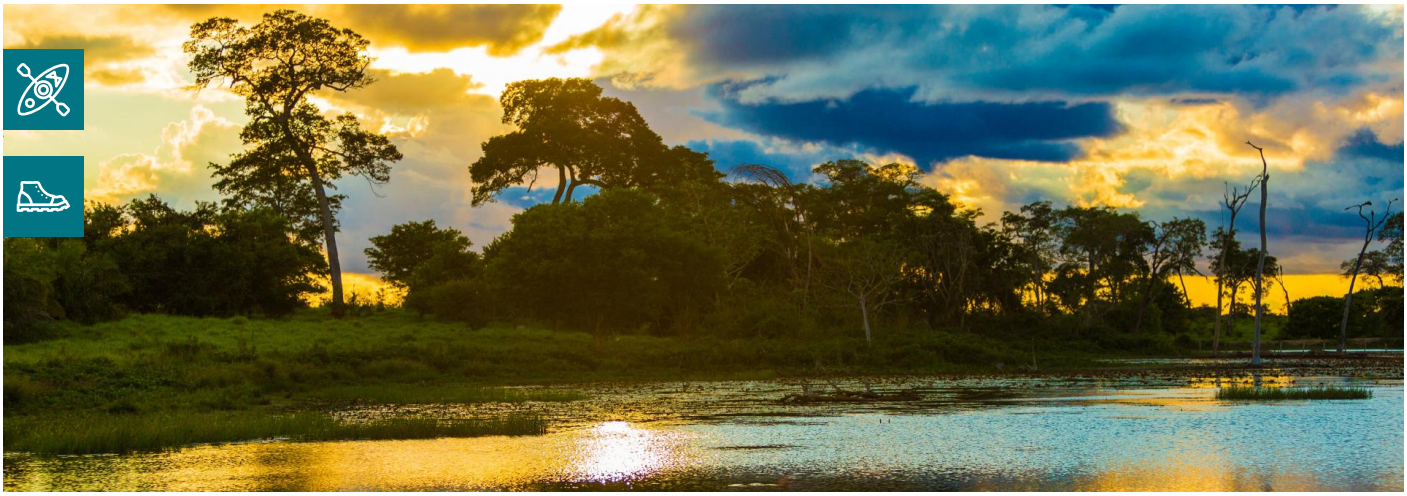
CHARITY CHALLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

AMAZON SURVIVOR CHALLENGE BRAZIL

Mon 19 Sep - Tue 27 Sep 2022



In aid of your choice of charity

19 Sep - 27 Sep 2022

9 DAYS | BRAZIL | TOUGH

The Amazon covers an area of more than five million square kilometres and covers nine countries including Brazil, Venezuela, Peru, Colombia, Bolivia, Ecuador, Suriname, Guyana and French Guiana. Holding 20% of all fresh water in the world, the Amazon River is the largest by volume on the planet. This vast ecosystem contains an enormous variety of flora and fauna which makes every visit a memorable and unique experience.

- Paddle and trek through the Amazon- the ultimate way to explore the world's largest tropical rainforest
- Sleep in hammocks encompassed by the sounds of the jungle
- Encounter endemic wildlife on nocturnal excursions
- Learn the basics of jungle living
- Discover the rarest species of animals the rainforest host.

YOUR CHALLENGE DAY BY DAY

DAY 1 *Mon 19 Sep*

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International departure from London

Your fundraising and training is about to pay off, the big day has finally arrived. Wave goodbye to family and friends, before you board the overnight flight to Manaus, Brazil.

DAY 2 *Tue 20 Sep*

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Arrival in Manaus

Arrive in Manaus and check into your hotel in the state capital of Amazona, the gateway into the Brazilian Amazon. Dinner and overnight in a hotel.

