Build it INTERNATIONAL
Building Brighter Futures

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

ZAMBIA COMMUNITY CHALLENGE ZAMBIA

Fri 17 Jun - Sun 26 Jun 2016

In aid of Build It International

17 Jun - 26 Jun 2016

10 DAYS | ZAMBIA | CHALLENGING

On this unique, varied and exhilarating challenge, you will be working with the local community as well as seeing all the great work that you have contributed towards. Enduring blistering heat, high humidity and harsh conditions, you will deserve your day of adventure at the end of this challenge

- Help support a great 'Build It International' Project
- Help the local community by volunteering at the health centre
- Witness the awesome Victoria Falls - the smoke that thunders!
- Possible wildlife viewing including hippos, crocodiles and elephants
- Stay on the banks of the Zambezi

YOUR CHALLENGE DAY BY DAY

DAY 1 *Fri 17 Jun*

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International departure from London

Your flight will depart from London Heathrow and go via Johannesburg. Our Charity Challenge representative will be at the airport to assist you with check-in and any last minute questions.

DAY 2 *Sat 18 Jun*

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Arrive in Ndola & transfer to Kabaka

Arrive Johannesburg in the early morning and board your connecting flight to Ndola, Zambia.

Upon arrival at Ndola you will transfer to the village of Kabaka where you stay for the whole project. The journey time to Kabaka is approximately 4 hours.

You will arrive at the village in the late afternoon and should have time to freshen up and settle into your tents before your full arrival briefing with your challenge leader, when you will be given full details of the challenge that awaits you and the all important safety information that you will need to successfully complete it.

After the briefing you will have dinner at your campsite before retiring to your tents for your first night in the African bush.

DAY 3 *Sun 19 Jun*

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Meet the local community and project activities in Kapiri

The next 3 days will be spent getting to know Kapiri and the community and working on different aspects of the project.

The first morning on day 3 may be taken up with a formal welcome to the health centre followed by a tour so you can see what great work Build It International do. However, the late morning or early afternoon is when the important work starts and your community challenge commences.

DAY 4 *Mon 20 Jun*

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Project activities

Continuation of project activities.

There will be a range of activities to help with and you will be split into groups depending on your skills and preferences and the needs of the community and health centre. You will be working alongside community members so you will get to know our hosts well.

During this project you will be helping the local community, doing vital work to build and maintain this health centre, which will become an important hub of Kapiri.

DAY 5 *Tue 21 Jun*

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Project activities

Continuation of project activites.

Back in Kabaka, if you have any energy left at the end of the day the community will be organising some after school sports activities where you can play against and alongside the villagers and elder kids. There will also be the opportunity to visit some local homes and maybe learn how to cook some local dishes as well as some cultural activities where you can learn local dances and how to play the drums.

Due to the laid back nature of this part of the world a degree of flexibility and spontaneity will be required along with a willingness to muck in and get your hands dirty!

The evenings will be spent back at the campsite where dinner will be served and if we are lucky, we may be given a traditional send off on the last night by our hosts.

DAY 6 *Wed 22 Jun*

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Transfer to Mazabuka

After breakfast you will start your journey south on a spectacular scenic trip across Zambia, heading down towards the Zimbabwean border, a journey time of approximately 8 hours.

After reaching Mazabuka your destination for tonight, you will get a chance to explore the 'Sweetest' town in Zambia. The reason for the name is that it is home to the Zambia Sugar company.

You will spend tonight at a basic lodge just outside of the main town.

DAY 7 *Thu 23 Jun*

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Transfer to Livingstone & visit Victoria Falls

Today you will transfer the rest of the way to Livingstone, a historical British colonial city (approx. 6 hours). You will have lunch at the Waterfront Hotel your base for the next 2 nights. After lunch you will be transported to Victoria Falls and taken on a guided tour from which you will have the opportunity to learn more about the geology and history as well as walk along the rim on designated pathways in order to see them from different angles.

One of the seven wonders of the natural world, the Falls, which are known locally as "Mosi-oa-Tunya" or "The Smoke That Thunders" are located almost exactly half way along the length of the Zambezi which here plunges over 100m into a vast chasm in the earth's surface, spanning more than 1.25kms in width making this the largest curtain of falling water in the world. *(Please note that towards the end of the dry season when the river is low, there is significantly less water but this is more than compensated by the natural scenic beauty which is revealed by the lack of spray.)* One and half times wider and twice the height of Niagara Falls, these Falls are made up of five different falls, four of which are in Zimbabwe and one in Zambia.

