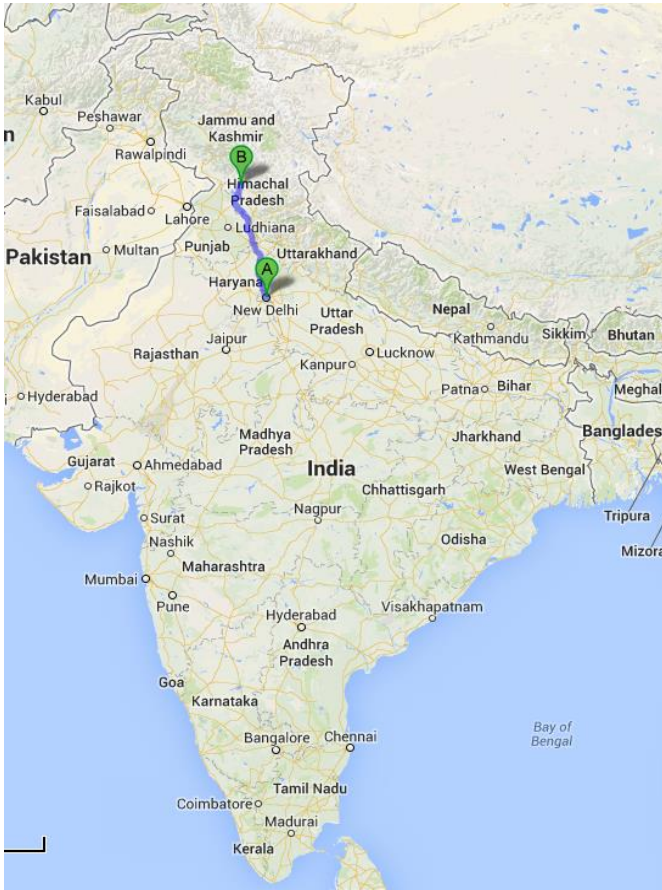


The Dharamshala* Teachings April 18-23, 2024

Attend His Holiness the Dalai Lama's Teachings and experience Tibet in exile.

MAP OF NEW DELHI – DHARAMSALA (Himachal Pradesh), India



Dharamshala* Teachings (6 days) *Attending His Holiness Dalai Lama's teachings and Experiencing Tibet in exile:*
April 18-23, 2024 – US\$ 1650

From April 19 - 20, 2024 His Holiness the Dalai Lama will give teachings on *100 Deities of Tushita Heaven (gaden lhagyama)* in the mornings at the request of Lamiin Gegeen Teaching Mongol Sunchoi Organizing Committee at the Main Tibetan Temple.

Part of the proceeds of all our journeys go to social development work and spreading the Dharma in India

The journey price includes: Twin-sharing hotel accommodation, airport transfers and escort services, transportation in Dharamshala, guides, monument entrance fees, food (all 3 meals), bottled mineral water and taxes.

The price does not cover: Airfare to and from Dharamshala, Indian visas and other international arrangements, any extra days spent in India prior to or beyond the dates of the journey, excess baggage on the flights, laundry, medical and other insurance coverage. Tips are not included in the price.

The journeys begin and end in Dharamshala. If you would like us to make arrangements for your arrival and departure, we are happy to assist.

We have an opportunity to travel in the company of a practiced guide, who will accompany the group. We will spend 5 days together, maintaining the spirit of attentiveness. Places we will try to visit places like Namgyal monastery of the Dalai Lama, Norbuingka, the arts and cultural centre set up by His Holiness, the Library of Tibetan Works and Archives, the Dolmaling nunnery, Tushita Meditation centre, Gyuto Karmapa temple, the Tibetan Children's Village school, the beautiful St John in the Wilderness church en route, the Astrological Medical centre (Tibetan medicine). We shall also take walks around and soak in the natural beauty of the area surrounded by the white mountains of the Himalayas.

We are sure it will be a wonderful and fulfilling immersion into the living Dharma and an opportunity to visit a beautiful part of the Himalayas.

You will be met by our guide/representative at Gaggal (Dharamshala) airport and taken to your guesthouse/hotel.

