



Saints

FOUNDATION

INSPIRES • SUPPORTS • DELIVERS

Saints Supporters Tour to Lesotho

November 9th – November 19th 2014



Travel, play football, change lives...

In partnership with Kick4Life, a charity set up by two Southampton fans, this ten-day life-changing trip includes:

- Delivering health education to children in local schools, supported by qualified coaches.
- Playing football (in Saints kit!) against local teams in front of hundreds of supporters.
- Visiting orphanages, community projects and cultural sites.
- An adventure trip to the stunning mountain region.

Kick4Life's tours are popular with men and women and people of all ages – there is something for everybody! [Watch this video](#) for an overview of the tour experience.

About Lesotho & Kick4Life

Lesotho is an incredibly beautiful country with rolling hills, dramatic mountains and some of the highest waterfalls in the world. This safe and peaceful country is completely landlocked by South Africa and the friendly Basotho people have a proud history. The country is also one of the poorest in the world with an HIV prevalence of 23.6% and thousands of children orphaned. Kick4Life is using football – Lesotho's national sport – to reach children with life-saving messages.



Kick4Life is a registered UK charity (number 1112133) that uses sport to transform the lives of some of the most disadvantaged children in the world. The charity was set up by Steve & Pete Fleming two lifelong Southampton fans!

Our programmes include

- The K4L Curriculum health education and life-skills development course delivered by local role models trained by K4L
- Our award-winning Test Your Team campaign which combines a football tournament with HIV testing and counseling.
- A development programme for orphans and vulnerable children, enabling these severely disadvantaged children to enjoy sport, receive mentoring and access key health and education services.
- A programme supporting vulnerable women towards a brighter future.

Kick4Life's achievements so far:

- 8,000 young people tested for HIV at our Test Your Team football events
- 25,000 children have completed a health education course
- 300 orphans and vulnerable children have received mentoring and referrals.
- Hundreds of street children attend daily sports activities.



What previous participants say

“Playing football in Africa is incredible, but being able to deliver crucial life-saving messages to hundreds of children was a humbling experience I will never forget” **Andy**

“The overall experience of the tour has blown me away.” **Sarah**

“I will remember the tour as one of the best experiences of my life” **Melanie**

“Helping to make a real difference to the children and communities of Lesotho goes hand in hand with seeing the wonderful beauty of the people and landscapes.” **Dave**

“The K4L tour is a fantastic way to have hands on experience and make a direct and tangible difference to HIV/AIDS awareness in Lesotho” **Emily**

“We played on some of the most picturesque pitches in the world” **Ben**

Itinerary

A few months before the trip a preparation day will be held at St Mary's Stadium with the chance to meet fellow participants and find out more about the tour.

Day 1 (Sunday 9^h November 2014): Fly out

Day 2: Arrive in Johannesburg. Transfer to Maseru, Lesotho.

Day 3:

- Welcome meeting and meet the K4L team. Learn about Kick4Life's programmes.
- Training in the Kick4Life Curriculum by qualified coaches
- First match



Days 4-6

- Health education sessions at local schools. You will be supported throughout by K4L coaches and translators.
- Two football matches against local teams in front of hundreds of supporters.
- Visits to local HIV/AIDS project or orphanage.
- Evening entertainment includes a quiz night and a movie night. There will also be the chance to watch Saints matches and other football games during the trip!



Days 7-8

- Adventure trip to the mountain region.
- A final football match surrounded by the stunning Maloti Mountains.
- Pony-trekking through the stunning scenery and a chance to bathe in a beautiful waterfall.
- Games in the evening by the camp fire



Day 9: Travel back to Maseru for final day and Awards Night at a local restaurant.



Day 10: Transfer to Johannesburg. Flight home

Day 11 (Wednesday 19th November 2014): Arrive home

Frequently Asked Questions

Q. What will the weather be like and what clothes should I bring?

A. Bring a good selection of clothes suitable for warm and cooler weather, and also something waterproof. Something relatively smart for eating out is also advised. And don't forget to bring your swimming gear for the pool and the waterfall.

Q. What injections and inoculations do I need?

A. We recommend that you speak to your GP at least six months before travelling for a full list of what inoculations you need.

Q. Is it for men and women? What if I don't want to play football?

A. Absolutely, the tours offer something for everyone and we have had a good balance of men and women on previous tours. The games and activities that we deliver to children are not based on football and during the matches a wide range of activities are delivered to children around the pitch.

Q. What football kit should I bring?

A. If possible bring football boots, trainers and astros, or at least two of the three. Also bring your own shin pads, shorts and socks. Shirts will be provided by Kick4Life. Clothes can be washed for a good price by a local laundry service sourced by K4L.

Q. How many people will attend?

A. The average tour size is between 15 and 25 people.

Q. Who will lead the group?

A. A Kick4Life group leader will travel with the group on the flight out and stay with the group for the duration of the tour ensuring you have an enjoyable time. The local activities will be coordinated by our Lesotho based team. A representative from the Saints Foundation will also accompany the group throughout the trip.

