

# Uganda Bike Ride



26<sup>th</sup> September to 9<sup>th</sup> October 2013

Dear Cyclist,

## Welcome to the Uganda Bike Ride 2013 Information Booklet.

This is your opportunity to take part in an exceptional fundraising bike ride to help reduce maternal mortality in developing countries – go on take the challenge! The bike ride is a stretch of approximately 370km between Kampala and Hoima in Uganda, you will be staying in a range of accommodation en route, details of which will be supplied nearer the time.

The challenge will not only be an achievement of physical fitness, but will also offer an exciting opportunity to discover a fascinating part of the world, largely untouched by tourism. In addition, you will be able to see first-hand how the money you raise will be put to good use in Hoima, saving lives in childbirth. This is a unique adventure and a once in a lifetime opportunity to make a huge difference to families in Uganda.



The programme we are implementing in Uganda is in conjunction with our charity partner Help Hoima (representatives of which will also be joining us on the bike ride). They have worked in the area for many years and have built the Maternity Ward at the The Princess Alexandria Health Centre in Hoima which you will be able to visit. You can find out more about Help Hoima on their website [www.helphoima.org.uk](http://www.helphoima.org.uk).

Our bike ride participants come from all walks of life and we fully expect you to come away from the challenge with a bulging address book! The insight into the local culture and the warmth and friendliness of the people you meet will be inspirational leaving you with lasting memories.

So, if the above appeals to you, if you enjoy adventure and are not afraid of a challenge, if you want to meet a group of fantastic people then this is an experience for you!

This pack should contain all the information you need, however if you have any questions please do not hesitate to contact Kirsty on 01273 234044 or email [fundraising@maternityworldwide.org](mailto:fundraising@maternityworldwide.org).

We hope to see you on the trip!

Warm regards,

**The Maternity Worldwide Team**

“The challenge of a lifetime, partly of physical endurance, but more so one that builds character, compassion & pride. A trip where unforgettable bonds are made with fellow cyclists & locals alike, but ultimately a trip so crucial that many lives depend upon it”

Ethiopia Cyclist 2012

## About Us

Maternity Worldwide is a registered charity (1111504) and was established in 2002 by a group of health professionals frustrated by the lack of maternity care and facilities in developing countries. In the last 10 years Maternity Worldwide have saved the lives of thousands of women during pregnancy and childbirth and have worked in 11 developing countries.

At Maternity Worldwide we believe no woman or girl should die giving birth. We want to see a world where every mother, wherever she lives, is able to give birth safely and without fear. We want to stop mothers dying and suffering in pregnancy and childbirth, we want babies to live and be healthy and we want families and their communities to thrive.

## Facts about childbirth

Having a baby should be a time of great joy and hope. But every year across the world 287,000 women die in pregnancy and childbirth. That's one mother dying every 2 minutes, 800 each day.

Another 7-10 million women and girls suffer severe or long lasting illnesses caused by complications in pregnancy and childbirth. These women do not need to suffer and die; most lives could be saved relatively easily and cheaply.

In Sub-Saharan Africa the lifetime risk of dying in childbirth is 1 in 39. This compares with a risk of just 1 in 4600 for mothers living in the UK.

Every year more than a million children lose their mother as a result of her death in pregnancy or childbirth. These children are up to 10 times more likely to die prematurely than those living in families with a mother.

## What we do

We use an integrated approach to maternal health and develop sustainable ways of reducing the number of women who die during pregnancy and childbirth by:

- Providing communities with information on maternal health and family planning
- Training local midwives and doctors to enable them to provide safe births
- Empowering women by providing opportunities for them to set up their own businesses
- Improving access to health centres and hospitals
- Where necessary, we provide the equipment and resources needed so hospitals and health centres can enable women to give birth safely

## Where we work

Even within individual countries it is the poorest women and girls, usually those living in rural areas, who are most likely to die giving birth. That's why we focus our work on those areas and communities where need is the greatest.

We have worked in Ethiopia for the last decade and continue to do so, our integrated maternal health programme is so successful we are replicating it in Malawi and Uganda working with local partners and organisations in these countries (Help Hoima is our charity partner in Uganda).



## About Uganda

Uganda is the Pearl of Africa, a country with fantastic natural scenery and a rich mosaic of cultures. Travelling through Uganda you will be captivated by its beauty, overwhelmed by the friendliness of its people and intrigued by all that Uganda has to offer. Uganda is Africa condensed, with the best of everything the continent has to offer packed into one stunning destination.



