



**transaid**  
transport for life

**CYCLE  
SOUTH  
AFRICA  
2017**

**REGISTRATION  
PACK  
10 - 19 MARCH  
2017**

TRANSAID IS ACTING AS AN AGENT OF DREAM CHALLENGES

Contact us: e: [harry@transaid.org](mailto:harry@transaid.org), or on 020 7387 8136

UK Registered Charity No: 1072105 Patron: HRH Princess Royal



## Thank you for your interest in Transaid's 2017 African Challenge!

In March 2017 we will be cycling over 450km from the little Karoo valley, through the deserts and mountains of South Africa. Join us for an unforgettable ride through stunning scenery for what will be a challenge of a life time.



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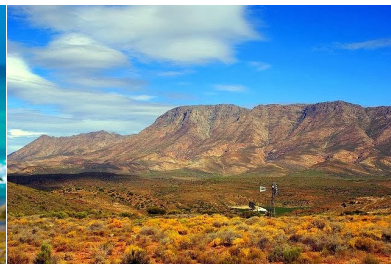
# DISCOVER SOUTH AFRICA

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Every country in the world displays some diversity, but South Africa, stretching from the hippos in the Limpopo River to the penguins waddling on the cape, takes some beating. Add to that the deserted Kalahari, Namakwa's springtime symphony of wildflowers, iconic Table Mountain point, and Cape Point, the finishing point for our challenge.

Cycling through South Africa's little Karoo and Garden route, you will be captivated by its beauty, amazed by its wildlife and intrigued by all this incredible country has to offer.



## Cycle South Africa 2017

Our challenge will take us on a five day cycle across South Africa. Starting in the Western Cape, we will cycle through mountain passes, vineyards, and hot mineral springs, before finishing at the stunning Cape Alguhas, the Southernmost tip of Africa.

Combine the optional tours in and around Cape Town on the last day and the huge number of animals we are likely to encounter on the way, and we are in for one incredible challenge. There will be pre-trip meetings and group emails to ensure you get to know your fellow riders before departure so there is no need to worry about signing up alone. Places are limited however so sign up now to avoid disappointment!

### TRIP OVERVIEW

- Distance: Over 450km cycling
- Duration: 10 days (5 days cycling)
- Level: Challenging (training guidelines will be sent to you)

### HIGHLIGHTS

- Cycle past the majestic Langeberg Mountains
- Experience incredible bird life close up
- Finish at the southernmost tip of Africa
- Celebrate your achievement in Cape Town



Contact us: e: [harry@transaid.org](mailto:harry@transaid.org), or on 020 7387 8136



South Africa is a country on the southernmost tip of the African continent, marked by several distinct ecosystems. Inland safari destination Kruger National Park covers vast shrublands populated by big game; whilst the Western Cape, the location for our challenge, encompasses lush winelands, wild beaches, craggy cliffs, forests, lagoons, and the city of Cape Town, nestled beneath the flat-topped Table Mountain.

## **Day 1: Overnight flight from London Heathrow to Cape Town**

This evening we fly overnight to Cape Town.

## **Day 2: Arrive and transfer to De Doorns, Western Cape**

Morning arrival in South Africa where we are met by our ground handlers. We transfer to our hotel on the edge of De Doorns, Western Cape. After checking in, we will meet our bikes, with a bike fitting session. We will then have time to relax and enjoy the secluded, tranquil setting as we prepare for the challenge ahead. Overnight at Karoo1 Hotel.

## **Day 3: De Doors – Montague, 115km**

After breakfast we begin our challenge and head down the R318, which ascends for the first 20 kilometres over Rooihogte Pass. On reaching the high veld we have our first rest stop of the day before we start our descent down the spectacular fruit growing Koo Valley. We encounter a little bit of off road just before Burgers Pass, but otherwise today is all on tar roads. Our destination for today is Montague, a peaceful town steeped in history and famous for its awe-inspiring rock formations, orchards, vineyards, local herbs and healing hot mineral springs.

## **Day 4: Montague – Barrydale, 89 km**

A slightly shorter day 2 begins with a cycle alongside the majestic Langeberg Mountains. We soon turn on to undulating dirt roads which continue for about 18km as we ride adjacent to the main road, cycling past fruit farms. The road rises steadily to the top of Op Die Tradouw Pass before dropping back down to the small town of Barrydale. With an annual rainfall of 300mm it seems as if the sun is always shining and temperatures of 35 C are common in the summer months. In the afternoon, cool coastal breezes temper the heat and make the evenings pleasant.

