

# EXPLORE THE WORLD

CHANGE THE WORLD, ONE SMILE AT THE TIME



**LET'S TRAVEL WITH PURPOSE**

Discovering the mysterious India



## HELPING OTHERS IS A KEY TO HAPPINESS...

“WE MAKE A LIVING BY WHAT WE GET, WE MAKE A LIFE BY WHAT WE GIVE.” – WINSTON CHURCHILL

### 1. WHERE YOU SPEND YOUR MONEY AFFECTS YOUR HAPPINESS

A 2008 study done by the University of British Columbia and Harvard Business School, examined if where a person spent their money affected their happiness.

A total of 630 Americans were interviewed and asked to report their income, their monthly spending including all bills and money spent on themselves, their general happiness, and gifts given to others or charities.

The results? Regardless of a person's income, people who spent more money on others or charities reported higher levels of happiness than those who didn't.

Scripture to reflect on: Acts 20:35

“In everything that I have showed you that by working hard in this manner you must help the weak and remember the words of the Lord Jesus, that He Himself said, “It is more blessed to give than to receive.”

### 2. SERVING OTHERS HELPS YOUR HEALTH.

A study led by Doug Oman of the University of California Berkley found that elderly people who volunteered for two or more organizations were 44% less likely to die over a five-year health period than those who didn't volunteer. Another study found that people who provided social support to others had lower blood pressure than those who didn't. This suggests that helping others may have a direct physiological benefit as well.

Scripture to reflect on: Romans 12:13

### 3. HELPING OTHERS BRINGS US CLOSER TOGETHER.

According to the book, *The How of Happiness* by Sonja Lyubomirsky, when we serve others it not only helps others feel closer to us but also helps us feel closer to others. “Being kind and generous leads you to perceive others more positively and charitably.”

Scripture to reflect on: Acts 4:32

“All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had.”

## HELPING OTHERS IS A KEY TO HAPPINESS...



“HELP OTHERS ACHIEVE THEIR DREAMS AND YOU WILL ACHIEVE YOURS.” – LES BROWN

### 4. HELPING OTHERS PROMOTES MORE GRATITUDE IN OUR LIVES

Whenever we give the gift of helping others or are on the receiving end of that gift, we often experience feelings of gratitude.

According to a study done by Robert Emmons from University of California Davis and Michael McCullough of the University of Miami, college students who counted their blessings experienced more gratitude in their lives which in turn caused them to be more optimistic, exercise more, and feel better about their lives overall.

Scripture to reflect on: 2 Corinthians 2:14

Can you remember the last time you saw someone giving food to a homeless person or someone opening the door for a stranger? What feelings did it elicit?

Every day we have a choice that moves us more towards love or more towards fear. When we make the choice of love in the form of helping others, our hearts are usually filled with feelings of gratitude. This study only further demonstrates how big of a difference helping others can make in our own lives.

### 5. GIVING SPREADS TO OTHERS.

A study done by James Fowler of the University of San Diego and Nicholas Christakis of Harvard found that when people give to others, it encourages others to do the same which multiplies the effect of giving.

