

BHUTAN

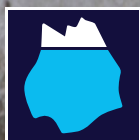
Land of the
Thunder Dragon



8 days of
exploring
with expert

Sisse Brimberg

better



moments

Better Moments means



Thanks for choosing Better Moments for your next adventure workshop.

Better Moments was founded in 2011 by Philip Boissevain and me, two experienced veterans of the international professional photography industry. We met when working at Hasselblad, Philip as the Global Marketing manager and me as the Global Photographer Relations manager.

Today Better Moments has become the leading photo workshop platform organizing high-end workshops for photo enthusiasts worldwide.

You will learn from the world's most experienced photographers within their fields to refine your personal style and sharpen your technical skills. Additionally, we want you to share your excitement for photography and enjoy great moments in life. And we want you to explore your passion and expand your photographic skills and vision.

Better Moments mission is to deliver exclusive workshops in landscape, wildlife and travel photography at unique locations around the world. I want you to explore your passion for photography and work and earn from the world's most renowned photographers who all have excellent teaching skills, local knowledge and experience.

Photography with passion,
Christian Nørgaard

**better
moments**



Better Moments CEO and founder:
Christian Nørgaard

Graphic design: Håkan Andersson

Text editor: Jeff Grant

All images and text in this catalog are under International Copyright Legislation.

However, Better Moment's guests and potential customers may download the catalog for private use, but not for any commercial use.

Any violation of the International Copyright Legislation will be reported to the International Court of Justice of International Copyright Legislation

Photo above by David Trud

Cover photo by Sisse Brimberg

S Photography with passion

Our passionate experts

Arne Hodalič – National Geographic photographer

Tom D Jones – Hasselblad Master & European Fine Art Photographer

Steve Bloom – National Geographic photographer

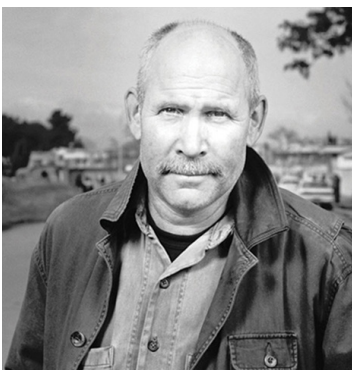
Christian Nørgaard – CEO Better Moments

Hans Strand – Hasselblad Master Landscape Photographer

Michael Nichols – wildlife journalist, National Geographic editor

Sisse Brimberg – National Geographic photographer

Steve McCurry – National Geographic, World Press Photo first place



"My life is shaped by the urgent need to wander and observe, and my camera is my passport."

Steve McCurry









Land Of The Thunder Dragon

Bhutan is the Land of the Thunder Dragon. Tucked away in the Eastern Himalayas, which represent nothing less than the crowning pinnacle of nature's grandeur. It is a country filled with myths and legends.

Buddhism permeates every aspect of daily life, hidden valleys shelter exquisite age-old temples and monasteries, and the king decrees "Gross National Happiness" as the standard by which to measure the country's wealth.

This workshop is a unique opportunity to travel with one of National Geographic's star photographers, Sisse Brimberg.







Bhutan Highlights

Better Moments' mission is to deliver exclusive workshops and we want you to explore your passion for photography and work with the world's most renowned photographer, Sisse Brimberg during your Bhutan expedition.

■ HIGHLIGHTS

- Tours around the city of Paro with many opportunities for magnificent portrait and travel photography.
- Photography in the capital of Bhutan, Thimphu, where tradition and modernity exist side by side.
- Bus ride to Punakha with several stops on the way to shoot landscape photos of the Himalayas.
- Visit the impressive monasteries Punakha Dzong and Trongsa Dzong, which is glued to the mountain wall.
- Workshops and private lessons with Sisse.

■ WHAT YOU WILL LEARN

- Learn about how to approach the unique challenges of travel and landscape photography, how to capture candid moments and portraits and how to capture spaciousness, dynamic energy and the simplicity of natural landscape photography.

