

DIVINTINOR

In Support of The Hummingfish Foundation

10th Nov - 17th Nov 2012



Have an adventure in Southeast Asia's most unexplored destination where rugged natural beauty meets amazingly warm & friendly locals

Experience East Timor's stunning, majestic and pristine dive sites and undamaged reefs & be treated to a colourful, magical array of marine life

Empower local communities making organic, hand-made soaps under The Hummingfish Foundation's Ai-Funan Project, spend an entire day with them & even try your hand in soap-making!



DIVINTINOR

FOR The Hummingfish Foundation

10th Nov to 17th Nov 2012

Gone Adventurin' invites you to take on an amazing underwater diving adventure, experience East Timor in an intimate manner and support sustainable livelihoods development in this beautiful country! In this adventure, you'll have an exciting opportunity to:

1. Dive in the best diving sites in the world with pristine reefs and abundant marine life
2. Experience East Timor's culture, stunning natural beauty and its magical Atauro Island
3. Spend an entire day with local communities making organic, hand-made soaps under The Hummingfish Foundation's Ai-Funan Project and try your hand in soap-making!
4. Learn photography skills from veteran photojournalist Daniel Groshong
5. With the services of a Gone Adventurin' Adventurer and your accommodation and transportation taken care of, this adventure provides tremendous value as it highlights East Timor's amazing dive spots and introduces her natural beauty

To know more or register for this adventure, please contact Ashwin at +65 8125 1377 or ashwin@goneadventurin.com

We look forward to hearing from you!

Team Gone Adventurin'

"The main challenges for women in East Timor remain deep poverty and the impact of conflict. Political participation and economic empowerment are particularly crucial as the conflict left nearly half the married Timorese women widowed and sole providers for their family."

-United Nations Women, East Timor (Timor-Leste)

"The Hummingfish Foundation is empowering the ladies of the Ai-Funan project generate more income by branding and marketing their line of all natural handmade soaps to markets such as Singapore and Hong Kong. This will have an enormous and long-lasting impact not only on their lives, but the lives of their families as well. Making this business successful will turn them into role models for other young women and people with nature-friendly business ideas all across East Timor. They are clearly green entrepreneurs in every sense of the word."

-Daniel Groshong, Founder of The Hummingfish Foundation





INFORMATION PACK



- **Departure Date from Singapore:** 10th November 2012 (if you reside outside of Singapore and would like to join this adventure, please read Note no. 2 below)
- **Arrival Date into Singapore:** 17th November 2012
- **Duration:** 8 days / 7 nights
- **Challenge:** 5 days of pristine underwater diving in the world's best diving sites
- **Maximum Group Size:** 15
- **Adventure-type:** Underwater Diving (Minimum requirement to join - Open Water Diver certification)
- **Challenge grade:** Easy
- **Accommodation:** 2-star accommodation in hotels (5 nights), Eco-lodge (2 nights)
- **Total project fundraising intended for The Hummingfish Foundation:** S\$ 30,000
- **Fundraising intended per participant for The Hummingfish Foundation:** S\$ 2,000
- **Adventure Costs:**
 - a) **Early-bird Adventure Fees per person:** S\$ 2,648 (for registrations done on or before 31st July 2012)
 - b) **OR Regular Adventure Fees per person:** S\$ 2,698 (for registrations done from 1st August 2012 onwards)

Notes:

1. The above includes all accommodation, flights, transport and diving logistics costs except for food & drinks, visa costs and departure taxes
2. If you reside outside of Singapore, you can still join this adventure! Drop us an email at ashwin@goneadventurin.com and we will support you in making the most appropriate flight bookings to East Timor and back
3. Joining this adventure is veteran photojournalist Daniel Groshong, whose work has appeared in major publications like the New York Times. Interested adventurers can enquire with us about getting underwater photography and normal photography lessons from him
4. Gone Adventurin' does not take any cut or commission from the funds you raise for The Hummingfish Foundation. The fundraising will be managed independently on a third-party charity fundraising portal

ABOUT GONE ADVENTURIN'

Gone Adventurin' is a Singapore-based social enterprise. We design and execute inspiring outdoor adventure-driven experiences to empower social development organizations around the world. Through this platform of adventure-driven experiences, our vision is to build a powerful, global community which shares our dream to empower communities and inspire humanity.

From trekking in Vietnam to cycling across Sri Lanka to underwater diving in East Timor, each of these adventure challenges will act as a catalyst to create positive change around you as well as within you.

Each of our adventure challenges enable and empower people to raise between \$20,000 to \$40,000 for charities from around the world.

Experience some of the world's most amazing sights, cultures and people and get inspired by the beauty of nature while directly supporting local communities through our unique challenges. Life is after all, either a great adventure or nothing!



