

Bhutan 2019

The joy of sharing A unique sportive and human experience for the valid and disabled in the Himalayan foothills.

Bhutan is a mountain country with difficult access, very little infrastructure and equipment. Disability in this region is a major obstacle to access education, work and social life which is a part of the Gross National Happiness (GNH) indicator. The Bhutanese authorities invited us to share our expertise in mobility issues. In partnership with the Bhutanese associations and institutions, we will visit local villages to meet children and the disabled. We will bring our skills and original mobility equipment which will be adapted and given to the DPAB association (Bhutanese association for the disabled). The documentary will cover this humane adventure and will be offered to national and international distributors and festivals.



TAAK
protection of the environment

- Bhutan is one of the unique countries with a negative carbon balance (the absorbed CO2 is 4 times superior to the produced CO2)
- The country is aiming for 100% organic agriculture by 2020.

SINGYE
Conservation and promotion of Bhutanese culture

- The wearing of traditional clothing is compulsory in official administration.
- Traditional architecture is required for new constructions.

DRUK
good governance

CHUNG
responsible and durable economic development

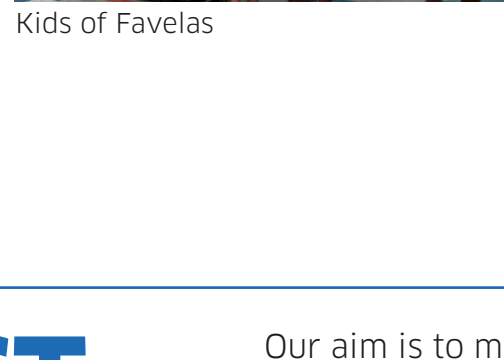
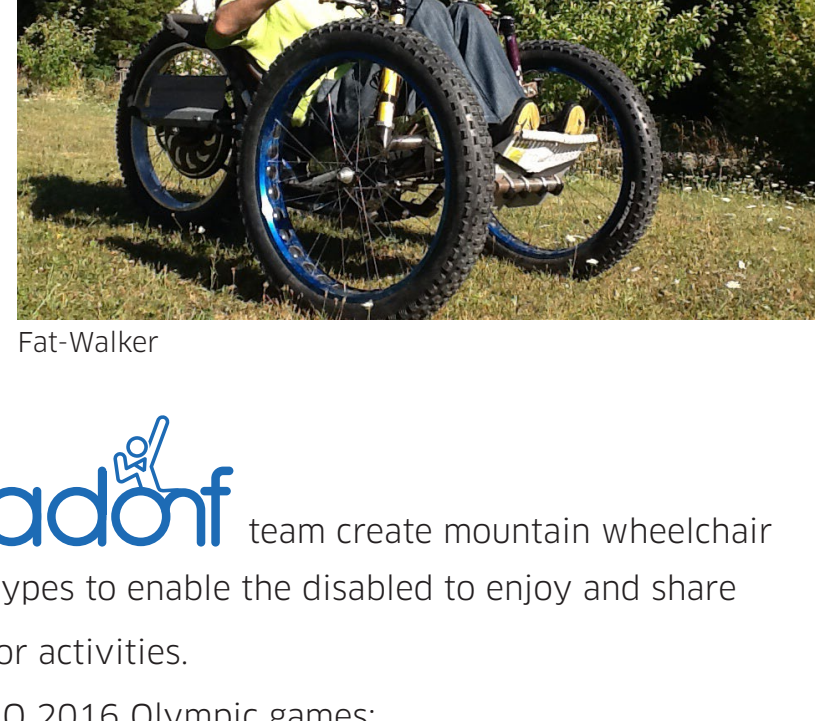
The Kingdom of Bhutan with 750,000 inhabitants, is an Asian country which covers 38,000 Km² and is situated in the Himalayas in between India and China. Bhutan has had a functional constructive monarchy since 2008. In 1972, the Bhutanese King Jigme Singye Wangchuck created the Gross National Happiness paradigm, replacing the GNP (Gross National Product) and in opposition to the GDP (Gross Domestic Product). The aim was to build an economy to serve the Bhutanese culture, inspired by the spiritual Buddhist values. This paradigm has 4 streams :



By these audacious choices, Bhutan is an inspiration to our team !



