



friendship force
INTERNATIONAL

Welcome to the March New Zealand E-Flyer!

These exchanges are open to all Ambassadors and represent some of the many places that you can experience and grow your global circle of friends.

[Details of 2010 Exchanges with vacancies are listed below.](#)

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

***All prices and dates are subject to change.
Exchange costs are shown in the applicable currency.
If you wish to Opt Out of receiving this E-Flyer please email
Colin Ridge (colinjanet@clear.net.nz) with this information or
use the Opt Out option on the front page.***



Bali Festival

13-21st April 2010

Cost: US\$810 (you will need to find your own way there)

Contact: Maryam Jordan mjordan@thefriendshipforce.org

This festival starts with four nights in Kuta, Bali at the Ramada Bintang Bali Resort Hotel during which time you will surf, swim and sun bath. You will also learn about Bali and Indonesian culture and be entertained by Bali dancers. A bus trip to the hinterland includes visits to a silver handcraft centre, a traditional market, the miniature Bali culture centre, the palace of Ubud, and more. Optional extras are the famous Bali cruise or a journey to the Monkey forest where the soon to be released movie 'Eat, Pray, Love' featuring Julie Roberts was filmed. Then it is on to a four night homestay at an Indonesian FF club – either Jakarta, Jogjakarta, Bandung, Solo-Surakarta, Malang, Surabaya or Semarang. This is an adventure not to be missed.

San Diego County, Northern Colorado and Austin, USA

9th May 2010

Cost: About NZ\$1800-2200 (which includes FFI, Club Host fees and internal USA costs - Kiwis will have to get to Hawaii on 9th or to San Diego on 10th to join to exchange, and make their way back from Austin on 4th June at the end of the exchange).

Contact: John Baker (Mount Barker & Districts, SA) baker171@bigpond.com +61-8-8391 3268 or David Adams (Mount Barker & Districts, SA) adamilne@adam.com.au



This three-assignment Outbound Exchange is based on a seven nights stay at each of the clubs. We commence with a one day stopover in Hawaii en route and then fly direct to San Diego for our first seven day hosting. NZ Ambassadors could make their way independently to San Diego, a city of 1.3 million people on miles of beautiful beaches. While there, we may have a harbour cruise and tour of the U.S.S. Midway Naval Aircraft Carrier; and visit such places as the San Diego Zoo or Wild Animal Park; Lego land, Aquarium; Balboa park museums, the Palomar Observatory, and make trips to the local mountains and deserts. On to our second seven day hosting at Northern Colorado. This club is based mainly round the agricultural towns of Fort Collins and Loveland near the Rockies and Greeley on the plains. A tour of Rocky Mountain National Park is always part of our agenda and is usually a highlight of any visit. After the North



Colorado stay there is a 3 nights' break in the nearby Rocky Mountains, before flying on to Austin for our third seven day hosting. Austin is located on the Colorado River, capital of Texas, home of the University of Texas and has many cultural aspects including a sculpture garden, symphony orchestra, ballet troupe, opera company and live music. After Austin, we make your own arrangements to continue on to other destinations or return to New Zealand.

Western Colorado and Central North Carolina, USA

10th-28th May, 2010

Cost: Approx A\$1880.00 (which converts to approximately NZ\$2300 and includes FFI and Host Fees, all internal transport and hotel accommodation from and back to Los Angeles. Travel insurance is essential).

Contact: Doug Harding (Brisbane) dambhar@optusnet.com.au +61-7-3265 6853.



Join our Aussie mates on their adventure to USA. To join the group, you will need to be in Los Angeles on 10th May (time details available from ED). The first seven day hosting will be at Grand Junction between the Rocky Mountains and 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 a half day city tour. Then to our second seven day hosting at Central North Carolina which encompasses three cities, Greensboro, Winston-Salem and High Point, 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 the early Moravian settlement, Revolutionary War sites, Nascar raceway, 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.

Gold Coast and Melbourne, Australia

22nd May-6th June, 2010

Cost: Approx \$900 (Includes FFI, Club Host, Admin and Melbourne flight fees, but not air fares to and from Australia).