Lonely Planet voted Uganda as the Best Destination 2012 and National Geographic listed Uganda amongst the 'top 20 must-see destinations for 2013'. Uganda is the place where Savannah meets the vast East African lakes and where snow-capped mountains bear down on sprawling jungles, but there is more to this Pearl of Africa. Apart from being home to half the world's surviving mountain gorillas, Uganda is also blessed with half of Africa's bird species, waterfalls, hot springs, forests, national parks and a unique climate.



Our journey by bike will be starting in the capital; Kampala is a compelling and confident city, the centre of politics and commercial activity in Uganda. You'll have a rest day to explore the city when you first arrive then you'll be heading off on a north easterly journey taking in the sights of the source of the Nile and visit some rhinos en route, you'll travel through local towns and villages stopping to meet people as you go.

You'll arrive at Murchison Falls National Park where the River Nile continues from its source at Lake Victoria to join Lake Albert – here it is suddenly channelled into a gorge only six meters wide, and cascades 43 meters below. The earth literally trembles at Murchison Falls - one of the world's most powerful flows of natural water. From there you can have a 3 day break from your bike on a once in a lifetime safari where you can try to spot the 76 different species of mammals including rhinos, elephants, hippos, giraffes, leopards, lions, buffaloes and crocodiles and 451 different species of birds.

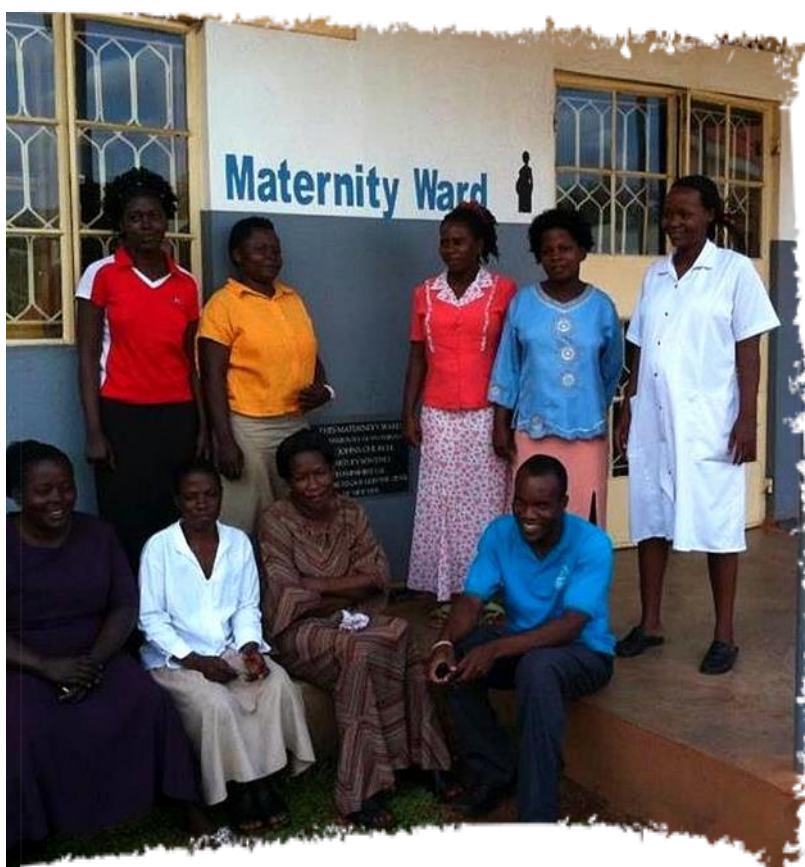
After the safari you'll hop back on your bike and cycle to Hoima. This is where you'll have the chance to visit our latest project set up with our charity partner Help Hoima. You'll have the opportunity to meet the very people who your sponsorship money will help. You'll spend a couple of days exploring and meeting people then you'll travel back to Kampala for a final day of rest before returning home, triumphant, with a camera full of incredible photos and a wealth of stories.



## Provisional Itinerary

This is a provisional itinerary – a detailed itinerary will be issued nearer departure.

Day 1	26 <sup>th</sup> September	Fly from London to Entebbe, Uganda with British Airways.
Day 2	27 <sup>th</sup> September	Rest day to explore Kampala and prepare for the ride.
Day 3	28 <sup>th</sup> September	4 days of cycling through the stunning countryside
Day 7	2 <sup>nd</sup> October	3 day safari at National Park
Day 10	5 <sup>th</sup> October	Cycle to Hoima then spend 3 relaxing days exploring Hoima and seeing the Maternity Worldwide project where the money you raise will go.
Day 13	8 <sup>th</sup> October	Travel to Kampala to stay in a hotel overnight.
Day 14	9 <sup>th</sup> October	Fly from Entebbe to London with British Airways.



