



Kilimanjaro Charity Challenges



This is your opportunity to climb Africa's highest peak, raise money for Excellent and work on a dam-building project to see how your donations are spent.

At 5,895 metres Mt. Kilimanjaro is one of Africa's most magnificent sights. Situated in Tanzania on the Kenya border at only three degrees south of the equator, the lower slopes are dominated by tropical rainforest and shrouded in mist and cloud. The top is permanently covered with ice and enjoys brilliant sunshine. In between, the terrain ranges from lush moorland, rich in vegetation and wildlife, to barren rocks and volcanic scree. Your trek will take you through each of these environments on a 6 day journey fully supported by experienced local guides and porters. Although reaching the summit is a serious challenge requiring both willpower and a basic level of fitness, no ropes or technical climbing are required, making it widely accessible to those with little or no climbing experience.



Excellent Development

Excellent Development is transforming degraded environments and helping disadvantaged communities to increase their water and food supplies, and incomes. We're doing this by building small-scale sand dams and planting trees in semi-arid Africa.

Excellent Development's mission is to support community self-help projects in Africa and help them find sustainable solutions to their problems. Our projects not only provide food, fuel and environmental improvement to disadvantaged areas, they also protect endangered tree species and sources of traditional medicine.

In addition, they provide water for people, animals, tree nurseries and other crops; create employment, training and income-generating opportunities for local people; and offset worldwide carbon monoxide emissions.



Challenge Options

There are two Kilimanjaro Challenges available:

Kilimanjaro Challenge – 9 days

The 9-day trip includes a 6-day trek to the summit of Mt Kilimanjaro and a 1 day visit to conservation projects in the local area of Moshi.

Kilimanjaro & Sand Dam Challenge – 15 days

The 15-day trip includes the Kilimanjaro Challenge and a 6-day trip, where you will help to build a sand dam alongside a community self-help group in Kenya.

Dates

The Challenge will take place in September 2011. The planned dates are **Friday 9th September** to either **Sunday 18th September** (Kilimanjaro Challenge) or **Sunday 25th September** (Kilimanjaro & Sand Dam Challenge).

Costs

Kilimanjaro Challenge	£1,910 + Air Flights circa £700
Kilimanjaro & Sand Dam Challenge	£2,850 + Air Flights circa £700

Itinerary

Day 1

We fly to Nairobi airport and catch a short connecting flight to Kilimanjaro airport, with spectacular views of the summit rising above the cloud line from the plane. Short transfer to our hotel in Moshi at the base of Mt Kilimanjaro. We spend the rest of the afternoon exploring the town of Moshi or relaxing at the hotel.

Day 2

We travel with a local guide to visit conservation projects in the area around Moshi. This is a unique opportunity to visit with local communities and acclimatise before the trek begins on Day 3.

Day 3

We drive from the hotel to the Machame (1800m) where we are joined by our team of guides and porters. After a short walk through the attractive banana and coffee farms of Machame village, we enter the forest with plenty of interesting flora and fauna including black and white colobus monkeys. After lunch we continue climbing until we emerge out of the forest and into the next climate zone, which is much more open and characterised by stands of giant heather. We camp at 3000m, where our tents will be already in position and a hot drink waiting.

Day 4

Starting out across the moorland zone, after about two hours we reach a small rock wall of about 10m, which is more of a scramble than a climb. Some groups will stop here for an early lunch, but usually it is better to carry on to about 3600m before stopping.

After lunch the trail continues with a lesser gradient up to the Shira Plateau and the campsite at Shira Cave (3720m) from where there are views of Kibo and the Western Breach above and the sharp ridges of the Shira Hills to the west.



Day 5

A morning of gentle ascent and panoramic views as we turn east towards the main Kibo massif. The passage over lava ridges and rocky semi-desert beneath the glaciers of the Western Breach starts to get quite dramatic, as are the views of Lava Tower and the Breach Wall above.

We stop for lunch at 4530m and may well be starting to feel the effects of altitude. However this is a necessary part of the acclimatisation to come up and then descend 600m to our camp at Barranco. The valleys around Barranco are the best location for the famous giant lobelia. There are also extensive views of the plains of the Maasai Steppe far below.

Day 6

The path heads out across the valley and up to the foot of the imposing Barranco Wall, a steep and exposed climb of around 300m. Technically it is no more than a scramble, but there is a real sense of achievement as you get to the top and the summit comes back into view that little bit closer.

