



# australians for women's health nepal challenge



## trip highlights

- ..... Raising vital funds for A4WH hospital in Dolakha, Nepal
- ..... Stunning views of Gaurishankar and the Numbur Range
- ..... Exploring the unique culture and tradition of Sherpa people
- ..... Fully supported camping based trek
- ..... All meals prepared by our cooks on trek
- ..... Stay at a centrally located boutique hotel in Kathmandu
- ..... Enjoy a final dinner at the traditional Nepali Chulo
- ..... Visit Dolakha Hospital and meet Dr Hodgson and his team
- ..... See first hand the invaluable work A4WH are doing for women's health in Nepal



<b>Trip Duration</b>	11 days	<b>Trip Code:</b> DRH
<b>Grade</b>	Introductory	
<b>Activities</b>	Trekking, Charity Challenge	
<b>Summary</b>	2 nights hotels, 7 nights camping	

## supporting your cause

A4WH is an Australian charitable trust. It was founded in 2010 by Gynaecologist Obstetrician, Dr Ray Hodgson with the objective of improving the appalling state of women's health in Nepal.

The magnitude of women's reproductive health problems in Nepal is enormous. This is largely due to gender discrimination from early childhood on a background of limited availability of health services. A4WH undertakes regular medical and surgical ventures in Nepal to provide treatment to underprivileged women and to train local doctors, nurses and midwives.

The organisation is registered with Australian Charities and Not-for-profits Commission (ACNC) and is fully transparent with all finances. There are no religious affiliations. A4WH has two major arms within Nepal:

**Maternal Health** – to reduce very high levels of maternal and perinatal mortality In Nepal a mother dies every four hours and a baby dies every 20 minutes. Most of these deaths are preventable through relatively simple measures.

**Genital Prolapse** – to treat and prevent very high levels of genital prolapse. Severe prolapse is distressing, both physically and emotionally. Prevention and treatment of this pervasive disease is paramount.

## your Huma Challenge

Thank you for your interest in our Australians for Women's Health Nepal Challenge. We are passionate about helping you raise much-needed funds for your favourite charity or foundation. What better way is there to fundraise than through the charity challenge model ... where you get to challenge yourself on a trek, cycle or other physical pursuit in an awe inspiring destination? We'd like to congratulate you for taking on the challenge of fundraising and pushing yourself to reach personal goals, all the time reflecting on the challenges faced by the beneficiaries of your chosen charity or foundation. Most likely you have chosen the partner that resonates with you and now you have found our selection of Adventure Charity Challenges. Not an easy choice really because they are all very tempting! But no matter which you choose from our range you can rest assured that the itinerary has been well crafted to give you the best possible chance to reach your goals as well as the very best travel experience. They're designed with incredible local knowledge with a vision of authentic exchange and real exploration with a responsible tourism approach. And best of all you will meet fellow fundraisers from all around the world.



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## charity challenge payments

Joining Sydney from:	\$4090
Registration Fee:	\$200
Single Supplement:	\$240
DO - Donation:	\$2000

All prices are per person

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

If you need any help with booking flights please contact your nearest Huma Charity Challenge office.

## trip dates

**2020** 20 Nov - 29 Nov

## important notes

RF - Registration Fee

DO - Donation

## what impact will my fundraising have?

The full value of your donation will be used to provide critical medical services to women in developing countries, including: training and building capacity of local doctors, nurses and midwives; provision of equipment; and construction of infrastructure projects such as hospitals, clinics and operating theatres.

The use of donated funds exclusively for patients in need and the building of capacity in their countries is a fundamental principle of the A4WH foundation.

## your adventure

Join this special trip in support of A4WH and the work of Dr Hodgson and his team in eastern Nepal. A4WH provides medical and surgical treatment to underprivileged women and training to local doctors, nurses and midwives. We will visit Dolakha hospital, which is currently being rebuilt after the 2015 earthquake, to witness first-hand their invaluable work. Prior to the hospital visit we will escape the tourist trails on a trek to the north-east, which is home to Tibeto-Burman people with cultural links to the Sherpas and Sunwars. The trek takes us through villages, forest and wilderness zones, where we'll appreciate spectacular views of Gaurishankar (7100m) and the Numbur Range. In Kathmandu we'll stay at the delightful World Heritage Hotel and enjoy our final celebratory meal at Nepali Chulo.

