

IN AID OF THE
DUBLIN RAPE CRISIS CENTRE

Cuba

challenge
November 2008

telephone **1800 77 88 88** see www.drcc.ie
or email fundraising@rcc.ie





CUBA

LA HABANA, TRINIDAD AND VARADERO

'SEE IT BEFORE CASTRO GOES'

Cuba is one of the most paradoxical places on the planet. It is a tropical island run by an elected dictator; a Communist country that supplies the finest cigars to the world's wealthiest capitalists and is the Caribbean island closest to the USA – yet the furthest in terms of its culture. It is at once poor and broken, and rich and thriving.

From the beat of the music echoing through towns and villages to the hustle of Havana's glorious, crumbling streets, Cuba challenges and enchants all who venture there. Fiestas and fancy footwork are an art form in Cuba where you have no option but to let the music will resonate through your body.

All this is enveloped in the heat of the tropical sun, with the waft of tobacco smoke, the tinge of fumes from the 1950's automobiles and camel shaped buses, set in front of billboards featuring the painted faces of the heroes of the Revolution – Che, Castro and Cienfuegos.

Havana, the capital has the reputation of being the most splendid and sumptuous in the Caribbean. Before the Revolution, its casinos and nightlife attracted the megastars of the day and remarkably little has changed since then. There may be no casinos now, but Havana's bars and clubs with their thriving music scene is not to be missed!

Cuba's plentiful flora and fauna, its mountains, cays and wetlands, and its ever expanding system of national parks and other protected areas make it perfect for trekking and getting close to nature.

We look forward to you joining us on this the 1st DRCC Trek, taking in Havana, Trinidad on the South Coast and Varadero.

About the Dublin Rape Crisis Centre

The Dublin Rape Crisis Centre was established in 1979 to provide support to women and men who have experienced rape, sexual assault, sexual harassment and/or childhood sexual abuse.

Over the past 25 years we have developed and expanded our services to include a 24-hour telephone helpline staffed by trained counsellors which operates 365 days of the year. Although the Centre is based in Dublin, our counsellors take calls from all over the country.

The Centre takes calls from women and men of all ages who have experienced or want to talk about the effects of any kind of sexual violence.

In the last 25 years the number of people contacting the crisis line for help has increased from 76 in 1979 to 14,412 in 2004. In the year 2004, of those seeking help 88% were female and 12% were male. The total number of calls to the Centre in 2004 was 37,049.

A staff of 11 fully qualified counsellors provide a one-to-one counselling and therapy service Monday to Friday from 8am until 7pm and on Saturdays from 9am until 4pm. Our counsellors mainly see clients in our Centre in Leeson Street but we also offer an outreach service in Coolock on Thursdays and Fridays. The aim of the Centre is to continue to expand our outreach service so that counselling and therapy is accessible to as many people as possible. Our counsellors also offer a variety of groups to clients of the Centre.

The Dublin Rape Crisis Centre employs five staff telephone counsellors who offer support, information and hope to the hundreds of women and men who contact us monthly. Our telephone counsellors are aware that they are often the first point of contact with our service and their aim is to deal with all calls in confidence and as sensitively as possible. All appointments are made through the telephone counselling department.

In addition, the Dublin Rape Crisis Centre has a team of more than 70 trained volunteers who provide telephone counselling outside of office hours. Our volunteers will also accompany and offer support to women and men who attend the Sexual Assault Treatment Unit in the Rotunda hospital.

We also offer an outreach programme where specially trained volunteers will visit schools, community centres, etc. to provide information and also to promote awareness of all aspects of sexual violence

Here in the Dublin Rape Crisis Centre we are committed to healing the hurt of rape and sexual abuse. Our aim is to offer a safe and confidential space where women and men of all ages can be listened to and supported without shame or self-blame.

We are here to listen

Proposed Itinerary

Day 1

Depart Dublin for the early morning flight to Gatwick and onward to Havana – arriving early afternoon. Transfer to the Hotel for check in and dinner – the evening will be free to relax and recover from the flight.

Day 2 – Stage 1

After breakfast, there will be a full day walking tour of the city. Afternoon free before dinner and a visit to the world famous ‘Tropicana’ cabaret.

Day 3

After breakfast we leave Havana for the south coast and the UNISCO World Heritage site of the old sugar town of Trinidad –which will be our base for the next 4 days. Lunch on route. Dinner at the Hotel.

Day 4 – Stage 2 - Codina

Breakfast at the Hotel, full day walk with a Roast Pig lunch at the Codina Farm, dinner at the hotel or a local restaurant.

Day 5 – Stage 3 – El Cubano National Park

Breakfast at the Hotel, full day walk with lunch at a local farmhouse, dinner at the hotel or a local restaurant.