The Wall is followed by an undulating trail, with superb vistas of the southern icefields followed by the fairly steep descent into the Karanga Valley. After lunch the terrain changes to scree and there is a steep climb to reach the Barafu campsite (4600m) by mid afternoon. The remainder of the day is spent resting in preparation for the final ascent.

Day 7

We set off for the summit around midnight by torchlight and after five or six hours of zig-zagging we reach Stella point (5735m) on the crater rim to watch the sun rise over the jagged peaks of Mawenzi.

The two hour round trip to the summit is the highlight of the climb, around the crater rim, passing close to the spectacular glaciers and ice cliffs that still occupy much of the area and finally on to Uhuru Peak at 5896m. It can be -40°C at the summit and the altitude will be affecting everyone so after a celebratory photo we turn around and head back down the mountain.

Excellent

After several hours and an awesome descent of nearly 3000 metres, we get to Mweka camp (3800m) and a welcomed night's sleep.

Day 8

The final descent returns back through the forest to the park gate at Mweka at 1650m. We say goodbye to our climb team and drive back to the hotel for a shower, food and cold beer.

Day 9

Those on the Kilimanjaro Challenge will transfer back to Kilimanjaro Airport for their flight to Nairobi and connecting flight to the UK.

Those continuing on the Sand Dam Challenge will be met by Excellent Development vehicles and travel overland across the border into Kenya. The journey takes us through Maasai land and through Tsavo West Game Park where we will have the chance to see some of Kenya's magnificent scenery and varied wildlife before arriving at the host community's village which will be home for the next week to enjoy a hot meal and welcome from Excellent staff and volunteers.

Days 10-14

We will spend the next 5 days helping a community group to build a sand dam in a dry river bed. There are lots of different jobs to do, from mixing cement, collecting the rocks and water needed, to joining in the singing and dancing as the kraais (metal plates) of cement as passed in a chain to the dam itself. We will also visit areas that have been transformed by Excellent Development's dams, tree nurseries, terracing and farming projects.

Day 15

Travel overland to Nairobi, spending the day visiting orphaned elephants at the David Sheldrick Wildlife Trust and feeding giraffes at the Langata Giraffe Centre in Nairobi. You'll have a last chance to buy souvenirs in Nairobi before we celebrate the end of the trip in a restaurant, before heading back to the airport for evening flights back to London.

Day 16

Return flight to the UK.



*This itinerary is subject to change.



Fundraising

You will need to pay a registration fee of £200 for either of the challenges. In addition you will need to raise a minimum amount of funds for Excellent Development in order to take part in either Kilimanjaro Challenge. The fundraising target for each challenge is:

Kilimanjaro Challenge	£1,710
Kilimanjaro & Sand Dam Challenge	£2,650

In addition you will need to pay for your flights, which will be in the region of £700.

Raising this money can be as much of a challenge as climbing Kilimanjaro itself, so Excellent Development will support you along the way. We will:

- Provide you with a fundraising guide, full of advice and ideas on how to go about reaching your target.
- Help you set up your own personal JustGiving sponsorship website. Donations can be made direct via your online page plus you can gain a 28% Gift Aid donation increase, being able to monitor your fundraising progress at any time.
- Publicise the Challenge on the Excellent Development website, including any fundraising events you organise.
- Provide you with Excellent Development sponsorship forms and information leaflets to use.
- Enable you to increase your personal donations by 28% for UK tax payers for everything other than the flight costs.

You will need to make your payments in instalments, by the dates shown below.

Date	Payment	Amount in £ Kilimanjaro Challenge	Amount in £ Kilimanjaro & Sand Dam Challenge
On registration	Registration fee	£200	£200
22-Apr-11	Full balance of flights paid to appointed agent	£700 approx	£700 approx
06-May-11	1st instalment	£650	£950
01-Jul-11	2nd instalment	£650	£950
26-Aug-11	3rd instalment	£410	£750

Key: £ = Must be paid for by participant £ = Can be fundraised

Take Part

If you would like to take part in Excellent Development's Kilimanjaro Challenge, please fill in the Registration Form, Medical Questionnaire, and Liability Release and return to the address at the bottom of the form. You will need to pay a deposit of £200 to secure your place on the Challenge. Places are limited and will be allocated on a first-come first-served basis. The final deadline for registering is 31st March 2011.

