



PADMA ORGANIZATION

# GLOBAL EXPEDITIONS

—2025—



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## PADMA ORGANIZATION

Padma Organization is a 501 (c)(3) non-profit organization founded in Park City, Utah in 2006. In addition to operating humanitarian and environmental projects around the world, Padma designs and leads service and adventure education trips for high school and college students. Service trips focus on accomplishing vital projects operated by Padma or partner organizations. Adventure education trips focus on activities unique to specific locations and learning or training in subjects intended to inspire college course studies or potential career trajectories.

## CONTACT INFORMATION

Website: [padmatrips.com](http://padmatrips.com)

Instagram: [@padmatrips](https://www.instagram.com/padmatrips)

Email: [info@padmatrips.com](mailto:info@padmatrips.com)

Phone: (435) 901-2946

# TRAVEL WITH PURPOSE



**Padma trips are service, education, and adventure expeditions that are transformational, fulfilling, and challenging. Our students grow and mature while engaging with new cultures, and learning from experienced trip leaders, local experts and community leaders.**



# 2025 TRIPS



# PADMA OFFERS TWO TYPES OF TRIPS: SERVICE & ADVENTURE EDUCATION

## SERVICE TRIPS

These trips focus on vital community led humanitarian and environmental projects. Trip members spend the majority of their time working hard on projects chosen by local leaders from the communities we serve. When the work is complete, trip members engage in a few days of adventure and cultural immersion activities.

**Tax Deduction:** As members of service trips are helping to accomplish Padma Organization's charitable mission the majority of trip tuition and airfare is tax deductible. A nice way the government says thank you for doing good in the world.

## ADVENTURE EDUCATION TRIPS

These trips include location-specific activities to challenge trip members and offer a chance to get a bit off the more trodden tourist paths. They focus on learning about the culture, current socioeconomic issues, and engaging with local professionals who work to give back to their communities and promote sustainable living and conservation practices. When not exploring local issues or learning from local role models, there are adventure activities specific to each trip. From these partnerships with local professionals, trip members often gain insight and inspiration into their own potential university majors and career paths.

## DESIGN YOUR OWN TRIP

When working with schools, organizations, and youth groups, Padma designs trips unique to your interests. This can mean adjusting the duration or focus of trips we already offer, or selecting locations, project or themes not described in this booklet. Having worked on four continents, we have a broad ability to create trips based on the mission, values, and aims of specific groups. If you have a particular place and theme in mind, let us know and we'll make it happen. We're also happy to brainstorm with you to come up with an expedition that best meets your goals.



# TRIP LEADERS, SAGE & RISK MANAGEMENT

## TRIP LEADERS

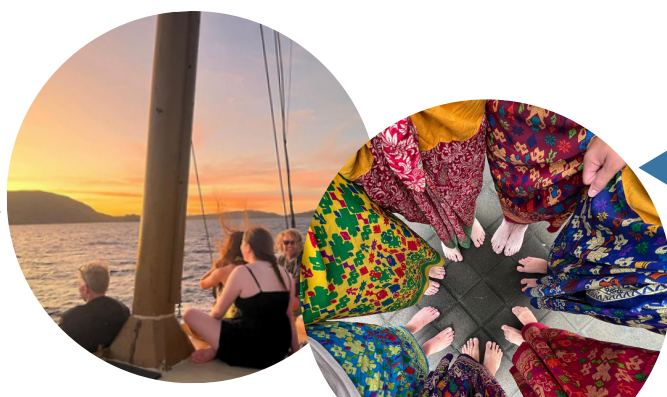
Even with fantastic trip locations and meaningful projects and activities, much of what can be garnered on a trip may be lost without a healthy and positive group culture. Padma trip leaders are trained annually in establishing and maintaining trip cultures that catalyze cooperation, safety and openness, and create a foundation to enhance and deepen the experience of every trip member. All trip leaders are also seasoned international travelers with a variety of passions and expert backgrounds, and are trained in incident response, risk assessment.

## SAGE PROGRAM

Every trip includes elements of Padma's SAGE (Skills, Altruism, Growth, Experience) Personal Development Program. While school trains youth in subjects to excel in college and find a career path, Padma aims to fill in gaps in education by developing awareness and connection to oneself, others, and community and environment. This begins with establishing a positive and safe group culture to allow for introspection, vulnerability, and personal and interpersonal discovery. Our program aims to train students as global travelers with skills that increase your ability to connect with a place and its people while learning to recognize risks and anomalies in your environment.

## RISK MANAGEMENT

Each trip includes a thorough risk assessment of every location and activity of a trip. This includes action plans and mitigation strategies. Every trip includes medical staff with at least Wilderness First Responder certification. Individual medical plans are prepared for students with medical conditions, as long as their needs can be reasonably accommodated on a trip. Padma trip leaders are trained in group management, team building, crisis response, and situational awareness. Trips typically include at least one international trip leader, an assistant trip leader, chaperones, and a trip manager. Trip managers do not attend trips, but oversees flights, coordination with consulting professionals if needed (doctors, mental health specialists, etc), communication with the trip leadership team, and is the primary contact for families during trips. Trip members and parents must read and sign Padma's student agreement, which outlines expectations of behavior and possible consequences, including potential expulsion from a trip. Students are also required to participate in pre-trip online or in-person group culture and team building activities to help establish a positive and healthy environment for their trip. Medical and emergency evacuation insurance is provided for all trip members as part of trip tuition.