WHAT GONE ADVENTURIN' WILL PROVIDE

Fund-raising tool-kit

Upon registration, we will provide you with a Fundraising Tool Kit. This Fundraising toolkit contains ideas, simple tips and techniques and case studies that we have put together from all our successful past projects and will enable you to create a successful project yourself.

It will serve as your trusty and dependable reference book with loads of inspiration that you'll want to take along wherever you go!

It will contain ideas on:

- Launching your fundraising project
- Setting up your online fundraising page on the designated fundraising portal
- Writing press and media releases
- Fundraising Dos and Don'ts
- Case studies of successful campaigns

This will just serve as a starting point. As you go along in your fundraising journey, we will support you in reaching your target and empower you in making a positive difference around and within you.



Expedition physical conditioning support

Each adventure and endurance challenge requires a different preparation and training. We recognise this and will provide you with ample tips and techniques that we've gathered from experts to empower your preparation.

Our expedition conditioning and physical training booklet contain guidelines on diet, nutrition and physical training needed for this expedition.

We also advise all adventurers to consult with your GPs and/or nutritionists about the expedition to ensure your safety, and well-being.





INFORMATION PACK



the hummingfish foundation



THE HUMMINGFISH FOUNDATION



Who We Are

The Hummingfish Foundation is a Hong Kong-based environmental protection organization. Our mission is to protect the earth's unspoiled natural environments by adding value to nature itself through sustainable community-based nature tourism and green entrepreneurship.

Local stakeholders who damage nature through unsustainable exploitation don't do so because they dislike nature, but rather as a means to provide as much for their families as possible.

We believe that by supporting community-based nature tourism and naturally sustainable businesses, we can start to add value to those resources in their unspoiled state. If heritage and nature are the products that you are selling, then you have a financial incentive to protect those resources.

Established in 2010 by the veteran news and environmental photographer Daniel Groshong, The Hummingfish Foundation works in at least 10 different projects in 5 countries across Asia and the Americas and its Honorary Member is the Nobel Peace Laureate and former President of East Timor, Dr. Jose Ramos-Horta.

Our Model - Community-based Eco-Tourism (CBET)

Environmental Protection. We believe that economic opportunity must go hand in hand with environmental protection. To protect nature's unspoiled natural resources, we add value for local shareholders through sustainable community-based ecotourism and green entrepreneurship. To achieve this goal, we work to brand the destination or product and present its beauty to the potential eco-consumer in a stylish way.

Relief from Poverty. Community-based ecotourism and green entrepreneur projects are excellent ways to create jobs and income for local shareholders. By showing the beauty and wonder of nature in a stylish and professional way, we inspire potential eco-consumers to go visit our destinations and buy our products, therefore giving a financial incentive to local shareholders to protect natural resources.

Sustainable Livelihoods Development. We facilitate a business model which generates revenue for local communities and protects natural resources by adding value to them in an unspoiled state.

Connecting the Dots. We provide the tools to brand, promote and sustain community-based nature tourism and green products by connecting them to the eco-consumers of the world.



EAST-TIMOR DEVELOPMENT LANDSCAPE

Marred by a modern history of brutal repression and decades of violence, warfare and poverty, East Timor is shaking off its turbulent past and appears to be on the brink of an era of progress and unity. However, significant economic challenges remain – notably how to alleviate poverty and create economic opportunities especially for women.

The Hummingfish Foundation is working with a group of women in Timor-Leste to help re-brand and export their beautiful line of all-natural soaps, called Ai-Funan, or “flower” in the Timorese language.

Before the Hummingfish Foundation began helping the Ai-Funan ladies re-brand their soap, they sold their product to the domestic market and scraped a meagre living. This re-branding project has added value to their product and given them access to markets in countries all over the world.



Ai-FUNAN - PROJECT RESULTS



The Ai-Funan project is doing is more than helping the ladies of in Ai-Funan generate more income – the project will have a long-lasting impact to their lives and the lives of their families. By turning Ai-Funan into a successful business, [The Hummingfish Foundation](http://TheHummingfishFoundation.org) is also making these ladies role models for other young women in the country.

Coconut, guava, candlenut, frangipani, lemongrass and coffee are the six sumptuous flavours in which these soaps are available and each bar of a Ai-Funan soap is handmade and contains 100% all-natural ingredients including locally-produced organic coconut and palm oils.



Currently several retail outlets in Singapore and Hong Kong carry Ai-Funan soaps and the soaps are also available online (info@hummingfish.org). In the highly successful branding and marketing project, Hummingfish has so far generated significant revenue for these indigenous soap makers by exporting their soaps to high-end markets outside of Timor.