## Your questions answered...

### **Am I the right kind of person to take part in the Uganda Bike Ride?**

If you like adventure, don't mind roughing it, enjoy meeting new people from diverse backgrounds and aren't afraid of a challenge, then yes, you are the right kind of person. Not only will you gain an incredible personal experience, but your hard work in raising the funds to undertake this challenge will make a huge difference to the lives of hundreds of women.

The only stipulations are that you must be over 18 years old, you agree to raise the minimum sponsorship (£1400 sponsorship and pay for your own costs £1400) and you are willing to complete a medical questionnaire that discloses any medical conditions.

### **Am I fit enough?**

The Bike Ride is mentally and physically challenging. It is approximately 370km between Kampala and Hoima. You will cycle on difficult, varying terrain in day temperatures of approximately 18-27C. This is within the reach of anyone who has a reasonable level of fitness. We have had cyclists between the ages of 20 and 65 undertake our Ethiopia Bike Ride challenge and everyone has managed the ride without much difficulty. They cycled around 4-5 hours per day so there was plenty of time to take in the atmosphere (and rest!).

### **What do I need to take with me?**

You will need to bring your own bike. The bike must be of appropriate calibre and should ideally have 27-inch wheels. You will need to have a protective case (a cardboard cycle box is ideal) or bag for your bike for the flights and you must be able to remove the pedals (or fixed inwards) and the handlebars must be fixed sideways. You will also need a basic bike repair kit, helmet (which must be worn at all times whilst on the bike) and appropriate cycling gear, including gloves. Some rainfall is possible so do take suitable rain gear just in case. Sun protection cream and sunglasses with UV protection are essential. And, of course, your camera to capture the stunning scenery! Further information on how to pack your cycle will be provided pre-departure.

### **Do I have to carry my own stuff?**

No. All of your luggage will be transported by trucks organised by Maternity Worldwide. All you will need to carry is a day bag, with essential supplies such as water, snacks, sun protection cream and of course your camera!

### **Can I stay on after the Bike Ride?**

Yes. You can depart immediately following the event on Wednesday 9<sup>th</sup> October or you may fly back on Friday 11<sup>th</sup> October (subject to availability of the later date flight option) should you wish to stay on for independent travel (Maternity Worldwide cannot accept any liability or responsibility for you for these additional days). Please note: Maternity Worldwide is only responsible for your accommodation and meals up until the morning of 9<sup>th</sup> October. If you are in Uganda beyond 9<sup>th</sup> October, you must make your own arrangements in terms of food, accommodation and activity including travel to the airport for departure.

### **How many people will take part in the Bike Ride?**

We have space for between 25-30 cyclists in this event, in addition to supporting volunteers, a medic and paid local staff.



### **What are the facilities like?**

The accommodation provided will be clean and basic and will include a mixture of guesthouses, basic hotels and possibly camping. Rooms/tents will be based on 2-3 people sharing.

### **How safe is the ride?**

Leading you through this wonderful experience safely is our priority. The cycle ride will be led by an experienced cyclist who will cycle back and forth through the group throughout the ride. The rest of the team is made up of Maternity Worldwide staff and volunteers including a dedicated bike ride medic. A support vehicle with Maternity Worldwide staff carrying water, refreshments and first aid kit will always be within 500m of the first cyclist and a similar vehicle (also with MW staff, water and refreshments) will be within 500m behind the last cyclist. All drivers, MW staff and the cycle lead will be in communication via phones and walkie-talkies. You will always be expected to cycle in small groups or pairs.

### **Will I need a Visa?**

Yes you will need to apply for a visa to visit Uganda, we recommend applying for this as soon as possible to allow plenty of time for it to be processed. A single entry visa costs £25.

### **Will I need vaccinations?**

We recommend you book at appointment with your GP or at your local Travel Clinic to see which vaccinations you will require several weeks/months before travel so do allow plenty of time before your trip to ensure you are fully vaccinated.

### **What happens if I can't raise the minimum sponsorship money?**

You can make up the shortfall from your own funds. 60% of your fundraising is due on 1<sup>st</sup> August 2013, if you are struggling to meet this please contact us to discuss possible options. If this is not possible, you will no longer be eligible to participate in the Uganda Bike Ride and you will be required by law to forward your sponsorship forms to us. We will contact your sponsors and where requested will return the donations.

