

# hamlin 17 day ethiopian adventure 2019



## trip highlights

- Travel to Ethiopia with Team Hamlin
- Take part in one of the best events in Africa: The Great Ethiopian Run
- Visit the famous Fistula Hospital
- Head north to eco lodge in Kossoye Mountain area
- Visit the ancient capital of Gondar
- Enjoy Lake Tana and Blue Nile Falls
- Visit the amazing churches of Lalibela



<b>Trip Duration</b>	17 days	<b>Trip Code:</b> HF6
<b>Grade</b>	Adventure touring	
<b>Activities</b>	Great Ethiopian Run, Insider's tour of Hamlin Fistula Ethiopia	
<b>Summary</b>	A TRIP OF A LIFETIME	
3-star twin share accommodation (single Supplement available)		

## supporting your cause

Catherine Hamlin Fistula Foundation raises funds and awareness for the work of legendary Australian obstetrician Dr Catherine Hamlin and her team at the Addis Ababa Fistula Hospital, its five regional centres and the Hamlin College of Midwives. Obstructed labour is faced by five per cent of birthing women no matter where they live. In rural Ethiopia, these women have no medical help and endure labour for days before suffering internal injuries. Their baby usually dies. Their injuries - known as obstetric fistula - inflict a lifetime of shame, misery and permanent incontinence, long after the death of their baby. Women and girls are treated free of charge at the Addis Ababa Fistula Hospital in Ethiopia, a world-class dedicated treatment centre for these horrific childbirth injuries.

Dr Catherine Hamlin AC and her late husband Reg founded the hospital in 1974 and have treated more than 50,000 women and girls, restoring their dignity and giving them a second chance at life. Hamlin Fistula Ethiopia has five regional hospitals in country Ethiopia reaching fistula sufferers in far reaching, remote areas as well as patients from bordering countries including Sudan, Kenya, Eritrea and Somalia. Hamlin Fistula Ethiopia also recruits Hamlin midwives into regional health centres to prevent childbirth injuries from happening in the first place. As Dr Hamlin has said "We do not treat just the hole in the bladder, we treat the whole person with love, kindness and acceptance, a new dress and money to travel home." The hospitals all encompassing care also includes literacy and numeracy classes, good wholesome nutrition, craft therapy and buckets of love and acceptance.

## your Huma Challenge

Thank you for your interest in the Hamlin Ethiopian Adventure. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for Hamlin Fistula Ethiopia. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on the physical challenge of The Great Ethiopian Run. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and exploration with a responsible travel approach.

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## charity challenge payments

Joining Australia from Travel Cost twin share:	\$7590
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$580
Minimum Charity Donation - Fundraising:	\$6000

All prices are per person

Refer to the charity challenge calendar at the end of this document for specific payment dates.

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

## trip dates

**2019** 03 Nov - 19 Nov

## important notes

RF - Registration Fee

## what impact will my fundraising have?

Each team member on a Hamlin Ethiopian Adventure commits to raising \$6,000 or more for the Catherine Hamlin Fistula Foundation. While this is a large fundraising goal, the impact this funding has is remarkable.

\$6,000 could provide sixteen women with life changing fistula surgery to repair their childbirth injuries. It could also provide two midwifery students with a one year scholarship for their studies, a key part of Hamlin Fistula's prevention strategy for eradicating fistula forever.

With the support of Team Hamlin, this goal is possible and life-changing. By breaking it down, it becomes more achievable - if 60 people give you \$100, you're there! Contact Team Hamlin on [hq@hamlin.org.au](mailto:hq@hamlin.org.au) or by phone on 02 9440 7001 for more information on fundraising.

## fundraising impact?



Your fundraising of \$6,000 or more will go a long way in Ethiopia. It can fund life-changing surgery for more than 15 patients, ending their misery, restoring their dignity and giving them a second chance to live to their full potential. It can fund more than 20 life-saving Caesarean operations for past fistula patients so that they might have a live baby at last. It can fund the training costs for a local Ethiopian midwifery student who will go back to her village and help the women and girls in her area to give birth safely. Your fundraising will change the lives of many in Ethiopia - it will restore dignity to woman and girls, return mothers to their families and prevent the horror of obstetric fistula in the near future. This life-changing work will have a profoundly positive impact that will be felt deeply in the community and will improve the lives of many more, beyond the patients at the hospital.

