



### Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



AIM : To highlight the need for sustainable development and engage young people in projects to witness first-hand positive outcomes of Societal Engagement, with focus on other valuable and crucial aspects/issues closely related like Environmental Consciousness, adaptation to a Multicultural Environment, and Social Networking.

Organised by Ecosphere in collaboration with IAYP India, the project is one of its kind, combining an Adventurous Journey and Gold Residential Project exclusively for Gold Award Participants. **This project will provide an interesting insight into Spitian life, culture and Buddhist heritage and an opportunity to be a part of the environment preservation initiative taken by the community. During this journey you will be assisting the local community in construction of a Solar bath/ Greenhouse. The volunteers will participate in the actual construction of the solar bath and the setup of a solar water geyser (Evacuated Tube Condenser) or a greenhouse and will be assisted by a dedicated team of a qualified mason and representative from Ecosphere.** The activity will entail physical work. The construction period will be 7 to 8 days. The trip is intermixed with work and pleasure. During this trip you will also be visiting some of the highest villages in the world, going on a high-altitude trek, visiting some ancient monasteries dating back to over a 1000 years and take a yak/horse safari and mountain bike if interested. Traditional homestays further enrich the experience by giving one an authentic understanding of the life and culture in a Spitian home.



**Ecosphere** founded by Ishita Khanna (Gold Award Holder) is a social enterprise dedicated to sustainable development through collaborations with the local community of Spiti and professionals from diverse backgrounds. With focus to create sustainable livelihoods that are linked to nature and culture conservation, Ecosphere addresses the triple bottom-line of conservation, development and economies. To know more about Spiti and Ecosphere, visit [www.spitiecosphere.com](http://www.spitiecosphere.com).

### Significance of this Program

#### Solar Bath

Spiti is a cold desert located at an average height of 4000 metres above sea level in the Northern Himalayas. The construction of a solar bath is of great significance in this region as great amounts of fuelwood, coal and wood is burnt for heating water which contributes to CO<sub>2</sub> and black carbon emissions. The latter having far more damaging effects on the melting of glaciers and snow on a local level. Through the setup of a solar bath, which includes both a passive solar structure as well as a solar water heating system, we enable the people to cut down on emissions (especially reducing black carbon) as well as enable them to have better hygiene through regular availability of hot water.



### Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



#### Greenhouse

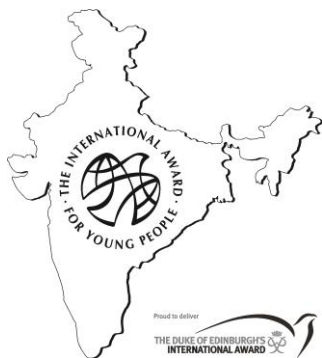
The green-house project is of special significance in Spiti since the region is devoid of green vegetables. Most of the supply comes from the neighbouring cities of Shimla and Manali which takes 2 days. This excessive transportation makes the vegetables both expensive as well as high in their carbon footprint. Moreover in the 6 month long winters there is no availability of green vegetables as access to the neighbouring regions is cut off. The greenhouses developed by Ecosphere enable locals to cultivate vegetables not only in the summers but also in the winters at temperatures as low as -25 degrees centigrade. These greenhouses contribute to better health for the locals, reduction in emissions and also in providing them with an additional source of income.

Through the Spiti Gold Solar Project, Ecosphere aims to showcase the fragile environment in the highest mountain range of the world while encouraging young people to have a positive transformative experience through:

- Exchange of culture not only with the Buddhist locals in the area but also with the other participants in the Project coming from a different area and cultural background, and thus boosting up Social Networking
- Instilling Environmental Consciousness and emboldening the students/youth to engage in a sustainable Community Service, and ensuring a significant Social Impact through the construction of a solar facility in the area
- Providing a platform for the youth of the Universities to visit and enjoy the picturesque lap of nature in the highest mountain range in the world, and simultaneously being successful in making a positive change towards community, as a Global Citizen.

