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Spotlight on Mumbai

Greetings!

How many of you have already registered for the Biennial Conference 2017? If you haven't, be sure to take advantage of the Early Bird discount (\$575, instead of the full delegate price of \$625) for the first 100 registrants before October 30! Please note that there is also a special Club Registration for those clubs whose elections take place after the Early Bird deadline. If your club would like to take advantage of the Early Bird discount but you don't know yet who will be the FAWCO Rep or President, this is the way to go!

October 30 is an important deadline for the pre-conference tour as well, so start making your plans to visit exotic India. Click [here](#) to view the dedicated FAWCO webpage on the Cox and Kings website where you can book your optional dinners for Friday and Sunday evening plus all of your pre- and post-conference tours. Your guests can book their Mumbai activities and tours here as well.

Speaking of guests, you can register your guest/s (non-FAWCO friend or family members) when you register yourself. The \$150 fee includes welcome materials as well as the Opening Dinner and The FAWCO Foundation Night.

The AWC Mumbai team is trying to anticipate all of your questions and concerns, so please read on for the answers, and much more!



Monica

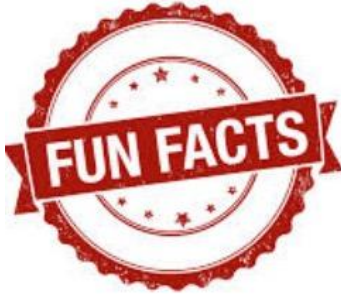
Monica Jubayli, AWC Lebanon
FAWCO President



FAWCO 43rd Biennial Conference in Mumbai, India

March 30 - April 2, 2017

REGISTER



The Bengal Tiger is the national animal of India.



India has more mobile phones than toilets.

Bandra Worli Sealink in Mumbai has steel wires equal to the earth's circumference. It took a total of 2,57,00,000 man hours for completion and also weighs as much as 50,000 African elephants. A true engineering and architectural marvel.



Hotel Information

The *Trident Nariman Point* is a centrally located 5-star hotel. It is also connected through the lobby with the Oberoi Mumbai. *Guests can enjoy bars and restaurants at both locations!* The lobbies at both hotels have beautiful views overlooking the Arabian Sea with the sunset view being a local favorite!

In addition to the low rates on an assortment of room options, the Trident is also offering some *great discounts and add-ons* for the delegates and their guests who [book directly with the hotel](#).

- All rooms will have free Wi-Fi for up to four devices. The Wi-Fi is available throughout the hotel so working during the conference, catching up on emails while enjoying a cocktail or simply making sure you are connected to family and friends back home throughout your stay at the Trident is *free!*
- You will receive *15% off any food & beverage* in the hotel bars and restaurants or through room service and billed to your room. This does

not apply to drinks offered at the special FAWCO Happy Hours which we will tell you more about next month!

- Need a bit of pampering after sitting all day at the conference or want to relax after a noisy day of sightseeing? The Trident Spa has a wide range of treatments including special Ayurvedic treatments unique to India. The Trident is offering all FAWCO delegates and guests 15% off all treatments at the Spa.



Please visit the website for the [spa menu and booking details](#).

HOTEL TIP

When booking your hotel room at the Trident Nariman Point be sure to specify if you are sharing a room and the person's name. Also, request either a double (king) bed or two single beds depending on your roommate. The hotel has a policy that bed type is on a first come/first serve basis so recommend requesting at time of your booking! This applies to bookings done with Cox & Kings for travel outside on Mumbai.

Tour Information



discoveryofindia.com

If you are still thinking about how you would like to spend some time in India either before or after the conference, be sure to click [here](#) for detailed information and itineraries. Keep in mind that the deadline to book the pre-conference [Butterfly Warrior Golden Triangle](#) is October 30. It is a six day/five night tour to Delhi, Agra and Jaipur, with flight from

Jaipur to Mumbai included, for \$1675 per person based on twin share. Cox and Kings is offering you the trip of a lifetime at a very reasonable price.

And the Conference is over for today....

After a full and interesting day at the Conference, we have organized a few options for dinner that, hopefully, will add to your Mumbai experience! All optional dinners are set up so you can attend alone or with the guests that have accompanied you on your trip to India.

Sign up is essential and can be done on the [Cox & Kings special website](#) already posted on the FAWCO website. All activities including optional dinners have a minimum and maximum number of people and sign ups will close

between December 31 and January 31st depending on the dinner or activity so suggest once you know, then book!

Now what do we have for you in the evening?

Wednesday March 28 and Friday March 30: Mumbai Street Food Tour

* The Street Food Tour is an AWCM member favorite!

* Eating food from vendors found on almost every street corner can be risky yet some say it is the best Indian food ever! Reality Tours & Travel have created a tour that offers the chance to eat street food at two of the most famous spots in town from hygienic and safe vendors.



* You will meet your guides at the

Trident Hotel and they will escort you, in groups of about 6, through the gastronomic delights of Mumbai Street Food.

* Transport and food are included. [Book now!](#)



a2ua.com

Friday March 30: Wellness Event

* This event is being finalized but will focus on the Indian perspective on Yoga and Happiness.

* This is not your gym yoga that focuses on losing weight or getting your heart rate up but a spiritual approach to the health benefits of yoga and meditation....getting to the roots of yoga in the country where it started!

* Dinner and transport will be provided. Look for booking info in the October issue of *Spotlight on Mumbai*.

