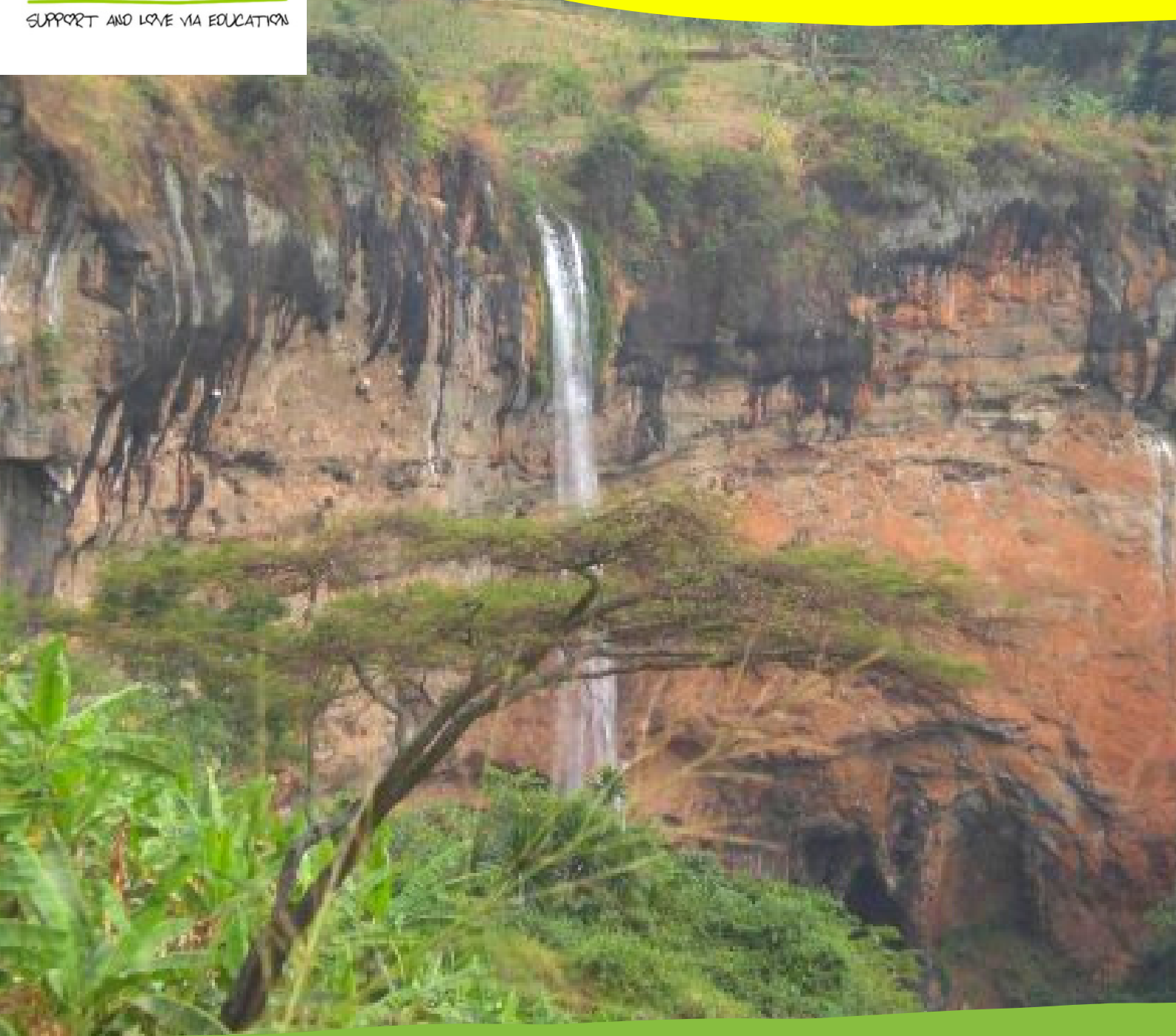




Together we can help
to make sure there is
"No Street Called Home"



S.A.L.V.E.
International
Information Pack

Mount Elgon
climb 2023

VISITING UGANDA

2023

Thank you so much for your interest in supporting S.A.L.V.E. International by taking part in this exciting challenge!

