



# friendship force

## INTERNATIONAL

### ***Welcome to the January Australia E-Flyer!***

Some of the following exchanges depart from Australia but are open to all Ambassadors.

These programmes represent some of the many places that you can experience and grow your global circle of friends.

If you are interested in any of the following exchanges, please contact the Exchange Director directly.

All prices and dates are subject to change. Exchange costs are shown in the applicable currency.

#### **Niigata, Japan; Tucson, Arizona; Des Moines, Iowa**

WHEN: September 2010 – dates not finalised, but anticipate departing about 9th/10th

CLUB: Adelaide

EDs: Maire & Kevin Sweeney

EMAIL: [sweeneykev@yahoo.com](mailto:sweeneykev@yahoo.com)



Expressions of interest are invited for inclusion on the list of potential travellers for this most interesting exchange which takes in two quite opposite cultures and ends just in the nick of time for moving on to the International Conference in Washington DC.

At the beginning of this trip there is an optional 'add-on' which will take in the cities of Kyoto and Hiroshima for a period of approximately 6 days prior to the exchange beginning in Niigata. It is most fortunate that our homestay will coincide with a 3-day festival in Niigata and our hosts there are very excited about us being able to attend. Following this first phase, we will allow 2 full days in Tokyo for exploring the many delights to be found there.

From Tokyo we move on to Tucson and into another world where the majestic cactus features constantly on the landscape.

Discover life in the desert, find beauty where you never expected it to exist. Maybe you'll even be treated to a re-enactment of the gunfight at the OK Corral, in neighbouring Tombstone.

As a short break between home-hostings, we are planning a road trip, visiting the beautiful red rocks of Sedona, the Painted Desert, the less traveled south rim of the Grand Canyon and the grandeur of Lake Powell and the Colorado River at Page, before finishing up at Las Vegas to catch the flight onward to Des Moines.

Iowa is mainly agricultural but Des Moines is the capital and the largest city in the state – base of the Insurance business in the USA. The club is really looking forward to having the Aussies there.

At the completion of the Des Moines phase, ambassadors will be free to return home, arrange further personal travels OR join some of us who will continue to the International Conference in Washington DC 16-18 October, with an option of another spot of home hosting, in that region, afterwards.

COST: This is currently under investigation with widely varying airline fares being quoted right now.

We are hoping that all flights can be included for a cost of around \$3500 BUT this is still in the lap of the airline gods.

We know that exchange fees will come to approximately \$700 (according to USD exchange rates)

It is still early days for finalising extra travels within Japan and for the days between Tucson and Des Moines but you may be sure that we are aiming for the very best deals for all concerned..

## Freiburg and Herne, Germany - Exchange Number: 10025

Club: Queanbeyan-Canberra

Dates: Depart mid June 2010 – two week exchange.

Price: To be advised – estimate \$A3300

Exchange Director: Ken Hocking

Email: [hockinghugg@ozemail.com.au](mailto:hockinghugg@ozemail.com.au) - Phone: 02 6299 9242

Fly to Frankfurt (Germany) or Zurich/Basle (Switzerland), thence to Freiburg by High Speed trains for first week of exchange. Thence by train to Herne for second exchange. Pre and Post Exchange travel own arrangements.

Freiburg is situated in the Black Forest in South West Germany, not far from Switzerland and France. It was founded in the middle ages, nearly nine hundred years ago.

Herne is in the Ruhr area in North West Germany surrounded by the big cities of Essen, Dortmund and Bochum. It was first settled also in the eleventh century.

This exchange is open to all Australian and New Zealand Ambassadors, all are welcome to join in a trip to Germany during which warm weather is expected.



## Montgomery, Alabama; Greater Atlanta, Georgia; Tampa, Florida

WHEN: 1ST-25TH May 2010

CLUB: Sydney

ED: Karen Mizon [karenmizon@lqms.com.au](mailto:karenmizon@lqms.com.au) - Phone 02 9634 7858

COSTS:- Airfares to USA from AUS \$1400 return – (Variable depending on airline <http://www.webjet.com.au>)

FFI FEES: -US\$115 for each of the first 3 weeks

HOST CLUB FEES: US\$100 per host club

### INTERNAL TRAVEL:

- Delta Airlines Los Angeles to Montgomery US\$155.19
- Montgomery to Atlanta Greyhound Bus US\$35
- Atlanta to Orlando Delta Airlines US\$119.61
- Orlando to Tampa by bus cost TBA
- Tampa to Los Angeles by Delta US \$175.20

### ACCOMMODATION:

- Overnight in Los Angeles ~ US\$75-\$120 per person
- Orlando 3 nights Total US\$120pp staying in 3+ star motel shared rooms

### Optional Tours in Orlando: -

- Kennedy Space Centre US\$150 full day tour with transport
- Disney World 1 day passes US\$79

An Exchange with a Twist - Participate, Learn, Experience “Life in an Afro-American Community”

An exchange filled with educational programs and community interaction. At least one Home Stay with Afro American families, experience their rich culture including “Soul Food, Music and Worship”. Capital of Confederacy-Home of the Civil Rights Movement.

