Kilimanjaro Challenge & Community Project Work

Sign up for £299 and support Village Education Project
22 October - 02 November 2014

VEPK

actionchallenge
Challenge Events Worldwide

KiliCLIMB2013
Village Education Project Kilimanjaro

KILIMANJARO CHALLENGE
KiliCLIMB2014
About Action Challenge

Since 1999 Action Challenge has been operating unique group challenge events the world over. Our head office in London is staffed by a highly experienced, passionate team focused on developing and delivering inspirational adventures. We operate a host of varied itineraries across all seven continents, from rainforest to desert, mountain to jungle, snow to sea. Our adventures are fantastic group experiences, which can be enjoyed by anyone who is looking for a new challenge. We are proud of the lengths we go to, to bring you memories you will not find elsewhere!

- We have taken over 2000 trekkers safely to the summit of Kilimanjaro - including many charity and corporate clients.
- UK Leader and Doctor on every challenge – book and climb with Action Challenge – we directly manage all aspects of our trips, and offer pre trip training weekends and face to face briefings.
- Our ‘all-inclusive’ challenges include flights, transfers, accommodation, meals and National Park Fees, with a highly experienced local expedition team to get you to the summit safely. We have charity fundraising options, and offer pre-trip support and even a kit rental service to keep your costs down.
- 100% ATOL bonded meaning your all-inclusive package, including flights, is fully financially protected. Many companies only offer ABTA protection, which does not cover your full package financially!
Climbing Kilimanjaro is more than just a summit challenge. It is a once-in-a-lifetime experience, which will leave you with long lasting memories. You will get an insight into the lives and culture of the local community, whilst being immersed in some of the most breathtaking scenery in Africa. Don’t miss the opportunity to raise much needed funds for our local partner charity in Tanzania, Village Education Project!

Sign up to this 12 day challenge today for just £299 and support Village Education Project on the ground in Tanzania!

On the day of departure, we meet our group at the airport in London, before departing on our flight to Tanzania. On arrival, we will be greeted by our local team and transferred to Village Education Project’s Chem-Chem campsite at the foot of Kilimanjaro. We spend three nights camping here, where we find out more about the charity and can get our hands dirty, helping out with some of their project work. As the campsite is set at 2,000m above sea level, this is also a perfect way to further acclimatise prior to our challenge.

Before we set off for our climb, we have a thorough briefing and kit check. On the mountain, we stick together on the trek, but our local guides and porters are there to accompany us, whatever our pace. Each night, we dine and sleep in our own private camp, and lunch will be served en route in our seated mess-tents. Summit night is long, but exhilarating, and once we’re off the mountain, we celebrate our achievements together! After a free morning relaxing by the pool or in the local town of Moshi, we head home, weary-eyed and jubilant!

Our ‘all-inclusive’ challenges include flights, transfers, accommodation, meals and National Park Fees, with a highly experienced local expedition team to get you to the summit safely. We have a big celebration meal at the end of the challenge, and offer pre-trip support and even a kit rental service to keep your costs down.

**6 DAY MACHAME ROUTE**
- Begins in the South West within the magnificent rainforest. Then to the summit and down in 6 days!
- Walk in the shadow of the 5,895m Kibo peak and feel immersed in its might!
- Stunning aspect and views out to Mount Meru as you cross southern slopes of Kilimanjaro
- Designed to allow our bodies to acclimatise by climbing high and sleeping lower on key days
Village Education Project

Village Education Project Kilimanjaro, known as VEPK or Kiliproject, has been working in the Kilimanjaro region of north Tanzania for just over 20 years. VEPK works in government primary schools to improve the basic education given to the children, and works to provide vocational training for young people. VEPK knows that a good primary education is crucial and will shape the future of every child.