## your adventure

This is a trip of a LIFETIME and one of only two insider trips to Ethiopia with Team Hamlin.

The Catherine Hamlin Fistula Foundation is an independent charity established in Australia to raise funds for Hamlin Fistula Ethiopia and other partners using the Hamlin Model of Care to eradicate obstetric fistula. Over nearly 60 years, Hamlin Fistula Ethiopia has treated over 50 000 women who have suffered one of the most horrific injuries – obstetric fistula. Find out more at [hamlin.org.au](http://hamlin.org.au)

On this trip, you will be visiting the healthcare network of Hamlin Fistula Ethiopia and meeting key staff and patients. You will visit the Hamlin College of Midwives and Desta Mender, the rehabilitation and reintegration facility for longer-term patients, as well as meet Hamlin midwives in action at a rural health clinic.



A DIVISION OF WORLD EXPEDITIONS

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## fast facts

### Countries Visited:

Ethiopia

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Group Size Min:

10

### Group Size Max:

40

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert Local Leader & Escort

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

You will be immersed in Ethiopian culture with a visit to the tranquil island monasteries of Lake Tana and a trip to the Blue Falls. You will also see the Bullets to Beads jewellery range being handmade in the mountains, visit the largest market in East Africa and much more.

The trip concludes with the International 10K fun run. You'll be running (or walking or dancing) 10km, at altitude, against Ethiopians. This is a fantastic way to celebrate the final day of the trip.

By coming on this trip, you will be supporting some of the most marginalised women in the world.

## online fundraising portal

Upon registration you will also receive a Huma Charity Challenge comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support. The team at Catherine Hamlin Fistula Foundation in Sydney will be in touch with you upon registration to give you details of your own Team Hamlin online fundraising page.

Your Hamlin fundraising page will chart your fundraising progress and your journey to Ethiopia allowing you to maximise your fundraising potential. Catherine Hamlin Fistula Foundation will provide you with resources to support your fundraising effort.

The minimum fundraising target is \$6,000. You can do it!

## itinerary at a glance

DAY 1	SUNDAY 3 NOVEMBER - DEPART AUSTRALIA
DAY 2	MONDAY 4 NOVEMBER - ARRIVE IN ADDIS ABABA
DAY 3	TUESDAY 5 NOVEMBER - VISIT ADDIS ABABA FISTULA HOSPITAL
DAY 4	WEDNESDAY 6 NOVEMBER - FLY TO LALIBELA
DAY 5	THURSDAY 7 NOVEMBER - LALIBELA
DAY 6	FRIDAY 8 NOVEMBER - DRIVE TO GONDAR
DAY 7	SATURDAY 9 NOVEMBER - GONDAR
DAY 8	SUNDAY 10 NOVEMBER - GONDAR TO KOSSOYE ECO LODGE
DAY 9	MONDAY 11 NOVEMBER - DAY WALK KOSSOYE
DAY 10	TUESDAY 12 NOVEMBER - DRIVE TO BAHIR DAR & VISIT HAMLIN MIDWIFERY CLINIC
DAY 11	WEDNESDAY 13 NOVEMBER - BAHIR DAR
DAY 12	THURSDAY 14 NOVEMBER - BLUE NILE AND AFTERNOON FLIGHT TO ADDIS ABABA
DAY 13	FRIDAY 15 NOVEMBER - VISIT HAMLIN COLLEGE OF MIDWIVES & DESTA MENDER
DAY 14	SATURDAY 16 NOVEMBER - RED MUSEUM AND PRE RACE OFFICIAL DINNER
DAY 15	SUNDAY 17 NOVEMBER - COMPETE IN THE GREAT ETHIOPIAN RUN
DAY 16	MONDAY 18 NOVEMBER - DEPART ADDIS ABABA
DAY 17	TUESDAY 19 NOVEMBER - ARRIVE AUSTRALIA

## what's included

- Travel with a member of Team Hamlin from Australia's HQ
- International airfares
- Entry fee for Great Ethiopian Run
- All meals - including coffee/tea and water each meal
- Centrally located hotel in Addis Ababa
- Coach transport in Addis Ababa
- Private 4WD transport in northern Ethiopia
- Visit the Addis Ababa Fistula Hospital and meet key personnel
- Experienced English speaking local Ethiopian guide





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## responsible travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## trip grading Adventure touring

The touring element of this trip visits remote areas where facilities are often basic. These adventure tours will often involve long journeys and rough roads.