Please also read the Terms and Conditions carefully. If you have any questions please email alexandra@excellentdevelopment.com





Your Questions Answered

What will my group be like?

The group size will be between 6–16 people. You will be accompanied on your Challenge at all times by an Excellent Development representative who will organise your travel, trek and hotel arrangements. Guides from Tanzania Journeys will accompany you for the duration of the Kilimanjaro Trek, and in addition Richard Barnes, Volunteer for Excellent Development, will guide the Excellent Development project visits for those who choose the Sand Dam Challenge.

What will my accommodation be like?

Your accommodation in Moshi will be a basic hotel with bathroom facilities. This will be on a same sex, shared room basis, although we will try to meet requests for families/partners /friends to share rooms where possible. During the Kilimanjaro trek we will be camping in 2-4 man tents with mats and sleeping bags. For those continuing on the Sand Dam Challenge in Kenya, we will stay in a compound at the host community in same sex shared rooms or tents. Accommodation will be basic but clean and comfortable with mattresses provided. Toilets are long drop style and lighting is by kerosene lamps. The compound has a cook and security staff.



What will the Kilimanjaro trek be like?

We will be trekking with a reputable and experienced trekking company who will provide guides, porters and tents, as well as freshly cooked hot meals during our 6 days on the mountain. Our main rucksacks will be carried by the porters who will trek ahead of the main group, so that our tents and dinner will be ready when we arrive at each campsite! We will need to carry a day pack for water, snacks and extra clothing. The Machame route has been chosen because offers one of the highest summit success rates. This is because we gain height at a steady rate, allowing acclimatisation and therefore minimising the effects of altitude. It is also one of the most scenic routes up Kilimanjaro.

What kind of kit will I need?

For the Kilimanjaro trek you will need a sleeping bag, walking boots, warm clothing, waterproof jacket, torch and water bottle. A hat and gloves are also essential, although you may only need them for a few hours while you summit. You will receive further advice about kit after you register.

What will the weather be like?

September falls in Northern Tanzania's dry season and is one of the best times of year to climb Kilimanjaro, although rainfall can never be ruled out. Moshi, at the base of Kilimanjaro should be pleasant with temperatures of 15-25°C. As we gain altitude on the trek, temperatures will fall rapidly, with the summit permanently covered in snow. For those on the Kilimanjaro & Dam Challenge, the Machakos and Makueni districts of Kenya where we will be based will be similar to Moshi with temperatures between 15-25°C and mostly dry.

Will I be able to reach the top of Kilimanjaro?

Uhuru Peak, the highest point of Kilimanjaro can be reached without any technical climbing. However, it is a serious challenge that is both physically and mentally demanding. If you have a good level of fitness and determination there is a very good chance you will reach the summit. It is advisable to do some physical training before you take part in the Challenge. Hill walking will build your general level of fitness and increase stamina.



What is Altitude Sickness and will I be affected?

Lack of oxygen at altitudes above 2,500m affects most people. The effect may be mild or severe and occurs because less oxygen reaches the muscles and brain at high altitudes, requiring the heart and lungs to compensate by working harder. Mild symptoms of Acute Mountain Sickness (AMS) include headache, lethargy, dizziness, sleeping difficulties and loss of appetite. More severe symptoms include breathlessness, dry cough, severe headache, lack of coordination and balance, confusion, irrational behaviour, vomiting and unconsciousness. Mild symptoms often disappear after resting at the same altitude overnight, but with severe symptoms descent is the only treatment option. It can require a descent of only 500m for symptoms to improve.

The best way to prevent AMS developing is to ascend slowly, sleep at a lower altitude than the highest point reached that day and drink lots of fluids. Our guides are experienced at spotting signs of AMS and can offer preventative advice while on the mountain, but it is your responsibility to report any symptoms as soon as they occur. If you develop severe AMS and are unable to continue the trek, you will be accompanied down Kilimanjaro by a guide, and will be able to return to the hotel. You can find further advice about AMS from the British Mountaineering Council at www.thebmc.co.uk/world/mm/mm1.htm

What is included in the cost?

If you are taking part in the Kilimanjaro Challenge, your minimum sponsorship includes the cost of your trek, park fees, tents and tips, hotel accommodation in Moshi, all food and water, local travel and airport transfers in Tanzania, and a one day visit to conservation projects in the area of Moshi.