From primary school a child should know how to read and write, should understand basic mathematics, should gain language skills, and above all should develop thinking skills. Those skills enable every child to start to develop on their own, and to learn to apply knowledge. In Tanzania this is sadly lacking. Children spend 7 years at primary school where all subjects are in the national language of Swahili, apart from English which is taught as a foreign language. Most pupils can read and write, but very few gain a good understanding of basic mathematics, few use written Swahili to an acceptable standard and creative writing is not developed at all. Thinking skills are not properly developed in any syllabus. Children leave primary school aged 14 with an inadequate education and few skills of critical thinking, analysing, reasoning, planning, problem solving or creative thinking.

VEPK works extensively with the local primary school teachers helping them with subject content and with teaching techniques. Over the years VEPK has worked increasingly with the central Ministry of Education to highlight deficiencies in the syllabuses and the primary school text books. VEPK has developed books for the crucial first three years of mathematics, and has also re-produced a successful course for teaching English as a foreign language. Not only has the founder and director of VEPK, Katy Allen, met the Tanzanian President to discuss the course books, but she and her colleagues have met the Prime Minister for discussions, and had many meetings with the Minister for Education and the Director of the Tanzania Institute of Education. Only a long-term approach to work in education has any chance of real success. VEPK is highly regarded in its field and it is now influencing fundamental changes.

Some primary school children are not suited to further academic studies, and so providing them with vocational skills is essential. VEPK has run a vocational training school for many years giving skills and qualifications in masonry and carpentry to young villagers. Now a motor-mechanics training school is being built which will provide training in motor-mechanics, panel beating, motor-electrics, and paint-spraying, with computer-diagnostics and driving tuition in the future.

Education is not about a smart classroom or a fancy building. It is based on good teaching with sound teaching materials so that skills are developed, knowledge is acquired and every child’s potential given an opportunity to flourish.

For every footstep along the way you can be proud that you are helping a Tanzanian child to have a worthwhile future.

Elimu ni Uhai, Education is Life, www.kiliproject.org
Chem-Chem

Chem-Chem Campsite is located on the lush green slopes of Kilimanjaro by a stream which is fed by a natural spring (chem-chem). The site is beautifully terraced with flowers and trees in abundance. The campsite is in the heart of Mshiri village. ‘Big Vicky’ is in charge and takes care of all her visitors, and the staff at the campsite are all from the village. Chem-Chem Campsite supports the work of Village Education Project, and Dilly Mtui, the charity’s Tanzanian coordinator, is also involved in the running of the campsite. The campsite has its own cows, goats, guinea fowl and two dogs. Those who are game can try to milk a cow or a goat. Others may wish to help collect the vegetables grown on site which will be cooked for the evening meal. From the campsite there are lovely walks in Mshiri village and a chance to see and meet the villagers at work and at leisure.

Staying at Chem-Chem campsite gives an off-the-beaten-track experience of village life among the Chagga tribe. More importantly, it is from Chem-Chem Campsite that the project work of Village Education Project Kilimanjaro can be visited. This may be a visit to the vocational training school or even to see a lesson in a primary school. The visits can only be made on working days and within term time. Some visitors may have a chance to get their hands dirty and help out with building or other work.

Your stay at Chem-Chem Campsite will prepare you for your climb and will give you a glimpse of life in a village on the slopes of Kilimanjaro. It is those village children and many like them who will benefit from your sponsorship.
The 6 Day Machame Route

The beautiful Machame Route approaches Kilimanjaro from the south, and the 6 day trek starts in dense tropical rainforest, and passes through some of the mountains best features – the Shira Plateau, Barranco Wall, and Karanga Valley on the way to the summit. This is a tough, but spectacularly rewarding route with stunning views and a good acclimatisation feature on day 5.

