



## Help Tashi and the Monk

If you've been fortunate enough to watch "Tashi & the Monk", then you'll know about Jhamtse Gatsal, the incredible community, school and home that has been created in northeast India for 90 children ranging in age from toddler to adolescent. The children in the community are those in greatest need from nearby villages. They all come from impoverished families, they may be orphans, and they are typically malnourished and neglected. Each one has a background of adversity. The goal of Jhamtse Gatsal is to provide these children with better lives, helping them to achieve their fullest potential and to become good human beings. The founder, and former Buddhist Monk Lobsang Phunksok, who trained under the guidance of His Holiness the Dalai Lama, has instilled in the teachers, amalas and children the three pillars of intelligent mind, kind heart and healthy body and these values permeate their learning and life. This is a truly unique opportunity to raise funds for the education and care of these children, and to stay in their community and work alongside them to build new residences for the students and teachers. The experience is combined with a wildlife safari and some wonderful sightseeing to discover the beautiful landscapes and rich culture of this unique, ethnically Tibetan, region of India.

### Vital Challenge Stats

16 days, departs Delhi on 05 March 2017 | Grade: Introductory | Accommodation: 6 nights hotel, 5 nights shared accommodation at Jhamtse Gatsal community and 2 night eco-camp

### Money matters

Joining Delhi: USD\$2350 / CAD\$2990 | Non refundable registration fee: USD\$200 / CAD\$280 | Single Supplement: USD\$420 / CAD\$620 | Jhamtse Gatsal Children's Community Fee: USD\$250 / CAD\$330 | Minimum charity donation: USD\$2500 / CAD\$3500

### Highlights

-  Raise funds for Jhamtse Gatsal before leaving home
-  Spend time within the Jhamtse Gatsal community, meeting the teachers, caregivers, children and founder, a former Buddhist Monk - Lobsang Phunksok
-  Work alongside members of the Jhamtse Gatsal community to help build new residences for the students and teachers
-  Visit the largest old Tibetan monastery in south Asia - Tawang Monastery
-  A visit to Nameri National Park to spot elephants, tiger, leopard, barking deer as well as the plethora of exotic birdlife

*Don't miss this extraordinary opportunity. For more information or to register:*  
email: [info@humachallenge.com](mailto:info@humachallenge.com)

visit: [www.humachallenge.com](http://www.humachallenge.com)

[ go to Jhamtse Gatsal under 'The Charities' button ]

**Jhamtse Gatsal Children's Community enquiries:**

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International (USA) - Tel: 978-838-2307 or visit [www.jhamtsegatsal.org](http://www.jhamtsegatsal.org)

