

# Friendship Force Eco Exchanges

Combine traditional FFI home-stays with lighter footprints,  
close-ups with nature and a dash of adrenaline!

## *September 2009 - Milwaukee & Chicago*

You will experience so much on this exchange! You will have home stays in Chicago and Milwaukee. Highlights include sailing, canoeing, bird-watching, all the while learning about sustainable practices like solar energy, water conservation and urban planning. The last three days will be spent in rural Wisconsin, where you will enjoy accommodations in rustic cabins, and participate in activities like fishing, kayaking, and hiking.

## *September 2009 - New Zealand South Island*

A trip of a lifetime! Spend 5 days biking the famed Otago Central Rail Trail, exploring small towns along the way. You will then make friends with members of the Dunedin FF club, spending 3 days with them. Finally, go on a multi-day tour of the gorgeous coastline and the renowned Catlins area with an expert guide who will bring you up close and personal with the wildlife.

## *November 2009 - Costa Rica*

Experience beautiful Costa Rica! After a 2-day homestay with a FF club, you will spend a few days learning about sustainable agricultural practices at EARTH University. Then you will stay at the award-winning Selva Bananito Eco-Lodge, located at the foot of the Muchilla Mountain for some soft adventure like horseback riding, tree climbing, and hiking in the rainforest. Finally, relax for 3 days at the luxurious Luna Lodge, located in the Osa Peninsula, one of the most bio-diverse locations on the planet.

## *April 2010 - Southwest China*

Experience China in a whole new way! Bypass all of the crowds and go to Southwest Yunnan, known for its beautiful scenery and hospitable indigenous people. For the next 10 days, you will stay in village-run ecolodges (in conjunction with The Nature Conservancy), spending your days exploring the area, and your evenings eating alongside your new friends. Some of the areas you'll explore: Tortoise Mountain, Tiger Leaping Gorge, Yangste River, and Shangri-La. Then, head to the ancient city of Chengdu, where you will get the opportunity to learn more about the Panda Sanctuary.

*For more information about participating in or leading one of these exchanges, please contact Minh-An Arthur at*

*[marthur@thefriendshipforce.org](mailto:marthur@thefriendshipforce.org)*



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