Q. What medical procedures are in place?

A. A first-aider will travel with the group. For more serious incidents high-quality clinics are available.

Q. How do I raise the money?

A. Please see the fundraising section below.

Q. Does Gift Aid count towards my total?

A. No. Gift Aid is a tax benefit for the charity and does not constitute funds raised by you.

Q. When do we need the money by?

A. To secure your place we need an initial £50 upon booking. We require a further £450 by 1th March 2014, a further £1000 by 1st August 2013 and the final £1000 by 1st November 2014. This totals to £2500. We will be holding a number of events to support you with your fundraising.

Q. What happens if I don't raise the money in time?

A. If you don't raise the money you won't be able to travel unless you pay for the outstanding balance yourself. It is important for the viability of the tour that you meet the target. Anything beyond the target figure is hugely appreciated.

Q. How is the money raised used?

A. Approximately £1000 of the money raised will go towards the cost of your flights, accommodation and full board while in Lesotho – you are directly contributing towards Kick4Life’s targets as this is money well spent. The remaining £1,500 will support the Saints Foundation’s and Kick4Life’s ongoing work.

Q. What will the health education entail?

Kick4Life delivers a curriculum of fun and interactive games and activities that have underlying messages about health promotion and healthy-living. You will be trained to deliver a small number of these activities. You will be introduced to the games at the preparation day and will be fully trained by a local coach upon arrival in Lesotho. During delivery you will be supported by a Kick4Life coach.

Q. What is not covered by the amount raised?

A. You need to arrange personal travel insurance for the duration of the trip. The cost of necessary vaccinations or any personal expenditure during the trip such as gifts, extra food and drink throughout the day, and any other tourist activities are not covered. The first meal covered by the charity will be on the night of your arrival in Lesotho – food and drink at the airports is not covered by the charity.

Q. What will the accommodation and food be like?

A. The team will probably stay at Bambatha – the Lesotho FA HQ. The accommodation is of a good standard and is on a twin share basis. All rooms are en-suite. The food is mostly provided by an external caterer sourced by Kick4Life with a wide range of nice dishes throughout the week. On a number of nights we will eat out at local restaurants.

Q. What money should I bring?

Lesotho Maloti and South African Rand are of the exact same value, you can use both here. Maloti cannot be used outside of Lesotho so you are better off changing your money into Rand. The average participant spends around £100-£200 during the tour.

Q. What other things should I bring?

A. Other suggested items include: sun lotion, insect repellent, towel, sunglasses, a hat and a plug adapter suitable for South Africa.

Q. What should I be aware of when working with the children?

A. When working with children at the orphanages, be aware that they often suffer from feelings of loneliness and isolation which affects their self esteem. Therefore it is important to make every effort to include all children and not show favouritism.

Q. Should I tip? Should I give things out to the children?

A. Basotho are used to seeing “non-locals” who have a lot of money and often give it away when asked. Therefore, you will find that some people will ask you for money or clothing etc. They won’t necessarily be homeless or orphaned. It is at your discretion if you choose to give money/items of clothing away, but be aware that there will be others nearby wanting the same treatment. We advise that on project visits you do not give items away as we will make group donations such as a football kit. It is generally a rule for expatriates living in Lesotho to pay between one and four rand for a service such as help parking the car, putting in petrol, help with shopping etc.

Q. Can I drink the water?

Some people drink the tap water in Lesotho, others do not. It is your choice whether you want to drink it. If you have a particularly sensitive stomach you may also wish to steer clear of ice or salad. Bottled water will be available.

If you have any further questions please email steve@kick4life.org or call Steve on 07710999169.



Terms & Conditions of Entry

1. In return for a secured place on the Saints Supporters tour you are required to pay a deposit of £50 and pledge to raise a total of £2500. We require a further £450 by Friday 27th July 2012, a further £750 by Friday 26th October 2012 and a further £1,250 by Friday 25th January 2013. This totals to £2500. If you are unable to raise the full amount you are liable to forfeit your place on the challenge, unless you choose to pay the balance yourself.
2. All funds raised in the name of the Saints Foundation must be paid to the Saint Foundation.
3. You must be at least 18 years old on the date of departure in order to take part in this challenge. If you are 16 or 17 you can attend with parental consent. If you are less than 16 you must be accompanied by an adult.
4. Your passport must be valid for six months after the date of return to the UK. It is your responsibility to obtain any necessary vaccinations for the challenge and to do so well before the departure date.
5. You participate at your own risk. If you are refused passage and/or entry/exit to or from South Africa or Lesotho, any additional costs incurred are your responsibility.
6. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking. The policy must provide coverage for the payment of costs and expenses relating to medical treatment, repatriation costs, loss of, or damage to personal items and claims made by third parties.
7. The details you provide us with must be correct. This is especially important for the passport information as this will be used to book your flights. If you provide incorrect information you may not be able to travel.
8. The Saints Foundation may, at its sole discretion, withdraw places on the challenge if it is believed to be in theirs or the groups' best interest to do so.
9. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of the Saints Foundation.
10. The Saints Foundation reserves the right to cancel the tour should it be deemed necessary for any reasons outside of their control. In this instance, the Saints Foundation will use its best endeavors to recover the registration fee and tour costs and reimburse you with such sum as is recovered.