



stepUP & Trek the Himalayas 2010

Thank you for your interest in the stepUP Foundation's Trek the Himalayas challenge 2010. We hope that you find all of the information you need in this pack to help you to make a decision to join us on this incredible adventure of a lifetime!

stepUP Foundation is a global not-for-profit organisation that inspires teenagers the world over about business, entrepreneurship and life.

This is your opportunity to rediscover your sense of fun, adventure and be an inspiration to others. Funds raised from this challenge will pay for scholarships for underprivileged teenagers to attend stepUP events.

In this pack you will find the adventure brochure, full itinerary and trip notes, lots of frequently asked questions answered, information on the stepUP Foundation and a booking form.

With your help we will raise much needed funds to support the work of the stepUP Foundation.

If you have any further questions, please contact Belinda on 02 9262 7882 or email belinda@inspiredadventures.com.au.

We look forward to hearing from you soon.

stepUP Foundation & Inspired Adventures





Itinerary Details

Trip Duration – 12 Days

Grade – Introductory

Activity – 5 day trek, 1½ day program with Youth Action Nepal

Accommodation – 4 nights hotel, 5 nights camping

Trip Highlights

- Stunning views of Annapurna Range
- Fully supported trek
- Trekking through Gurung Villages
- Experiencing local culture
- Himalayan Mountain flight from Kathmandu to Pokhara
- Sightseeing in Kathmandu Pashupatinath (a major Hindu shrine) & giant Buddhist stupa at Bodhnath
- Youth empowerment program with Youth Action Nepal

Itinerary at a Glance

DAY 1 Depart Sydney/Brisbane or Melbourne and fly to Kathmandu

DAY 2 Arrive Kathmandu

DAY 3 Half day sightseeing in Kathmandu

DAY 4 Fly Kathmandu to Pokhara. Commence trek to Australia Camp

DAY 5 Trek to Landrung

DAY 6 Trek to Ghandrung

DAY 7 Trek to Birethanti

DAY 8 Trek to Nayapul. Drive to Pokhara

DAY 9 Fly Pokhara to Kathmandu. Afternoon with Youth Action Nepal

DAY 10 Day with Youth Action Nepal

DAY 11 Depart Kathmandu and fly to Sydney/Brisbane/Melbourne

DAY 12 Arrive Sydney/Brisbane/Melbourne

What's included?

International Flights

9 breakfasts, 6 lunches, 5 dinners

Hotel accommodation at the Gangjong Hotel in Kathmandu on a twin share basis with breakfast for the nights listed in the trip itinerary (single supplement available at extra cost)

English speaking local guide

Welcome drinks in Kathmandu

All internal transport by private bus, jeep or car

Internal flights Kathmandu to Pokhara and return

All group airport transfers

Gear package including kit bag (yours to keep), sleeping bag and liner, sleeping mat and down or fibre filled jacket on trek

All group camping gear

All park entrance fees and trekking permits

Emergency medical kit

Porters to carry all personal and group equipment Porter's insurance

Group leader, sirdar, guides and kitchen staff

Visit to Youth Action Nepal

Pre-departure Information Guide, with all you need to know for your trek



What's not included?

Airlines taxes and charges (approx \$552.00 per person)
Lunch & dinner in Kathmandu
Bottled water, aerated & alcoholic drinks
Items of a personal nature such as phone calls, laundry, etc.
Tips
Airport and departure taxes (US\$10)
Visa (AUS\$65)
Travel Insurance (compulsory)

Detailed Itinerary

DAY 1: Depart Australia

DAY 2: Arrive in Kathmandu (1330m)

You will be met at the airport on arrival and transferred to the hotel. The remainder of the afternoon is at leisure. A pre-trek briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down jacket. Evening drinks are held in the hotel in the roof top Splash Bar. Drinks and snacks will generally be served from 6:30pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members. Overnight Gangjong Hotel

DAY 3: Half day sightseeing in Kathmandu

Today a sightseeing tour has been arranged taking in the key attractions in and around Kathmandu. The area has an amazing range of fascinating highlights, whatever your interest. Excellent bookshops, extensive markets, and novelty and handicraft shops contrast with fantastic centers of cultural and spiritual significance - Kathmandu has more World Heritage sites than any other city in the world. Overnight Gangjong Hotel (B)

DAY 4: Fly to Pokhara, commence trek to Australia camp (1990m) - approximately 2 hours walking

