

CARE Egypt Challenge 2010

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Frequently Asked Questions

What is the CARE Egypt Challenge?

This challenge will take place around St Catherine's, situated in the heart of the Sinai Peninsula. Over 3 days you will tackle 3 mountains; this includes Mt Sinai (2,285 m), Mt Catherine (2,629) - which is the highest mountain in Egypt - and Mt Jebel el Banat (2,187 m).

How many people do I need to take part in the CARE Egypt Challenge?

This event is for individuals. We also welcome groups if you wish to register with friends or work colleagues.

How fit do I have to be?

You have to be reasonably fit for the CARE Egypt Challenge. However, nearly anyone can take part providing you follow the 12 week training programme that we provide.

How much do I have to raise?

The minimum fundraising target is £1500 per person. This covers event costs and fundraising. We will need to receive a deposit of £150 two weeks after your registration and a further £600 10 weeks before the event. The remaining balance can be settled within one month following the event.

What projects will my funds support?

50% of the profits will support a local Egyptian project that focuses on improving the rights and welfare of women affected by domestic violence. The other 50% will support CARE International UK's work - your funds could be used to support our emergency work following a disaster or support our longer-term development projects that help tackle the root causes of poverty.

How can I reach and exceed my fundraising total?

There are many things you can do – online auctions, quiz nights, five-a-side football tournaments, golf days, dress down days, car washing – these are some of the more popular ways in which teams raise their fundraising total. Ask your suppliers, clients and your own personal network of contacts. The following website, www.justgiving.com/carechallenge is an easy and effective way to tell everyone about what you're doing, and gives them the opportunity to sponsor you online. After you register, you will receive a fundraising pack to assist you in your fundraising.

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Are flights and transfers included?

Your flights and airport transfers are not included. You will need to arrange travel to and from the meeting point at Cairo. Transfers from the meeting point at Cairo to St Catherine's are included as well as the return transfer to Cairo.

Do I need to book accommodation for the CARE Egypt Challenge?

You do not need to book any accommodation for Fri 22nd Oct, Sat 23rd Oct and Sun 24th Oct. On these nights you will be camping, so you will need to bring a tent. Pre and post event accommodation is your responsibility but we are happy to support and advise as we have preferential rates.

What support will I receive before the CARE Egypt Challenge?

- Advice & support on fundraising, training and general preparation
- Team manual in the post, which includes all the information you will need
- Access to the online resources , which includes all of the information you will need
- Fundraising materials

What is provided for me on the CARE Egypt Challenge?

- Support staff
- Bedouin guides and camels
- Medics and safety provisions
- Camping at Bedouin ecolodges
- Food and refreshments, including a Bedouin style celebration dinner on the final night
- Transfers to and from Cairo

Do I need a visa?

You will need a visa to enter the country which, for most nationalities, can be purchased on arrival in Egypt. The cost was approximately US\$25 (£16.70) at the time of writing.

What vaccinations do I need?

Inoculation regulations can change at short notice so please check two months before travelling. At the time of writing the following were suggested: Diphtheria, Hepatitis A, Tetanus, Typhoid and sometimes Rabies.

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Will I need insurance cover on the CARE Egypt Challenge?

As an event organiser, we have public liability insurance. You will need travel insurance to cover you in Egypt and we would advise that your insurance covers you for hill walking to 3000m. Once you register we will support you with this.

What kit will I need to take part in the CARE Egypt Challenge?

A detailed kit list will be provided when you sign up to ensure that you are dressed appropriately and prepared for the event.

What kind of food should I take on the CARE Egypt Challenge?

Food will be provided for you however we do advise that you take extra food or energy supplements that you use regularly. If you are planning to use energy gels/drinks please use them on training walks so that you know what they taste like, whether you enjoy them and (most importantly) to let your body adapt to them. For an event of this length, energy gels/drinks should only be used in conjunction with more substantial savoury foods.

Why should I choose to support CARE International?

- CARE works in 70 countries with more than 59 million poor and marginalized people each year to find a way out of poverty.
- CARE has staying power. Our mission is to create lasting and long-term change in the poorest communities. This often means instigating radical changes to the wider systems of government or business that keep people trapped in poverty from one generation to the next.
- CARE puts money where it is needed. 91% of our income goes directly to our overseas programming work.
- CARE is always among the first to respond when disaster strikes. We make sure the aid gets to precisely where it is needed most.
- CARE has an unparalleled track record of working with communities to help them find sustainable ways of making a living.
- CARE places great emphasis on local presence. Over 90% of our staff is employed locally to ensure that we are really responding to local cultures.

Why should I choose this challenge?

The event is co-organised by the challenge teams from CARE Egypt and CARE International UK– we do not employ any 3rd party tour operators - only local guides and support staff. This means more of

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your funds go where they are needed - directly to CARE International's projects. The CARE Egypt challenge team is experienced in running challenges in the area and their local knowledge means you will get an authentic taste of Egypt. They will also be on hand to offer advice on other local attractions, should you wish to extend your trip. We also take our environmental responsibility seriously and offset all carbon emissions.

What are the next steps?

If you have any other questions, please contact the Challenge Team. If you would like a complete itinerary, please contact us. All participants must complete the online registration form - visit www.carechallenge.org.uk/egypt and click 'Register Today'. Once you have registered, you will be sent information in the post and will have access to the online resources. We will also be in touch to welcome to your challenge!

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