



Goa Adventure

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Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.trueexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

Starting your Goa Adventure with an Introduction week. This is where you will get to explore and immerse yourself in Goa's culture and history with new friends.

Monday

- 8:00 - 9:00 Breakfast at the centre
- 9.30 - 12:15 Introduction to the program including Do's and Don'ts (House Rules), cultural shock. Discussion about safety, transport and orientation on projects which includes a PowerPoint presentation.
- 12.30 - 13:30 Lunch at the Center
- 14.00 - 17:00 Mapusa city visit by local bus and to the local Market
- 18.00 - 19:00 Dinner at the Center
- 19:30 - 20:30 Session on introducing previous participants to the new participants

Tuesday

- 7:00 - 7:15 Light Breakfast at the centre
- 7:30 - 8:30 Self defence Session. Drive back to centre to refresh
- 9:15 - 9:45 Main Course Breakfast
- 10:00 - 12:15 Join a practical session of Indian Cooking
- 12:30 - 13:30 Lunch at the centre



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- 14:00 -17:00 Sightseeing tour to visit the Fort Aguada and Sinquerim Beach
- 18:00 - 19:00 Dinner at the Center
- 19:30 onwards Watch a documentary on Indian History

Wednesday

- 6:00 – 6:45 Light Breakfast
- 7:00 – 8:00 Join a Yoga session
- 8:15 – 9:00 Main Course Breakfast
- 9:30 – 12:15 Hindi Language Lesson (Alphabets, sentences, phrases, names of fruits and vegetables, numbers); a short break to learn making Indian Chai (tea)
- 12:30 – 13:30 Lunch at the centre
- 14:00 – 17:00 Beach visit
- 18:00 – 19:00 Dinner at the centre
- 19:30 onwards Enjoy a Bollywood movie at the centre

Thursday

- 8:00 – 9:00 Breakfast at the centre
- 9:30 – 12:00 Project visit (Kindergarten, Old Age Home, Animal Shelter)
- 12:30 – 13:30 Lunch at the centre
- 14:00 – 17:00 Project Visit (Community Outreach project)
- 18:00 – 19:00 Dinner at the centre
- 19:30 onwards Training on Project activities and group discussion along with explanation about project structure

Friday

- 8:00 – 9:00 Breakfast at the centre
- 9:00 – 12:30 Visit a Portuguese Church and a Spice Plantation
- 12:30 – 13:30 Special lunch at the spice plantation
- 14:00 -17:00 Scenic boat ride and explore a beautiful waterfall
- 18:00 – 19:00 Dinner at the centre
- 19:30 – 20:30 Feedback, project evaluation, group activities and discussion

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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Saturday & Sunday

Free day

Monday

In the morning, we take a bus into the mountains and arrive at the jungle camp. After a welcome snack, you will get one hour introduction about Castle rock and the western ghats and a brief description of the 5 day program. Then, you set out for a trek to a nearby rural village (Pompalvaddi, 7kms from CR farm), and relax near a small perennial waterfall. Lunch will be cooked and served while you enjoy the waterfall. Then you will trek back to base camp by 16.00.

Campfire and dinner from 18.30 to 20.30.

Tuesday

You will have breakfast at 6.30 and then drive for around 12 kms towards Kuveshi village in 4x4 open jeeps, where you will trek for 7kms to the source of the gigantic Dudhsagar waterfalls. Here you can relax and have the packed lunch and be at leisure till 16.00. After that you will trek back to the village and enjoy the drive back to base camp. Enroute you may stop for photography and probable sites of wildlife (which you may as well call 'a safari').

Dinner at base camp from 19.00 to 21.00.

Wednesday

You will have breakfast at 07.00 and then walk to an 18th century British colonial structure and explore the surrounding areas in a radius of 3 km from our base camp.

Lunch will be ready at the base camp, after which you can relax till 16.00 and then leave for the fishing trip inside the forest. You will return by 18.00 to freshen up and be ready for a barbeque dinner by 19.00 around the campfire with a few sing along games. You shall retire by 21.30 at the camping site.

Thursday

Breakfast will be served at 07.30 and after that we will set out into the wood for caving exploration. You will have your packed lunch for the day, which you can enjoy in the woods and you will return to the camp by 17.00, to freshen up and get ready for a barbeque dinner at night. You can enjoy and have quality time with the other participants until 22.00 as this is your last night at the camp.

Friday



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After having breakfast at 07.30 we walk to the nearby village to meet and interact with the villagers. You can buy some homemade handicrafts, spices or local honey here. Lunch will be at a local house cooked by the local women served on banana leaves. At about 15.00 we will depart from the camp and come back to our centre.

Saturday & Sunday

Free Time to Relax and Explore Incredible India! ☐

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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)