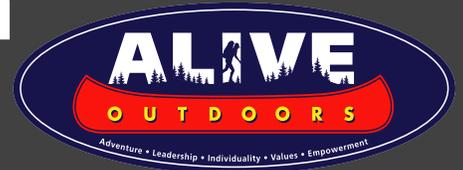




The Kingdom of Bhutan

Global Experiential Learning Program

March 2019



St. Mildred's-Lightbourn School - Royal St. George's College





A Country Poised Between the Ancient and the Modern: Exploring Bhutan

Immerse yourself in the Kingdom of Bhutan. Discover the secrets to a life centered in happiness. Explore the only country where values are approached holistically, and embraced nationally. Traveling through Bhutan offers students a rare and unique opportunity to see the last Himalayan Kingdom. A truly special place and closed to outside visitors until 1974. Explore why Bhutan might hold the keys to a prosperous future based not on financial gains or the traditional notions of success. Immersing yourself in Bhutanese life gives you a glimpse of how you can shape your own path based on personal, social and environmental values --- imagine the potential! Students will openly experience the rich contrast that is living, learning and developing a unique perspective in Bhutan.



Experiential Objectives

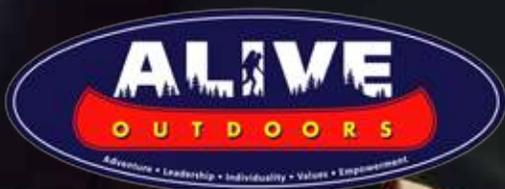
1. Re-evaluating perspectives and deepening personal values.
2. Learning and sharing exchange with Ugyen Academy students and faculty.
3. Rare and authentic travel experience, for a once in a life trip, to a rapidly modernizing country.
4. Contrasting the difference in pace between a life centered in Western consumerism versus intentional and unhurried living.
5. Appreciating Buddhist cultural traditions and spirituality.

As a destination chosen for its profound learning potential, Bhutan offers students one of the only examples of a country built on personal, social, cultural and environmental values. Tucked between China, India and Nepal, Bhutan is a world away from life in Ontario. Directly aligned with ALIVE's educational mission, Bhutan offers students the opportunity to experience a self-defining contrast. This contrast will be the spark to achieve deeper personal reflection, harmony with nature, and redefined notions of success. ALIVE seeks to facilitate a student experience in Bhutan that is in-line with the Bhutanese policy of high value, low impact tourism and captures the spirit of living based on values, connection to nature and collective happiness.



It was truly special to see such an ancient tradition preserved and remembered by people today. In the Dzong it was eye opening to see such a unique atmosphere. All the monks were smiling and happy, and in total harmony with their religion and traditions.

~ C. McLean and O. Wyszomirski
Participants on 2017 Trip





Our Partner School in Bhutan

While in Bhutan students will be immersed in Bhutanese life through school immersion experiences, mountain trekking and exploring Bhutan's cultural and physical landscapes. Ugyen Academy is excited to be pairing with us on the student immersion experience. As an English language school, students will be encouraged to engage in a collaborative learning space, sharing cultural practices, and a full-day workshop. No visit to Bhutan is complete without experiencing the rich cultural background that created the happiest place on earth. Students will be exploring the unique and strong influences that shaped Bhutan. Resulting from cultural isolation, Buddhist traditions, and life in the mountains, students will experience the spiritual, culinary and cultural flavours of Bhutan.



Tentative Program Dates

Tentative Dates: March 8 - 20, 2019

(Two full days of flexibility are required for both departure and return dates)

Sample Itinerary

- Day 1-2** Arrival and Thimphu area Sightseeing
- Day 3** Punakha Activities and Short Hike
- Day 4-5** Learning Exchange with Ugyen Academy in Punakha
- Day 6** Norbugang to Punakha Hike and Druk Rafting
- Day 7** Ta Dzong, Paro Dzong and Dumtseg Lhakhang Tours
- Day 8** Tiger's Nest Trek in Paro Valley
- Day 9** Chela La Pass, Bhutanese Cultural Show and Shopping in Paro



In-country Travel Partner

Good Karma Travel is the in-country travel and logistics provider recommended by the Bhutan Canada Foundation. We worked closely with the owner, Karma Tshering to develop a unique and inspirational experience for students. Karma has worked with both Bhutanese and Canadian educational institutes over the last 15 years and has provided unique and invaluable skills and knowledge that will greatly enhance our experience in Bhutan.



The camera will never be able to capture the way your breath is taken away when you are standing at the top of Tigers Nest. The camera can't capture how beautiful the prayer flags are as they dance in the wind granting wishes. The camera can't come close to capturing the happy and positive environment Bhutan is blessed with, and how contagious it can be. You can't see a picture of the people of Bhutan and know how kind-hearted and loving each of them is to not only their friends and family but to new faces as well.

*~ K. Thom
Participant on 2017 Trip*





Travel Arrangements

International Flights and Transport Toronto to Bhutan Round-trip

Departing from Pearson International Airport the co-ed group of approximately 20 students from RSGC & SMLS, accompanying teachers, and an ALIVE Outdoors Director will travel to Bhutan.

Valid Passport and Visa are required for entry into Bhutan (Visa organized through Good Karma Travel).

Program Fee Information

Bhutan Global Experiential Program Fees

Round-trip airfare, ground transportation in Bhutan, accommodations, all meals, all activities, cultural immersion, trek to monastery, pre-departure workshops, tourist visas and daily government royalty, mandatory in-country development fee, and medical and travel insurances will all be included in the program price. Prices are based on a student group size of 20, current USD exchange rate and flight costs, therefore price may be subject to change.

Not included: Tips, personal spending money, travel vaccinations.



ALIVE Outdoors Educational Philosophy



ALIVE Outdoors has a long standing partnership providing experiential education programs for Royal St. George's College and St. Mildred's-Lightbourn School.

Designing and facilitating purposeful experiences is core to ALIVE program delivery. We design unique educational experiences so our participants are influenced by real world, inspiring and authentic learning that adds momentum and deep meaning within their lives. Harnessing the inherent potential found outdoors allows us to focus on **A**dventure, **L**eadership, **I**ndividuality, **V**alues and **E**mpowerment within our students.

We are excited about sharing this incredible opportunity together.

If you have come to help me, you are wasting your time. If you have come because your liberation is bound up with mine, then let us work together. - Lilla Watson

Learn more at www.aliveoutdoors.com/bhutan