After your guided tour you will transfer back to the lodge for well-earned shower & sundowner on the deck

overlooking the river. After a good dinner you can retire to your chalet for a comfortable night's rest.

DAY 8 *Fri 24 Jun*

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Full activity day

After a hearty breakfast you will set off for your full day of activities starting off with a peaceful raft float down the river, this takes place on the Upper Zambezi above Victoria Falls. You will then visit the Zambezi elephant trails for an interaction session, which involves feeding the elephants and also finding out all about the history of the elephants after which you continue your journey to the Mosi-Oa-Tunya National Park.

After entering the National Park you will be provided with a delicious picnic lunch, followed by a game drive in a 4x4 vehicle. Your first potential chance to see some of Africa's finest wildlife, including the endangered white rhino, as well as elephant, giraffe zebra, buffalo and many more. The park is on the Zambezi River so there will be the opportunity to see crocodiles and hippos.

After your 3 hour safari, you will have one final activity before heading back to the lodge. A glorious sunset cruise on the mighty Zambezi River. The cruise is along the river boundary of the Mosi-Oa-Tunya National Park, around Siloka Island and back. The total cruise time is just over 2 hours, this includes beverages and snacks.

You will then return to the Waterfront for a farewell celebratory dinner, and a chance to relax in your surroundings for one last night with the sounds of the African bush to lull you in to a deep sleep.

DAY 9 *Sat 25 Jun*

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Depart Livingstone

After breakfast you will transfer to Livingstone airport, for your overnight flight home via Johannesburg.

DAY 10 *Sun 26 Jun*

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Arrive UK

Arrive into London Heathrow in the early morning.

HOW TO FUND YOUR CHALLENGE

SELF FUNDER

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Pay a registration fee of £500.00 when you book
Then a balance of £2388.00
(8 weeks before your challenge)
Raise as much as you can for your charity.

WHAT'S INCLUDED

Before you go

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- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- All internal transfers
- An English speaking first aid trained challenge leader and full local support team
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- All challenge management before, during and post event
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own

On your challenge

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- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

policy details)
- Clothing and equipment listed on your Kit List

THE DETAILS

Prices include all known air taxes	We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.
Typical group size	The typical group size is 20 - 25 participants
Optional extras	Travel insurance Business class upgrades* (*subject to availability)

Money

Currency: Zambia Kwacha (ZMK), which comes in denominations of 50, 100, 500, 1000, 5000, 10,000, 20,000 and 50,000. For up to date currency exchange, go to www.xe.com. US Dollars are commonly used for large purchases, and in hotels

Credit cards: You should not depend on credit while in Zambia. Although ATMs can be found in most major cities, they are unreliable and will often only accept VISA. Maestro, American Express, and Mastercard are not widely accepted. Many restaurants will only accept payment in cash. In addition, you won't have access to banks or ATMs once the challenge begins.

Travellers' cheques: Traveller's cheques are not widely accepted in Zambia and should not be relied upon.

Spending money: You will not need large amounts of money during this trip, and other than at the start and end of the challenge, you will be in rural areas away from any foreign exchanges or banks. You will only need money for any additional food & drink, gifts & souvenirs.

Tips: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US$3 per person per challenge-day, and this should be given to the challenge leader or charity rep at the end of the challenge who will distribute it among the support team, including guides, assistant guides, cooks, and porters.

Visa

You must hold a full ten-year passport with at least six months to run from the end of your trip, and two blank pages for your visa and entry/exit stamps. Visa fees for British nationals are US$50 (single-entry), we recommend getting for your visa before you travel rather than on arrival to ensure you are accepted into the country. We will send out the information of how to apply for your visa 3 months before departure.

All air passengers must pay a departure tax of US$25 when leaving Zambia.