If you are taking part in the Kilimanjaro & Sand Dam Challenge, your minimum sponsorship covers all of the above, plus overland transfer to Excellent Development projects in Kenya, food and accommodation in Kenya, and entry fees to see the elephants and giraffes in Nairobi at the end of the trip.

Unlike many similar expeditions the donation to Excellent Development's work is very high.

Kilimanjaro Challenge:	£ 750
Kilimanjaro & Dam Challenge:	£1,250



What is NOT included in the cost?

The following items are not included: flights, travel insurance, visas, vaccinations and malaria tablets, alcoholic drinks and spending money.

Where will the money I raise for Excellent Development go?

The monies donated will be used to underwrite the charitable work that participants will visit and/or take part in during their trip. Any funds in excess of this will be used by the Trustees of Excellent Development Limited to further the aims of the charity.



Terms and Conditions of Entry

PARTICIPATION

1. You must be at least 16 years old before the departure date and sufficiently fit to undertake the Challenge.
2. If you are under 18 at the date of departure you must be accompanied by an adult aged 21 or over. Your parent/guardian must sign a liability release, and you must name your accompanying adult on your registration form.
3. Your passport must be valid for six months from the date that you plan to return to the UK.
4. You must apply for the appropriate visas before the Challenge. Further advice about visas will be provided after registration.
5. You must have adequate travel insurance that covers you for the specific activities you will be undertaking, including emergency repatriation. Excellent Development will suggest an insurer and policy that will cover your needs. You will need to provide proof of travel insurance [including your policy if different from the one proposed] 4 weeks before departure. You may forfeit your place if in Excellent Development's opinion; you fail to provide proof and/or adequate travel insurance.
6. Places are restricted to 16 people for the Kilimanjaro Challenge and 18 people for the Kilimanjaro & Sand Dam Challenge. Places will be allocated on a first come-first served basis provided the Registration Form is fully completed and signed with a deposit of £200, completed Medical Questionnaire and Liability Release.
7. You participate at your own risk. If you are refused passage and/or entry/exit to or from Kenya or Tanzania, you are responsible for any additional costs incurred.
8. Excellent Development must be advised of your full name as it appears on your passport. Any name changes within 42 days of departure will incur a £15 amendment fee plus any charge levied by the airline.
9. You must disclose any pre-existing medical conditions on the Medical Questionnaire provided, and inform Excellent Development of any changes to your health before departure. This is for your own safety. The information you supply is strictly confidential.

FUNDRAISING AND FLIGHTS

10. A registration fee of £200 (non-refundable) must be enclosed with your Registration Form.
11. By registering for the Challenge you are pledging to raise the minimum fundraising amount of £1,910 (Kilimanjaro) or £2,850 (Kilimanjaro & Sand Dam) to support Excellent Development's work. Part of the challenge is to raise as much above this amount as possible.
12. You are required to send your contribution by cheque or electronic transfer to Excellent Development by the following deadlines. Your 1st

- instalment of £650 (Kilimanjaro) or £950 (Kilimanjaro & Sand Dam) by 06/05/11, your 2nd instalment of £650 (Kilimanjaro) or £950 (Kilimanjaro & Sand Dam) by 01/07/11 and your 3rd instalment of £410 (Kilimanjaro) or £750 (Kilimanjaro & Sand Dam) by 26/08/11.
13. Your flights will be pre-booked by Excellent Development through an agent on your behalf. You are then responsible for paying the cost of your flight direct to the agent, either by cheque or credit card. The full amount must be paid by 22/04/11 otherwise your place will be forfeited. Excellent Development will confirm the cost of your flight no later than 01/10/10. Your flights cannot be paid for by fundraised money.
14. If you wish to extend your time in Africa, you may book different flights, subject to agreement by Excellent Development. Please contact us to discuss.
15. If you cannot raise the £1,910 (Kilimanjaro) or £2,850 (Kilimanjaro & Sand Dam) minimum contribution your place will be forfeited unless you pay the balance yourself.
16. As a participant in the tour some of the funds you raise will be used to cover the costs of your travel and accommodation. As this amount exceeds £1000 you are deemed to be a 'professional fundraiser' according to the regulations in the Charities Act 1992. As a "professional fundraiser" you are obliged to inform those who agree to sponsor you how much you receive in "payment" or benefit in kind as a result of that person agreeing to sponsor you.
17. Excellent Development seeks to comply with the Institute of Fundraising Codes of Practice which recommends that those participating in overseas treks should specify that a part of the funds raised in sponsorship will go towards covering the cost of the tour. It is therefore a condition of your participation in the tour that you agree to inform all those who agree to sponsor or support your participation in the tour that part of the funds raised will go towards covering the cost of the tour. Excellent Development will provide you with advice on how and when to make this disclosure.
18. Gift Aid can be claimed on money fundraised, provided it falls within government regulations. Further information will be given about Gift Aid after registration. Gift Aid contributions can be included in your minimum sponsorship.