Day 6 – Stage 4 – Caburni- Vega Grande National Parks

Breakfast at the Hotel, full day walk with packed lunch, dinner at the hotel or a local restaurant, followed by a visit to the famous night club ‘Las Cuevas’

Day 7

Breakfast at the Hotel. Transfer to Valadero on the north coast, lunch on route. Arrive and check in to our hotel – which is fully inclusive of all meals, drinks and activities.

Day 8 – Stage 5 – Parque Ecologico Varadero

Breakfast at the Hotel, full day walk with packed lunch, dinner at the hotel

Day 9

Free day for shopping or spend the day on the beach. Farewell dinner.

Day 10

Transfer back to Havana and the overnight return flight to Dublin.



The 'Cuba Challenge' will include:

- Return flights Dublin to Havana
- 9 nights accommodation in 4* Hotels in twin or double rooms with bath.
- Buffet breakfast each morning.
- All transfers as indicated in the itinerary.
- Lunch on all walking days and drinks where applicable.
- All dinners as included in the itinerary.
- Fully qualified guides and an interpreter on all walking days.
- Full group travel insurance for those who require it.
- All airport and departure taxes.
- Certificates and Gala Awards Dinner.

Please note:

- Single rooms can be arranged but at a supplement – there are very few available and will be allocated on a first come, first served basis.
- You can extend your stay with advance notice and you may have to pay an airline fee.

APPLICATION FORM

THE CUBA CHALLENGE

14th – 24th November 2008

NAME: (as on passport) _____

ADDRESS: _____

TELEPHONE (H) _____ (W) _____

(Email*) _____ (Mobile) _____

* It will save us a huge amount of time & money if you have access to an email address.

OCCUPATION _____

Please tick where appropriate:

- AGE 21 - 29 30 – 45 46 – 55 55+
- FUND RAISING EXPERIENCE
NONE SOME A GREAT DEAL
- HAVE YOU TAKEN PART IN A SPONSORED EVENT BEFORE? NO YES
IF YES WHERE AND FOR WHAT CHARITY _____
- IS THERE A PARTICULAR AREA THAT YOU WOULD LIKE THE MONEY RAISED TO GO TO? _____
- IS THERE ANY AREA OF EXPERTISE THAT YOU FEEL THAT YOU WOULD BE ABLE TO HELP WITH (e.g. medical/language/fitness)

- Tee Shirt Size Small Medium Large Xtra Large
- Accommodation Single Twin Share

Please find enclosed € _____ (€300.00 PER PERSON), this being a non-refundable deposit. I UNDERSTAND THAT THE BALANCE OF €5,200 MUST BE REMITTED BY THE 1st October 2008. I have read the Terms & Conditions overleaf.

The Dublin Rape Crisis Centre reserve the right to refuse any application at its absolute discretion and in this case the deposit will be refunded in full without deduction, compensation or interest and the matter shall be deemed to be at an end.

SIGNED: _____ DATE: _____

Please return to: The Cuba Challenge, The Dublin Rape Crisis Centre
70 Lower Leeson St, Dublin 2. Ph: 01 6614911 Email: fundraising@rcc.ie

On receipt we will contact you to arrange a meeting to help you plan your
Fund-raising. You may be required to produce referees.

TERMS & CONDITIONS

Each participant must sign the application form as confirmation that they have read, and agree with, the terms and conditions of entry.

- The person must be 18 years of age before the departure date of the Challenge or be accompanied by a parent or guardian.
- Your passport must have at least 6 months to run from the date of return to Ireland. Payment for any visa, airport tax, and gratuities are not included in the cost.
- Cosgrove & Associates, with the permission of the Dublin Rape Crisis Centre has the right to alter the itinerary, should climatic or any other unforeseen circumstances deem this necessary.
- Full Standard Travel Insurance cover is organised for those who need it on the Challenge. Four areas of cover that should be noted are as follows: Normal luggage and person effects of €2540 and a limit of any single article of €380; Cash – a limit of €635; Passports & travellers cheques - €952; Medical & additional expenses - €6 million. In the case of expensive cameras etc., it is suggested that you arrange separate or all risks cover. In the event of a claim, the participants will have to report it to the local police and will have to process the claim themselves.
- Participants must be relatively fit to take part in the Challenge and must complete the medical questionnaire provided. You may be required to have a medical form signed by your Doctor. By signing the entry form you are confirming that to the best of your knowledge, you general state of health is good and that you take full responsibility for yourself. The Dublin Rape Crisis Centre may at its discretion refuse a participant if in their opinion he/she is medically unfit to take part.
- Passport Control and in county authorities will reserve the right to refuse entry.
- Participants take part at their own risk and agree to indemnify Cosgrove & Associates and the Dublin Rape Crisis Centre against claims for loss or damage to personal property, personal injury (or death), and any claim arising from the entrant's own actions.
- Participants must comply with and are responsible for attending to any inoculation and health regulations required for the destination.
- If you are unable to meet the sponsorship requirements you will forfeit your place on the Challenge or you may choose to make up the balance yourself.
- Participants must carry out all fundraising in accordance with the guidelines set out in the fundraising pack.