



Excellent Sand Dam Expedition September 2012



This Expedition is an opportunity for you to raise funds for Excellent's work and participate on a dam-building project with a community self-help group in Kenya. The trip is a chance to see for yourself the impact sand dams have on the lives of people living in dry rural areas.

About Excellent

We are the pioneers of sand dams.

We support subsistence farmers in developing countries to gain access to clean water and grow more food to eat, store and sell. We support communities to build sand dams which provide clean water and the potential to invest time in sustainable agriculture.

Sand dams are the world's lowest cost method of capturing rainwater in dry rural areas. They transform people's lives by providing a year round source of clean water close to their home. This saves farmers and their children hours every day, enabling them to focus on growing more food and going to school.

Our vision

Sand dams will transform millions of lives.

Our purpose

- To support farmers in developing countries to gain access to clean water and grow enough food to eat and sell;
- To promote sand dam technology and environmental conservation;
- To support organisations to implement sand dams alongside food and water programmes.



Expedition Details

This one week expedition is your chance to fundraise for and visit Excellent's projects in South East Kenya. You will meet farmers supported by Excellent and hear from them about the impact of conservation projects they are involved in. Moreover you will also get to roll up your sleeves and help a community to build a sand dam.

Dates

The expedition will take place from **Sunday 16th September** until **Saturday 22nd September 2012**. (6 nights)

Registration fee

All participants are required to pay a fee of **£250** to join the trip. This fee covers the cost of all your food, board, local guides, field transport while on the expedition and return airport transfers.*

Minimum donation

We ask you to make a minimum donation of **£500** towards Excellent's work in Kenya, to take part in this expedition.

* All participants are responsible for arranging their flights, visas, travel insurance, vaccinations, spending money, and any onward travel or accommodation needed outside of the expedition itinerary.

Currently direct flights with Virgin Atlantic, Kenya Airways and British Airways cost between £500 and £600 return.



Itinerary

Sunday 16 September

You will be met early morning at Nairobi International Airport by a representative of Excellent. From here we will transfer you to the headquarters of our local partner, The Africa Sand Dam Foundation (ASDF) in Mtito Andei (about 3-4 hour drive south of Nairobi), where you will be staying for the duration of the expedition. After a late lunch and welcome we will spend the rest of the afternoon getting to know the team and settling into the accommodation.

Monday 17 September

You will be given an introduction to ASDF's team and an overview of our approach to development before heading out to visit areas that have been transformed by sand dams, tree nurseries, terracing and farming projects. After lunch you will meet with the host community whom you will be helping to build a sand dam. You'll have the chance to talk with community members about their priorities and plans for addressing the challenges they face in their day to day lives.



Tuesday 18 – Thursday 20 September

We will spend the next 3 days helping the host community group to build a sand dam in a dry river bed. Around 100 people from the local community will come together to help with the construction of the sand dam, guided on the project by skilled craftsmen. 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 shovels of cement are passed in a chain to the dam itself.



Friday 21 September

This will be the last day on the expedition. Having spent the last couple of days helping to build a sand dam you will now meet a community that already has a dam. You will see for yourself the difference the dam has made and the farming projects the community has been able to focus on thanks to having a supply of clean water nearby.



Saturday 22 September

Travel overland back to Nairobi. The drive will take around 3-4 hours. We will be leaving late morning so depending on when you arrange your flight home for you may have time to squeeze in some of Nairobi's highlights or stopping off to buy souvenirs before heading back to the airport.

*This itinerary is subject to change.

Fundraising

You can choose to pay the donation yourself or you can fundraise for it. Raising your minimum donation can be as much of a challenge as building a sand dam, so Excellent 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 and how to set up your own fundraising webpage.
- Provide you with sponsorship forms and information leaflets to use.

If you prefer to make your payments in instalments, kindly do so by the dates shown below. Please note that the minimum donation must be paid by 27 August 2012.

