



# KENYA SAND DAM BUILD

15-21 SEPTEMBER 2013

Excellent Development's Sand Dam projects are about energy, community, self-help and hard work.

Participating on a project is a life-changing experience in every sense. This is a chance for you to make a tangible difference to people's lives.





# ABOUT EXCELLENT DEVELOPMENT

Excellent Development is a not for profit organisation that supports rural, dryland communities to work their way out of poverty with dignity. We work with local partners to support communities to build Sand Dams, which provide clean water for life and the opportunity to grow more food to eat, store and sell. Sand Dams empower communities, putting their future firmly in their own hands. We believe that they will transform millions of lives.

## Why Water

Water is a catalyst for everything. Without water, people in dryland Africa cannot grow food to feed their families and surplus to earn income; children cannot go to school, and communities cannot prosper. Access to clean safe water is therefore a critical first step to poverty relief in dry rural areas.

## Why Sand Dams

Sand Dams are the world's cheapest method of capturing rainwater. This simple, brilliant technology provides a lifetime supply of clean water close to people's homes.

This saves farmers and their children hours every day, enabling them to focus on growing more food and going to school.

**The average Sand Dam costs £10,000 to fund.**



# EXPEDITION DETAILS

15-21 SEPTEMBER 2013

Building Sand Dams is hard work, but tremendous fun, and thoroughly rewarding.

During your week in Kenya you will work closely with a local community to help them build their sand dam. You will meet people supported by Excellent and hear from them about what life is really like when you have to use half of every day to collect water. And, you will see first hand how Sand Dams are helping people to transform their lives.



## DATES

From **Sunday 15<sup>th</sup> September 2013**  
Until **Saturday 21<sup>st</sup> September 2013** (6 nights).

## COSTS

### Registration fee - £300

All participants are required to pay a non-refundable fee of £300 to join the trip. This contributes to the cost of your food, board, local guides, field transport while on the expedition and return airport transfers.\*

### Minimum donation - £500

We ask you to make a minimum donation of £500 towards Excellent's work in Kenya, to take part in this expedition. You can either pay this as a donation yourself or you can choose to fundraise it.

\*All participants are responsible for arranging their own flights, visas, travel insurance, vaccinations, spending money, and any onward travel or accommodation needed outside of the expedition itinerary.

Flights costs are typically between £500 and £700 return depending on the airline.



# THE ITINERARY

## Sun 15 September

You will be met early morning at Nairobi International Airport by a representative of Excellent. From here we will drive to the headquarters of our local partner, The Africa Sand Dam Foundation (ASDF) in Mtito Andei (about 3-4 hours south of Nairobi), where you will stay for the duration of the expedition. After a late lunch and welcome you will spend the afternoon getting to know your group, your surroundings, and settling into the accommodation.

## Mon 16 September

You will be given an introduction to ASDF's team and an overview of our approach to development before heading out to visit areas that have been transformed by Sand Dams, tree nurseries, terracing and farming projects. Here, you will meet with some of the community members for a chance to find out what challenges they face and how they are addressing them.



## Tue 17 – Thu 19 September

You will spend the next 3 days helping the host community group to build a Sand Dam in a dry river bed. Up to around 100 people from the local community will come together to help with the construction, guided on the project by skilled craftsmen. There are lots of different jobs to do, from mixing cement, collecting the rocks and water needed, to joining in the singing and dancing as shovels of cement are passed in a chain to the dam itself.



## Fri 20 September

This will be the last day on the expedition. Having spent the last couple of days helping to build a Sand Dam you will now meet a community that already has a dam. You will see for yourself the difference the dam has made and the farming projects the community has been able to focus on thanks to having a supply of clean water nearby.

## Sat 21 September

Travel overland back to Nairobi. The drive will take around 3-4 hours. We will leave around lunchtime so depending on your return flight home you may have time to squeeze in some of Nairobi's highlights or stopping off to buy souvenirs before heading back to the airport.

\*This itinerary is subject to change.





# FUNDRAISING

To secure your place on the trip, we ask you to contribute towards Excellent's charitable work. You can choose to pay this yourself as a donation or you can fundraise for it.

The minimum we request is £500 – of course we would love you to raise more since every penny counts towards helping people to improve water supplies and food production.

