



CROSS CULTURAL JOURNEYS FOUNDATION

DONOR EXPEDITION TO ETHIOPIA ANCIENT LAND OF HISTORY, MYSTERY, AND MYSTICS

FEBRUARY 17 - MARCH 3, 2009

TRIP HIGHLIGHTS:

- On the ground visits to grantees and prospective grantees of Cross Cultural Journeys Foundation
- Meetings with local women's groups to identify needs and exchange ideas
- Travel the historic Northern route, explore 800 year old underground churches hand-hewn from granite
- Coptic Christian churches where colorful and ancient traditions are still practiced every day
- Rural village visit in Great Rift Valley near where "Lucy", the oldest human female fossil was found
- Off the beaten path itinerary to places seldom accessible to tourists

OUR CULTURAL LEADER

Worku Sharew is a Coptic Christian scholar and mystic living in Addis Ababa. He left his homeland in his teenage years, studied philosophy at St. John's University in Annapolis, Maryland, then returned to Ethiopia where he pursues the study of Coptic Christian mysticism and works as a writer and translator. Gentle, articulate, and an excellent teacher with a wonderful sense of humor, Worku provides a bridge between Western thinking and that of ancient and present day Ethiopia.



ITINERARY OVERVIEW

Ethiopia, one of the most interesting and exciting countries in the world, is full of history, intrigue, mysticism and mystery. The Ethiopians are a people of extraordinary grace, beauty, strength, resilience and intelligence with spiritual traditions and a sense of cultural and personal dignity which have remained intact through the centuries. Ethiopia is the only African country that did not sell their own people into slavery, and has never been colonized.



We explore the ancient sacred traditions of Coptic Christianity that predate Western society by centuries, and still hold to and incorporates centuries old Jewish customs and beliefs. (Many say that Ethiopia is the site of the Garden of Eden). As a group, we will visit various programs and prospective CCJF projects that promote self reliance for women. We will spend time with the women as advocates and listen to their stories as we share our own. Our accommodations will be in four and five star hotels or the best available, but always clean, safe and comfortable by Western standards.



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We begin in the cosmopolitan capital city of Addis Ababa. Then our journey takes us north to Bahir Dar, Lake Tana with its island monasteries and the Blue Nile Falls, the origin of the Nile River. From there we visit what is known as the Eighth Wonder of the World...Lalibela, with its eleven hand hewn subterranean churches, each carved underground from solid stone in the twelfth century. To this day the method of construction cannot be explained. In these churches we witness the practice of traditional Coptic Christian rituals and art unchanged over the last 1,500 years and surrounded by ancient mysticism and richness of belief. On our route, we will visit current projects sponsored by the Cross Cultural Journeys Foundation. and evaluate prospective new programs. We will be there as witnesses to listen deeply to the women of Ethiopia about their lives and needs. Leaving Lalibela, we travel to the small village of Elowaha where a comfortable safari style campsite is established for us and we spend time with the women and families of Elowaha where CCJF has grantees.

On this trip, we do not travel the traditional tourist path; this is Africa as you always imagined it to be. Once seen, it can never be forgotten. We return home changed forever, touched by the majestic African continent and her people.

Note: This trip is an opportunity to visit CCJF programs in the field. It is culturally diverse and a rewarding, learning adventure. Tourism infrastructure in Ethiopia is not fully developed, which is one of the reasons so few have visited the country. For this journey there may be walking on uneven terrain. You must be in good health and have a flexible, adventurous attitude. Our accommodations are in four and five star hotels where possible. While in Lalibela and Bahir Dar our accommodations are comfortable, clean, safe, but simple. On the Elowaha and tribal portions of the trip our camp is set up by experienced camp staff, we sleep in sleeping bags, on thick mats, and in comfortable, clean tents. Our meals are prepared by a cook who will travel with us. We have been working in Ethiopia for 13 years and are well connected. Carole Angermeir, founder and President of Cross Cultural Journeys, has led numerous expeditions to Ethiopia, and will be the expedition leader. You will be accompanied throughout by experienced Ethiopian guides and interpreters well known to CCJ Foundation.





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DAILY ITINERARY:

DAY 1, FEBRUARY 17, TUESDAY: – DEPART USA / LONDON

DAY 2, FEBRUARY 18, WEDNESDAY: LONDON OVERNIGHT (optional)

Optional stop in London overnight to rest and break up our long flight to Africa. (To be confirmed) plan to have dinner with Carol Beckwith and Angela Fisher, renowned authors and photographers of the books, African Ark, and African Ceremonies. Much of their work is done in Ethiopia. **London Hotel (D)**

DAY 3, FEBRUARY 19, THURSDAY: LONDON/ADDIS

Late morning departure to the airport for our flight to Ethiopia.

DAY 4, FEBRUARY 20, FRIDAY: ADDIS

Early morning arrival and transfer to our hotel. Rest after the long flight. Visit the local museum to learn the history of Ethiopia. Late afternoon we are met by our leader, Worku Sharew, for an orientation and briefing about Ethiopia. Dinner. **Hilton Hotel (D)**

DAY 5, FEBRUARY 21, SATURDAY: ADDIS

Morning tour of this ancient city of contrasts where modest huts and skyscrapers coexist, and donkeys share the roads with four wheel drive vehicles. Today we meet with local women's organizations and Non-Governmental Organizations (NGO's).

