

From 22-24 September

2016

# People with disabilities, Adventure Camping Galiyat

The poster features a central image of a person in a wheelchair sitting inside a white and teal tent. In the background, there's a stone castle tower and some evergreen trees. The text on the left reads "Promoting Universal Accessibility" and "WORLD TOURISM DAY 27<sup>th</sup> SEP 2016". Logos for "Visit Khyber Pakhtunkhwa", "TOURISM CORPORATION KHYBER PAKHTUNKHWA", and "FRIENDS OF PARAPLEGICS" are visible. The text on the right says "Tourism for all PEOPLE WITH DISABILITIES ADVENTURE CAMPING 22<sup>nd</sup>-24<sup>th</sup> SEP 2016". A small CW WING logo is at the bottom right.

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## Acknowledgment

All praises to Almighty ALLAH alone, the Omnipotent, the Omnipresent, the Most Merciful and Most Compassionate and His Holy Prophet, MUHAMMAD (Peace Be Upon Him) the Most Perfect and Exalted among and of ever born on the surface of earth, who is forever torch of guidance and knowledge for humanity as a whole.

The report presented in this manuscript was accomplished under the inspiring guidance, generous assistance and enlightened supervision of IrfanUllah, General Secretary of Friends of Paraplegics. FOP expressed the gratitude to Tourism Corporation KP for its sympathetic attitude in the accomplishment of this activity.

Additionally, it is very appreciable that Tourism Corporation of Khyber Pukhtunkhwa took this initiative to arrange an adventure Camping tour for Persons with Disability. This step is very encouraging for PWDs. TCKP gave a hope to become the part of PWDs' community. It is expected from TCKP, this type of healthy activities will be arranged in the future.

FOP is also thankful to Chief Executive Paraplegic Center Mr. Ilyas Syed, who benevolently extended all possible ways to the smooth completion of this unique activity through his expert guidance, sympathetic and encouraging attitude all the time.

The help provided by the volunteers is also acknowledged. FOP would also like to pay its heartiest thanks to KP POLICE who provided security during tour.



## 1. Background

All human beings have equal rights, either right to live life, right to education or the right of free movement. But it is very unfortunate that some of the groups of our society being treated differently. They are being deprived of their fundamental rights. Persons with disabilities are one of those communities in our so-called society. Though; they are almost estimated 15 percent of the total population, but besides the fact they are still fighting for their basic rights.

PWDs have right to enjoy their life with freedom as others are enjoying. They have to move right or go easily from one place to another, but due to temporary environmental barriers they are not capable to do so. Somehow they cannot enjoy their life, even they cannot wonder to see the natural beauty or find out the historical places.

Conversely, Pakistan is a place; full of natural beauty, but due to an inaccessible environment PWDs are not able to explore it. Wondering is being made, their dream. For the completion of this dream **Friends of Paraplegics** took an initiative in order to trace PWDs towards such places, which they want to visit.

Recently, the Friends of Paraplegics (FOP) organized an Adventure trip to *Swat, Mayan and Bahrainin* 1<sup>st</sup> week of June 2016 for People with disabilities. They discovered some spots for disabled people and spread awareness about disability rights and Spinal Cord Injury, which was very much appreciated by the people, belong to the visited areas. A lot of families have witnessed the trip and contacted us.

## 2. Introduction

Three days Adventure Camp for Persons with Disabilities was organized by FOP with the help of **Paraplegic Center**. The Adventure camp was sponsored by the **KP Tourism Department**. The Persons with Disability were chosen from all over the Khyber Pukhtunkhwa (KP). Physical fit persons were also the part of this special camp. The total number of the participants was 48. Thirty out of 48 were Persons with Disability while the remaining 20 were their attendants and Volunteers. Participants were taken part in plenary and syndicate sessions. They are being engaged in recreational activities such as games and competitions. The theme of the trip was "*Tourism for all*" which supposed to promote the soft image of KP. Multiple locations were visited in this *Adventure camp* including *Natia Gali, Bara Gali, Donga Gali, Kuzagali and Ayubia*.

## 3. Purpose of the adventure camp

The idea behind the adventure camp was to discover the accessible tourist spots for the persons with Disability where they can visit easily. Moreover, to show the people that how much skillful and creative they are. The activity aimed at to confiscate the misconception of the physically fit persons about the PWDs as they consider them as a burden on the society. Furthermore, the point at the back of the activity was to create an inclusive environment for persons with Disability in the society.

## 4. First Day activities

On the first day before leaving, a session was conducted by Irfan Ullah at Paraplegic Center Peshawar to the participants in order to tell them about the disciplines of the camping trip. They were also briefed on some necessary precautions for the adventure camping.

### 4.1 A session to the Persons with Disability



On the first day before leaving, a session was conducted by Irfan Ullah at Paraplegic Center Peshawar to the participants in order to tell them about the disciplines of the camping trip. They were also briefed on some necessary precautions for the adventure camping.