Sunday April 2: Farewell Evening

* This event is being finalized but is being developed as an evening of relaxation and friendship.

* It is the last day of the Conference and many old and new friends will have the opportunity to share their fabulous memories and experiences in a relaxed setting! Dinner will be included. This event is open to delegates, their guests and AWCM members involved with the Conference as volunteers. Look for booking info in the October issue of *Spotlight on Mumbai*.

In addition to the above, you may also want to "take a break" and indulge in a spa treatment and room service with the 15% discount to delegates and guests. The Hotel restaurants are also excellent so no worries about transport! AWCM members are working on restaurant recommendations and will also be available at the hospitality desk during the Conference to help with reservations or directions.

- The FAWCO Foundation is celebrating 50 years of giving at the 2017 FAWCO Conference. Join us on Foundation Night and come dressed in gold or wearing hearts to commemorate your generosity to women and girls all over the world.



- Stay tuned for more information about our anniversary program, raffles, and auctions that support your projects and passion.

Currency Issues

For the past few years the rate to buy Rupees (the Indian currency) has favored those buying in dollars, euros or pounds. Although we can't predict with any guarantee, the current trends indicate that there won't be a major change in March/April 2017 when you will be visiting India. This means it is a great time to be able to enjoy better hotels, restaurants and travel opportunities for fewer dollars, euros or pounds....shopping has never looked better!

There are many good exchange rate apps for your phone or online sites to stay up-to-date on the exchange rate. Also, the rate can vary slightly between hotels, banks and Forex kiosks. You can check with your credit card company before coming to know their exchange rate estimate for any purchases while here.

Today's Rates

Rs 67.07 to \$ 1

Rs 77.84 to €1

Rs 87.21 to £ 1



123rf.com

Healthy and Happy In Mumbai!

Some of you may have

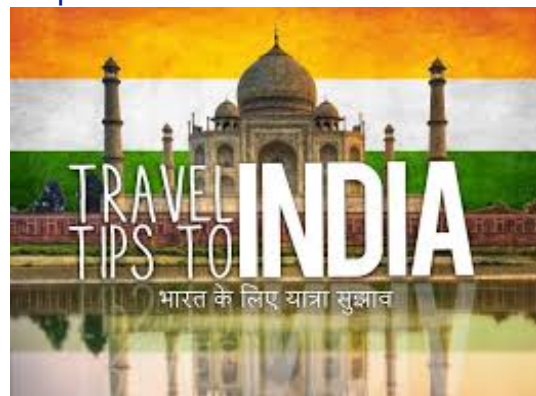


some anxiety about traveling to India and whether you will get sick, have to eat spicy food at every meal or about general safety...don't worry, these kinds of concerns are common! As one of many expats who has enjoyed being the hostess to family members and guests over the years, don't worry!

Some basics are worth noting as it is much less hygienic here than what most of you are used to but that doesn't mean you will get sick or that you won't have food to eat! I encourage you to watch a vlog by one our own AWCM members, Sue Oxley. She has an interesting take on foreign visitors and offers some good advice!

Here are few points for staying healthy and happy in Mumbai....

- The better hotels and restaurants in Mumbai and most cities in India purify their water so ice and filter water (that's what we call it) at meals is fine. However, it is recommended that if you have a sensitive stomach, or are out and about or in smaller towns and villages, to drink bottled water. Bottled water is easily available and cheap. If there is any question, err on the side of bottled water! One good side effect of always carrying a bottle of water is that you will need more water as the climate here can be humid and the sun quite hot so carry, and drink, your bottled water!
- It is a good idea to carry hand sanitizer or wipes and tissues especially when sightseeing or shopping. Washing your hands from tap water can defeat the purpose! Also, many public toilets in India do not have toilet paper.
- Despite all the precautions, some of you will experience an upset stomach simply due to the change in both good and bad bacteria. Carrying over the counter remedies is recommended. You can also talk to your doctor or pharmacists about a good probiotic to keep your intestinal bacteria on an even keel. It is also recommended to not get too hungry as that can irritate the stomach - any tour buses being provided will have water and snacks and don't skip meals!
- Should you get sick, the hotels have on-call doctors 24/7. The hotels cater to foreigners so know how to handle the routine issues tourists may experience!
- Of course, do follow the normal precautions, like carrying extra prescription medicines and eyeglasses. Travel size over-the-counter remedies are worth packing...just in case!



- For recommended shots and immunizations, please talk to your doctor. However, many of these are geared to the most intense situations so do weigh the pros and cons. Your time of year is NOT mosquito season and even if on a Cox & Kings tour, you are not in any jungle situation or highly contaminated areas.
- The food in India is amazing and worth trying. However, it is always nice to have familiar food once in awhile. The hotels and restaurants throughout the country have Continental options even if it is an Indian restaurant, and they are always eager to make something special for their guests if required. The Trident Nariman Point is a favorite place for locals for Indian, Continental and Asian cuisine so you should be able to enjoy both familiar foods and Indian specialties without a problem.
- As an added layer of support, an AWCM member will accompany both the pre-tour and all Mumbai activities and optional dinners so you have a friendly face to help you with any concerns or issues when not at the Trident Nariman Point.



October 30 for pre-conference tour and early bird special

January 15, 2017 for FAWCO rate hotel bookings

February 15, 2017 for registration

NEXT ISSUE...

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Conference agenda
Hotel "Happy Hour" offer
How to change money
Typical food: Indian specialities
Safety issues



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