

# GROW

## for Good Challenge

Growing Resilience and Opportunities for Women



## FAQs

### HOW MUCH DOES IT COST TO TAKE PART?

The total cost of the trip is £1900 exclusive of international flights. Participants are required to fundraise a collective of £75,000 for charity Farm Africa.

### HOW CAN I RAISE THE MONEY?

Farm Africa will support you and the team in your fundraising efforts. Forward planning is key and we can help by offering you [fundraising ideas and materials](#). All money raised will be reflected on the [JustGiving GROW Challenge page](#).

### WHEN DO I NEED TO PAY?

Participants are required to pay the balance by 30 September 2024. The fundraising deadline of a minimum of £75,000 is 19 November 2024, or if you can, before the challenge!

### WHO IS TAKING PART?

This trip is open to senior-level professionals working within the food industry. Everyone will meet at the briefing meeting, don't miss it!

### WHO IS ORGANISING THE EVENT?

This unique trip is organised by Farm Africa and Three Degrees South, it is a bespoke challenge and project visit.

### WHAT WILL THE ENVIRONMENT BE LIKE?

In October, Embu County's moderate temperatures and fertile volcanic soils create an ideal environment for cycling. The diverse landscape, including rolling hills and valleys, will provide a scenic backdrop as participants cycle along roads to various farms. This time of year features pleasant weather and a vibrant agricultural setting.

### WHAT IS THE FITNESS LEVEL REQUIRED?

To cycle 25km each day for three days, you need moderate fitness. Build cardiovascular endurance, leg and core strength through regular long rides and cross-training. Please prioritise recovery and nutrition to handle the challenge effectively.

### WILL I NEED ANY VACCINATIONS?

Seek advice from your doctor or travel clinic as early as possible. At time of writing, Kenya requires proof of a valid Yellow Fever immunisation certificate and recommends Hepatitis A and B, Tetanus and Typhoid immunisations.

### DO I NEED ANY SPECIALIST KIT?

We will provide you with a full kit list at the briefing meeting.

### CAN I EXTEND MY TRIP IN KENYA?

Of course, as you are booking your own international travel this is entirely up to you however may be an additional cost. Contact the team directly as soon as possible with your confirmed plans.

### WHAT SORT OF SUPPORT IS PROVIDED ON THE TRIP?

One of the main roles of your guides is to keep monitoring you. Our guides have both radios and mobile telephones and have communication lines with both rangers and the event manager. Our team has access to rescue services if necessary. Farm Africa staff will also accompany the trip from start to finish.

### WHAT WILL THE FOOD BE LIKE?

On the challenge it is essential to try and eat as much as possible and to keep very well hydrated with the provided mineral water. Your water bottle is vital. We will have a cook who will freshly prepare all meals in Embu County. Due to the remote locations, food is basic and focused on what can be locally sourced and what will provide you with the most energy for the challenge!

### WHAT WILL THE WEATHER BE LIKE?

The trek has been arranged just before the rainy season so that cycling isn't too tricky. Expect daytime temperatures between 20°C and 30°C with cooler nights around 10°C to 15°C.

### WHAT IS THE ACCOMMODATION LIKE?

While a few nights will be spent in hotels, three nights will be spent camping. That means that whilst we try to make this as comfortable as possible, water for showers will be limited to around five litres per person per day. Most toilets will be short drop style with a portable toilet seat and toilet tent.

### WHAT IS INCLUDED IN THE TRIP COSTS?

National road transfers, accommodation, three meals a day, drinking water and support from Farm Africa staff in the lead-up to and on the trip. Also included: photography, satellite phone for emergency use, sleeping bags, unlimited supply of filtered and purified water, park fees, camping fees, armed scout, support vehicles 24/7, emergency road evacuation to nearest hospital and the Roundtable Event.

### WHAT IS NOT INCLUDED?

Transfers to and from the airport in the UK, entry authorisation certificate, vaccinations, travel insurance, alcoholic drinks, tips, souvenirs, clothing/footwear for the challenge and extension/excursions arrangements. We recommend withdrawing cash at the international ATMs or taking cash to exchange at the airport.

### WHAT IS THE ENVIRONMENTAL IMPACT OF THIS TRIP?

We place a high priority on environmental sustainability and develop approaches through our programmes that help farmers to improve their yields and incomes without degrading their natural resources. We strive to reduce the environmental burden of international challenges like this one, for instance by offsetting the carbon footprint of the international travel. While cycling we leave as little trace as possible. Our crews are instructed to remove all rubbish from each camp, including all food scraps. Crews are also instructed to avoid damaging any flora in setting up of camps. We ask our guests to be very sensitive to the environment and to make sure all waste, from paper wrappers to bottle tops, are given to the crew to pack away so that we can take it all back to town or to a suitable disposal point. Three Degrees South who are leading the cycle practise 'Leave No Trace' Principles and also Carbon Offset all activities.

### ENTRY REQUIREMENTS

Participants are responsible for arranging their own electronic Travel Authorisation (eTA) to Kenya via the Republic of Kenya government site. Passports must be valid for at least six months upon entry into Kenya. Participants must hold return/onward tickets and all documents required for their next destination.

### WHAT LANGUAGE WILL BE SPOKEN?

Swahili is the official national language of Kenya. English is also widely spoken by many Kenyans. Our expedition leader speaks English and will be able to translate when required.

### I HAVE A QUESTION THAT IS NOT ON THIS PAGE?

Please contact a member of the Food for Good team at Farm Africa: [foodforgood@farmfrica.org](mailto:foodforgood@farmfrica.org) or 0207 067 1239.