One of our team left for Press conference at Peshawar Press club to aware the media and society regarding to Tourism and adventure camping of People with disabilities in the supervision of Mr. Syed Muhammad Ilyas Chairman Friends of Paraplegics.



## 4.2 *Road to Bara Gali*

The journey was started from Peshawar and moved to Bara Gali. The convoy of the journey was consisted of three vehicles which were partially easy to get in for the PWDs. In the way the lunch was given to the participants.

In the way to Bara Gali, a police mobile joined the convoy at Haripur and led it to Peshawar University Campus, Bara Gali. On reaching to Campus the members teams were made to installed the camping tents. The camping tents were provided by UNHCR. The arrangement for cooking was done tonight. Persons with Disability cooked the meal themselves. After the dinner a music program was arranged for all tourist teams.



## 5. Second Day Activities

The second day was different from the first day. Many activities were taken place on the second day.

### 5.1 *Breakfast*

The breakfast was taken at 8:00 O'clock in the morning. The breakfast was prepared by the PWDs and Volunteers.



## **5.2 Picking the trash and cans**

All the participants together picked the garbage and cans, which were thrown over there by the people. The purpose of this activity was to clean the environment from any kind of pollution and give a message to other visitors and tourist for keeping clean the surroundings. Later on a session was given on the environmental pollution and its protection.



## **5.3 Inclusive Games competitions**

Numerous competitions were held among the PWDs and physically fit persons. The competitions were divided into five categories based on physical condition of the participants.

Firstly, the Tetra patients did a race with their electric wheelchairs. Secondly, the Spinal Cord Injury Paraplegic Tourists took part in the wheelchair race competition. In third competition Polio Paraplegic Tourists did wheelchair race competition. The fourth running competition was held among the physically fit young people. The final race, competition was held among the physically disabled with one Crutch. After those balloons blasting competition was already done and At the end of the competition prizes were distributed among the winners.





The major reason for arranging these inclusive games were to gain new and rewarding experiences from which they develop self-confidence, increase motor function, and have fun. Furthermore, it aimed to encourage PWDs and build up their skills.

#### **5.4 Moves to DongaGali and Nathia Gali**

After doing the recreational activities the PWDs convoy started its journey towards Nathia Gali and DongaGali. Multiple activities were done over there.

#### **5.5 Accessibility Audit at Nathia Gali**

The PWDs teams visited more than 30 places, including restaurants and markets. During the accessibility audit more than half restaurants were found inaccessible for PWDs while some were partially accessible. Throughout the accessibility check the PWDs teams briefed the owners and managers of the restaurants and markets on accessibility. The owners took all their suggestions positively and assured them to make those places disabled friendly.



#### **5.6 Lunch at Donga Gali**

After the accessibility Audit at Nathia Gali, the PWDs convoy advanced to Donga Gali where they did lunch. Later than they again start accessibility audit at Donga Gali where they found 3 restaurants accessible but there were no accessible washroom for them.



## 5.7 Way back to Bara Gali

At the end of second day outing, the convoy went back to Bara Gali. At night time Bar B Q program was arranged by the PWDs. Delicious barbecue was presented to the participants. After doing the dinner a music program was made in order to celebrate the night together. All the participants shared their experiences with one another.



## 5.8 Celebration of “World Pashto Culture day”

All the participants of adventure camping celebrated “World Pashto Culture Day” on 2<sup>nd</sup> day of this camping with the help of Pashto music. This day is observed every year on the 23<sup>rd</sup> of September. The purpose for observing this special day was to tell the participants about the rich “Pashtuns’ Culture”. During the celebration the participants discussed the diversity of Pashto culture. Different sides of the culture were being conversed with them.



## 6. Last day Activities

### 6.1 Awareness session

In the morning breakfast was taken. After the breakfast Miss. Afsha Afridi conducted an awareness session to PWDs with the topic of “Disaster Management and survival Trainings. The session was delivered on self-protection, rescue important preventions and precautions at the time or after the time of any natural disaster and emergency. She told all the possible safety measures to PWDs in order to ensure their safety in any type difficult circumstances and lessen the number of casualties.



### 6.2 Moves to Ayubia

At the end of awareness session, the participants folded all the tents and cleaned the place. After that the convoy left for Ayubia.



### **6.3 Activities at Ayubia**

On reaching Ayubia, all the participants went to Ayubia National Park and chair lift but due to inaccessibility they could not get inside the park. As well as accessibility audit at Ayubia was also done. Later on, all the participants wondered in Ayubia to explore the beauty of that place. Some of the PWDs did horse riding.



### **6.4 Tourism Promotion Campaign at Ayubia**

All the participants in the shape of the group met with the people and told them about the famous tourist spots of KP. Moreover; they distributed the different publications of TCKP broachers , among the people over there. The people were shown their deep interest for visiting those places, given in the books. Most of them demanded the broachers of Galiyat for tourism purpose. The PWDs team also told them about the “world Tourism Day” and theme of 2016.