Date	Payment	Amount
22 Jun 2012	Registration fee	£250
20 Jul 2012	1st instalment	£250
27 Aug 2012	2nd instalment	£250

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



Register Your Place

If you would like to take part in Excellent's Sand Dam Expedition, please fill in the Registration Form, Medical Questionnaire and Liability Release and return to:

Excellent
Studio 59
The Market Building
195 High Street
Brentford
TW8 8LB

You will need to pay your registration fee of £250 to secure your place on the Expedition. Places are limited and will be allocated on a first-come first-served basis. **The final deadline for registering is 22nd June 2012.**

Please also read the Terms and Conditions carefully. If you have any questions please email alexandra@excellent.org.uk



Your Questions Answered

Is the trip for me?

Most travellers to Kenya don't get the chance to take part in a trip like this. If you want a real insight into the life of a rural community, get a taste of development that really transforms people's lives, and you don't mind a little hard work then this experience is definitely for you.

What will my group be like?

The group will be between 10–18 people. You will be accompanied on the expedition at all times by an Excellent representative.

How fit do I need to be?

You will be helping to dig trenches, shovel sand, mix cement, lift rocks and carry buckets of water. You don't need to be an athlete to build a sand dam, however the hot climate and the nature of the work can be tough so it is important that you work at your own pace and take breaks when you need to. Most people feel pretty exhausted after a day of dam-building but everyone who returns from our expeditions tells us it is worth it.

When do I need to book my flight for?

You need to plan your flights so that you can be met at Nairobi International Airport on the morning of 16th September. You will be dropped off again at the airport on 22nd September in the afternoon/evening.

What do I need to bring?

You won't need any specialised kit. However you will need a pair of work gloves and some comfortable and loose-fitting clothes that you don't mind getting filthy. A comprehensive kit list will be supplied upon registration.

What will my accommodation be like?

You will stay in a compound in same-sex shared rooms. Accommodation is very basic but clean and comfortable. Washing facilities are limited, with simple bucket showers and pit latrine toilets.

What is the food like?

Seasonal produce is sourced locally and prepared in the traditional Kamba style by the compound cook. Typical meals consist of rice, chapattis, ugali (ground maize a little like polenta) with lentils, beans and vegetables such as kale, spinach, tomatoes and potatoes.

What will the weather be like?

The areas around Mtito Andei and Kibwezi where we will be based are usually dry at this time of year with temperatures between 20-35°C. Temperatures in the evening and early morning can feel cooler.

Can I stay on in Kenya for longer?

Absolutely! Excellent will collect you from Nairobi International Airport at the start of the expedition and drop you off at the airport at the end of the expedition. However you are free to plan your own travel itinerary for before and after the expedition. You might even want to take advantage of being so close to Tsavo West Game Reserve to add on a safari to the end of your trip.

What is included in the cost?

Your registration fee covers the cost of your accommodation, all food and water and local travel while on expedition plus airport transfers on the 16th and 22nd September.

What is NOT included in the cost?

Flights, travel insurance, visas, vaccinations and malaria tablets, alcoholic drinks, spending money, airport transfers on alternative dates, and any onward travel or accommodation either before or after the expedition.

Can I fundraise for the sponsorship money?

Yes! And as long as you allow plenty of time you will reach your target very easily. We recommend you start your fundraising as soon as possible. We have put together a fundraising pack with help on setting up your own fundraising webpage and some tips and ideas to get you started.

Where will the sponsorship money I raise for Excellent go?

Your donations will be used to underwrite the charitable work you will visit and/or take part in during your trip. Any funds in excess of this will be used by the Trustees of Excellent to further the aims of the charity.

What People Say About the Experience

Excellent has organised sand dam expeditions for Gap year students, scout groups and corporate groups. Here are a couple of comments from past expedition volunteers.



