



Me to We India: July 9th - 21st, 2013

**Prepared for Pledge to Humanity Group*

JULY 9 TRAVEL

Get Ready! Your Me to We adventure begins as you depart for India from San Francisco airport. Be sure to check in with your group leader on the airport meet time.

JULY 10 TRAVEL

Depart for Udaipur from Mumbai airport. Be sure to bring books or cards to entertain yourself during your overnight layover in Mumbai airport.

JULY 11 ARRIVAL AT THE UDAIPUR AIRPORT

Arrive in Udaipur! Your Me to We facilitators will meet you at the arrivals area. First stop of the day will be enjoying your first meal in India.

VISIT THE COMMUNITY OF LAI

On your way to your hotel, the group will pay a visit to the community of Lai. "Try and try until you succeed" is a motto for the people of Lai. Their vision and dedication to create a better, healthier and self-sufficient community is an inspiration to the work Free The Children does in Lai.

The community of Lai in northwest India has a population of approximately 700 people, of which 250 are children. In 2008, the community had one local school with two classrooms serving just grades 1 through 3. The school was served by a single teacher and had no furniture or learning materials such as books or pencils. Enrollment was low, as was attendance. Additionally, girls were discouraged from attending school. Unsafe drinking water, improper health practices and little to no access to health care contributed to regular periods of absence.

Since 2008, Free The Children has been able to implement all of the Adopt A Village pillars. See firsthand all pillars in action and how they have affected the community of Lai. Since Free The Children first began working in Lai, there have already been

significant measureable improvements in the quality of life for both children and adults to enjoy. Perhaps the most notable change is the stronger cohesion and cooperation amongst the two castes that live in Lai, the Adivasis and the Rajput.

CHECK-IN AT YOUR HOTEL AND WELCOME

Following a morning at Lai, your Me to We Facilitators will take you to your accommodations to settle in for the rest of your trip.

Guests will share rooms but have their own beds with clean, basic linens. Guests will have the opportunity for showers upon arrival before dinner.

TRIP ORIENTATION

Before dinner, your Me to We Facilitators will lead the group in a series of fun activities that will allow the group to not only getting to know each other better, but also the history of Free the Children & India.

In 1995, at only 12 years of age, Free The Children's co-founder Craig Kielburger travelled to South Asia where he journeyed through sweatshops and back alleys, seeing first-hand the working conditions of child labourers. In 1998, with a small volunteer group, Craig set out to build a rescue home in India where freed child labourers could go for rehabilitation.

After many years of working in the country and building more than 100 schools, India officially joined Free The Children's list of Adopt A Village countries in 2008. We've since seen incredible progress in the communities we work in. Free The Children is currently focusing on issues of gender equality, sustainability, capacity building, community engagement and building on local knowledge. We have successfully built and refurbished schools, health centres, organized women's alternative income groups and more.

EVENING DISCUSSION

Following dinner at your accommodations, the group will have the opportunity to learn more about Free The Children's holistic and sustainable community development model, Adopt a Village. The model,



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designed to meet the basic needs of developing communities and eliminate obstacles preventing children from education, consists of five pillars:

- Education
- Clean water and sanitation
- Health
- Alternative income and livelihood
- Agriculture and food security

Together, the pillars help lift communities out of the cycle of poverty. Learn more about how the pillars are implemented in India in the Free The Children community you will be volunteering in during your trip.

JULY 12

MORNING YOGA

Start your day in the same way as millions of Indian people, with an early morning yoga exercise. Yoga is an ancient spiritual practice that emerged in India thousands of years ago. It allows people to focus on their physical and mental well-being. Take on the day feeling energized, refreshed and calm.

COMMUNITY ORIENTATION

One of the most exciting moments of your trip may be the first time you see the community where you'll be volunteering throughout your time in India. Take a tour of Free The Children's development projects in that community.

Be welcomed by local community members and learn more about India's culture and about their traditions, joys and daily challenges. For the next several days, you won't just be a visitor in the community—you'll be part of a family as you work together toward shared goals.

