



transaid



CYCLE ZAMBIA: LUSAKA TO VICTORIA FALLS

REGISTRATION
PACK

21-30 September
2018

TRANSAID IS ACTING AS AN AGENT OF DREAM CHALLENGES

Contact us: 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 2018 African Challenge!

In September 2018 we will be cycling 490km through the beautiful landscape of south-eastern Zambia. Starting in the capital, Lusaka, we will cycle through varied terrain, experience Zambia’s rich culture, lakes, rivers and breathtaking African sunsets before a spectacular finish at the Victoria Falls in Livingstone.



Contents

1. Discover Zambia.....	p.2
2. Itinerary.....	p.3
3. Fundraising and FAQs.....	p.4
4. Why I should join.....	p.5
5. Registration Form.....	p.6-7
6. Fundraising Plan.....	p.8
7. Medical Form.....	p.9-11
8. Terms and Conditions.....	p.12



Landlocked in Southern Africa, Zambia is fed and shaped by its rivers, lakes and, of course, its waterfalls, the most famous of which is the Victoria Falls which at 2km wide and 103m deep are the largest falls in the world. Massive lakes, rich wetlands and breathtaking African sunsets all contribute to the country's scenic splendor. In addition to its natural wonders Zambia offers a taste of its diverse tribal & cultural heritage through its craftwork, music, dance & traditional ceremonies.



TRIP OVERVIEW:

- Distance: Approximately 490km cycling
- Duration: 10 day trip (5 days cycling)
- Level: Challenging (training guidelines will be sent to you)

HIGHLIGHTS:

- Visit the Industrial Training Centre in Lusaka and learn about Transaid's road safety work in Zambia
- Experience the 'real' Africa, following an incredible route through beautiful rural Zambia
- See the Victoria Falls in Livingstone, often described as 'one of the seven natural wonders of the world'





ITINERARY

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Day 1: Depart the UK

We take an overnight flight from London to Lusaka.

Day 2: Arrival in Lusaka

On arrival in Lusaka we will be transferred by road to the Industrial Training Centre (ITC) to spend the afternoon learning more about Transaid's work involving road safety and improving access to healthcare in Zambia. Following this, we'll head to our lodge on the outskirts of Lusaka city. Here we will have a bike fitting and a briefing on the challenge to come. We will have a chance to cycle and get used to our bikes in the lodge surroundings which is set in a bush camp setting with zebras and impalas walking around the campsite. Overnight in Sandy's Lodge.

Accommodation: Lodge/Guest House

Day 3: Kafue – Mazabuka

75km

We start the morning off with a road transfer back up the escarpment to Kafue. We then set off on our bikes towards Mazabuka, Zambia's sweetest town and home to the country's sugar plantations. The terrain is a mix of tar road where we conquer Munali Hills, the worst you will have to face on the ride, all in one road pass. Today will give us a great introduction to the challenge and to this beautiful country. After our warm up on tarmac the route turns into dirt track, with an interesting ride past farms until we reach Mazabuka. Tonight we will camp at the Turf Club, this is the polo cross club for the town in a lovely setting with a colonial club house as our overnight camp.

Accommodation: Camp

Day 4: Mazabuka – Monze

107km

Today we continue south towards Monze. This is a challenging but fantastic day. Our adventurous route off road varies from good dirt roads to slightly sandy making it challenging cycling. There are many winding tracks through countless villages where we meet the friendly Zambian people. We pass donkey carts and have countless photo opportunities of children cheering us on. We enter Monze into noise, traffic and hustle and make our way for 10km on tarmac and a further 2km on dirt roads to our exclusive camp site. This is a private farm and has a lovely camp site for us with hot showers and a delicious dinner round the camp fire. You will have the opportunity to take a walk at sundown or early sunrise to enjoy this fantastic birding area with 286 different bird species.

Accommodation: Camp

Day 5: Monze – Choma

123km

We cycle back through town today towards Choma. A small dirt road start sets us off and then onto tarmac which will take us to the busy town of Monze. Today we use the main road for 92km, passing by many villages and market sellers. We will turn off the main road past dairy and cattle farms, this is a fantastic section that takes us to a private reserve called Masuku camp based near Choma town. Masuku Lodge is a lovely farm house setting hosting amazing birdlife, wildlife and overlooking a dam. We will camp here and have use of three chalets for our ablutions.