Vaccinations

For up to date vaccination information please check the NHS government website 'Fit for Travel' at:http://www.fitfortravel.nhs.uk/home.aspx. A yellow fever vaccination certificate is sometimes required for all travelers arriving from countries where there is a risk of yellow fever transmission. Malaria is common throughout the country and you should consult your GP about recommended anti-malarials. Always take necessary precautions against being bitten by mosquitoes. This includes wearing long sleeved shirts, long trousers and socks at dawn and dusk, and plenty of insect repellent.

Flights

Flights depart London and arrive in Ndola the next day, going via South Africa. The flight time is approx. 14-17 hours including transit times. Your flight tickets will be issued to you upon departure at the airport. If you choose to book

your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

Please Note: You will not require a visa or yellow fever certificate when transitting in South Africa. Transit passengers are exempt from requiring these.

Leadership

Along with the Build It International leadership team there will be a number of locally based leaders assisting at the campsite and during the transfers. The leadership team will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

The climate is tropical, and humid. June is the beginning of the dry season and the start of the dry winter. You can expect temperatures between 15 - 20 C and the nights can get cold.

Luggage and valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt).

We will do everything to provide adequate safety for the group and security for your possessions and at the hotel and on the campsite. There is a safe deposit box in each room at the hotel. The general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches.

Responsible Tourism

Only 60% of Zambians have satisfactory access to health clinics and this contributes to some of the highest levels of infant and maternal mortality in the world (ranked 25/180).

In many Zambian communities there is a need for front-line health services, especially maternal child health and HIV/TB. In Kapiri Mposhi demand for access to health care is growing and one small clinic currently serves a population of approx. 15,000.

The construction of a new health centre will provide an outpatient clinic, under-fives clinic, HIV testing/TB clinic, laboratory, pharmacy/dispensary. There will a new four bed maternity unit, built separately from the main clinic to provide privacy.

Twenty young men and women will learn building skills as they help to construct the new clinic for their

community, the trainees will receive a qualification certificate and tool kit to help them secure paid employment in construction after the clinic is completed.

Typical Day

Most days will begin around sunrise (7am). You will help to get breakfast ready whilst maintaing a clean and tidy campsite and tent. During the day you should carry only what is strictly necessary in a daypack. The day is ruled by the sun as everyone needs to be back at the campsite within an hour of sunset for safety reasons. You will transfer to Kapiri on the project days where the clinic is located and take part in some community interaction. Once back at the camp food is prepared and the evenings are relaxed around a camp fire.

If you have any concerns about the requirements for this challenge then please contact us challenges@charitychallenge.com.

Accommodation

Whilst at the campsite you will be sharing a 3 person tent with one other person and mattresses are provided.

We will use a comfortable 3 star hotel near the town of Livingstone on the banks of the Zambezi at the end of your challenge. You will have a twin en suite room. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

During the transfer between Kabaka and Livingstone you will be staying a basic but comfortable hotel in same-sex twin share rooms.

Food & Drink

During the day a typical packed lunch provided might consist of fruit juice, fruit, crisps and a sandwich. The evening meals in camp may consist of beef stroganoff, spaghetti Bolognese, chicken curry, rice, potatoes and vegetables. Treated water will be provided throughout. You should have indicated on your registration form prior to departure if you have any specific dietary requirements or allergies and we will do our best to accommodate these. If you haven't filled this part of the form, or if these requirements should change prior to departure, please let us know. We cannot cater to all tastes so anyone with very specific requirements should consider bringing some foods to supplement their meals.

Clothing & Equipment

No specialist kit is required. A full kit list for this challenge can be found here and once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Toilets

The lodges has en-suite regular western toilets and hot running water. During the camping whilst on the project visit, you will use a short drop toilet (with screen for privacy) and will be provided with a bowl of warm water for washing. The camps are not permanent camps so facilities are minimal.

Phone and Wifi

You will have intermittent phone signal and wifi access, even at the lodges, will be limited and should not be relied on.

Local language

In a lot of the main towns in Zambia the locals use English as the main language (it is the official language in Zambia). However in the villages and more remote locations it is rarer to find people speaking in English. Learning a few simple words in the local dialect Tokaleya will make a big difference to the locals who will really appreciate it.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Zambia Community Challenge, there are a couple of important points that you should be aware of:

- It is a very humid and remote environment.
- Please keep covered up from the sun. Wear long sleeves and always apply sunscreen throughout the day.
- Keep hyrdated throughout the day, especially during your time visiting the project in Kapiri.
- Always wear correct shoes whilst around the campsite, particularly at night, and avoid walking away from well trodden paths.