Hilton Hotel (B,L,D)

DAY 6, FEBRUARY 22, SUNDAY: ADDIS / BAHIR DAR

A short flight north to Bahir Dar and our tropical resort hotel on

the edge of Lake Tana, the largest lake in Ethiopia. We travel by charter boat to explore the islands on this huge lake with their unique, ancient churches built in the round, with reed sides and thatched roofs. To view the abundant, brilliant multi colored paintings which adorn these churches is worth the trip alone! Later, we walk to the breathtaking Tisisat Falls, the origin of the Nile River. In the evening, stroll the hotel gardens and watch the dramatic African sun setting. **Lake Tana Hotel (B,L,D)**



DAY 7, FEBRUARY 23, MONDAY: BAHIR DAR / LALIBELA

A morning flight to Lalibela, known for its eleven stone underground churches, often called the 8th wonder of the world. These structures have literally been excavated and carved from the solid granite earth. This construction is said to have been completed in 24 years "with the aid of the angels"

and King Lalibela who received directions for the buildings in a dream. Lalibela is a pilgrimage site for



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Ethiopians. Religious festivals and celebrations are commonplace, continuing to this day the centuries old, colorful ceremonies in the underground churches. The priests carry brilliantly colored umbrellas symbolizing celestial spheres and wear brightly colored flowing robes, hats and capes. These churches constitute a living link with the past not only with the recorded facts of history, but also with the spirit, outlook and very atmosphere of another era. We will explore the churches at our leisure and marvel and wonder at the mystery of their construction. Our leader, Worku, is a scholar in the mystical Coptic Christian traditions and an invaluable resource in explaining the symbolism for us. Visit a CCJF grantee. At dinner, Ethiopian traditional dancing and music. **Roha Hotel (B,L,D)**



DAY 8, FEBRUARY 24, TUESDAY: LALIBELA

Continue our exploration of the historic underground churches. Meet with school girls to discuss their need for an educational program in their community. Girls traditionally drop out of school by 5th grade. **Roha Hotel (B,L,D)**

DAY 9: FEB. 25, WEDNESDAY: LALIBELA

Continue our exploration of the Lalibela churches. We take a donkey ride (or walk if you prefer) to a centuries old, remote monastery and carved into the side of a cliff. In this area of Ethiopia, it is not unusual for a woman to finish raising her family and devote the later part of her life to contemplative living. Visit a woman's co-op teahouse started with a grant from CCJ Foundation. **Roha Hotel (B,L,D)**

DAY 10, FEBRUARY 26, THURSDAY: LALIBELA / KOMBOLCHA

In the morning, early risers can walk the dirt path to an ancient carved stone church for silent meditation. As the sun rises, priests chant as they light candles, and the faithful come to pray. We drive in four wheel drive jeeps to Kombolcha. **Hotel Tekle (B,L,D)**



DAY 11, FEBRUARY 27, FRIDAY: KOLMBOLCHA / ELOWAHA

We take a beautiful drive down the Great Rift Valley through acacia trees, past wild ostriches, to the outskirts of the small village of Elowaha where a comfortable tented camp, safari style, will be setup for us. **Camping (B,L,D)**

DAY 12, FEBRUARY 28, SATURDAY: ELOWAHA/ KOMBOLCHA

Enjoy a delicious hot breakfast prepared by our camp cook then spend the day in the small village of Elowaha where CCJF has grassroots projects. Meet the people of the village, sit with them and talk of their lives, and

sharing your own with them. Drive back to Kombolcha. **Tekle Hotel (B,L,D)**



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DAY 13, MARCH 1, SUNDAY: ELOWA / KOLMBOLCHA/ADDIS

Drive back to Addis. Free time to rest, sit by the pool or explore the town. **Hilton Hotel. (B,L,D)**

DAY 14, MARCH 2, MONDAY: ADDIS Morning group discussion of all we have seen and experienced in Ethiopia, evaluating the needs, ideas and implementation of future programs for the work of CCJF. The rest of the day is free to explore Addis and the colorful markets bursting with artisan crafts including intricate hand wrought silver crosses, wood carvings and colorful textiles. Farewell Dinner. Late evening flights home. **Hilton Hotel (B,L,D)**

DAY 15, MARCH 3, TUESDAY, ARRIVE USA

Note: This is a working itinerary and subject to change. The purpose of the journey is to familiarize participants with the work of Cross Cultural Journeys Foundation on the ground in Ethiopia.

THIS EXPEDITION IS LIMITED TO 15 PERSONS.

INCLUDES: Hotels (double accommodation); all meals except one lunch; bottled water; all transportation in-country; in-country air flights (economy class); cultural leader Worku Sharew; in-country guides and translators; trained camping staff, tents, mattresses, cook; visits to CCJF projects; preparation materials and information about the country

DOES NOT INCLUDE: international air; London stopover; items of a personal nature; alcoholic beverages; camera fees; travel insurance (strongly recommended, information provided upon registration); gratuity to in-country leader, guides, drivers (optional, yet customary)

DATES: FEBRUARY 17 - MARCH 3, 2009

COST: \$5,390; Single room add \$700. London portion: add \$500 including hotel and dinner. London single room add \$100. International Air not included. We will book group air at a discounted price if we have ten persons who are interested.

We request that each person joining this expedition contribute a minimum contribution of \$1,000 (tax deductible) to the work of Cross Cultural Journeys Foundation in Ethiopia.

If you would like to join the expedition or have questions, please call Carole Angermeir at:

800-353-2276 or 415-332-0682