This morning we take a flight west to Pokhara, Nepal's second largest town (820 m). On arrival you are greeted with sights of the entire Annapurna Range. The drive to the roadhead at Khara takes around one hour. Our trail then winds uphill through terraced fields and mixed oak and rhododendron forest. There is no need to rush. This is a short day with plenty of time to reach camp. Australia Camp is located on a grassy ridge that affords inspiring views of the huge snowy face of Annapurna South and the sacred peak of Machapuchare. At dusk we can appreciate the lights of Pokhara over a 1000m below our camp. (BLD)

DAY 5: Trek to Landrung (1900m) – approximately 4 hours walking

This is an interesting day as the trail gently glides through forest, and in and out of small gullies, all the time bringing us closer to the mountains. In the rhododendron forests the lush canopy affords protection for the smaller delicate flora, such as primula daphne. It also provides a haven for birdlife and we can hear their varied calls as we move through. The trail soon opens onto fields as we approach the village of Landrung with its excellent views of Annapurna South at the head of the valley. (BLD)

DAY 6: Trek to Ghandrung (2050m) – approximately 4 hours walking

Our destination today is easily seen across the valley, the attractive Gurung village of Ghandrung. Unfortunately we must descend to the valley floor to reach it! Slowly descending through rice terraces, we cross the steel cable suspension bridge that spans the glacial river of the Modi Khola and commence our ascent. As we trek up the many staircases, we enjoy the beauty of the Himalaya at a relatively close range and observe the glaciers flowing from them and feeding the rivers below. It is a magnificent location and a photographer's delight. Our leisurely approach along these ridges with their fine mountain views ensures proper acclimatisation and the un-hurried opportunity to fully savour this magnificent scenery. Ghandrung is the centre for the Annapurna Conservation Area and after lunch we visit the headquarters. (BLD)



DAY 7: Trek to Birethanti – approximately 5-6 hours walking

The morning views of Annapurns South and Machapuchare are stunning and will remain with us as we walk for around 4 hours on a broad trail that traverses and descends to our lunch stop at Sahule Bazaar, on the banks of the Modi Khola. After lunch we walk gradually downhill through neat villages and along well-worn trails busy with local people. Today we stay at Birethanti, an interesting village with traditional architecture. (BLD)

DAY 8: Trek to Nayapul – approximately 1 hour walking and drive to Pokhara (2 hours)

Today we pass through Birethanti before continuing to the roadhead at the busy market of Nayapul. From Nayapul we transfer by coach to Pokhara and our final camp beside Phewa Tal. This evening we will have a celebratory dinner with our porters and trek staff. (BLD)

DAY 9: Fly Pokhara to Kathmandu. Afternoon with Youth Action Nepal

This morning we will take a spectacular mountain flight back to Kathmandu. Once back in Kathmandu you will meet with Youth Action Nepal. Youth Action Nepal (YOAC) came in existence in 2003 with the initiation of Nepalese university students considering the vulnerable social, economic and political situation of Nepal after the recent armed conflict and violation of human rights that the country experienced. There are considerable numbers of NGOs and community based organisations throughout the Nepal however the country was still lacking an organisation that purely focuses their activities on the active involvement of youth in the community development process. YOAC has now taken on this role with the primary goal to create pro-human rights, a democratic and just society through active youth participation on a local, national and international level. Overnight Gangjong Hotel (B)

DAY 10: Day with Youth Action Nepal

The main objectives of the 1½ program with YOAC is to; - empower youths on peace, human rights, HIV/AIDS and the democratic issues through a training session, discussion and interaction program; - to make a collaborative strategy to work with the international communities and to seek a long term partnership. A community development project in Dakshinkali (located just outside of Kathmandu) has also been arranged. This will involve mural painting at a local school. Overnight Gangjong Hotel (BL)

DAY 11: Trip concludes Kathmandu. Fly to Australia

After breakfast arrangements cease unless further arrangements have been made. A transfer to the airport will be provided and assistance will be given with check-in procedures for your departure flight to Australia. (B)

Day 12: Arrive Australia

Please note it is important to us that this trek follows few of the commercial tea-house trails. Accordingly the route and campsites may be varied at the discretion of the group leader. Note that the walking hours include rest stops and are a guide only and can vary greatly.



General Frequently Asked Questions

How do I fundraise? (See Fundraising FAQs for more details)

Past participants have successfully fundraised in many creative and fun ways. We will send you a comprehensive Fundraising Tool Kit upon registration to help you reach your target. You will also have regular support from our Inspired Team who will contact you regularly to help you create and manage your fundraising plan, and support from the charity you are fundraising for.

When does the fundraising target need to be paid by?

