
SAMPLE JOURNEYS

The goal of this document is to help your club incorporate new ideas, innovation and flexibility into all Friendship Force club activities and journeys. We want to make sure that our organization consists of open minded members who are willing to take risk and make their organization grow!

Don't be afraid to have a theme for your journey. This will make it more attractive and will attract people that have similar interests of all ages. Below you will see some examples of journeys that have a theme.

When planning your journey,
make sure you:

Think differently

Plan differently

Formulate differently

Try new things

Be more open

This will develop into:

New Ideas and Energy

Development of new leaders

Broader networking

Diversity

Sustainability

If you have any questions, contact Laura Romero laura@friendshipforce.org.

EXAMPLE I:

"Friendship In Action" in Guatemala

Come explore the fascinating world of the Mayan culture in the Guatemalan highlands! This is a new destination for the Friendship Force. We will learn about local traditions, art, history, languages and weaving. Although Friendship Force does not currently have a club in Guatemala, we will put "friendship in action" by partnering up with other organizations that assist the Mayan communities. Join us on this enriching journey to see firsthand what a difference our contributions can make.



We will spend three 1/2 days volunteering with Mayan locals. We will visit the Lavosi School for the Deaf (no knowledge of sign language necessary) along with two other non-government organizations aimed at improving the lives of the locals. Ambassadors will be asked to bring donations such as used sneakers, books and reading glasses to donate to the different programs.



Our base will be hotels in the beautiful cities of Panajachel and Antigua.

In Panajachel we will:



- Discover the indigenous villages of Lake Atitlan, including San Juan de Laguna, during a boat ride around the lake.
- Visit a weaving cooperative to observe colorful products being dyed and woven on backstrap looms.
- Enjoy a free day with your choice of activities, including hiking Pacaya Volcano, a relaxing day at Santa Teresita spa, or shopping at the famous market of Chichicastenango.



In Antigua we will:

- Learn the history of this UNESCO World Heritage Site as we stroll the cobblestone streets during a three-hour walking tour with a local historian.
- Learn about locally grown products during tours of a macadamia nut farm and a coffee finca... hopefully with plenty of taste testing!
- Attend pre-Easter religious processions, where we hope to participate by creating an alfombra, or carpet of flowers.

Other cultural highlights include:

- Purchase food at the market and be welcomed into a local home for a cooking class.
- View the ancient ruins of Iximche.
- Stop in Comalapa, a village known for its indigenous art.
- Visit the Friday Solola market and watch the locals bargain.
- Tour the Mayan Healing Garden, to learn about the plants and herbal remedies used for centuries.



The cost of this exchange is \$1950 which includes a \$150 donation for the three humanitarian projects.

You do not want to miss this wonderful opportunity to explore Guatemala with the Friendship Force! There are so many fantastic activities, sights, and volunteer opportunities on this meaningful exchange! Please consider joining me as we journey through these wonderful cities of Guatemala.

Vicki Coulson Vance.

EXAMPLE II:

Pick you Passion: Discover Louisiana!

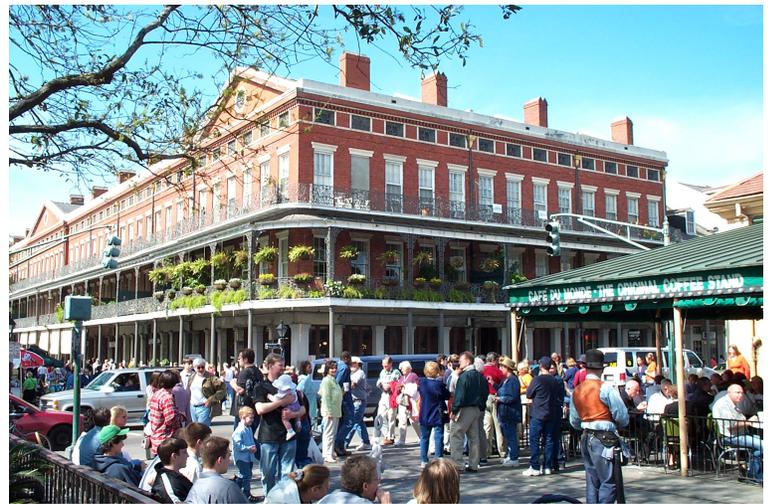
12 night exchange Itinerary:

Day 1 to Day 3:

This program begins in New Orleans during the famous French Quarter Festival. After a brief orientation, Friendship Force Ambassadors, with the assistance of the Exchange Director will be “on their own” to explore the music, nightlife, food and culture of the French Quarter for 3 fun filled and exciting days.

Day 4:

Ground transportation from New Orleans to Baton Rouge. Homestay with families of Friendship Force Baton Rouge. Welcome by FF Baton Rouge members with a jambalaya dinner and introduction to Cajun Dancing.



Day 5:

Attend a full Gospel church and in the afternoon attend a concert by Heritage. The concert is guaranteed to have you on your feet, with hands clapping and maybe an occasional tear, most likely your most memorable experience of the exchange. Concert will be followed by a traditional Soul Food

Day 6:

Transportation from Baton Rouge to Lafayette. One night at Hotel. The Cajun Experience (Day one). Spend some quality time with alligators! Then visit a rice and crawfish farm and learn to appreciate this major industry of Louisiana and one of our best delicacies. Spend the night in Lafayette, LA the heart of Cajun country, and maybe get a taste of Cajun nightlife.