To enjoy these adventures we suggest reasonable fitness and health, a moderately active lifestyle and a positive attitude.

Suggested preparation: Two or three times a week, we recommend you walk on undulating terrain for an hour or more, for at least 3 months prior to departure.

We suggest that you refer to a fitness coach to establish what type of fitness regime you'll require to complete (running or walking) the 10km Great Ethiopian Run.

You can refer to [ethiopianrun.org](http://ethiopianrun.org) for information about the run.

## adventure travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

- All activities, adventures and sightseeing as per itinerary
- Domestic flight from Addis Ababa to Lalibela and Bahir Dar to Addis Ababa
- Arrival and departure transfers
- Pre-race pasta dinner
- Celebration dinner

## what's not included

- Visa
- Soft drinks, alcohol and bottled water
- Items of a personal nature such as phone calls and laundry
- Travel insurance
- Tips
- Vaccinations

### DAY 1 Sunday 3 November - Depart Australia

This evening we will board our Emirates flight to Dubai. Departure time will be advised once registered and we can book flights depending on where you live in Australia.

**meals: NIL**

### DAY 2 Monday 4 November - Arrive in Addis Ababa

Arrive in Dubai and connect with Emirates flight from Australia, connect with Emirates EK 723. Depart Dubai at 10:30 Arrive Addis Ababa at 13:30. Upon arrival at Addis Ababa Bole International Airport, you will be met by our local Ethiopian guide and transferred to your hotel. In the afternoon we will visit historical sites in Addis Ababa including the National Museum. Time depending we will also visit Mount Entoto which rises up to an altitude of 3200 meters and offers the panoramic view of the metropolis.

In the evening we will enjoy dinner at our hotel in Addis Ababa.

**meals: D**

### DAY 3 Tuesday 5 November - Visit Addis Ababa Fistula Hospital

After breakfast we visit the Addis Ababa Fistula Hospital. Many people find a visit to the iconic hospital to be a profound experience. We will enjoy a tour of the grounds followed by lunch hospital staff. Keep in mind that this is a fistula hospital and patient privacy is very important. In the evening we will enjoy dinner at one of the most fabulous cultural restaurants in Addis Ababa.

**meals: B,L,D**

### DAY 4 Wednesday 6 November - Fly to Lalibela

Today we fly to Lalibela and explore one of the most amazing ancient cities in Ethiopia. Lalibela sits on the Ethiopian plateau, at an altitude of 2,600 metres above sea level.

**meals: B,L,D**

### DAY 5 Thursday 7 November - Lalibela

Lalibela has monolithic churches that were built in the 12th century and are carved out of the local pink granite rock, they have been classified as a UNESCO World Heritage.

The whole day will be dedicated to visiting the first and the second group of rock hewn churches. Each church has a unique architectural style; all are superbly carved and most of them are decorated with well-preserved paintings.

**meals: B,L,D**



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## important note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 6 Friday 8 November - Drive to Gondar

Today we drive to Gondar and explore one of the most amazing ancient cities in Ethiopia. Enroute we will make stops to stretch our legs and meet the locals.

**meals: B,L,D**

### DAY 7 Saturday 9 November - Gondar

Gondar was once the capital of the Ethiopian empire. It is now one of the country's largest cities, with architecture dating back to the sixteenth century. We take time this afternoon to tour these castles and churches, including the Royal Palace Enclosure, Emperor Fasilidas' Bath and the beautiful church of Gebre Birhan Selassie.

In the evening we have dinner and traditional dance restaurant.

