



## Frequently Asked Questions

### **Where does the money go?**

Of the \$6,000 raised, a minimum of 70% will go directly to SCAI for the purpose of purchasing land on which to build Sunrise Children's Village, a permanent home for the current and future children of what is now known as Sunrise Orphanage. The remaining funds will go towards your flights to Nepal (roughly \$1500) with up to \$400 going to re-imburse you for fundraising expenses.

### **How much does a trip like this usually cost?**

This sort of trip would usually cost anywhere between \$3,500 and \$5,500. The reason our costs are so low is that we deal directly with our partners in Nepal, Himalayan Waves Trekking so eliminating any middle men. Our partners in Nepal are long term supporters of Sunrise and hence provide us their quality services at minimal cost. We have also been able to attract some generous sponsors who will cover the majority of trip costs in Nepal. We have been able to access discounted flights through Cathay based on group bookings of a minimum of 10 people.

### **What are the personal costs to me?**

The only personal costs to you are the items specified on the Application Form, such as Travel insurance, Visa, Airport taxes, meals (ex Breakfast), spending money and any other activities or changes to the planned itineraries that you wish to make.

### **Can I jointly fundraise with my friends?**

Yes, by all means. Particularly for larger events we encourage you to rally together and share the experience! As long as you raise a minimum of AUD\$6,000 each we don't mind how many of you fundraise together. Each individual will need to fill in their own Application Form even if running a combined event, but can submit a joint Fundraising Plan and Budget Plan. Please clearly outline on all forms that it will be a joint fundraiser and who you will be fundraising with.

### **What happens if I fall short of the AUD\$6,000?**

If you do not meet the minimum requirement of AUD\$6,000 and still wish to join one of the trips to Nepal, you are able to make up the difference yourself personally. This must form part of the full payment made to SCAI by Friday 22<sup>nd</sup> August 2008. If you do not wish to take the trip, all funds raised up until the 22<sup>nd</sup> August 2008 must be paid to SCAI as a one-off donation within 7 days. Given the usual cost of these amazing trips, even if you have to make up \$1000 yourself, it still makes for a very cheap holiday!

### **Can I take my partner or friend with me?**

We fully understand that you may wish to share such a special experience with a friend, partner or family member. If they do not wish to partake in the fundraising program they are able to pay a flat fee of \$3000, also due by 22<sup>nd</sup> August, and they will be able to enjoy exactly the same experience as you, with all the same inclusions and exclusions as outlined on the Application Form. We will send them a separate form to fill in to ensure they too understand all the conditions of the trips.

### **When does the exact fundraising period commence and finish?**

The program is open from Monday 18<sup>th</sup> February 2008 until Friday 22<sup>nd</sup> August. Full payment must be made to SCAI on Friday 22<sup>nd</sup> August. This enables tour operators etm travel pty ltd to confirm all your travel details in good time. We don't suggest leaving your fundraising to the last minute though, we'd prefer you to use this time getting fit, packing and getting excited about your trip!

### **Will SCAI organize the fundraising licenses for me?**

Yes, we are registered to fundraise in NSW and VIC, and are in process of registering in SA and QLD. Once you have been accepted, and your Fundraising and Budget Plans have been approved, we will send you an Authority to Fundraise letter with an authorization number.



### **Once I have confirmed my trip can I postpone or cancel it?**

If you wish to make any changes to your booking once the airfares have been ticketed on 12<sup>th</sup> Sept 2008, for example changing your return date, you will need to pay \$155 as well as any difference in fares. Providing you give etm reasonable notice, they will of course endeavour to secure you a good deal. If you wish to cancel your flight you will need to pay \$330 cancellation fee. Please refer to the Conditions on the Application Form for more details.

### **Can I send someone else in place if I cannot go for some reason, or will I forfeit my trip?**

If you have met the minimum requirement by the due date and wish to transfer the trip to someone else, you must notify us in writing prior to **Wednesday 3 September 2008**. If the air tickets have already been booked, this will depend on the rules and regulations of the airline, and all costs associated with changing the name must be paid by the participant. Etm will be able to advise you of costs at the time.