Contact: Pauline Schon (Whangarei) 09-437 2527 paas@clear.net.nz or Gay Allely (Whangarei) 09-437 1167.

Get away from winter and join our fun exchange to our Aussie mates. We each make our own air bookings to and from



Australia and meet at a place to be decided. The exchange starts with a seven day hosting at the Gold Coast, the tourist capital of Australia. We will enjoy the endless sunshine, sandy beaches and the inland mountains with our world listed heritage rain forest of water falls and ancient trees. A visit not to be missed is to one of the Native Wildlife Parks where we will see koalas, kangaroos, colourful lorikeets, platypus, dingoes and some Aboriginal dancing. Then it is on to our second seven day hosting at Melbourne. The people of this



multi cultural city are sports mad, and may take us to the Guide Dog Training Centre, the Police Academy, Melbourne Cricket ground, and the Tapestry workshop. We may also visit the Australian garden and Point Nepean at the head of Port Phillip harbour. Then it is back to our wonderful land.

La Serena, Chile and La Libertad, Peru

31st May – 19th June 2010 (extra tour ends 26th June)

Cost: Approx \$6,300 (includes FFI and Host fees and the main exchange, but not the extra tour which is a further \$2400.)

Contact: Jenny Connor (Napier) phone and fax 06-874 3886 (no email)



We depart Auckland 31st May and have a one day stopover at Santiago, Chile on our way to our first seven day hosting at La Serena which is located some 471kms to the north. This prime coastal resort with its Mediterranean climate was founded in 1544

at the beginning of the Spanish Conquest and became a haunt for Sir Francis Drake, John Hawkins and other corsairs and buccaneers. This area, known for its colonial buildings, is also the centre of a fruit growing area noted for its papaya. We may also visit La Herradura, a former fishing bay, copper foundry and tourist resort. We return to Santiago and fly north to Lima, from where we travel to Cusco for a three day break. During this time, we take a guided tour to the magnificent ruins of Manchu Picchu. From here, we travel to our second seven day hosting at La Libertad in the Trujillo region of Peru just north of Lima. This city on the Pacific Coast is surrounded by the archaeological ruins and temples of their ancestors. The Pre-Inca cultures are the Huacas of the Sun and the

Moon and we will probably visit the marvelous ancient city of Chan-Chan. At this stage, those who wish can return to Auckland through Santiago or take part in the optional extra seven day tour to Rio de Janeiro– Iguazu Falls – Sao Paulo - Santiago – Auckland for a further \$2400. Note that while in South America, participants will be transferred between hotels and escorted on selected tours by English speaking guides at no additional cost.

North Moreton and Bundaberg, Queensland, Australia

1st June, 2010

Cost: \$1700 (FFI and Club Host fees included, but not optional extra to Cairns of about \$700).

Contact: John & Daphne Widdison, (Nelson) john.daphne@paradise.net.nz 03-547 1149

This is an opportunity to get away from the NZ winter for a two phase exchange to sub-tropical Queensland. Our first hosting is at North Moreton, a district just north of Brisbane which takes in the regions of Caboolture, Redcliffe, Pine Rivers and Bridie Island. This area has beautiful beaches, mountains, lakes, kangaroos and boutique wineries. It is possible we will visit the Historical Village, a Reptile Farm, Ettamogah Pub, Abbey Museum, Bridie Island, a rainforest walk and do a National Park cruise. Then it's on to our second hosting at Bundaberg, some 350 kms north. Think Bundaberg, think Rum and Ginger Beer – and we will be able to sample and visit both. This centre of the cane sugar industry is also the southern access to the Great Barrier Reef with its coral reefs, passing humpback whales, turtle rockeries, and many other tropical wonders. And the enjoyment doesn't stop there – maybe we'll visit Snakes down under, a bird habitat, Captains Cooks' landing at Seventy Seven, the backpackers at Childers, and more. Following these fun exchanges, we offer an optional extra to Cairns, where the local FF club has offered to day host us.



Frieberg and Herne, Germany

Mid June, 2010

Cost: Approx A\$3,300 (includes FFI and Host fees) – this equates to approximately NZ\$4,200

Contact: Ken Hocking (Queanbeyan, Canberra), hockinghugg@ozemail.com.au



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.