ITINERARY

19. Itineraries, schedules and accommodation are subject to change. With particular respect to the Kilimanjaro & Sand Dam Challenge, the itinerary must be taken as an indication of what the trip should involve and not as a contractual obligation on our part. It is a condition of joining this



Challenge that you accept this flexibility and acknowledge that delays, alterations and their results are possible.

20. Your accommodation in Moshi will be in a basic hotel with bathroom facilities, on a same sex, shared room basis. We will try to meet any requests for families/couples/friends to share rooms but this cannot be guaranteed.

21. If taking part in the Kilimanjaro & Sand Dam Challenge, your accommodation in Kenya will be in on a same sex shared room/shared tent basis in a compound within the host community. We will try to meet any requests for families/couples/friends to share rooms/tents but this cannot be guaranteed.

22. It is possible that the reserved accommodation may not be suitable or available to you upon arrival. If this happens we will endeavour to provide accommodation of at least the same standard in the same area. This decision will rest on the sole judgement of the Excellent Development representative.

23. Excellent Development are not responsible for changes which arise as a result of situations outside our control such as technical or maintenance problems with transportation, war or threat of war, civil strife, industrial disputes, natural disasters, bad weather, bureaucratic obstacles or terrorist activity.

CANCELLATION

24. The Kilimanjaro Challenge and Kilimanjaro & Sand Dam Challenge require a minimum group size of six participants to meet minimum fundraising targets. If it becomes apparent that the Challenge will not meet the fundraising requirements, it may be necessary to cancel the

event. Your registration fee will be refunded.

25. Excellent Development may, at their sole discretion, withdraw places on the Challenge if they believe it is in their best interests to do so.

26. If you have to withdraw, all sponsor forms and monies should be returned to the sponsors.

27. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers, and that any sums recovered under the policy will be paid to Excellent Development. If the insurance company does not recognise your claim, you will be responsible for covering any cancellation charges borne by Excellent Development.

LIABILITY

28. Excellent Development Limited is a Registered Charitable Company no. 4432166, Registered Charity no. 1094478.

29. Excellent Development is unable to accept liability for cancellation of the event for any reasons outside of its control.

30. Participants together with their personal property including baggage, are at all times solely at their own risk. Excellent Development do not accept responsibility in respect of death, bodily injury or illness of any person participating on this Challenge as a result of (but not limited to) physical exertion for which a participant is not prepared; forces of nature; consumption of alcoholic beverages; civil unrest; terrorism, breakdown of equipment; high altitude; lack of or limited access to medical attention in remote locations; and the adequacy of medical attention once provided.



Excellent Development Kilimanjaro Challenge Registration Form

Title (as on passport)	Forename(s) (as on passport)	
Surname (as on passport)	Date of Birth	
Address		
Post Code		
Phone number	Email	
Which Challenge would you like to apply for? Please tick.		
<input type="checkbox"/> Kilimanjaro Challenge (9 days)	<input type="checkbox"/> Kilimanjaro & Sand Dam Challenge (15 days)	
How did you hear about Excellent Development's Kilimanjaro Challenge?		
Do you have any special dietary requirements or food allergies? Please give details.		
Is there any participant you would like to share accommodation with? We will try and meet all requests but please note this cannot be guaranteed.		
Please give details of your Next of Kin		
Name	Relationship	
Address		
Daytime phone	Evening phone	
Email		
Acceptance of Terms and Conditions I have read and understood the Terms and Conditions of Entry. I apply to take part in the Kilimanjaro (& Sand Dam)* Challenge and abide by the Terms and Conditions of Entry. I have completed and enclosed the Medical Questionnaire, Liability Release and cheque for the Registration fee of £200 made payable to Excellent Development. I am 18 or over on the date of departure.		
Signature	Date	
Name (capitals)		
Participants aged 16-17 only Name of accompanying adult:		
To be completed by Parent/Guardian: I/we give permission for my/our child to take part in the Kilimanjaro (& Sand Dam)* Challenge and acknowledge that they will be accompanied by the above named.		
Signature	Date	
Name (capitals)		