The fundraising target is made up of various payments, which need to be met in order to secure your place on the adventure. A travel deposit needs paying to our travel partner when you register, and a fundraising deposit is payable to the charity 12 weeks prior to departure. The balance of your travel cost is payable 60 days prior to departure and the balance of the fundraising component is payable 4 weeks prior to departure.

What are the costs to me?

A registration fee of \$700* (with the option to pay \$350 then \$350 balance four weeks later), the travel cost and a donation to the stepUP Foundation. You should also make note of the items specified in the "What's not included" section below.

What is the minimum age for participants? What is the general age range?

The minimum age is 12+ years old and accompanied by an adult. We have had participants of all ages from 16 – 70 years, all united by their sense of adventure.

How fit do I need to be?

Our adventures are specifically designed so that people who are relatively fit and who are willing to train can complete them. We will provide you with recommendations on how to get fit.

On our treks we take things slowly and steadily, managing the various fitness levels and abilities of our groups. We have guides or tour escorts walking at the back of the trekking group providing support and making sure that everyone feels comfortable.

We can't think of a more exciting fitness goal! Go for it!

Can I extend my stay?

Yes, many of our participants decide to extend their stay to get the most from their overseas adventure! (Additional travel arrangements are at your own cost and an administration fee may apply).



Will I get a chance to meet other people before we go?

Yes, we will organize a get-together evening for everyone (geography permitting). There will be regular email and phone communications leading up to the trip. We will also set up an online community on Facebook for this adventure so you can meet other participants.

How do I register?

You can register over the phone using a credit card by calling Belinda on 02 9262 7882 or complete the enclosed booking form and return it with your Registration Fee* paid by credit card, cheque or money order. Cheques and money orders are payable to 'Inspired Adventures Pty Ltd'.

stepUP and Trek the Himalayas
PO BOX A956, Sydney South NSW 1235

Or fax the Booking Form to us on **02 8915 1457**.

Have any more questions?

Please call Belinda on 02 9262 7882 or email belinda@inspiredadventures.com.au

** The registration fee is non-refundable and is not part of overall fundraising target of \$7,000*

Fundraising Frequently Asked Questions

How do I fundraise?

When you register, Inspired Adventures will send you a Registration Pack containing a Fundraising Tool Kit. Our team will then help you to create a fundraising plan and timeline for your activities. We will contact you regularly to keep things on track (by phone or email, whatever works for you).

Perhaps your friends and family can help you; it is always more fun to fundraise with a team of supporters. Think about your circle of friends, work colleagues, clubs, and associations that you are connected with and what kind of fundraising events would interest them. You might want to make a personal contribution, as this may be your annual holiday, the choice is yours.

Can I pay the whole amount myself?

Yes, you can, or you can pay for part of it and fundraise the remainder. Do whatever works for you, as long as you cover the tour cost by the deadline.

What sort of things do people do?

Restaurant evenings; sausage sizzles; trivia nights; lawn bowls; auctions; morning teas; comedy evenings; cinema nights; eBay sales; swear jar; family fun day; family dinner; chocolate boxes; dance parties; cinema ticket sales; wine auctions; fashion shows; girls night in; golf tournament; mufti day at work; donations from family and friends.



Why would people want to support me?

When you take on an Inspired Adventure, you are embarking on a physical challenge that requires varying levels of training and fitness. None of our trips are a “walk in the park” and training is essential. By supporting you, people are helping the stepUP Foundation empower future generations. In order to make it on the trip you need to raise the funds and your determination and inspiration will encourage those you approach to support you. Inspired Adventures are not holidays – they are physically challenging fundraising events that will raise vital funds for the stepUP Foundation.

How will people know that I am authorised to fundraise?

Upon registration, you will be sent a fundraising proposal form and conditions of fundraising. Once you have signed this form and returned it to us the stepUP Foundation will issue you with an Authority to Fundraise in the form of a letter or I.D badge.

Will I reach my target?

Yes you will, providing you have a good plan of action and at least 3 months to implement it.

Here are some examples:

| | |
|-----------------------------------|---------|
| Corporate matching | \$500 |
| Garage Sale | \$500 |
| Donations (friends, family, work) | \$1,500 |
| Trivia Night/Auction | \$1,200 |
| Cinema Night | \$1,000 |
| Raffle | \$800 |
| Restaurant Evening | \$750 |
| Sausage Sizzle/BBQ | \$500 |
| Barefoot Lawn Bowls | \$750 |
| Morning Tea | \$500 |

Are donations tax-deductible?