Montgomery is steeped in history and is the showplace of southern hospitality and the epitome of economic prosperity. The city is filled with rich diversity and cultural landmarks such as the Hank Williams Museum, Alabama Shakespeare Festival, Rosa Parks Museum, First White House of the Confederacy, Civil Rights Memorial and much more. Montgomery is the home of Maxwell/Gunter Air Force Bases, Hyundai Motors Manufacturing Alabama and Biscuits Baseball. The downtown redevelopment is bringing new life and energy into an area of historic significance.

Atlanta - Continuing along with the Afro-American theme we will spend 7 days in Greater Atlanta, also home of Coca-Cola and Friendship Force International.

Orlando, Florida. Spend 4 days at our own expense (2 full days plus travel) visiting Kennedy Space Centre [www.kennedyspacecenter.com](http://www.kennedyspacecenter.com) –NASA's launch headquarters- the only place on Earth where you can tour launch areas, meet a veteran astronaut, see giant rockets, train in spaceflight simulators, and even if lucky, view a launch. DisneyWorld [www.disney-worldorlando.net](http://www.disney-worldorlando.net)

After these two places of interest we will proceed to the third phase of our exchange with the FF of Suncoast Florida in Tampa which is located on the west coast of Florida- commonly referred to as the Tampa Bay Area, a very cosmopolitan town where we will experience the Hispanic Culture of Cuban immigrants.

ASAP Deposit \$500 (refundable less \$25 for Sydney club expenses)



Hamilton and Kapiti Coast, New Zealand – Exchange No. 10132

DATES: 17th April – 1st May

CLUB: Hobart

COST: Make own flight arrangements – plus exchange fees

ED: Rod Seppelt rgdsep@iimetro.com.au

Looking for a less arduous overseas travel experience? Want to experience some cross Tasman hospitality, meet some great people and see fantastic scenery?

We will be making own arrangements to fly into Auckland and traveling from Auckland to Hamilton on the morning of Saturday 17 April. A day trip is being organised to Rotorua. We will travel by train from Hamilton to Paraparaumu (nearest station to the Kapiti Coast region) on Saturday 24 April. The Kapiti Coast exchange has been dubbed the ANZUS Exchange as Cedar Rapids, Iowa, will also be hosted by Kapiti Coast that week. A day in and around Wellington or a visit to Kapiti Island is being planned during our exchange week. We depart from our Kapiti Coast hosts and head for home from Wellington on Saturday 01 May.



We still have a few vacancies but need to confirm numbers by second week of February.

### **Lethbridge, Canada; Spokane, Washington State; Knoxville, Tennessee**

DATES: August 4th - September 5th

CLUB: Melbourne

COST: Fares approx \$3,500 plus FF fees approx \$800

ED: Jan Felstead felstead@tpg.com.au Phone: 03 9802 1145

Exchange is in the early stages of planning... Direct flight Melbourne to LA August 4th with V Australia. Continue on to Vancouver and spend a couple of nights. 4 day bus tour through the Rockies.

Arrive 10th August to start the exchange in Lethbridge, Alberta

Hopefully I can arrange to get to Waterton/Glacial National Park for 2 nights (according to Lonely Planet better than the crowded Banff parks).

Spokane Washington State, for our next exchange.

Train/bus from Spokane to Seattle for a possible night or two.

Fly Seattle to Knoxville Tennessee, for our final exchange. Then we could fly to Vegas for a couple of nights; Vegas to LA and back home.

### **USA - San Diego, North Colorado and Austin. (Exchange no. 10292)**

Club: Mount Barker & Districts, South Australia.

Date: Departing Australia 9th May, 2010.

Cost: Return air fare about \$ 1,400.00

Joint E.D's: John Baker on baker171@bigpond.com; David Adams on adamilne@adam.com.au



This three-assignment outbound is based on a seven nights stay at each of the clubs. We will have a 1 day stopover in Hawaii en route and then fly direct to San Diego. Also, after the North Colorado stay there is a 3 nights' break in the nearby Rocky Mountains, before flying on to Austin.



