



BigheartedScotland

Tell me about Bighearted Scotland – who does it help?

Bighearted Scotland was formed in 1994 when a group of Scottish charities decided to work together to make the most of their fundraising potential. By coming together under the banner of Bighearted Scotland, we can pool resources, and organise events such as this ambitious challenge in a more effective way. By taking part in this challenge you will be giving to all of our six charities. Amongst them the charities provide services across the length and breadth of the country and every penny raised stays in Scotland.

Alcohol Focus Scotland www.alcohol-focus-scotland.org.uk is the national voluntary organisation for alcohol issues. Alcohol Focus Scotland is committed to improving the quality of people's lives by changing Scotland's drinking culture – promoting responsible drinking behaviour and discouraging drinking to excess. Our work involves providing information and training on alcohol issues, raising awareness of alcohol-related problems, and working to influence national alcohol policy.

CllicSargent www.cllicsargent.org.uk Every day 10 families are told their child has cancer. As the leading children's cancer charity, CLIC Sargent is the only organisation to offer them all round care and support. That's because we're there every step of the way:

- During treatment - providing specialist nurses, doctors, play specialists,
- Homes from Home in hospital & at home
- Specialist youth services, holidays, grants, helpline
- After treatment - helping survivors, supporting those bereaved, research

Epilepsy Scotland www.epilepsyscotland.org.uk is Scotland's voice for epilepsy. We provide information through our freephone Helpline service. We campaign for improved standards of medical care, more accessible information and support, and to end the discrimination and stigma experienced by people with epilepsy. We produce a range of fact sheets and publications. Epilepsy Scotland also supports a network of local self-help groups.

Momentum www.momentumscotland.org was established as a charity in 1990 and has services in more than 30 locations across Scotland. Each year, Momentum assists more than 2,200 disabled and excluded people to identify and achieve their goals, equipping them with the tools they need to live independently, gain skills and qualifications and to move into employment. Beneficiaries have access to a wide range of services including:

- Brain Injury
- Spinal Injury
- Mental Health
- Physical Disability
- Learning Disability
- Employment
- Community Rehabilitation
- Care

Penumbra www.penumbra.org.uk provides innovative community-based services for people with mental health problems. We also raise awareness through information and education on mental health issues and the stigma and discrimination surrounding them. Our services enable people with mental health problems to lead an ordinary life.

Scottish Native Woods www.scottishnativewoods.org.uk is Scotland's own woodland conservation charity dedicated to the restoration and expansion of our native woods. Well-managed woods are food and shelter for many wild creatures and provided people with wonderful places to walk, watch wildlife, breathe clean air, harvest timber, gather nuts, fungi and berries. Our work is to preserve our beautiful, natural woods.



Bighearted Scotland is a member of the Fundraising Standards Board

As such, we aim fully to comply with the standards set by the Codes of Fundraising Practice of the Institute of Fundraising. The Institute of Fundraising is the professional membership body for UK fundraisers, working to promote the highest standards in fundraising practice and management.

Bighearted Scotland's fundraisers are members of the Institute of Fundraising. All members of the Institute of Fundraising are required, as a condition of membership, to conform to the Institute's Code of Conduct in relation to their work. We are therefore committed to codes of conduct which include transparency, honesty and accountability, amongst others.

give with confidence

www.frsb.org.uk

www.institute-of-fundraising.org.uk

About the David Livingstone experience

One participant in the 2007 Livingstone Challenge, George McKay said:

"I would describe the experience in one word – awesome! It was an adventure that I will never forget and for people who are considering getting involved, I would tell them to be open to something different and be up for a fantastic challenge. It is not only extremely rewarding to help people in Africa, but also to be raising money for a wide range of Scottish charities. My most memorable moment was when I woke up at three in the morning and all I could see was the twinkling African sky and crocodiles lying on the beach."

PLANNED ITINERARY

- DAY 1:** Meet at Airport and commence travel to Africa
- DAY 2:** Arrive in Africa and continue journey to Livingstone.
Afternoon - on arrival at Livingstone you will be met and transferred to your Waterfront accommodation.
Rest of the day at leisure. Lots of activities, wildlife and places to see including David Livingstone memorial & the place where he first saw the falls.
Braai for dinner.
Accommodation at Waterfront in riverside chalets
- DAY 3:** 0830 – Breakfast
Full Day Rafting. Approximately 22 km
1300 – Lunch on the river banks
1600 – Finish
Dinner & overnight camping in the gorge
- DAY 4:** After breakfast we hike out of the gorge, elevation 750M and walk through the bush of the National Park. During our walk of approximate 10KM, we will stop at two African working villages.
Late Afternoon +/- 2pm for Rafting Video from previous day
Accommodation at Waterfront in tents on platforms
Dinner at Waterfront
- DAY 5:** Breakfast
Transfer to the canoe for a 25KM paddle.
Like Livingstone, today we navigate the Zambezi. Canoe (tranquil) for the whole day stopping at an island for a picnic lunch and then camp the night on another.
- DAY 6:** Breakfast
After breakfast, 1 hour paddle to Thorntree Lodge for some elephant interaction. Return to the Waterfront for lunch.
After lunch, 12KM trek to the Victoria Falls including transfers & entrance fees.
Dinner & accommodation at Waterfront in tents on platforms.
- DAY 7:** Community Activity day
- DAY 8:** Breakfast
Full Trek day. 21KM bush trek which will be relatively flat with a few up and downs in the gorges.
A beautiful day to acquaint yourself with nature. Lots of animals to see.
Dinner & accommodation at Waterfront in tents on platforms
- DAY 9:** Breakfast and morning at leisure.
Transfer to the airport
Afternoon leave Africa to Travel back to Scotland
- DAY10:** Arrive in Scotland around lunchtime

Some timings in this itinerary may change. Exact itinerary will be confirmed nearer the time of your departure.