## cause supported by this huma challenge

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A4WH has two major arms within Nepal:

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## fundraising options

There are a number of ways you can approach your fundraising:

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.
4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.



A DIVISION OF WORLD EXPEDITIONS

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## fast facts

### Countries Visited:

Nepal

### Visas:

Yes\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Group Size Min:

10

### Group Size Max:

20

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

### Brochure Reference:

Himalaya and Indian Subcontinent

\*Ask our staff for more information.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

## online fundraising portal

Upon registration you will receive a Huma Charity Challenge confirmation kit that includes a Fundraiser's Guidebook; a comprehensive resource for fundraising ideas and support. We will also help you set up a fundraising page with Go Fundraise and assist in encouraging your sponsors to donate.

The minimum donation fundraising target is \$2000 per person. Consider that this is a \$100 dollar donation from 20 family, friends and work colleagues. You can do it!

## itinerary at a glance

DAY 1	DEPART AUSTRALIA FOR KATHMANDU
DAY 2	DRIVE KATHMANDU TO JIRI (1955M). APPROX 8 HOURS DRIVE.
DAY 3	TREK TO KYANGSE (2700M). WALK APPROX 3-4 HOURS.
DAY 4	TREK TO CHERDUNG (3690M). WALK APPROX 7 HOURS.
DAY 5	TREK TO PANGNAGI (2500M). WALK APPROX 4-5 HOURS.
DAY 6	TREK TO GARJANG (1918M). WALK APPROX 2-3 HOURS.
DAY 7	TREK TO SHIVALAYA (1780M). WALK APPROX 2-3 HOURS.
DAY 8	VISIT DR HODGSON'S DOLAKHA HOSPITAL
DAY 9	DRIVE FROM JIRI TO KATHMANDU. APPROX 8 HOURS DRIVE.
DAY 10	DEPART KATHMANDU FOR AUSTRALIA
DAY 11	ARRIVE AUSTRALIA

## what's included

- 9 breakfasts, 8 lunches and 8 dinners
- Centrally located boutique hotel in Kathmandu on twin share basis
- Return international flights
- Airport transfers
- Expert bilingual local leader
- Full trek staff including assistant guides, cook and kitchen assistants
- Porters to carry all personal and group equipment and porters insurance
- Private air-conditioned bus Kathmandu to Jiri and return from Shivalaya
- Use of a trek pack including sleeping bag, down or fibre filled jacket and insulated mat, valued at USD \$500
- All park entrance fees and trekking permits
- All group camping equipment including twin share tents, mess tent and toilet tent
- Group medical kit
- Farewell dinner celebration in Kathmandu

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.



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## responsible travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## trip grading Introductory

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of pass crossings and the length of the trek. The trek is graded introductory. This is primarily due to the low altitude gains and the condition of the trail which is well defined and not unduly demanding. During the trek you will be walking or up to five or six hours a day at a slow but steady pace. You will need a reasonable level of fitness (remember there is no such thing as an easy trek) and we suggest 30 minutes of aerobic type exercise (either cycling or jogging) three times a week for the 3 months leading up to your trek. Hill and step walking with a backpack in variable weather conditions is also recommended.

## adventure travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

## what's not included

- Meals not mentioned
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- Airport and departure taxes
- Visa
- Travel Insurance
- Single supplement

## detailed itinerary

### DAY 1 Depart Australia for Kathmandu

After all the fundraising and preparation, the wait is finally over!

Make your way to the airport for your flight to Kathmandu (details to be confirmed).

On arrival at Kathmandu Airport, you will be met by a representative of World Expeditions (Huma) and transferred to the hotel. A pre-trek briefing will be given at the hotel this evening where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. Overnight Dwarika Chhen Hotel (or similar)

**meals: NIL**

### DAY 2 Drive Kathmandu to Jiri (1955m). Approx 8 hours drive.

After breakfast we'll depart early for the long drive towards Jiri, the gateway to the Gaurishanker National Park. Jiri is approximately 180km or 8 hours east of Kathmandu on the Araniko Highway which goes on to Khasa, the border town in Tibet. Along the way, we'll enjoy dramatic views of the Himalayan giants including Ganesh Himal, Mount Dorje Lakpa and Gauri Shankar Himal. There are plenty of opportunities to stop along the way for photographs. Camp overnight.

**meals: B,L,D**

### DAY 3 Trek to Kyangse (2700m). Walk approx 3-4 hours.

We begin our trek with a gradual ascent, enjoying the impressive views of Pathibhara and the Gaurishanker Range, before entering the forest and our camp in the village of Kyangse. Camp overnight.

**meals: B,L,D**

### DAY 4 Trek to Cherdung (3690m). Walk approx 7 hours.

Continuing uphill the trail meanders through pine and rhododendron forest. There are no villages on this section of the walk, but beautiful forest scenery and tributaries feeding into small lakes. Though we are unlikely to see any people on the trail, there is a good chance we'll glimpse some of the local wildlife. From our camp near Cherdung Hill the villages below will once again come into view. Camp overnight.

**meals: B,L,D**

### DAY 5 Trek to Pangnagi (2500m). Walk approx 4-5 hours.

After breakfast we begin our walk through old growth forest and the foothills towards Pangnagi which is our camp for the night.

**meals: B,L,D**



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## important note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 6 Trek to Garjang (1918m). Walk approx 2-3 hours.

Today we descend through more lush forest and small villages before reaching our camp at Garjang.  
**meals: B,L,D**

### DAY 7 Trek to Shivalaya (1780m). Walk approx 2-3 hours.

Again we pass through several small villages on the trail to Shivalaya.  
Camp overnight.  
**meals: B,L,D**

### DAY 8 Visit Dr Hodgson's Dolakha Hospital

Today we will join Dr Hodgson and visit the hospital for mothers and babies that A4WH is currently building in Charikot, an area devastated by the earthquake in 2015. Apart from providing critical care for those in need, the hospital will become a major teaching centre for doctors, midwives and nurses. It will also be the base for an extensive community health program, providing essential public health measures and medical research in the area.

All funding for the construction of the hospital comes from personal donations. Your contribution of \$2000 will go a long way in ensuring that this much needed medical care becomes a reality.

As little as \$2 will provide medications to prevent life threatening haemorrhages in pregnancy. \$150 will pay for an operation to fix a woman suffering with genital prolapse. \$50,000 will pay for a surgical ward.

After the hospital visit, we will join Dr Hodgson and some of his medical staff to share lunch and learn more about the incredible work they are doing in and around this region of NE Nepal. Afternoon drive to Jiri (approx 4 hours). Camp overnight.

**meals: B,L,D**

### DAY 9 Drive from Jiri to Kathmandu. Approx 8 hours drive.

Return to Kathmandu and the group hotel for a well deserved shower.  
Tonight we will celebrate our achievements with a farewell dinner at Nepali Chulo.  
Overnight Dwarika Chhen Hotel (or similar).  
**meals: B,L,D**

### DAY 10 Depart Kathmandu for Australia

After breakfast, transfer to Kathmandu Airport for your flight home. Huma can help with additional travel arrangements or extensions if required. Departure details will be advised once registered.  
**meals: B**

### DAY 11 Arrive Australia

NIL  
**meals: NIL**

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.