***ITINERARY:**

No.	Date	Day	Travel	Night's stay
1	18-Apr-24	Thursday	Dharamshala. Register at the venue of the Teaching and pick up your registration passes	Dhaamshala
2	19-Apr-24	Friday	His Holiness the Dalai Lama will give teachings on 100 Deities of Tushita Heaven (gaden lhagyama) in the mornings at the request of Lamiin Gegeen Teaching Mongol Sunchoi Organizing	Dhaamshala
3	20-Apr-24	Saturday	Teachings Continue	Dhaamshala

4	21-Apr-24	Sunday	Timer permitting, we have the option of visiting places like Namgyal monastery of the Dalai Lama, Norbuingka, the arts and cultural centre set up by His Holiness, the Library of Tibetan Works and Archives, the Dolmaling nunnery, Tushita Meditation Centre, Gyuto Karmapa temple, the Tibetan Children's Village school, the beautiful St John in the Wilderness church en route, the Astrological Medical centre (Tibetan medicine).	Dhaamshala
5	22-Apr-24	Monday	Visit to the above places continue	Dhaamshala
6	23-Apr-24	Tuesday	Departure	

**Changes in the teaching schedule are subject to change by HH Dalai Lama's office and other causes and conditions.*

We meet at the designated Guest House/Hotel in Dharamshala at 12 noon on April 18, 2024

Dharamshala

5 NIGHTS

Departure from Dharamshala is at 12 noon on April 23, 2024

NOTES:

A few points to take note of before you arrive for the Dharamshala Teachings. It may be useful to have this paper with you when you arrive in India:

- You will need a valid passport and visa for India. The visa for India should be obtained before travel. Please ensure that the travel period is covered by the visa you are applying for.

Once you get your India visa, please send us all your visa details: visa number, place of issue, date of issue and date of expiry.

- **Translation:** His Holiness primarily teaches in Tibetan. Therefore, on most occasions when His Holiness is teaching in India efforts are made to provide official translation into Chinese, English, Hindi, Japanese, Korean & Vietnamese depending on the availability of officially-approved translators. Those interested in listening to the translation need to bring along a small FM radio with headphones. Please note other electronic gadgets will not be allowed.
- It is quite pleasant in Dharamshala at this time of the year. We would recommend that you get one or two light sweaters for the early morning or night. It could be warm during the day so please get some cotton clothes as well. Average temperatures are between 30 and 17 degrees Celsius. It's best to be comfortable yet modestly dressed in keeping with a conservative culture. There is no need to bring any formal clothes. There could also be some rain, so it handy to have an umbrella which could double up as a sunshade if it gets too sunny, or maybe a light raincoat.
- Please get comfortable sneakers or sandals (which you can wear with socks if it gets cold). We may go for a trek if you so wish. We also visit places where we are expected to remove our shoes, so it is advisable to bring footwear that we can take off and put on with ease. You may like to wear socks if you prefer not to walk bare-foot or even bring a pair of airline slip-ons that you could wear over your regular socks.
- Laundry facilities are available but if the weather is wet, it may take more than 24 hours.
- Arrangements are made for seating outside the temple as well and some people prefer to sit here.
- *For all teachings in Dharamshala, registration is required in order to attend. Registration begins a few days before the actual start of the teaching and ends the day before the first day of the teaching. Registration hours are from 9 am to 1 pm and 2 pm to 5 pm at the Branch Security Office in McLeod Ganj (Bhagsunath Road near Hotel Tibet). Kindly bring your passport for registration. We will help you with this Registration.*

Please note that the dates are subject to change by His Holiness Dalai Lama's Office.

TRAVEL DOCUMENTS REQUIRED FOR THIS TRIP

You will need a valid passport and visa for India.

Electronic Travel Authorization (ETA) as e-Tourist Visa (eTV) is available for travelers from 164 countries including United States of America, UK, Canada, Australia, New Zealand, Singapore, Germany, Russia, Mexico, Japan, Norway, Finland... <https://indianvisaonline.gov.in/visa/tvoa.html>

You can apply for this Electronic Travel Authorization (ETA) a minimum of a week or so before your date of travel and a maximum of 30 days before your date of travel.

Please ensure that the visa covers the travel period for which you are applying. If you need a reference in India, you can give: Mr. Shantum Seth, 309-B, Sector 15A, Noida 201 301, District Gautam Buddha Nagar, India. Telephone: +91-120-4334284.

You may need to submit the following information about the tour company:

Company Name: Seth Consultants Pvt. Ltd. (Government-Approved Tour Operators)

Registered Address: 50/8 First Floor, Tolstoy Lane, Janpath, New Delhi 110001, INDIA

Tel: +91-120-4334284

Email: info@buddhapath.com

IMPORTANT DEADLINES

Each participant must provide the following details in order to reserve hotels:

Your Passport scan (with name, gender, date of birth, passport number, date of issue of passport, date of expiry of passport, place of issue of passport) and emergency contact information.

Your current address and telephone number.