Fundraising can be as much of a fun challenge as building a Sand Dam. We will provide a fundraising guide, full of advice and ideas on how to go about reaching your target and how to set up your own fundraising webpage. Since you are covering all your trip costs yourself, everything you raise will be eligible for gift aid.

Deadlines	Payment	Amount
21 Jun 2013	Registration fee	£300
26 Aug 2013	Minimum donation/sponsorship	£500

£ = Must be paid for by participant    £ = Can be fundraised



If you prefer to send us your fundraising in increments, please make sure that the full £500 minimum is paid by 26 August 2013.

## Register Your Place

If you would like to take part in Excellent's Sand Dam Build, please fill in the Registration Form, Medical Questionnaire and Liability Release at the back of this pack and return to:

Excellent Development  
Studio 59  
The Market Building  
195 High Street  
Brentford  
TW8 8LB

You will need to pay your registration fee of £300 to secure your place on the trip. Places are limited and will be allocated on a first-come first-served basis. **The final deadline for registering is 21<sup>st</sup> June 2013.**

Please ensure that you have read the Terms and Conditions carefully. If you have any questions please email: [expeditions@excellent.org.uk](mailto:expeditions@excellent.org.uk)  
Phone: 020 8232 9050

# FREQUENTLY ASKED QUESTIONS

## Is the trip for me?

Most travellers to Kenya don't get the chance to take part in a trip like this. If you want a first-hand insight into the life of a rural community, or to get a taste of development that really transforms people's lives, and you don't mind a bit of hard work, then this experience is definitely for you.

## What will my group be like?

The group size will be between 8–15 people. We welcome diversity, so anyone over 18 is welcome, with no upper age limit, as long as there is no medical reason for them not to participate. You'll be accompanied on the expedition at all times by an Excellent representative.

## What does the work involve?

You will be helping to dig trenches, shovel sand, mix cement, lift rocks and carry buckets of water. All the work is done by hand using basic tools such as shovels. There is no heavy machinery involved.

## How fit do I need to be?

You don't need to be an athlete to build a Sand Dam. However, the hot climate and the nature of the work can be tough so it is important that you work at your own pace and take breaks when you need to. Most people feel pretty exhausted after a day of dam-building but everyone who returns from our expeditions tells us it is worth it.



## What do I need to bring?

You don't need any specialised kit. However you will need a pair of work gloves and some comfortable, loose-fitting clothes that you don't mind getting filthy. A comprehensive kit list will be supplied once you are registered.

## What will the weather be like?

The areas around Mtito Andei and Kibwezi where we will be based are usually dry at this time of year with temperatures between 16-29°C. Temperatures in the evening and early morning can often feel cooler.

## What will my accommodation be like?

You will stay in a compound with our partners, the Africa Sand Dam Foundation, in same-sex shared rooms. Accommodation is basic but clean and comfortable with mattresses and mosquito nets provided. Washing facilities are limited, with simple bucket showers and pit latrine toilets.

## What is the food like?

Seasonal produce is sourced locally and prepared in the traditional Kamba style by the compound cook. Typical meals consist of rice, chapattis, ugali (ground maize a little like polenta) with lentils, beans and vegetables such as kale, spinach, tomatoes and potatoes. We think it's delicious!



# FREQUENTLY ASKED QUESTIONS CONT...

## **Can I stay on in Kenya for longer?**

Absolutely! Excellent will collect you from Nairobi International Airport at the start of the expedition and drop you off at the airport at the end of the expedition. However you are free to plan your own travel itinerary before and after the expedition.

## **How much does it cost?**

You need to pay a registration fee of £300. This covers the cost of your food, board, local guides, field transport and airport transfers. We also ask you to raise a minimum of £500 towards Excellent's work – don't worry we'll give you lots of advice on how to fundraise and most people find it easier (and a lot more fun!) than they first thought.

## **What is included in the cost?**

Your registration fee covers the cost of your accommodation, all food and water and local travel while on expedition plus return airport transfers. the aims of the charity.

## **What is NOT included in the cost?**

Flights, travel insurance, visas, vaccinations and malaria tablets, alcoholic drinks, spending money and any onward travel or accommodation either before or after the expedition.