| Day 1 | Departure from the UK |
| Day 2 | Arrive & transfer to Village Education Project Chem-Chem Campsite |
| Day 3 | Village Education Project Chem-Chem Campsite & Project Work |
| Day 4 | Village Education Project Chem-Chem Campsite & Project Work |
| Day 5 | Machame Camp 3000m 5-6 hrs trekking |
| Day 6 | Shira Camp 3840m 6-7 hrs trekking |
| Day 7 | Barranco Camp 3950m 6-7 hrs trekking |
| Day 8 | Barafu Camp 4600m 6-7 hrs trekking |
| Day 9 | Summit Day 5895m 12-14 hrs trekking |
| Day 10 | Moshi 5-6 hrs trekking |
| Day 11 | A free morning in Moshi |
| Day 12 | Arrive home in the UK |

Note: some departures may transfer from Nairobi by road depending on flight availability and hotels may be in Arusha.
Payment Options Explained
There are three flexible payment options for you to sign up to this challenge and support Village Education Project. With all three, a registration deposit of £299 is required to confirm your place on the challenge.

Self Funding
- You pay for the entire trip cost yourself.
- Action Challenge will invoice you for your final balance of £2,000, twelve weeks before the departure of your challenge.
- You pledge to fundraise a minimum of £1,000 for Village Education Project.

Minimum Sponsorship
- Commit to fundraising a minimum of £3,000 for Village Education Project.
- £2,000 of your fundraising will cover the cost of your challenge and £1,000 plus anything more that you raise will be donated to Village Education Project.
- 80% of your minimum sponsorship target must be with Village Education Project twelve weeks before the departure of your challenge, at which point Action Challenge will invoice Village Education Project for your remaining trip cost. The remaining 20% of fundraising is due to Village Education Project two weeks before you depart.

Mixed Funding
- A mixture of the above two options.
- Commit to fundraising a minimum of £2200 for Village Education Project.
- £1,200 of your fundraising will cover the cost of your challenge and £1,000 plus anything more that you raise will be donated to Village Education Project.
- Make a further personal contribution of £800 towards the remaining cost of your place.
- 80% of your minimum sponsorship target must be with Village Education Project twelve weeks before the departure of your challenge, at which point Action Challenge will invoice Village Education Project for your remaining trip cost. The remaining 20% of fundraising is due to Village Education Project two weeks before you depart.

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Are Flights Included?
Yes! All our group climbs include return flights from London. If you are travelling from overseas, take advantage of our land only packages, enabling you to book on to one of our group climbs without inclusive flights; you will be required to arrange all flights to and from Tanzania and all transfers in order to meet your group at the hotel on day 2 of the itinerary.

What Else Is Included?
Transfers, National Park fees, and a UK leader and doctor on every climb. A private camp with modern equipment, including spacious three-man tents, on a twin-share basis and private toilets. Three freshly cooked meals and a minimum of three litres of purified water a day, with a celebration meal at the end of the challenge. Local guides and porters to look after you, whatever your pace. 3* hotels with swimming pool, either side of the climb.

Can I Travel On My Own?
Yes! Our ‘Open Challenge’ group climbs are available to anyone who wants to join either as a group of friends, family, colleagues or as an individual. We try to ensure that everyone bonds and works as a team, and we find that there is a great sense of camaraderie on all of our climbs! It is extremely important to us that whilst you are challenging yourself to reach the roof of Africa, you are enjoying yourself along the way!

How Big Will The Group Be?
The average group size is typically 20 - 25 participants – the perfect size to get to know everyone! You will also be accompanied by a UK leader and doctor, a local English-speaking head guide and assistant guides, along with a team of up to 70 porters, looking after all the logistics, catering and camping set-up on the mountain.

What Is A Typical Day Like?
You will be woken between 6-7am most mornings and will be fuelled for the day by a hot, hearty breakfast in our private mess tents! These tents will be a welcome sight at lunch time after a morning’s trekking, where you will be served a hot lunch and have a chance to rest your legs! After an afternoon’s trekking, you will be handed a hot drink and snack on arrival into camp, and after some time to rest, a hot dinner will be served before a daily briefing, and then you retire for an early night and some rest!