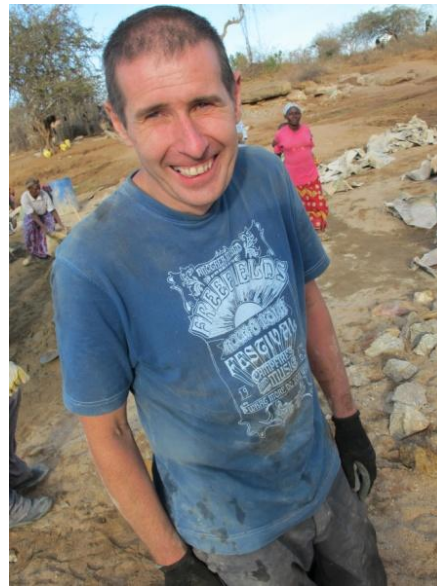
"It was a truly amazing experience - a unique and inspiring insight into the lives of people who are determined to solve their own problems and build a better future for their children. We were given an incredible welcome, and the friendship and hospitality we encountered was, at times, overwhelming." **Simon Witney (above), SJ Berwin Expedition, March 2010**



"After seeing the other dams in the area, it gave me a great impression of Excellent's work and optimism for the future of this project. The contrast between the areas that have existing sand dams and those that don't is visually striking." **Gaby Miller-Cahill (above), Gap Year Expedition, Summer 2010**

"What can I say...WOW! What a trip... Charity has never played a huge part in my life, but seeing what Excellent do first hand has opened my eyes and I must say what a fantastic charity you are. I will do all I can in the future to spread the word. It has been a life changing experience."

Chris Harrison, Vulcan Engineering Expedition, June 2011



"As a Civil Engineer I have spent twenty two years of my working life designing and building infrastructure projects in the United Kingdom and other parts of the developed world, all of which have improved people's lives in some small way. This Sand Dam will have more impact on the local community than any previous project I have ever worked on. Being involved in the project has changed my outlook on life, and I am proud and humbled to have been involved in a project which will improve the lives for so many and will last for generations to come." **Michael McConnell (above), Scott Wilson Expedition, September 2010**

Terms and Conditions of Entry

PARTICIPATION

1. You must be at least 18 years old before the departure date.
2. Your passport must be valid for six months from the date that you plan to return to the UK.
3. You are responsible for ensuring you fulfil all the necessary visas entry requirements for Kenya before the Expedition. Further advice about visas will be provided after registration.
4. You must have adequate travel insurance that covers you for the activities you will be undertaking, including emergency repatriation. You will need to provide proof of travel insurance 4 weeks before departure. You may forfeit your place if in Excellent's opinion; you fail to provide proof and/or adequate travel insurance.
5. Places on the expedition are restricted to 18 people and will be allocated on a first come-first served basis provided the Registration Form is fully completed and signed with a registration fee of £250, and completed Medical Questionnaire and Liability Release.
6. You participate at your own risk. If you are refused passage and/or entry/exit to or from Kenya you are responsible for any additional costs incurred.
7. 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.
8. You must consult the advice of your GP on appropriate vaccinations and medication before travel. Each participant is responsible for checking their 'fitness to travel' with their GP prior to travel.

FUNDRAISING

9. A registration fee of £250 (non-refundable) must be enclosed with your Registration Form.
10. By registering for the Expedition you are pledging to raise the minimum fundraising amount of £500 to support Excellent's work. Part of the challenge is to raise as much above this amount as possible.
You are required to send your contribution by cheque or electronic transfer to Excellent by the following deadlines: Your registration fee of £250 by 22/06/12, 1st donation instalment of £250 by 20/07/12, and your 2nd donation instalment of £250 by 27/08/12.
11. You are responsible for arranging your own return flights to Nairobi where you will be met by Excellent. Your flights cannot be paid for by fundraised money.
12. If you cannot raise the £500 minimum contribution your place will be forfeited unless you pay the balance yourself.
13. Gift Aid can be claimed on money fundraised, provided it falls within government regulations. Further information will be given about Gift Aid after registration.

