

Time to get equal

scope

About cerebral palsy.
For disabled people achieving equality.

Event Fundraising

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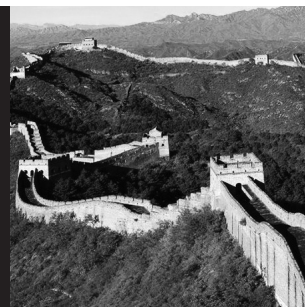
www.scope.org.uk/adventures

WEB

Life Changing Experiences

Great Wall of China Trek

17 – 25 September 2009



Thank you for enquiring about our Great Wall of China Trek in 2009. This promises to be an incredible adventure, as you trek along the Great Wall, through remote villages past magnificent pagodas and ancient temples to Beijing.

The Great Wall of China is one of the greatest wonders of the World. You'll discover the fascinating beauty, culture and people of China, a country immersed in history, mythology and ancient traditions. And what's more, you'll return home with everlasting memories of a trip of a life-time whilst raising the much needed funds to support our work with disabled people.

We are asking you to raise £2,700 for Scope. It sounds like a lot of money and it will take time and planning, but we are here to help you with practical advice and ideas that we know will work. We'll also provide a detailed fundraising pack including donation forms, event suggestions, sample letters, press releases, an id badge and a t-shirt.

Scope events are always popular and places on this amazing trek are limited, so make sure you send off your cheque and sign up as soon as possible. (We will not cash your cheque if the event is full, but once cashed the entry fee is strictly non-refundable.)

We'd love to have you join us in China in September 2009 and look forward to hearing from you.

Yours sincerely

Daniel Larcey (020 7619 7289)

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Event Fundraiser



Scope is a registered charity, no. 208231, and a company limited by guarantee, no. 520866 (England). Registered office: 6 Market Road, London N7 9PW.

questions

Your questions answered

What's the average age?

We get people of all ages on Scope trips, although most will be between 30–55.

How much training will I need?

This event is not a walk; it is a demanding trek. Remember that you will be trekking for five consecutive days. Although it's not a race – the whole aim is to complete the challenge, at your pace – you should be reasonably fit and training is essential. You will receive a complete training guide when you enter which you must follow in order to enjoy and complete the event.

What is the terrain like?

The terrain will be very hilly every day. The Great Wall itself features thousands of steps, which are extremely steep in places. There are also many severe inclines to climb and descend. Anyone who thinks they are likely to suffer from extreme vertigo should contact us to discuss the event in more detail.

What will the weather be like?

Temperatures in September tend to average around 15–25°C in the daytime. There's also always the possibility of showers so we recommend you bring a waterproof jacket.

What are the facilities like?

You will be staying in 2/3 star hotels throughout the event. The rooms will be twins or triples with en suite bathrooms.

Do I need specialist kit?

We supply you with a list of what you will need to take, but apart from a good pair of hiking boots and wet weather gear, no other specialist kit is required.

What will I eat and drink?

Breakfast will consist of toast, jams, bacon, eggs, tea plus dumplings and noodles. Lunch will be sandwiches, fruit, cake and fruit juice. Dinner will be a large Chinese banquet with a variety of dishes. Vegetarians are well catered for but we recommend everyone to bring a few energy bars and snacks. All water provided on trek will be bottled water and is safe to drink.

Will I have to carry my kit?

No. Your luggage will be transported to the next evening stop. All you will need to carry is a daypack with basic supplies – rainwear, water, camera and sunscreen.

What sort of back-up is there?

We provide medics, professionally trained guides, transport for your luggage on trek and English-speaking group leaders.

What happens if I get tired?

There will be plenty of rest-stops, but it is not a problem if you want more. A guide will be with you at all times.

Will I be insured?

No. You must take out your own personal travel insurance covering health, accidents and loss at least eight weeks prior to departure. The tour operator's recommended policy will be included in the sponsor pack. If you do not take out this policy, you will have to provide us with a copy of your insurance policy before the trip departs.

Do I need a visa?

Yes, you will need to apply for this yourself. We will provide the necessary forms nearer the date. The cost will be approximately £30.

Do I need any vaccinations?

We recommend Hepatitis A and Typhoid vaccinations, plus make sure your Polio and Tetanus boosters are up to date. Please also consult your GP.