Accommodation: Camp

Day 6: Choma – Kalomo

108km

We start this morning by cycling through Choma town itself before returning to dirt track. This will be a challenging day as we tackle 78km of off-road overall. The dirt roads are generally in good condition with just a few small sandy sections. Again, we pass small villages seeing rural Africa at its best, as yet untouched by tourism. We will stay in Kalomo in guest houses which gives us an introduction to the local tourism and people.

Accommodation: Lodge/Guest House

Day 7: Kalomo – Livingstone

approx.76km

We start the day with an early 50km +/- road transfer to a small "town" calledimba, here we get on our bikes which will have been sent on earlier in the morning and will be waiting for us. This last 76km ride is on brand new tarred road with lovely hard shoulder to ride on. We cycle straight through the town and end our challenge at the spectacular Victoria Falls!

Here we will have lunch and time to enjoy the mighty Victoria Falls which is one of the Seven Wonders of the World. Scottish explorer David Livingstone may have named the falls after his reigning queen in 1855, but the Kalolo-Lozi people have their own name for it - Mosi-oa-Tunya, "The Smoke that Thunders". September falls within the 'dry' season in Zambia, so the falls will have a (comparatively) low water level to much of the year. Despite this, it will be a breathtaking sight, and with less spray to contend with taking photographs is that bit easier!

We head back to our tented camp to freshen up followed by an (optional) sunset cruise on the Zambezi River with a fantastic group photo. We will stay at the Thorn Tree House and Tented Camp, a new lodge with a heated swimming pool. Hippos and elephants visit the river next to us. We will enjoy a celebratory dinner all together around the campfire to celebrate our fantastic achievement.

Accommodation: Lodge/Guest House

Day 8: Free day in Livingstone

Today we have a full free day to enjoy Livingstone. We have the opportunity to undertake an optional excursion or have a relaxing day by the pool at the hotel. Once again, we stay overnight at Thorn Tree House and Tented Camp.

Accommodation: Lodge/Guest House

Day 9: Return to the UK

After breakfast we will check out and transfer to Victoria Falls International airport for our return flight overnight flight to London.

Day 10: Arrive in London



FUNDRAISING AND FAQs

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FUNDRAISING: £3,650 minimum fundraising target & £349 registration fee

Payment schedule: £349 registration fee paid upon registration

£2920 to be paid 12 weeks before departure (29.06.18)

Balance of your target (£730) to be provided two weeks before departure

What does this include?

- Flights in and out of Lusaka
- Transfers in country
- All food and drink (except lunch on day 2, 8 and 9)
- Bike hire and mechanical support
- Accommodation (camping and lodges)
- Tour manager and a UK Doctor

What isn't included?

- Vaccinations and anti-malarials
- Visa
- Individual travel insurance
- Optional tours/excursions
- 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 (£349) or the core costs (£2695). 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 Zambia after the ride?

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

Are single room/tent supplements available?

Single room/tent supplements are available subject to availability and will be allocated on a first-come-first-served.

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 two Transaid Representatives.

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.

Why are the core costs/fundraising target higher than on previous challenges?

The higher core costs/fundraising target for this challenge is due to Zambia being a relatively expensive country, combined with the recent devaluation of Sterling.



WHY I SHOULD JOIN

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Our Africa Challenges truly are an experience of a lifetime. Here is what a few of our previous Africa challenge participants have said...

“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, Cycle Tanzania 2015, DHL Supply Chain

“The whole experience including fundraising, training and the ride itself was hugely positive... it exceeded my already high expectations many times over and we raised £226,000 in total!”

Tony Owen, Cycle South Africa 2017, Renault Trucks UK



Why Support Transaid?

Transaid transforms lives through safe, available, and sustainable transport. Founded by Save the Children, The Chartered Institute of Logistics and Transport (CILT), and its Patron, HRH The Princess Royal, the international development organisation shares 25 years’ worth of expertise in 23 countries with partners and governments – empowering people to build the skills they need to transform their own lives.