Day 1, 10th November: Dili

Welcome to the 'City of Peace' and the capital of East Timor. Board the quintessential '*mikrolets*' for a quick tour of the city that is set alongside a seafront of azure, blue waters.

The excitement begins - get ready for an evening dive in the famous *Tasi Tulo!* End the day with a refreshing sunset drink at the popular Castaway bar.

Day 2, 11th November: Dives at Secret Garden - K41 – Dili Rock

Dawn dive at *Secret Garden* - the first dive site east of Dili, these coral gardens here are home to a resident *Dugong* and a colourful collection of small reef marine life.

Afternoon dive at *K41* – a popular site where the reef drops straight into the deep on one side and is home to a large variety of sponges, soft corals and plenty of reef fish. The lucky ones can be treated to sightings of White-tip Reef sharks!

Evening dive at *Dili Rock* - Known for its easy access and great conditions it also offers wonderful opportunities to see Leaf Scorpion fish, Angler fish and Ghost Pipe fish.

Day 3, 12th November: Ai-Funan visit in Laquicia

Depart for Laquicia to visit the communities and spend most of the day interacting with the women behind the Ai-Funan project - the beneficiary of this adventure challenge. Learn how these beautiful, natural soaps are made. Try your hand at making your own hand-made, organic soap and turn them into personalised gifts for your loved ones!

Get ready to spend the evening and night at a rustic eco-lodge - a unique and intimate experience of living close to nature.

Day 4, 13th November: Diving at Maubara – Bubble Beach – Sandy Bottom

Dawn dive at *Maubara* – A dive with entry directly in front of Maubara fort, it has a sandy slope and corals with plenty of colourful reef fish.

Afternoon dive at *Bubble Beach* – Also known as the Laquicia Thermal Springs, the springs issue into the sea from the sandy bottom in just 8m of water. Watch out for the blue-spotted rays and reef fish that cluster around patches of coral reefs.

Evening dive at *Dan's Sandy Bottom* – Also known as Gravel Pit, it consists of a gradual slope dive with some great coral gardens. Off to the right is a sand garden with a wide variety of macro critters. This dive-site was discovered by and is named after the founder of Hummingfish Foundation and our guide, Daniel Groshong.

Day 5, 14th November: Atauro Island – Diving at Outer Reef & Shark Fin

Depart in the morning to the magical Atauro Island, where water is so crystal-clear that you can see the fish as you arrive!

Afternoon dive at *Outer Reef* – Watch out for the schools of dolphins and pilot whales that may be encountered between Atauro Island and Dili.

Evening dive at *Shark Fin* – Be overwhelmed at this site by the excellent visibility and the abundance of fish life and corals.

Spend the night at Barry's Eco-lodge which has four sun-drenched thatched cabins right by the beach!

Day 6, 15th November: Outer Reef (South) – Manta Cove - Pinnacle

Morning dive at *Outer Reef (South)* – Explore the remaining hidden secrets of Atauro's underwater world.

Afternoon dive at *Manta Cove* - Set within a towering cliff, this site is famous for its steep drop off and ridges. Best time to dive is in the afternoon when the light passes over through the many ridges creating a spectacular light show.

Evening dive at *Pinnacle* - Located 4km off shore and only accessible by boat, this site's minimum depth is 12m metre and goes down to 40m. It is an amazing meeting place for large pelagics and turtles.

Return to Dili for dinner and drinks at the popular Hotel California.

Day 7, 16th November: Dili - City Experience

After breakfast, hop onto the *mikrolets* for a tour of the city including the famous Cristo Rei, the infamous Santa Cruz Cemetery, the Dare War Memorial and local coffee processing facilities.

Discover the kind of small-town openness that people only fantasize about but seldom experience.

Get lost in culture at the famous Tais market as you shop for traditional Timorese gifts for your loved ones!

Relive the stories and dreams of this magical country and adventure at a special farewell dinner.

Day 8, 17th November: Departure to Singapore

The end of an amazing adventure in East Timor.



THE NEXT STEPS FORWARD

ITEM	DATE	ACTIVITY	MORE DETAILS
Adventure Fee	To be completed as soon as possible to secure a place in this adventure! Early-bird prices available till 31 st July 2012	Sign up for the adventure on our website and we will then send you the online booking form and online payment invoice	Booking Terms & Conditions document will be sent to you along with the link to the online booking form. To secure early-bird prices, please ensure you make the payment on or before 31 st July 2012
Team event/dinner in Singapore	September (exact date to be confirmed)	Dinner for all adventurers and team bonding time	Venue and date will be confirmed by August
Fundraising & departure countdown!	Registration date to 10 th November 2012	Raise S\$ 2,000 on your fundraising page through your personal networks!	Refer to fundraising toolkit for ideas
Divin' Timor	10 th Nov – 17 th Nov 2012	Complete the adventure!	And have fun!
Continue fundraising!	Till 17 th December 2012	If you've already crossed \$2,000 don't stop just yet! About 20% of funds are usually raised after completion of challenges	Refer to fundraising toolkit for ideas
Completion team event/dinner in Singapore	December	Celebration dinner in Singapore with family and friends!	Venue and date will be confirmed by November



INFORMATION PACK



FREQUENTLY ASKED QUESTIONS (FAQs)

What costs do I need to bear?