## **Day 5: Barrydale - Malgas, 80km**

Cycling from Barrydale our route today has plenty of climbs and exhilarating downhill sections as the road winds down between the mountains before rising up to the top of Tradouw Pass. The route then descends sharply into the valley

below where we find the Tradouw River. Turning left we pass Grootvadersbosch, the oldest farm in the region, before crossing the N2 at Slangrivier, riding through rolling fields to the Breede River that we cross by hand operated pontoon just before reaching our overnight destination of Malgas.

## **Day 6: Malgas - Arniston, 90km**

Leaving Malgas and the river behind, we skirt the De Hoop Nature Reserve and head for Bredasdorp, the biggest town of this grain growing region. Numerous blue cranes (the National bird) live here as well as storks, but most impressive, is the colony of Cape Vultures nestling in the Potberg Mountains to our left.

Finally, we turn to the coast and arrive at the fishing village of Arniston where we overnight in rustic chalets. There is a possibility that whales will arrive in the bay early to enable a viewing.

## **Day 7: Arniston - Cape Alguhas, 77km**

Today we head back to the main road and head slightly inland on some dirt roads as we travel southwards towards Cape Alguhas. We pass through Struisbaai before we pass the lighthouse at the meeting point of the Indian and Atlantic Oceans—the Southernmost point of the African continent which is a fitting place to celebrate the end of a challenging ride.

## **Day 8: Shuttle to Cape Town**

After breakfast we transfer by road back to Cape Town where we have a free afternoon and optional afternoon tours, followed by a final celebration dinner.

## **Day 9: Free Day**

Opportunity for optional tours before a late afternoon transfer to the airport for our overnight flight to London.

## **Day 10: Arrive back in London Sunday morning**



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# FUNDRAISING AND FAQs

**FUNDRAISING:** £3500 target (excluding Gift Aid) and £299 registration fee

**Payment schedule:** £299 registration fee paid upon registration

£3200 to be paid 13 weeks before departure (09.12.2016)

Balance of your target (£300) to be provided two weeks before departure

## What does this include?

- Flights in and out of Cape Town
- Transfers in country
- All food and water except lunch on day 8 and lunch and dinner on day 9
- Bike hire and mechanical support
- Accommodation in hotels and lodges
- Tour manager and UK Doctor throughout

## What isn't included?

- Vaccinations and anti-malarials
- Individual travel insurance
- Optional tours/excursions (e.g. on days 8 and 9)
- Individual participant spending money



## Frequently Asked Questions:

### Who can take part?

Anyone who is over 18 and is looking for a challenge can take part.

### How fit do I need to be?

This challenge is designed for people of an average fitness and who have undergone some training. The more you will train the more you will enjoy it. We cater for all abilities and no one is ever left behind.

### How will I raise the money?

Most participants find it much easier to meet their pledge than they expect. We provide fundraising support throughout and are always available for a chat if you need some ideas or reassurance! Your company may be willing to pay your registration fee (£299) or the core costs (£2014). Some people choose to pay this themselves and then fundraise the remaining amount.

### Can I join and fundraise as part of a team?

Yes. Both individuals and teams are welcome.

### Am I able to stay in South Africa after the ride?

There will be a limited number of extensions available. Please contact Harry to discuss this asap.

### How will I be supported?

**Beforehand:** You will be sent fundraising and nutrition and training packs once you sign up, and will receive regular group updates. We are always on hand to discuss fundraising, training or any other queries. There will also be a pre-departure meeting roughly one month before the ride.

**During the trip:** All the logistics of the ride are taken care of by the tour organisers, Dream Challenges. You will also be joined by a Transaid Representative.

### Do I need specialist kit?

You must wear a cycling helmet to participate in the challenge. We would also advise a couple of pairs of padded shorts! We will send you a kit list nearer the time but please just get in touch if you have any questions.

