

hamlin 10 day ethiopian adventure 2020



trip highlights

- Travel to Ethiopia with Team Hamlin
- Take part in one of the best events in Africa:
The International Women's Day 5K
- Insider's tour of Addis Ababa Fistula Hospital
- Head south to visit the Hamlin regional hospital
and Midwifery Clinic in Yirgalem



Trip Duration	10 days	Trip Code: HF5
Grade	Adventure touring	
Activities	International Women's Day 5K, Insider's tour of Hamlin Fistula Ethiopia	
Summary	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 60,000 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. Catherine Hamlin Fistula Foundation 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 10 Day Ethiopian Adventure 2020. 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 Catherine Hamlin Fistula Foundation. 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 International Women's Day 5K. 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:	\$5470
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.

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 10 patients, ending their misery, restoring their dignity and giving them a second chance to live to their full potential. It can fund 8 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. This special insider's trip to the famous fistula hospital and the country that Dr Catherine Hamlin has called home for more than half a century. And the International Women's Day 5K is not your average challenge: you'll be running (or walking) 5km, at altitude, with Ethiopians. Before the event, we will be visiting the Ethiopian regional hospital in Yirgalem, this is an extraordinary opportunity to immerse yourself in the fabric of some of these ancient cultures, from the tribal villages of the south and the coffee plantations, to the coffee ceremony throughout Ethiopia. It is indeed a land of contrasts. Visit the Hamlin College of Midwives and Desta Mender, the training and reintegration centre for long term patients. See the Bullets to Beads jewellery range being handmade in the mountains, visit the largest market in East Africa, experience a traditional coffee ceremony, spot monkeys and hyenas. Immerse yourself in this 10-day trip of a lifetime that will not only have a profound effect on your life but also the lives of so many in Ethiopia.

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!

trip dates

2020 01 Mar - 10 Mar

important notes

RF - Registration Fee



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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:
20

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.

itinerary at a glance

DAY 1	1 MARCH DEPART AUSTRALIA
DAY 2	2 MARCH ARRIVE IN ADDIS ABABA
DAY 3	3 MARCH ADDIS ABABA FISTULA HOSPITAL
DAY 4	4 MARCH HAMLIN COLLEGE OF MIDWIVES AND DESTA MENDER
DAY 5	5 MARCH DRIVE TO YIRGALEM VIA LAKE ZIWAY
DAY 6	6 MARCH YIRGALEM HOSPITAL AND MIDWIFERY CLINIC VISIT
DAY 7	7 MARCH AWASSA TO ADDIS ABABA
DAY 8	8 MARCH THE INTERNATIONAL WOMEN'S DAY 5K
DAY 9	9 MARCH DEPART ADDIS ABABA
DAY 10	10 MARCH ARRIVE AUSTRALIA

what's included

- Travel with a member of Team Hamlin from Australia's HQ
- International airfares with Emirates
- Entry fee for International Women's Day 5K
- All meals
- Centrally located hotel in Addis Ababa
- Coach transport in Addis Ababa
- Private transport in southern Ethiopia
- Visit the Addis Ababa Fistula Hospital and meet key personnel
- Experienced English speaking local Ethiopian guide
- All activities, adventures and sightseeing as per itinerary
- Domestic flight from Addis Ababa to Awassa to Addis Ababa
- Arrival and departure transfers
- Celebration dinner

what's not included

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

DAY 1 1 March 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 2 March Arrive in Addis Ababa

Arrive in Dubai and 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 to freshen up and a light meal before our afternoon sightseeing. We will visit historical sites in Addis Ababa including the National Archaeological Museum, where we will see the 3.6 million year old remains of "Lucy", discovered in Ethiopia 40 years ago.

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.

Jupiter Hotel Bole

meals: L,D



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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 International Women's Day 5k.

You can refer to 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.

DAY 3 3 March Addis Ababa Fistula Hospital

After breakfast we visit the Addis Ababa Fistula Hospital on the western side of the city. We will have morning tea with key personnel and enjoy a tour of the grounds followed by lunch with the nursing and theatre staff. In the evening we will enjoy dinner at one of the most fabulous cultural restaurants in Addis Ababa, where we will sample the food and drink and enjoy traditional dance.

Jupiter Hotel Bole

meals: B,L,D

DAY 4 4 March Hamlin College of Midwives and Desta Mender

This morning we will visit the world famous Hamlin College of Midwives, meet key staff and tour the grounds. Lunch is at the Juniper cafe; a cafe run by past fistula patients. The afternoon is spent at Desta Mender (Joy Village), a farm and training centre for long term fistula patients. Meet staff and residents and learn about education, reintegration and microfinance programs.