In addition, registrants must provide the visa number, date of issue, date of expiry and place of issue as soon as the visa for travel to India has been issued.

CURRENCY EXCHANGE, ACCEPTANCE OF CREDIT CARDS & TIPPING

As stated above, hotels, food, transportation in India and guide service are all covered by the tour fees. It is suggested that travelers carry cash for expenses like gifts or souvenirs, as it is difficult to change money at the sites we visit during the Teachings. Travelers will also need money if they are planning to extend their stay in India before or after the Teachings. Credit cards such as VISA or American Express are accepted in some of the hotels and large shops in Delhi, but may not be accepted in Dharamshala. There are ATM machines in most places where one can access cash, but their presence is not universal as it is in the U.S. As of March 1, 2024, one U.S. dollar approximates 80 Indian Rupees. We recommend that you convert some cash at the airport when you arrive in New Delhi. There is no need to exchange it in the U.S. — it is best to do so in India. There are a couple of banks with a standard exchange rate at the airport both before and after you clear customs. ATM machines can also be used, but there could be issues with this method. Please keep your bank receipts carefully in case you need to change the money into dollars before you return home.

Travelers often have questions about tipping. We estimate tips come to about \$10 per person per day.

If you arrive before the start of the Teachings or stay after it concludes, the general rule is as follows: tipping someone who has carried your luggage is common and we would suggest Rs.100 or Rs.200. Depending on how heavy your luggage is and how many pieces there are, Rs.100 is a reasonable amount for three pieces of baggage. In restaurants, one normally leaves a tip of 10% of the entire bill, unless a service charge has already been levied. It is not necessary to tip taxi drivers; however, if you have hired a car for the day and you are happy with the driver, a tip of Rs.800 or so is fine.

TO REGISTER

A non-refundable deposit of **US\$500 per person** is required at the time of booking. The remainder of the cost of the Teachings is due eight weeks before the journey date

CANCELLATION

For cancellations received up to eight weeks before the commencement of the journey only the deposit will be forfeited. The cancellation fee within eight weeks of the beginning of the journey will be 100% of the total cost. Travel Insurance: The range of coverage can vary significantly from policy to policy, and travelers are encouraged to speak with a travel agency to identify a policy that suits their needs. Things to consider are travel delays, trip cancellation or interruption, medical coverage, and baggage loss or delay. Before purchasing insurance, you may wish to check with your health insurance carrier to see if your policy includes medical care overseas. Please note that many insurance carriers require that insurance be purchased at the time a deposit or final payment is made; check with your carrier for details.

HOTELS/HOUSING

We choose accommodations in the vicinity of the teachings based on shared, twin-bedded rooms with a private bath or shower and toilet. The accommodations are clean and comfortable. If you prefer a single room (where available, as Dharamshala can get very full during the teachings), there is a price supplement of US\$ 600 per person.

ELECTRICITY

220 volts, 50 cycles AC. Plugs/sockets are usually an issue, so please make sure you travel with a universal plug adaptor. The plug sockets have round holes, so ensure your adaptor plug has round stems.

WEATHER & CLOTHING NEEDS

Given that there can be a high variation between the daytime and evening temperatures (the general range is from 25 degrees to 10 degrees Celsius (centigrade), layering is a practical approach. It's important to be comfortable and modestly dressed. We recommend that you bring one or two light sweaters for the evenings, perhaps a shawl if you want to meditate in the morning. For the warmer part of the day, cotton shirts and T-shirts work well, and some pilgrims even bring cotton trousers. There is no need to bring formal clothing. Generally, the weather is dry. It is handy to have an umbrella that can double as a sunshade if it gets too sunny or even be used as a walking stick. Please bring comfortable sneakers or sandals (which you can wear with socks if it gets cold). We also visit places where you will need to remove your shoes, so it is helpful to bring a pair of socks (the airline slip-ons are very convenient). It is always useful to have a hat or cap to protect you from the sun. **We are allowed 15 kgs checked in baggage and 7 kilos as cabin baggage on Indian airplanes, so we recommend that you travel light.** Laundry facilities are available at the place we stay, and laundry is usually returned within 24 hours.

HEALTH CONCERNS

We stay in clean, safe places, and the food in the places we stay will be clean, fresh and prepared to suit a delicate digestive system. You will be provided bottled mineral water for drinking.

If you are coming from **Africa** or some parts of **Latin America**, a certificate of yellow fever inoculation is required by the Indian authorities. There is no other medical restriction upon your entry into India.

