

Traveltour to Mongolia with TÛMATA

Dr. Rahmi Oruç Güvenç & Andrea Azize Güvenç

from 15.06. - 29.06.2008

To travel to Mongolia today is not any more difficult. Only some hours far from Europe we can reach the capital Ulaanbaatar.

Arrived in Mongolia travelling will be an adventure. Less roads are found and paths has to be choosed in the prairie. So it needs drivers who know very exactly the directions in this big and empty country and also a little bit luck to arrive the claim. When the travel started there will be now chance to return.

Our idea fort his travell tour

In Central Asia, specially in the culture of mongolian nomades we find a musical and natural knowledge, which is transfered since thousands of years from one generation to the next 'til today.

Clean from kognitive and scientific chngements, classifications and proofs, this knowledge is practised in the daily life.

Our experiences with the old oriental Music - and movement therapy in the last 40 years, showed how big is the needs of human beings for healing, harmony and inner peace.

So we see it as important, to connect the known, the practised and proved material and our experiences with new contacts to the people who are living in the prairie, the shamans and the musicians of the mongolian culture.

We want to share the richness and the healing forces of this natural and specific music and movements with people in all over the world.

The Mongolian people are nomads

The endless wideness of the country loosens a longing for nearness. In the solitude and the big distances are only a few elements of security in daily life: the wide blue sky, natural phenomenons, very few persons and a lot of animals. The help of others is important as well as security and confidence. The biggest confidence they give to the blue sky. The shaman plays an important and central role until today. The blue sky is the most important force for the mongolien people in this country.

The mongolien people are very hospitable. Please be prepared for this and bring enough presents for some nice gestures.

Openness and readiness for help are part of mongolien culture. Specially in the countryside people ask from where and to where you will go. This behaviour grew over hundred of years and could rescue life.

The right engagement

For a travel tour in Mongolia patience is necessary.

Although we try to organize the trip as well as we can it can be that chngements will happen.

In this country we meet imponerable things in different subjects. But this can be a challange to change imaginations and to react flexible with all the realistic possibilities.

Let us adapt ourselves to our guests. Let us be more slowly and let us enjoy the tranquility of the nomads.

May be we will be sometimes be frustrated, misunderstood or angry beside of all the beauty. We meet here such a different and special culture that also the unpleasant experiences will be made. The best is to swim with the river not against it. Then we have the chance to developpe our spiritual and personal personality. In all centuries the mongolien people were not be changed by the different conquerors - so don't let us try to do it in two weeks.

Personal physical qualification

Mongolia is not only a country for strong men and women. But the far you are from the town the more difficult will be the idea of returning. So it's important if you are sick, to ask your doctor for advice.

We can have extrem changements in temperatures as well as in atmospheric pressure.

If you have no more inoculation against Tetanus and Polio you should fresh it up.

Hygiene und Sanitary

Already in the town you will find strong restrictions.

In the country side are no sanitary places. This has the advantage that you don't have to worry about cleanness. A meadow for toilet and a little river for washing hands are mostly found. If you have a small shovel and damp toiletpaper, everything is possible.

Different smell can also be difficult.

The meat of the sheeps, kimiz and others can be disagreeable. The human nose gives only a few minutes a smell to the brain, after this you don't smell something 'til another smell is arriving.

Presents

Who wants be in a good contact with the mongolian people should bring presents.

Because we will drink no alcohol during the tour, it would also be no good present. Confect, cokolade and bonbons are better, specially for women and children. Bonbons in metal cases which can be used after are beloved.

Other presents:

lighter, pocket-knife, toys, cloths for children, stickers, soap, creme,pen, etc.

A small list of practic things;

These are only suggestions! Please make sure by yourself what you need.

Clothes:

Warm clothes; in the summer it can be in the day warm.

Warm socks, long underwear, long trousers, long T-shirts, sweatshirts, long pullover, jacket against the wind, protection against rain, hat or something against the sun, secure shoes,

Hygiene:

Suncreme, lip-protection, protection against insects

Pharmacy

All medicaments you need you have to take with you from home because in Mongolia probably you will not find them.

Medicaments against diarrhoea can be useful.

Equipment

Air-bed,

electric torch,

warm sleeping-bag, (we will sleep also in camps)

good functional knife,

waterbottle,

lighter, candles or teecandles,

telescope

Food

mixed nuts and dry fruits,

Müsli,

Dry sausages,

herbals and spices,

fruit tea / herbal tea,
honey,

Security

Belts under the cloths for money and documents

Our tour

1. Day:

Berlin - Ulaanbaatar

arrival in Buyant Ukhaa International Airport;
Transfer to the hotel.

2. Day:

Ulaanbaatar - Kharkhorin

ca. 390 km

visit of the old turkish monument: Orkhon scriptures of the Gökturks in rune and chinese.
The Gökturks stayed between the 6. – 8. century in Mongolia.
The scripture was written in the time of Bilge Khan and shows moral and ethic values for life, written in stone.

Visit of the buddistic monastery Erdenezuu.

3. Day - 7. Day:

Kharkhorin - Terhin Tsagaan Nuur Lake - Chuvsgul Lake - Murun

We will drive to a wonderful lake which lays in a Vulcan area, 2060 high.
In the cristall water we see the fish and the nature presents various birds.
The Chuvsgul lake is surrounded by beautiful mountains.

7. - 8. Day

Selenge river - Murun

The selenge river is the most well water river of mongolia. He goes to the Baikallake.
We will visit old stones and graves.

9. Day:

Ulaanbaatar - Amarbayasgalant Monastary

A big reconstructed monastary, lonely located in a beautiful scenery.
This monastary survived as one of the few buddhistic grounds in the time of Stalins riots.

10. Day:

Ulaanbaatar - Terelj National Park

The nationalparc lays 110 km northeast from Ulaanbaatar. Also here we find relicts from türkish culture, with türkish writings, stone-figures and graves.

We pass the spectaculare valey of Ghorke river. Unic stoneformations border the way.

In the evening mongolian people presents songs and dances.

11.- 13. Day

This unspecific time we want to keep empty and flexible for extra events during the tour.
May be we will go sometime by horses or we will meet some intersting musicians or shamans. Then the plan of our tour will expend in some places.

Price: 2550 Euro

Price includes:

Flight from Berlin to Ulaanbaatar
14 nights and 13 days in Mongolia.

3 nights in the Dschingis Khan Hotel in Ulaanbaatar.
Daily meals in choice in restaurants in Ulaanbaatar.
Excursions like discribed and accomodations in camps or tents.
Transfers with Landcruiser Jeeps (3 personens in one jeep) like described.
1 night in Camp Terej National Park, with barbeque.
Entrence fees in museums, Nationalparks, concerts, horse riding, traditional musical performance, meeting with local musicians and singers.
Bustransfers in the town and to Terej Nationalpark.
Daily full-board and sufficient amount of water while touring the countryside.
Porterage and baggage transfer service upon arrival and departure.
English speaking guide all along the journey.
Attandance the whole trip by Dr. Rahmi Oruç Güvenç and Andrea Azize Güvenç.

Not included:

Trip from home to Berlin and Berlin to home,
All personal things you want to buy during the tour.