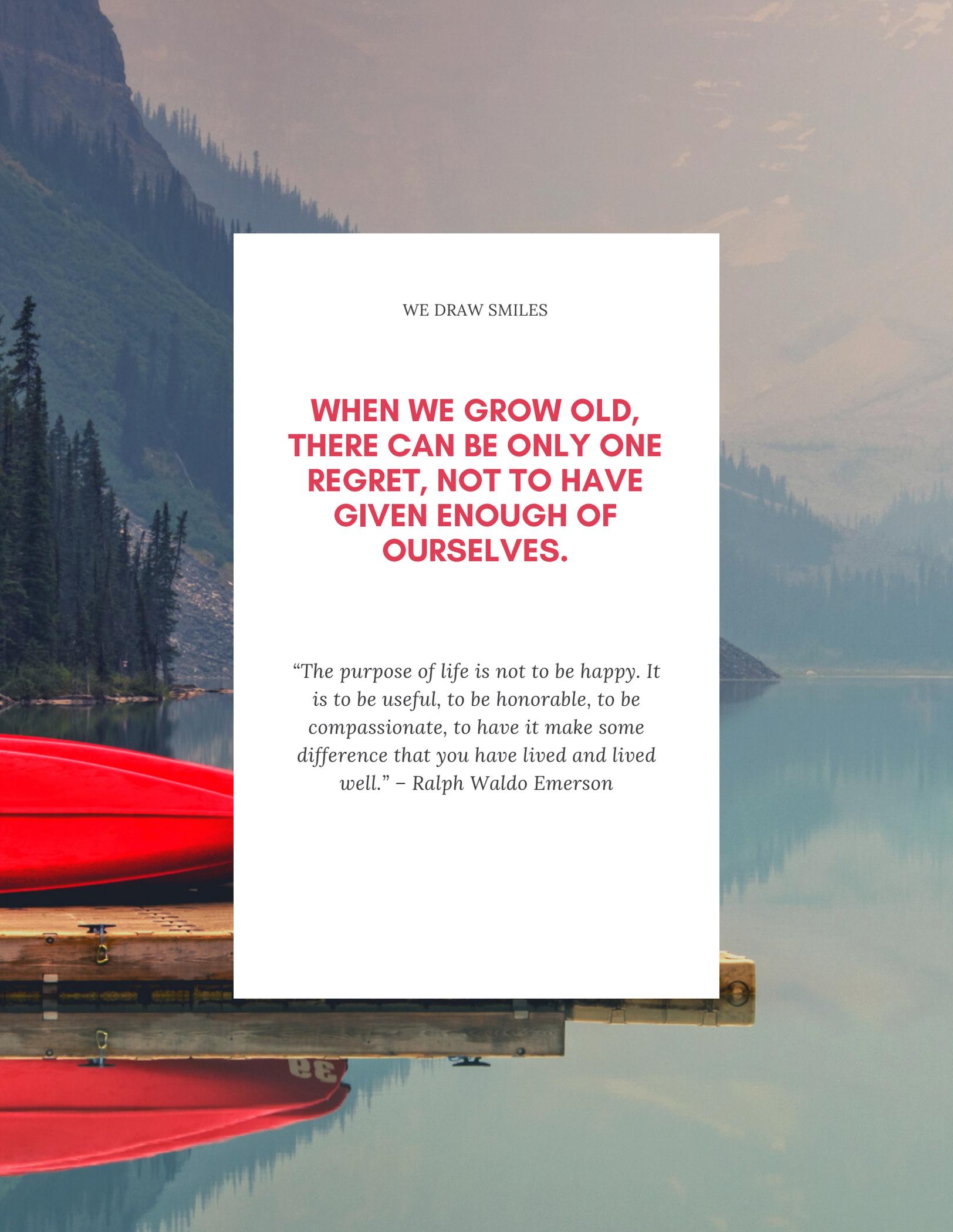
Scripture to reflect on: Titus 2:7

“In everything set them an example by doing what is good.”

The last time I saw someone help a stranger, I was so touched by what they had done that I ended up driving around later looking for someone I could help. It didn't take long for me to find a homeless man sitting on a corner with all of his belongings in a grocery cart next to him.

I immediately got out and gave him the meal I had bought.

The truth is, I probably wouldn't have done anything that day had I not been inspired by the person who I saw help another. Always remember that the simple gift of helping another person may multiply itself over and over again without you ever knowing it.



