



India is the second most populous country in the world, and over 65% of the population live in rural areas, an obvious challenge in healthcare provision, particularly combined with the massive disparity in wealth across the population as a whole. Access to healthcare varies hugely according to economic status and location, and the staggering variety of state, private and charitable providers complicates this picture even further.

To gain an insight into these challenges, this program looks specifically at access to healthcare for people with disabilities, as disability does not respect the boundaries of class, caste, gender or religion. This will enable the program to give a broad view of both access to healthcare in India, as well as social justice, by spending time with individuals and organisations that work to overcome the cultural stigma of disability in India, as well as meet healthcare needs. To complete this picture of healthcare in India, it is important to also explore the vast tradition of healing and holistic healthcare practices, which for many people still forms part of a modern approach to both wellness and recovery in today's India.

HEALTHCARE IN INDIA: TRADITIONS AND CHALLENGES

DATES: MAY 17-30
PROGRAM FEE: \$1910

ORIENTATION IN NEW DELHI **DAYS 1-3**

Landing in India's bustling capital, we will spend a few days here acclimatizing to India in the second largest metropolis in the country. We'll get to try the first bites of properly spiced Indian curries, spend time in (and out of!) tuk tuks marvelling at the variety in this city of presidential palaces, ancient forts, bazaars, shopping malls, high rises and slums. We'll also be preparing the ground for this whirlwind program. This will involve workshops on cultural literacy and solidarity run by OG, as well as spending time with the human rights lawyer Seema Baquer, who has had a lifelong career in the disability sector. Seema helped draft the National Leprosy Mission's proposals for the 2014 Disability Act, and is now involved in helping to ensure its implementation. Seema will run an Action Learning workshop designed to give a broad context for understanding the challenges facing people with disability in India and how the sector is structured to provide care for these individuals.

EXPLORING DISABILITY AND SOCIAL JUSTICE IN DEHRADUN **DAYS 4-7**

In our four days in Dehradun we will work closely with Latika Roy Foundation and other members of the Dehradun Disability Forum (DDF), a collaborative group of local organizations working in the Disability sector in Dehradun. Together we will explore the challenges in:

- » Accessing healthcare for people with disabilities.
- » Meeting their specific healthcare needs.
- » How organizations like Latika Roy interact with communities and government to bring about change to the systems in place to achieve better results for their beneficiaries.



HEALTHCARE IN INDIA

TRADITIONS AND CHALLENGES ITINERARY

Latika Roy is a foundation working with children and adults who have developmental and other disabilities, covering early intervention services, education, livelihoods development, training, and awareness. They also provide a program which is a Public Private Partnership with the Government of India, run within a government hospital in Dehradun, and are particularly well placed to help us understand the challenges of operating between these different stakeholders.

Outside of our program of engagement with local organizations, we will explore the growing city of Dehradun, a regional centre for education, as well as home local and colonial history, temples, markets. We will also spend some time with some of the students from the Ayurveda University to get an informal introduction to the ancient practice of Ayurvedic healing.

EXPLORING AYURVEDA AND RURAL HEALTHCARE ACCESS

DAYS 8-11

On the adventurous component of the program we will spend the first day getting an introduction to Ayurveda from practitioners at Uttarachal Ayurveda College and Hospital, followed by an evening in the town of Rishikesh, a holy city on the banks of the Ganges. Here, the river leaves the mountains and starts to snake across the plains. When we arrive, we will experience first-hand how Hinduism is practiced by its holiest river.

The next two days will be spent going further into the mountains, trekking into rural Uttarakhand and the Himalayas, the source of so many of the Ayurvedic medicines. This fantastic opportunity to experience the powerful nature of the Himalayas will not only be breath-taking in its own right, but along the way we will encounter rural communities for whom access to

healthcare is a real challenge. If possible, we will coordinate our trekking route so it coincides with some of the Uttarakhand Government's travelling medical practitioners who bring mobile health services to these rural areas. We will be able to spend some time with the practitioners after their day's work is done and hear about the challenges in their work and communities.

The final day will be spent travelling back to Rishikesh, with the afternoon free to explore and relax after the trek.

DISORIENTATION IN RISHIKESH

DAY 12

Disorientation is all about debriefing as a whole group, at the wonderfully relaxed and secluded Pyramid Cafe Hostel in upper Ramjulah. Here, we will have the space we need to bring the group back together and reflect on the program. We will spend the morning sharing the experiences and insights each group had on their Track, and the afternoon unpacking those narratives in context of the program focus as well as how to take their experiences forward after they leave. Our final sunset together will be on the Ghats overlooking the slowly flowing Ganges lit by the floating candles of the evening Aarti ceremony, before settling down to one final table full of mountain fresh curry.

DELHI AND BEYOND!

DAY 13

We'll get an early morning start to ensure a timely arrival back in Delhi, with the opportunity for a last minute dash round Paharganj Bazaar before heading to the airport for some teary goodbyes!



WHO IS OPERATION GROUNDSWELL?

OUR MISSION

To provide high-value, intimate, immersive, and educational travel experiences that tangibly affect the lives of the communities we visit and our program participants. We are dedicated to providing financially accessible travel experiences that blend responsible volunteering, education, personal development, and adventure.

VALUE

Operation Groundswell was founded on the principle of accessibility and affordability. As a registered Canadian non-profit organization our bottom line is people, not profits. We make sure our programs are as financially accessible as possible while maintaining the highest quality programming.

PLANNED DAILY EXPLORATIONS

Our Programs Director works closely with each of our Program Leaders to organize a thoughtful itinerary for every day of travel with Operation Groundswell. Treks up mountainous regions, bike tours, boat rides, meetings with local advocacy groups, delicious local dishes...all of these daily details are planned and arranged for our participants. Critical to our success has been the development of fully integrated and meaningful programs.