### **What is the degree of difficulty of the two trips?**

The 21 day trip incorporating the Annapurna Base Camp trek is classified as 'Moderate'. I have met people as young as 7 years and as old as 67 years on past treks. For your own personal comfort and enjoyment we do recommend ensuring you are at a reasonable level of fitness before you go, and it is mandatory to have a medical check and provide a doctors authorization before departing to ensure you do not have any potential health issues that may arise while you are trekking. The Culture, Heritage and Nature Tour is relatively easy as its sightseeing rather than trekking based. Guides, porters and transportation are provided so you will not be left stranded outside your comfort zone at any time.

### **Will I have to carry my own backpack on the trek?**

It is up to you if you would like the personal challenge, but guides and porters are included in your package, so you will only be required to carry your own small day pack, with essential items such as water, camera, warm top, raincoat, wallet and similar personal items.

### **Are there medical facilities on the treks in the event of an accident?**

There are no major health posts on the treks, which is why you are required to have medical clearance from your doctor as well as organising your own Comprehensive Travel Insurance to cover you in case of any emergency evacuations by helicopter or other means. We suggest carrying a basic medical kit including things like panadol, re-hydration salts, band-aids and the like. Some people do suffer from altitude sickness, which is related to the oxygen levels in your blood. We take all measures to minimize risk, however if by chance it does occur (where you may suffer headaches, dizziness, loss of appetite), you are required to rest at that altitude. If symptoms persist you will be required to go down to a lower altitude until they subside. Someone will be there to accompany you should this happen.

### **How old do I need to be to participate?**

To travel alone you need to be at least 18 years. If you are under 18 years you are permitted to participate if accompanied by an adult. You will need to ensure you have the appropriate insurance to cover yourself.

### **What Insurance do you recommend?**

You are free to choose your own insurance company, however etm travel pty ltd are happy to help you organize insurance with Covermore. Comprehensive Insurance is mandatory and full details must be provided to etm by 22<sup>nd</sup> August 2008. Ensure you take careful note of what is included and what is not included in your policy, as neither SCAI nor the tour organizers etm or Himalayan Waves Trekking will accept any financial liability in the event of an accident, personal injury, flight delays, cancellations, lost/stolen goods or anything that can potentially be covered by Comprehensive Travel and Health Insurance cover.



### **Do I need any immunizations?**

Diseases such as typhoid, cholera and hepatitis are quite common in Nepal, so we recommend you visit your local travel doctor or GP well before you depart and have the necessary immunizations.

### **How do I organize my Visa?**

There is a consulate in Sydney (Level 5, 203-233 New South Head Road, Edgecliff; open 10am-4pm on Wednesdays only) and in Melbourne (567 Burwood Road, Hawthorn; open 10am-4pm weekdays). A Tourist Visa is AUD\$70 for 60 days. etm travel pty ltd can send you the Visa form via email but it is your own responsibility to get the visa and have a valid passport. There is further information on the Application Form.

[www.dfat.gov.au/geo/nepal](http://www.dfat.gov.au/geo/nepal) is a very comprehensive Australian Government, Department of Foreign Affairs and Trade website offering Economic and Trade information (Country Brief and Nepal Country Fact Sheet), Travel information (Passport and Visa information and Travel Tips) and details of Embassies and Consulates.

### **Is it safe to travel in Nepal?**

Nepal has experienced political instability over the past ten years, but has become relatively stable in the past 12 months. There are still however occasional small scale protests over issues such as increasing petrol prices and the like. These sometimes cause 'bandhas' whereby almost everything is closed down e.g. schools, shops, transport. In the event of these we will do our best to maintain the planned itinerary, but at times this may not be possible. Neither we, nor any of our volunteers have experienced any trouble to date, however we do recommend you register with [www.smartraveller.gov.au](http://www.smartraveller.gov.au) for regular updates, as travel is entirely at your own risk.

### **Are the programs flexible at all?**

Whilst we have put together two diverse and comprehensive packages to meet various needs, we do understand there may be particular activities you specifically do or do not wish to participate in, and we certainly want you to enjoy your experience as much as possible! So providing you give us some notice, we are happy to help organize alternative arrangements for you. Anything outside of the set itinerary will be at your own cost.