This is a short guide to help you learn more about traveling to Uganda, visiting S.A.L.V.E. in Jinja, Eastern Uganda and climbing Mount Elgon with us!

We hope this guide will answer most of your questions, but please feel free to get in touch with any further questions you might have:

info@salveinternational.org

Who are S.A.L.V.E. International?

We are a small UK and Ugandan partnership charity working hard to help children to stop living and working on the streets of Uganda.

We support street connected young people in Uganda through trust building, counselling and care. We help children on the streets to return home to their families (or another loving family) and to re-enter education.

We are a not-for-profit organisation and so we rely solely on donations and fundraising from generous supporters such as yourself.



TELL ME MORE ABOUT MOUNT ELGON

Mount Elgon is a vast, solitary volcanic mountain spanning the border of Eastern Uganda and Western Kenya. It is 80km in diameter and has 5 major peaks. The highest peak, Wagagai, stands at 4,321 metres above sea level and is entirely in Uganda. It is the summit of Wagagai that we want you to climb with us.

Two of our co-founders climbed Mount Elgon back in January 2008. It was here that the final decision to take the brave leap to start S.A.L.V.E. was decided and the name of S.A.L.V.E. came into being.

The mountain is a tough, physical challenge but one that is very rewarding. Our mountain hike will last 6 days and will take in the beautiful scenery. It's a chance to see some of the rare fauna and flora that grows here, experience mountain-side camping with the help of experienced hike guides and take in stunning views with every step.



TELL ME MORE ABOUT VISITING S.A.L.V.E.

During your time in Uganda, you will have the opportunity to take part in a special 3 day holiday camp for the children.

We will support you in advance of your trip to find out about your skills and interests so that we can arrange a fun packed schedule of sessions where you can help us to run a range of activities with the children at our main S.A.L.V.E. residential site.

Living on the streets, the children we support have sadly lost out on some of their childhood. So they love the chance to play, have fun and learn new skills.

So whether you love to sing, dance, act, play sports, play music, do art and crafts, play games, bring maths alive or debate topical issues - the children will be very excited to take part in a special camp with you, making positive memories for the future.



DATES FOR THE TRIP



S.A.L.V.E. will turn 15 on **February 1st 2023**. We want to celebrate in the sky atop Mount Elgon and would love for you to join us.

Below are the dates for the trip. You have flexibility on either side of the dates in green to extend or shorten your trip - for example adding in additional sight-seeing or travelling on a different date to best suit you. We recommend you are in Jinja by Tuesday 24th January at the latest so you can acclimatise to the altitude and be ready to join us at our holiday camp. If you don't want to attend the holiday camp then please speak to us for revised dates.

Mon 23rd Set off to Uganda	Tue 24th Aim to arrive in Jinja by Tue at the latest	Wed 25th Holiday camp with S.A.L.V.E.	Thurs 26th Holiday camp with S.A.L.V.E.	Fri 27th Holiday camp with S.A.L.V.E.	Sat 28th Rest and relaxation day in Jinja	Sun 29th Day 1 Mount Elgon hike
Mon 30th Day 2 Mount Elgon hike	Tue 31st Day 3 Mount Elgon hike	Wed 1st Day 4 Mount Elgon hike (Summit day)	Thurs 2nd Day 5 Mount Elgon hike	Fri 3rd Day 6 Mount Elgon hike (return to Jinja)	Sat 4th Return home or continue own independent trip	Sun 5th Return home or continue own independent trip



COSTS FOR THE HIKE + S.A.L.V.E. CAMP

You will need to pay £650 to S.A.L.V.E. in total.

This will cover a 3 day holiday camp with S.A.L.V.E. + a 6 day trip to climb Mount Elgon with a reputable tourism company. If you choose not to attend the holiday camp the cost will still be £650. If you choose to only be part of the holiday camp, not the hike, please speak to us for a price.