- Since 1999, the ADONF association has allowed the disabled and the able to gather around various sporting activities, such as :
- | | | |
|---------------|---------------------|--------------|
| Hiking | Skiing | Table Tennis |
| Sailing | Kayak | Paragliding |
| Mountain Bike | Mountain wheelchair | Hand bike... |
- Some of the greatest adventures :
- The great Alpes through route in 2012-2016 Hand bike Paragliding
 - The «Santiago Accessible», on the way to Compostella in 2013 (mountain bike, mountain wheelchair)
 - «Altiplano» in 2005 the shared dream in Chile (mountain bike, mountain wheelchair and paragliding).
 - The «Rallye des Gazelles» in Morocco in 2014 (electric mountain wheelchair)
 - Sailing in the Caribbean seas in 2001-2011



The **adonf** team create mountain wheelchair prototypes to enable the disabled to enjoy and share outdoor activities. The RIO 2016 Olympic games: The ADONF association brought over sport, school and medical equipment for children of the favelas. Thanks to extra donations, 200 children shared the Olympic dream and were able to watch competitions, meet the athletes, sponsors and official members of the organization...

PROJECT



“ Shared happiness is the deep sense to our project... ”

Our aim is to meet the Bhutanese people and to share and discuss each other's adapted sport activities. We will propose school twinning between local schools and schools from our region "le Dauphiné". We will share our skills and expertise about mobility and bring some equipment. After 25 years of practice and creating, we have developed revolutionary mountain wheelchairs which are simple, adaptable and made with basic and available materials (bikes and steel tubes). Easy to use, maintain and repair, they allow more freedom for the disabled who can then rediscover the possibility of motion on rough terrains. Thanks to you, disabled children of Bhutan will be able to go to school, practice sport and create more links with their family and friends. We strongly believe that the Disabled Persons' Association of Bhutan (DPAB) will benefit from the equipment that will be given to them.



The plans and technical data of the mountain wheelchairs will also be shared for future evolution and adaptation to local needs and desires. Let the Bhutanese creation and imagination speak out ! We hope this initiative will be the beginning of a durable partnership. Sharing skills, experience and equipment will ease the mobility of the disabled. The disabled will then be able to regain their part in society and reinforce their feeling of belonging with social contribution.

Who ?

The strength of our team relies on quality, diversity and the complementarity of our members. Regardless of disabilities and dissimilarities, we share values like altruism, tenacity, kindness, authenticity, sharing, optimism and joy. With enthusiasm, we are still learning and growing through the people we meet. We fill with wonder through traveling and sharing.

Vincent BOURY Coach & Speaker - High level Paralympic athlete

He won a gold medal at the table tennis Paralympics in Beijing in 2008. He has been on expeditions all around the world: Atacama's desert (Altiplano in Chile) and part way to Compostella. Also, Vincent is a mountain wheelchair test driver.