All of the money that goes directly to the stepUP Foundation over \$2 is tax-deductible and the stepUP Foundation will issue a receipt, provided that addresses are supplied. Donations are an unencumbered gift, being money given to the charity for nothing in return. This does not include purchasing of any item eg. Raffle tickets, dinner and/or goods of any kind). The money that goes towards the travel component of your overall target is not tax-deductible.

How much of the money I raise will go to the charity?

The stepUP Foundation has decided on your fundraising target of **\$7,000** and once the travel cost has been deducted from the amount you raise, the charity receives the balance. The stepUP Foundation will receive approximately **\$3,360** minimum from each participant, are target is 20 trekkers so we aim to raise over **\$60,000!**



Countdown to your Trek the Himalayas Challenge

These are key dates for your diary leading up to your adventure. Meeting these payment deadlines ensures your participation. Plan your fundraising activities to hit these targets and you will be well on your way to the trip of a lifetime!

| Item | Date | Activity | Details |
|---|-------------------------------------|---|--|
| Registration Fee | Registration Date | Pay Registration Fee of \$700 to Inspired Adventures in one or two instalments of \$350 | Refer to Booking Form for payment details |
| Registration Fee Balance* *Not applicable if full fee paid upon registration | 4 weeks following Registration Date | Pay balance of \$350 Registration Fee to Inspired Adventures if paying in two instalments | Refer to Booking Form for payment details |
| Travel Deposit** ** Deducted from your Fundraising target | 6 weeks following Registration Date | Pay \$400 Travel Deposit to World Expeditions | Refer to Booking Form for payment details |
| Fundraising Deposit* * Deducted from your Fundraising target | Tuesday 19 January 2010 | Pay \$1,000 Fundraising Deposit to stepUP Foundation | Refer to stepUP Foundation Payment Details Form |
| Challengers Dinner | Tuesday 26 January 2010 | Dinner for Participants | Location to be confirmed and is dependent on where participants live |
| Travel Cost Balance* * Deducted from your Fundraising target | Friday 12 February 2010 | Pay \$3,240 Travel Cost Balance to World Expeditions (+ approx \$552 airline tax) | World Expeditions will send you an invoice 10 days prior to payment due date |
| Fundraising Balance | Tuesday 16 March 2010 | Pay stepUP Foundation balance of all funds raised to be a minimum of \$2,360 | Refer to stepUP Foundation Payment Details Form |
| | | TOTAL: \$7,000 + airline taxes + registration fee | |



About The stepUP Foundation

stepUP Foundation is a not for profit youth organisation (established in Australia in 2002) that runs inspirational programs for teenagers throughout Australia, New Zealand and the UK - to educate and inspire youth, particularly those who are underprivileged or at risk, about the possibilities in business and in life.

Giving them an experience that is for most, unlike anything they've ever participated in before. Delivering on key outcomes of creating empowerment, self worth, inspiration, renewed strength, tools, strategies and fun. Literally shift their future from what's probable or likely to what's possible as a result of participating.

And lastly, the final and fundamental intention of stepUP Foundation – what we're ultimately here for - is to contribute to world peace. We do that by having Teens – who are our future leaders (the ones who will determine our futures as nations and a planet, our economic stability, world peace and more in the years to come) realize that someone from different circumstances than their own, is really not so different after all, and their job, after having their own lives work, is to make a difference out there and stand for a world that works for everyone. And this is where the future shifts for all of us.

How does stepUP inspire teenagers?

stepUP runs highly successful two-day mentor-based events for hundreds of teenagers at a time, plus follow-up programmes and resources. At each stepUP event, teenagers are mentored through team exercises in small groups by entrepreneurs and business professionals, whilst also receiving inspiring presentations from successful entrepreneurs and high profile people from business, sport, and entertainment.

All stepUP speakers have achieved in life, despite major challenges along the way. Whether a speaker came from a council estate, was abused or bullied, got into drugs, alcohol, or a gang, the teens get evidence that they can make a go of their lives, regardless of the hand they've been dealt. When this realisation hits them, they see new possibilities for themselves, and their lives are changed forever.

For some teenagers, one presentation is all it takes. For others, it can take 2 days for this to sink in. The main thing is that at stepUP, teenagers are given the space and the time to consider new possibilities for themselves. And the results are astounding.

“stepUP: shifting the future of humanity in a single generation...”