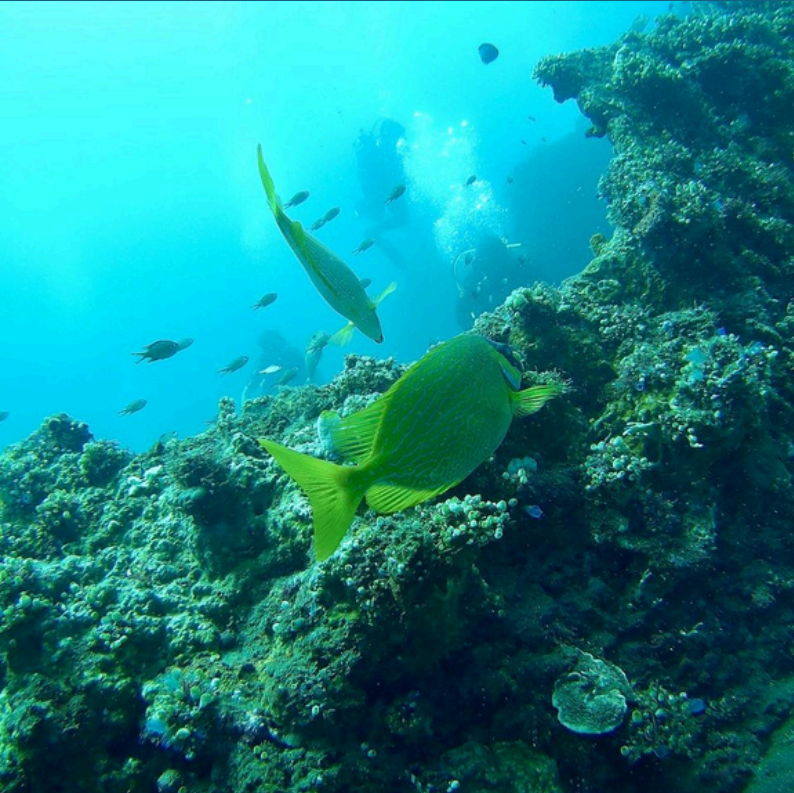


# SERVICE TRIPS



# BALI REEF RESTORATION

Stay in a bungalow by the beach in rural Bali while building and deploying structures to return a section of human impacted reef to its pristine state. Hike to waterfalls, scuba dive, freedive, and learn to surf. On neighboring islands, learn about and participate in ongoing manta ray research including scuba or freediving with these graceful giants.



## TRIP THEMES & HIGHLIGHTS

- Explore the cultural hub of Ubud & Bali temples
- Coral reef restoration in a rural seaside village
- Scuba diving at the USS Liberty for scuba certified trip members
- Swimming with manta rays
- Applied marine science & conservation
- Sea turtle hatchery work
- Volunteering in school with local children
- Connecting with and learning from locals
- Mangrove planting and restoration
- Snorkeling and bioluminescent night swimming
- Surf lessons

## TRIP DETAILS

### TRIP TUITION:

- \$4450 (plus airfare)
- Group and early bird discounts available

### AIRFARE:

- Padma arranges group airfare based on current pricing and departing airport.

### DATES:

- Two-week trips | year round

### VISA

- Special Service/Volunteer Visa required for this trip. Approximately \$200 (price may vary)



# BALI REEF RESTORATION

## SAMPLE ITINERARY

### DAY(S)

### ACTIVITIES

- 1 Meet with your group to depart from your stateside airport to head across the planet to Indonesia.
- 2 Arrive at **Ngurah Rai International Airport** in Denpasar, Bali. Padma staff will be waiting at the airport to meet you.
- 2-3 Stay in Ubud, the cultural and spiritual hub of Bali. While in Ubud you will engage in several team building and leadership training activities. This time also allows you to gently settle into the time change, relaxing by the pool and taking in the sights of old Bali such as the famous monkey and water temples.
- 3-11 The day starts early with a visit to a traditional Balinese temple including a Hindu blessing ceremony. You'll head to **Tianyar** through verdant mountain forests on your way to the rural northeast coast. In Tianyar, construct and deploy artificial reef structures, tutor English, work in the turtle hatchery, learn about and participate in ongoing research projects, and perform beach cleanups together with locals. When not working, students are free to snorkel, hang out on the beach, explore the village of Tianyar, enjoy beachfront bonfires, paddleboard, fish, or relax on a hammock by the sea. On your day off you can choose to scuba dive at a WWII shipwreck site, enjoy a rainforest hike and waterfalls, or train in freediving or scuba diving.
- 11-13 After lunch the group heads south to catch a ferry to the island of Nusa Lembongan. The first evening on this island is spent learning about the biodiversity of the surrounding waters with a focus on manta rays. The next morning we head out with a research team to swim with, observe, and help identify local manta rays. You'll also learn about, explore and help restore historic mangroves. The rest of your time in Lembongan will be filled with surfing, snorkeling, and enjoying tropical paradise.
- 13 The group leaves Lembongan after breakfast for a day in Sanur where you can shop, eat the finest fare in Bali, surf, or catch a world class yoga session. The flight home promises to be a quiet one with everyone sure to be ready to sleep after the adventure of a lifetime.
- 14 Arrive home and talk your family's ears off with all your stories.



