

## Mental Health Foundation Kilimanjaro Trek 2022 Fundraising Terms and Important Information

*Please read this document carefully.*

### 1. The cost of the trip

#### a) *Your sponsorship commitment*

In addition to paying the £499 registration fee, you are required to raise a **minimum of £4600** (excluding Gift Aid) for the Mental Health Foundation.

As per the information on the Discover Adventure website, you will need to have raised **at least £3600 by Friday 22 July 2022**. If you are short of this amount, the Mental Health Foundation reserves the right to prevent you from taking part in the trip.

We obviously don't want this to happen, so please remember to keep us up to date with the progress of your fundraising, especially if you are struggling, and we will help you out!

The full sponsorship total is expected to have been paid to the Mental Health Foundation by the end of October 2022, however we can be a little flexible on this as long as you are clear and honest with us about your plans.

#### b) *What is covered?*

Your sponsorship total covers your travel (both your flights and any internal travel in Tanzania), accommodation and food for the days you spend trekking plus a celebratory meal when you come down from the summit.

Sponsorship also covers the fuel supplement levied by airline, National Park entrance fees and the tourism taxes.

#### c) *Additional costs*

To take part in the trip, you will need to purchase valid travel insurance.

You will also need a Tanzanian visa which will cost around £50. This can be purchased upon arrival in the country for US\$50.

We recommend that you take approximately £200 for personal expenses (in US Dollars, as you cannot get the local currency outside Tanzania) to cover any additional spending.

The local crew and porters work incredibly hard for the duration of the trip and it is great if we can show our appreciation in the form of a tip. The guide is around \$120-\$150 per participant which is split out between the local crew but this is of course at your discretion (remember this trek is a considerable operation, involving a large support team).

### 2. Your fundraising

#### a) *Set up a Virgin Money Giving page*

You will need to set up an online giving page. This is a fantastic way to help you bring in donations and helps us to keep track of your fundraising in the lead-up to the trek.

[Virgin Money Giving](#) is our preference as it has lower transaction fees than other platforms, however you can also use JustGiving if you've used it before and would prefer to use it again.

**Please do not fundraise using Facebook's donate platform** as we are unable to track these donations properly and we will therefore not be able to put these towards your sponsorship total.

b) *How will the Mental Health Foundation help you?*

We have created a [fundraising guide](#) to give you some advice on how to raise at least £4600.

The Events Team will also be on hand to answer any questions you have, to offer any advice about your fundraising and to send out various materials to help you out. You can contact us by sending an email to [events@mentalhealth.org.uk](mailto:events@mentalhealth.org.uk) or by calling 020 7803 1123.

Please remember though that raising the minimum sponsorship total is your responsibility and requires you to be proactive. Do not leave it all to the last minute!

3. How will we spend your money?

The Mental Health Foundation is the UK's charity for everyone's mental health and we put prevention is at the heart of what we do. By finding and addressing the sources of mental health problems, our work enables people and communities to thrive with good mental health.

79% of the money we spend goes towards charitable activities and the rest goes towards raising more funds and planning for the future.

a) *Research*

We conduct vital research to find the sources of mental ill-health, so we can develop advice for better mental health based on the best available evidence and ultimately prevent mental health problems from occurring.

b) *Advocating for change*

We produce authoritative reports and launch evidence-driven campaigns, which are presented to policy-makers and key influencers, encouraging them to fight stigma and bring about change.

c) *Public engagement*

We want to create a movement for change and can do this by giving a voice to as many people as possible, including through engaging the population in Mental Health Awareness Week which we host each year.

d) *Transforming lives*

We innovate through designing programmes and new solutions to prevent mental health problems from occurring, transform the lives of those experiencing distress, and improve everyone's mental health across our communities.

e) *A strong Foundation*

Everyone at the Mental Health Foundation, from our researchers to our fundraisers is driven by the mutual goal of preventing mental health problems and tirelessly works to create a world with good mental health for all.

#### 4. Trip details

##### a) *Trek itinerary*

The trip leaves on 4 October 2022 and you return to the UK on 13 October. This includes six days of trekking (varying between 4 and 12 hours each day).

This trip will reach the summit of Kilimanjaro, the highest point in Africa, on World Mental Health Day (10 October 2022).

A full itinerary can be found [here](#).

##### b) *Kit requirements*

[A full kit list is available](#), detailing all essential and recommended items, as well as including information about luggage allowances.

Should you have any questions about what you can or cannot take with you to Tanzania, you can ask the team at Discover Adventure by calling 01722 718444 by sending an email to [info@discoveradventure.com](mailto:info@discoveradventure.com).

##### c) *Trip extensions*

There are possibilities to extend your trip beyond the 13 October.

[Ngorongoro Crater Safari Extension](#) – unwind after climbing Kilimanjaro by going on a three-day safari to Tarangire National Park, the Ngorongoro Conservation Area and Lake Manyara National Park.

[Zanzibar Experience Extension](#) – spend three relaxing days beside clear azure sea and white sandy beaches of the 'Spice Island' off the Indian Ocean's Swahili Coast.

You can also make your own arrangements to stay on in Tanzania or even to travel elsewhere in Africa – it's up to you!

Extension forms are included in your welcome pack or available upon request (just call/email us) if you lose these.

##### d) *Tanzania travel information*

Discover Adventure run a number of Kilimanjaro treks each year and have an excellent safety record.

For specific advice on Tanzania as a country, we advise that you check the [Foreign Office website](#), which is updated regularly.

##### e) *FAQs*

Discover Adventure [has a document](#) with lots of frequently asked questions which you are strongly encouraged to read. You can also read their full T&C's [here](#).

Should you have any other questions about the Mental Health Foundation's Kilimanjaro Trek 2022, please remember that you can contact us either by sending an email to [events@mentalhealth.org.uk](mailto:events@mentalhealth.org.uk) or by calling the team on 020 7803 1123.