BUILDING 101

Take part in a mandatory one-hour build safety workshop so you're able to make the most of your volunteering time in the community, contribute to development – and most importantly, keep yourself

safe. Meet the local architects and contractors who you will be working with side-by-side.

VOLUNTEERING IN THE COMMUNITY

Following the build site orientation, the group will have the opportunity to dive into their volunteer projects and get your hands dirty. Please remember you are required to wear appropriate build-site attire while volunteering on the build site. This includes: sturdy running shoes or hiking boots, long pants, a t-shirt and long sleeve shirt, a hat and work gloves. All hard hats, building equipment and materials will be provided. Safety first!

EVENING DISCUSSION

On this evening, your Me to We facilitators will lead you in a discussion on Education in India

Education provides the highest return of any social investment in the developing world. Through the education component of Free The Children's Adopt a Village model, we can help to build schools and libraries, and purchase school furniture, uniforms and basic school supplies. Together, these projects create a holistic education model, which empowers children and entire communities to break the cycle of poverty for future generations. With your Me to We facilitators, learn more about the education system in India and discuss how local students are using their strengths to overcome the challenges they face.

JULY 13

MORNING YOGA

After your work on the building project the day before, take some time to stretch and loosen your muscles in our morning yoga exercise.

VOLUNTEERING IN THE COMMUNITY

Throughout your trip, you will spend time volunteering in the community on various building projects. Depending on the location, day and time, you could volunteer on a variety of different activities that contribute to a school community—including school building, tree planting or building restoration.



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SPEND SOME TIME WITH MARC

Following a morning of hard work, you will get the exciting opportunity to spend time with the Co-Founder of Free The Children & CEO of Me to We, Marc Kielburger! Enjoy a delicious BBQ while getting to know Marc's story and experiences with Free The Children and discuss major issues facing India today.

EVENING ACTIVITY

At the end of each day, your Me to We facilitators will lead you in workshops to develop your leadership skills. They will also lead an activity to debrief on the day and delve into a deeper discussion of a social issue. You'll also have a chance to reflect on your experiences in India so far.

JULY 14

MORNING YOGA

Start your morning right with a refreshing yoga session!

VOLUNTEERING IN COMMUNITY

Today you will continue your work on the volunteer project. As you make progress on your volunteer project take a moment and appreciate the contributions and hard work your group is making. Be sure to bring a reusable water bottle to stay hydrated, as it is sure to be hot on the build site.

EVENING DISCUSSION

This evening, learn more about alternative income projects in India.

The alternative income pillar of Free The Children's holistic and sustainable development model, Adopt a Village, provides parents with resources to generate a sustainable source of income. Alternative income projects empower them to lift their families out of poverty.

JULY 15

A DAY IN THE LIFE

Experience a typical day for men, woman, and children in the community by participating in various daily tasks including collecting firewood and water. You will truly come to understand what it is like to walk in a local Indian family's shoes.

Spend time getting to know a local woman as you sit together and discuss their traditions, joys, and challenges.

CLEAN WATER DISCUSSION

Following a morning assisting local families with their chores, you will have the chance to learn more about one of the biggest issues facing these families – a lack of clean water, sanitation and health issues in India.

Clean water isn't a luxury – it's a basic human right. The clean water and sanitation pillar of Free The Children's Adopt a Village model provides communities with localized clean water sources and sanitation facilities. This reduces the spread of waterborne diseases and also rids children of their daily treks to collect water, freeing them to attend school. Free The Children also works with community members to promote local education in basic hygiene practices and waterborne disease prevention.

VOLUNTEERING IN THE COMMUNITY

Following lunch, you will be fueled up and ready to continue your work on the volunteer project. Grab your tools and get started!

EVENING ACTIVITY

As you near the half-way point on your India Adventure, your Me to We Facilitators will lead you in a series of activities that will allow you to sit back and reflect on your experience thus far.



