



MOMENTUM
CENTER

Cultural Immersion

Authentic

Customizable

<https://www.MomentumCenterGH.org/>

A Word from Barbara...

Ours is a world of wonder; its sights, its sounds, its smells, its creatures. There is nothing like being in a new place to renew the spirit of awe and wonder within our souls. Nothing so sparks in us an awareness of the richness of the earth and the wonderful diversity it contains as travel.



Every destination holds a unique beauty and opportunity to delight: customs, traditions, folk tales, dance, art, language, nourishment. Every destination holds its own spirit, its soul, its way of understanding, its place in eternity. We offer an invitation to see and taste and experience a piece of this glorious reality.

The Momentum Center offers a variety of Cultural Immersion Experiences.

Overview

To get the most out of a Cultural Immersion Experience, we intentionally address the five pillars of human development: *Physical, Cognitive, Spiritual, Psychodynamic, and Ethics*.

Body: Everyday includes walking and eating local foods. Depending on the location there are other ways which we may engage our senses.

Mind: Local guides will help us to understand the history and current climate of the places we visit so that we might put our experience in context, gain knowledge, and draw comparisons with our own culture.

Shadow: We assemble daily for reflection. This time of sharing allows each person to gain from the insights of others while seeing their own experience from a new perspective.

Spirit: Each day will include spiritual practice or ritual; this could include silent time, meditation or intentional contemplation.

Ultimately, we explore how we are changed as a result of our journey. In order to optimize each person's individual experience, the size of the group is limited

"I recommend that anyone who loves to travel take advantage of it...I think it will stay with me, probably, forever." -Milli H.

China & Tibet



Egypt



"It has really expanded my view of the world...We are seeing things around us constantly, from birds to flowers to greenery to ancient, ancient civilizations that come alive for us...it's a journey of joy." -Sharon B.



"Going through the mountains was my favorite part...Someone who really wants to experience something different should go on

Kenya



"Our trip to Kenya was, honestly, life changing. It was such a great opportunity to be able to connect with the people and, of course, see all the animals...and really be in the moment. The group was so well organized...if you have the opportunity to go, I

Honduras

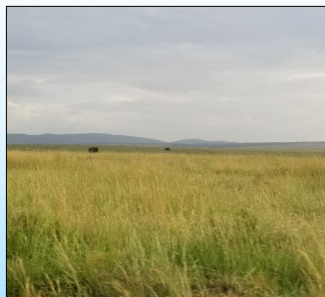
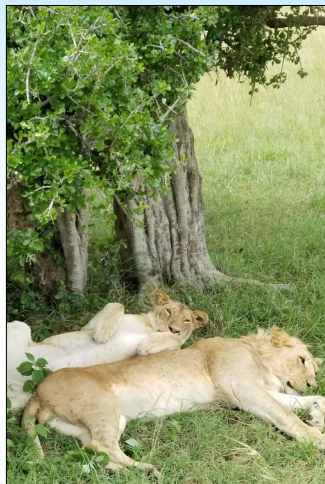




Egypt Highlights

- Great Pyramids, Sphinx, Kings Valley, Egyptian Museum
- Karnak, Hatshepsut, Edfu, Komombo, and Phila Temples
- Old Cairo and the Hanging Church
- Synagogues and Mosques
- Cruising the Nile on a Dahabiay sail boat
- Visiting with Nubians in their village
- Siwa Oasis with Bedouins

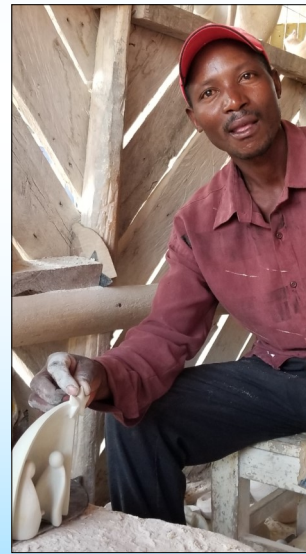




Kenya

Highlights

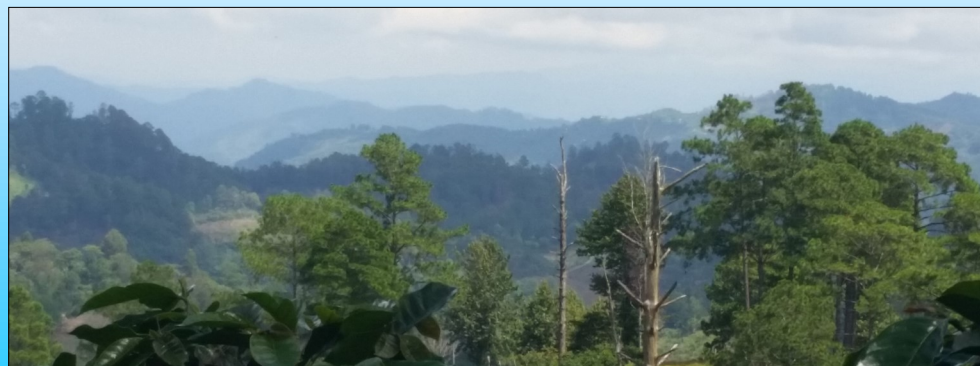
- The Bomas of Kenya representing all 42 tribes
- Visit with the Agikuyu spiritual leaders
- Meeting with women and elders of the ancient Samburu tribe
- Visiting with the Maasai and experiencing the Maasai Mara
- Day and evening Safaris





Honduras Highlights

- Life of a rural coffee farmer
- Story telling with local residents and leaders
- Visit Aldea's coffee fields
- Walk to a local waterfall or another natural landmark
- Visit a local, bi-lingual school
- An excursion to Roatan or Mayan ruins of Copán





China & Tibet Highlights

- Great Wall
- Tiananmen Square
- Forbidden City
- Hutong Visit

Established Itineraries:

- Five Holy Peaks of Taoism
- Traditional Chinese Medicine Tour
- Minorities Cultures Tour



Details for all trips

We offer preset itineraries and can also customize a trip for any group of 6-15 people. Each trip will have its own detailed packet but here is an overview of what to expect on a cultural immersion experience. Groups are limited to no more than 15 participants.