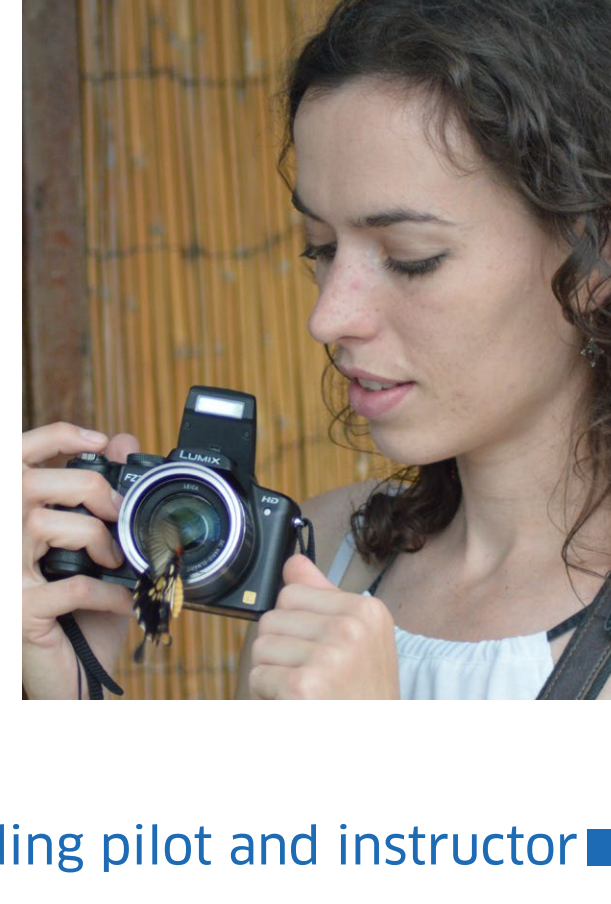
Free fall, diving, skiing, hiking, sailing, handbiking : he loved it all. He mainly enjoyed meeting children in their schools. Vincent often speaks for groups about performance, resilience, group cohesion and optimism.

5 at the Paralympic Games



ANNA LAHEURTE Occupational Therapist

Complicity, authenticity and benevolence. Anna uses her creativity to help disabled people to reintegrate social life and increase their quality of life. She has a long experience in care and enjoys meeting individuals. She thinks we have a lot to learn from everyone. She is also very close to nature and animals.

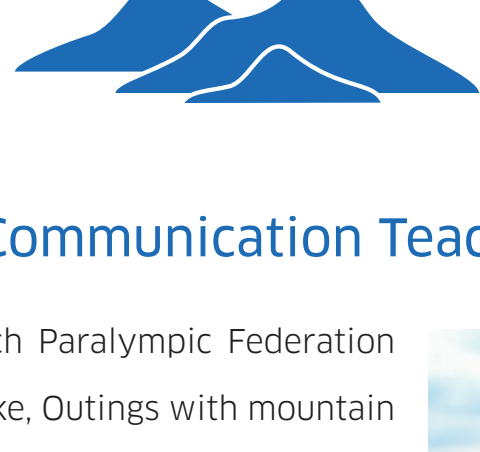


“Benevolence,,

FRANCIS TROULLIER Teacher - Tandem and wheelchair paragliding pilot and instructor



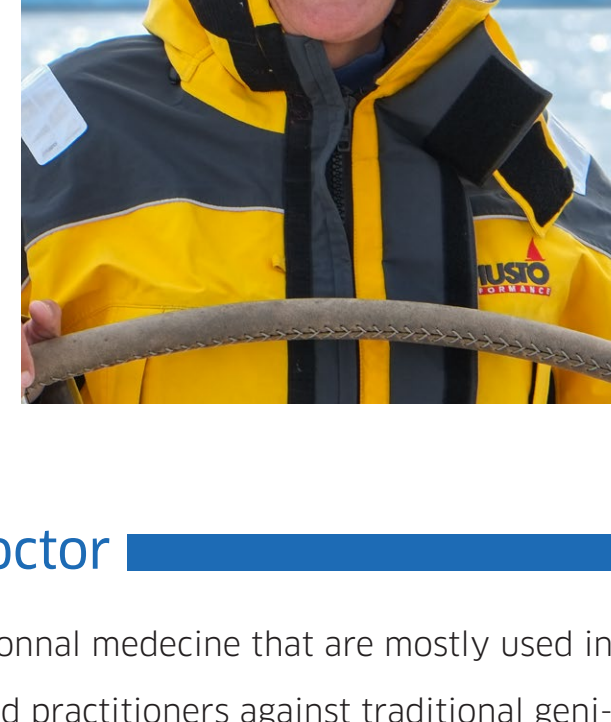
He took part to the ALTIPLANO project named the « shared dream » in 2005 (12 people, mountain wheelchair and paragliding on the top of the Andean mountains) and to the Alpe's traverse with mountain wheelchair and handbike. He is currently teaching science in specialized school for children with social disabilities. His technical expertise and his mountain expedition experience will bring a lot to our project.