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## country information

Nepal is known for its beautiful and dramatic scenery. Avid walkers and non-walkers alike are drawn to its mountains and foothills to view the Himalaya and the world's highest peaks. Many also discover the beauty of the forests and the enjoyment of time spent as a self-contained expedition, far from the rush of the modern world and in the delightful company of the trek crew as they tend to our needs and ensure that we are comfortable and able to enjoy the trek to the fullest. They are physically strong, sharp-witted and have an incredibly positive attitude towards a life that we would consider extremely tough. There is something about a trek in the Himalaya that draws you back time and time again. For keen walkers it is a paradise and even avowed non-walkers find that one foot just seems to follow the other, drawn by the appeal of what lies beyond. Nepal's population of around 20 million people is a blend of Hindu, Buddhism and animist religion. Nepal is a mosaic of cultures, ethnic groups and languages. It is remarkable that in a country of this size there are over 30 different ethnic groups, with at least as many languages. One million people live in the Kathmandu Valley, but at least ninety percent of the population live in the rural areas of the lower and middle hills of the Himalayan Range. Nepal is predominantly a simple rural society and a trek in the foothills of the Himalaya is a strong cultural experience as we spend time with our crew and meet local village people.

## climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.



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## a typical day

You will be woken with a cup of tea brought to your tent between 6 am and 7 am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the porters and will not usually be available to you until camp that afternoon. We are usually on the trail between 7.30 am and 8.30 am. Following a good morning's walk, we stop for lunch at around 11 am. Lunch is usually a 2 hour break to allow for the trekker's meal followed by the crew meal. This break also enables you to do your washing in the warmest part of the day, catch up on your diary, read or rest. The afternoon walk is generally a little shorter and camp is usually reached by around 3 pm to 4 pm. Once we have reached camp and the kitchen is set up afternoon tea is served. Washing water is again provided to enable you to wash at the end of the trek day. Until dinner there is time to rest, explore the surrounding area and villages or sit and chat with the crew and local people. Dinner is usually served around 6 pm to 7 pm. Remember to bring your torch and water bottle to the mess tent so it can be filled with boiling water. It then makes a great hot water bottle. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people, it is always a special time. All camp chores are done for you, leaving you free to use your time to the fullest. You carry only a light day pack as your gear is carried by yaks or porters.

## meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.



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## accommodation on the trip



In Kathmandu we stay at the comfortable, well located World Heritage Hotel (Dwarika Chhen). Whilst trekking we camp at a variety of wilderness campsites.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## porter initiatives

Porter Welfare in Nepal: the Himalaya



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Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

\*A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.

\*We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.

\*We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.

\*Porters also receive life insurance and income protection insurance.

\*Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.

\*Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.

\*Porters are not to carry more than 30kgs.

\*The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> [www.ippg.net](http://www.ippg.net)

International Mountain Explorers Connection >> [www.mountainexplorers.org](http://www.mountainexplorers.org)

Kilimanjaro Guide Scholarship Foundation Inc. >> [www.kiliguides.org](http://www.kiliguides.org)

## protecting the environment

Deforestation is Nepal's greatest environmental problem and World Expeditions pioneered the use of kerosene as an alternative fuel to wood on all expeditions. We do not have camp fires and we strongly discourage trekkers from buying wood-fuelled hot showers that they may encounter along the way. We do not use wood for cooking or heating water whilst in lodges but use kerosene stoves that we carry with us. We also carry our own food supplies in order to maintain the highest standards of hygiene and meal quality, and do not deplete local resources.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

## how to book

To register on this Adventure Charity Challenge please complete the registration form and return to your nearest office:

Australia - Huma Charity Challenge

Attention: Megan Harris

Email: [megan@humacharitychallenge.com.au](mailto:megan@humacharitychallenge.com.au)



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Post: Huma Charity Challenge, Level 5, 71 York Street, Sydney 2000

Web: [www.humacharitychallenge.com](http://www.humacharitychallenge.com)

## FAQs

### **Q. Am I getting a free holiday**

A. No. Be ready to work hard to fundraise for a worthy cause, commit to a training schedule months out from your challenge to ensure you are physically fit for the adventure and step out of your comfort zone in order to earn this unique experience.

### **Q. Am I suited to group travel?**

A. We recognise that many of our participants have not been on a 'group trip' before. You can rest assured that our trips are flexible and allow you to do your thing within the framework of the itinerary. We do not attempt to instil a 'group ethos' and fully recognise your needs as an individual. But you will be travelling with like-minded people that have also fundraised for a very worthy cause.