■ ON LOCATION

- Teaching and training in the best techniques and personal hints and advises.
- Composition and focus on lines, golden section, perspective, foreground.
- Work in different lighting and with short/long exposure times and apertures.
- How to handle equipment with care on location.
- Private hands-on lessons that can help to take your photographic skills to the next level.
- How to approach local people in a natural way.

The secrets behind the travel and reportage photography.

■ IN CLASSROOM

- Expert review and constructive criticism of shots taken during the day.
- Private portfolio review.
- A Better Moments Certified Photo Instructor is available during the entire workshop to offer assistance with camera settings, the basics of composition, and to generally guide and help.

PRICE & BOOKING











Explore Bhutan together with National Geographic photographer Sisse Brimberg



PHOTO BY PRIVATE

"I was born very prematurely, two months to be precise. The nurses who took care of me gave me the nickname "Sisse". Later on I was baptized Marie-Louise, but it never stuck, I have always gone by Sisse"

Sisse Brimberg is a highly experienced photographer who has photographed over fifty stories for National Geographic Magazine and National Geographic Traveler ranging from the far corners of Japan's paper industry to northern Europe's Viking culture. Her work is exhibited around the world. Her particular passion is for historical and cultural stories that require a great deal of research and even more imagination.

You can't photograph history, of course, so you have to find ways to make the past visible. Together with Cotton Coulson, her deceased husband and colleague, Sisse has been awarded prizes by Pictures of the Year International, the National Press Photographers Association, White House Press Photographers Association, and Communication Arts.



PHOTO BY SISSE BRIMBERG







A life with passion for the sea

"I was raised near the sea and spent my youth sailing with my friends in Øresund," says Sisse. It has therefore been perfect with the opportunity to travel aboard the National Geographic Explorer ship to the Polar Regions and gain access to some of the most amazing photographic destinations imaginable. The frozen landscapes are spectacular with its unique light and surroundings. And with that comes the arctic species, many of them endangered, making it important to document their lifestyle and environment.

Back to the roots

Sisse Brimberg has been a National Geographic Contributing Photographer since she was in her twenties, when she met and married Cotton Coulson in Washington DC. At that time, they often traveled in opposite directions spanning the globe on photo assignments for the magazine. Sisse focused her energies on cultural and historical subjects that had interested her since childhood and while growing up north of Copenhagen. Some of her favorite feature stories took her back to Scandinavia, "The Vikings", "Denmark", "Hans Christian Andersen", "Hanseatic League", just to name a few.

Working together with Better Moments

In 2004, while living in Paris, Sisse and Cotton made a life-changing decision; to work together as a creative couple. They formed their company, and spent part of the year traveling to remote and exotic locations shooting for National Geographic Traveler and teaching photography.

In association with National Geographic Nordic, they launched an exclusive photo workshop program with Better Moments to Bhutan, one of the most desirable locations to visit today for photographers and film makers. Bhutan is from our point of view the last country in Asia that has maintained its own unique culture, history and religion. The landscapes are unique and beautiful and the people are open and genuinely welcome you with a smile. Bhutan is much like Tibet was 60 years ago - unspoiled and innocent with a strong thread of autonomy and dignity - the last real kingdom in Asia." says Sisse Brimberg.



PHOTO BY SISSE BRIMBERG



Itinerary

DAY 1

■ PARO - THIMPHU

(Altitude 2,350 m)

From Thimphu airport where we will pick you up, we follow a scenic route to the capital Thimphu. Along the way there will be occasional stops for landscape and portrait photography. We check-in at our hotel and spend the rest of the day in Thimphu. After dinner, we spend a few hours talking about today's photography. In the evening there will be a joint dinner and lecture on "A life with National Geographic" by Sisse.

DAY 2

■ THIMPHU

We will spend our day in the capital Thimphu, where tradition and modernity meet. Thimphu is a fascinating and different capital. Here you will only find low-rise buildings, little traffic and no traffic lights. After dinner, workshop on today's photography.