Check the photographs of earlier Solar Projects at facebook

- 1<sup>st</sup> Spiti Gold Solar Conservation Project 2011
- 2<sup>nd</sup> Spiti Gold Solar Conservation Project 2012
- 3<sup>rd</sup> Spiti Gold Solar Conservation Project 2013
- 4<sup>th</sup> Spiti Gold Solar Conservation Project 2014
- 5<sup>th</sup> Spiti Gold Solar Conservation Project 2015



### Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



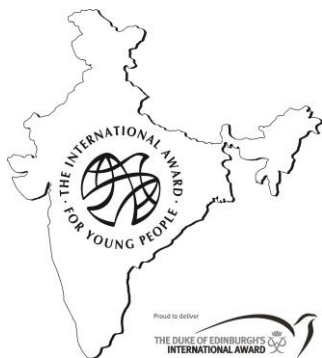
## Programme Details

**Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016**

Approximate Cost will be Indian Rupees 39,800.00 (Rupees Thirty nine thousand eight hundred only – for a group of 15 participants) (taxes extra) per participant from New Delhi to Spiti and back. Does not include travel fare of transit from/to participant's country and back.

**The Trip encompassing 17 days will involve:**

<p><b>Day 01:</b> <b>Delhi arrival and depart for Shimla</b></p> <p>Mode: Overnight Bus Gradient: Gradual to steep Ascent &amp; Descent Duration: 9 - 10 Hours Team: IAYP India &amp; Ecosphere</p>	
<p><b>Day 02:</b> <b>Shimla to Kalpa                      O/N KALPA</b></p> <p>Mode: Bus/Jeep Gradient: Gradual to steep Ascent &amp; Descent Duration: 8-9 Hours Accommodation: Hotel/Guesthouse</p>	<p>Today we travel from Shimla via the apple growing belt of the State to the Satluj valley. We follow the Satluj for a while till Puwari from where we start the ascent for Kalpa through some lovely sections of forests. Kalpa offers some beautiful views of the Kinner Kailash range.</p>
<p><b>Day 03:</b> <b>Kalpa to Kaza                      O/N KALPA</b></p> <p>Mode: Bus/Jeep Gradient: Gradual to steep Ascent &amp; Descent Duration: 8-9 Hours Accommodation: Hotel/Guesthouse</p>	<p>Today we follow the Satluj River again till a place called Khab where the Spiti River meets the Satluj. From here we follow the Spiti River till we reach Kaza. The landscape today will slowly transition from the lush green Himalayas to the cold desert terrain of the Trans-Himalayas.</p>



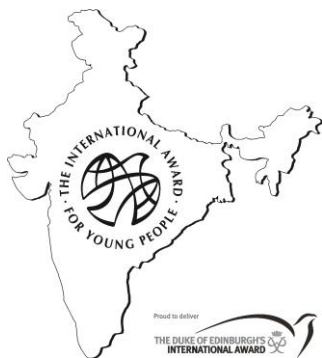
**Explore Spiti, be a part of Solar Conservation Project**

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



<p><b>Day 04: Kaza</b> Orientation, visit an existing site and settle into the project location <b>O/N PROJECT LOCATION</b></p> <p>Mode: Jeep Gradient: Gradual Ascent &amp; Descent Duration: 1 Hour (travel time) Accommodation: Homestay/Guest House/ Camping</p>	<p>Today after breakfast we will visit the office of Ecosphere and get a brief insight into Spiti, its culture, people and ecology. We will also get details on Ecosphere’s various developmental activities in the region along with their initiatives on responsible travel and conservation of nature &amp; culture. Subsequently we will be briefed about our project in the region and the preparation for the next few days.</p> <p>We then get into our jeeps and head to the project location where we will settle into our living quarters, meet with the team who we will be working alongside.</p>
<p><b>Day 05 to Day 08: Project Village</b> <b>O/N PROJECT LOCATION</b></p> <p>Accommodation: Homestay/Guest House/ Camping</p>	<p>We will spend the next 4 days working on our building a solar bath/greenhouse.</p>



## Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



### Day 09 to Day 12:

#### Gold expedition

Accommodation: Homestay

Explore Spiti: This ranges from visits to over 1000 year old Tibetan Buddhist Monasteries, living in traditional Homestays giving one a peep into culture and lifestyles in Himalayan villages, trekking along wildlife habitats with diverse flora and fauna.

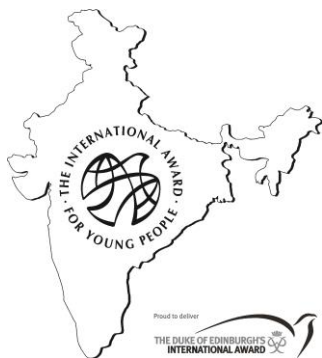
We will spend the next 4 days exploring the Spiti valley and get to see the various facets of Spiti valley ranging from visits to over 1000 year old Tibetan Buddhist Monasteries, living in traditional Homestays giving one a peep into culture and lifestyles in Himalayan villages, trekking along wildlife habitats with diverse flora and fauna.

We begin early on **Day 09** and trek to Asia's highest village at 4500 meters. Here we spend the night in Homestays and also visit the monastery adorning this village.

On **Day 10** we trek across alpine pasturelands to a village called Demul (5 – 6 hours trekking). One can opt for a yak/horse safari\* in case one would rather not trek. The route traverses across the hunting grounds of the endangered Snow Leopard and Himalayan Wolf where spotting of the Blue Sheep will be possible. We spend the night at Demul in Homestays.

On **Day 11** we will trek/ yak or horse safari\* up to 5000 mtrs to a vantage spot which provides a birds eye view of the Spiti Valley. Reaching this vantage spot is thrilling and well worth the effort. We return to Demul for the night where we get a peep into the indigenous folk expressions of the region through an evening of songs and dance forms.

On **Day 12** we trek to lahlung village and further by jeep on to Dhankhar village which was the erstwhile capital of Spiti by jeep. Dhankhar is famous for its monastery and the remains of the fort still remain. The location of the Monastery perched precariously between wind eroded structures leaves one spell bound at the architectural ingenuity of yester years. We visit the Dhankhar monastery and fort and trek up to the Dhankhar Lake (a 1 hour trek from the village). Today we head back to our project village.



### Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



<p><b>Day 13 to Day 14: Project Village</b> <b>O/N KAZA</b></p> <p>Accommodation: Homestay/Guest House/ Camping</p>	<p>We will spend the next few days completing our project. On the last day the project will be inaugurated. Later we head back to Kaza for the night.</p>
<p><b>Day 15: Kaza to Manali</b> <b>O/N MANALI</b></p> <p>Mode: Bus Gradient: Gradual to steep ascents and descents Duration: 8—10 hrs (travel time)</p>	<p>After breakfast we drive back to Manali along the same route that we took to reach Kaza. If time permits and the road is open we take a short detour* after crossing Kunzam La (4551 mts) to Chandra Tal (4270 mts), the lake of the moon goddess.</p>
<p><b>Day 16: Manali to Delhi</b></p> <p>Mode: Overnight Bus Gradient: Straight to gradual ascents &amp; descents Duration: 12-14 Hours</p>	<p>Today we spend the day at Manali at leisure and in the evening catch the overnight bus to Delhi.</p>
<p><b>Day 17: Arrival Delhi</b></p>	

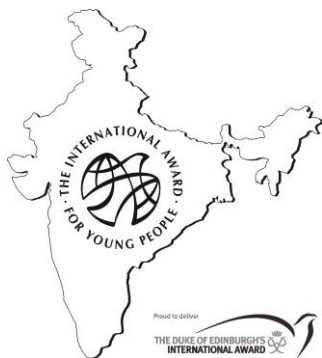
**Costs:** INR 39800/- person for a group of 15 persons (taxes extra)

**Includes:**

- All accommodation starting Day 2 to Day 15
- Meals starting Day 4 dinner to Day 14 lunch
- All bus/ jeep transfers Day 1 (with bus from Delhi to Shimla) to Day 16 (bus from Manali to Delhi)
- Project support
- Support staff starting Day 1 to Day 15
- Lifestraw bottle for all your drinking water requirements in Spiti and to take back with you

**Excludes:**

- Mineral water and beverages (other than those provided)
- Monastery Fees
- Tips
- Insurance
- Expenses arising out of unforeseen circumstances which may include change in route due to the road being closed, etc.



### Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



#### Transfer Details:

Bank	:	State Bank of India
Branch	:	Kaza, Spiti, Himachal Pradesh, India
Swift Code1	:	SBININBB288
Account Name	:	Ecosphere
Account Number	:	30769923704
IFSC Code	:	SBIN 0003337

#### **Please Note:-**

- This is a carbon neutral trip.** It is Ecosphere's endeavour to generate minimum emissions on this journey and whatever emissions that we do generate are calculated and offset through investments in our in-house renewable energy projects within the region. These include construction of passive solar houses, green houses and investing in other sustainable renewable energy alternatives such as solar water heating systems, solar cookers, solar lighting, etc.
- A different kind of holiday** - Ecosphere is a social enterprise and your travel with Ecosphere will contribute to the development and conservation of the region. Insights into the local development and conservation issues and a peep into Ecosphere's initiatives to ensure the sustainable development of this Trans-Himalayan region can be seen during your trip.
- Accommodation:  
**Homestays** - provide you with a clean and comfortable room in a local house with environment friendly and clean toilets. Hot water can be made available on request. Cuisine comprises of local delicacies. However if you would prefer to stick to basic Indian meals (lentils, pulses, rice, chappati/ local bread) you can inform your hosts in advance. Boiled water is provided for drinking purposes.  
**Guesthouse** – comprises of a clean and comfortable room with attached/common bath and toilet.  
**Camping** – alpine tents with sleeping bags
- Kindly inform us in advance of any food preferences.
- Spiti is a high altitude region. Since few people have been to such altitudes, it is hard to know who may be affected by high altitude sickness. There are no specific factors such as age, sex, or physical condition that correlate with susceptibility to altitude sickness. Some people get it and some people don't, and some people are more susceptible than others. If one has not travelled to these altitudes before, it is recommended that you consult your doctor. We usually advise dosage of Diamox



### Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



2/3 days before reaching kaza as a safe precautionary for this trip, however please consult your doctor before considering to take this medication. While booking the tour we will provide more details on high altitude mountain sickness and possible precautions you could take. Please note that there will not be any reimbursements in the event that you are unable to complete the trip due to high altitude sickness, other personal reasons, weather conditions or road blockages.

Kindly send all three forms below (Application Form, Consent and Medical Form) duly filled to

#### **Ecosphere,**

Main Market Kaza, Spiti,  
Himachal Pradesh, India.

+91-9418439294, +91-9418860099

Or

Send scanned copy to [spiti\\_gold2016@iapp.in](mailto:spiti_gold2016@iapp.in)

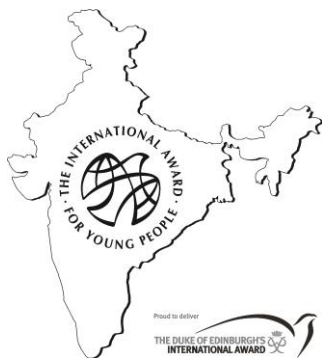
#### **For further information, please contact to:**

Ishita Khanna, Ecosphere      +91.9418860099

Bivujit Mukhoty, IAYP, India      +91.9310133900

Or write to [spiti\\_gold2016@iapp.in](mailto:spiti_gold2016@iapp.in)





## Explore Spiti, be a part of Solar Conservation Project

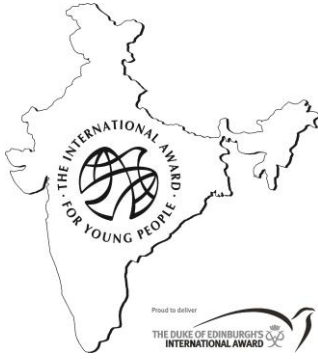
- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