## **Where will the sponsorship money I raise for Excellent go?**

Your donations will be used to support farming communities to build more Sand Dams, helping them to get access to clean water and grow more food for themselves and their families. You're donation will have a real impact on people in drought-prone areas – something you'll be able to see for yourself on the trip. Any funds in excess of our immediate needs will be used by the Trustees of Excellent to further the aims of the charity.



# WHAT PEOPLE SAY

*"WOW! What a trip. It was the best experience of my life and I loved every minute!"*

**Chris Harrison**

*"It was hard work. But there is a sense that it doesn't matter what your abilities are or what you can bring to the site, your involvement in any way is appreciated. Everyone's on the same level - although I was taught how to wield a sledgehammer by a lady a little bit older than me which was an experience."*

**Tom Oliver**



*"Being involved in the project has changed my outlook on life, and I am proud and humbled to have been involved in a project which will improve the lives for so many and will last for generations to come."*

**Michael McConnell**



*"My back is killing me and tomorrow my arms will be unable to move! But it's been absolutely fantastic, I've really enjoyed it. It's fantastic that people are so welcoming and don't mind me getting involved. I had a lot of people shouting "no no not like that!" at me when I was mixing cement wrong and all that sort of stuff. I had an absolutely fantastic day!."*

**Sam Longair**

*"The valley sang with the sound of activity, hammer blows, singing and shouting."*

**Sally Pinhey**

*"It was a truly amazing experience - a unique and inspiring insight into the lives of people who are determined to solve their own problems and build a better future for their children. We were given an incredible welcome, and the friendship and hospitality we encountered was, at times, overwhelming."*

**Simon Witney**

*"You really get a sense of what it's like to live out here in Africa."*

**Sophie Wotton**

*"Many people think that Africa is hopeless, but their impression is simply wrong. There are people here who have the drive and who really want to change. All we need to do is to provide them with the opportunity and they will grab it with both hands and run with it."*

**Nat Deboursac**





# TERMS & CONDITIONS

## PARTICIPATION

1. You must be at least 18 years old before the departure date.
2. If you have any medical conditions that could be affected by strenuous activity, and/or you are over 65, you will be required to provide a written statement from your doctor advising that you are clearer for participation.
3. Your passport must be valid for six months from the date you plan to return to the UK.
4. You are responsible for ensuring you fulfil the all the necessary visas entry requirements for Kenya before the Expedition. Further advice about visas will be provided after registration.
5. You must obtain travel insurance that covers you for the activities you will be undertaking, including emergency repatriation. You will need to provide proof of travel insurance at least 4 weeks before departure. You may forfeit your place if in Excellent's opinion; you fail to provide proof and/or adequate travel insurance.
6. Places on the expedition are restricted to 15 people and will be allocated on a first come-first served basis provided the Registration Form is fully completed and signed with a registration fee of £300, and completed Medical Questionnaire and Liability Release.
7. You participate at your own risk. If you are refused passage and/or entry/exit to or from Kenya you are responsible for any additional costs incurred.
8. You must disclose any pre-existing medical conditions on the Medical Questionnaire provided, and inform Excellent Development of any changes to your health before departure. This is for your own safety. The information you supply is strictly confidential.
9. You must consult the advice of your GP on appropriate vaccinations and medication before travel. Each participant is responsible for checking their 'fitness to travel' with their GP prior to travel.

## FUNDRAISING

10. A registration fee of £300 (non-refundable) must be enclosed with your Registration Form. The deadline for registration payment is 21 June 2013.
11. By registering for the Expedition you are pledging to raise a minimum of £500 to support Excellent's work. Part of the challenge is to raise as much above this amount as possible. The minimum sponsorship of £500 must be paid in full to Excellent by 26 August 2013.
12. If you cannot raise the £500 minimum your place will be forfeited unless you pay the balance yourself.
13. Gift Aid can be claimed on money fundraised, provided it falls within government regulations. Further information will be given about Gift Aid after registration.
14. You are responsible for covering all other expedition costs (Flight, visa, travel insurance, medical etc). These costs cannot be paid for by fundraised money.

## ITINERARY

15. Itineraries, schedules and accommodation are subject to change. The itinerary provided in this pack must be taken as an indication of what the trip should involve and not as a contractual obligation on our part. It is a condition of joining this Expedition that you accept this flexibility and acknowledge that delays, alterations and their results are possible.

