

# 7 DAY ITINERARY

Maubisse, Timor Leste

USD \$550 Ground Component

(Volunteer pays & arranges flights themselves)

**WHO CAN VOLUNTEER?** The Answer is we need Everyone!



We have jobs to suit everyone's skill sets:

- General Volunteers (no dental experience required) these volunteers can help as a basic dental assistants, with admin work, sterilisation & teaching toothbrushing techniques.
- Dentists working clinically and mentor our employed Timorese Oral Health Therapist. You'll share your experience with fillings, extractions, giving LA, diagnosis etc
- Dental Therapists working clinically and as a mentor
- Dental Assistants

## INCLUSIONS

- All Breakfast, Lunch, Dinner, Drinking Water & Snacks at the School
  - Except
    - dinner on Saturday night at the restaurant in Dili (expect \$15-\$20 USD & drinks at bar prices)
    - dinner on Friday night at restaurant in Dili (expect \$15- \$20 USD & drinks at bar prices)
- All Transport
- Own Room Accommodation (if 2 people share within a family or as friends then the price can be reduced by approx. \$285 for the 2<sup>nd</sup> person travelling)
- All Sightseeing
- Comprehensive Travel Insurance provided by RAWCS (Rotary Australia World Community Service – upon getting a simple medical certificate signed by your GP).

## DATES

Team One: Saturday 3<sup>rd</sup> of November to Saturday 10<sup>th</sup> of November

Team Two: Saturday 10<sup>th</sup> of November to Saturday 17<sup>th</sup> of November

## DAY ONE – SATURDAY

Benvindu! Welcome to Dili, Timor Leste

Your adventure begins early 4.20am Darwin airport, where the team will meet and check in to the Air North flight together. After a 1hr flight time we arrive in Dili & drop our bags off to our hotel & grab some famous Timorese coffee from Cafe Letefoho to kick start our day.

Today we relax and take in our surroundings of this fascinating and beautiful country. Although being the 5th newest country in the world, it is steeped in history and pristine natural beauty.

### 1. Timor Plaza

Here is a chance to pick up a local sim for your mobile for USD\$5 for the week with unlimited data, you don't want to miss the chance to Whatsapp friends and family from the most remote locations with spectacular scenery. You might also like to pick up some western snacks or even some beer for the week.

### 2. Resistance Museum



A visit to the museum established in 2005, gives us an understanding of the struggles that Timor Leste has faced in the past 24 years against the Indonesian occupation. The story is brought to life through a timeline, photo's and video recordings showing how the East Timorese have fought for their Independence.

### 3. Tais Market

Timorese are very creative with their unique style and workmanship. Their most famous workmanship are tais (traditional hand woven fabrics). They are produced in different colours and designs depending on the community where they are made.

### 4. Cristo Rei

7 km east of Dili lies the Cristo Rei, a 27m high statue of Jesus located atop a globe, a gift from the Indonesian government in 1996. The statue and globe which it rests, are situated at the end of Fatucama peninsula, facing out to the ocean and overlooks the mountainous terrain and the beautiful Aturo island. The statue can be reached by climbing the 500 ish steps.

### 5. Cristo Rei Beach

If climbing the 500ish stairs isn't for you why not wait for everyone on the pristine Cristo Rei beach that has a spectacular view of the Cristo Rei statue anyway. This is where we will spend a few hours just relaxing and enjoying the sun and the sand. Just 10m off shore you will find a shallow coral reef to explore (we can arrange to hire masks and snorkels at a very small fee).

After the beach we head back to the hotel for some R&R before heading out to Legendario's Bar and Restaurant on the esplanade where we take in a couple of cocktails have dinner and watch the sun go down.

This venue is also the unique place for our informal basic Tetum classes to begin. Although English is spoken widely in Dili, out in the sub district of Maubisse, Tetum is spoken as the predominant language. This basic Tetum class will teach you how to greet others and some basic words to use whilst in the dental clinics. We found by knowing a few Tetum words it enhanced Kim and Dr Phil's experience of being in Timor Leste and we'd like that for you as well. Although our accents and pronunciation isn't great the locals really appreciate the fact we try and will keep teaching you little bits throughout your trip.

