

Africa 25k

A DRIVE FOR DEVELOPMENT



*Driving 25,000km across Africa
to raise £25,000
for CARE International
and the Darfur crisis*



The Journey

In October 2004 we, Tamsin and Chris, will be setting off on an overland journey from Namibia, where we are currently living, back to the UK. The trip will take us through 17 countries, two continents and a lot of sand and mud. We will be driving approximately 25,000km, spending seven months on the road.



One of the main objectives of our trip is to raise money through sponsorship for CARE International, an independent humanitarian organisation dedicated to tackling poverty.



Choosing an overland route across Africa is not easy. Factors to take into account include everything from politics and rainy seasons to border crossings and road conditions. The route we have settled on for now, after much research and poring over maps, is as follows:

Namibia, Botswana, Zambia, Malawi, Tanzania, Kenya, Uganda, Sudan, Central African Republic, Chad, Niger, Mali, Mauritania, Morocco, Spain, France, UK.

An expedition such as this requires lots of preparation besides route planning. We will be travelling in a Toyota Hilux, which we have been gradually kitting out over the past year.

We've set up an expedition website – www.africa25k.com – which has more information about what we are doing and why. We'll be posting a regular journal and photos on the site, so you can follow our progress while we're on the road. Any alterations to our route along the way will be posted up there too.

We'll be publishing articles about the trip in magazines and newspapers, and have had interest in a radio story from BBC Radio in Africa.

www.africa25k.com

The Cause

Our target is to raise **£25,000** – that's **£1/km** – for **CARE International**, specifically to support **CARE's** emergency relief work in the **Darfur region of Sudan**.

Why CARE International?

After lots of research into different organisations working in Africa, we decided to support CARE because they have a very practical approach to development, working alongside communities to understand and tackle the greatest threats to the communities' well-being. CARE also has the advantage of over 50 years experience of fighting poverty.

Whether supporting primary health care, promoting sustainable agriculture or developing savings and loan schemes, CARE's programmes promote positive and lasting change and reduce long-term dependency. CARE also provides emergency food and shelter to survivors of natural disasters, wars and conflicts.

Visiting CARE's projects

Along the way we'll be visiting some of CARE's projects – in Zambia, Malawi, Tanzania, Kenya, Uganda, Sudan, Niger and Mali – to find out more about the charity's important work in Africa. You'll be able to read about our visits in our online journal.

Emergency relief in the Darfur region, Sudan

An estimated **one million men, women and children have been forced to flee their homes** by the violent militia attacks in the Darfur region. The situation has been likened to the Rwanda genocide. Both the displaced in Darfur and those who have made it to the camps in Chad are in urgent need of the basics for human survival. They are often weak from fleeing attacks and are susceptible to the likely threat of epidemics. More than **75 per cent of the refugees are children**, for whom the risks of malnutrition and disease are even greater.



CARE is providing vital emergency relief to the displaced in Darfur and refugees in Chad. This includes food, water, sanitation and health assistance, as well as non-food items such as materials to erect temporary shelters, cooking pots and water containers.

www.careinternational.org.uk

Sponsoring Africa25k

In the months since we conceived this project, the situation in Darfur has worsened considerably. Hundreds of thousands of men, women and children have been forced to flee their homes to escape the violence. They have been left with nothing. They have no shelter; their food is running out, or already has; and drinking water is painfully scarce. Outbreaks of diseases such as cholera are a further constant threat.

Please support CARE's emergency relief work in Darfur and Chad by sponsoring us.

ALL sponsorship money raised goes directly to CARE with NO deduction or contribution towards the costs of the trip.



Sponsor us online

You can sponsor us online with a debit or credit card at www.africa25k.com/donate. Click the DONATE button and you will be taken through to a 100% secure third-party site. When you make your donation, please fill out the questionnaire if you are a UK taxpayer to enable CARE to reclaim 28p in tax on every £1 you donate.

Sponsor us by cheque

Alternatively you can send a cheque made payable to '**CARE International**' to the address below. (Please **don't** send your cheque direct to CARE because we won't know you've sponsored us.) Please include your name, address, and e-mail, and a signed statement saying you are a UK taxpayer.

Corporate sponsorship

Apart from the opportunity to support a very good cause, we can offer corporate sponsors excellent brand marketing and PR benefits. If your company might be interested in taking part in this exciting venture, we would be delighted to provide more details about sponsorship options and benefits.

Contact us

If you would like to sponsor us by cheque, please send your donation (see above) to: **Africa25k, c/o By Design, Stadhampton, Oxford, OX44 7UL, UK.**

If you have any questions about the expedition or CARE International, please email us at: christamsin@africa25k.com. We would love to hear from you.

Alternatively, you can contact our UK representative on: **+44 1865 891999.**

Thank you for helping us to help CARE.

www.africa25k.com