# COLOMBIA INDIGENOUS VILLAGE COMMUNITY CONSTRUCTION

Head to a rural Colombian villages to support community development in coordination with local leaders. Students will stay in forest villages, working hand in hand with locals while practicing and improving their Spanish language skills. When not working, rainforest hikes, trips to the beach, snorkeling, surfing, or scuba diving are on the agenda.



## TRIP DETAILS

### TRIP TUITION:

- \$3575 (plus airfare)
- Group and early bird discounts available

### AIRFARE:

- Padma arranges group airfare based on current pricing and departing airport.

### DATES:

- Two-weeks trips | May to October

### VISAS

- No Visas/Fees required for this trip

## TRIP THEMES & HIGHLIGHTS

- Work on construction projects selected by local communities
- Learn about and work with the Arhuaco Indigenous Tribe
- Float the Don Diego River
- Connect with and learn from local and indigenous people
- Improve Spanish language skills through language immersion
- Hike through tropical rainforests
- Hangout at a beach resort on the Carribbean Coast



# COLOMBIA INDIGENOUS VILLAGE COMMUNITY CONSTRUCTION

## SAMPLE ITINERARY

### DAY(S)

### ACTIVITIES

- 1** Depart from your Stateside airport. After a full day of travel, arrive late in Baranquilla where you will spend your first night in Colombia.
- 2** With an early start, we head north to Sierra Nevada Mountain Region arriving in Don Diego Village by afternoon. Head up river by boat to Yumake Reserve, where we'll stay throughout the project portion of the trip. After a few orientation and team building activities, the evening is yours to explore the river and surrounding rainforest.
- 3-8** Our days in Don Diego will be spent working hard to support important construction projects for the community. Every day, there will be time to hang out with local families, practice your Spanish in an immersive environment, and see the sites.
- 9** After wrapping up work, we say goodbye to our new friends, pack up and head up the coast to stay on the beach for a few days of well-earned rest and recovery. We'll arrive in time for a late lunch, followed by snorkeling/scuba, and fun in the warm waters of the Caribbean Sea.
- 10** The day begins at a slower pace. After breakfast, we head out to see or explore the Tayrona Ocean Preserve coastline. The afternoon and evening are spent reflecting on our trip, hanging at the beach, and enjoying an oceanside dinner together.
- 11** After breakfast, we pack up and head back to Barranquilla for our last night in Colombia. The evening is spent learning about and exploring the ancient port city.
- 12** After exploring the old markets and beaches of Barranquilla you'll head to the airport and back home.
- 13** Arrive home with a tan, some calluses, and lots of incredible stories.



# MONTANA WILDERNESS CONSERVATION

The third largest wilderness area in the lower 48, the Bob Marshall consists of 1.5 million acres of mountains, rivers, and lakes just south of its much more trafficked neighbor, Glacier National Park. Students will work with local project leaders and guides to restore and maintain trails, remove invasive plant species, and participate in wildfire mitigation projects. Engage in team building and leadership skills activities, fishing, hiking, and enjoying breathtaking scenery. After the work is complete, you'll explore Glacier National Park and experience real western Montana lifestyle.



## TRIP DETAILS

### TRIP TUITION:

- \$2395 (plus airfare)
- Group and early bird discounts available

### AIRFARE:

- Padma arranges group airfare based on current pricing and departing airport.

### DATES:

- 10 day trips | Mid-June through August

### VISAS:

- No Visas - it's right here in the U.S.

## TRIP THEMES & HIGHLIGHTS

- Hands on experiential learning about wilderness conservation including:
  - Trail maintenance
  - Removal of invasive plant species
  - Fire mitigation
  - Animal research and monitoring
- Meet and learn from peoples of the Blackfoot or Bitterroot Salish, Kootenai, and Pend d'Oreilles Nations about the history of the indigenous inhabitants and their efforts to maintain and promote their unique culture and language
- Educational hikes through Glacier National Park, home to over 100 turquoise blue glacier lakes and more than 1,000 species of plants



