



RAISE FUNDS FOR WOMEN'S HEALTH.  
VIEW THE IMPACT OF FEMME'S WORK.  
SUMMIT MOUNT KILIMANJARO.  
**ADVENTURE OF A LIFETIME.**

Travel to Tanzania this year and summit Mount Kilimanjaro while raising money to support Femme International's health education programs in northern Tanzania!

Your journey to the rooftop of Africa will impact the lives of women & girls – providing them with access to reusable menstrual products.

**S E P T E M B E R 3 , 2 0 1 8**

Fundraising Target: CAD\$5,000 per person

Trip Expenses: CAD\$5,000\* estimate

*\*includes airfare, trek, accommodation, food and transportation*

# Climb for Change

**In September 2018, embark on the journey of a lifetime and summit Mount Kilimanjaro in support of Femme International!**

Femme International is an NGO that is dedicated to empowering women & girls through health education, with a specific focus on menstrual health & hygiene. Femme has been running the Twaweza Program in the Kilimanjaro Region since 2014 and has impacted over 11,000 women and girls.

This is a charity climb, with a fundraising goal of \$5,000 CAD per participant. All funds raised will go towards supporting our education programs in East Africa and providing adolescent girls with access to reusable menstrual products.

You will also have the very special opportunity to visit one of our partner schools and see the impact your donation has made!

## **How Does It Work?**

- Once you register for the climb, you will be provided with fundraising support, and we will do everything we can to help you reach your goal.
- Confirm your spot no later than June 30<sup>th</sup>, 2018
- We will organize all in-country details and will be happy to advise you on flights and vaccination requirements.
- September 3-13<sup>th</sup> – spend a magical 10 days in beautiful Tanzania!





# ITINERARY

## day one

Arrive at Kilimanjaro  
International Airport

## day ten

Free time/Relax  
Dinner with Femme  
International's Executive  
Director

## day two

Welcome breakfast  
Visit Femme's office in  
Moshi

## day eleven

Depart Tanzania, or  
embark on solo travels

## day three

Observe one of Femme's  
workshops at partner  
school  
Prepare for climb

## days four to nine

Summiting Mount  
Kilimanjaro!

Note: this is a tentative itinerary,  
schedule may change.



# TEAM LEADER

Kate has always had an affinity for mountains and teaching. She is currently teaching Outdoor Education in British Columbia (BC), Canada and holds several hiking certificates; she is a Nature Interpreter and Wilderness First Responder. Through work and play she often takes groups up the many BC mountain ranges. Kate has a Bachelor of Science in Kinesiology, a Bachelor of Education and she is currently working on her Master's degree in educational administration and leadership with a focus on physical and health education

Kate first traveled to Tanzania in 2012 and returned in 2013 to lead young adults on volunteer and education based tours through the region. She was fortunate to climb Mt. Kilimanjaro in between her tour groups and would recommend the multi-day hike to anyone willing to prepare for it!

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# The Twaweza Program

You will have the opportunity to see Femme's Twaweza Program in action and see exactly how your donation has impacted the lives of women and girls.

The Twaweza Program is designed as an education-based approach to the issue of poor menstrual health and management.

The Program's objectives are to help girls understand how their bodies work, how to stay safe, and how to properly manage their period each month.

We believe that health education is a right, and no girl should miss out on any aspect of her life – especially her education – because of her body's natural cycle!

Every girl who participates in the Twaweza Program receives a Femme Kit.

Femme Kits are designed to contain everything a girl needs to manage her period – including a reusable menstrual product! Menstrual cups and reusable pads provide girls with safe & sustainable tools for menstrual management.

**Femme Kits empower girls to feel confident, every day of the month!**





# FAQ

## **How much will my travel costs be?**

We estimate your expenses will be approximately \$5,000 CAD. This includes your airfare, trek fees, park permits, accommodation, food and transportation in Tanzania.

## **I have never climbed a mountain before, can I do this?**

Yes! Mont Kilimanjaro requires a moderate fitness level, but you do not need to be a pro-climber to summit! We recommend light training in the months leading up to the climb.

## **Is it safe to travel in Tanzania?**

Yes. Tanzania is typically a fairly safe country, however there are certain precautions that should be taken. Don't walk around after dark, keep valuables like computers and phones in a secure spot, and be aware of your surroundings.

## **Which company will be leading us up the mountain?**

Femme is working with Kili Climbers, an experienced trek company based out of Moshi. They have an excellent track record and high safety standards.

## **Do I need to bring my own equipment?**

If you have your own gear, then sure. If not, it is easily available for rent in Moshi, including snow pants and hiking shoes. You will have the opportunity to do so, if you need.

## **What vaccinations or medications should I get before travelling?**

You will require your Yellow Fever vaccination, and it is recommended to have your other vaccinations up to date. We recommend you make an appointment with a travel clinic at least two months prior to your departure.

## **I want to explore Tanzania after the trek. What could I do?**

Tanzania is an incredible country for traveling. Zanzibar has stunning beaches and a fascinating history, and the Serengeti is the Lion King come to life! Other treasures include scuba diving in Mafia Island, chimp trekking in Gombe, or exploring Dar es Salaam.

## **CONTACT INFO**

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