

Mental Health Foundation Great Wall of China Trek 2019

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 £299 registration fee, you are required to raise a **minimum of £3150** (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 £2500 by 31 July 2019**. 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 however we can!

The full sponsorship total is expected to have been paid to the Mental Health Foundation by the end of October 2019, however we can be a little flexible on this if you are clear and honest with us.

b) What is covered?

Your sponsorship total covers your travel (both your flights and any internal travel between locations in China), accommodation and food for the days you spend trekking on the wall.

c) Additional costs

To take part in the trip, you will need to have valid travel insurance. This will probably cost around £30-£50.

You will also need to take money on the trip for the meals which are not included in the itinerary, plus any drinks and souvenirs. Discover Adventure recommends that you take around £150-£200 worth of spending money but it's really up to you!

Tipping the local crew in China is customary and therefore expected of all participants. This will only be a small sum (around £30).

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.

Do not fundraise using Facebook 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 £3150.

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 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 9 October 2019 and you return to the UK on 20 October. This includes six days of trekking (amounting to around 100km).

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 to China, you can ask the team at Discover Adventure by calling 01722 718444 by sending an email to info@discoveradventure.com.

c) Trip extensions

There are possibilities to extend your trip beyond the scheduled 10 days.

The [Terracotta Warriors Extension](#) is available to all our trekkers for an additional fee of £875 (needs a minimum of two group members to participate). The four-day extension gives you the opportunity to see one of the most amazing sights in China of thousands of life-size terracotta figures standing in battle formation.

You can also make your own arrangements to stay on in China to visit the Sichuan Giant Panda Sanctuaries for example or to visit another city such as Shanghai.

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

d) China travel information

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

For specific advice on China 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.

Should you have any other questions about the Mental Health Foundation's Great Wall of China Trek 2019, please remember that you can contact us either by sending an email to events@mentalhealth.org.uk or by calling the team on 020 7803 1123.