



Uganda challenge

October 2006

sign up now at:
1800 208 100 or
info@actionaid.ie

ActionAid Ireland is dedicated to long-term development in the developing world. We are a totally independent, non-denominational and non-political organisation. Help us raise funds by partaking in our trek through Uganda in October 2006.



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International Ireland

UGANDA CHALLENGE

27 OCTOBER – 5 NOVEMBER 2006





UGANDA

‘AFRICA’S FRIENDLIEST COUNTRY’

Uganda’s reputation as ‘Africa’s friendliest country’ stems partly from the tradition of hospitality common to its culturally diverse people and partly from the remarkably low level of crime and hassle directed at tourists. But this quality extends beyond the easygoing people – Uganda’s eco-friendliness is demonstrated by the creation of six new national parks – two of which we will be visiting. The climate, too, is highly agreeable, reflecting the combination of an equatorial location and medium to high altitudes. Temperature in October ranges from 18°-28°C. Amenities such as hotels and game lodges rank with the very best Africa has to offer.

From the moment you land at Entebbe’s modern and efficient international airport, with its breathtaking equatorial location on the forested shore of island-strewn Lake Victoria, it is clear that Uganda is no ordinary destination. Dominated by a century-old botanical garden alive with the chatter of acrobatic monkeys and colourful tropical birds, Entebbe itself is the least obviously urban of all comparably sized African towns. Then, just 40km away, sprawled across seven hills, is the capital, Kampala. The bright modern feel of this bustling, cosmopolitan city reflects the ongoing economic growth and political stability that has characterised Uganda since 1986, and is complemented by the sloping spaciousness and runaway greenery of its garden setting.

Uganda is where the East African savannah meets the West African jungle. Where else but in this impossibly lush country can one observe lions prowling the open plains in the morning and track chimpanzees through the rainforest undergrowth the same afternoon, then the next day navigate tropical channels teeming with hippo and crocodiles before setting off into the misty mountains to stare deep into the eyes of a mountain gorilla? Certainly, Uganda is the only destination whose range of forest primates is as impressive as its selection of plains antelope!

ActionAid Ireland looks forward to welcoming you on this, their 2nd overseas challenge.

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HELPING TO BREAK THE CYCLE OF POVERTY

ActionAid is an international development charity whose aim is to fight poverty worldwide. It was founded in 1972 and today it works with more than 13 million of the world's poorest and most disadvantaged people in 44 countries. We work with local partners to fight poverty and injustice, helping them fight for and gain their rights to food, shelter, work, education, healthcare and a voice in the decisions that affect their lives. Its international headquarters is in Johannesburg, South Africa.

In 2003 ActionAid International was awarded the United Nations International Literacy Prize for its 'exceptional work in the fight against illiteracy'.

ActionAid Ireland was founded in 1983 and is the Irish member of ActionAid International.

ActionAid has a unique vision and direction: it does not impose solutions but works with communities over many years to strengthen their own efforts to end poverty. It constantly seeks new ways to make the greatest impact with the available resources.

As well as working on the ground in 44 countries, ActionAid campaigns and lobbies at national and international levels to change rules and regulations that exacerbate poverty.

It actively lobbies the world's most influential institutions – The World Bank, WTO, G8, EU and IMF – to change their policies so that there is a more equitable world, a world where poor people's rights are ensured.

ActionAid has been working in Uganda since the 1980s – on education, community development and particularly in the fight against HIV and AIDS, an issue on which Uganda has made significant progress.

Participants in the Uganda Challenge will have an opportunity to see ActionAid's work in the community firsthand and to see where the money they have raised is being spent.

The Uganda Challenge is being supported by **Today FM**, Ireland's biggest independent commercial radio station.



