental clinic in Leh. Overnight at hotel in Leh. (B/L/-)
- Day 09 **Leh.** Full day excursion to Shey, Thiksey and Hemis Monasteries. Overnight at hotel in Leh. (B/L/-)
- Day 10-12 **Leh.** Full day working in the dental clinic in Leh. Overnight at hotel in Leh. (B/L/-)
- Day 13 **Leh.** Full day sightseeing of Ladakh Valley. Overnight at hotel in Leh. (B/L/-)

Day 14 **Leh-Delhi-Agra.** Morning flight to Delhi. Continue overland to Agra. Afternoon sightseeing of the Taj Mahal. Overnight at hotel in Agra.(B/L/-)

Day 15 **Agra-Delhi.** Drive back to Delhi. Afternoon day room to rest before transferring to the airport for your evening flight to the US. Arrive in the US on day 16. (B/-/-)

Project Cost: The cost for participation in this project is: \$3,750 per person (tax-deductible) based on twin sharing room (*please call our office to find out about the single room rate*). The fee includes: round-trip air from LAX, Chicago or Newark to New Delhi; 2 meals per day; 2-star hotels in Leh, 5-star hotels in Delhi and Agra; all internal flights, trains and overland transportation within India; all transfers, and sightseeing of Leh, Delhi and The Taj Mahal at end of project.

Options to itinerary:

- 1.) You may add a five day trek to this project. Please call our office for details.
- 2.) You can come and volunteer in the clinic only, without sightseeing or airfare to or within India. The cost for participation in the clinic only is: \$890 per person (tax-deductible) based on double occupancy (call for single room rate). The fee includes: 2 meals per day; 2-star hotels in Leh for 9 nts/10 days; daily transportation to/from the clinic site. Transfers to/from the airport and hotel in Leh. *Project cost does not include flights to/from Leh.

2009-2010 Dates

May 15 - 30, 2009

September 19 – October 04, 2009

May 15 – 30, 2010