Contact us: e: [harry@transaid.org](mailto:harry@transaid.org), or on 020 7387 8136



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# WHY I SHOULD JOIN

Our Africa Challenges truly are an experience of a lifetime. Here is what a few of our Tanzania 2015 participants have said:

“Cycle Tanzania ticked all of the boxes that I thought it would and then some... a fantastic personal challenge, a magical African experience, and £139,000 to a great cause. We didn't visit Africa, riding it by bike meant that we *lived* Africa... up close and personal, the people, the landscape, the wildlife... a truly fantastic experience.”

**Dave Howorth, Supply Chain Director,  
General Mills UK**

“Thank you for providing an opportunity to get involved in something so life changing (for both myself and the recipients of the funds that have been raised as a result of this challenge). It was difficult, satisfying but ultimately the most rewarding experience of my life.”

**Alan West, Programme Manager, DHL Supply Chain**

“Cycle Tanzania 2015 was one of the highlights of my life. The challenge was immense, the cause was worthy, the country was beautiful, the banter was solid, the locals were delightful, and most of all the organisation was immaculate.”

**Peter MacLeod, SHD Logistics**

## Why Support Transaid?

Transport is essential for life but the reality for many people across Africa and the developing world is that access to transport is poor, inadequate or unreliable. It is particularly concerning in relation to healthcare, road safety

- Road crashes kill an estimated 1.3 million people each year.
- In sub-Saharan Africa, road deaths are the third biggest killer behind HIV/AIDS and malaria.\*
- Transaid have trained nearly 6,895 commercial drivers through our Professional Driver Training Programme.
- This year alone, we trained 25 driver trainers.



- Up to 40% of harvest can be lost due to inefficient transport and impassable roads in rural areas.\*\*\*
- Rural and smallholder farmers often face delays in reaching markets, affecting their income.
- Transaid has worked with partners in Ghana, Uganda and Ethiopia to develop community focused and effective solutions to improve livelihoods.



- An estimated 75% of maternal deaths can be avoided through timely access to essential child-birth related care.\*\*
- We've introduced innovative and community-led emergency transport interventions including bicycle ambulances, motorcycle ambulances and boats.
- 8,881 women over 3 years have been transferred through an Emergency Transport Scheme in Nigeria.



\* World Health Organisation/World Bank

\*\* World Bank

\*\*\* United Nations Conference on Trade and Development



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# REGISTRATION FORM

Please fill in and scan this form to: [harry@transaid.org](mailto:harry@transaid.org)  
Or by post to Harry Wells, Transaid, 137 Euston Road, London, NW1 2AA  
Contact Harry for questions on: 020 7387 8136 or [harry@transaid.org](mailto:harry@transaid.org)

## CHECKLIST

Please make sure you have enclosed the following:

- 1) Signed and completed Registration Form
- 2) Signed and completed Medical Questionnaire (including GP's signature if you are aged 65+)
- 3) Registration fee of £299 - either by cheque made payable to 'Transaid' or by BACs within 7 days (please contact us for bank details) - showing your commitment to raising a minimum of £3,500
- 4) Fundraising Plan Form

**Please write clearly in capital letters**

## PERSONAL DETAILS

Title as on passport (Mr/Mrs/Ms/Miss/Dr/other) \_\_\_\_\_

Forenames as on passport \_\_\_\_\_ Surname as on passport \_\_\_\_\_

Name you prefer to be addressed as \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Occupation \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Telephone \_\_\_\_\_

Email \_\_\_\_\_ T-SHIRT SIZE 34-36"(S) 38-40"(M) 42-44"(L) 46-48"(XL)

Date of Birth \_\_\_\_\_ Place of Birth \_\_\_\_\_

Marital Status \_\_\_\_\_ Nationality \_\_\_\_\_

## PASSPORT DETAILS

Passport No. \_\_\_\_\_ Country of Issue \_\_\_\_\_

Issue Date \_\_\_\_\_ Expiry Date\* \_\_\_\_\_

*\*Your passport **must** have at least six months to run from the date you return to the UK following this event*

## EMPLOYMENT DETAILS

Company Name \_\_\_\_\_ Job Title \_\_\_\_\_

Company Address \_\_\_\_\_

Postcode \_\_\_\_\_

If your employer has agreed to pay the registration fee or sponsor you, we can invoice them directly. Please supply a contact name and contact details if different from above:

\_\_\_\_\_

Sponsorship amount to invoice £ \_\_\_\_\_



# REGISTRATION FORM

### BIKE DETAILS

Your height \_\_\_\_\_

Ladies frame needed? **YES / NO**

Please note that the above will be requested but cannot be guaranteed.

