

Sahara Trek 2023 FAQs

1. What distances and how long will we be trekking each day?

The trek is rated moderate to challenging for someone of a good fitness level and you will be trekking for 3 consecutive days with two 5k treks and one 15-20k trek. The terrain is generally flat with sand dunes representing the biggest variation in gradient; however the temperatures pose a specific challenge with temperatures historically reaching 40°C.

2. What's the best way to raise sponsorship money?

The best place to start is by setting up a JustGiving fundraising page. It's easy to set up and manage. Your friends and family can sponsor you from anywhere at any time and you don't need to spend time collecting money. You can use it as well as a regular sponsorship form, giving friends and family two ways to support you.

Most people find fundraising is far easier than they first imagined. We will support you every step of the way to ensure you reach and even exceed your target. Here are some suggestions:

- Ask your friends, family and colleagues to sponsor you through JustGiving: £400
- Five cake sales at work throughout the year: £40 x 5 = £200
- Car boot sale or eBay auction: £250
- Host a couple of dinner parties and charge your friends £10 to come: £200
- Hold a couple of quiz nights at your local pub: £300
- Ask your work or local school to hold a non-uniform day: £200
- Ask your local supermarket if you can bag-pack or hold a couple of collections throughout the year: £200
- Ask local companies to donate prizes for a raffle: £200

Total: £1,950

3. When do I need to reach my fundraising target by?

Fundraising only option - 50% (£750) target to be met by June 2023, 80% (£1200) target to be met by September 2023, 100% by 1st December 2023.

Self-funded and Fundraising option - Commit to raising a minimum of £1000. You will be required to meet 80% of your target (£600) by September 2023.

4. What happens if I don't meet my minimum fundraising target?

It's really important that everyone reaches their fundraising target. However, please don't be daunted, if you give yourself enough time and focus on fundraising you really will be able to raise the full amount.

Remember that you can call on the support of the Events Team at Julia's House at any time.

However, if you do not manage to reach the target, we can discuss the best ways for you to raise the shortfall. Some people also decide to set up a manageable monthly donation.

5. Do I still need to fundraise if I have self-funded my trip?

You do not need to fundraise if you opted for the self-fund only option but, if you feel comfortable to, it would be great to raise as much as you can. We are excited to offer this exclusive challenge as an opportunity to raise vital funds for our families and, with limited spaces available, we hope everyone will try

to raise as much as they can.

If everyone raised a minimum of £1000, we could pay for two 3 hour community respite sessions with a nurse, carer and play worker to provide the care, support and play for a seriously ill child closer to home.

6. I have chosen to self-fund my trip, when do I need to need pay the balance by?

You must pay the second instalment of £715pp directly to Different Travel by July 2023. Final balance of £735 to be paid directly to Julia's House by September 2023.

7. I have chosen to self-fund my trip, can I pay the balance in instalments?

Yes, you can pay the balance in instalments. Please speak to Isobel Langrish on 01202 644220 to arrange this.

8. How do I pay in my sponsorship money?

If you are collecting sponsorship money, there's a few ways you can send it to us:

- Come and visit us. We're based in Allenview House in Wimborne (Mon-Fri, 9am-5pm).
- You can hand it in to your local Julia's House shop.
- You can donate through our website: <https://juliashouse.org/donate/>. Just make sure you add your reason for donation as 'Trek the Alps 2018'.
- You can send a cheque, payable to 'Julia's House' in the post to: Julia's House, Ground Floor, Allenview House, Hanham Road, Wimborne, BH21 1AS. Just make sure you include a note with your name and the reason for your sponsorship.

If you have a sponsorship form, please send it back to us so we can claim back the Gift Aid.

9. Do I need to do anything with the money I have raised through JustGiving?

You do not need to do anything. Any sponsorship you have received online will be automatically transferred to us.

10. What sort of food and snacks shall I bring?

Breakfast, lunch and dinner will be provided throughout the trip—there will be plenty of hearty local food to keep you going! You are welcome to bring extra snacks from home if you wish to top up your energy supply.

11. What do I do if I have any special dietary requirements?

You need to let us know as soon as possible so we can accommodate any dietary requirements during the trip. Please bear in mind that being vegetarian is not generally well-understood in this region, so meals may not be as varied as you are used to. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home.

12. Do I trek with my luggage?

No, your luggage will be transported by road between each guesthouse/refuge. We recommend that your kit is packed in a soft holdall rather than a hard case. You should also bring a small daypack to carry personal items needed during the day as you will not have access to your main luggage until the evening.

13. What happens if I injure myself during the trip?

You will be accompanied by an English-speaking guide and a local trek guide who have an excellent knowledge of the culture and trekking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a team of support staff including cook, donkey handlers, Jeep driver (transporting luggage) and a Different Travel Company UK tour manager. You will also be accompanied by a representative from Julia's House.

14. What footwear do I need to wear?

You will need to wear good quality hiking boots. It's important that you train in your hiking boots ensure that they fit properly and feel comfortable. You can get a boot fitting and discount from Cotswold Outdoors, just get in contact with us for a voucher.

15. What sort of travel insurance do I need?

In order to participate in this challenge, it is compulsory that you have travel insurance. Please ensure that you are covered for trekking on established trails and emergency helicopter rescue.

We recommend obtaining travel insurance as soon as possible. That way your registration fee may be protected in the event that you unexpectedly need to cancel.

16. How much training do I need to do?

A good level of fitness is required for all participants. You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download several free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

17. How does Julia's House benefit?

If you self-fund your trip Julia's House will receive £935pp plus any extra you decide to fundraise on top of your costs. If you fundraise your place Julia's House will receive £1,185pp plus any extra you raise on top of your target.

18. Who organises the trip?

This trip is conceived and operated by The Different Travel Company Ltd, ATOL 6706, whose booking conditions apply.

19. How do I convince my friends it's not a holiday?

While you are sure to have an incredible time on the challenge, this challenge cannot be described as a holiday. You will need to spend months training and fundraising, before undertaking a demanding physical challenge.

The days will be long, facilities will be basic and the conditions tough. All of this takes time, effort, dedication and commitment and is far from just a holiday.

Of course, if you would prefer to cover the costs of the challenge in order to ensure that 100% of your sponsorship goes towards the work of the charity we would be delighted to discuss this option with you.