The Mountain Kingdom Awaits

Trip to Lesotho

Take a unique vacation that will change your life and the lives of others. Travel to the beautiful mountain kingdom of Lesotho on an intimate and profoundly moving adventure – from the kind, welcoming people to the vast and ancient mountains.

Experience the magic of Africa, feel its rhythm...

...and change lives!

This is your chance to see almost untouched parts of rural Africa. Be moved and inspired as you play and laugh with, and learn from, children, youth and grandmothers. Experience first-hand the challenges of this incredibly beautiful country and the joy and resiliency of its people.

Empower children and youth as leaders in their families and communities, with your financial contribution and your time and energy.

Help Lesotho is a registered Canadian charity operating in Lesotho since 2004.

March 3—14 2023
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**Dates:** March 3—14 2023

**Number of Guests:** up to 14 people

**Trip Duration:** 12 days, including four unforgettable days in the mountains.

**Location:** Based in the small town of Hlotse, 1.5 hours north of the capital city of Maseru, with good services (hospital, grocery store, etc.).

**Accommodation:** Each couple/individual has their own bedroom in Help Lesotho’s Leadership Centre apartments. Each of the two apartments has four bedrooms, a large shared kitchen, bathroom, common area, balcony, running/hot water, electricity and internet.

**Food and Water:** During your trip you will sample delicious traditional and fresh seasonal fruits and vegetables, and local meats! Bottled and boiled water will be provided. Dietary restrictions can be accommodated.

**In-Country Travel:** All in-country transportation will be arranged by Help Lesotho with known drivers in safe vehicles.

**Air Travel:** Guests are responsible for making their own travel arrangements. Help Lesotho has a partnership with Marlin Travel (Ottawa, ON) to assist you with booking flights as well as any personalized side-trips you may be interested in. As you fly in and out of Johannesburg, further travel in South Africa (safari, wine tours, etc.) is easily arranged.

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*Your Host!*  

Dr. Peg Herbert founded **Help Lesotho** in 2004 after personally witnessing the staggering suffering and bravery of the people of Lesotho. She rallied thousands of Canadians to fund innovative programs and projects. Peg is an inspiring advocate for marginalized populations, beneficiary-led programming and advocacy work. Peg works tirelessly to use her professional expertise and experience to create educational programs that heal wounded hearts to build resilience, enhance participants’ cognitive development to promote self-management and develop leadership for all program beneficiaries to take action for the benefit of others. Peg spends two to three months each year in Lesotho.
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Activities will balance truly meaningful experiences with time to relax, have fun, and enjoy the countryside. Guests have the opportunity to personalize their trip based on their desired activity level and interest in Help Lesotho’s programs.

Hear from young mothers as they share their stories of overcoming grief and building new life skills.

Meet herd boys who are finally being given the opportunity to be seen as respected members of their communities.

Did you Know?!
⇒ Lesotho is entirely landlocked within the Republic of South Africa.
⇒ Lesotho is pronounced le-soo-too. The people are called ‘Basotho’ and the official language is ‘Sesotho’!
⇒ Lesotho is the 3rd highest country in the world—it also has the highest low-point of any country.

Witness young men and women joining together to end gender-based violence through the GIRL4ce movement.

Play with new friends in small villages while helping families improve their homes.

Sing and dance at a Grandmother Day with the grannies who are raising children orphaned by HIV/AIDS.

Read English books to children at impoverished schools in remote, mountainous communities.
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You will spend time with the beneficiaries at Help Lesotho’s two ‘Seotlong Centres’ in Hlotse and Pitseng.

*Seotlong means ‘a place to share ideas’.

Did you Know?!

⇒ Lesotho has the world’s 2nd highest rate of HIV/AIDS. 25% of people are HIV-positive.
⇒ 86% of girls and women in Lesotho have report experiencing gender-based violence.
⇒ AIDS has decimated the social structure of Lesotho. Over 70% of the population is under 24 years old.
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Testimonials about their experience in the Mountain Kingdom from guests from trips in previous years.

“Seeing is believing. Intellectually we realise the value in helping people in need but having the opportunity and privilege of seeing and meeting the people of Lesotho where they live makes it impossible not to be driven to help in any way possible.”

Julie Sullivan, pictured with children from Thaba Tseka

“The numbers about Lesotho give us a glimpse but when you see the people you feel the challenges. When you watch youth discuss grief and sorrow that has robbed them of their parents and family members, when you see the poverty and how it affects people you begin to appreciate the impact HL is having and how it is building for the future. Help Lesotho – thank you Peg for your leadership.”

Bill Austin, pictured riding a Basotho pony

“This trip for me was an awe-inspiring experience to see how Help Lesotho is increasing its reach across the country through its various programs including leadership training.”

John Graham, pictured holding a baby at the Young Mother’s program
Help Lesotho is committed to the health and safety of all visitors and program participants. Amid the COVID-19 pandemic, strategies have been implemented in Help Lesotho’s offices and program locations to limit the spread of the virus.

The 2023 trip will include appropriate measures to ensure visitors are comfortable and have access to services as needed.

As of mid-2022, Lesotho has yet to experience a significant COVID-19 outbreak. There have been fewer than 1,000 deaths in the country due to the virus.

Vaccines became available in Lesotho starting in August 2021. All Help Lesotho staff have been vaccinated. Many of our programs include access to vaccination to increase the availability of vaccines to our participants.

If relevant at the time of travel, access to testing is available in Lesotho in order to comply with the international requirements.

Requirements for international visitors to Lesotho will be clarified in early 2023.

More information about COVID-19 in Lesotho and Help Lesotho’s response is available here: helplesotho.org/covid-19-in-lesotho
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Cost: $18,000 donation for couples sharing a room or $10,000 per person.

Tax Receipts: Canadian tax receipts will be issued for $17,210 for couples and $9,500 for individuals.

Exclusions: Airfare and insurance are NOT included and are the responsibility of individual guests.

Payment Schedule: 50% deposit upon confirmation of participation. Remaining 50% due by departure date. Other payment plans, including monthly donations, can be discussed.

Fundraising: Guests may fundraise to cover the cost of their trip by soliciting friends and family for donations to Help Lesotho. Help Lesotho can support your efforts with a personal webpage for accepting donations, fundraising letters, and access to photos and sharable resources.

“I’ve always wanted to go to Africa. When I heard about the Help Lesotho trip, I thought it would be a great opportunity to see the grassroots work Help Lesotho is doing—especially with the grandmothers. I was so impressed by the people I met and the programs I witnessed. Help Lesotho is making such a difference. Everything about the trip surpassed my expectations—I wished it was longer!”

- January 2016 Guest

Purpose: BUILDING LEADERS

By visiting The Mountain Kingdom on this special trip, you will support Help Lesotho’s work to equip, empower and mobilize children, youth and grandmothers as leaders who are motivated to take action for the benefit of others.

Help Lesotho’s programs assist participants to heal from tragedy, develop knowledge that empowers healthy decisions, build new skills and develop the confidence to step up, speak out and mobilize others to affect change in their families and communities. Your donation will support our programs that enable youth to finish high school, learn practical life skills, challenge unhealthy myths and behaviour, and become engaged as strong community advocates and influencers for positive social change.

Please join us in this life changing work!

For more information about upcoming trips to Lesotho, please contact:

Kate Lambert, Director at kate@helplesotho.org or 613-369-5864.

helplesotho.org