Can I Stay On In Tanzania?
Yes – and you will probably deserve some relaxation time! Get close to some of the world’s wildest beasts on the spectacular plains, on our 2.5 or 5 day Safari, or perhaps relax on the white beaches of Zanzibar for a few days!

www.kilimanjarochallenge.com  kili@actionchallenge.com  020 7609 6695
How Fit Do I Need To Be?
Climbing Kilimanjaro is a tough challenge, but one that is very achievable with the correct training. It requires a reasonable level of strength, stamina and determination. Your training should incorporate aerobic (endurance building) and anaerobic (strength building) exercises. Most importantly, you should get in some good hill walking, in the boots you are going to be wearing on the challenge.

Will The Altitude Affect Me?
Our bodies are required to adapt to the decreasing levels of oxygen through a process called acclimatisation. As we climb higher, the air gets thinner, and at the summit of Kilimanjaro there is half the amount of oxygen than there is at sea-level. Therefore, altitude is likely to affect everyone slightly, but this isn’t something to worry about! Our UK doctor will be carrying out daily health checks, and food, hydration, rest and a good pace set by our leaders will help you get to the summit safely. However, measures are in place, in the unlikely case of a serious reaction to altitude.

What Kit Do I Need?
You need to be prepared for intense sun, extreme cold, rain, wind and even snow! Upon registration, you will be sent a full kit list, written by our Mountain Leaders. You will be able to hire much of your kit if that suits, and we can offer you great discounts on both hire and purchase!

Do I Need A Visa?
Yes – all UK Nationals require a Visa and the cost is £38. Once you have registered, Action Challenge will send you the visa application form and necessary details to fill it in. You can apply by post or in person. To find out more about visa applications or if you are of a different nationality, please check the Tanzania High Commission’s website for visa requirements.

What Vaccinations Do I Need?
Whilst the risk of contracting malaria on your Kilimanjaro climb is very low, Tanzania is a high risk malaria zone. Therefore, you will need to take anti-malarial tablets, to ensure that you are covered for times when you are at lower altitudes. Advised vaccinations include Hepatitis A, Tetanus, Typhoid, Diptheria and Yellow Fever - some of which you may have already had. Please ensure that you seek medical advice from a travel clinic before you depart, as they will have up to date information on what is required. Action Challenge can offer you a 10% discount at Nomad Travel Health Clinic.
1. Your Challenge
(a) We require that you (“your” “you” or “yours”) must complete the on-line registration form. On receipt of a completed registration form & registration fee we will send you confirmation of your payment and an information pack containing full details of the event. Together these form a registration which cannot be cancelled and together constitute a breach of these terms and conditions by you.

(b) Your Financial Protection - When you buy an ATOL protected air holiday package from Action Challenge UK Ltd, your travel arrangements (for UK departures), including transport and accommodation, are protected under the Challenge Insurance. We will ensure that your ATOL number is fully protected under our ATOL licence number 6296 regulated by the Civil Aviation Authority. In the unlikely event that we become unable to provide the services agreed in the ATOL licence, you will be entitled to an alternative service or refund. We will inform you of any surcharge or price increase in writing and if you wish to cancel for this reason your travel arrangements will be cancelled in two instalments as detailed in clauses 6(c), 6(d), 6(e) and subject to clause 6(g).

2. Payment of registration fee
(a) We will guarantee the cost of all our suppliers in respect of your challenge once the final balance is paid in full, and provided that no power surcharges, alterations, weather, fire, explosion, labour disturbances or any other majeure event or other unusual and unforeseeable circumstances beyond our control or an event of Force Majeure (as defined in clause 16) occurs, which is known about at that time. It is your responsibility to ensure that this condition is complied with.