### SPECIAL REQUIREMENTS

Please circle as appropriate:

**Vegetarian** **Vegan (subject to local limitations)** **No Fish**

Do you have any special dietary requirements/food allergies? **YES / NO**

Those with special dietary requirements should consider bringing supplementary food as we cannot guarantee availability of suitable supplies in remote areas.

### ACCOMMODATION

If there is anyone you would like to share with please write their full name here (otherwise participants will be allocated rooms on same sex sharing basis – rooms will be twins / triples / quads). We will try to accommodate your request, however it cannot be guaranteed. Please note; married couples will not automatically be able to share.

Name: \_\_\_\_\_

### WOULD YOU LIKE US TO SEND DETAILS TO A FRIEND?

Name \_\_\_\_\_

Email \_\_\_\_\_

Where did you hear about this event? \_\_\_\_\_

Have you taken part in an overseas charity challenge before? **YES / NO**

Have you fundraised for charity before, please give brief details? \_\_\_\_\_

Are you happy to be part of the regular group emails? **YES / NO**

Are you happy to receive the monthly Transaid e-news letter? **YES / NO**

**DECLARATION:** I apply to take part in Transaid’s Cycle South Africa 2017. I have read and agree to be bound by the Transaid and Dream Challenges Booking Conditions and Conditions of Entry for the challenge. I enclose a cheque for my non-refundable registration fee/ I will pay this by BACs within 7 days (please delete as appropriate) of £299, the registration and medical forms. I agree to raise the minimum sponsorship of £3,500 with £3,200 payable 13 weeks before departure and the remaining £300 sponsorship due two weeks before the challenge departs. I am aware that Gift Aid is not included in the sponsorship amount.

I confirm that to the best of my knowledge my general state of health and fitness is good and I take full responsibility for my fitness to take part.

Please read the booking conditions on page 14.

Signature

Name (capital letters)

Date

\_\_\_\_\_

\_\_\_\_\_

\_\_/\_\_/\_\_





# FUNDRAISING PLAN

Whilst Cycle South Africa is about having the experience of a lifetime, it is also important to remember that these challenges generate a significant income to fund Transaid's vital work in Africa. We would therefore appreciate you taking the time to think about how you will reach your fundraising target, and if possible, how to exceed it!

Spaces on Transaid's Cycle South Africa are limited and will therefore be allocated on a first come first served basis. In the event that there are more applicants than spaces on the trip your commitments to your fundraising plan will help support your application to go on the challenge.

Please send this page back with your registration and medical form.

A) In a few sentences please let us know what you hope to achieve from Cycle South Africa and why you are applying to take part.

B) Please give some brief ideas below on how you hope to reach your sponsorship target. The Transaid team will always be on hand to offer support and advice, however detailing your ideas will emphasise your commitment to raising the funds and will also enable us to help you maximise your sponsorship opportunities.

1)

2)

3)

4)

5)



# MEDICAL FORM

## EVENT AND PERSONAL DETAILS

Charity **TRANSAID**

Date & Destination **CYCLE SOUTH AFRICA, 10-19 MARCH 2017**

Title (Mr/Mrs/Ms/Miss/other) \_\_\_\_\_ Surname \_\_\_\_\_

Forenames \_\_\_\_\_ Nationality \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Landline \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

## MEDICAL DETAILS

Height (m) \_\_\_\_\_ Weight (kg) \_\_\_\_\_ BMI \_\_\_\_\_ Blood Group (if rare) \_\_\_\_\_

Allergies: Nuts / Penicillin / Gluten / Wasp or Bee Stings / Shellfish / Hay Fever / Other \_\_\_\_\_

Hospital operations & procedures scheduled 12 months prior to departure \_\_\_\_\_

Any previous operations (Please list) \_\_\_\_\_

Please give full details of any condition(s), use a separate sheet if required & sign it. You may ask your GP or consultant to provide a supporting letter. **If you are aged 65 or over please arrange for your GP to sign the declaration.**