WE DRAW SMILES

**WHEN WE GROW OLD,  
THERE CAN BE ONLY ONE  
REGRET, NOT TO HAVE  
GIVEN ENOUGH OF  
OURSELVES.**

*“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” – Ralph Waldo Emerson*

# WE WILL BE VISITING

EXPLORING THE GOLDEN TRIANGLE OF INDIA

**New Delhi** - The capital of India, Delhi is a cosmopolitan city with a historic old Delhi and the modern New Delhi. From historical monuments to crowded shopping malls, from an extensive network of the modern metro system to Delhi University campus, Dilli has multiple personalities and is considered to be the city with a heart.

The narrow, winding lanes and bylanes of old Delhi are a testament to the former Mughal rule. Old Delhi houses one of the country's oldest and busiest market – Chandni Chowk.

**AGRA** - Located on the banks of River Yamuna in Uttar Pradesh, Agra is a popular tourist destination as it is home to one of the 7 wonders of the world, the Taj Mahal. It is a sneak peek into the architectural history and legacy of the Mughal empire with two other UNESCO World Heritage Sites Agra Fort and Fatehpur Sikri. History, architecture, romance all together create the magic of Agra, and hence, makes for a must-visit for anyone living in or visiting India.

**Rajasthan** - The Indian state of Rajasthan is popularly known to many as the Land of the Kings, is a beautiful example of India's age-old opulence and grandeur, traces of which still linger in the air of this state. One of the most colorful and vibrant states in the country, with a strong blend of culture, history, music, cuisine falling in love with Rajasthan doesn't take much time. Rajasthan has more history than the entire country put together- it is the realm of erstwhile Maharajas and their lavish palaces and majestic forts. Golden-sand deserts, traditional handicrafts, authentic cuisine and awe-inspiring palaces all contribute to making

## **Mother Theresa Orphanage**

The Mission of the Mother Teresa Charitable Trust is to serve the poorest of the poor in South Central India, regardless of religious preference. It is a place where the orphan children and the elderly can coexist and have their spiritual, medical and physical needs met.

## **Indian Children**

The number of children living in poverty and hunger in India could soar by millions as a result of the ongoing COVID crisis.

A lack of access to food and the stretched health system is having a devastating effect on millions of children. Our teams in India are working to protect children from exploitation, child labor and child marriage.



7 WONDERS OF THE WORLD,  
THE TAJ MAHAL

WE TRAVEL WITH PURPOSE

**TOTAL COST \$ 949.00**

- . *Travel Dates: 12-19 March, 2023*
- . *Travel Port: New Delhi International Airport (DEL)*
- . *Date of Arrival Sunday, March 12*
- . *Date of Departure Sunday, March 19*

- . *Includes Lodging (7 nights)*
- . *Meals (3 meals per day)*
- . *Local transportation (clean and AC buses)*
- . *Medical insurance (Basic Travel Insurance)*
- . *Backpack from the Smiles Foundation*
- . *Private Guide all the time*
- . **PRICE DOES NOT INCLUDE**

*Airfare cost*  
*Mandatory Visa*  
*Tips*

**\*Detailed information with your registration**

# OUR ITINERARY

A RAMARKABLE LIFE CHANGING EXPERIENCE

## ITINERARY

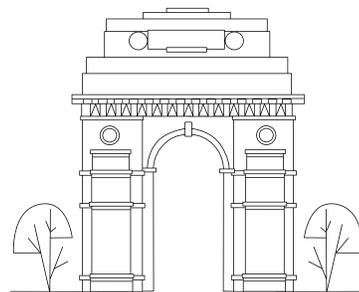
**Day 1** - Arrival in Delhi Meeting and assistance on arrival in Delhi and transfer to your hotel. Meals: At the Hotel. We will spend the night at the Delhi Hotel.

**Day 2** - Delhi to Agra Breakfast at your hotel. Departure in the morning for Agra. (Approximately 4 ½ hours) Upon arrival, check in at your hotel and have lunch at a local restaurant.