# MONTANA WILDERNESS CONSERVATION

## SAMPLE ITINERARY

### DAY(S)

### ACTIVITIES

- 1 Fly with your group to Helena, Montana. Settle in at hotel, and participate in a presentation offered by the Iron Shield Collective, a non-profit that teaches and leads workshops related to indigenous issues, and history of the lands of Montana.
- 2 An early start to the Trailhead at the base of the Rocky Mountains. The fun begins with orientation, equipment checks, and important trainings for our week in the wilderness led by the experts at Bob Marshall Wilderness Foundation. After lunch, we hike to basecamp. Following some team building games, we'll enjoy dinner and our first campfire.
- 3-6 Each morning we gather to go over project details and work schedules along with some warm-up exercises. After breakfast we'll get to work on trail maintenance, invasive plant species removal, and clearing fallen and burnt trees. Afternoons are free for exploring your surroundings.
- 7 Our last full day of work concludes with some afternoon fun on a river, and maybe a game or two. Our final campfire is sure to be filled with stories from our time in The Bob.
- 8 After breakfast we pack our gear and head back down the trail. We'll spend the last two nights of the trip at Buffalo Wallow Motel in Dupuyer, a classic lodging center on the way to Glacier National Park. After a few hours to rest, we'll enjoy the best pizza for hours around.
- 9 In the morning, we head to Glacier National Park, where we'll spend the day with guides from the Glacier Institute learning about and exploring Glacier Park. Our final evening together includes a final feast and some debriefing activities to wrap up the trip in a spirit of camaraderie and gratitude.
- 10 Share one last group breakfast, then head back to Helena to catch a flight home with too many stories to tell.



# ADVENTURE EDUCATION



# AZORES ADVENTURE EDUCATION

The Azores are a group of nine islands in the center of the Atlantic Ocean. Unspoiled by overdevelopment and tourism, the Azores maintain their old world feel and culture, and are home to countless ocean species and unique flora and fauna found nowhere else in the world. In summer 2025, Padma is leading expeditions for high school students to learn about, explore, hike, camp, and experience these magical islands.



## TRIP DETAILS

### TRIP TUITION:

- \$4575 (plus airfare)
- Early bird & group discounts available

### AIRFARE:

- Padma arranges group airfare based on current pricing and departing airport.

### DATES:

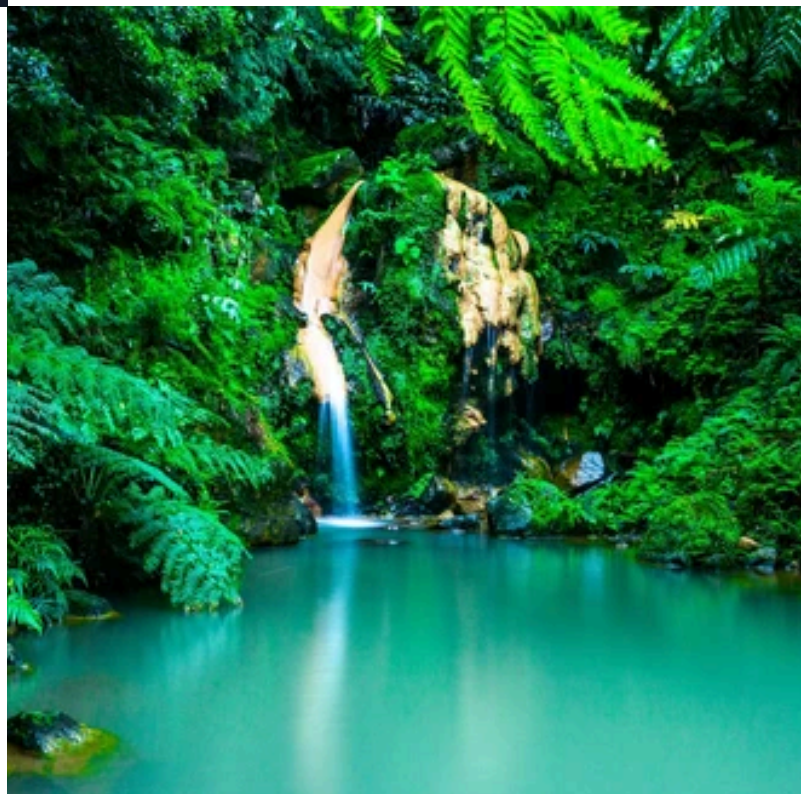
- Two-week trips | April to October

### VISAS

- No Visas/Fees required for this trip

## TRIP THEMES & HIGHLIGHTS

- Learn about: (1) land and marine flora fauna, (2) geology, (3) culture and history
- Experience and connect with Azorean people
- Hiking, backpacking and ascending the tallest peak in Portugal
- Permaculture education and training
- Surfing
- Snorkeling or scuba diving for those certified
- Natural mineral hotspots and forest waterfalls
- Marine conservation study and whale monitoring
- Personal development, leaderships skills, and team building