### **What is included in the price of the Bike Ride?**

Return flight from London to Entebbe, accommodation from 26<sup>th</sup> September through to the morning of 9<sup>th</sup> October, return transport from Hoima to Kampala following the bike ride, transport to and from the Entebbe airport, meals during the ride and safari, water and snacks on the ride. **Please note additional food, snacks, tea/coffee and alcoholic drinks must be paid for by individuals and will not be covered by Maternity Worldwide.**

### **Do I need travel insurance?**

Yes. You need to arrange a personal travel insurance policy that includes sufficient funding for all necessary treatment, transfer, accommodation and repatriation **including evacuation from remote areas**. The policy must also cover you to take part in a fundraising activity for a charity. You will be asked to provide proof of your insurance before travel. Maternity Worldwide is not responsible for your insurance and will not take responsibility for damage or loss of goods, or injury or accident to self.

### **How much does it cost and when do I need to pay by?**

The total cost is £1400 per person. This includes your flights, food and accommodation for the duration. A £200 non-refundable deposit will be required to secure your place. The first payment of £600 is due on 1<sup>st</sup> June 2013 and the final payment of £600 will be required by 1<sup>st</sup> August 2013 in order to book your flights and secure your place. 60% of your fundraising target (£840) must be with Maternity Worldwide by 1<sup>st</sup> August 2013 the remaining fundraising money must be with us two months after returning – (9<sup>th</sup> December 2013).

### What difference will my sponsorship money make?

We can prevent women dying during childbirth at relatively low cost.

- £1 will pay for a course of antibiotics to prevent infection following childbirth
- £15 sponsors a safe birth for a mother
- £50 will pay for a delivery by caesarean section
- £80 will sponsor a month of training on a midwifery course
- £100 will support a community health promotion programme on maternal health and family planning
- £120 will pay for a bicycle so a health care worker can reach mothers in remote villages
- £500 provides the salary of a junior midwife for a year
- £1500 will pay for a motorbike ambulance so women in remote villages can get to hospital to deliver their babies

Your sponsorship money will make a life changing difference and the best bit is you will get to visit the villages where your money will go and meet the women whose lives you will potentially save in the future.

### How on earth will I raise that much money?

It sounds like a lot of money to raise but you will be very surprised how generous people are when you tell them what you are doing, and most importantly why you are doing it. If you tell people it costs just £15 to safely deliver a baby and prevent a mother dying during childbirth you will be amazed how giving people are.

- Don't be afraid to ask people and remind them if they haven't yet made a donation.
- Ask friends, family, neighbours, colleagues, people at your local shop/pub/gym - the more people you ask the more you'll raise!
- Set up a Just Giving page so people can easily donate online – make sure you promote it by sending the link to your personal page in an email to people so they can quickly and easily get to your page when they are online. Remember to add the link to your Facebook status and Twitter tweets so more people can see what you are doing and how to donate.
- If you are using a Just Giving page make sure you personalise it with a photo of you, a description of what you are doing and what Maternity Worldwide does (we can provide you with photos and text if you need them) people are more likely to donate if they know what you are doing and why!
- Take a sponsor form and ask people face to face.
- Ask for the money up front or half now and half after the event.
- Hold different mini-events to help reach your target such as a bake sale at work, hold a party and ask people to make a donation to come, host a quiz night at your local pub, host an afternoon-tea party, hold a car-boot sale and turn your unwanted items into donations, swap your skills such as gardening, sewing or baking in exchange for donations, have a movie marathon – get a group of friends, some snacks and some good movies and ask people to make a donation to attend.
- Ask your employer if they offer a matched-giving scheme. Some companies will match any money raised by their employees.
- Don't be disheartened – people still make donations after the event so be sure to remind people who haven't yet donated even when you've done the challenge!

If you are struggling to meet your target or you would like help – do not hesitate to contact us.

We will send a further information pack nearer the time of departure with a more detailed list of items to bring with you. If you have any questions please contact us.



## Previous bike rides

In February 2012 17 cyclists and 3 volunteers tackled the 400km from Addis Ababa to Gimbie in Western Ethiopia where they visited one of the projects which their sponsorship money funds. A huge amount of money was raised – over £23,000 which will help us expand our current projects so we can save even more lives.



We have been organising fundraising bike rides in Africa since 2006, here is what some of our previous cyclists had to say about the rides:

The most amazing, and worthwhile, trip of my life- fantastic company, gorgeous scenery, very friendly local people and of course raising money for a hugely worthwhile cause of preventing maternal deaths- oh and the cycling was great too.

Ethiopia Cyclist 2007

The whole experience of being in Gimbie, meeting the people that the money raised helps and meeting the staff at the hospital was brilliant – a highlight of the trip.

Ethiopia Cyclist 2012

The challenge of a lifetime, partly of physical endurance, but more so one that builds character, compassion & pride. A trip where unforgettable bonds are made with fellow cyclists & locals alike, but ultimately a trip so crucial that many lives depend upon it..... (I am getting a bit emotional now).

Ethiopia Cyclist 2012

It was a great personal achievement in a safe and supportive environment and I made so many new friends.

Ethiopia Cyclist 2008

## Terms of Participation - Uganda Bike Ride Challenge 2013

Below are the terms and conditions for participating in the ride. Please take the time to read through them, you will need to sign a form to confirm you have read and understood the terms in order to take part in the Uganda Bike Ride 2013.

### Passports, Visas, Flights, Health, Insurance and Safety

1. I confirm I will be at least 18 years of old on the date of departure.
2. I confirm my passport is valid for at least one year from the date I arrive in Uganda (valid until 26/09/2014).
3. I am responsible for obtaining a visa (either in advance from the Uganda High Commission in London (we recommend you get your visa in advance) or on arrival from the airport in Uganda if necessary. The approximate cost is £25 in advance from the UK.)
4. I am responsible for following the advice of medical or nursing staff in the UK with regard to preparation for the ride including vaccinations.
5. I confirm I am a competent cyclist, able to cycle 80km a day for a five to six day period.
6. I agree to discontinue cycling on any particular day or for the whole event if it is judged by the Maternity Worldwide team or representatives that continuing would potentially endanger my own safety or that of other riders or staff.
7. I do not have a medical condition which could adversely affect my performance on the ride or invalidate my health insurance.
8. I have adequate Travel Insurance which will include sufficient funding for all necessary treatment, transfer, accommodation and repatriation including evacuation from remote areas. I agree to give Maternity Worldwide a copy of my Travel Insurance including a contact number for the travel insurance company if calling from abroad.
9. I agree that I shall wear a cycling helmet **at all times** whilst on the bike and it is my own responsibility to ensure that it is fitted correctly and not damaged.
10. I understand that I am participating at my own risk and Maternity Worldwide takes no responsibility or liability for personal injury, sickness or death, arising out of, or in any way connected with, the Uganda Bike Ride 2013.
11. I understand that my cycle, equipment and personal property are my responsibility.
12. Travel to and from London for departure and arrival are at my own expense. I understand that itineraries, schedules, travel arrangements and accommodation are subject to change.
13. I understand my photograph may be taken whilst on the ride and may be used for Maternity Worldwide promotional purposes. I agree to notify Maternity Worldwide if I do not wish my photograph to be taken or used for this purpose.

### Costs and Sponsorship

1. I agree to pay £200 deposit to secure my place. I understand this is non-refundable.
2. I agree to pay the remaining balance of my costs (minus my deposit) by 1<sup>st</sup> August 2013. This will pay for my travel, accommodation and food whilst on the bike ride. Please note alcoholic drinks and extras are to be paid by individuals and will not be paid for my Maternity Worldwide.
3. I understand by taking part in the Uganda Bike Ride 2013 I pledge to fundraise a minimum of £1400 for Maternity Worldwide (not including GiftAid) and my place may be forfeited if I cannot meet 60% of this before departure or make up any difference myself.
4. I understand 60% of my fundraising amount must be paid to Maternity Worldwide 8 weeks before departure (1<sup>st</sup> August 2013). The remaining balance will be due two months after returning (9<sup>th</sup> December 2013). I understand I am liable to pay any shortfall if I do not meet the fundraising target.
5. I understand all funds raised for the Uganda Bike Ride 2013 must be payable to Maternity Worldwide.

## Cancellation

6. I understand if I withdraw in circumstances where recovery of cancellation charges is indemnified under my travel insurance, I hereby agree that I will cooperate in the recovery of these charges from the insurers and any sums recovered under the policy will be paid to Maternity Worldwide. If the insurance company does not recognize my claim I confirm I am responsible for covering any cancellation charges incurred by Maternity Worldwide.
7. Should I have to withdraw from the Uganda Bike Ride 2013 for any reason, I understand there will be no refund payable to me as my sponsorship was raised for charitable purposes. All sponsor forms and monies should be forwarded to Maternity Worldwide or returned to sponsors.
8. I understand if I am refused passage and/or entry to or from Uganda any additional costs incurred are my responsibility.
9. I agree to give Maternity Worldwide as much notice as possible if I do have to withdraw from the Uganda Bike Ride 2013.

**We hope this information pack contains everything you need to know, please do not hesitate to contact us if you have any questions or would like to know more.**

**[fundraising@maternityworldwide.org](mailto:fundraising@maternityworldwide.org)  
01273 234033**

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**We look forward to welcoming you on the ride!**