Jupiter Hotel Bole

meals: B,L,D

DAY 5 5 March Drive to Yirgalem via Lake Ziway

This morning we drive to Yirgalem, approx 5 hours, breaking the journey at Lake Ziway where we checkout the local fish market and keep an eye out for big storks along the lake. Our accommodation at Aregash Lodge is a peaceful heaven, the bamboo thatched Tukuls of Aregash Lodge are built in the style of a traditional Sidama village. Each bungalow is decorated with vibrant colors and furnished in traditional Sidama style to give a warm, luxurious feel.

Aregash Lodge

meals: B,L,D

DAY 6 6 March Yirgalem Hospital and Midwifery Clinic Visit

This morning we visit Yirgalem Hospital and the midwifery clinic to see first hand the work being done. The afternoon we have a cultural village visit and in the evening, there will be a coffee ceremony in the hotel you will be staying: if lucky you might witness a hyena around the lodge.

Aregash Lodge

meals: B,L,D

DAY 7 7 March Awassa to Addis Ababa

This morning we fly from Awassa to Addis Ababa (about 50 mins).

After lunch we visit historical sites in Addis Ababa including the Zoma Museum, a contemporary Art Center built with wattle and daub. In the afternoon we experience the bustle of the Mercato, the largest market in East Africa.

Jupiter Hotel Bole

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.

Men and women are welcomed on this adventure. Please note however that the International Women's Day 5k is a women only running event.

DAY 8 8 March The International Women's Day 5K

This morning women will be transferred to the start line of the International Women's Day 5k. As this run is a women only running event, men will be transferred to the finish line and able to cheer their friends on. This event is the experience of a lifetime, competing with the staff at Hamlin Fistula Ethiopia with 7000 Ethiopians and some of the best female athletes in the world! For those spectating, you'll be able to be part of the festive and fun atmosphere and be an awesome support crew.

In the afternoon we then head out to a mountain community where the women create the Hamlin "Bullets to Beads" jewellery, made from melted down bullet casings found on Ethiopian farm land.

In the evening we will enjoy a celebrations dinner at local restaurant in Addis Ababa.

Jupiter Hotel Bole

meals: B,L,D

DAY 9 9 March Depart Addis Ababa

This morning is free before we head to the Makush Art Gallery to check out local artists, follow by an early lunch at the Art Gallery. At midday we check out of our hotel 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 the Emirates flight. Details to be advised once you have registered.

meals: B,L

DAY 10 10 March 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.

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.



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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 Yirgalem near Awassa we have a special treat staying at Aregash Lodge. Nestled between the national park 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.

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.

info nights

Come and join us on one of our free info nights and learn more about your Charity Challenge. Whether you've registered or still deciding whether to take on the challenge you'll find these evenings informative and inspiring and are hosted by our most experienced and passionate travel experts and representatives from the relevant charity. Contact Catherine Hamlin Fistula Foundation for details on 02 9440 7001 or email hq@hamlin.org.au

how to book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Fiona Windon.



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Email: fiona@humacharitychallenge.com.au

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

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.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.

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 International Women's Day 5K 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 it in a tutu with the Addis Ababa Fistula Hospital staff – your choice! 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.

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 the time of booking.

Q. What is included in my trip?

A. It is our aim to ensure that we incorporate as many inclusions as possible in your trip to minimise any out of pocket expenses while you are away. It is important that you refer to our trips notes for the exact inclusions, as they do vary from challenge to challenge.



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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. NB the run itself is women only.

Q. Do I have the option of not fundraising?

A. No. Each participant is required to pay their own travel expenses and reach minimum fundraising goal of \$6,000.
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
Catherine Hamlin Fistula Foundation: 02 9440 7001 - 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	<input type="checkbox"/>
Set up your online fundraising	NOW	Set up your fundraising page where all your supporters can contribute tax deductible donations towards your charity donation target	<input type="checkbox"/>
Part Payment	4 September 2019	\$3000 non refundable part payment is required Huma Charity Challenge, direct bank details on invoice sent with confirmation kit to make part payments towards travel cost and purchasing the best airfares, Recommend travel insurance at this stage.	<input type="checkbox"/>
Travel cost payments	Recommend monthly payments to achieve the total travel cost	Huma Charity Challenge direct bank details on invoice sent with confirmation kit to make part payments towards travel cost	<input type="checkbox"/>
Travel Cost Payment	22 December 2019	70 days before departure final amount of Travel Cost Payment to be paid to Huma Charity Challenge	<input type="checkbox"/>
Fundraising Balance	1 March 2020	Fundraising balance payment	<input type="checkbox"/>
The Challenge	1 March 2020	Bags packed, you're on your way to Hamlin Ethiopian Adventure	<input type="checkbox"/>