After lunch, visit the famous Taj Mahal, the seventh wonder of the world, built by Shah Jahan in memory of his wife Mumtaz Mahal on the banks of the Yamuna River. The Taj Mahal, built between 1631 and 1653, has been mentioned as a poem in white marble. Taj Mahal means "Crown Palace" and is, in fact, the best-preserved and most architecturally beautiful tomb in the world. The dome is made of white marble, but the tomb is set against the plain on the other side of the river and it is this background that works its magic of colors.

**Day 3**- Breakfast in the morning at the hotel and proceed to visit Mother Terrasa Ashram (orphanage school) here we will have experience with children, we will know their lifestyle and their daily routine. After lunch, proceed to see the red fort (the old ancient palace of Mughals from the 16th century) After that, we will take Indian Auto (Torrito) which will take us to the Terrace restaurant where we will enjoy the fabulous Taj Mahal with the sunset view along with hot tea/coffee.

**Day 4** - Agra to Jaipur Meals. After breakfast, depart by taxi for Jaipur (approximately 5 hours), visiting Fatehpur Sikri en route. Visit the remarkably well-preserved elegant buildings within the 'Ghost City,' including the Jama Masjid, Salim Chisti's tomb, Panch Mahal Palace, and other palaces that speak of the grandeur and splendor of the Mughal empire at the height of its power . After visiting Fatehpur Sikri, lunch at local restaurant we will continue to Jaipur on the way we will visit a school for children where we will have experience of serving in a local Indian school. Arriving in Jaipur, we will visit Birla Mandir Hindu temple located in Jaipur, one of many in Birla mandirs. It was built by the B.M. Birla in 1988 and is built solely of white marble)



**THE GLORIOUS INDIAN GATE**  
This 42-meter tall historical structure was designed by Sir Edwin Lutyens

Subject to change

# OUR INTINERARY

A RAMARKABLE LIFE CHANGING EXPERIENCE

**Day 5** - Transfer to Amber Fort. Amer is named after its 16th-century fort, a spectacular hilltop fort overlooking Jaipur. Often called the Ámba Palace. The fort features a hall with intricate mirror mosaics and a carved coral icon of Ganesh. Nearby landmarks include the geometric Panna Meena ka Kund stepwell and Jagat Shiromani, a Hindu temple with a striking statue of the goddess Kali.

We ride an elephant to the fort with the same experience that all the maharajas used to do.

Then we will visit the City Palace, established at the same time as the city of Jaipur, by Maharaja Sawai Jai Singh II, who transferred his court to Jaipur from Amber, in 1727)

We will visit the Jantar Mantar, a collection of 19 astronomical instruments built by the Rajput king Sawai Jai Singh II, the founder of Jaipur, Rajasthan.

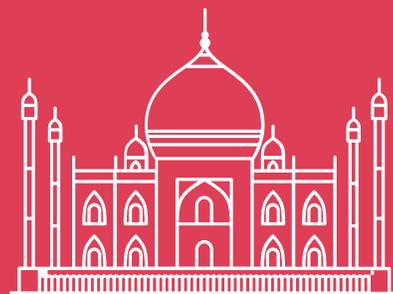
The monument was completed in 1734. It features the world's largest stone sundial and is a UNESCO World Heritage Site). In the evening we will visit an orphanage school in Jaipur.

**Day 6** - Transfer to Nahar GARH Fort while heading to the fort we will stop for photos of Hawa mahal (wind palace)

Nahargarh Fort stands on the edge of the Aravalli Hills, overlooking the city of Jaipur in India). Rajasthan state Along with Amer Fort and Jaigarh Fort, Nahargarh once formed a strong defense ring for the city) Lunch at local restaurant and departure to local nursery school.

**Day 7-** After breakfast we will transfer to Raj Ghat on the banks of the Yamuna River and the Mahatma Gandhi Monument.

Later, continue to New Delhi.



7 WONDERS OF THE WORLD,  
THE TAJ MAHAL



**CONTACT US  
TO EXPLORE  
THE WORLD  
WITH PURPOSE**

**CONTACT INFORMATION**

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