2. Payment of registration fee
(c) Action Challenge reserves the right to pass on to you, any increases in cost agreed with our suppliers, after the date of your booking, with payment due 10 weeks prior to departure by you to Action Challenge.
(d) If due to fluctuations in foreign currency rates or for reasons beyond our reasonable control the cost of your challenge rises over 2%, then we reserve the right to increase the cost of your challenge.
(e) If there is an increase in the price of your challenge of more than 9% as a result of any combina-

3. Flights, Airlines & Suppliers
(a) You must check all information sent to you and make sure that you arrive at the airport and depart on the correct date, time and flight. Any errors or omissions will not be our responsibility.

4. Challenge Price
(a) We will try to accommodate your special requirements as detailed in your booking or personal details form on the registration form. You should also nominate your chosen charity on the registration form and we will communicate with that charity to seek their formal authorisation for you to raise sponsorship money for the charity as detailed in clause 8.
(b) If you have committed to a mixed funding option for the charity you are classified as a profes-
sional and will be asked to sign a disclaimer agreement with the charity that you are funding for; this will be sent to you by the charity. In addition to your registration fee and the balance that you owe to Action Challenge, you are required to raise at least the sum in sponsorship as de-
detailed in clause 8. If you fail to do so, we reserve the right to cancel the charity part of your entry in the event of Force Majeure.

5. Minimum sponsorship option for charity
(a) You are required to raise at least a further sum in sponsorship as detailed upon the registra-
tion form. The minimum sponsorship is due ten (10) weeks before the date of departure and we require the right to apply a 5% late payment charge and/or cancel your booking if your final balance is not received by this date and you will forfeit your Registration Fee. (b) If having paid the final balance you cancel your place on the challenge a cancellation charge will only be accepted in writing by us from the person who signed the registration form. Cancellation charges will be calculated as set out here. Ten (10) weeks or more prior to departure-£100. If you wish to change the name of the participant then you may be liable to a fee of £100. If you wish to cancel your place on the challenge whether as a result of force majeure or another reason that makes it impractical to proceed with the challenge, we will provide you with a prompt and full refund of all monies that have been paid by you to us. Unless we are unable to make any payments for your benefit for any reason, we will refund the full amount to you, less any refund payments.

6. Minimum sponsorship option for charity
(a) You are required to raise at least a further sum in sponsorship as detailed upon the registra-
tion form. The minimum sponsorship is due ten (10) weeks prior to the date of departure, and we require the right to apply a 5% late payment charge and/or cancel your booking if your final balance is not received by this date and you will forfeit your Registration Fee. (b) If having paid the final balance you cancel your place on the challenge a cancellation charge will only be accepted in writing by us from the person who signed the registration form. Cancellation charges will be calculated as set out here. Ten (10) weeks or more prior to departure-£100. If you wish to change the name of the participant then you may be liable to a fee of £100. If you wish to cancel your place on the challenge whether as a result of force majeure or another reason that makes it impractical to proceed with the challenge, we will provide you with a prompt and full refund of all monies that have been paid by you to us. Unless we are unable to make any payments for your benefit for any reason, we will refund the full amount to you, less any refund payments.

7. Mixed funding option – you pay a balance and also fundraise for the charity
(a) The balance, as detailed on the booking form, is due ten (10) weeks before the date of departure and we reserve the right to apply a 5% late payment charge and/or cancel your book-

8. Travel insurance
All our challenges are complicated and may be subject to change. Our challenges are planned by experienced and qualified staff who take great care to ensure that they are safe and enjoyable. However, they may be subject to change and there may be a fee of £100. If you wish to change the name of the participant then you may be liable to a

9. Changes made by you
Each change must be made in writing & if possible telephone, to Action Challenge. Changes may be made to your booking by you without penalty if made 45 days or more before your departure date. If you wish to change the name of the participant then you may be liable to a fee of £100. If you wish to cancel your place on the challenge whether as a result of force majeure or another reason that makes it impractical to proceed with the challenge, we will provide you with a prompt and full refund of all monies that have been paid by you to us. Unless we are unable to make any payments for your benefit for any reason, we will refund the full amount to you, less any refund payments.