We support drivers, governments and training institutions to improve road safety

- In sub-saharan Africa, road deaths are the third biggest killer behind HIV/AIDS and Malaria.*
- We work with partners and governments to train driver trainers. Our driver training programmes make drivers more competent, vehicles safer, and reduce death and injury on the road.
- In Zambia, Transaid has partnered with the Industrial Training Centre (ITC) in Lusaka to build capacity to deliver professional HGV, FLT, Motorbike and PSV driver training to internationally recognised standards. **Upon arrival in Zambia the group will visit the ITC to learn more about Transaid’s work there.**

We empower people to transform their own lives through access to vital services, such as healthcare

- People living in rural areas of Africa often struggle to access vital services. Around 75% of maternal deaths can be avoided through timely access to vital childbirth-related care.*
- We enable women, children and men in rural communities to reach health services when they are in need. We strengthen transport systems and this can provide access to appropriate forms of transport.
- Our work includes the Emergency Transport Scheme (*right*) to transport pregnant mothers with complications.



* World Bank



REGISTRATION FORM

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Please fill in and scan this form to: 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

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 £349 - 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 £3,650
- 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 - PLEASE SUPPLY A COPY OF YOUR PASSPORT PHOTO PAGE WHEN RETURNING THIS FORM

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

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BIKE DETAILS

Your height _____

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

Accommodation during the challenge will consist of 3 nights camping and 4 nights in lodges/guest houses. If there is anyone you would like to share please write their full name here (otherwise participants will be allocated rooms on same sex sharing basis 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**

(These emails are designed to help you fundraise through the challenge, update you on Transaid's work and enable you to meet the rest of the group prior to the challenge)

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

DECLARATION: I apply to take part in Transaid's Zambia 2018: Lusaka to Victoria Falls challenge. 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 £349, the registration and medical forms. I agree to raise the minimum sponsorship of £3,650 with £2920 payable 12 weeks before departure and the remaining £730 sponsorship due 2 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

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Whilst Cycle Zambia 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 sub-Saharan 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 Zambia challenge 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 Zambia 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

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EVENT AND PERSONAL DETAILS

Charity **TRANSAID**

Date & Destination **21-30 September 2018 / CYCLE ZAMBIA 2018**

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)



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



MEDICAL FORM

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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 Dream Challenges 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 **CYCLE ZAMBIA, SEPTEMBER 2018** Type of Activity **CYCLE CHALLENGE**

No. of Activity Days **5** Distance (Bike Ride) **Approx. 490km**

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 _____

TRANSaid

1. In return for a secured place on Transaid's Cycle Zambia, and as an indication of your serious fundraising intent, we require a non-refundable registration fee of £349 and a commitment to raise at least £3,650 for Transaid.

2. **STAGE ONE PAYMENT:** £2920 of this sponsorship must be paid to Transaid a minimum of 12 weeks prior to the departure date (29th June 2019). Failure to do so means that you must make up the balance yourself. If you have not raised the required amount by the stage one payment deadline then your place will be forfeited unless you advance the balance yourself. A personal advance can only be made in accordance with the conditions below:

A personal advance is made when a refund is intended. Refunding of the advance will only be made after the event's minimum sponsorship target has been reached (excluding the amount advanced and registration fee). The refund will not be made later than four weeks after the return date of the event. You will need to request a refund of your personal payment in writing (including email). Please note the £3,650 target does not include your registration fee of £349 or any Gift Aid that your donations incur.

THE BALANCE OF YOUR TARGET (£730) is to be paid two weeks before your departure.

3. If you have registered as a team and a member of your team withdraws after the stage one payment deadline, the minimum amount of sponsorship that must be raised by the remaining members will not be reduced.

4. If you withdraw from the event after the stage one payment deadline then you will still be liable to pay at least the amount due as stated in the registration pack, whatever the circumstances of your withdrawal.

5. 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.

6. All funds raised in the name of Transaid must be paid as soon as is practical to Transaid.

7. 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.

8. You must be over 18 by the date of departure.

9. 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.

10. You must wear a cycling helmet at all times when cycling during the event.

11. You are responsible for obtaining any necessary vaccinations and anti-malarials 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.

12. 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.

13. 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.

14. You must not suffer from alcohol or drug dependency. You should not have any criminal convictions.

15. You participate at your own risk. If you are refused passage and/or entry/exit to or from Zambia, 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. 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. 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

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 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 homeward 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.



TERMS AND CONDITIONS

transaid

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.