FREQUENTLY ASKED QUESTIONS

What makes the David Livingstone's Footsteps Challenge so different?

The Livingstone's Footsteps challenge is not just one event; it is four exciting experiences in one. This gives you the opportunity to fulfil personal ambitions whilst at the same time raising money for the six Scottish charities that make up Bighearted Scotland.

The David Livingstone's Footsteps Challenge is arguably the most varied and stimulating challenge currently offered to charity supporters. The event, in and around the River Zambezi in Zambia, will test you both mentally and physically and give you the chance to experience an exciting event in an exotic and cultural location.

- Trek through the bush, alongside rivers and through gorges
- Canoe the upper Zambezi river surrounded by big game and bird life
- White water raft the dramatic Zambezi river, some of the most exciting white water in the world
- Undertake a community project helping a local good cause

What do I need to take part in the David Livingstone's Footsteps Challenge?

First of all you need to fill out a registration form and fundraising pledge, and send it in enclosing a £325 registration fee. (You may pay in up to 5 instalments – 10 if you are registering a group/family of two or more) After that, the minimum sponsorship money required for this event is £2,750. This will cover the costs of your challenge and includes all meals, guides and activities, flights, transport and accommodation. It excludes Insurance, Airport taxes and alcohol and tips. You will receive a detailed fundraising pack full of ideas to help you to raise your sponsorship money.

What sort of people will be taking part?

Individuals from all backgrounds and walks of life will be taking part in the challenge. Anyone can enter the event as long as they are over 18 years of age. What people will have in common is the enthusiasm and the commitment to take part.

How fit do I have to be to take part in this event?

You do need to have a reasonable-to-high level of fitness to take part in this event, but you do not have to be "super fit" or a "professional athlete"! We suggest that you slowly build up your fitness levels over the months leading up to the challenge.

How much support will I receive on the event?

The David Livingstone's Footsteps Challenge is being run in conjunction with Brightways Travel (ATOL No 3054) and Relationship Marketing Limited. Throughout the whole event in Zambia, professionals will be on hand with the rest of the team to ensure that safety and quality of training is of top priority. The challenge will also be supported by English speaking guides. Full training will be given on both the white water rafting and the canoeing events ensuring the safety of all participants.

What about insurance?

All participants must be covered by insurance throughout the whole Livingstone Challenge. This must include cover for travel, health, accident and loss. We also advise participants to make sure that the insurance companies know the full nature of the challenge in order that every aspect is covered.

How do I raise the minimum sponsorship for the event?

Bighearted Scotland will give you full support and fundraising tips throughout the months leading up to the event. (We have included some sample fundraising “menus” below). Once you have registered on the David Livingstone’s Footsteps challenge you will receive a comprehensive, detailed fundraising pack including sample letters and press releases for you to send out to local newspapers, companies where you have a warm link, and individuals who know you and will support you. The nature of the David Livingstone’s Footsteps challenge and the good causes that you are supporting will encourage a great response from your local area. Many participants often find they easily raise above and beyond the minimum sponsorship.

What happens if I don’t raise the amount of money required?

First of all - Don't panic!! We will ask you to have raised a percentage of the sponsorship money by a certain date. Remember, you are not on your own, with our fresh ideas and support you **will** succeed. We will also try to put you in contact with other people taking part in the David Livingstone’s Footsteps challenge so you can support each other and exchange fundraising tips. However, if you are having difficulties please let us know as you may forfeit your right to take part if you have not raised sufficient sponsorship by a certain date.

Can I stay on in Africa once I have finished the challenge?

YES! If you wish to extend your stay after completing the event, you can make arrangements for flight transfers and accommodation through our operator, Brightways Travel.

IMPORTANT INFORMATION

The following information needs to be read carefully. If you require any further information or need help contact Bighearted Scotland on: 0131 475 2549 (Penumbra)

INSURANCE

All participants taking part in the Livingstone's Footsteps Challenge in Zambia must be fully covered by insurance for the full duration of the trip (including flights and travel). The insurance policy must cover participants for travel, health, accident and loss. Please also make sure that the insurance broker that you use is informed of the nature of the event to ensure that you are fully covered.

Bighearted Scotland needs a photocopy of your insurance details as soon as possible so we can be sure that you are fully covered for the event. Please forward your photocopy of your insurance details (making sure that your registration number is clearly marked on them) as soon as possible to Bighearted Scotland - marking the envelope 'Insurance L.F.C'.