“Expertise,,

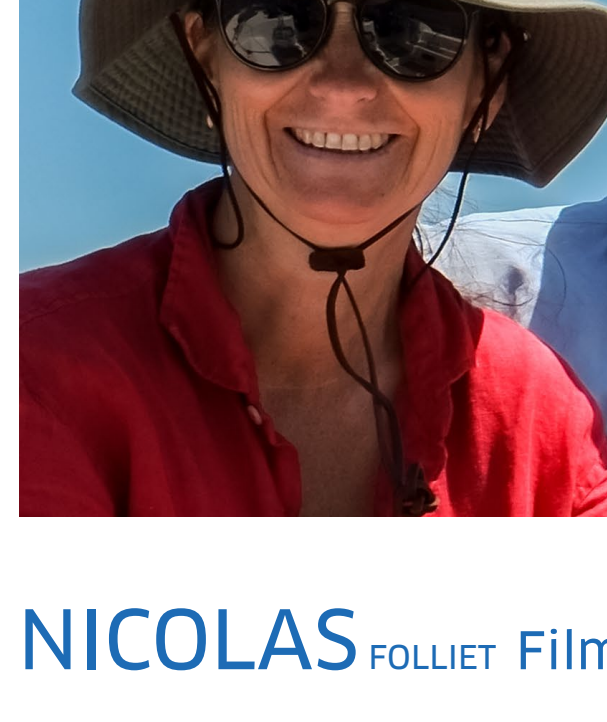
VALÉRIE LE QUELLEC Engineer and Relation & Communication Teacher

Empathetic and patient, she was an accompanist on many projects: French Paralympic Federation cruise to the West Indies, Track to Compostella with wheelchair mountain bike, Outings with mountain wheelchairs and Joëlettes (a single wheel all-terrain chair which is requiring two leaders and allow people with disabilities to access places they could not get to in normal circumstances). She is also a tandem-flex pilot, skiing adapted system for disabled people. She loves sport in nature and enjoys sharing her experience to enable the disabled to enjoy nature too.



“Empathetic,,

LAURE REY-PARMENTIER Gynecologist-obstetrician - Expedition doctor



Oncology-gynaecologist surgeon, she takes interest in traditional medicine that are mostly used in Bhutan. Laure went on mission in Burkina in 2017, with trained practitioners against traditional genital mutilations. She also went to Madagascar for the same cause, with the Ar Mada association. During travelling her medical expertise could come to use. On foot, cycling, sailing or, horse riding... She likes to take part to many expeditions.



“Dedicated,,

NICOLAS FOLLIET Film Maker - jeudi15 Prod

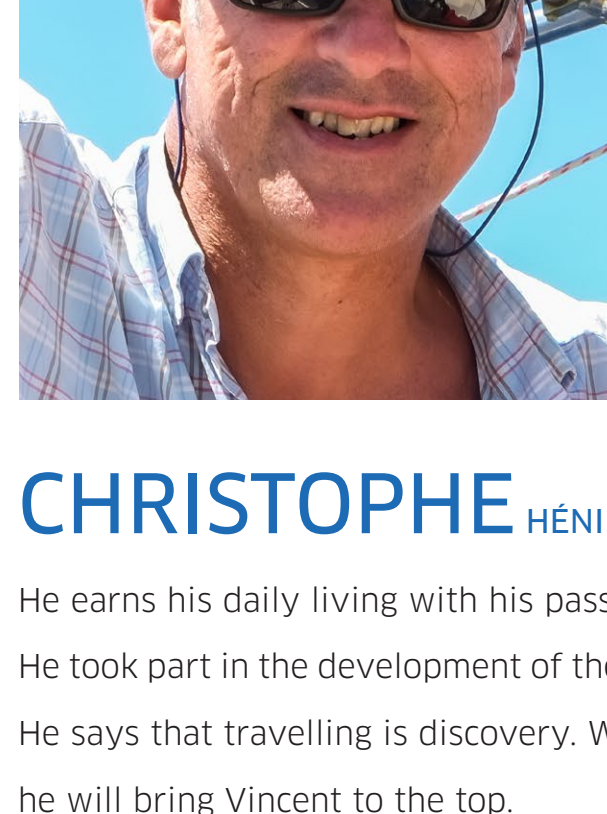
He loves making discovery and meeting new people. Nicolas has been a documentary film maker for television and cinema for over 20 years now. He was a pioneer in the video production and the diffusion of films on the theme of disability. He was also there for many sport events like the summer and winter Paralympic Games. Travelling through all 5 continents has enabled him to open to the world. These past few years, he has focused his work on human values, discovery and learning from each other.



“Professional,,



FRANCIS PARMENTIER Energy Engineer

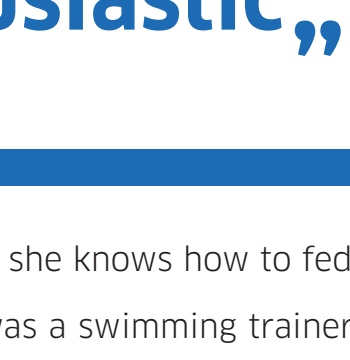


Highlander and adventurer. Since a couple of years, he is very invested in yoga and meditation practice. Francis is a reassuring handyman with a sense of organization and a great sense of friendship. He is ready to push Vincent at 3000 m high. He is very open minded and can't wait to discover Bhutan.

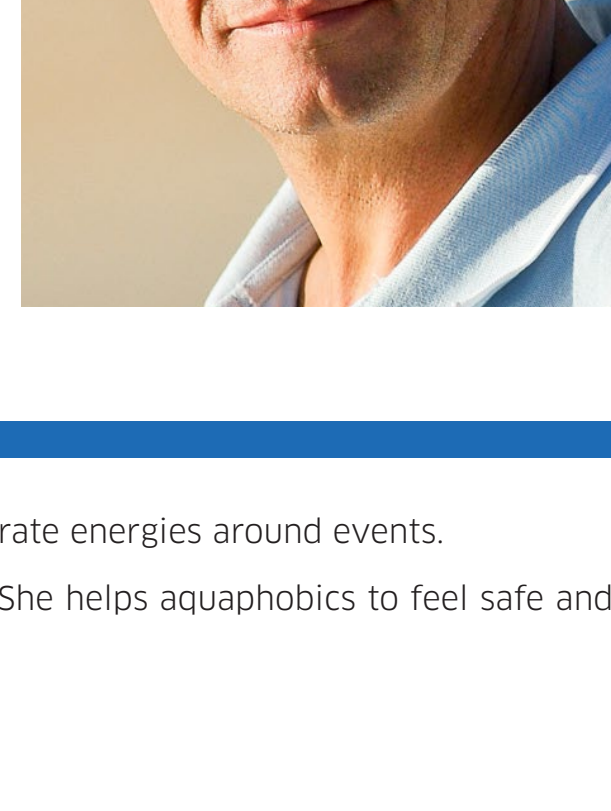
“Solid,,

CHRISTOPHE HENIN Photographer - Business executive

He earns his daily living with his passion. Christophe has been a photographer for the past 35 years. He took part in the development of the Cambodian book edition and has travelled through the world. He says that travelling is discovery. Watching, staring, observing, smiling and painting... With Francis, he will bring Vincent to the top.



“Enthusiastic,,



MURIELLE FRANVILLE Formation Engineer

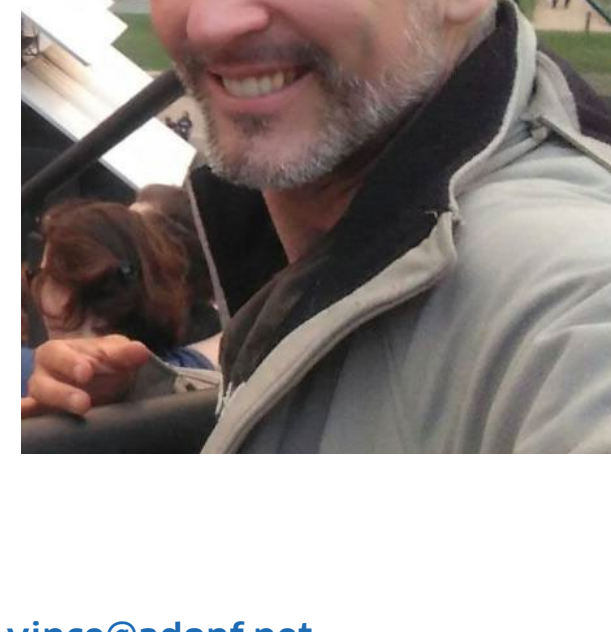


Passionate, enthusiastic and generous, she knows how to federate energies around events. She has a degree in psychology and was a swimming trainer. She helps aquaphobics to feel safe and enjoy water.

“Positive,,

SÉBASTIEN CROIX Communication Teacher (Psychopraticien) - Coach

Convinced that mankind can change, he helps managers and teams in their development to do better and live better. He would love for French and Bhutanese children to meet.



“Meaningful,,

Bhutan

2019

The joy of sharing



Where ?



ROAD BOOK

Day 1

- Arrival in Paro and transfer to Thimphu
- Welcoming by representatives of the Bhutanes Study Center for GNH and logistic team of Etho Metho
- Equipment recovery: wheelchairs + mountain wheelchairs + school and sport equipment

