



challenges
abroad

INDIA HEALTH PROMOTION CHALLENGE

www.challengesabroad.com.au



futureSense
FOUNDATION



About Us

Greater Social Equality. A More Sustainable Environment. A More Secure World for Everyone.



Challenges Abroad is a social enterprise that provides impactful customised overseas learning programs for students. Our mission is to develop the next generation of Global Citizens who as future leaders will help shape a better future for everyone.

We have had over **8,000** participants from both Australia and the UK join our programs!

The Challenges Abroad Difference



Creating a community of Global Citizens



Sustainable community impact through our partnership with the FutureSense Foundation



Full pre-departure support (on campus and online), as well as 24/7 support in-country

Supporting our Charity

The FutureSense Foundation

Challenges Abroad supports international development through our partner charity, [the FutureSense Foundation](#). They have a team based in-country year-round that not only ensures that our programs form part of a sustainable development plan that will benefit the community long-term, but they also support you throughout your program. Our teams act as mentors in helping you develop key skills and competencies. Our partnership ensures that your work is meaningful and gives you a chance to make a real difference.



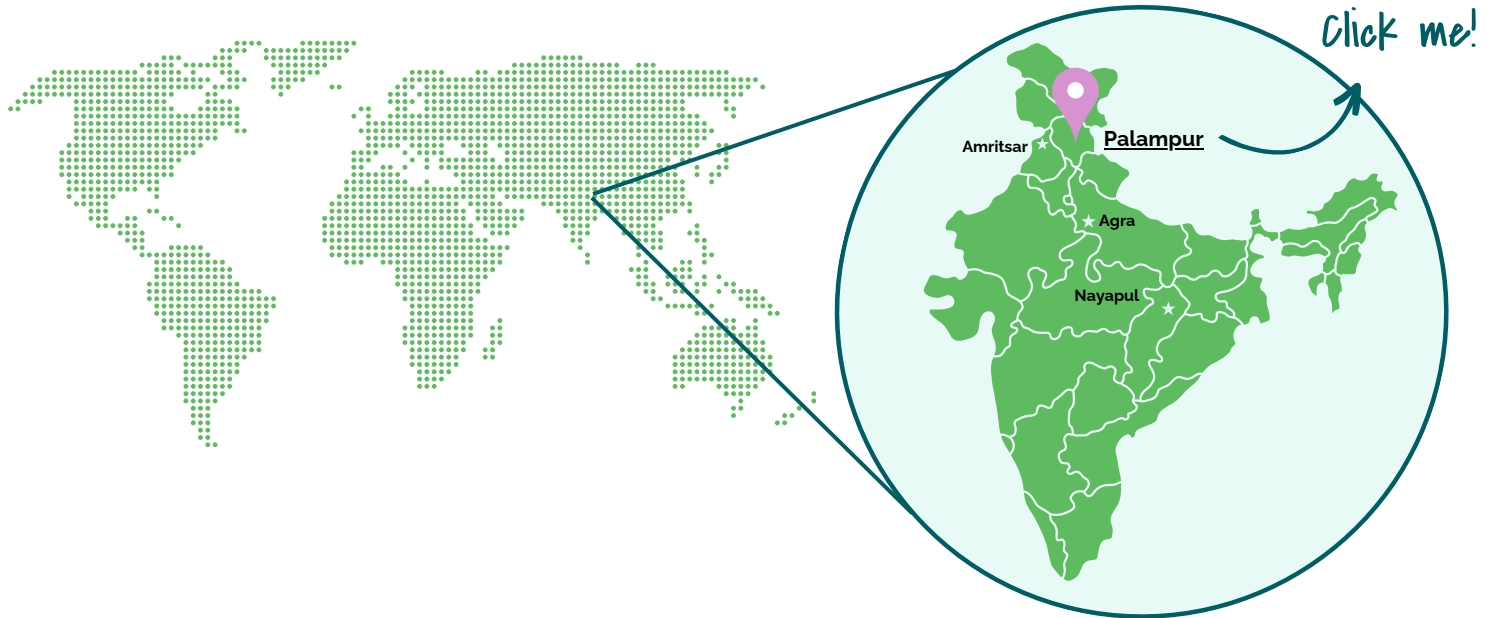
Going Carbon Neutral

We have partnered with an organisation called [Evergreen](#) to neutralise the carbon footprint generated by your trip. With Evergreen, we will be planting trees in Kenya and Nepal, supporting the local community in the area, generating employment and neutralising carbon emissions. In addition we encourage students to participate in activities such as tree planting and reducing their use of plastic.



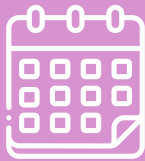
The Essentials

Our India Health Promotion Challenge is the perfect opportunity to experience a different side of India, in its serene, more remote, mountainous regions, while gaining some valuable experience for your future...



Location:

Palampur,
India



Dates:

Dates TBC
through the
[website](#)



Cost:

\$2,850
(possible credit/funding
options [here](#))



Duration:

15 days



Extension trip:

1 week tour of
India
\$950



If you have work experience or are studying in a field related to medicine, nursing, public health, biomedicine, allied healthcare or science, this challenge is perfect for you!

Over 2 weeks, you'll be working on a range of health promotion projects in our community in Palampur. Supported by our team on the ground, you will be responsible for designing and delivering important workshops in the community. You may cover the topics such as nutrition, hygiene and sanitation, first-aid, physical activity, mental health & well-being and disease prevention. This is your first step to becoming a Global Changemaker!