Do I get to meet other trekkers before we go?

Yes. We will be holding an Information Day in London about four months before the trek departs. It will be a really useful afternoon covering all aspects of the trek and gives you the chance to ask questions plus meet your fellow trekkers.

Can I stay on?

Yes. We will put you in touch with our tour operator The Ultimate Travel Company. You must get in touch with them by the end of June 2009. Please be aware that places will be limited.

Can I raise more?

Yes! Fundraisers who raise £3,700 or over will have the option of having their entry fee refunded.

What happens if I can't raise the money?

The minimum of £2,700 must be paid to Scope 10 weeks before you go on the event. At this time, all tour and travel costs will be paid to UTC for your place. If you cannot raise the £2,700, we will ask you to make up the balance yourself in order to secure your place on the event. If you do have to cancel from the event, we can refund your sponsor money directly to your sponsors if required. However, we have a team of experienced fundraisers dedicated to supporting you. Please do phone us for advice if you are experiencing difficulties.

How do I go about raising the minimum £2,700 sponsorship?

Once you have signed up for the trip we will send you a comprehensive sponsor pack to make your fundraising as easy as possible, and we will be with you every step of the way. You will need to start planning your fundraising as soon as possible and here are some helpful tips to get you started.

- Always ask for payment up front. Chasing sponsorship can be time-consuming and often difficult to collect.
- Make the most of Gift Aid – Scope can now claim 28% extra on all donations from UK taxpayers.
- Put a large donation on the top line of your sponsor form to encourage others to follow suit!
- Have a look on the www.justgiving.com website where you can create your own sponsorship page to email to all your friends and family who can then donate online.
- Fundraise around what you enjoy doing in your spare time – if you go down the gym regularly then think of a fundraising event you can hold there, or if you have a good local pub, consider holding a quiz or race night there.
- Think of as many different ideas as possible and then if some of your ideas don't work, you'll have plenty more to fall back on.
- Check with your company whether they have a matched-giving policy – and if they don't, find out if they would be willing to sponsor you.
- Make sure you tell everyone you know about what you are doing and try to get some coverage in your local paper or radio.

Here are just a few ideas to reach your target:

Ask 20 work colleagues for £10	£200
Car boot sale	£200
Collection at supermarket	£200
Non school uniform day at local school	£300
Sweepstake on sporting event at work/pub	£200
Raffle	£300
Fancy dress pub crawl	£200
Ask 10 business suppliers/clients for £30	£300
Sponsored head-shave or dye	£200
Ticketed Event such as Valentine's Day	£500

Tell me more about Scope?

Scope is a national disability organisation whose focus is people with cerebral palsy. Cerebral palsy is the most commonly diagnosed physical disability in Britain today and affects more than 1,800 babies born each year.

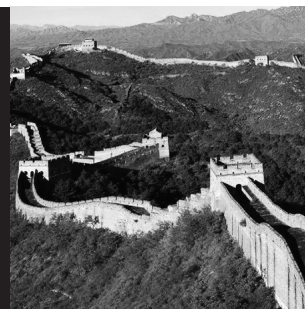
Cerebral palsy is a condition that jumbles messages between the brain and muscles and can make it hard to talk, sit or walk. Scope works with people with cerebral palsy, their families and carers and provides a range of services to meet their needs and enable them to live the lives they choose.

For more details, read the leaflet enclosed and visit our website: www.scope.org.uk

Life Changing Experiences

Great Wall of China Trek

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Your package includes

- Scheduled international return flights London – Beijing
- Transport on arrival and throughout the trek
- Transfer of luggage throughout the trek
- Shared accommodation every night in 2/3 star hotels
- Full board throughout (except lunch on day 8)
- Services of English-speaking guides throughout
- Full medical back-up and professional support staff

Extras you will need

- Registration fee of £199
(Optionally refunded if sponsorship of £3,700 or more is received)
- China visa (approximately £30)
- UK airport tax (approximately £50)
- Gratuities
- Personal expenses
- Personal travel insurance
- Lunch on day 8
- Optional tours in Beijing
- Recommended vaccinations (some GP surgeries charge for this service)
- Your own kit; good walking boots, rucksack etc.