CHARITY CHALLENGE

Any more questions?

Contact us:

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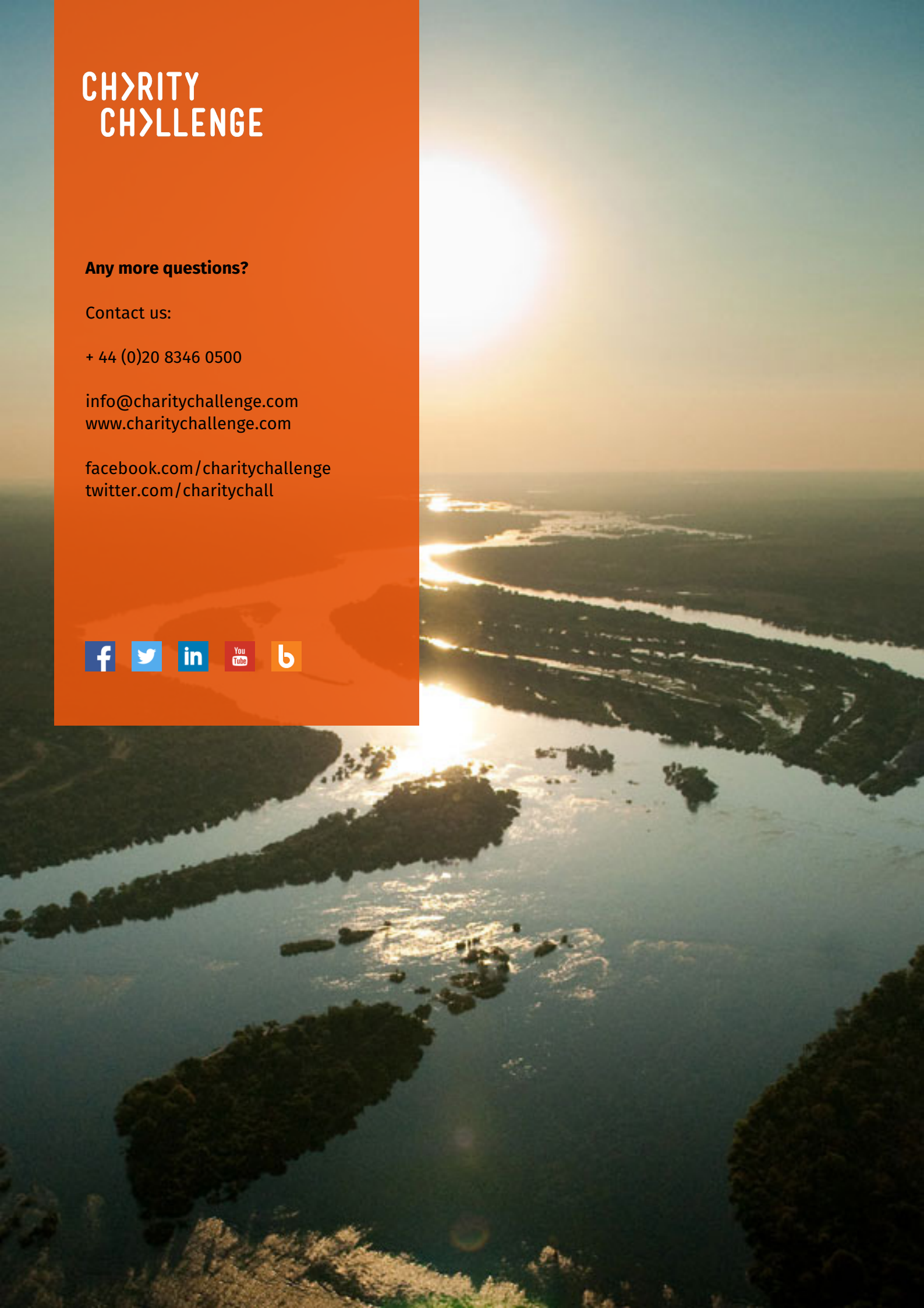
info@charitychallenge.com
www.charitychallenge.com

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