<i>Please tick 'Y' (Yes) or 'N' (No)</i>	Y	N		<i>Please tick 'Y' (Yes) or 'N' (No)</i>	Y	N
Heart disease or circulation problems				Joint or back injuries or problems		
Raised blood pressure				Epilepsy or seizures		
Chest or Lung disease				Diabetes - if yes is it Type 1 or Type 2		
Asthma				Thyroid or hormonal problems		
Heat or cold related illness				Circulation problems		
Digestive or bowel disorders				Fear of heights		
Cerebral disease such as stroke, head injury, tumour				Blood clots, deep vein thrombosis, pulmonary embolism		
Do you have sight or hearing problems?				Previous history of altitude sickness		
Have you ever had any psychological or psychiatric illness, including eating disorders, deliberate self harm, overdoses, depression, anxiety, psychosis, alcoholism, drug dependency?				Do you have any objections to treatment, including blood transfusions and immunisations?		
Haematological or blood disorders						

Details of your condition above or any other condition not listed

Please list all your current medication (Please bring supplies for the length of the trip plus spares)



# MEDICAL FORM

## NEXT OF KIN

This person is usually a blood relative or spouse and should not be on the event with you.

Name (in full) \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Landline \_\_\_\_\_

Mobile \_\_\_\_\_

## DOCTOR'S DETAILS

The Dream Challenges medical advisor or trip doctor may wish to speak to your GP prior to your place being confirmed. Please provide your GP's contact details below:

Doctor's Name \_\_\_\_\_ Surgery Telephone \_\_\_\_\_

Surgery Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email Address \_\_\_\_\_

We reserve the right to ask you to provide a copy of the summary sheet from your GP records at your own expense (there is a standard NHS charge for this) if the trip doctor or our medical advisor considers it necessary.

## PARTICIPANT DECLARATION

- I understand this challenge is physically challenging.
- I understand the need for fitness and commit to a training program for the event.
- To the best of my knowledge this is a true and accurate description of my medical history and current condition.
- I sign below for Dream Challenges to release this information to the doctor accompanying the event or to the Dream Challenges medical advisor to allow him/her to contact my GP.
- In the event of illness or an accident on the trip I hereby give my permission for Dream Challenges medical staff to initiate medical treatment and notify my next of kin in case of hospitalisation.
- I am responsible for organising my own vaccinations, medication and will bring a personal first aid kit.
- I will advise my insurer of my medical condition. Should I fail to do this, I understand that I will be liable for any medical costs incurred as a result of my condition.

\_\_\_\_\_ / \_\_\_\_ / \_\_\_\_

Signature

Name (Capital Letters)

Date



## DOCTOR DECLARATION

**If you are aged 65 years or over** you must ask your doctor to sign below. Before you are accepted on the challenge, your application may be assessed by the trip doctor or the Classic Tours Medical Advisor for further consideration prior to your place being confirmed.

**When you visit your doctor to discuss the challenge, please take a copy of the itinerary with you.**

## EVENT DETAILS

Charity **TRANSAID**      Date & Destination **SOUTH AFRICA, MARCH 2017**      Type of Activity **CYCLE RIDE**

No. of Activity Days **5**      Distance (Bike Ride) **450km**

## PERSONAL DETAILS

Title (Mr/Mrs/Ms/Miss/other) \_\_\_\_\_ Surname \_\_\_\_\_

Forenames \_\_\_\_\_ Nationality \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Height (m) \_\_\_\_\_

Weight (kg) \_\_\_\_\_ BMI \_\_\_\_\_ Blood Group (if rare) \_\_\_\_\_

**I confirm that I have read the itinerary my patient is planning to undertake and I know of no reason why this person should not participate in an event of this type at this point in time.**

Doctor's Name \_\_\_\_\_ GP Practice Stamp:

Doctor's Signature \_\_\_\_\_

GMC Number \_\_\_\_\_

Date \_\_\_\_\_



# TERMS AND CONDITIONS

## TRANSAID

1. In return for a secured place on Transaid's Cycle South Africa, and as an indication of your serious fundraising intent, we require a non-refundable registration fee of £299 and a commitment to raise at least £3,500 for Transaid. £3,200 of this sponsorship must be paid to Transaid a minimum of 13 weeks prior to the departure date (i.e. 9th December 2016). Failure to do so means that you must make up the balance yourself. The £3,500 target does not include your registration fee of £299, or any Gift Aid that your donations incur. The balance of your target (£300) is to be paid before your departure.
2. You must make it clear to all prospective sponsors that an amount from your sponsorship money goes towards payment of the air and ground costs of the challenge.
3. All funds raised in the name of Transaid must be paid as soon as is practical to Transaid.
4. Should you be unable to take up your place all sponsorship monies must be returned to your sponsors or, if they agree, paid over to Transaid.
5. You must be over 18 by the date of departure.
6. Dream Challenges, a specialist in charity challenges, is the tour company responsible for all flights and ground arrangements. All monies paid to Dream Challenges for your travel arrangements are protected by their ABTOT Bond. All participants take part at their own risk. Transaid is acting as your agent in making arrangements for you to join the event and is unable to accept liability for any loss or damage, however arising, or for the cancellation of the event for any reason outside its control. Registration fees will only be refundable should Transaid cancel the event.
7. You must wear a cycling helmet at all times when cycling during the event.
8. You are responsible for obtaining any necessary vaccinations and for obtaining a valid tourist visa. Your passport must have at least six months to run from the date you return to the UK.
9. You are required to complete a medical questionnaire. If you are aged 65+ you will need to obtain a GP's signature on your medical questionnaire before your place on the tour is confirmed. If you have a medical condition the trip doctor may require that you obtain a GP's signature. If your health changes after signing the form, you hereby agree to inform the charity immediately and you understand that a new medical form may be required.
10. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking, including emergency repatriation. You will be asked to provide proof of travel insurance 9 weeks before the departure date or you may forfeit your place on the challenge. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to the charity. If the insurance company does not recognise your claim, you will be responsible for covering any cancellation charges borne by Transaid.
11. You must not suffer from alcohol or drug dependency. You should not have any criminal convictions.
12. You participate at your own risk. If you are refused passage and/or entry/exit to or from South Africa, any additional costs incurred are your responsibility.

## Dream Challenges Booking Conditions – Charitable Events

These are the terms and conditions of Dream Challenges which apply to those who are advised by the charity or its trading company, known hereinafter as "the charity" that they will be participating in the fundraising event. Please refer to the charity's own terms and conditions regarding your sponsorship and eligibility to travel. Only those potential participants who qualify under the charity's rules will be entitled to travel. For those selected to travel the following conditions all apply:

### 1. Your contract with Dream Challenges

If selected to take part in the fundraising event we will be advised of your details by the charity. Your contract for travel, accommodation and other services (your travel arrangements) will be with us, Dream Challenges Limited of Newcourt House, New Street, Lymington SO41 9BQ. If you are selected then we will confirm our contractual commitment to you by sending to you a confirmation invoice, together with the details of your travel arrangements and the itinerary that we have agreed to provide. It is only then that these terms and conditions will apply and a contract will exist between us, which is governed by English Laws and the exclusive jurisdiction of the English Courts. Travel arrangements made by us which include flight and accommodation are fully protected under the company's Air Travel Organisers Licence 10456 arranged with the Civil Aviation Authority (CAA). When you buy an ATOL protected air package from Dream Challenges you will receive an invoice from us confirming your arrangements and protection under our ATOL. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid to us for an advance booking. For further information visit the ATOL website [www.atol.org.uk](http://www.atol.org.uk). Payment for your travel arrangements will be made to us by the charity from the sponsorship it has received in accordance with the charity's terms for participating in the event.

### 2. The price of your tour

- (i) The cost of your participation in the fundraising event forms a part of the overall value of the sponsorship raised by you and received by the charity. From those sums received by the charity, the charity will pay to us the cost of your travel arrangements that we are agreeing to provide.
- (ii) We reserve the right to increase the price of your travel arrangements to allow for variations in transport costs, including the cost of fuel, dues, taxes or fees chargeable for services such as landing taxes and airport fees and the exchange rate applicable to your travel arrangements. No price increase will be made within 30 days of your departure date. We will absorb any increase which equals 2% or less of the cost of your travel arrangements.

### 3. Health, Safety & Fitness and your insurance cover

The event in which you will be participating is challenging and requires a good level of fitness, strength and endurance and it is your responsibility to ensure that you are suitably prepared. You should check with your doctor that you are sufficiently fit, healthy and mobile to participate in the event. You should take into account that medical and other facilities, particularly for those with any disability, illness or infirmity, at your destination are likely to be inferior to those in the United Kingdom. Accordingly it is a compulsory term of travel that you take out travel insurance to cover any health or injury problems that arise and, if necessary, to arrange for your repatriation to the UK.