ITINERARY

14. Itineraries, schedules and accommodation are subject to change. The itinerary provided in this pack 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 Expedition that you accept this flexibility and acknowledge that delays, alterations and their results are possible.
15. Your accommodation on the expedition will be on a same sex shared room basis in a compound. We will try

to meet any requests for families/couples/friends to share rooms but this cannot be guaranteed.

16. 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 representative.
17. Excellent 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

18. The Sand Dam Expedition require a minimum group size of ten participants to meet costs. If it becomes apparent that the Expedition will not meet the costs, it may be necessary to cancel the trip. Your registration fee will be refunded.
19. Excellent may, at their sole discretion, withdraw places on the Expedition if they believe it is in their best interests to do so.
20. If you have to withdraw, all sponsor forms and monies should be returned to the sponsors.
21. 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. If the insurance company does not recognise your claim, you will be responsible for covering any cancellation charges borne by Excellent.

LIABILITY

22. Excellent (Excellent Development Limited) is a Registered Charitable Company no. 4432166, Registered Charity no. 1094478.
23. Excellent is unable to accept liability for cancellation of the expedition for any reasons outside of its control.
24. Participants together with their personal property including baggage, are at all times solely at their own risk. Excellent do not accept responsibility in respect of death, bodily injury or illness of any person participating on this Expedition 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.

CODE OF CONDUCT

25. When visiting and working with the local communities you will be seen as a representative of Excellent and therefore it is important to us that you provide a positive representation of the Charity in everything that you do. You are expected to respect local laws, culture and behaviour and to follow the advice of Excellent and its local partners at all times.

Participant Registration Form

Title (as on passport)	Forename(s) (as on passport)
Surname (as on passport)	Date of Birth
Address	
Post Code	
Phone number	Email
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 apply to take part in the Excellent Sand Dam Expedition 2012. I have read and agree to abide by the Terms and Conditions of Entry. I have completed and enclosed the Medical Questionnaire, Liability Release and a cheque for the Registration fee of £250 made payable to Excellent. I am 18 or over on the date of departure.	
Signed _____	
Name (capitals) _____ Date _____	

Please send your completed forms and registration fee to:
Excellent, Studio 59, The Market Building, 195 High Street, Brentford, TW8 8LB by **22nd June 2012**.

Excellent Sand Dam Expedition 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 Sand Dam Expedition 2012.

Signed

Name (capitals)

Date

Liability Release

The Excellent Sand Dam Expedition requires travel to remote areas where logistical requirements for expedition team members and their baggage may involve unconventional modes of transport and basic accommodation. In addition, the expedition may involve temperature extremes as well as unconventional living and travel arrangements, frequent moves, delays, frustrations, and surprises. All are part of the expedition and visiting Excellent's projects in remote areas of Kenya. Accordingly, Excellent requires that each of its participants submit the following release and agreement.

Excellent
Studio 59
The Market Building
195 High Street
Brentford TW8 8LB
United Kingdom

Telephone
+44 (0)20 8232 9050
Website
excellent.org.uk
Email
team@excellent.org.uk

I _____ am aged 18 years old or over.

I am aware of the difficulties inherent in the requirements for this expedition and have been briefed on the physical demands of the project work. I declare that I am in good health. I will tell Excellent about any illness or medical condition which may affect my ability, or endanger other volunteers during this project. I accept that Excellent 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.

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

1. to release Excellent, 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 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 or its employees;
3. that, subject to 2, in the event that any exclusion is held to be invalid for any reason and Excellent 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 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 employees, host NGO partners or representatives. I have read Excellent'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 is that of England and Wales.

Signature: _____ Date: _____.

II. EXCELLENT DECLARATION

Excellent 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 employees, host NGO partners or representatives, in his or her absolute discretion, considers it appropriate. In this event, the participant 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.