## DAY TWO - SUNDAY

### Whale & Dolphin Watching Cruise and transit to Maubisse

Today is another early start with us joining the MV Atauro run by an Aussie Kev and his Timorese crew for a Whale and Dolphin watching cruise for 4-5 hrs. The cruise allows you to take in the spectacular scenery of the East Timor coastline and if you are lucky catch glimpse of the many variety of whales that migrate along the coast line or the pod of dolphins that call the area home. The cruise finishes with a snorkel just off the coastline on the opposite side of the Cristo Rei.

If sitting on a boat for 4hrs isn't for you, the morning is free to take in the sights of Dili at your own pace. Maybe enjoy a relaxing morning tea at the Timor Plaza Hotel balcony bar with views of most of Dili or spend your time browsing the many shops within the plaza.

This afternoon we head in convoy to Maubisse, this trip take approx 2 1/2 -3 1/2 hrs as we head high into the mountains of Timor Leste. The views are breathtaking and along the way we will stop at a waterfall for some pictures and paddle.

Dinners are usually at Sara's Guest House Restaurant in the township of Maubisse. Food in Maubisse is quite simple and consists of boiled or fried rice/noodles, eggs, fish, portuguese chicken, beef, local greens & some root vegetables like carrot or sweet potato varieties. It would be quite difficult to accommodate specific dietary requirements other than vegetarian (english is very limited). We are able to shop at the local supermarket in Dili before going to Maubisse where most food can be found very easily (think Coles or Woolworths).

## DAY THREE TO DAY 6 – MONDAY TO THURSDAY

This begins what we all came here to do, get hands on and help some people by removing pain and educating them on how to have better dental health!

The days start reasonably early with breakfast between 6.45am and 7.30am served at Sara's Guesthouse. Then we hit the road for around 45mins to 60mins ish (you'll get used to ish in Timor Leste! LOL) to reach Betulala school high in the mountains for Team 1.

Team 2 will get it a bit easier with a later start as they will be working at Father Falutico's school in the township of Maubisse, which is a 5 – 10 min walk from Sara's Guesthouse.

Once the teams arrive at their locations around 8.30am they will go to work setting up the dental clinic for the day, setting up dental chairs, instrument tables, sterilisation area and admin area. When this is done the real work begins seeing patients for the day. All General Non-Clinical Experienced Volunteers will be given hands on training and I promise with how repetitive it is, you'll be an expert by the end of the first day!

Morning Tea and Lunch will be had at the schools and it will be a very simple meal usually of some kind of bread baked by the local community, we tend to share this time with the teachers before going back to the dental clinic.

At the end of the day, the clinic is completely pulled down and packed up (regardless if we return the following day for security purposes) and we head back into Maubisse before dark for dinner at Sara's Guesthouse. If we are really lucky we may get to share dinner with the local Carmelite Sisters which is a beautiful experience and lots of chatter around a very welcoming table (but I make no promises of this happening as we need to be invited).

## DAY SEVEN - FRIDAY

Half Day Clinic and transit back to Dili

Today we do a small dental clinic finishing around 12pm and then transit back to Dili.

Along the way we will stop at Projecto Montanha for lunch or afternoon tea. The project is a local NGO set up in Aileu district that enriches the lives of young locals by sponsoring scholarships for vocational training, having an arts and craft studio where students can create and then their work is sold at the onsite gift shop. They also have an Australian standard fixed dental clinic we can view that provides treatment to the community, especially working in the prevention of oral problems in children and youth.

Tonight, it's back to our hotel in Dili and our team farewell dinner & drinks.

## DAY EIGHT - SATURDAY

Back to Australia

Today the team departs for Australia approx 8.00am.

Dr Phil or Kim may stay on for another week picking up the next group of volunteers as you are dropped off to the airport. Of course, if you would prefer to stay for the whole 2 weeks you are more than welcome to join us to do it all over again for another week!

For more information please contact Kim Groizard M: 0410 701 828 or [kim@solarsmilesdentalcharity.com](mailto:kim@solarsmilesdentalcharity.com)

Or

[www.solarsmilesdentalcharity.com](http://www.solarsmilesdentalcharity.com) and fill out the Volunteer Participation Form Online

*\*NB – Solar Smiles Dental Charity does not make any profit, pay donations etc from the ground component of the tour, we endeavour to make it as affordable as possible to secure as many volunteers to make our project sustainable for the next 3 years.*