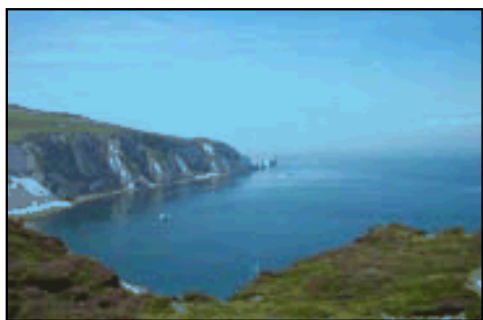
Isle of Wight, UK

15th June 2010

Cost: Approx US\$290 plus £25 for ferry. You will need to find your own way to Southampton.

Contact: Jan Reid (Kapiti Coast), janreid@paradise.net.nz +64-4-902-1106

This is a 'New Zealand Ramblers' themed hiking exchange on the Isle of Wight which is off the south coast of England and is steeped in history. In the four walking days, you will walk to the Needles Point in the far west in the footsteps of Alfred Lord Tennyson and see the fabulous coastline views, you will walk from Carisbrooke Castle to explore the undulating scenery, typical farmland and villages around the centre of the island, you will walk the south from Blackgang to the Pepper Pot, The Hermitage and Niton Village returning along the coast, and you will follow the Bembridge Trail from historic Brading village across Brading marshes visiting the islands only windmill, returning through Culver Down and Yaverland back to Brading. And during your free days you can visit the many other very special places in this unique place.



Greater Denver and Chicago, USA

Late July 2010

Cost: Approx \$3,700 (includes FFI and Club Host fees and the two exchanges, but not the 7 days pre tour, nor the cruise and later part of the trip).

Contacts: Brian Grimwood (Western BOP), bgrim@ihug.co.nz 07-863 1151 or Elizabeth Jones (Thames-Coromandel) amahl@callsouth.net.nz 07-868 3137

Our Group plans to leave in late July for a 7 day stay taking in the numerous sights of Washington DC and Philadelphia, before arriving for our first 7 day hosting in Chicago, that going city that, as the song goes, Billy Sunday could not shut down. With a population of 8 million, Chicago is USA's third largest city and a hub of finance, commerce, education and spectacular skyscrapers. We will enjoy the sandy lake beaches and the huge variety of shopping, Museums, and maybe cruise Lake Michigan. We then travel to Denver in Colorado for our second week of hosting. This city of 3 million people (known as Mile High City), is home to four major successful sporting teams and has many cultural and sightseeing opportunities for us to enjoy. We may see the Performing Arts Complex and various museums, parks and zoos, but we will certainly see the Rocky Mountains from Pikes Peak to Rocky Mountain National Park and surrounding areas. Don't miss the Dinosaur footprints. From there we fly to Boston and join the cruise ship Maasdam of the Holland America Line for a 7 day cruise around Newfoundland and up the St Lawrence River to Ottawa. We then leave the boat for a 3 day stay in Montreal, on to Toronto for about another 3 days where we will certainly visit the Niagara Falls before returning to NZ in early September. The trip is planned in three parts and you can combine either the Washington stay with the Exchanges and then finish after Denver, do the Exchanges and join us on the Cruise, or you can do the lot. The cost depends on how much you want to do! Join us to make this a trip to really remember.



Metro Vancouver, Canada and Richmond, Virginia USA

6-30th August 2010

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

Contact: Gillian Cooper (Otago) nthamerica@yahoo.co.nz 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.



We depart on 14 August after a wonderful week with Vancouver and cruise to Skagway, overland via Whitehorse, Fairbanks, Denali National Park to Anchorage. From Anchorage we fly to Richmond ready for our next hosting. This cruise is not compulsory so perhaps a cruise of your choice or perhaps the rail across the Rockies or just meeting up with friends for a few days is your preference before regrouping again. 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. After our fun packed week with Richmond our official



exchange ends and you are free to fly home. For something a little different we have the opportunity (not compulsory) to visit Otago 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 their area of Canada after the Exchange.