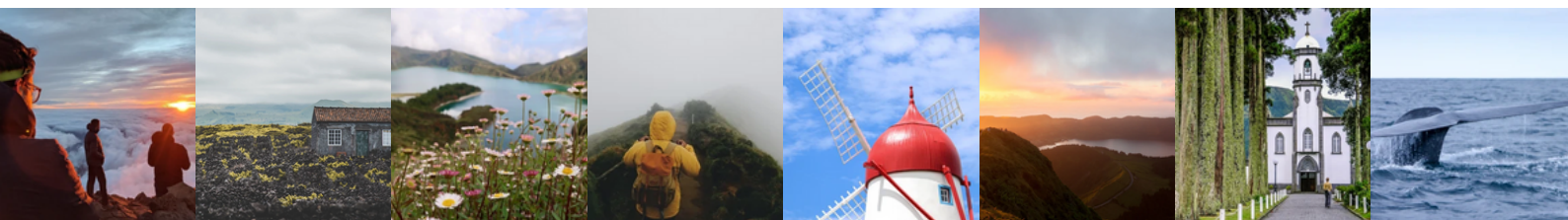
# AZORES ADVENTURE EDUCATION

## SAMPLE ITINERARY

### DAY(S)

### ACTIVITIES

- 1** Depart to Ponta Delgada, Sao Miguel Island, Azores.
- 2** Arrive in Ponta Delgada in the morning. Spend one day exploring the town, establishing group culture, and taking a guided tour of the city.
- 3** Head into the mountains for a ridge hike around Sete Cidades overlooking volcanic lakes and the Atlantic Ocean. The hike ends in a small village for lunch. Then head to the coast to soak in Ponta da Ferraria thermal hot springs, a natural oceanfront stone pool.
- 4** After breakfast, a marine biologist will lead a short talk about dolphins and whales before heading out to sea to hang with a local pod of Atlantic Spotted Dolphins. After lunch, head back to the mountains for an afternoon hike to the shores of Lagoa do Fogo, an UNESCO protected site.
- 5** Fly to Faial Island. After an island tour, setup camp by the beach and have a picnic barbeque with some locals.
- 6** A short van ride to the highpoint of Faial to hike around Caldeira Faial to enjoy views of the whole island and the Atlantic Ocean. Descend into the dormant volcano to the base while learning about endemic species. The afternoon includes an introduction to freediving starting on the beach then heading into the ocean to hang with the fishies. The day concludes with a cliffside local dinner followed by night bird watching of the annual Corey Shearwater migration.
- 7** Travel to Pico Island by ferry in the morning where the mountain guides of Pico Me Up will lead you on the ascent of Pico Peak. Camp at the second summit and enjoy the sunset before going to bed.
- 8** An early morning wakeup call begins the final push to the summit to watch the sunrise over the ocean. One of the greatest sunrises you are likely to witness in your life. After the descent, grab lunch on Pico, and head back to Faial to catch a flight to Sao Miguel.
- 9-10** Spend the morning learning or improving your surf skills with professional instructors. The afternoon includes studying and engaging in permaculture projects at the Soil and Sea permaculture resort. Head to Furnas Village to checkout some waterfalls, unique forests, and boiling thermal pots. A thermal vent cooked feast awaits us in the village, followed by a tour of the botanical gardens and hot springs of Terra Nostra. The last supper will be held back in Ponta Delgada.
- 10** After too many life changing and fun experiences to count, we head back across the ocean to tell our family and friends as many stories as they can handle.



# INDONESIA MARINE SCIENCE

This trip combines deep ocean knowledge and experience with top level tour management to produce a scuba dive laden experience that focuses on producing meaningful outputs for our marine environments. The trip is led by Conservation Diver instructors, experts in their fields, with tailored curriculum to produce a unique and personalized experience. Engage in immersive scientific dive training in a wide range of fields. Participants learn about and practice different monitoring techniques to assess the health of an ecosystem and the practical and active methods to restore it. If you are interested in learning about the ocean and life in it, this trip is for you.



## TRIP DETAILS

### TRIP TUITION:

- \$4400 (plus airfare)
- Early bird & group discounts available

### AIRFARE:

- Padma arranges group airfare based on current pricing and departing airport.

### DATES:

- Two-week trips | June to November

### VISAS:

- Visa on Arrival approx \$40 - cash only

## TRIP THEMES & HIGHLIGHTS

- 15-20 scuba dives
- Applied marine science and conservation education
- Conservation Diver Certifications:
  1. Ecological Monitoring Program
  2. Coral Restoration
  3. Nudibranch Ecology & ID
  4. Shark Ecology & Population Studies
  5. Sea Turtle Ecology & Monitoring



# INDONESIA MARINE SCIENCE

## SAMPLE ITINERARY

### DAY(S)

### ACTIVITIES

- 1 Depart US airport for Indonesia
- 2 Arrive at **Ngurah Rai International Airport** in Denpasar, Bali. Padma staff will be waiting at the airport to meet you and take you to accommodations in Sanur.
- 3 After breakfast in Sanur, head to Bali Conservation Dive Center (BCD) in Tulamben, arriving by lunch. In the evening, the Ecological Monitoring Program (EMP) begins.
- 4-7 For the next few days, we dive twice daily. Each dive focuses on concepts and activities related to the EMP, coral restoration, and nudibranch ecology and identification.
- 8 Catch the ferry to Gili Air, a tropical paradise you will remember for the rest of your life. After learning about shark and sea turtle ecology and conservation, the evening is yours to take in a sunset and swim in the ocean or pool.
- 9-11 Our days will be spent scuba diving and working on Conservation Diver certifications, including one day on neighboring Gili Trawangan.
- 12 Hop back on the ferry for Bali and spend the evening in Sanur. Trip members will have the opportunity to check out the famous Night Market, where they can sample an array of authentic local foods.
- 13 Hang out in Sanur and take a kiteboarding or surf lesson. Students often love to spend the day shopping for souvenirs before heading to the airport in the evening.
- 14 Arrive home with all your pictures, memories, and new life-long friends!