(* delete as applicable) Please send your completed forms and cheque for £200 to: Kilimanjaro Challenge, Excellent Development, Studio 61, The Market Building, 195 High Street, Brentford, TW8 8LB by 31st march 2011. Questions to alexandra@excellentdevelopment.com



Kilimanjaro Challenge Medical Questionnaire

For your own safety, we need to find out as much as possible about your medical history. Your answers will be treated in the strictest of confidence.

Name:

Do you suffer from, or have you ever suffered from: (please delete as applicable)

Asthma or wheezing? (with exercise)	YES / NO
Severe attacks of hay fever / allergy?	YES / NO
Any form of lung disease?	YES / NO
Cancer?	YES / NO
Chest surgery?	YES / NO
Claustrophobia or agoraphobia?	YES / NO
Behavioural health problems?	YES / NO
Epilepsy, seizures or convulsions?	YES / NO
Recurring migraine headaches?	YES / NO
Blackouts or fainting?	YES / NO
Motion sickness?	YES / NO
Recurrent back problems?	YES / NO
Diabetes?	YES / NO
Arm or leg problems?	YES / NO
High blood pressure?	YES / NO
Any heart disease / attacks?	YES / NO
Angina / heart surgery or blood vessel surgery?	YES / NO
Hearing loss or problems with balance?	YES / NO
Bleeding or other blood disorders?	YES / NO
Any type of hernia?	YES / NO
Ulcers or ulcer surgery?	YES / NO
Bowel disorder?	YES / NO
Drug or alcohol abuse?	YES / NO
Have you been in hospital in the last year? (please specify)	YES / NO
Are you awaiting tests / investigations / results / surgery?	YES / NO
Do you take regular prescription medication?	YES / NO
Are you pregnant?	YES / NO
Are you registered disabled?	YES / NO
Do you suffer from phobias (heights / flying / water etc)	YES / NO
Are there any other medical issues not covered above which are relevant to your well being on this trip? (please specify)	YES / NO

If you have answered yes to any questions above, please give further details below.



Please list any medication you are currently taking and ensure you bring enough supplies for the length of the trip.

Declaration

If I have any concerns whatsoever about my physical fitness or health, or any of the medical conditions above that may affect my safe participation, I will consult the opinion of my Doctor.

I hereby certify that the information provided by me on this form is to the best of my knowledge, true and correct.

I understand that if any of the information provided by me on this form is found to be false, I risk losing my place on the Kilimanjaro Challenge.

Signed

Name (capitals)

Date



Liability Release

The Excellent Development Kilimanjaro and Sand Dam Challenge requires travel to remote areas where logistical requirements for Challenge team members and their baggage may involve unconventional modes of transport and basic accommodation. In addition, the Challenge may involve temperature extremes as well as unconventional living and travel arrangements, frequent moves, delays, frustrations, and surprises. All are part of the challenge of climbing Mt Kilimanjaro and visiting Excellent Development projects in remote areas of Kenya.

Accordingly, Excellent Development requires that each of its participants submit the following release and agreement:

I. VOLUNTEER DECLARATION:

I, _____ am aged 18 years or over/16-17 years old. (delete as applicable)

I am aware of the difficulties inherent in the requirements for this Challenge and have read the Information Pack fully. I declare that I am in good health. I will tell Excellent Development about any illness or medical condition which may affect my ability, or endanger other volunteers during this project. I accept that Excellent Development reserves the right to request me to undergo a medical examination by a medical adviser at my own expense and I will give permission for the results to be disclosed to Excellent Development.