Day 7:

The Cajun Experience (Day two). Our more active ambassadors may "pick" paddling down the bayou with an experienced guide. You won't get much closer to our gators than this. Other ambassadors have the option of sitting in a boat and enjoying much the same environment, but letting someone else do all the work. That afternoon enjoy some Cajun food and Cajun music. On the return trip to Baton Rouge visit one of our largest rookeries and enjoy the sight of some of the most beautiful

birds in the world, nesting, while alligators wait patiently below hoping for an egg to fall out of the nest.

Day 8:

This is your chance to see what South Louisiana has to offer. You will visit the first submersible, transportable oil rig in the US. Not only visit, but be given the opportunity to climb to the top! Learn first hand about our Black Gold and its impact of the Louisiana economy. Or, ambassadors wanting a more leisurely day can take a stroll thru the parks and gardens closer to Baton Rouge. See our wild irises in bloom and take in a cooking class that afternoon.

Day 9:

Free Day; Pick Your Passion...This day is designed to be spent with your host. You can let your host plan your day, or let them know what your passion is. They will do their best to make it a day to remember.

Day 10:

Old South Day... No visit to LA would be complete without visiting some of our oldest and grandest plantations. Possibly sit on the veranda and sip a mint julep, or take a stroll on the Mississippi River bank.

Day 11:

ROAD TRIP. We will leave early that morning for a trip to Ferriday LA to see Frogmore Plantation. This old beauty has been in existence for over a 100 years and is still a working cotton plantation. Ambassadors will



actually feel and hear the history of Frogmore as costumed vocalists sing spirituals and are given the opportunity to actually pick cotton.

Day 12:

Homestay with families of Friendship Force Baton Rouge. Ends with a traditional Louisiana crawfish boil. We will share stories, have a traditional "boil", eat, drink, and as we like to say here.....Laissez Les Bon Temps Rouler (Let the Good Times Roll).

\$1675 Price Includes: FFI and host fees, hotel accommodations, transportation during the exchange, attraction fees, and some meals.

Bob Duncan

EXAMPLE III:

Water, Wine and Country Music



It's time to party Down Under and where better to start and finish.

SYDNEY, AUSTRALIA, our state capital with its beautiful harbor and wonderful beaches. Your stay will be in quality accommodation in Central Sydney with easy access from the airport by train. The Exchange Directors will welcome you and introduce your fellow Ambassadors over dinner and a glass or two of our famous Aussie wine or beer.

Day two will start at sunup for those enthusiasts looking for an early morning surf or walk on Bondi beach. After breakfast, explore Sydney on foot or by public transport with day hosts and meet up for lunch in the historic Rocks area. Afterwards, take a visit to Customs House and a walk around the forecourt of the Opera House before a relaxing 30 minute ferry ride across the Harbour to Manly. Time to explore a little before dinner by the water and returning to a breathtaking sight of the Opera House and Harbour at night.

Day three we travel to Tamworth in a comfortable, air conditioned train, arriving mid afternoon where your hosts and a Welcome Dinner await. Tomorrow, it's Festival time and over the next six days, if you like music, any sort of music, you are going to have a wonderful time.

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TOYOTA COUNTRY MUSIC FESTIVAL TAMWORTH
16 - 25 JANUARY 2015

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This Festival is unlike any other music festival in the world, its unique ungated nature is a 10 day country experience like no other with over 800 performing artists and 120 venues involved. The music doesn't stop with towns such as Nundle embracing the 10 day event and boasting full programs that entice visitors to venture out of town.

"It's country music...and so much more!" Every sort of music you can think of; it suits all tastes and much of it is free. There are outdoor stages and major concerts, hundreds of Buskers, and bands in every club and pub round town.

We in Tamworth are enormously proud of our Festival and our friends from our Sister City of Nashville liken it to their famous early festivals. Keith Urban performed here many times, winning his first and much-prized Golden Guitar early in his career. Your Festival experience starts with a Blue Grass Breakfast and ends with the Country Music Cavalcade.

You will attend performances in our four major venues, be VIP guests at a major outdoor concert, see the finals of the National Rodeo Championships and much, much more.

We will take you to the Dag Sheep Station for music and a roast buffet meal then on to the historic gold-mining town of Nundle with time to explore the antique woollen mill or simply have a schooner and listen to the music at the pub – it doesn't get more country than this!

You will go North to Uralla learning a little of our early pioneer history and the bushrangers who terrorised the area during the gold rush days. You will sample cold country wine over lunch at Why Worry. There might be time to see a sheep shorn before returning to Tamworth for the Civic Reception for International Visitors.



Saturday 24 January, you travel south to the coastal city of Newcastle where your hosts will show you a very special part of the world.

Reaching from the ocean in the east to the Hunter Valley with its farms, vineyards and horse studs in the north-west, to Nelsons Bay in the north and the largest saltwater lake in the Southern Hemisphere in the south, the Newcastle region is a marvellous mix of beauty and productivity.

During your stay you will travel by air-conditioned coach to our renowned vineyards; you will explore the river foreshore and Lake Macquarie. You will see our beautiful beaches and the Bay area to our north. On our special day, Australia Day, activities will include cruising the river and the lake, a true-blue Aussie barbecue and a magnificent fireworks



display from the deck of the cruise boat.

A visit to Blackbutt Reserve will give you the opportunity to admire our native birds and animals – cockatoos, parrots and emus; kangaroos, wallabies, wombats– with the option to have your photograph taken with a cute koala!

Thursday 29 January you will travel back to Sydney by train for a little time to relax or shop before our Farewell Dinner.

When all this is over and you return to your homes, you will remember not only this great country of ours but also, and most importantly, you will remember the many friends you have made on your journey Down Under..

Annette Watson Exchange Director and John Morris Assistant Exchange Director
Cost-land content: US\$2600 inclusive of all charges and FFI fees.