# KOMODO SCUBA & SAIL

Flores Island on the Eastern end of Komodo National Park bookends this nine-day liveaboard adventure around the many islands of Komodo National Park. With some of the richest biodiversity of the planet, and legendary bucket list dive sites, you'll scuba dive up to four times a day while learning about the habitat and species you encounter. Trip members in relaxation and breathing techniques of freediving with ample opportunities to practice these skills in the water.



## TRIP DETAILS

### TRIP TUITION:

- \$4575 (plus airfare)
- Early bird & group discounts available

### AIRFARE:

- Padma arranges group airfare based on current pricing and departing airport.

### DATES:

- Two-week trips | April to October

### VISAS

- No Visas/Fees required for this trip

## TRIP THEMES & HIGHLIGHTS

- Learn about the history and ecology of Komodo National Park, including 3-4 daily scuba dives
- Explore electric blue clear waters with some of the highest biodiversity in the world
- Stay on a ship sailing from island to island across the national park
- Get up close and personal with the legendary Komodo dragons
- Hike to beautiful jungle waterfalls and swim in pristine lakes



# KOMODO SCUBA & SAIL

## SAMPLE ITINERARY

### DAY(S)

### ACTIVITIES

- 1 Depart your stateside airport and fly to Bali, Indonesia!
- 2-3 Arrive in Sanur to unwind, recover, and enjoy a little surfing or kite surfing.
- 4 Fly to Flores Island. Spend the evening exploring the island, and enjoying the sunset atop the deck at Seaesta Resort.
- 5 Board the sailboat to enter Komodo National Park. The group will have their first scuba dive this day to assess individual skills.
- 6-11 Sail across the many islands of the 1,700 square mile protected seas of the park. You will learn about and dive in some of the most biodiverse and clear waters on the planet. This area is famous for its drift dives, where you flow with underwater currents amidst technicolor reef systems. Like flying through an other worldly dreamscape, you're sure to remember these experiences forever. While aboard the ship, you'll witness the evening migration of tens of thousands of fruit bats, spend a day on Komodo Island hanging out with the dragons, and hike atop peaks on uninhabited islands to catch incredible sunsets.
- 11 Disembark back on Flores Island to decompress from your adventure back at Seaesta Resort. Swim in the pool, eat great food with fun music, and have a bit of R&R.
- 12 Head into the jungles of the island to hike to waterfalls, get to know the locals, and swim in pristine rainforest pools.
- 13 Head back to the airport to board the flight back home.
- 14 Arrive home, parting ways with all your new friends, but carrying with you a lifetime of memories, incredible stories, and pictures to share with family.



# GENERAL TRIP INFO



# TRIP TUITION

## TRIP TUITION INCLUDES:

- Accommodations
- Meals
- Local transportation
- Project materials and design
- All scheduled activities
- International and local trip leaders
- Medical and emergency evacuation insurance

## TRIP TUITION DOES **NOT** INCLUDE:

- Airfare
- Local shopping
- Additional sightseeing & unscheduled activities
- Packing list items (Padma maintains a limited supply of gear which students may borrow upon request)
- Visas (for applicable trips)

## PAYMENT INFO

You can pay your trip tuition all at once or in monthly installments. Alternate payment plans can also be arranged. Any payment questions are to be directed to [rinchen@padmaorganization.com](mailto:rinchen@padmaorganization.com).

## PAYMENT INSTRUCTIONS

Payments can be made on our website, by Venmo, or by check.

### 1. Website Payment at [padmatrips.com](https://padmatrips.com):

When completing a trip application you can choose your payment plan.

### 2. Venmo Payment:

Send Venmo payments to [@padmaorganization](https://venmo.com/padmaorganization) under the “Business” not “Individual” Venmo setting.

### 3. Check Payment:

Mail checks to: Padma Organization 1958 Grand Ave  
Butte MT, 59701.

## LATE FEES

If you're going to be late making a payment, let Padma know before hand to avoid any fees. If you do not inform us that your payment will be late, there is a \$50 late fee for each late payment.





## HOW TO SIGN UP

1. Decide which trip is right for you and ask any questions to make sure you understand what you're signing up for.
2. Complete the trip application at [padmatrips.com](http://padmatrips.com) using the "Apply" button on your selected trip page. If you are under age 18, your parent/guardian needs to read and e-sign several forms on the application.
3. At the bottom of the trip application, click the Trip Deposit button and pay a \$200 deposit to secure your spot.
4. Once your application and deposit are received, your place on the trip will be considered and you will receive confirmation or a request for additional information.
5. You have two weeks to change your mind for any reason and receive a deposit refund.