**meals: B,L,D**

### DAY 8 Sunday 10 November - Gondar to Kossoye Eco Lodge

After breakfast, we will visit the beautiful church of Debre Birhan Selassie. We will then have a short stop at the village of Woleka, which was once inhabited by the Ethiopian Black Jews. Driving through Ethiopia is fascinating. After we visit the village, we drive 30 kilometers in our air conditioned, private 4WD convoy to Kossoye. We will stay in an eco-lodge which is set in a jungle with panoramic mountain views. In the afternoon we will participate in a casual cooking lesson to sample the local cuisine

**meals: B,L,D**

### DAY 9 Monday 11 November - Day walk Kossoye

Today you have the option of a walk or explore the Kossoye Eco Lodge grounds. From Kossoye we will walk 10km to the village of Wunania. We will get the opportunity to admire the beautiful landscape and see the Gelada baboons, as well as different bird life. After the 5 hours walk, we will reach Wunania, where we will visit the village before being picked up by our vehicle and driven back to Kossoye.

**meals: B,L,D**

### DAY 10 Tuesday 12 November - Drive to Bahir Dar & visit Hamlin midwifery clinic

In the morning we will drive south approx 4 hours to Bahir Dar, a tranquil regional city on the shore of Lake Tana, the largest lake in Ethiopia and source of the Blue Nile. On the way we will visit a Hamlin midwifery clinic, meet one of the graduates of the Hamlin College of Midwives and see first-hand the challenges of maternity care in Africa.

Late afternoon we visit the local Bahir Dar market, this is a great way to see the locals selling everything from food and spices to large traditional earth-ware.

**meals: B,L,D**

### DAY 11 Wednesday 13 November - Bahir Dar

Today we will take a boat trip on Lake Tana. The islands are home to historic churches. We will visit Ura Kidane Mihret church on the Zeghie peninsula to absorb its rich history and stunning frescoes. Keep an eye out for the many hippos that live in Lake Tana. Afternoon we plan a visit the Hamlin Fistula Bahir Dar Centre and meet with Dr Bitew, our surgeon and his nursing team.

**meals: B,L,D**

### DAY 12 Thursday 14 November - Blue Nile and afternoon flight to Addis Ababa

It is a rough and ready two-hour drive on dirt roads to the stunning Blue Nile Falls from Bahir Dar but it's worth the trip! The falls, also known as Tis Issat, meaning smoking water, create smoke-like mist of water droplets.

**meals: B,L,D**



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## DAY 13 Friday 15 November - Visit Hamlin College of Midwives & Desta Mender

This morning we will visit the world-famous Hamlin College of Midwives, tour the grounds as well as visit Desta Mender (Joy Village) our farm and training centre for long term fistula patients. Lunch is at the Juniper cafe; a cafe run by past fistula patients. You'll get to meet staff and residents and learn about our education, reintegration and micro finance programs. After lunch we will head to our favourite place - Addis Ababa Fistula Hospital to spend some time with patients and staff.

**meals: B,L,D**

## DAY 14 Saturday 16 November - Red Museum and Pre race official dinner

We visit the unforgettable Red Terror Museum and learn about a murderous period of Ethiopian History that began in the same year that the Addis Ababa Fistula Hospital was opened.

After lunch we then head out to the mountain community where the women there create the Hamlin "Bullets to Beads" jewellery which is made from melted down bullet casings found on Ethiopian farm land. In the afternoon we experience the bustle of the Mercato, the largest market in East Africa, where a colourful mix of people from the surrounding region gather.

This evening we have been invited by the Great Ethiopian Run organisers for a charity pasta dinner. It's time to carb load!

**meals: B,L,D**

## DAY 15 Sunday 17 November - Compete in the Great Ethiopian Run

This morning you will be transferred to the start line of the Great Ethiopian Run. Good Luck! The event is an experience of a lifetime, participating with 35,000 Ethiopians and some of the best athletes in the world, in the 10km international race. The atmosphere is festive and fun but those who want to take this event seriously certainly can. The rest of the afternoon will be at your leisure. In the evening we will enjoy a farewell celebration dinner at Addis Ababa Makush Gallery.

**meals: B,L,D**

## DAY 16 Monday 18 November - Depart Addis Ababa

This morning we visit Sabahar a fair trade Ethiopian natural textile workshop, with on site weavers, spinners and dyers that produces uniquely designed, hand made cotton and silk textiles. Scarves, shawls, table linens, cushions, throws and towels, great way to spend the last of your Ethiopian Birr. We will check out of our hotel rooms at midday before lunch at local Art Gallery and transfer to Addis Ababa airport for your flight home. Depart Emirates 724 at 1615 arrives Dubai at 2120. Depending on where you live in Australia you will overnight on a Emirates flight to Australia.