We normally recommend a Hepatitis-A shot and a Tetanus shot. If you prefer to be more careful, then please speak to your physician. We do carry a first-aid kit with us, but many people prefer to bring their own supply of medicines. We would recommend you get an insect/mosquito repellent and also a stomach medicine for both diarrhea and constipation as one's stomach has its own way of adjusting to different foods.

ADDITIONAL TRAVEL SERVICES (e.g. shuttle buses, taxis)

We provide airport transfers both ways and all the transport services during the Teachings, including having you met on arrival in Dharamshala. There is no extra charge for meeting people at the airport. For those who want to make your own arrangements, most airports have cabs lined up and you can register with them. You need not pay anything extra. Depending on the time you arrive the cab fare will be in the range of Rs.500-700. It is easy to get a cab at the hotel for the airport when one leaves for the same price.

Arrival and departure are to and from Dharamshala, India. Participants are responsible for making their own round-trip flight arrangements from their point of origin to Dharamshala, India and back. **For international flights, tickets should be booked as early as possible.** Most international flights arrive at night or early morning in Delhi. From there you would have to get a flight to Gaggal airport that services Dharamshala, which is not an international airport. You may check with us before you confirm your flight bookings.

We will arrange a **complimentary airport transfer** on your arrival at Gaggal (Dharmashala).

DEPARTURE

We will do a **complimentary airport transfer** for your departure.

EXTRA NIGHTS

For those wishing an extra day or two to recover from air travel before the Teachings begins, or who wish to stay longer after the Teachings ends, we would be happy to provide a list of hotels in New Delhi. Please make your hotel bookings for New Delhi well in advance.

SINGLE ROOM

Single rooms are available and there is a single room supplement (\$600).

For single travelers who do NOT want to opt for a single room, we will undertake to room them with someone suitable.

The forced single room supplement (in case we are not able to room you with anyone else) will be 50% of the single supplement)

DISCLAIMER AND RELEASE OF LIABILITY

Shantum Seth and Seth Consultants Pvt. Ltd. while undertaking tours, transportation, hotel accommodation and other services only act on the clear understanding that they shall not be in any way responsible or liable for any accident, damage, loss, delay or inconvenience caused in connection with travel and other facilities arranged by the company, their employees or agents. All bookings are accepted and executed with utmost care, yet no responsibility is taken for any change or deviation on account of factors beyond their control.

By making a deposit for the tour, participants acknowledge that they have read and understood this document in its entirety, and have consented to all conditions herein, including the Disclaimer and Release of Liability. For participants under age 18, their parent or legal guardian shall sign on their behalf and the same Disclaimer and Release shall apply.

Each pilgrim must complete this form in full, and send (email is fine) with a non-refundable deposit of \$500 per pilgrim to:

Ms Bina Aranha

Buddhapath/Eleven Directions

309-B, Sector 15A, Noida 201 301, India

Tel: +91-120-4334284

Email: info@buddhapath.com



REGISTRATION FORM

Name (as it appears on your passport):..... Sex:.....

Address:.....

Email:..... Telephone #:.....

Date of Birth:..... Nationality:.....

Passport Number:..... Place of issue:.....

Date of Issue:..... Date of Expiry:.....

I AM REGISTERING FOR	COST	PAY BY DATE
<input type="checkbox"/> 6-day Dharamshala Teachings <i>April 18 to April 23, 2024</i>	US\$1650 (**\$600 single room supplement)	8 weeks before the Teachings begin

* includes Government Service Tax; can be paid in the equivalent currency of your country

** forced single room supplement (in case we are not able to room you with anyone else) will be 50% of the single supplement)

US\$ 500 has to be paid to register for any of the journeys. The remaining amount and optional extras have to be paid before the "pay by date"

Payment Options:

1. **Credit card** online payment via our website (please **add 4%** credit card service charge. Go to the 'Contact Us' page on our website www.buddhapath.com and click on "PayNow".

2. Bank Wire Instructions:

Account Name (Beneficiary): **SETH CONSULTANTS PVT. LTD.**

Account No. **003106000743** for USD

Account No. **003106000745** for EURO

SWIFT ID: **ICICINBBCTS**

Bank Name: **ICICI BANK LTD.**

Bank Address: K-1, Senior MALL, Sector-18, NOIDA, Uttar Pradesh-201301, INDIA

3. **Cheque/Cashier's Check/Banker's Draft** payable to 'SETH CONSULTANTS PVT. LTD.' Send via registered post to 'Seth, 309-B, Sector 15A, Noida 201301, India (please add **\$100** bank charges)

I understand and agree to all the terms and conditions as detailed in www.buddhapath.com

Signature:..... Date: