



**Himalayan
Dental
Relief
Project**

NEWS

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Himalayan Dental Relief Project Named Among Best Volunteer Vacations

One of 100 Worldwide Vacations to Enrich Your Life

(Denver, CO, June 16, 2008) The Himalayan Dental Relief Project (HDRP) has been included in *The 100 Best Worldwide Vacations to Enrich Your Life*, a new book by Pam Grout, published by the National Geographic Society, (ISBN 978-1-4262-0279-7). “With the huge interest in the fast-growing sector known as ‘experiential’ tourism, and people’s desire to give back, we are seeing a steady increase in the number of volunteers interested in participating in our clinics,” said HDRP Director Laurie Mathews. “Volunteers include both dental professionals such as dentists and hygienists, and lay people who serve a critical role in overall clinic operations.”

Program volunteers can select among trips to Nepal, India, Vietnam and Guatemala. In each country, the dental camps are generally seven days, with local sightseeing scheduled for the days before and after each camp. Camps are held in partnership with local organizations in each location to bring volunteers deeper into the communities being served. Volunteers see between 500 and 800 children who would otherwise not have access to dental care.

Volunteers treat children from charity schools, orphanages, and remote village locations, providing

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first time dental care and oral hygiene instruction. Conditions are basic, but field equipment is provided to allow dentists to complete extractive and restorative care for each child. Hygienists clean teeth and provide brushing instruction, while lay volunteers manage the lines of children, assist in

instrument and record management and ensure each child receives individual attention. According to one volunteer quoted in the book, “Our backs are sore, our eyes feel strained and we dream of hot showers and soft beds. Yet the immediacy of what we are doing and the vibrancy of these tough kids touches each of us deeply. It is some of the best days of my life.”

The 100 Best Worldwide Vacations to Enrich Your Life follows in the footsteps of the briskly selling *The 100 Best Vacations to Enrich Your Life* featuring North American destinations. The new book extends travelers’ sights to global scale. From helping in a children’s dental clinic in Nepal, to learning massage in Thailand, to aiding green turtle conservation in Belize, *The 100 Best Worldwide Vacations to Enrich Your Life* is full of fun, meaningful, and memorable possibilities for today’s discerning traveler. The lively text irresistibly conveys the charm and excitement of each location and delivers solid, reliable travel-planning information. Abundant sidebars reveal little known local facts, nearby places to visit, lists of things to do, and more.

While other books on the market address singular aspects of experiential vacations around the world (learning, volunteering, culinary), none present the best of all categories in one comprehensive guide—until now. *The 100 Best Worldwide Vacations to Enrich Your Life* holds great appeal for travelers of many interests who want to make the most of their vacations. Author Pam Grout Pam Grout has written 13 travel and self-help books, including *The 100 Best Vacations to Enrich Your Life*, as well as numerous articles for such publications as *Travel & Leisure*, *Outside*, *Modern Maturity*, *New Age Journal*, *Scientific American Explorations*, *Snow Country*, *The Washington Post*, and many others. She is also the midwestern stringer for *People* magazine and writes a travel column called "Now, Where Was I?"

About Himalayan Dental Relief Project

The Himalayan Dental Relief Project (HDRP) is a 501(c)3 charitable organization established in 2000 to provide free dental care and oral health education to impoverished children and families of Nepal,

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northern India and selected locations in Vietnam and Guatemala. HDRP's commitment is to return to these same children every two years to provide continuous care. Treatment and preventative care is provided by volunteer health professionals who donate their time to treat children during intensive seven-day dental camps. Camps generally include up to five dentists, five hygienists and five to ten non-medical volunteers. Since 2001, HDRP has hosted more than 180 volunteers and treated over 28,000 children.

For more information about the Himalayan Dental Relief Project, visit www.himalayandental.com. Volunteer coordination and travel arrangements for each camp are handled by Global Humanitarian Expeditions. For more information, or to sign up as a volunteer, contact Kim Troggio at 303 858-8857 or kim@humanitariantours.com,

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