**meals: B,L**

## DAY 17 Tuesday 19 November - Arrive Australia

This morning we arrive back home in Australia after a life-changing journey to one of the most fascinating countries in the world. What a wild ride !

**meals: NIL**

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.



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## country information

Ethiopia, the 'Horn of Africa', is situated just north of the equator, in north-eastern Africa. Formally known as Abyssinia, it stands between the cultures of the Mediterranean and the tribal people of Africa and boasts the origins of humankind. Ethiopia is one of the largest countries in Africa in terms both area and population. With an area of 1,235,000 square kilometres it is around the size of New South Wales and Victoria combined. The population is fast approaching 100 million – with the densest population living in the fertile central highlands. Ethiopia has been able to keep its own strong independent character and not be marred by the ways of colonists, still retaining ancient cultures untainted by western influences. It is this uniqueness that gives Ethiopia such a magnetic appeal. They are a people with incredible resilience, who show true pride in their culture and civilisation, which is apparent in their many colourful celebrations. Most Ethiopians make a living by farming and cattle-raising and live in the countryside. The highland peoples have followed an ancient biblical, moral and civil code for more than 16 centuries.

## climate

Ethiopia has a very pleasant climate. Hot in summer and cool in winter. Evenings can be cool but prepare for hot African weather during the day. Our vehicles have air-conditioning.

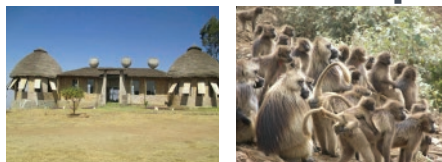
## a typical day

Being relatively close to the equator, Ethiopia has almost twelve hours of constant daylight no matter what time of year you visit. With the sun rising at 6:30am and setting at 6:45pm, most of our days start early so as to be at our hotel by sunset. The program for each day will vary, according to whether we are travelling or visiting local villages or both.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## accommodation on the trip



Our group will be staying in centrally located three star accommodation which allows free time to explore and shop. In Kossoye near Gondar we have a special treat staying at Befikir Eco Lodge. Nestled between the mountains and grazing farmland the Lodge is a beautiful spot - a slice of exotic Africa. Each bungalow is decorated with vibrant colors and furnished in traditional style to give a warm, luxurious feel.





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## what you carry

In your daypack you will need to carry warm clothing, water, camera and personal items such as sunscreen.

## equipment required

A comprehensive gear list is provided in the pre-departure information given upon booking.

## how to book

To register for the Hamlin Ethiopian Adventure, complete and return the registration form to Huma Charity Challenge, Attention Fiona Windon.

Email: [fiona@humacharitychallenge.com](mailto:fiona@humacharitychallenge.com)

Post: Huma Charity Challenge, Level 5, 71 York Street, Sydney 2000

Otherwise you can make your booking online by clicking on REGISTER NOW button found at the Hamlin Ethiopian Adventure page on our website [humacharitychallenge.com](http://humacharitychallenge.com)

## FAQs

### Q. Am I getting a free holiday?

A. No. Every participant is required to pay their own travel expenses. Be ready to work hard to fundraise for a worthy cause and commit to a training schedule months out from your challenge to ensure you are physically fit for the adventure.

### Q. Am I suited to group travel?

A. We recognise that many of our participants have not been on a 'group trip' before. You can rest assured that our trips are flexible and allow you to do your thing within the framework of the itinerary. We fully recognise your needs as an individual and you will be travelling with like-minded people who have also fundraised for a very worthy cause.

### Q. How fit do I have to be?

A. The Great Ethiopian Run (also known as the 10km international) is not your average challenge: running in Ethiopia, against Ethiopians, at altitude. You can take on this event as a serious runner, competing against some of the world best athletes, or you can walk/jog with the Addis Ababa Fistula Hospital staff – your choice! We also have optional walk in the north at Kossoye Eco Lodge. This trip can be undertaken by anyone in a reasonable state of health and fitness. There are no upper age limits.