16. Your accommodation on the expedition will be in on a same sex shared room basis in a compound. We will try to meet any requests for families/couples/friends to share rooms but this cannot be guaranteed.
17. It is possible that the reserved accommodation may not be suitable or available to you upon arrival. If this happens we will endeavour to provide accommodation of at least the same standard in the same area. This decision will rest on the sole judgement of the Excellent representative.
18. Excellent are not responsible for changes which arise as a result of situations outside our control such as technical or maintenance problems with transportation, war or threat of war, civil strife, industrial disputes, natural disasters, bad weather, bureaucratic obstacles or terrorist activity.

## CANCELLATION

19. The Sand Dam Expedition require a minimum group size of 8 participants to meet costs. If it becomes apparent that the Expedition will not meet the costs, it may be necessary to cancel the trip. Your registration fee will be refunded.
20. Excellent may, at their sole discretion, withdraw places on the Expedition if they believe it is in their best interests to do so.
21. If you have to withdraw, all sponsor forms and monies should be returned to the sponsors.
22. If you withdraw in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers, and that any sums recovered under the policy will be paid to Excellent. If the insurance company does not recognise your claim, you will be responsible for covering any cancellation charges borne by Excellent.

## LIABILITY

23. Excellent (Excellent Development Limited) is a Registered Charitable Company no. 4432166, Registered Charity no. 1094478.
24. Excellent is unable to accept liability for cancellation of the expedition for any reasons outside of its control.
25. Participants together with their personal property including baggage, are at all times solely at their own risk. Excellent do not accept responsibility in respect of death, bodily injury or illness of any person participating on this Expedition as a result of (but not limited to) physical exertion for which a participant is not prepared; forces of nature; consumption of alcoholic beverages; civil unrest; terrorism, breakdown of equipment; high altitude; lack of or limited access to medical attention in remote locations; and the adequacy of medical attention once provided.

## CODE OF CONDUCT

26. When visiting and working with the local communities you will be seen as a representative of Excellent and therefore it is important to us that you provide a positive representation of the Charity in everything that you do.
27. You are expected to respect local laws, culture and behaviour and to follow the advice of Excellent and its local partners at all times.

# PARTICIPANT REGISTRATION FORM

Title (as on passport)	Forename(s) (as on passport)
Surname (as on passport)	Date of Birth
Address	
Post Code	
Phone number	Email
Do you have any special dietary requirements or food allergies? Please give details.	
Is there any participant you would like to share accommodation with? We will try and meet all requests but please note this cannot be guaranteed.	
<b>Please give details of your Next of Kin</b>	
Name	Relationship
Address	
Daytime phone	Evening phone
Email	
<b>Acceptance of Terms and Conditions</b>	
I apply to take part in the <b>Kenya Sand Dam Build 2013</b> . I have read and agree to abide by the Terms and Conditions. I have completed and enclosed the Medical Questionnaire, Liability Release and a cheque for the Registration fee of £300 made payable to Excellent. I am 18 or over on the date of departure.	
Signed _____	
Name (capitals) _____ Date _____	

Your completed forms and registration fee must be sent by **21<sup>st</sup> June 2013** to Excellent Development at Studio 59, The Market Building, 195 High Street, Brentford, TW8 8LB.

Cheques should be made out to **Excellent Development**. Alternatively, bank transfers can be made into Excellent's account: A/C **65093528**, Sort code **08-92-99** with the reference **Dam Build 2013**

# MEDICAL QUESTIONNAIRE

For your own safety, we need to find out as much as possible about your medical history.  
For any participant aged 65 or over, please attach with your form a written statement from your doctor clearing you for participation. The information you provide will be treated in the strictest of confidence.

Full name:

Do you suffer from, or have you ever suffered from: (please delete as applicable)