Included:

- Transport to and from the S.A.L.V.E. holiday camp for the 3 days.
 - Lunch during the S.A.L.V.E. holiday camp for the 3 days.
- Transport to Mount Elgon National Park for your mountain climb from Jinja and back.
 - All national park fees for climbing Mount Elgon.
- Shared (2 per room or tent) accommodation for 5 nights to do the 6 day mountain climb. 4 nights in tents up the mountain and 1 night in a hostel at Sipi falls at the end.
- All meals while doing the Mount Elgon trip + cooks to travel with you.
 - Hire of tents and sleeping bags.
- Porters to carry your luggage and tents on the Mount Elgon hike and set up the tents for you
 - Sipi waterfall hike



COSTS FOR THE HIRE + S.A.L.V.E. CAMP

Not included:

- Flights/ travel not mentioned/ travel insurance/ medical costs
 - Accommodation in Jinja
 - Breakfasts and dinners in Jinja
 - Relaxation day costs on 28th
 - Snacks and beverages
 - Tips for porters/ cooks

Fundraising target: We request that you try to raise a minimum of £500 for S.A.L.V.E. as you climb Mount Elgon, and we will give you lots of help and advice to support you to be able to do this.

Please note, if you would like to participate but are unable to meet all these costs yourself then please get in touch so we can discuss other options such as a higher fundraising target and then having some of your costs covered for you.



FUNDRAISING AS YOU CLIMB

Fundraising is a great chance to encourage your friends and family to join you and support an amazing cause.

Every penny you raise will go towards supporting children in Uganda to leave the streets and return to a safe family home and education. Together we want to make sure there is **'No Street Called Home'!**

The fact that you are going out to Uganda and will see our work in practice, alongside climbing a very big mountain should help to ensure that you can smash your fundraising target.

We will be with you (literally) every step of the way to support you in your fundraising efforts. Nicola (our CEO) and Alfred (Our Ugandan Director) will even be climbing Mount Elgon with you.



OTHER ESTIMATED COSTS

COSTS

We will help to give you anticipated costs, but please note that real costs will vary depending on when you book. The further in advance that you book, the cheaper costs are likely to be. Please note these costs and currency are anticipating people coming from the UK, but if you live in another country you are also very welcome to join us.

Estimated costs: to be paid directly yourself to secure your trip.

Flights (from the UK to Uganda and back): £450 - £600

Medical (depends on where you have traveled previously):

£ Various = Essential – malaria tablets, yellow fever jab, typhoid jab and COVID vaccinations. You should also check if you are up to date with your tetanus and meningitis vaccinations and what COVID tests are currently required for entry into Uganda/ the UK at the time of flying (if any).

Travel insurance: The cost of this will vary depending on how long your trip will be and which activities you choose to do.



OTHER ESTIMATED COSTS

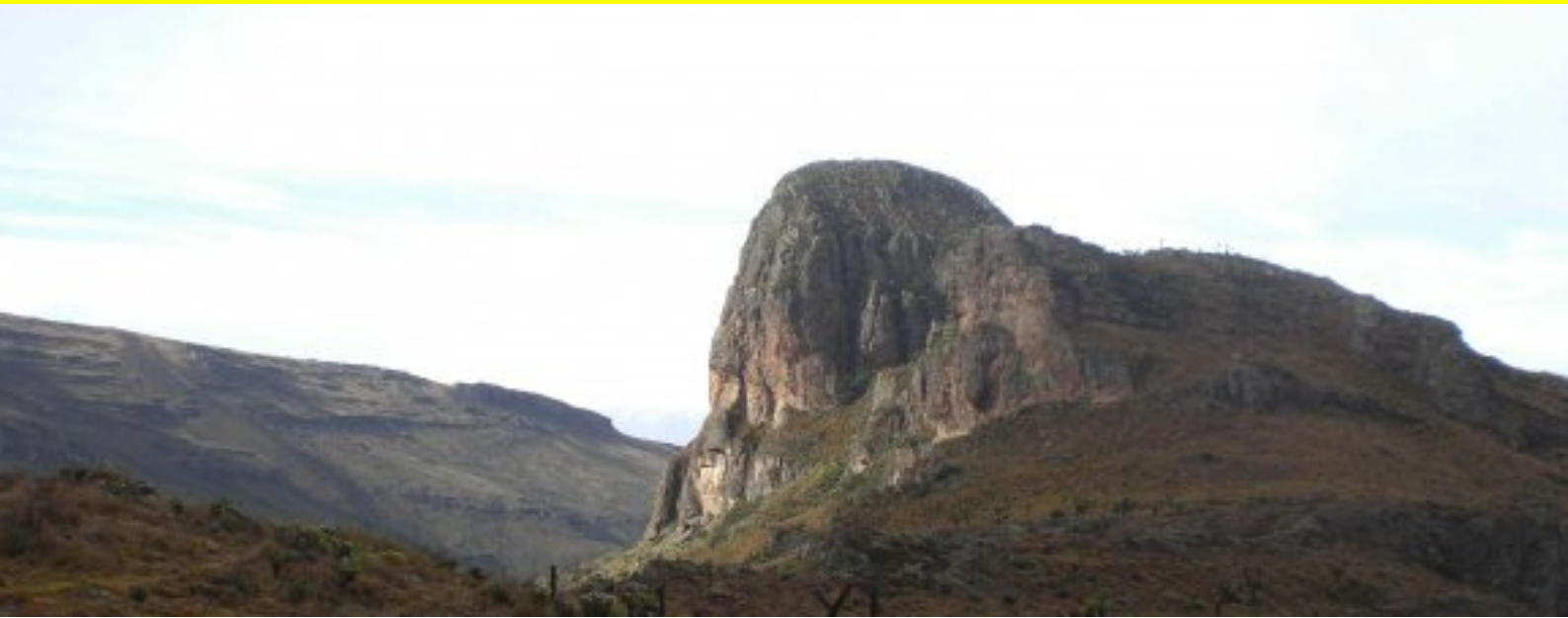
Accommodation and food in Jinja: This will vary depending on the standard of accommodation you would like and the types of food you would like to eat. Breakfast is likely to be provided at your accommodation and you will get lunch with S.A.L.V.E. during the holiday camp. We will recommend several different accommodation options for different budgets for you to choose from and book.

Estimated costs: £8-30 a night for accommodation + £2-10 for dinner.

Transport to and from the airport and overnight accommodation in Entebbe if arriving late in the night:

- Approximately £44 each way from the airport which can ideally be shared with other travelers who are arriving at a similar time to you.

- Accommodation in Entebbe costs approximately \$50 a night upwards.



What if I get an injury and have to come down the mountain?

We hope this would not be the case, but there is a protocol in case of this. Depending on your injury you would either be helped to walk back down the mountain or be taken on a stretcher. There are good hospitals in Mbale that you would be taken to once you reach the bottom of the mountain.

What kind of food will I be given to eat on the trek?

You need to let us know any dietary requirements that you have in advance. Everything can be catered to. Meals may include pasta, spaghetti, potatoes, rice and a sauce for example.

What if I want my own tent/accommodation on the trek and don't wish to share it with others?

That's fine. You will need to pay a surcharge of £120 to have your own tent/ room for 5 nights of the trek.

How much luggage can I bring on the trek?

You can bring your own day pack to carry and an additional larger backpack of up to 18kg that a lovely porter will carry for you.

Any other questions?

Please get in touch if you have any other queries about the trip by emailing info@salveinternational.org



OPTIONAL EXTRAS

There are also some optional extras you could add on; for example, a safari. We can help to recommend a reputable tour company where you could book this.

The cost of a safari will vary depending on the standard of accommodation you want, the number of people in the group and the current exchange rate.

For a 3 day safari to Murchison Falls National park this would cost approximately £360 for budget accommodation and £460 for lodge accommodation.

Included:

- Transport to and from the game park from Jinja (you could be dropped in Kampala on the way back if you preferred).
- Park entry fees
- Evening game drive, morning game drive and boat cruise
- Visit to Murchison falls (world's most powerful waterfalls)
- Rhino tracking at Ziwa Rhino sanctuary (walking with Rhinos)
- Meals while on the safari



Not included:

- Beverages
- Extra food/ snacks



TOGETHER WE CAN CHANGE CHILDREN'S LIVES

Thank you SO much from everyone here at S.A.L.V.E. for your interest in visiting us in Uganda and climbing Mount Elgon.

We hope you're going to join our journey to ensure that no child ever has to call the streets their home!