### Q. What level of comfort can I expect?

A. We will be staying in three star share accommodation (single rooms may be available at an extra cost). Our accompanying leader and staff will take care of your day to day needs. Travel is in comfortable air-conditioned private vehicles.

### Q. How safe is it?

A. Your well-being is our first priority. Our staff constantly review every aspect of your adventure and our expert guides are fully conversant with the demands of travelling in remote regions.

### Q. Where do we stay?

A. To capture the essence of your journey we have, wherever possible, selected accommodation with local character. In the cities our hotel rooms are on a twin share basis with private facilities. In remote localities you can expect simple, clean but more basic facilities.





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## **Q. What about environmental impact?**

A. We believe that adventure travel revolves around establishing a sound working relationship with the people and environments in which we operate. We believe that you can also make a positive contribution and we urge you to familiarise yourself with our Responsible Tourism Guide before you depart. Every participant receives a copy of this booklet upon registering.

## **Q. What about the food?**

A. We are fully aware of the healthy appetites that build up when touring and provide tasty and varied meals with plenty of fresh ingredients. Our guides will be taking the group to a combination of local and European restaurants. Your good health is our highest priority. We also cater for vegetarians. Please let us know if you have any special dietary requirements at time of booking.

## **Q. Are there any hidden extras or surcharges?**

A. Huma Charity Challenge owns most of the operations, which allow us to include all land transport, most meals, accommodation and much of the equipment you will need for your challenge. Consult your detailed trip notes for flight information and contact Huma Charity Challenge for more information. Please note that generally the following items are not included - visas, passport, vaccinations, personal travel insurance, airport and departure taxes, tips and personal expenses.

## **Q. What if the minimum number of participants is not met?**

A. Most of the adventure challenges require a minimum of 8 to 10 participants. If this amount is not reached, Huma Charity Challenge will consult with the charity and decide either to postpone the trip or to charge a small group surcharge if need be. The maximum group size is 20.

## **Q. Who takes part in a Huma Charity Challenge?**

A. Our challenges are available to men and women over the age of 18. Medical checks may be required as directed by Huma Charity Challenge.

## **Q. Do I have the option of not fundraising?**

A. No. You must fundraise or donate the \$10,000 target. Team Hamlin will support you to reach this goal.

## **Q. How can I get more information?**

A. Once you have registered on the Hamlin Ethiopian Adventure you will be sent a comprehensive confirmation kit that contains all the pre departure information and fundraising booklet. Of course please feel free to contact our staff by phone or email.  
Huma Charity Challenge: 02 8270 8400 - [fiona@humacharitychallenge.com.au](mailto:fiona@humacharitychallenge.com.au)  
Hamlin Fistula Ethiopia (Australia): 02 9440 7001 - [hq@hamlin.org.au](mailto:hq@hamlin.org.au)



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## Charity Challenge Calendar

Item	Date	What's on	Achieved
Registration Fee	NOW	Complete the registration form and pay your \$200 registration fee for the Hamlin Ethiopian Adventure	<input type="checkbox"/>
Set up your online fundraising with your charity	NOW	Set up your fundraising page where all your supporters can contribute tax deductible donations towards your charity donation target	<input type="checkbox"/>
Non refundable deposit	Six weeks after registration you will require \$400 non refundable deposit	Huma Charity Challenge will supply direct bank details to make part payments towards travel cost	<input type="checkbox"/>
Travel cost payments	Recommend monthly payments to achieve the total travel cost	Huma Charity Challenge will supply direct bank details to make part payments towards travel cost	<input type="checkbox"/>
Fundraising Milestone	30 June 2019	Reach your first target \$3000 with Hamlin Fistula Ethiopia	<input type="checkbox"/>
Travel Cost Payment	3 September 2019	Final amount of Travel Cost Payment to be paid to Huma Charity Challenge	<input type="checkbox"/>
Fundraising Balance	3 October 2019	Fundraising balance payment with Hamlin Fistula Ethiopia	<input type="checkbox"/>
The Challenge - Hamlin Ethiopian Adventure	3 November 2019	Bags packed, you're on your way the Hamlin Ethiopian Adventure	<input type="checkbox"/>