Program Itinerary

Days 1 & 2: Saturday & Sunday

When you arrive at Dharamshala airport, you'll be welcomed by a member of our team to kickstart your adventure! They'll take you to your accommodation in Palampur, help you settle in and organise your welcome dinner. The next day you'll have a full orientation to your project and our team will show you around town so that you can get your bearings. There will be plenty of time to explore and get to know your new home!



Days 3-7: Monday - Friday

Monday will be your first day working with the local community! You will primarily be working in a rural school setting to deliver health promotion workshops, though you might also work with adults in the wider community. Your workshops will help spread essential knowledge about key health issues to build capacity and improve overall community health.

#leaveyourhandprintontheworld



Days 8 & 9: Saturday & Sunday

The weekend is free for you to explore! There is so much to do and see, and we recommend going to Dharamshala on Saturday morning and staying the whole weekend. You will have time to explore all that this amazing city has to offer, including Kangra Fort and the Tibetan Museum. Just make sure you're back for Sunday dinner!



Days 10 - 14: Monday - Friday

This week will be structured the same as the week before. You might be working with the same community partner, or meeting new ones!

You will have evenings to prepare for workshops, and to relax or explore... we recommend a visit to the local tea farms!



Day 15: Saturday

Today you'll either catch the morning transfer to the airport or continue with the extension trip!





Extension Trip Itinerary



Day 1: Palampur to Amritsar

You'll be picked up in Palampur for an early morning transfer to Amritsar. In the evening you'll head to the Golden Temple to witness the Palki Ceremony.



Day 2: Exploring Amritsar

You'll start today at the Golden Temple before moving on to the Durgiana Temple and then free time to explore the local markets! This evening you'll watch the changing of the guard at the Wagah border between India and Pakistan.

Day 3: Amritsar to Agra

Today you will be traveling by train from Amritsar to Agra. It's a long journey but it has some of the most spectacular scenery along the way!

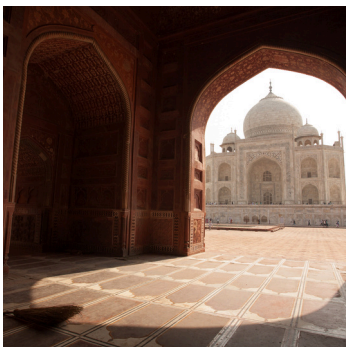


Day 4: Agra

This morning you'll go on a city tour of Agra including a visit to the famous Agra Fort. After the tour you'll have the afternoon free to explore Agra and stock up on some souvenirs!

Day 5: Taj Mahal

It's finally time, today you will visit the Taj Mahal! The early morning trip to India's most famous landmark will not disappoint, with plenty of time to explore the Taj Mahal and its surrounds. In the afternoon you'll catch the express train to Delhi.



Day 6: Delhi

You'll start today exploring the Connaught Place Market and the Janpath Market. After lunch at a local restaurant you'll continue to Bangla Sahib Gurdwara, one of the most prominent Sikh houses of worship in Delhi. Finally, you will visit Dilli Haat, an open-air food plaza and crafts market, this is a great opportunity to pick up any last minute souvenirs.



Day 7: Home Time

This morning you'll be transferred to Delhi airport to catch your flight home or continue your Global Citizenship journey elsewhere!



Details

Cost inclusions:

✓ Accommodation & meals

At our hub, you will stay in shared dorm-style rooms and bathrooms. You'll likely be sharing your room with 2-3 other participants. While you will be provided with home comforts, these will be different to your usual standards, but all part of the challenge! We provide 3 vegetarian meals per day Monday-Friday (we can accommodate to further dietary requirements such as vegan, gluten free, nut free and other allergies), with weekends being your free time to explore local restaurants!

✓ In-country transport

Any required transport for project work, as well as airport transfers. Our team can also help you organise transport so you can explore the area in your free time.

✓ Pre-departure support

We will provide you with a Welcome Pack, Packing List and Program Brief to help you prepare for your travels. Our team are there every step of the way for extra support, and we'll organise a pre-departure meeting 6-weeks before you go to make sure everyone is on the same page and ready for the adventure.

✓ In-country support

As well as supporting you in your project work, our team will be a 24/7 contact for you during your time overseas... they'll also have the best recommendations on how to spend your free time!

Independent costs:

- ✿ International flights
- ✿ Travel insurance (might be covered by your university)
- ✿ Visas
- ✿ Vaccinations - refer to [smarttraveller.com.au](https://www.smarttraveller.com.au) and consult with your doctor



Joining this program has been one of the best decisions I've made! I've met such amazing people and learnt so much from them. Leave your handprint on the world because you will find yourself changed forever.



Global Citizen, Fiona

Follow us on:



@challengesabroad



@challengesabroad

Sign up!

All you need to do is apply on our [website](#) and pay the \$250 booking deposit. Once accepted, you can pay the remainder of your program fee in fortnightly, monthly or quarterly instalments leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

chloe@challengesabroad.com.au







More food for thought...

What's in it for you...

This once in a lifetime program is the perfect opportunity to;



- 
Meet other Global Citizens from across Australia
- 
Develop transferrable skills such as teamwork, communication, problem solving, leadership, and adaptability
- 
Make an impact on the world
- 
Have an unforgettable experience

Become a Challenge Leader!

If you're keen to take on an extra challenge, becoming a challenge leader will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.

- 
Work with a leadership mentor to build your own community of people who care
- 
Connect with other global leaders from across Australia
- 
Attend 2 leadership weekend conferences in Melbourne
- 
Have the opportunity to receive a discounted program



Ready to become a global leader? Find out more and apply [here](#).



challenges
abroad