## CANCELATION POLICY

Trip members can cancel for any reason up to sixty (60) days before their trip, and receive a 50% refund of all paid tuition, less the \$200 non-refundable deposit. Cancellations made less than 60 days prior to the trip cannot be guaranteed a refund. In case trip members are unable to join a trip due to medical or emergency related reasons, a full refund may be considered on a case-by-case basis, contingent upon refunds provided by trip partners. If trips must be canceled due to unexpected travel restrictions, or for any reason such as a natural disaster, social unrest, etc., full refunds will be offered, pending refunds from trip partner companies and organizations, contractors, and third-party vendors.

## MEDICAL CONSIDERATIONS

Medical staff is a part of every trip. Based on the medical forms submitted as part of each trip member's application, a Padma medical staff member will contact every participant who requires an individualized medical plan. Letters from physicians or mental health care providers may be requested in addition to your medical form. Travelers medical and emergency evacuation insurance is provided for each trip member.

## OTHER TRIP INFO

### PASSPORTS

All trip members must have a valid passport for any international Padma trip. You can order a passport at your local post office. Standard delivery takes 4-6 weeks but can often take longer. While expedited service is much faster, it is also more expensive. If you already have your passport, **it must have at least 6 months of validity from the day you arrive at your destination.** If you do not have 6 months of passport validity, you will be refused entry into the destination country. In some cases (such as trips to Portugal), you will not even be permitted to board the plane at your stateside airport.

### VACCINATIONS

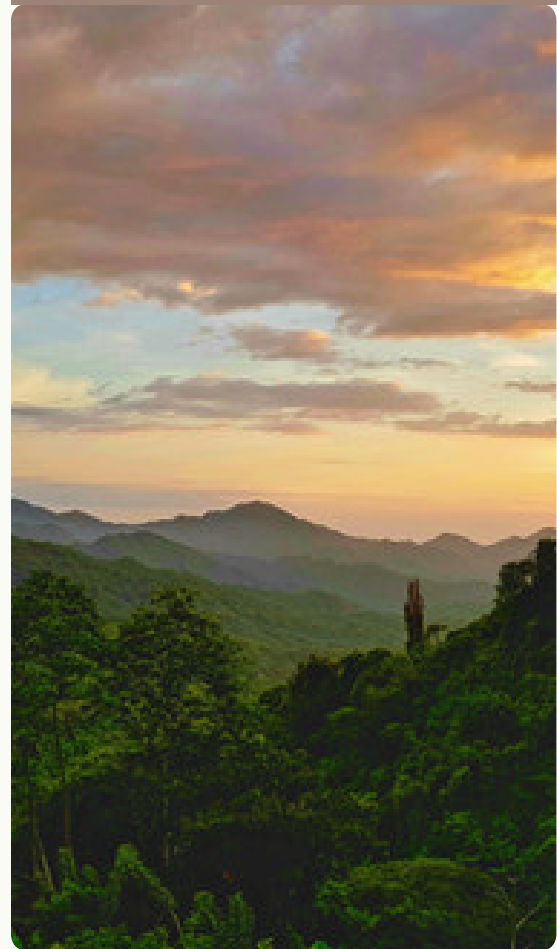
Consult with your primary physician or the CDC's travel website for further information on vaccine recommendations for your trip. Padma does not currently travel anywhere with mandatory vaccinations.

### ACCOMMODATIONS

When choosing accommodations, we focus on safety and cleanliness. Locally owned and operated bungalow and eco-resorts are preferred, while chain hotels or large tourist resorts are avoided. When staying in local communities, accommodations may be fairly rustic and simple. Room capacity ranges from 2-10.

### ELECTRONICS

There is little time for playing on phones or computers on our trips. That being said, be sure to have a camera or phone to take pictures and videos. Bring GoPros and drones if you'd like. With a simple power converter (ask the omniscient Google for options) all US chargers can be used on your trip. Trip leaders will have cellphones with international plans. Students are encouraged to keep their phones on airplane most of the time during trips. Although we discourage student cell phone use, if you decide you need cell coverage, most carriers offer international service plans. SIM cards are also readily available for purchase if you have a convertible SIM phone. Smartphone apps such as WhatsApp, and WeChat offer free international voice messaging, and calling from anywhere with internet access which students will usually have at most locations on trips. Trip leaders and chaperones primary international means of communication is through WhatsApp.



## DISCIPLINARY POLICY

Padma Organization reserves the right to expel any trip participant from the trip at the trip leader's discretion. **Padma trips are not party trips.** They are intended as an opportunity for students to serve others while representing themselves, their school, Padma, and the United States as cultural ambassadors. Any behavior that disrupts this purpose, brings danger to oneself, or other trip members, along with any illegal activity is not tolerated. The family of any student expelled from a trip is responsible for all costs involved in getting them home. A first warning and removal of privileges will be given for minor offenses, while more severe incidents may result in immediate trip expulsion.

## COMMUNICATION

While on trips, regular messages will be sent to families using WhatsApp. Your trip manager is the primary contact for parents during trips. WhatsApp groups will be established with students and families before trips to coordinate pre-trip activities and meetings.