Asthma or wheezing? (with exercise)	YES / NO
Severe attacks of hay fever / allergy?	YES / NO
Any form of lung disease?	YES / NO
Cancer?	YES / NO
Chest surgery?	YES / NO
Claustrophobia or agoraphobia?	YES / NO
Behavioural health problems?	YES / NO
Epilepsy, seizures or convulsions?	YES / NO
Recurring migraine headaches?	YES / NO
Blackouts or fainting?	YES / NO
Motion sickness?	YES / NO
Recurrent back problems?	YES / NO
Diabetes?	YES / NO
Arm or leg problems?	YES / NO
High blood pressure?	YES / NO
Any heart disease / attacks?	YES / NO
Angina / heart surgery or blood vessel surgery?	YES / NO
Hearing loss or problems with balance?	YES / NO
Bleeding or other blood disorders?	YES / NO
Any type of hernia?	YES / NO
Ulcers or ulcer surgery?	YES / NO
Bowel disorder?	YES / NO
Drug or alcohol abuse?	YES / NO
Have you been in hospital in the last year? (please specify)	YES / NO
Are you awaiting tests / investigations / results / surgery?	YES / NO
Do you take regular prescription medication?	YES / NO
Are you pregnant?	YES / NO
Are you registered disabled?	YES / NO
Do you suffer from phobias (heights / flying / water etc)	YES / NO
Are there any other medical issues not covered above which are relevant to your well being on this trip? (please specify)	YES / NO

If you have answered yes to any questions above, please give further details below.

# MEDICAL QUESTIONNAIRE CONT...

Please list any medication you are currently taking and ensure you bring enough supplies for the length of the trip.

## Declaration

If I have any concerns whatsoever about my physical fitness or health, or any of the medical conditions above that may affect my safe participation, I will consult the opinion of my Doctor.

I hereby certify that the information provided by me on this form is to the best of my knowledge, true and correct.

I understand that if any of the information provided by me on this form is found to be false, I risk losing my place on the Kenya Sand Dam Build 2013.

Signed \_\_\_\_\_

Name (capitals) \_\_\_\_\_

Date \_\_\_\_\_

## Liability release

The Kenya Sand Dam Build 2013 requires travel to remote areas where logistical requirements for participants and their baggage may involve unconventional modes of transport and basic accommodation. In addition, the expedition may involve temperature extremes as well as unconventional living and travel arrangements, frequent moves, delays, frustrations, and surprises. All are part of the expedition and visiting Excellent's projects in remote areas of Kenya. Accordingly, Excellent requires that each of its participants submit the following release and agreement.

**Excellent**  
Studio 59  
The Market Building  
195 High Street  
Brentford TW8 8LB  
United Kingdom

**Telephone**  
+44 (0)20 8232 9050  
**Website**  
[excellent.org.uk](http://excellent.org.uk)  
**Email**  
[team@excellent.org.uk](mailto:team@excellent.org.uk)

I (Full Name) \_\_\_\_\_ am aged 18 years old or over.

I am aware of the difficulties inherent in the requirements for this expedition and have read and understood the physical demands of the project work. I declare that I am in good health. I will tell Excellent about any illness or medical condition which may affect my ability, or endanger other volunteers during this project. I accept that Excellent reserves the right to request me to undergo a medical examination by a medical adviser at my own expense and I will give permission for the results to be disclosed to Excellent.

I, on behalf of myself, my heirs, executors, successors, and/or assigns, agree:

- 1) to release Excellent, its employees and trustees from, and agree to indemnify and hold them and each of them harmless against any and all liability, joint or several, to me, in respect of any claim, suit, or cause of action, including legal fees and expenses of litigation, on account of any loss or damage whatsoever or howsoever caused except to the extent that such liability may not be lawfully excluded;
- 2) that Excellent does not exclude liability for death or personal injury to the extent only that the same arises as a result of the negligence of Excellent or its employees;
- 3) that, subject to 2, in the event that any exclusion is held to be invalid for any reason and Excellent becomes liable to me for loss or damage that could otherwise have been limited, such liability shall be limited to £10,000;
- 4) that, Excellent is not responsible or liable for acts or omissions of third parties including, but not limited to co-operating institutions.

I will not do anything that does or might injure any other person or expose any other person to risk. I will comply fully with all reasonable directions of Excellent Development, host NGO partners or representatives.

I have read Excellent's Declaration set out below and accept its rights there set out. The jurisdiction and law applicable to any dispute I may have with Excellent is that of England and Wales.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### EXCELLENT DECLARATION

Excellent and its agents reserve the right to refuse the offer of services of any participant at any time, and to terminate any work being done by a participant and require the participant to vacate the project site if a member of Excellent employees, host NGO partners or representatives, in his or her absolute discretion, considers it appropriate. In this event, the participant will be responsible for arranging any accommodation, travel or other arrangements which may be necessary following the termination of a participant's involvement in a project, for whatever reason.