### **Q. How fit do I have to be?**

A. Our adventures are first and foremost challenges but can be undertaken by anyone in a reasonable state of health and fitness. All our trips are graded, allowing you to evaluate if you are suited for the adventure challenge. We recommend that you familiarise yourself with our grading system, read the detailed trip notes and to speak with our expert staff on the physical requirements of your trip.

### **Q. What level of comfort can I expect?**

A. On all our trekking adventures we camp in style and comfort, using the best equipment. All your gear is carried (except where specified) and meals are cooked for you while our staff set up camp. As you would expect we provide the same level of comfort on our cycling adventures. On our journeys our accompanying leader and staff take care of your day to day needs while you stay in local hotels and travel in comfortable private vehicles.

### **Q. How safe is it?**

A. On all our trips your well-being is our first priority. Our staff constantly reviews every aspect of your adventure and our expert guides are fully conversant with the demands of travelling in remote regions.

### **Q. Where do we stay?**

A. To capture the essence of your journey we have wherever possible selected accommodation with local character. In the cities our hotel rooms are on a twin share basis with private facilities. In remote localities you can expect simple, clean but more basic facilities. When in the field we provide the best possible camping service complete with comfortable two person tents, a mess tent and toilet tent.

### **Q. What about environmental impact?**

A. We believe that adventure travel revolves around establishing a sound working relationship with the people and environments in which we operate. We believe that you can also make a positive contribution and we urge you to familiarise yourself with our 'Responsible Tourism Guide' before you depart. Every participant receives a copy of this booklet upon registering.

### **Q. Can I organise my own group?**

A. You certainly can! We would love to custom-make an itinerary to suit your business, school, family club or special interest group. Choose your charity, adventure challenge and departure date and leave us to create a Charity Challenge just for you. Please visit our website under Types of Challenges to find out about our Corporate Challenges, School Challenges, Family Challenges and Private Challenges. Or contact your nearest Huma Charity Challenge office.



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*Trek along remote trails in eastern Nepal and raise funds for Dr Hodgson's hospital.*



## **Q. What about the food?**

A. We are fully aware of the healthy appetites that build up when trekking or cycling and provide tasty and varied meals with plenty of fresh ingredients. Our excellent cooks serve a sensible combination of dishes while at the same time ensuring high standards of hygiene. On all our trips your good health is our highest priority. We also cater for vegetarians. Please let us know if you have any special dietary requirements at time of booking.

## **Q. What is included in my trip?**

A. It is our aim to ensure that we incorporate as many inclusions as possible in your trip to minimise any out of pocket expenses while you are away. It is important that you refer to our trips notes for the exact inclusions, as they do vary from challenge to challenge.

## **Q. Are there any hidden extras or surcharges?**

A. We own most of the operations, which allow us to include all land transport, most meals, accommodation and much of the equipment you will need for your challenge. Consult your detailed trip notes to know if your international flight is included, if not, please contact your nearest Huma Charity Challenge office for preferential rates. Please note that generally the following items are not included - visas, passport, vaccinations, personal travel insurance, airport and departure taxes, tips and personal expenses.

## **Q. What if the minimum number of participants is not met?**

A. Most of the adventure challenges require a minimum of 8 to 10 participants. If this amount is not reached, Huma Charity Challenge will consult with the charity and decide either to postpone the trip or to charge a small group surcharge if need be.

## **Q. Who takes part in a Huma Charity Challenge?**

A. All of our challenges are available for anyone over the age of 18 yrs old up to 70 yrs old, unless otherwise decided by the charity. If the challenge allows participants under 18, they will need to be accompanied by a parent or legal guardian.

## **Q. Do I have the option of not fundraising?**

A. In some cases (it depends on your charity) you may be able to pay the full fundraising target.

## **Q. How can I get more information?**

A. Once you have registered on the Challenge you will be sent a comprehensive confirmation kit that contains all the pre departure information and fundraising booklet. Of course please feel free to contact