## Application Form

<b>Full Name :</b> (As in Passport)	:	_____
		First Middle (if any) Last
<b>Date of Birth</b> (DD/MM/YYYY)	:	____
		DD MM YYYY
<b>Gender</b>	:	<input type="checkbox"/> Male <input type="checkbox"/> Female
<b>Nationality</b>	:	<b>Do you require a visa to India for this trip?</b> Yes/No
<b>Arriving to New Delhi from?</b> Include City, Country	:	_____
<b>Contact Address</b> (Current address with Pin Code and Country)	:	_____
<b>E-mail:</b>	:	_____
<b>Mobile:</b>	:	_____
<b>Do you speak English?</b> Yes/No	:	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Level of Proficiency in English-</b> Beginner/Fluent	:	<input type="checkbox"/> Beginner <input type="checkbox"/> Fluent
<b>Are you a Gold Award Holder?</b> <i>If yes, mention</i>	:	<input type="checkbox"/> Yes <input type="checkbox"/> No Year of Completing Gold : _____ Name of Unit and Country: _____
<b>Are you a Gold Award Participant?</b>	:	<input type="checkbox"/> Yes <input type="checkbox"/> No You must complete your Gold Preliminary Journey before the Spiti Gold Trip. Bring your Award Record Book with you for the trip.
<b>Have you explored Spiti before?</b> If yes, mention date	:	_____
<b>What excites you most about this trip?</b> Explain in one or two lines.	:	_____
<b>In case of an Emergency:</b>	:	Name of person to be contacted: _____
<b><u><i>This form will be considered incomplete without this information.</i></u></b>	:	Relationship with participant: _____
	:	Phone number: _____



## Explore Spiti, be a part of Solar Conservation Project

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



## Consent

I, \_\_\_\_\_ (*Name of Participant*) agree that

- I am responsible to pay for my own travel to and from Delhi before and after the expedition to Spiti.
- I will inform the organizers of any last minute changes to my decision to participate in this trip at least two weeks before the scheduled departure date
- I understand that this form is an initial intent to participate and I am required to confirm participation at a later date via payment of required amount.
- I am aware that the Costs mentioned in this form may vary owing to Currency Fluctuations.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### PARENT OR GUARDIAN'S CONSENT (for minors below 18 years of age):

I / We agree that my daughter /son/Ward \_\_\_\_\_ (*Name of Participant*) can go on this journey to Spiti Valley and we permit him/her to do so at our free will and consent, and at our cost.

**Name of Parent/Guardian** :

**Current Address of Parent/Guardian** :

**Phone number** :

**Date:**

**Signature of Parent/Guardian:**



**Explore Spiti, be a part of Solar Conservation Project**

- A Gold Level Adventurous Journey and Residential Project
- Dates: 10<sup>th</sup> – 25<sup>th</sup> June 2016

In collaboration with Award Partner



**MEDICAL FORM**

Ecosphere’s products comprise a wide array of activities that range from gentle hiking to trekking, camping, yak safaris, cultural tours, etc mostly in high altitude regions of the Trans-Himalayan belt of Himachal Pradesh. People traveling with us are required to be in reasonably good physical condition to be able to cope up with high altitude and the problems that can be encountered as a result of the same. Your medical information plays an important role for us to be aware of the limitations and take appropriate medication on our treks and tours and also to assess the guest’s capacity to undertake the same. We rely on the information provided by you in this form.

<b>Name</b>	_____			<b>Gender</b>	
	First	Middle (if any)	Last	<input type="checkbox"/> Male	<input type="checkbox"/> Female
<b>Date of Birth</b>				<b>Height:</b>	<b>Weight:</b>
	(Day)	(Month)	(Year)		
<b>Contact Person in case of Emergency:</b>				<b>Contact No. / Email:</b>	

<b>Blood Group</b> <input type="checkbox"/>	<b>Do you have or have had any of the following? If yes, please elaborate?</b>					
	Asthma	<input type="checkbox"/>	Fainting	<input type="checkbox"/>	Bone / Joint Problem	<input type="checkbox"/>
	Head Injury	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	Heart / BP Problem	<input type="checkbox"/>
If you have / had any physical ailments or health issues other than those mentioned above, please tell us.						
Have you been admitted to a hospital for any treatment in the last 12 months? If yes, please provide details.						
Are you allergic to any medicines or other items including food items? Please list.						

**IN CASE YOU HAVE TICKED ANY BOX ABOVE, PLEASE PROVIDE DETAILS ON A SEPARATE SHEET**

**DECLARATION**

I declare that the particulars in this medical form and attached sheets (if any) are true to the best of my knowledge and belief and I have not willfully suppressed any fact. I also allow the local Doctor at Community Health Centre, Kaza, to provide medical treatment if required. I also understand that my application will be rejected if any of the particulars, mentioned above, are found to be false / incomplete.

**Signature:**

**Date:**