

## Free Residential Weekend

**You are invited to**

**V**involved east sussex  
**Cultural Weekend**

**Venue:** Cooden Beach Hotel,  
Bexhill-on-sea

**Date:** 19<sup>th</sup>– 20<sup>th</sup> June, 2010

नमस्ते  
सुख-शान्ति-सन्देश

**LEARN THE RICH & DIVERSE CULTURE OF**  
**Nepal & Tibet**

**FUN & INTERACTIVE**

**Dine out**

**HURRY!!**

**Limited Seats** **Everything's Free!**

The Youth Action Team would like to invite our volunteers to attend a fun-filled weekend at the Cooden Beach Hotel in Bexhill on 19<sup>th</sup> and 20<sup>th</sup> June. The weekend is all about different cultures, their food, their clothing, their customs etc. so it promises to be a real multi-cultural experience especially for young people thinking of volunteering overseas. The residential will include accommodation and all meals and help with transport if required. Places are limited so get your name down as soon as possible if you are interested.

Contact either Pete or Kate for more information.

# Weekend Programme

	Saturday	Sunday
09:00-09:30	Arrival	Breakfast
09:30-10:00	Introduction	
10:00-11:30	Warm-up games and others	Dance Lessons
11:30-11:45	(Short Break )	(Short Break)
11:45-13:00	Presentation on Nepal and Tibet	Debate
13:00-14:00	LUNCH	LUNCH
14:00-16:00	Artefact display and activity	Music Exercise
16:00-16:30	(Short Break)	Closing Ceremony
16:30-18:00	Fun with Dresses M/F	Leave Hotel
18:00	End of day 1	
19:00	Meet 19:15 to go out	
20:00	Restaurant	
22:00	Evening entertainment	