

CH>RITY
CH>LLENGE



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**GREAT ETHIOPIAN RUN
ETHIOPIA**

Fri 18 Nov - Tue 22 Nov 2016





In aid of your choice of charity

18 Nov - 22 Nov 2016

5 DAYS | ETHIOPIA | MODERATE

Started by the Ethiopian legend long distance runner legend Haile Gebrselassie, this run is the best way to set yourself a challenge while seeing the capital of Ethiopia, Addis Ababa. Join around 40,000 other runners to run through the bustling heart of this fascinating city. Not only will you be running with others who have travelled from around the world to join this run, many of Ethiopia's best running protégé's join the run with many going on to represent their country at Olympic level.

- 10km run in Ethiopia
- A chance to run with the world's best long distance runners
- Run at altitude of 8,000ft in Addis Ababa
- Visit a Womankind Worldwide project (optional)
- Go on a city tour of Addis Ababa

YOUR CHALLENGE DAY BY DAY**DAY 1** *Fri 18 Nov*

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International Departure

Our Charity Challenge representative will be at the airport to assist you with the check-in and any last minute questions before your overnight flight from London to Addis Ababa.

DAY 2 *Sat 19 Nov*

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Arrive Addis Ababa

On arrival into Addis Ababa you will be transferred to your 3-4 star hotel to rest. After lunch you will have a free day.

DAY 3 *Sun 20 Nov*

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Great Ethiopian Run

An early morning start to get you registered in time for today's run. A celebration lunch will be at the Road Runner restaurant and in the afternoon you will have the chance to relax after your run, or visit the swimming pool in a local hotel. This evening you will have a celebration meal in a traditional Ethiopian restaurant. Overnight at the hotel.

DAY 4 *Mon 21 Nov*

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Addis Ababa Project visit of City tour Tour

Womankind Worldwide Project visit, or City Tour day.

For those who are raising funds for Womankind Worldwide, you will get to visit one of Womankind Worldwide projects and you will get to see the good work they are doing.

Overnight in Addis Ababa

DAY 5 *Tue 22 Nov*

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Day flight back to the UK

After breakfast, check out and get a transfer to the airport for your flight home.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

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Pay a registration fee of £300.00 when you book

Then a balance of £1150.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £300.00 when you book

Raise a minimum of £2600.00 for your charity.

FLEXI

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Registration fee of £300.00 when you book

Then £300.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £1725.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice
- Access to training weekends (optional and at additional expense)
- Access to "ask the expert" re your kit requirements
- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA

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)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

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On your challenge

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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 policy details)
- Clothing and equipment listed on your Kit List
- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 09/09/2016), and the remaining 20% within 4 weeks of completing the challenge (by 20/12/2016). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

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 8 - 10 participants

Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 8 participants. We can run this trip with 6-7 people, but there will be a small group supplement of £50. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

Optional extras

Business class upgrades*
Travel insurance
Single room supplements*
Extensions at end of trip*
Trek/bike training weekends*
(*subject to availability)

Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

Level of Difficulty

The Great Ethiopian Run is graded as "tough". It is a gruelling experience that will test you both mentally and physically. You should not undertake this challenge without significant training.

You can tell your supporters that on the Great Ethiopian Run you will be:

- Running 10km in the heat.
- The run takes place at around 8,000ft.

Clothing and Equipment

Good quality kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, good quality running kit is key. Make sure you have worn in your running trainers before so you don't get blisters which would make it an uncomfortable 10 km.

Other essentials are high quality technical t-shirts/vests rather than cotton shirts (to wear under your Great Ethiopian Run shirt). A full kit list for this challenge can be found here once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Training

Anyone who leads a fairly active and moderately healthy lifestyle should be OK, but the more you exercise before the challenge, the more you will get out of it. Don't forget the impact of temperature extremes and altitude.

- Endurance training should be your primary focus.
- Ensure that you get some training runs done in the UK to familiarise yourself with the distance.
- Join one of our training weekends! Read more about our training weekends by clicking here.

Money

Currency: Ethiopian Birr (ETB) divided into 100 cents. For up to date currency exchange, go to www.xe.com. The Ethiopian Birr is a soft currency and you cannot obtain Birr before leaving the UK. All exchange transactions should be undertaken with banks, including branches, which may be found at major tourist hotels and at the airport in Addis Ababa. Ethiopian Birr cannot be exported, therefore should be reconverted.

Exchange: There are limited opportunities to exchange foreign currency outside the major cities. On arrival at the airport in Addis Ababa, there is a foreign exchange bureau where you can change cash or travellers' cheques at the prevailing free market exchange rate.

Credit cards: Credit cards are not generally accepted in Ethiopia.

Spending money: You will not need to bring large amounts of money, and other than at the start and end of the challenge, you will be in the mountain away from any foreign exchanges or banks. We recommend that you take a

sufficient amount of cash to exchange into local currency. Dollars are recommended. Travellers' cheques should be accepted at the banks and at Addis Ababa airport. Credit cards are not accepted. Somewhere in the region of £200 in US dollars should be sufficient to cover presents, tips, drinks and so on.

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\$5 per person per day, Make sure you have plenty of small Birr notes or US\$1 bills for tipping.

Visas

You will need a passport and a multiple entry tourist visa. The tourist visa is obtainable in the UK and costs approximately £22. We will supply you with the application form & a copy of the flight ticket. The visa allows a stay of up to three months and is valid from the date of issue so make sure you do not apply too early otherwise it will run out before you arrive in Ethiopia. Your passport must have at least six months to run from the end of your challenge. When applying you will need to provide your visa form, a copy of your flight ticket, a recent bank statement, 1 passport photo and the fee.

Vaccinations

For up to date vaccination information please check the NHS Government website 'Fit for Travel at: <http://www.fitfortravel.nhs.uk/home.aspx>. Malaria precautions are essential in all areas below 2000m, all year round. Please seek advice from your doctor.

Accommodation

You will stay in standard 3 or 4 star hotels In Addis. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

Food and Drink

There will be hotel breakfast (porridge, eggs, toast, tea and coffee) to start the day, lunch on the mountain, and a filling hot meal in the evening (soup, followed by rice, potato or pasta and sauce.) There will be drinking water provided at meals. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

Flights

You will be flying from London Heathrow Airport to Addis Ababa Airport and returning from Addis Ababa to London Heathrow Airport). Your flight tickets will handed to you at the airport on the day of departure. 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).

Luggage Allowance and Valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum - details on what to pack are provided in your kit list. Although the airline's luggage weight allowance is around 23kgs, your main bag should not weigh more than 15kg for this challenge.

While we will do everything possible to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

Leadership

We employ a number of qualified challenge leaders, all of whom speak English. They will ultimately be responsible for the running of the itinerary and the safety of your group. The itinerary is there as a guide and may change due to unusual weather patterns. We will do our very best to keep to the set itinerary. However we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your challenge leader will have the final say.

Group Size

Each group is intended to be a minimum of 10 people in order to run and a maximum of approximately 25 people.

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Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com

www.charitychallenge.com

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twitter.com/charitychall