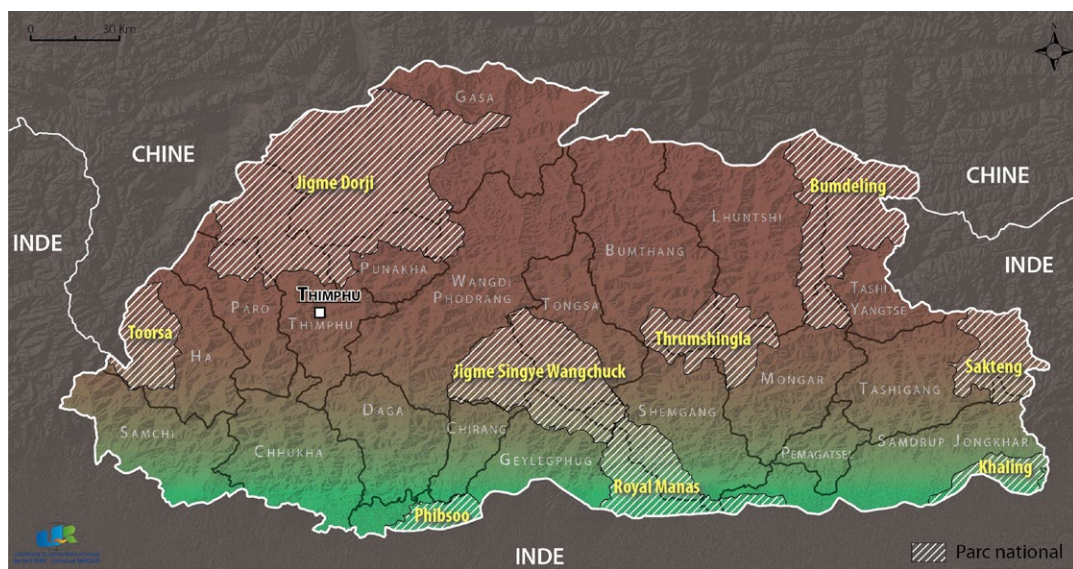


Day 2, 3, 4 Thimphu

- Swap of expertise and experience + equipment donation (wheelchairs + mountain wheelchairs + school and sport equipment)
Trashichhoedzong - « the fortress of the glorious religion »
Center of the political and religious power. This dzong was built in 1641 on an ancient medieval sanctuary (13th century) by the political and religious unifier of Bhutan, Shabdrung Ngawang Namgyal. It was renovated in the 60's in the most traditional style (without the use of plans or nails). The king has set his office in this wonderful building.
- Meeting with different officials :
 - Authority in charge of the Gross National Happiness (GNH) Commission and must make sure that the government programs are compliant to the 4 pillars of the GNH
 - The Abbot father who directs the Bhutanese clergy.
 - Meeting Children and people with disability in schools, centers, homes.Contacts :
 - Deki Choden, headmistress of the Early Learning Centre, a pilot school that has integrated the GNH in it's education program. (Samazingkha near Tandi-Nye, Chuja Lam, Thimphu, Bhutan)
 - Sonam Deki, Executive Director of DPAB (Disabled Persons' Association of Bhutan), the equivalent to the French APF (Association des Paralysés de France = French association of paralysed people).

Day 5, 6 Punakha / Tsonga

- Punakha was the historical capital city of Bhutan up to 1954.
- Hiking and excursions in the preserved valleys of the Himalayan mountainside.
- Encounter with the apprentice monks in Lhodrak Kharchhu, close to Chamkhar on the way to Trongsa.
- On the way: Discovery of art and handcraft and local trades.



Day 7, 8 The Monastery of Taksang and temple of Kyichu Lhakhang

- Hiking to the monastery nicknamed 'The Tiger's nest'.
- Visit of Kyichu Lhakhang, one of the 108 temples built in the Himalaya by the king Songtsen Gampo.
- Discussing with the monks about spirituality, happiness, sense of life...

Day 9, 10, 11 Naturel Parc of Jigme Dorji

- Trekking in the national parc to see local flora and wildlife.
- Including the national icon: the Takin; but also white tigers, leopards, civets, red pandas and birds.
- Endemic flora of Bhutan

Day 12, 13, 14 Paro-Ha

- The highest passable road of Bhutan. Staying with a host (organic farm). Bhutan is working for 100% organic agriculture by 2020.
- The Cheli La mountain pass: the longest mountain bike downhill of Bhutan (35 km)
- Phobjikha = ecotourism tracks
- Forest tracks through Gorina (close to Paro)
- Hiking with the Bhutanese people (walking, cycling, in wheelchairs...)

Day 15

- Departure for Paro airport

How much ? €

BUDGET

• Airplane costs	15 000 €
• Stay and logistic (including visas fees)	25 000 €
• Film rights of use	15 000 €
• Pre-visit and prior meetings	10 000 €
• Equipment: simple use and maintenance. Will be left in Bhutan	
- Mountain wheelchairs « Baroudou » et « Lady-birds » type + parts	12 000 €
- Mountain wheelchairs « fat-walker » type + parts	8 000 €
- Transport and Fret of the equipment that we will give to Bhutanese associations	4 000 €

Each member will pay for his own personal and traveling expenses (tickets, visas, food, accommodation). Our project needs your help for the specific equipment for people with disabilities.

By helping this project :

You will be able to give to your company a humanist, societal, ecological and durable image.

You will be able to communicate on the project before, during and after the expedition (blog, social network, photos exhibition, film, swaps with your collaborators...)

You will be able to leave a durable track of your partnership.

We will be able to share our film documentary with your teams. Vincent's professional interventions in companies can also be a great pedagogic tool.

Tax deduction →scale for your contribution: 60% for companies and 66% for a private individual. After tax deduction, a 100€ donation will only cost you 34€ (in France).