Your registration payment for this adventure will comprise of **Adventure Fees** which is inclusive of GST:

- **Early-bird Adventure Fees:** S\$ 2,648
- **OR Regular Adventure Fees:** S\$ 2,698

What is included?

- Small group experience; Maximum 15 adventurers
- Gone Adventurin' Adventurer throughout, experienced English-speaking diving guides
- Hassle-free, one-stop booking and registration service
- International return air fares from Singapore to East Timor and back (if you reside outside of Singapore, drop us an email at ashwin@goneadventurin.com and we can support you in making the most appropriate flight bookings to East Timor and back but please note that your Adventure Fees might then vary)
- 2-star accommodation in hotels (5 nights) and eco-lodges (2 nights)
- Support vehicles and transport of adventurers and equipment to dive sites and Dili
- Equipment and tanks rental for all 12 dives
- Sightseeing excursions as outlined in itinerary
- Fundraising toolkit
- Expedition fitness training booklet
- Organisation of meetings/gatherings with the charity beneficiary and fellow adventurers of this adventure before, during and after the adventure
- Photography lessons from veteran photojournalist and underwater photographer Daniel Groshong

What is not included?

- Travel insurance, Visa fees & departure taxes
- Food and drinks
- Expenses of a personal nature, optional excursions
- Additional transport required due to any emergency situation
- Tips and gratuities to locals, Non-diving adventure gear, sleeping bags and personal day bag

Which diving license should I have to join this adventure?

You must have at least a PADI Open Water Diver license to join this adventure. If you don't yet have a license then do get in touch with us if you need recommendation on which diving instruction schools you can get your Open Water Diver license from.

If I have my own diving equipment, can I get a discount in the adventure fees?

Yes, if you already have your own diving equipment then we will not charge you for it and your adventure fees will be lower than the amount stated above. Please do remember to indicate in our online booking form if you will be bringing your own diving equipment.

How can I fundraise for The Hummingfish Foundation?

Our past adventurers have successfully fundraised in many creative and fun ways. We will send you a comprehensive Fundraising Toolkit upon registration to help you reach your target. You will also have regular support from our Gone Adventurin' team, who will help you develop and manage your fundraising plan, as well as support from the charity for which you are fundraising.

What happens if I don't manage to raise S\$ 2,000 for the charity?

We encourage all our adventurers to make an honest and determined effort but there are no penalties for not reaching the amount. We want each of you have a fun fundraising experience and Gone Adventurin' will support you with as many resources as possible to empower you towards it. Your adventure's team members will also become an informal structure for you to leverage on for ideas and inspiration in reaching towards your goal.

Are there any age limits or specific fitness levels required for this adventure?

The minimum age to participate in this adventure is 18 years at the time of registration.

The difficulty level for this adventure is easy. The adventure involves underwater diving for 5 days with sufficient time for rest in between so there will be plenty of time to relax and even explore parts of East Timor around Dili during the expedition. Please do note that we have experienced local diving guides on hand at all times if you have difficulty on any sections.

Will I get a chance to meet other adventurers before we leave?

Yes, we will organise get-together evening sessions for everyone in Singapore before we leave so no one is a stranger on the flight to East Timor. There will also be regular email and phone communications leading up to the trip. We will also set up an online community on Facebook for this adventure so you can stay in touch with the other adventurers if you're unable to join any of our sessions.

Will I get to meet the communities under The Hummingfish Foundation's Ai-Funan project during this adventure?

Yes, on Day 3 of this adventure we will be visiting the communities and the women entrepreneurs behind the Ai-Funan project. This will give us a deeper insight into the impact of The Hummingfish Foundation's work. You will specifically get to meet and interact with the communities impacted by their projects and also get to try your hand in making organic soaps!

How do I register for this adventure?

You can register for this adventure online at our website

Any more questions?

Please call Ashwin at +65 8125 1377 or email at ashwin@goneadventurin.com.



INFORMATION PACK



the
hummingfish
foundation



Projects, Marketing & all other enquiries

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Gone Adventurin' | A Singapore-based social enterprise |
Company Registration Number 201128184N