After Austin, make your own arrangements to continue on to other destinations or return to Australia. As the plane flights are now filling up, please register your interest as soon as possible with one of the above EDs.

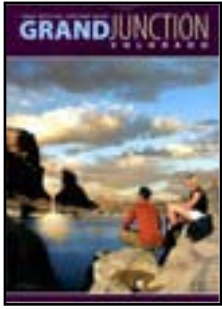
## Western Colorado and Central North Carolina USA

DATES: May 10th – May 28th 2010.

CLUB: Brisbane

COSTS: Approximate cost is \$3622.00 pp + travel insurance, Brisbane to Brisbane, based on airfares and exchange rates applicable as at the 30th November 2009

ED: Doug Harding ED. Ph. 07 3265 6853 Email:- dambhar@optusnet.com.au



The Friendship Force of Brisbane is planning a dual exchange to the Western Colorado Club and the Central North Carolina Club in the USA. Departure is planned for May 2010. The first seven day hosting will be at Grand Junction between the Rocky Mountains and the Utah Desert, an area with high temperatures and low humidity. We will enjoy the rich early American western history with old gold and silver mines, old cowboy towns, National Parks and the famous dinosaur museum – you can't get more historic than that. We then travel by Amtrack on 'one of the most beautiful railway journeys in the USA' to Denver for two nights and a chance to see the local sights.



This is followed by a two night stopover at Atlanta where we will visit FFI headquarters and hopefully do a half day city tour. We then fly on to our second seven day hosting at Central North Carolina which encompasses three cities, Greensboro, Winston-Salem and High Point, known as the 'Piedmont Triad' located between the Blue Ridge Mountains and Carolina beaches. Once known for textiles, tobacco and furniture, the area is full interesting things such as Revolutionary war sites, crafts, wineries, collectables, potteries, parks, gardens and zoos – take your pick. At the conclusion of this wonderful visit, you are free to travel further or return home.

## Bavaria, Germany; Tbilisi, Georgia

DATES: Meet Frankfurt 29th August

CLUB: Murray Bridge

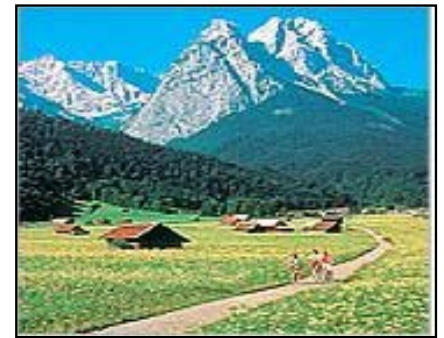
COST: Approx cost with flight \$3800

ED: Elizabeth Cameron elizcam@bigpond.com Phone: 0885322865 or 0412798949



Experience the fun and friendship of Nuremberg. Visit Regensburg, Bamberg, Rothenburg, all in Bavaria.

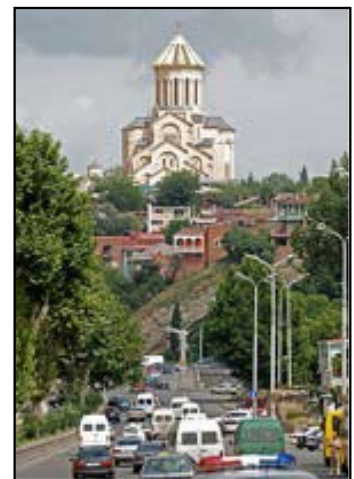
Proposed Itinerary: Meet in Frankfurt 29th August (own flight) stay one night in hotel. 30th August travel to Nuremberg by train. 4 day tour, fly to Tbilisi – Georgia



Bavaria lies in the southeastern corner of Germany. With its unique diversity of attractions, its scenic beauty and unspoilt nature, its romantic castles and medieval towns, its beer halls, its excellent cuisine and hospitality, its pleasant climate and its cosmopolitan high-tech capital of Munich, Bavaria is undoubtedly the prime holiday destination in Germany, no matter what time of the year.

Tbilisi is situated in East Georgia on both banks of the Mt'k'vari River. The elevation of the city ranges from 380-770 meters above sea level (1246–1968 ft) and possesses the shape of an amphitheatre surrounded by mountains on three sides. To the north, Tbilisi is bounded by the Saguramo Range, to the east and south-east by the Iori Plain, to the south and west by various endings (sub-ranges) of the Trialeti Range.

In the near future, Tbilisi will have three skyscraper complexes. The Axis Towers, Redix Chavchavadze 64, and the new Ajara Hotel/Business Complex, which is currently under construction will be the tallest buildings/skyscrapers in the Caucasus.