### **6.5 Meeting with Assistant Director Admin, GDA**

At Ayubia the PWDs convoy was joined by the Assistant Director AdminGaliyat. He met with the participants and thanked them for visiting Galiyat. He was briefed on the inaccessible and accessible spots of Galiyat. Assistant Director, ensured his full support to the PWDs. He confessed the inaccessibility over there. He promised to do all the possible measures for making accessible all the tourist spots for PWDs and he show his entrust to write down MOU with FOP for accessibility purpose.

## 6.6 Way back to Peshawar

After doing lunch in Ayubia, the convoy turned back to Peshawar through Muree.



## 7. Outcomes of the Adventure camping tour

It was no doubt a milestone achieved by the enthusiastic group of Persons with Disability and according to our knowledge it was for the 1<sup>st</sup> time in the history of the world that such a number of PWD's especially wheelchair users went for camping for three days. This adventure camping tour has been very fruitful and successful. It put good impact on their lives. It assured them that they are equal citizens of this society. It developed a new idea of tourism. Furthermore, it showed that positive image of the KP government. It also pretended that the Government does work for the well-being of PWDs. Moreover, it set up a precedent for the future. The discovery of accessible tourist spots is also an outcome of the tour.

Following spots were found accessible for PWD's especially for wheelchair users.

### 7.1 Nathia Gali Accessible spots

S.No	Name	Contact	Person	Remarks
1	Green Land Hotel and restaurant	0345 9742950	Sardar Gulzaib	Only restaurant was accessible
2	Khyber restaurant	0345 1942832		Yes
3	New Shinwari			Yes
4	Khyber Junction			Yes
5	Green Onion ( main bazaar )	0347 9572178	Sardar Babar	Yes
6	New Khan Shinwari	0300 5088989	Taskeen khan	Only restaurant was accessible
7	Himaliya Hotel			Only restaurant was accessible
8	Summer Inn Hotel and restaurant			Only restaurant was accessible
9	Winter Inn Hotel and restaurant	0992 355311		Only restaurant was accessible
10	Red Honey			Armanadnan22@gmail.com
11	Best View Hotel			Only restaurant was accessible
12	Red Onion			restaurant was accessible
13	GPO of Nathia Gali was also accessible for people with disabilities especially for wheelchair users.			



## 7.2 Nathia Gali Inaccessible spots

S.No	Name	Contact	Remarks
1	Taj Hotel and restaurant	0345 9597922	Waqar Ahmad assured accessibility
2	Fog Land		No
3	Hotel Afaq	0346 9566392	No
4	Rose Hotel		No
5	K International Hotel	0300 3649445	Naveed assured accessibility
6	Hotel Galiyat		No
7	Hotel Moohaba		No
8	Boom Boom Hot spot		No
9	Mperial Lahore Broast		No
10	Hotel Green		No
11	4 Public Toilets which were under controlled of GDA were not accessible for wheelchair users.		
12	TCKP Galiyat Guest House entrance is accessible and entrance of the rooms were not accessible		

## 7.3 Donga Gali Accessible Spots

S.No	Name	Contact	Person	Remarks
1	A More Hotel and restaurant			Hotel was not accessible

## 7.4 Donga Gali Inaccessible Spots

S.No	Name	Contact	Person	Remarks
1	Snow Land			No
2	Track View hotel and restaurant			No
3	Police station is not completely accessible and have a small hurdle in entrance.			

## 7.5 Ayubia accessible Spots

S.No	Name	Contact	Person	Remarks
1	Summer INN hotel and restaurant	0992 359117		It's Hotel is not accessible
2	Saba Chawn Hotel	0344 990510		restaurant was accessible
3	Lalazar Hotel and restaurant			It's Hotel is not accessible
4	Pine Land Hotel and restaurant	0345 9563644 0300 9112772	Sajid	restaurant was accessible
5	Pine Park restaurant	0992 359208		It's Hotel is not accessible
6	Samran Hotel and restaurant	0992 359117		restaurant was accessible



## 7.6 Ayubia Inaccessible Spots

S.No	Name	Contact	Person	Remarks
1	Ayubia Palace Hotel and restaurant			No
2	Jamai Masjid AhlayHadees Ayubia			No
3	AYubia Residing Hotel and Rest.	0300 5335648		No
4	Ayubia Chair lift were completely inaccessible for disabled people and old age citizens.			

**Note: Bara Gali Peshawar campus is also not accessible for disabled people and can be made accessible easily with few changes.**

## 8. Suggestions/ Recommendations

- The Government should create such opportunities for PWDs as much as possible.
- The government should make sure the accessibility at all tourist spots as well as accessible Transport is very much needed.