DAY 3

■ THIMPHU - PUNAKHA

(Altitude 1,350 m)

We go by 4X4 bus through the lush valley taking several photo stops along the way, so you can take shots of the 7,000 m high Himalaya Mountains. In Punakha, we visit one of the country's most impressive monasteries, the Punakha Dzong, from the 16th century. Then we cross Bhutan's longest suspension bridge on foot (100 m). In the evening, we meet for Sisse's entertaining lecture and mini-workshop on photographing for National Geographic.

DAY 4

■ PUNAKHA

Today we will explore Punakha valley and visit Punakha Dzong - a huge temple buildt in the middle of two rivers. The Punakha Dzong is one of the oldest temple in Bhutan. During the day, there will be personal one-to-one workshops with Sisse.

DAY 5

■ PUNKHA TO PARO

We leave early heading towards Paro through out breath taking landscape with several stops along the way.

In the afternoon we will visit the Dzong in Paro, that stands on the hill overlooking the valley of Paro. Sisse will tonight have focus on your best shots so far.

DAY 6

■ PARO

(Altitude 2,250 m)

We start the day early at scenary and historical ruins of the fort, Drukgyal Dzong.

At the oldest temple in Bhutan known as Kyichu Lhakhang we will focus on portrait photography of the many monks.

After dinner at the hotel we will enjoy an easy evening since we will have a busy next day.

DAY 7

■ TIGER'S NEST - PARO

(Altitude 2,250 m)

After breakfast, we drive up to Ramthangkha (10 km from Paro). From here, we (slowly) walk up the 3,100 meters to the famous monastery Tiger's Nest. The monastery is situated on a ledge overlooking the Paro Valley. We return to Paro in the afternoon. Farewell dinner at the hotel.

DAY 8

■ DEPARTURE

We leave Bhutan and fly home.

IMPORTANT

Due to the weather, we point out that, changes to the program may occur.

AIRPORT PICK-UP

Better Moments arrange one pickup and one return to the airport on arrival day and departure day.

PRICE & BOOKING











Quick guide

We wish you to travel with the greatest possible comfort and to know that you have received as much information as possible.

■ GETTING THERE

Paro Airport is the only international airport in Bhutan. The airport is located 6 km from Paro in a deep valley on the bank of the river Paro Chhu at an elevation of 2,200 m. Drukair, the Royal Bhutan Airline, is the national airline of the Kingdom of Bhutan. The schedule changes by season, but normally there are three flights each week from New Delhi and a daily flight from Bangkok.

■ VISA

All applications for tourist visas must be initiated by a Bhutanese tour operator. After confirming that the trip has been paid, the Ministry of Foreign Affairs in Thimphu issues an approval letter to the tour operator. The tour operator then makes a final application to the Ministry of Foreign Affairs. When the visa clearance is issued a visa confirmation number is sent to the tour operator and to Druk Air. Upon arrival in Bhutan, the visa officer will produce the approval form from the file, and the visa will be issued on the spot.

■ WEATHER

The climate varies widely depending on the elevation. In the southern border areas it is tropical; on the other extreme, in the high Himalayan regions, there is perpetual snow. In Paro the temperature ranges from -5°C in January to 30°C in July, with 800mm of rain.

The ideal time for trekking and for traveling throughout the country is autumn, from late September to late November, when skies are generally clear and the high mountain peaks rise to a vivid blue sky.

■ LANGUAGE

Dzongkha is the official language. English has been the language of education since 1964, but there is growing emphasis on learning Dzongkha to strengthen national identity.

■ CURRENCY

The Bhutanese monetary unit is the Ngultrum (BTN)

■ QUICK GUIDE

Tongsa Dzong in central Bhutan, is the ancestral home of the Royal family. It commands a superb views of the valley.

Explore the holy sites of Bumthang, the country's cultural and religious heartlands.