I, on behalf of myself, my heirs, executors, successors, and/or assigns, agree:

1. to release Excellent Development, its employees and trustees from, and agree to indemnify and hold them and each of them harmless against any and all liability, joint or several, to me, in respect of any claim, suit, or cause of action, including legal fees and expenses of litigation, on account of any loss or damage whatsoever or howsoever caused except to the extent that such liability may not be lawfully excluded;
2. that Excellent Development does not exclude liability for death or personal injury to the extent only that the same arises as a result of the negligence of Excellent Development or its employees;
3. that, subject to 2, in the event that any exclusion is held to be invalid for any reason and Excellent Development becomes liable to me for loss or damage that could otherwise have been limited, such liability shall be limited to £10,000;
4. that, Excellent Development is not responsible or liable for acts or omissions of third parties including, but not limited to co-operating institutions.

I will not do anything that does or might injure any other person or expose any other person to risk. I will comply fully with all reasonable directions of Excellent Development employees or representatives. I have read Excellent Development's Declaration set out below and accept its rights there set out. The jurisdiction and law applicable to any dispute I may have with Excellent Development is that of England and Wales.

Signature:

Date:

II. EXCELLENT DEVELOPMENT DECLARATION

Excellent Development and its agents reserve the right to refuse the offer of services of any participant at any time, and to terminate any work being done by a participant and require the participant to vacate the project site if a member of Excellent Development employees or representatives, in his or her absolute discretion, considers it appropriate. In this event, the participant (and/or his/her parent/guardian, if appropriate) will be responsible for arranging any accommodation, travel or other arrangements which may be necessary following the termination of a participant's involvement in a project, for whatever reason.



If you are 16-17 years of age, please ask your parent or guardian to complete this section.

PARENT'S OR GUARDIAN'S DECLARATION:

I/we give consent for my/our child (full name)

to participate in the Excellent Development Kilimanjaro /and Sand Dam Challenge (delete as applicable)

to take place on (dates)

I/we further confirm and assent to the Participant's Declaration executed by my/our child as a participant on this project. I/we agree:

1. to release Excellent Development, its employees and trustees from, agree to indemnify and hold them and each of them harmless against any and all liability, joint or several, to me/us, in respect of any claim, suit, or cause of action, including legal fees and expenses of litigation, on account of any loss or damage whatsoever or howsoever caused except to the extent that such liability may not be lawfully excluded;
2. that Excellent Development does not exclude liability for death or personal injury to the extent only that the same arises as a result of the negligence of Excellent Development or its employees;
3. that subject to 2 above, in the event that any exclusion is held to be invalid for any reason and Excellent Development becomes liable to me/us for loss or damage that could otherwise have been limited, such liability shall be limited to £10,000;
4. that Excellent Development is not responsible or liable for acts of third parties including, but not limited to co-operating institutions.

I/we give permission for Excellent Development employees and representatives on the staff of the aforementioned project to take any action they deem necessary or appropriate in the event of personal injury to my/our child and for any consequential medical procedures that might become necessary. In the event, I note that Excellent Development will inform me/us as soon as reasonably possible.

I/we have read Excellent Development's Declaration and accept its rights there set out.

Parent's/Guardian's Signature:

Date:



**Not able to do the 2011 Challenges?
Why not register your interest for 2012 now**



Kilimanjaro Challenge

7 - 16 September 2012

This 9 day Kilimanjaro Challenge includes a visit to nearby conservation projects in Tanzania (requiring one working week away).

Kilimanjaro and Sand Dam Challenge

7 – 23 September 2012

This 15 day Kilimanjaro and Sand Dam Challenge starts with the trek in Tanzania to climb Kilimanjaro and ends with 6 days in Kenya helping to build a sand dam and visit areas transformed by Excellent Development's projects. The trip also includes a journey through Kenya's largest game park, and visits to see orphaned elephants and feed giraffes in Nairobi (requiring 2 working weeks away).

I'm interested to join one of the 2012 challenges. Please contact me in June 2011 with full registration details.

Title	Forename(s)
Surname	Date of Birth
Address	
Post Code	
Phone number	Email
Which Challenge would you like to register interest for? Please tick.	
<input type="checkbox"/> Kilimanjaro Challenge (9 days)	<input type="checkbox"/> Kilimanjaro & Sand Dam Challenge (15 days)
How did you hear about Excellent Development's Kilimanjaro Challenge?	

Please send your completed form to: Kilimanjaro Challenge 2012, Excellent Development, Studio 61, The Market Building, 195 High Street, Brentford, TW8 8LB. Questions to alexandra@excellent.org.uk