

Discover the Wisdom of the Mountains—Coffee Lands and Ancient Civilization Tour in Mexico!

Two Departures: February 14 - 22, 2009 or February 28 - March 8, 2009

A unique opportunity to experience the beauty of the Oaxaca region of Mexico and learn about coffee with organic, Fair Trade farmers!

Join us in this small-group, guided, responsible travel experience that respects local peoples and the environment. Learn about the ancient Zapotec culture and how they have protected their forests for thousands of years. Try your hand at harvesting coffee, hear the stories and music of this rich cultural area, relax and enjoy the tranquility, and experience the delights of the local food.



Day 1: Meet in Oaxaca and enjoy dinner with your group

Day 2: Stroll through the exciting city of Oaxaca, taking in markets, museums, and historical buildings. Travel to ancient Zapotec city of Monte Alban.

Day 3: Swim in the crystal clear waters of Aguas Hirvientes, visit a local weaver's cooperative and the oldest tree in the Americas (2,200 years old)

Day 4: Travel to the Chayotepec Fair Trade coffee community, with stops and walks along the way

Day 5: Try your hand at coffee harvesting with local families. Spend the evening telling stories and sharing music

Day 6: Take a morning walk and learn about the natural history of the region. Spend the afternoon making tortillas & toasting coffee.

Day 7: Travel to Porvenir, visit water falls, and explore Juchitán, a coastal Zapotec city

Day 8: Visit the market in Juchitán and swim in the Pacific Ocean

Day 9: Return to Oaxaca

2008 Participants said:

"I was moved by the beauty of the mountains and welcomed with open arms into the community."

"The vista was magnificent. I am so appreciative of the time I had in Chayotepec."

- **Cost: \$1350 per person (excludes flights & insurance)**
- **Registration deadline is 30 days prior to departure. Space is limited, so register early!**
- **Pre-departure information sessions will include information on Fair Trade, the region & community, and basic Spanish phrases**

For more information, please email info@judesfairtrade.ca or phone 902-542-7474 ext. 235



*Living justly and lightly on
the planet*

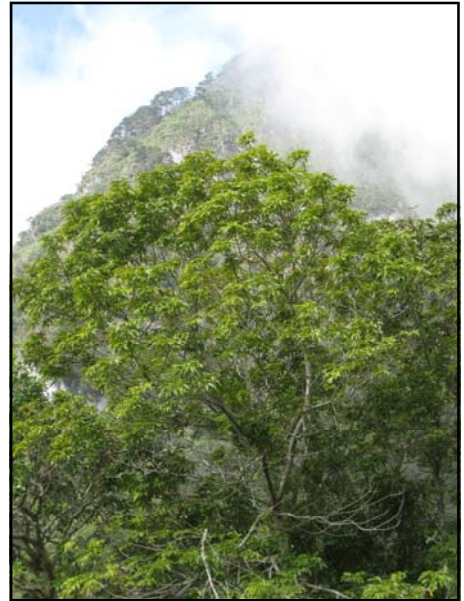
Responsible Travel

Responsible travel, as with Fair Trade, is based on respect for local peoples and cultures, as well as for the environment. JUDES is committed to creating responsible travel opportunities that support community development and authentic cultural exchanges.

This includes:

- Ensuring that community members receive a fair wage for work and services
- Reducing our environmental footprint while travelling
- Creating long-term partnerships with the local communities that invite us to participate
- Being transparent about our costs and suppliers
- Supporting two-way cultural exchanges

Want to learn more? Watch our short video on YouTube at www.youtube.com/watch?v=IPgfd40SKIU



\$1350 Trip Cost includes:

- All transportation within Mexico (private van), meals, accommodations (8 nights at double-occupancy), knowledgeable and bilingual local guides, most activities, entrance to historic sites
- **Sustainability Fee:** Gold Standard carbon offset for air and ground travel and support of local environmental projects
- **Reciprocity Fund:** A fund to enable representatives from Fair Trade producer communities to visit Canada
- **Administration & Education Fund for JUDES:** Contribution to the administration costs for JUDES and educational activities on Fair Trade

Flight costs are not included and participants are responsible for arranging flights independently. Participants are required to purchase medical & comprehensive trip insurance.

About JUDES and UCIRI

Founded by Just Us! Coffee Roasters, JUDES (the Just Us! Development and Education Society) is a not-for-profit organization committed to raising public awareness about the social and environmental issues relating to international development and the benefits of Fair Trade. We work to strengthen the relationship between producers and consumers and help individuals in living justly and lightly on our planet.

UCIRI (a fair trade co-operative) and Chayotepec (one of UCIRI's coffee producing communities) have invited JUDES to be a Canadian partner in this community-based tourism initiative. UCIRI (www.uciri.org) also supplies Just Us! Coffee Roasters with its *Wisdom of the Mountains* coffee.

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