PROPOSED ITINERARY

Friday 27 Oct	Depart Dublin or Cork at 06.20hrs for the flight to Entebbe via Amsterdam. Arrive Entebbe and, after paying the entry visa and clearing customs, transfer by coach to the Kabira Country Club Hotel, Kampala.
Saturday 28 Oct	Leave after breakfast for a city sightseeing tour including the Uganda Museum and Kabusi Tombs. We will leave Kampala for Fort Portal – a journey of about 4 hours and have lunch en route. Dinner and overnight at the Rwenzori Travelers' Hotel.
Sunday 29 Oct Stage 1	After breakfast leave for the Kibali National Park where there we will do some chimpanzee tracking. Our destination tonight will be Kasese, close to Queen Elizabeth National Park, which will be our base for the next 4 days. Dinner and overnight at the Margherita Hotel.
Monday 30 Oct Stage 2	After breakfast, depart for the Rwenzori mountains and Trail 1. Packed lunch and bottled water will be provided. Dinner and overnight at the Margherita Hotel.
Tuesday 31 Oct Stage 3	After breakfast, depart for the Rwenzori mountains and Trail 2. Packed lunch and bottled water will be provided. Dinner and overnight at the Margherita Hotel.
Wednesday 1 Nov Stage 4	After an early breakfast depart for Queen Elizabeth National Park where we will do a nature walk before having lunch at the Mweyi Safari Lodge and a Safari Boat Ride in the afternoon. Dinner and overnight at the Margherita Hotel.
Thursday 2 Nov	After breakfast, depart for Kampala. There will be an opportunity to visit some craft shops on the way back and a stop for lunch. Evening free. Overnight at the Kabira Country Club Hotel.
Friday 3 Nov	Breakfast at the Hotel. Visit to various ActionAid projects. Afternoon free. Evening Free. Overnight at the Kabira Country Club Hotel.
Saturday 4 Nov	Breakfast at the Hotel. Day free to visit Jinja where the River Nile rises in Lake Victoria, with optional white-water rafting. Farewell Dinner. Overnight at the Kabira Country Club Hotel.
Sunday 5 Nov	Early departure for the airport and the return flight to Dublin or Cork via Nairobi and Amsterdam. Arrive Dublin or Cork late evening.

The 'UGANDA CHALLENGE' includes:

- Return flights Dublin to Entebbe
- 9 nights accommodation in 3/4* Hotels in twin or double rooms with bath
- Full 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
- All airport and departure taxes
- Certificates and Farewell Dinner
- Single rooms can be arranged but at a supplement
- You can extend your stay with advance notice and there may be an additional flight cost



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APPLICATION FORM

THE UGANDA CHALLENGE

27 OCTOBER - 5 NOVEMBER 2006

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 - 60 60+
- 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 Medium Large Xtra Large

Please find enclosed € _____ (€300.00 PER PERSON), this being a non-refundable deposit. I UNDERSTAND THAT THE BALANCE OF €4700 MUST BE REMITTED BY THE 8TH SEPTEMBER 2006

ACTIONAID Ireland 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 Uganda Challenge, ActionAid Ireland, Unity Buildings,
16/17 Lower O'Connell Street, Dublin 1

Telephone: 01-8787911 **Fax:** 01-8786245 **E-mail:** info@actionaid.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.

The Uganda Challenge – a fundraising project for ActionAid Ireland.
Ph: 1800 208 100 or email info@actionaid.ie

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 participant must be 18 years of age before the departure date of the Challenge or be accompanied by a parent or guardian.

Their 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 ActionAid Ireland, reserves the right to alter the itinerary should climatic or any other unforeseen circumstances make this necessary.

Full Standard Travel Insurance cover is organized for 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 €335; Passports & travellers cheques - €52; Medical and additional expenses - € million. Items of high value, e.g. cameras or jewellery, may not be covered under the standard travel insurance policy. Participants are asked to read the policy details carefully. They may need all risks cover under their own insurance arrangements. In the event of an accident, loss or claim, participants must personally report it to the local police and all responsibility as regards processing such claims will be those of the participant without liability to ActionAid Ireland and/or Cosgrove & Associates.

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, your general state of health is good and that you take full responsibility for yourself. ActionAid Ireland may at its discretion refuse a participant if in their opinion he/she is medically unfit to take part.

Passport Control and in country authorities will reserve the right to refuse entry.

Participants take part at their own risk and hereby indemnify Cosgrove & Associates and ActionAid Ireland and its agents 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 participants are unable to meet the sponsorship requirements they will forfeit their place on the Challenge or they may choose to make up the balance themselves.

Participants must carry out all fundraising in accordance with the guidelines set out in the fundraising pack.