Expectations: Travelers need to be able to comply with group ground rules regarding respectful conversation with those who may not share their beliefs, customs, or agendas.

Each day will include a structured plan of activities; although we recognize that people and circumstance may guide us in other, unstructured directions as well.

Health and COVID-19: For current inoculations and health precautions, we recommend you check with your medical practitioner before you travel. You can also check the Center for Disease Control's website: www.cdc.gov for guidance.

Every participant is required to be fully vaccinated against COVID-19. You will need to show your vaccination card. Your card may also be required at points of entry during the trip. Depending on the status of COVID-19 at the time of departure, masks may be required on the bus, airplane and/or at our destinations. Please bring enough masks for the entirety of the trip.

Insurance: We strongly encourage each participant purchase travel insurance. We recommend purchasing through www.WorldNomads.com. If you prefer to work with a travel agent, Airport Air and Travel in Muskegon can help with insurance through Travel Guard. The insurance is more expensive, but you will have the benefit of someone who can help you decide which plan to purchase; and who can help if filing a claim is needed. www.AirportTourAndTravel.com.

Luggage: Since we will be moving from one destination to the next, it is essential that you travel light. Use luggage that has wheels or that can be worn



Internet and Telephones: We encourage you to go offline as much as possible. That being said, most of our hotels should have Wi-Fi service.

Toiletries and Medicines: Public rest rooms may not provide toilet paper. Small packs of tissues can be handy, as well as anti-bacterial sanitizing gel. When packing your toiletries, remember things such as: sunblock, contact lens solution and feminine hygiene products. Carry your prescriptions and medications in your hand luggage. Remember over-the-counter products like Ibuprofen, Sudafed, Imodium AD, Pepto-Bismol or eye drops. Bring sunglasses and if you wear glasses, bring an extra pair.

Clothing: Moving about on a Cultural Immersion Experience involves plenty of walking so comfortable, broken-in shoes and clothing are essential. Bring both comfortable closed toe shoes and sandals. It's best to take versatile layers, instead of big chunky items. Bring clothes that are easy to clean and dry, rain gear and a flashlight (with extra batteries) in case of power outages.

Recommended Reading: Suggested readings include *Cultural Intelligence* by David C. Thomas and Kerr Inkson. We also suggest becoming familiar with the work of Ken Wilber, specifically his work with Integral Life Practice. You might want to pick up his book *Integral Spirituality*. You will receive a booklist specific to your experience. All of the recommended books can be purchased online or at your local bookstore.



Security: As in many destinations, petty theft can be a problem. Common sense should prevent any issues. Keep your money in a 'fanny

Testimonials

"What I truly appreciate about these tours is the attention to detail ahead of time; setting up opportunities for us to interact with people...to see them as they really live and learn about their lives. You come back enriched with memories to last a lifetime." -Chrys M.

"For me the trip was so incredible. It still feels surreal when I see pictures of where I have been. I would advise anyone going anywhere to go with an



"It's the most rewarding experience you'll have going anywhere. The people are just wonderful, the service is always exquisite and [I] just can't say enough about it." -Bruce B.



Legal Information

Cultural Immersion Experiences are a program of Momentum Center (a 501(c) 3 organization). The tour services described in this document including, without limitation, transportation, lodging, and sightseeing, are provided by the carrier, hoteliers, and other suppliers that are independent contractors and not agents for, employees, partners, or joint ventures of the Momentum Center (MC). MC issues tickets, vouchers, and other travel documents for such services merely as an agent for the companies that furnish such services. Such tickets, vouchers, and other travel documents are subject to all terms and conditions of the respective suppliers (some of them may limit or exclude the supplier's liability). MC is not responsible for any loss or damage to property or death or injury to persons, resulting from any act or omission of any supplier providing any tour service or any other person or entity or caused by strike, war, weather, quarantine, sickness, government restriction or regulation, or any other cause beyond its reasonable control. The tour participant expressly waives all rights, which they may have against MC in connection with the foregoing. Under no circumstance is MC to be construed as a carrier under contract for safe carriage of the passenger or his or her baggage and belongings. MC reserves the right to remove a client from the tour and provide a refund for unused service. Any unresolved dispute or controversy arising under or in connection with the services provided by MC shall be settled exclusively by arbitration, conducted before the American Arbitration Association in Boston, Massachusetts in accordance with the rules of that body then in effect. The arbitrator shall not have the authority to add to, detract from, or modify any provision hereof nor to award punitive damages to any injured party. A decision by the arbitrator shall be final and binding. Judgment may be entered on the arbitrator's award in any court having jurisdiction. Each party shall be responsible for the respective fees and expenses of their legal representation and the costs of arbitration shall be shared equally. Legal proceedings against MC may be instituted only in a state or federal court within the State of Michigan, and any claim involved in such proceedings shall be decided in accordance with the laws of the State of Michigan. Any legal proceeding against MC must be commenced within one year following the date of tour completion. Neither MC nor any affiliate shall in any case be liable for anything other than compensatory damages, and you hereby waive any right to punitive damages. Every effort has been made to accurately produce the information in this text. We reserve the right to correct errors.