## SCHOLARSHIPS

Limited financial aid available

[padmaorganization.com/scholarshipfinancial-aid](http://padmaorganization.com/scholarshipfinancial-aid)

## QUESTIONS?

If this packet did not cover something and you want to discuss more details or have any questions, feel free to contact us by email to arrange a phone call. We love to talk about our trips, and want to make sure every student is provided all the information needed to know if a Padma trip is right for them. Email us at [info@padmatrips.com](mailto:info@padmatrips.com)



# WHAT YOU CAN BRING ON TRIPS TO OFFER THE COMMUNITIES WE SERVE

Each year we ask our trip location partners what students can bring to offer local communities. In the past this has included things like: backpacks filled with school supplies, snorkel gear for local children, tool donations, used laptop computers, shoes etc. Before you head on your trip, your trip leaders or chaperones will let you know what you can bring to offer the locals if you so wish. Students are also welcome and encouraged to lead efforts to gather supplies to donate.



# OUR WORK

## Padma Trips Fund Other Padma Projects!

Padma's inaugural project began during the Maoist revolution in Nepal and focused on securing safe housing, rehabilitation resources, and school placement for at-risk homeless children. Most of these children were displaced by the years of conflict, and struggled to survive on the chaotic and dangerous streets of the Kathmandu Valley.

Over the years, our work has expanded across the globe. Padma has provided education opportunities to disenfranchised children, operated substance abuse recovery programs, led agricultural and water systems projects, led medical camps, natural disaster relief and reconstruction projects, worked to restore devastated environments on land and sea, fought to stop human trafficking, and supported ecological research of endangered species and marine habitats.

A portion of tuition from every Padma trip directly funds or supports these programs.

### Our work at a glance:

## ENVIRONMENTAL STEWARDSHIP

### OCEAN CONSERVATION

**Reef Restoration:** Padma support and work together with North Bali Reef Conservation in artificial reef construction and deployment to rebuild a destroyed section of coral reef off the coast of the rural northeast of Bali.

**Plastic Pollution:** We have invested in small-scale recycle centers that clean up plastic from the ocean and beaches, then melt and transform it into building materials.

**Marine Habitat Research:** Padma supports and actively participates in a number of ongoing research programs around the world that are not only looking at individual marine habitat systems, but are part of the global interchange of research to discover the best methods to preserve our oceans. This includes swimming with Mantas on our popular Bali trip!



### LAND RECLAMATION

In the past century, lumber and farm industries have thinned forests on a catastrophic scale. Padma has led replanting projects in Nepal and Indonesia, where palm oil plantations have destroyed huge swaths of triple canopy rainforests.

# SOCIAL SERVICES

## EDUCATION

For years Padma operated a children's home on the outskirts of the Kathmandu Valley that housed, cared for, and sponsored the education of children displaced by years of conflict and chaos. In 2015, we were excited to reunite the "Padma kids" with their families, and many have started college!

Still, there are many children in Nepal who are bright and motivated but whose families cannot afford high quality education. Government funded public schools consistently perform at, or near the bottom of all South Asian countries. Padma sponsors school costs for many children across Nepal.



## SUBSTANCE ABUSE RECOVERY & GANG VIOLENCE REDUCTION

Poverty, a poor public education system, sociopolitical instability, and corruption are some of the primary factors that lead to heightened rates of drug and alcohol abuse, gang violence, and homelessness in Nepal. In 2007 Padma opened the doors of a 12-step based recovery program for adolescents and young adults addicted to drugs and alcohol. A group of former gang members graduated from an intensive outpatient program and many of them have completely transformed their lives, continuing to succeed and grow today. Several members of the Padma Recovery Home went on to start their own recovery programs across the Kathmandu Valley. Others went back to school and have since graduated with advanced degrees.

## AGRICULTURE & SAFE DRINKING WATER

In much of south and southeast Asia, access to fresh produce can prove difficult and expensive. In many areas, limited or no parameters on the use of chemical pesticides and fertilizers can lead to dangerous amounts of toxic or carcinogenic compounds. Padma builds greenhouses for communities that lack easy and affordable access to a variety of produce. We periodically visit completed greenhouse sites to check on crop production and advise on planting and growing methodology.

Padma has also installed storage tanks connected to rainwater catchment systems, dug water lines, and built low-energy, high-efficiency purification systems to bring drinkable water to thousands of people in rural areas.



## MEDICAL SERVICES

Over five hundred residents, mostly Buddhist nuns, live in the Everest Region community of Thupten Choling Monastery. Because of its extreme remote location, and lack of modern facilities and medical education, many residents suffer both chronic and acute ailments and illness with little or no recourse for adequate treatment. In 2017, led by Doctor Christin Will, Padma offered medical checkups and for the residents of Thupten Choling. We also collect, store, and administer medicines and medical treatments. Padma also periodically raises funds and works with doctors and hospitals in Kathmandu to assist in getting the best and safest treatments available for those in need.

# ENVIRONMENTAL ETHICS

## Each participant must:

1. Respect all environments visited such as cultural sites, towns, villages, and natural environments.
2. Learn and practice Leave No Trace practices and travel techniques.

Link to Leave No Trace principles: [lnt.org/why/7-principles](https://www.lnt.org/why/7-principles)



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