## Global Exchange To Ghana and Mispah, South Africa (Exch No. 10272)

DATE: July 2010 – Exact dates to be confirmed (May be slightly deferred)

ED: Heather Haythorpe Email: itzme@flexinet.com.au Phone: (07) 5443 4306

New offer for 2010! Experience Ghana.

Something for those with a bent for the exotic!



Ghana beckons those who would like to do something different, those with an adventurous spirit, and those who love the people of Africa

GLOBAL EXCHANGE TO GHANA visiting Legon and Tema, and Volta Lake – finishing with a visit to beautiful MISPAH, South Africa.

Maximum places available – 20



**Metro Vancouver, Canada; Richmond, Virginia USA – Exchange No. 10129**

DATE: 8-31st August 2010

COST: Approx \$7,500 (FFI and Host fees Included)

CONTACT: Gillian Cooper (Greater Dunedin) leanacres@yahoo.com 03-448 8532

Get away from the winter blues and join us on our adventure to Canada and USA. We travel to Vancouver for our first hosting. Metro Vancouver covers the beautiful Fraser River valley, which starts in the mountains with spectacular canyons, lakes, and waterfalls, and runs through fertile plains to the sea. Vancouver is a multicultural city known for its beautiful parks, surrounding mountains and proximity to the Islands.

On leaving our first hosting we fly to Anchorage and overland via Whitehorse, Fairbanks, Denali National Park to Skagway where we join the cruise south through the inside passage to Vancouver.



Alternatively a cruise of your choice or perhaps the rail across the Rockies or just meeting up with friends for a few days before regrouping in time to fly into Richmond, Virginia ready for our next hosting.

Our second hosting is with Richmond, Virginia where there are so many US history features that we will not be able to fit them all in. Eight presidents came from this area. Richmond is 2 hours south of Washington DC, close to Williamsburg, Jamestown and many other historic areas.

Something a little different about this exchange is the opportunity to visit Greater Dunedin members, Ron & Peg, who live in Waterloo, Ontario for part of each year and in Alexandra NZ the remainder of the year. They would

enjoy showing Ambassadors around the area of their hometown in Canada after the Exchange

Register your interest in this exchange. Contact Gillian on (NZ)(03) 4488532 or leanacres@yahoo.com.

**Braunschweig-Peine and Chemnitz, Germany (Exchange no. 10081)**

DATE: May 2010

CLUB: Central Coast

COST: All land & air – approx \$3400 (incl. FFI & host club program fees)

ED: Deidre Abdy 61 2 4388 9435 E-mail dabdy00@bigpond.com

Come fly with us!

Braunschweig and Peine offer an exciting blend of the past and the present, tradition and the future. Surrounded by many beautiful and famous old towns: Wolfenbüttel with its medieval



downtown and famous library, Goslar and the Harz mountains, medieval

Wernigerode and it's castle, Celle with its many half-timbered houses, and, of course the Pied Piper's town of Hameln. Then

there's Hannover, capital of Lower Saxony, with its beautiful Herrenhaeuser gardens. And if you are into technology – the Volkswagen "Car City" at Wolfsburg is close by. A veritable feast of vivid experiences in the romantic heart of Germany. Check out <http://www.ff-bs-pe.de/impression.html>



Discover Chemnitz – the modern and bustling city in the heart of Saxony. The charming ambiance of Chemnitz is brought about by the unique mixture of 850 years of city history, historic industrial architecture and significant reconstruction following German reunification.

Chemnitz is also close by some "must see" cities like Dresden and Leipzig. Chemnitz is in east Germany, and provides some great insights into life during the Communist era.

Proposed itinerary: Depart Sydney 26 May. 2 nights Frankfurt. Train Frankfurt- Braunschweig-Chemnitz-Frankfurt

## DISCOVER THE OUTBACK – Global Exchange

DATES: 5-Day homestay in beautiful Adelaide 27th April – 3rd May, followed by 7-day outback adventure Adelaide to Alice 3rd -9th May

COST: \$USD1200 – OR \$USD1100 for Outback sector only

CONTACT: Bobbie Mulholland rrsquared@optusnet.com.au Phone 08-8376 4500



Time is almost up for enlisting on the trip of the year. Come, join a group of Americans, English and other Australians to journey a road less travelled, up through the outback regions of the Flinders Ranges, on to William Creek and through the largest cattle station in the world. Sleep underground in Coober Pedy and under the stars in the desert. If you have not yet discovered your own backyard, this is surely the time to do it. Visit Uluru, Kings Canyon and finish in “The Alice”.

Only 4 spaces remain – we’d love to have you along.