You must complete a medical form in order to be able to travel and you should also advise your insurer of any pre-existing medical condition before travel. Failure to advise this may invalidate your insurance cover. Dream Challenges reserves the right to refuse participation if the above is not complied with.

### 4. Cancellation

- (i) If you cancel your travel arrangements; then there will be no refund payable to you as your sponsorship was raised for charitable purposes. Any balance of the sum paid to us by the charity for your travel arrangements after deduction of cancellation charges, will be repaid to the charity.
- (ii) Similarly, if we cancel your travel arrangements any refunds or compensation will be paid to the charity.
- (iii) If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will cooperate in the recovery of these charges from the insurers and any sums recovered under the policy will again be paid over to the charity.
- (iv) If cancellation occurs due to unusual and unforeseeable circumstances beyond our control, such as national emergency, natural disaster, fire, bad weather, flight delays or other such events (acts as force majeure) then we will advise you as soon as it is reasonable to do so.

### 5. Destination Safety and Force Majeure

Your personal safety during the charitable event is of fundamental importance to us and whilst we will carefully monitor the safety of your destination, the Foreign and Commonwealth Office do offer a travelers advice line 0870 606 0290. You should ensure that you are kept informed of the latest FCO advice.

### 6. Alterations by Dream Challenges

- (i) Dream Challenges and its supplier of flight, accommodation and land arrangements shall be entitled to change the details of your travel arrangements and itinerary. If a change is significant you will be advised as soon as possible and you will be entitled to:-
- (ii) Cancel your participation in the event, in which case you agree that the cost of your travel arrangements will be repaid by us to the charity and you will have no entitlement to such sums; or
- (iii) Agree to proceed with the revised arrangements for the event.

### 7. Standard and Quality of Accommodation and Services

You should not have unreasonable expectations of the facilities that will be provided which in some remote areas and some destinations may be below what you might expect at home. The level of the standard and quality of your travel arrangements will be in line with the itinerary and any literature you receive from us:

### 8. Liability

- (i) We accept responsibility for ensuring that your travel arrangements will be as described in the literature produced by us, or on our behalf, in our confirmation invoice and with the itinerary and that the services we are contractually obliged to provide are to a reasonable standard. If in the reasonable opinion of the charity any part of your travel arrangements is not provided as promised we will pay appropriate compensation if this has affected the quality or structure of your travel arrangements. We accept responsibility for the acts and/or omissions of our employees, agents and suppliers (except for claims for death, injury or illness – see below).
- (ii) Dream Challenges accepts responsibility for death, injury or illness caused by negligent acts and/or omissions of us, our employees, agents, suppliers and sub-contractors whilst acting within the scope of, or in the course of their employment in the provision of any part of your travel arrangements in the itinerary, that we are contractually obliged to provide. We will accordingly, pay to an affected participant such damages as might have been awarded in such circumstances under English Law. However, damages are not payable where any failure to perform the contract is due neither to any fault on our part or a supplier of any part of your travel arrangements or unusual circumstances beyond our control or an event which could not have been foreseen even if all due care had been exercised.
- (iii) In respect of carriage by air, sea and rail and the provision of accommodation, the amount of compensation we may be obliged to pay will be limited provided for by the relevant International Convention. Carriage by air is subject to the carriers conditions of carriage. In particular drunkenness or rowdiness may lead to the airline refusing carriage and alternative flights may have to be arranged at your own cost.

### 9. Flights

#### (a) Delays

Most flights are arranged with scheduled airlines that will usually provide refreshments, and or accommodation where a substantial flight delay occurs and when it is possible to arrange. If not offered by the airline, Dream Challenges will not arrange these facilities at outward or home-ward points of departure.

#### (b) Flight Changes

Airlines may have to change aircraft without advance warning. You are asked to check carefully departure and check in times on your documentation when received to ensure that you arrive at the airport in sufficient time.

### 10. Passports, Visas and Health

You will be advised separately of any passport, visa and compulsory health requirements to enable you to participate in your event. You will require a full British passport with at least 6 months validity at the date of return travel. For EU and other passport holders please contact Dream Challenges for special requirements.

11. This contract is governed by English Law and the exclusive jurisdiction of the English Courts.