DAY 3 *Wed 21 Sep*

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Transfer to your campsite in the Amazon Jungle

Today you leave civilisation and the real challenge begins. Keeping your wits about you, enter the jungle realm, so get ready to test your survival skills.
You will reach your campsite after a 3-4 hour transfer by road and boat. In this survival challenge, you will be setting up your own hammocks at the campsites each night and responsible for getting your kit prepared each day.
Following lunch, it's time to test your canoe skills on the nearby waterways, familiarising yourself with your new home in the jungle. After dinner, we intrepidly take on the Amazon by night, carefully trekking through the jungle spotting nocturnal wildlife. Overnight in jungle campsite.

DAY 4 *Thu 22 Sep*

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Amazon Canoeing and Trekking

You start off early to spot exotic birdlife, catching sunrise at 5am as the forest awakens and begin by travelling through the jungle by either foot or canoe, depending on the water level surrounding the campsite in this everchanging environment.
The jungle is famous for its biological diversity from giant snakes to poisonous frogs. Today as you explore you will have a chance to spot caimans and the rare grey and pink dolphins.
Following breakfast, you will hike through the lush greenery of the humid rainforest building your appetite. Keeping hydrated in the heat and humidity is key as you push through the vegetation, the ultimate way to explore the world's largest tropical rainforest.
Pack up camp after lunch and paddle your canoe down the mighty Amazon River to your next campsite.
After dinner, you will paddle by torch light to see the jungle coming alive at night. Your night is spent sleeping in hammocks listening to the sounds of the rainforest.

DAY 5 *Fri 23 Sep*

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Amazon Canoeing and Trekking

You begin day five with another early start to see local fisherman going about their daily tasks and a hike through the verdant rainforest.
After lunch you will go fishing for your own dinner, learning the tricks of the trade from the local crew. Over 3,000 species of fish live in the Amazon River. Your guides will assist you in identification, preparation and the cooking of your exotic catch.
The evening is free to get to know your fellow challengers, forging friendships and relaxing in your hammock after two long and rewarding days. Overnight in jungle campsite.

DAY 6 *Sat 24 Sep*
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Amazon Canoeing and Trekking

On day six you continue learning the basics of jungle survival.
After breakfast, grab your paddle and explore the vast areas of forest known as Igapó by canoe, this special area is annually flooded by the Amazon River and is another fantastic opportunity to spot wildlife.
Next up is a visit to a local community to experience their warm generosity and share lunch whilst being given an introduction to the traditional flour making process.
Late afternoon you will again fish for your dinner, putting all the skills learned yesterday into action before another night in your jungle hammock.

DAY 7 *Sun 25 Sep*
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Amazon to Manaus

Another early start to the day, as you meet another of the approximate 500 indigenous communities living in the Amazon jungle. Join a local family for lunch in the large community house known as a Maloca, where important events are celebrated. You will then have some free time to explore a nearby beach.
Continuing the river journey back to civilisation, you will take break to learn about the local rubber trees that were responsible for the Amazon rubber boom in the 19th and 20th centuries. Local experts will show you the refinement and production processes and teach you about its critical role in the history of forming modern Brazil.
Arrive back into Manaus to check in to the hotel and enjoy a well-deserved shower, celebratory meal and proper bed!

DAY 8 *Mon 26 Sep*
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Farewell Brazil

Say goodbye to Brazil today as you transfer to the airport for your return flight to the UK.

DAY 9 *Tue 27 Sep*
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Arrive Home

Today arrive back in the UK and familiar civilisation, feeling proud you have survived one of the most remote jungles in the world!

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group, and so on. We will do our very best to keep to the set itinerary; however, we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your challenge leader will have the final say.

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 £495.00 when you book
Then a balance of £2298.00 (10 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £495.00 when you book
Raise a minimum of £4690.00 for your charity.

FLEXI

-

Registration fee of £495.00 when you book
Then £495.00 towards challenge costs (10 weeks before your challenge)
Raise a minimum of £3680.00 for your charity.