### **Can I extend my stay past what is outlined on the itineraries?**

The standard Tourist Visa you will be issued is for 60 days, so you are more than welcome to stay longer if you like! Etm can help you make alternative arrangements, but there will be an amendment charge and a likely change in fare price which will be your responsibility. If you wish to stay longer than 60 days you can go to the Immigration office in Kathmandu and extend it for a further 30 days (at a further USD\$30). You can renew your Visa a total of 3 times, allowing you a maximum stay of 150 days. Any changes to flights or any other associated costs will be incurred by your self.

### **What happens if I fall ill once in Nepal and am unable to go on the trek or participate in the other scheduled activities?**

Firstly, your health and safety is of utmost importance to us, so we will ensure you receive good quality medical care at the international clinic run by foreigners if so required. If you are unable to go on your planned trek, we will organize alternative accommodation for you in Kathmandu until you recover and are able to re-join a group and some of the local activities. As mentioned however, any activities/costs incurred outside of the planned itineraries will be your own responsibility, but we will ensure that whatever is organized for you meets your financial and comfort needs.

### **What is the accommodation like on the treks?**

Accommodation will be in the local 'tea-houses' which are of a fairly similar standard across the entire trek. They are very basic, generally built from stone on the outside and simple timber on the inside. In the colder weather there are potbelly stoves in the main dining rooms but no heating in the rooms



themselves, so can get very cold in the evenings and early mornings when you get to higher altitudes. Hot showers can generally be found in most tea houses and bedding is generally provided.

### **What do I need to bring?**

We will provide you with a suggested list closer to the departure date, depending on which trip you decide to go on. Being one of the trekking capitals of the world Kathmandu has a vast array of new and second hand goods for sale and for hire, including jackets, pants, fleeces, gloves, socks, boots, sleeping bags, back-packs, everything you could ever need! We will also supply you with average prices so you can decide whether to organize your goods in Australia or if you would like us to help you buy or hire them in Nepal.

### **How much will meals cost me in Nepal?**

In Kathmandu prices vary enormously, however an average meal in a typical restaurant catering for tourists costs around \$5-10 for a main meal. Tea, coffee, juices, soft drinks are generally available for around \$2, with alcoholic beverages generally starting from \$3-4. As it is imported (and not very popular in the local market), wine prices tends to be quite similar to Australia. On the treks, meals generally cost between \$5 and tea/coffee around \$1. It is important to remember that everything that is for sale on the mountain has been carried up there by a Nepali porter, so expect to pay more for anything that is imported (and heavy to carry!) such as soft drinks and bottled water, which range from \$3-5, chocolate bars \$2-5, beer/spirits \$5-8.

### **Is there anything in particular I can bring the children at the orphanage?**

What a lovely thought! Sunrise is growing rapidly and the needs of the children also changing, so we will provide you with some suggestions closer to the departure date.

### **Are donations Tax Deductible?**

As SCAI is a relatively new organization donations or monies raised as part of this program are not yet tax deductible. We are well on our way to meeting the criteria however, and we are confident that we will have tax deductibility status sometime this year.

### **How many people will be in each travel group?**

This will depend on how many people participate and which of the two trips they choose. Generally speaking minimum would be two, preferred maximum ten. If there are more than ten people wishing to go on the same trip at the same time, we will look at sending more than one group, as we feel that ten is a nice cozy number.

### **Is it possible to meet other participants before we go?**

On the Application Form there is a tick box to indicate whether you would like us to share your name and contact details with other registered participants. We encourage you to meet the other participants and share ideas throughout the fundraising process and as you prepare for your exciting Himalayan experience!

### **How is this program different to others in the market?**

We are very proud to have developed a unique program whereby through sponsorship and close relationships with our Nepalese partners, **a minimum of 70% of funds raised will go directly to SCAI** for the purpose of purchasing land on which to build Sunrise Children's Village in Nepal. As far as we know this is a significantly higher percentage than other similar programs.

SCAI is fully transparent and accountable in its operations and endeavors to spend **0%** of sponsors money on administration in Australia (e.g. printing, postage, web development...). To date the SCAI committee members have personally covered most admin expenses themselves. This enables us to spend donor money where it is needed most, the orphaned and abandoned children in Nepal. We look forward



to warmly welcoming you to Sunrise Orphanage and meeting the children your fundraising efforts support!

**We hope that we have comprehensively answered all your questions, but if not please do not hesitate to contact Emma Taylor  
President, Sunrise Children's Association Inc.  
Email: [emma@scai.org.au](mailto:emma@scai.org.au)**