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JULY 16

MORNING YOGA

Start your day with a refreshing Yoga session before heading off to the community to work on your building project!

VOLUNTEERING IN THE COMMUNITY

Continue your efforts volunteering efforts in the community. At this point, the group will have made some great progress on the volunteer projects. Be sure to step back and take a photo of your progress to date.

BOLLYWOOD DANCING LESSONS

Following lunch have some fun learning about the history of Bollywood, which has the largest film production in India. You will also have a chance to learn and try out some traditional dance moves!

HENNA WORKSHOP

Learn more about a traditional form of Indian body art, and get a chance to try it out for yourself. This may be one of the best souvenirs to take home with you!

EVENING ACTIVITY

Following dinner, finish off the day with an evening activity run by your Me to We Facilitators to learn more about social issues common in India and back at home.

JULY 17

MORNING YOGA

Enjoy another morning yoga session. Feel free to volunteer to lead the class this morning.

VOLUNTEERING IN THE COMMUNITY

This morning, pick up your hard hat and your tools and continue your hard work on the volunteer project. This will be the last day of volunteering on the build projects so be sure to make the most of it and take some photos of your finished work.

NATURE WALK

Following lunch, the group will explore the area surrounding the community with a guided nature walk.

Make sure you take photos of the unique flora and fauna and check out the unique sights India has to offer.

EVENING DISCUSSION

Following dinner, your Me to We Facilitators will lead the group in a discussion on agriculture and food security.

One of the most pressing issues directly impacting poverty alleviation today is the growing challenge of food security. Food security is the availability and accessibility to an adequate amount of healthy, nutritious food that meets populations' dietary needs and food preferences. Food security in turn has an impact on people's access to education, their health, their livelihoods and their life outcomes. Free The Children's strategy moving forward will be based on increasing water access, improving seed quality for farmers, improving soil fertility, improving farmers' tool kits, and capacity building for farmers to ensure long-term sustainability.

JULY 18

MORNING YOGA

Start your morning with a yoga session and take in your beautiful surroundings as you get ready for the day ahead.

VISIT KUMBHALGARH FOTRESS

Visit and explore this fort which boasts the second largest wall after the Great Wall of China. Take a guided tour of this historical site which is also the birthplace of one of the most loved Kings in Rajasthan's history. From the top, check out how the mountainous and desert regions of Rajasthan meet. Make sure you bring your camera to capture the beautiful sights!

EVENING ACTIVITY

Tomorrow will be your last day in the community. Take this time to plan a special thank you that you will perform for the community members tomorrow at the final goodbye.



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JULY 19

MORNING YOGA

Begin your morning with a final yoga session and take some time to reflect on what this time in India has meant to you.

COMMUNITY FAREWELL

Celebrate all of the accomplishments you have made with your group and the community members you have come to know during your trip. Be sure to take a moment to say goodbye to all your new friends in the community.

ACTION PLANNING

Led by your Me to We facilitators, reflect on the opportunities you've learned about, some of the contemporary issues facing the communities where we work, and the skills needed to have an impact on these issues back home. Start to put your ideas into action. Equipped with newly developed leadership skills and your experiences in India, how will you make an impact when you get back home?

JULY 20

DEPART FOR THE CITY OF UDAIPUR

After a delicious breakfast, the group will back up their things and head to the city of Udaipur for a day of exploring India culture and history.

VISIT CITY PALACE

Your first stop on the city tour is a tour of the imposing City Palace and the Jagdish Temple in Udaipur—seat of the imperial Indian princes of time past. Who knows—you may spot a prince among you during your tour!

VISIT OLD CITY MARKET

After lunch, test out your Hindi skills at the local market—locally made shoes, saris and sarongs along with the breathtaking jewelry are excellent souvenirs to remember India by.

DEPART HOME

Head back to the Udaipur Airport and depart for your journey home—get ready to change the world!

JULY 21

ARRIVE HOME

Special Notes: Itinerary is subject to change