Visit the National Library in Thimphu to gaze at holy books and scriptures and the National Museum of Bhutan in Paro, located in the Watchtower, where weapons, antiques, mammals and Bhutanese artifacts are all on display.

There are numerous Buddhist festivals in Bhutan: a riot of masks, dancing and rituals, which generally centre on Dzongs (fortresses) in cobbled courtyards. Monks recount Buddhist history and myths through religious or folk dances.

Trekking around the valleys and the mountain gorges presents breathtaking vistas. The high altitude Snowman Trek (25 days) is arduous, but in Bumthang, visitors can join four to seven day cultural tours through the villages.

PRICE & BOOKING





**"If you want to do people shots,
Bhutan is the place to go to."**

Sisse Brimberg



PHOTOS BY SISSE BRIMBERG



Equipment

Whether this is your first trip or your "hundredth" workshop with us, it's always helpful to have a run-down of what items you may want to pack so you have a travel checklist. Bookmark this packing list, because you'll want to refer back to it to make sure you've thought of everything you might want to pack.

■ CAMERA

The camera list is for inspiration, since you know better than anyone what equipment you prefer.

- ☐ Bring your own laptop computer and storage medium
- ☐ Camera bodie(s)
- ☐ Lenses, 24-70mm zoom and 70-200mm zoom or similar lenses are very good
- ☐ Bag for all camera gear
- ☐ Light bag for easy hiking with camera bodies and accessories
- ☐ Cleaning kit for cameras and lenses
- ☐ Rain/dust covers for cameras and lenses
- ☐ Charger for batteries
- ☐ Spare batteries
- ☐ Standard power converter
- ☐ Raw processing software
- ☐ Memory cards and card wallets
- ☐ Memory card reader
- ☐ USB key to exchange images

■ NICE TO HAVE

- ☐ Tripod
- ☐ Lens extenders
- ☐ Camera straps for ease of changing from one camera to another
- ☐ Graduated filter set
- ☐ Filter holder
- ☐ High quality polarizing filter
- ☐ Lens belt







Once Bhutan, always Bhutan



Passionate photographer, Jishnu Changkakoti from India, participated in our Bhutan Workshop and return home with a great handful of outstanding pictures.

Jishnu Changkakoti, born in India, is a great photographer. Better Moments had the opportunity to work and travel with him in Bhutan. Jishnu has been awarded with two international photography awards: A Bronze Award at the Px3 2013 Awards, and a 2nd Place – Merit of Excellence Award at the 2012 Spider Black and White Awards.

Jishnu writes about himself and his photography: "The Better Moments photo expedition to Bhutan was one of my most memorable trips. It was very well organised, with everything taken care of in a thoroughly professional manner. The highlight of the trip was the guidance and coaching we received from our teachers - Sisse Brimberg, and the late Mr. Cotton Coulson. I learnt a huge amount from them, and their guidance helped me become a much better photographer."

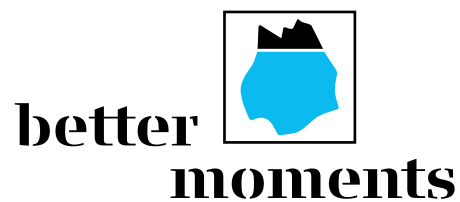
**"The trip was very
well organized."**

Jishnu Changkakoti





PHOTOS BY JISHNU CHANGKAKOTI



BETTER MOMENTS APS

Allerød Stationsvej 4 | DK-3450 Allerød | Denmark

Tel.: +45 31578747 |

E-mail: info@better-moments.com

STAY IN TOUCH



LinkedIn



YouTube

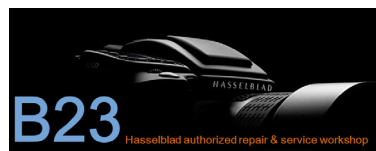


Instagram

WE ARE PROUD TO PARTNER WITH



H A S S E L B L A D
CREATE TO INSPIRE



SanDisk®