WHAT'S INCLUDED

Before you go

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- Support materials (itinerary, kit list, visa information, travel tips, responsible travel policy and guidance)
- Sponsorship forms
- 12.5% off Cotswold Outdoor, Snow + Rock, and Runners Need
- Warm up exercise routines
- Risk assessment and emergency management planning
- Fitness training notes
- Access to training weekends (optional and at additional expense)
- 16 and 20 week trek/bike training schedule
- Access to your own password protected account including support materials and training schedules
- Fundraising advice
- Public liability insurance

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)
- Equipment as per the challenge activity
- UK-based 24-hour emergency support line
- Internal transfers (unless otherwise stated in the itinerary)
- An English speaking first aid trained challenge leader and full local support team
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- Full back-up support including first-aid qualified staff and first-aid supplies
- 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
- A donation to a community project in one of the countries in which we operate
- A Charity Challenge T-Shirt

WHAT'S NOT INCLUDED

Before you go

On your challenge

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- Visa (if required)
- Any covid tests required for entry to any countries or places of interest on your challenge itinerary
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

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- Tips
- Departure Tax (if applicable)

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 12 weeks before departure (by 27/06/2022), and the remaining 20% within 4 weeks of completing the challenge (by 25/10/2022). 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 10 - 18 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 10 participants. We can run this trip with 6-9 people, but there will be a small group supplement of £95. 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	Extensions at end of trip* Single room supplements* Travel insurance Business class upgrades* (*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 http://www.campbellirvinedirect.com/charitychallenge.

Level of Difficulty

The Amazon Survivor challenge is graded as "Tough" due to the remoteness of the locations and the extremely basic facilities encountered. This is the perfect challenge for participants who are of an adventurous spirit and an open mind. You will need to be extremely flexible if participating in this challenge and don't expect things to go like clockwork! This experience will challenge you physically and mentally and it will push you completely out of your comfort zone. You could tell your supporters that during the Amazon Survivor Challenge you will be:

- Canoeing and trekking in the middle of the Amazon Rainforest with high temperatures and humidity.
- Sleeping in Hammocks in the middle of the Amazon Jungle
- Fishing for your own dinner.
- Facing extremely basic facilities, no showers, and no proper toilets for five days.

Typical Day

As described in the itinerary each day you will be waking up in the early morning to experience the incredible wildlife. Most days will begin around 4.30am - 5.00am. After your morning excursion, you will return to your campsite for breakfast and some rest. During the day you should carry only what is necessary in your daypack, as too much kit will weigh you down and make the journey tougher.

Safety Advice for Amazon Survivor Challenge

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 Amazon Survivor Challenge, there are a couple of important points that you should be aware of:

- Canoeing and trekking in the middle of the Amazon Rainforest with high temperatures and humidity.
- Sleeping in hammocks in the middle of the Amazon Jungle
- Fishing for your own dinner.
- Facing extremely basic facilities, no showers, and no proper toilets for 5 days.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should

consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Flights

Flights depart London and arrive in Manaus the next day. Your flight tickets will be e-mailed to you before 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).

Visa

UK passport holders do not require a visa to enter Brazil. However, passports must be valid for at least six months and a return ticket and proof of sufficient funds may be requested on arrival – a bank statement with evidence of around $50 per day available and explaining that you are on an all inclusive tour to highlight why you do not need much money will be useful. Tourists will be admitted for a stay of up to 90 days, which is extendable, at the discretion of the Federal Police, for a further 90 days. Tourists are not permitted to work.

Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. 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 by clicking here.

For more general travel insurance questions, please refer to our main Q&As page.

Vaccinations & Medication

Vaccinations
For up to date vaccination information please check the Travel Health Pro website:
https://travelhealthpro.org.uk/countries
Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

Please note that yellow fever vaccinations take approximately 10 days to become effective. Malaria precautions are essential in Amazon regions all year round. There is very little risk in Rio de Janeiro and Sao Paulo. Avoid mosquito

bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net. Also see Health notes.
*Requirements change and these are only recommendations *.

Medication

- carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- a letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

Climate & Terrain

Climate

The climate is tropical and humid. From May through till October you can consider it the dry season. However, there is always the chance of rain as you are in the rainforest. High temperatures will be above 30oC with the lowest not dropping below 25oC in the evening. Expect to be very hot and sticky, the joys of life in the jungle.

