ACTIVE ADVENTURES

Active Cheshire is giving you the opportunity of a lifetime, with a fully funded trip to Tanzania to climb Kilimanjaro!

The only catch, you will be expected to raise money for Warrington Youth Club, with a goal of £2,000. This will be done through a joint fundraising page set up by Active Cheshire.

Learn more about Warrington Youth Club here - https://bit.ly/2XuFjjA

As well as raising money for Warrington Youth Club, this is an opportunity for you to break down barriers and face challenges head on to accomplish something amazing, whilst inspiring others and showing them that they too can achieve anything if they set their mind to it.

ABOUT KILIMANJARO

Kilimanjaro stands at 5,895 meters high and is approximately 70 miles wide by 47 miles long. Kilimanjaro supports five diverse ecological zones with varying temperatures. Whilst on your trek you will go through all the climate zones on your way to the summit. More information can be found here - https://bit.ly/2X1ZXZ8
WHY WOMEN

According to recent research from Public Health England, 1 in 4 (25%) women across England are classed as physically inactive.

Almost 1 in 2 (42%) women are not active enough for good health, meaning they are active for less than 30 minutes a week.

Could you be the change by inspiring women to get active?

This is not just an opportunity for you to undertake a life changing experience, it is also an opportunity for you to work alongside Active Cheshire and Warrington Youth Club to create a movement.

WHEN IS THE TRIP

The trip will be in March 2021 (dates tbc) and will be nine days in total.

A breakdown of the 9 days can be seen here - https://bit.ly/3eo6X8P

More details will be provided to successful applicants.
**AM I ELIGIBLE**

To be eligible for Active Adventure, you must be a female aged between 19 and 25 and reside in Crewe, Winsford, Ellesmere Port, Blacon, Lache, Macclesfield, and Warrington.

Active Cheshire believes strongly in diversity and therefore welcomes women from all ethnicities and backgrounds to apply.

You must feel comfortable with your story being shared through social media, on both the Active Cheshire and Warrington Youth Club website and potentially wider. As such, it is also a requirement that you feel confident enough to speak on camera to share your story and experiences.

The purpose of Active Adventure is to inspire other women and girls to challenge themselves, break down barriers and integrate activity into their daily lives. Based on the above, you need to demonstrate how you are overcoming challenges and barriers to become active and achieve something amazing. For example, having experienced hardship, experienced prejudice, being ready to break out of your shell, need to get fitter/start an active lifestyle, or suffering with low self-esteem and confidence.

The video application gives you the chance to tell us what this opportunity would mean to you and how you will use it to inspire others.
OTHER THINGS TO CONSIDER:

- You must be eligible for a visa to enter Tanzania. Please ensure this has been checked prior to applying - [https://bit.ly/3d8IN2U](https://bit.ly/3d8IN2U)
- You must have a valid passport, with at least 6 months remaining at the point of which they are due to leave Tanzania. This is relevant to UK passports. If your passport is from a different country, please ensure you have checked trusted sources for guidelines on this.
- You must be willing to commit to the goal of fundraising £2,000 for Warrington Youth Club.
- You must be fully committed to training and understand the level of the challenge they are taking on.
- You must be able to adopt a positive attitude.

WHAT IS PROVIDED?

- Return flights (from Manchester)
- Accommodation throughout trip (both hotel and camping)
- All meals
- A professional and qualified tour leader and full support crew
- Transport during the trip
- Voucher towards equipment (approx. £200)
- As part of trip a 15% discount at Cotswold
- Outdoor, Snow and Rock, Cycle Surgery and Runners Need.
- An Active Cheshire mentor for support and encouragement/check-ins.

WHAT IS NOT PROVIDED?

- Spending money (approx. £350 – includes guide tip at end of trip)
- Visa (approx. £40)
- Travel insurance (cost subject to individual requirements)
- Clothes and full range of required equipment (more information on this here - [https://bit.ly/2AUwvf5](https://bit.ly/2AUwvf5))
- Please note some equipment including a trekking bag can be hired from company for approx. £22.
- Vaccinations
- Any other required medication such as malaria tablets or altitude sickness tablets
- Personal snacks
- Drinks
- Souvenirs
WHAT IS THE PARTICIPANTS RESPONSIBILITY?

- Before applying to Active Adventures, if you have any concerns around health conditions, injuries, or general health you should seek advice from your GP. Active Cheshire will not be responsible for determining whether it is safe for you to participate in the challenge.
- Linked to the above, it will be your responsibility to research and ensure they have had all required vaccinations. Again, this will require you to consult with your GP practice. Some vaccinations will be available on the NHS, however, a number will be at a charge. More information on vaccines and health advice for Tanzania can be found here - https://bit.ly/2TDRbyE
- You must be available in March 2021 (dates tbc).
- You must have appropriate travel insurance to cover yourself and your personal requirements - including any health conditions.
- You must commit to fundraising for Warrington Youth Club – with a goal of £2,000 per person. Active Cheshire and Warrington Youth Club will offer support with this but ultimately it is your responsibility.
- It will be your responsibility to ensure you are fit enough to take on the challenge. Active Cheshire will signpost to training plans, as well as provide support. However, it will ultimately be your responsibility. Training will require focus on physical endurance (both strength and aerobic) and mental stamina through correct preparation - https://bit.ly/2ZKi2N4
- You must ensure you can fulfil all the things listed in the 'What is Not Provided Section'.
HOW TO APPLY

To apply, send a video application to Amber Lomax – amber.lomax@activecheshire.org By Friday 31st of July.

The video should answer the following questions:

- Name, age, where you live.
- If you could use three words to describe yourself what would they be?
- What do you believe is the biggest challenge you have faced and how did you overcome it?
- What has made you decide to apply to become an Active Adventurer?
- Tell us what climbing Kilimanjaro would mean to you?
- What do you feel for you will be the hardest part of this challenge and why?
- How will you use your experience to influence others?

Please note that your video application should be approximately 2 minutes in length.

As part of the email submitting your video link, you should provide written confirmation that you have read and understood this document.

If successful, you will be informed by the end of August.

Three participants will be chosen, as well as two reserve participants. If you agree to become a reserve, you will also commit to training to the right level of fitness and supporting with/encouraging fundraising effort.

Any questions or further information required, please contact Amber Lomax - amber.lomax@activecheshire.org

We look forward to receiving your applications!