



17 - 29

February 2024

# Hands on India 2024

## Expressions of Interest

**We are seeking expressions of interest from both experienced chiropractors and new graduates to join the 2024 HOI chiropractic team.**

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*Volunteer to be a part of this inspiring team of 30 chiropractors and experience the “real India”, full of colour, excitement, and wonderful people.*

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Hands on India (HOI) are excited to be returning to India in February 2024 to continue to provide invaluable health and education services for the tea plantation and rock breaker workers, their families and the communities in West Bengal.

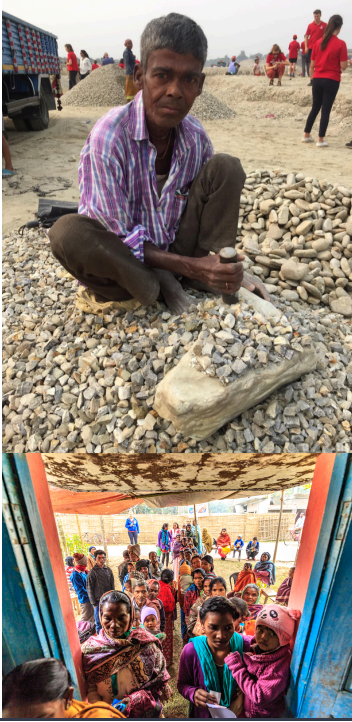
HOI is a registered charity providing support for six schools, 900 children, 3000 women in empowerment groups and 32 village health centres. HOI will return in 2024 for their 18<sup>th</sup> year of service.



HOI encourages experienced chiropractors who enjoy being part of a diverse group, keen to share their services, knowledge and skills, to join 2024 team.

New graduate chiropractors who join the team benefit from intense “hands-on” chiropractic experience working alongside and supported by their experienced colleagues.

Over the nine clinic days, HOI expects to provide around three thousand chiropractic treatments. The team will also visit women’s empowerment groups, schools and health clinics.



*Register your interest and request an application form by email at:*

*[hands\\_on\\_india@outlook.com](mailto:hands_on_india@outlook.com)*

## **What can you expect on your 12-day journey?**

**17 February:** Team meeting and welcome dinner **Delhi, India**

**18 February:** Fly as a group to Bagdogra, transfer to Siliguri and join our host, Seva Kendra.

**19 - 23 February:** Travel each morning via jeep to clinics in the tea plantation and rock breaking communities to provide chiropractic and health services. Afternoons may involve school visits, women's empowerment meetings and health clinic visitations. Evenings will include organised group dinners, CPD sessions and casual arrangements.

**23 February (afternoon) – 25 February:** Travel to Darjeeling for weekend rest and rejuvenation. Enjoy the mountainous tea region with an optional Himalayan sunrise experience.

**26 - 29 February:** Continue working in village clinics and schools.

**28 February:** HOI Bollywood celebration team dinner.

**1 March:** Fly from Bagdogra to Delhi and continue home/travels.

## **OPTIONAL (and highly recommended) side trip to Agra and The Taj Mahal prior to the trip (additional cost involved)**

*15 February: Arrive Delhi*

*16 February: Depart early morning for overnight trip to Agra & Taj Mahal.*

*17 February: Return to Delhi for the HOI team meeting.*

## **Estimated costs:**

- **India land-based costs: Approximately \$2000:** Includes internal return flights Delhi – Bagdogra. accommodation, meals, transport and ground costs in Delhi (17/2/24), Seva Kendra and Darjeeling.
- **Fundraising requirement: \$3000 per attendee; \$1000 per 1<sup>st</sup> & 2<sup>nd</sup> year chiropractic graduates. All donations to HOI are tax deductible.**
- **Additional expenses:** International flights, personal travel (optional Agra/Taj Mahal trip prior to HOI meeting), visa, travel insurance, spending money.



**Join group leader, Stacey Saunders on this rewarding journey.**

**Please register your interest and request an application form by email at [hands\\_on\\_india@outlook.com](mailto:hands_on_india@outlook.com)**

(Places are limited. We wish to select delegates by 1 July 2023).

Further information visit HOI website [www.handsonindia.org.au](http://www.handsonindia.org.au)