Terrain

The terrain is undulating through the jungle and flooded forest. The paths may be muddy making the trek tougher to undertake.

Training

Training and fitness are definitely required. Anyone who leads a fairly active and moderately healthy lifestyle should be OK 'as long as they train regularly over a period of at least three months' leading up to the expedition. Don't forget that the temperature and the altitudes are different from the UK. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take a long hike (6-8 hours) several times with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress). Also see Fitness Training Advice notes.

Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more here

Luggage Allowance & 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). You will be hiking and canoeing with all the personal kit and equipment you need for your time in jungle packed into your 50L Day pack. Any clothes or personal items that you don't need in the jungle will be locked away with your main baggage in the hotel in Manaus.

We will do everything 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.

Leadership

There will be an English-speaking challenge leader who will be responsible for the logistics and co-ordination of your challenge. There will also be numerous local support guides and staff to assist them. The challenge leader will be ultimately responsible for the running of the itinerary and the safety of your group.

Group Size

The group size is intended to be around 10-18 people. We will be able to run this challenge for 6-9 people by charging a small group supplement of £95 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi) unless you would like to pay this yourself.

Clothing & Equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you

have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality waterproof and windproof jackets and trousers, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg injuries or niggles. Plus with being in a rainforest, it is often a challenge to keep kit dry. Make sure you pack your gear in dry sacks and potentially have a rain cover for your daypack. A full kit list for this challenge can be found in your Account Area once you book on this challenge. Plus you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

Accommodation & Toilets

Accommodation

You will stay in a 3 star hotel in Manaus, on a twin share basis. Please let us know if you are travelling with a friend or someone you wish to share with. Your main bag will remain locked securely away in the hotel in Manaus whilst you hike and canoe with all you will need in your day pack.

During the trek you will be sleeping in hammocks (with mosquito nets) which you will set up with the help of the local crew. The campsites are designated locations previously identified by the local team. You will experience proper jungle living with no access to electricity or mobile phone reception.

Toilets

There will be a toilet tent set up at campsites with a small portable toilet. During the excursions, you will need to use the forest as your “natural toilet” keeping any toilet paper with you in “nappy bag” until you return to your campsite.

Food & Drink

During the day a typical packed lunch provided might consist of fruit juice, fresh fruit, sandwiches, etc. The evening meal at the campsite will be beef, chicken or fish, salad, rice, potatoes and vegetables. Depending on your fishing skills you may also be eating some of your catch at mealtimes! Dinners will vary from day-to-day and so not all will include soft drinks. Local drinks options include tropical fruit juices, beer and soft drinks (Guarana being as popular as Cola).

Money

Currency: The Brazilian monetary unit is the Real (plural, Reais). There are 100 Centavos to the real (R$). Sterling is less easy to change, so if you plan to bring cash in small denominations it is better to buy US dollar or Euros. For up to date currency exchange, go to: http://www.xe.com.

Credit Cards: Most major international credit cards are accepted in Brazil. Credit card receipts from stores and restaurants will be priced in Reais although you will be billed in the currency of your own country with the official exchange rate having been taken into consideration. Credit card fraud can be a problem in Brazil and you should always ensure you retain your copy of the transaction slip.

Travellers Cheques

Travellers' cheques are not widely accepted outside major cities so cash should also be taken. The best option is to use credit / debit cards at ATM machines.

ATMs: There is an extensive network of ATMs where visitors can use. You should check with your bank before departure that your card can be used overseas and what the charges will be, as UK cash cards are not always accepted by Brazilian cash machines., It is wise to take sufficient funds in cash for periods away from the major cities.

How much to bring: 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 tips, additional food and drink, gifts and souvenirs. There are a wide range of things to spend money on including hammocks, gemstones, jewellery and so on. An approximation would be around US$200 if you wanted to buy a few gifts.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approximately US$10 per person per challenge-day, and this should be given to the challenge leader at the end of the challenge who will distribute it among the support team, including guides, assistant guides, cooks, and any others staff such as porters.

Phone & WiFi

Apart from when in Manaus, there will be no mobile phone and WiFi signal.