EDUCATIONAL PROGRAMMING

With a passionate and innovative team of Program Leaders scattered across the globe and a carefully crafted core curriculum, Operation Groundswell takes experiential learning to a whole other level. Participants have the opportunity to meet with politicians, business leaders, heads of NGOs, and everyone in between. The group will learn firsthand through stories, question and answer, and critical dialogue facilitated by our exceptional Program Leaders.

IMMERSIVE EXPERIENCE

Our programs are intentionally designed to uncover the intricacies and on-the-ground realities of each region we go to. As a grassroots organization, we have the unique opportunity of working with a large variety of different partners, each with their own particular perspective. Operation Groundswell does not simply organize presentations with partners. We create a dialogue between our students and our partners abroad, allowing for a more immersive experience.

GROUP-FOCUSED EXPERIENCE

Our group-focused programs allow for the perfect blend of intimacy, flexibility, and challenge. Our programs excel at creating safe spaces in new and different regions. We hear varied perspectives, learn about ourselves, and together create a shared experience beyond compare.

**OUR 2015 SUMMER PARTICIPANTS GAVE US A RATING OF 9/10 ON THEIR OVERALL EXPERIENCE.
96% WOULD RECOMMEND OUR PROGRAMS TO THEIR FRIENDS.**

WE LET THE NUMBERS SPEAK FOR THEMSELVES.

WHAT THE PROGRAM FEE COVERS



WHAT'S INCLUDED

1. A well-thought-out program plan focused on the issues facing the specific region.
2. Experienced and passionate program leaders who remain with the group 24/7.
3. Accommodations - Operation Groundswell does not stay in five-star hotels. Instead, we prefer accommodations that closer match the atmosphere of the region we're traveling to. We have developed relationships with some of our favorite guesthouses, hostels, hotels, and homestays and have verified that they are safe and hygienic. All program participants will be accommodated in semi-private rooms.
4. Meals and snacks - All group meals on the program are included in the price. Participants will be responsible for any additional meals or personal snacks.
5. All in-country transportation.
6. All group tours, entrance fees, and daily activities.
7. Regular discussions and activities planned by Operation Groundswell and led by our program leaders, to help participants bond with other group members while internalizing and reflecting on the experience.
8. A community contribution of \$100 that goes directly to support our incredible partners on the ground.

WHAT'S NOT INCLUDED

1. Flights between Boston and India.
2. Miscellaneous hotel charges.
3. Trip cancellation and travel medical insurance (approximately \$60-\$100).

PROGRAM FEE

Healthcare in India: Traditions and Challenges

\$1910

Estimated Flight Cost

\$900

"The OG experience is a humbling one. There is an unbelievable amount of work that goes into making these trips happen and I believe that I got the better end of the deal, with the knowledge and experiences that I came out of it with. The OG crew you show up with is more than just a bunch of random people. By the end of the trip, they become your family and great friends."

- Bryan Adams, Haiti 2012



WE'RE SERIOUS ABOUT SAFETY

As a well-established and experienced international service learning organization, Operation Groundswell takes active precautions to keep all of our participants safe and secure while overseas on our programs. We take travel safety very seriously. We recognize that every program and every partner we work with is different and has its own unique needs. That's why we always collaborate and coordinate with each university's safety department to develop the appropriate protocols and policies.

PRE-TRIP:

- » Based on national travel advisories, in-country reconnaissance, partner communication, and program evaluations, detailed risk assessments are prepared for each and every location included on program itineraries. These assessments take into account any potential safety concerns or security threats related to the environment/climate, political circumstances, transportation, food/drink, community service work, crime/delinquency, etc. and include the development of strategies to minimize or eliminate all possible hazards.
- » Safety and security circumstances on the ground are dynamic, and as a consequence Operation Groundswell also maintains near constant communication with local staff, partners, and other local contacts.
- » All Program Leaders undertake dry-runs of the programs within two weeks of participant arrivals. This process includes meeting with partners, confirming transportation plans, and completing on-site preparations. Risk assessments are then amended to include any circumstantial changes as well as the availability and capacity of health clinics and emergency contacts at each site.
- » Every participant is required to register with his or her respective government's travel agency.
- » To help minimize health risks, Operation Groundswell also requires every program participant to meet with a travel doctor before leaving their country of origin. Participants must be up-to-date with all the necessary vaccinations and equipped with any necessary medication for travel in country.

ON-SITE:

- » The Program Leader is provided with real-time updates from the U.S. Department of State and the Canadian Department of Foreign Affairs' Travel Reports and maintains daily check-ins with Operation Groundswell's headquarters to relay important information and ensure the health and safety of participants.
- » The Program Leaders are proficient in the local language where necessary, Wilderness First-Aid certified and available 24/7 to deal with emergencies on-site.
- » Accommodations - All student accommodations are vetted to ensure that they are adequately safe and hygienic.
- » Transportation - Although Operation Groundswell uses popular modes of local transportation, students are only permitted to use registered vehicles and secure routes. Furthermore, travel at night is avoided whenever possible.
- » The Operation Groundswell Crisis Management Committee is on call 24/7 in the event of an emergency and will oversee the management of any crisis that may arise. The committee includes health care professionals and safety abroad experts trained in dealing with crises.

LIABILITY & INSURANCE:

- » As a third-party contractor, Operation Groundswell takes full legal responsibility for in-country programming and extends its liability insurance to cover its partners and the program.
- » *We do require that all participants purchase their own personal emergency medical travel insurance and strongly encourage trip cancellation insurance. Operation Groundswell will provide students with resources for purchasing insurance and Operation Groundswell staff will walk them through the purchasing process. Typically this insurance costs \$50-\$60 per person. Any participant who does not show proof of travel insurance will not be permitted to join the program.*