Here's what teenagers that have attended events have to say

I have learnt how to overcome downs and how to achieve my goals. It is given me methods on how to be successful in life. The speakers have been helpful on the times that have had to work hard. . All I have to do now is go out and make then change

Tom (Teen)

Thank you so much for giving teenagers this chance to hear you and other amazing speakers talk. Hearing all their stories and their idea about life were great and really helped me get somethings in my life figured out. I've always wanted to make a change in my life, like definately the way I think about myself, but since hearing the speakers like Karen, I've learnt to love myself and therefore many opportunities in life and you've got to collect them and embrace them. I really found the strategy of saying positive things to yourself in the morning like “I am strong, I am Happy, I am Beautiful” very good. I did it this morning. It helps make you feel happy and happier about yourself. If it is possible for you it is possible for me its just a matter of how.! Thankyou

Rebecca D (Teen)



I have gained business skills how to run a business to not think of all the bad things in your past just to move forward. If I ever want to be successful then I have to be positive and enthusiastic stepUp is a really good program to help teens in life and get through down patches. I am now being more positive not looking back only looking forward thinking anything is possible. **Corey R (Teen)**

During the stepUp “course” I gained several skills that will help me later in life. Some of these are – it doesn’t matter where I came from just where I’m going. If I imagine myself rich I will start thinking rich and then make rich actions. If I put my mind to it and FOCUS!!! I can do anything. If it’s possible for you, it’s possible for me it’s just a matter of how!! Even if someone disagrees or doesn’t think I will make it I should say to myself “wanna bet” and go for it anyway.

Karyn (Teen)

From StepUp I have learnt how to believe in myself and to do what I feel is right, even if people don’t believe in me and tell me no to. From StepUp I’m taking on responsibility for my life and am going to find a part time job. I’m also going to keep working at music, school and friendships to further my happiness. You’re Awesome!!

Mae (Teen)

I’m going to use the theorys and ideas I’ve learned in StepUp to help myself and others be successful. I’m going to believe in myself and try to achieve my goals and even if I fail I’ll try again and again, just like Thomas Edason. Because like him even if I fail I learn things. Many people (including me) believe that you learn more when you fail than when you succeed and that’s another reason to get back up and keep trying if I fail.

Ryan (Teen)

I have gained motivation and inspiration in my life. Before I used to think I would get no-where but now I have realised I have the potential to go far. Now I’m going to start liking myself more and looking forward to my life. Thank you StepUp.

Maddie (Teen)

That there is room for improvement no mater were you are. I have gained the knowledge leadership skills to use in everyday life – affirmations, anything is possible, if you believe. I am now taking on the fact that you need to focus, belief, stratagise. I’m motivated to get out there, follow my dreams, go for my goals and listen to my heart; what my heart is saying.

Joelli (Teen)

What I’ve got out of StepUP – I’ve learnt that you have to be yourself at all times, laugh at yourself, love yourself (no matter what others say) and mistakes are normal on the way to success!! Also I now believe I can be someone and do something even though I’ve been though I’ve been thru bad times. Ur past doesn’t matter. I’m going to start believing in myself and say “I will” instead of “I’ll try”. I’m also going to start to love myself!!

Amber (Teen)

“Dear StepUP, I just wanted to say that you are already changing lives. I had low self esteem and found it hard to speak to people. After I went to stepUp I looked over the notes I had made and rewrote them. As I was going through, all the notes on being confident came up. I read through them again and thought nothing of it. I went to school today and one of my teachers asked if any one did any thing unusual in the holidays. I wanted to tell her about stepUP, but I started thinking “Nah, better not, I will make a mess of it and then everyone will laugh at me”. All of a sudden all the notes from stepUp on self-confidence started going through my head. It gave me strength to put my hand up. I told her about stepUp –what it was and who was there I would just like to say” you rock”! I now feel like I can do anything. Thanx Heaps.”

Rebekah (Teen)



“... My friends and I learned some really valuable information in those two days but what really stuck in my head was what you said about being a leader and how success is not achieved alone ... A great big thank you again, because you have seriously changed my way of thinking.”

Joanne (Teen)

I have learnt to be yourself and don't let people beat or get you down. Always live life to the fullest and helped me understand more about life. And enjoy life to the fullest and helped me understand more about. And enjoy life to the fullest even if life has not gone to good for you. No matter what any actions are they are going to care with consequences. I'm going to take more action to my life and believe in my self and not let people get me down no matter what. Thank you StepUP

Rachael (Teen)

“To all at stepUP, I would like to say thank you to all those who were involved with organising and running step up event. My son Timothy attended last week and has had nothing but praise for the way it was run. He has come home very motivated and keen to continue his study as well as being very satisfied with the way he was fed! He also asked us to buy him an investment property, as well as looking for a part-time job. Thank you again for running such a terrific program. He has already asked if he can go again next year.”

Tina (Parent) of a teen that attended a stepUP event