A NOTE ABOUT SPONSORSHIP MONEY

Your Registration Deposit cheque is made out to Relationship Marketing and posted in to Bighearted Scotland and after that, all sponsorship money raised for the Livingstone's Footsteps Challenge must be forwarded to Bighearted Scotland as soon as it is collected. All cheques must be made payable to Bighearted Scotland and sent to Bighearted Scotland at:

Livingstone's Footsteps Challenge
Bighearted Scotland
c/o Sheena Breeze
Penumbra
Norton Park
57 Albion Road
Edinburgh EH7 5QY

Bighearted Scotland will keep a record of the amount of sponsorship money you have raised, and if you require a balance of how much you have raised please telephone Bighearted Scotland on 0131 475 2549.

Ten weeks before departure 80% of the sponsorship target must have been paid. This is when we pay for all tour and airline costs. In order to take part in the event you must have paid in 100% of your sponsorship money 14 days before departure. You will have a reminder sent out nearer the time.

Fundraising Menus - 25 weeks to raise £2,750

Menu A

Set up a Just Giving website and invite my e-contacts to make donations on-line. 75 x £10 on average	750
Weekly bonus-ball draw in the pub with mates on Friday nights. 25 x £10	250
Barbecue in my garden – charge friends £15 to attend and hold a few daft prize competitions while they're there. 40 attend at a catering cost of £200. Net profit at least £500	500
Decide that I will pay something towards costs as I will after all be enjoying the trip!	500
Sponsor sheets in circulation	64
Feature about me in papers generates one or two donations	160
Hold a White Water Rafting Day on the Tummel – 12 mates/2 rafts	600
TOTAL	2824

Menu B

Set up a Just Giving website and invite my e-contacts to make donations on-line 100 x £5 average	500
Agree to wash three friends' cars each week for 6 months 24 x 3 x £10	720
Persuade 9 friends to bag pack with me in Asda for a day	500
Celebrate 40 th birthday – ask for donations not gifts 20 x £10	200
Sponsor sheets circulated at work	85
Persuade all colleagues at work to give an hour's pay to my challenge	200
Hold a Race Night with my local Rotary: split proceeds 50/50	650
TOTAL	2855

Menu C

Set up a Just Giving website and invite my e-contacts to make donations on-line 50 x £5 average	250
Acquire unwanted goods from friends and begin E-bay selling bonanza	800
Sponsor sheets circulated	59
Ask friends on Christmas card list not to send me a card this year but give me £2 instead	200
Visit local bingo hall – tell management my story. They allow me to make a pitch to the players one night between games and then take up a collection	300
Agree to cut friend's grass all summer (6 times)	60
Local Rotary support my challenge	100
Friend who has broken her leg happy to pay me £5 per week for 8 weeks to walk her dog	40
Local Village Gala is coming up. I offer to run a Duck Race on the river. £1 per duck – 20 ducks X 10 races (minus costs of £20)	180
Father manages a company who agree to make a donation	200
Give talks at 6 local primary schools (before and after) They pledge:	600
TOTAL	2789



KIT LIST

- Sleeping Bag
- 2 pairs Walking Shoes - one pair for the Land hike should be comfortable walking boots/shoes. The other pair should be lighter for around camp, short walks and able to get wet, e.g. a pair of trainers, something that covers the foot. Don't forget a good pair of socks.
- Shorts
- Short-sleeve shirts
- Jersey/Jacket for evening
- Trousers/Jeans for evening, light trousers for warm evenings, but offers mosquito protection.
- Socks
- Underwear
- Swimming costume
- Towel
- Personal toilet items
- Sandals
- Waterproof coat
- Tracksuit
- High-factor Sunscreen (essential)
- Lip balm
- Cap/Hat
- Sunglasses
- Lunch box for packed lunches
- Water bottle
- Personal health requirements & Anti Malaria.
- Torch and spare batteries
- Daypack
- Camera and plenty of films
- Binoculars (optional)
- Energy drinks and bars
- Some Waterproof bags for a few personal items will be handy.

Personal First Aid Kit (so you can treat minor ailments yourself)

Item	Amount
Any usual medication	
Throat Sweets	1 Packet
Savlon pump action spray for small cuts and abrasions	1 spray
Anti-histamine / bite Cream	1 Tube
Oral re-hydration sachets	10 Sachets
Sunscreen	1 Tube - high factor (small)
Moisturizer (use as aftersun)	1 Small Bottle
Total Sun Block for nose and lips	1 Stick
Foot / Talcum Powder (Scholls / Odour Eaters)	1 Small Bottle
Travel Sickness Pills	If required
Blister Kit (Compeed heel size)	1 packet
Plasters (Assorted sizes)	10-15
Vaseline	1 small tin
Wet Wipes	1 flat travel pack of 20
Anti - Malaria Pills	As prescribed
Dextrose Tablets	2 packs
Dry Wash (alcohol based anti bacterial wash)	1 small bottle

Yellow fever: no vaccination requirements for any international traveller

Malaria, however, is prevalent throughout the year in the whole country. It is important that you consult your doctor for advice regarding anti-malarial medicine.