Emergencies

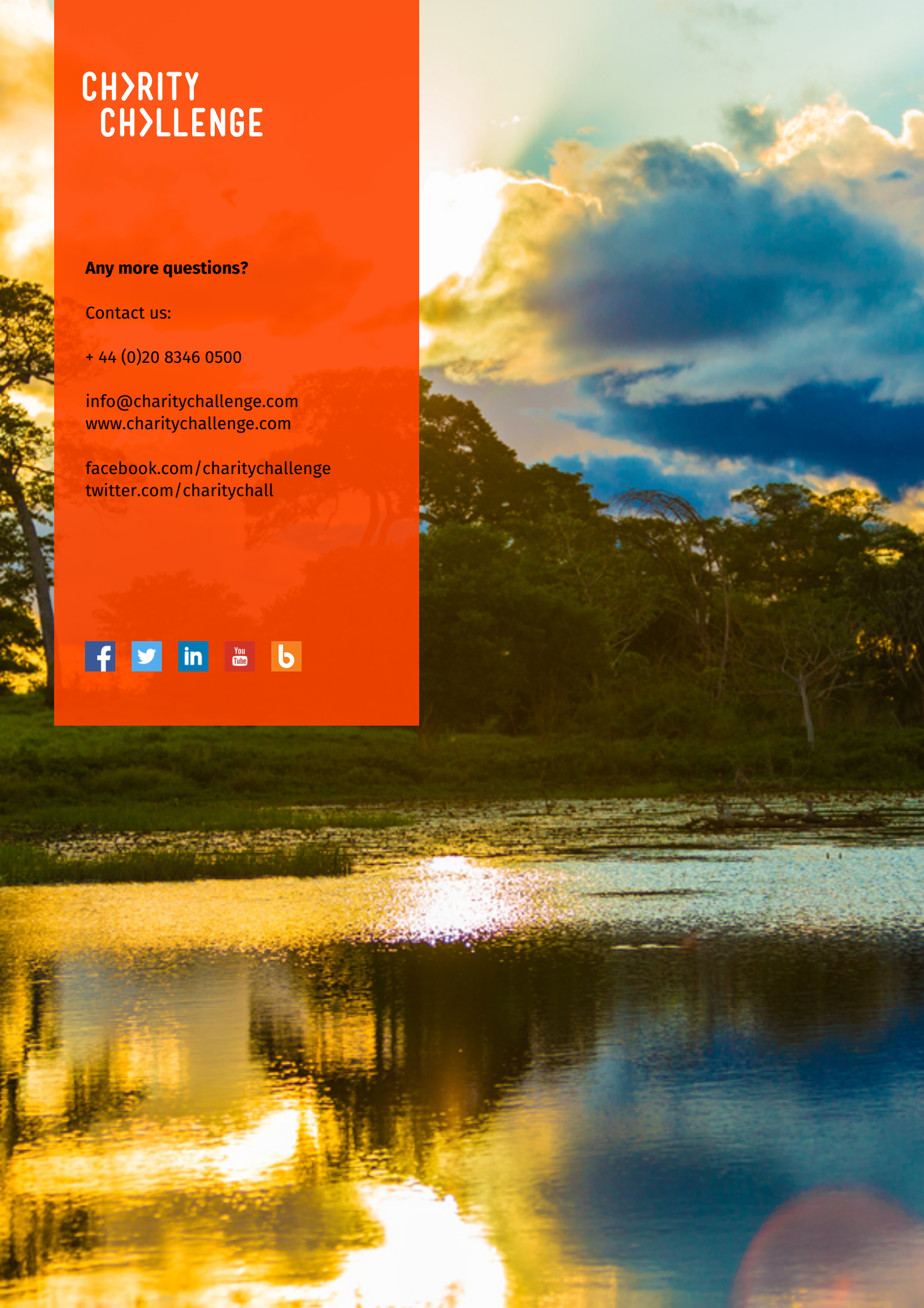
The event is not run as a race and there is always a large discrepancy in people's walking and paddling abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace.

CHARITY CHALLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

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