

# 2012 Turkey Challenge

24-28th October 2012



# Our Partner

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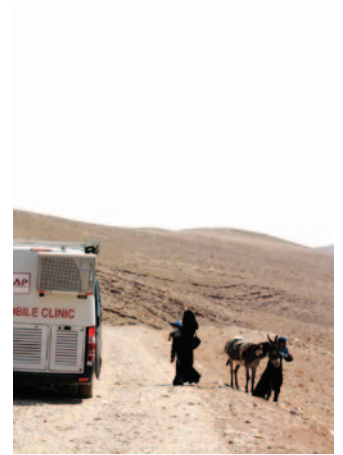


## Medical Aid for Palestinians

Over nearly 30 years, MAP has worked in partnership with Palestinian communities in the West Bank, Gaza and Lebanon. MAP responds to medical needs resulting from conflict and the needs arising from prolonged occupation, long-term displacement and isolation in refugee camps. MAP has a consistent message: health is a fundamental human right, and this right is threatened by conflict, displacement and occupation.

MAP's work is made possible by the loyalty of thousands of people who support their work every day of the year. MAP will continue to work until there is a time when all Palestinians have a fair, equal and adequate access to health care.

Over the years, MAP's supporters have responded to special appeals, attended gala benefit evenings, and taken initiative by fundraising in their communities. As well as raising critical funds for their work, their supporters raise awareness and advocate for the right to health for Palestinians.





# Message from MAP

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Thank you for your interest in Cycling4Gaza's 2012 Turkey Challenge. Please find enclosed your registration pack for this year's exciting challenge. We are delighted that you are considering cycling this year to help raise funds for MAP's work in Gaza and Lebanon. We hope that you find the following information about the cycle, and about MAP's work, helpful.

Established in the aftermath of the massacre at Sabra and Shatila 30 years ago, MAP today delivers health and medical care to Palestinians worst affected by conflict, occupation, and displacement. Working in partnership with local health providers and hospitals, MAP addresses a wide range of health issues and challenges that vary from our emergency response programmes to long-term sustainable health development. With offices in Gaza, Beirut, and Ramallah, MAP responds rapidly in times of crisis and works long-term with communities to build capacity within the local health systems.

This year, we will work closely with the team at Cycling4Gaza to support three vital projects that are in need of financial help. The fact that we are a small niche organisation that focuses specifically on health, means that, while we work to the highest standards of accountability, fundraising through you will make a substantial difference. Cycling4Gaza's funding will allow us to run three crucial projects, all of which will save lives as well as substantially improve overall physical and mental health of mothers, babies, and the severely injured throughout Gaza and the Palestinian refugee camps in Lebanon. The following pages contain detailed information on the projects that you can support in 2012, the cycling route for the challenge, and registration procedure and formalities as well as FAQs.

With best wishes from the team at Medical Aid for Palestinians,



**Steven James**  
Chief Executive  
Medical Aid for Palestinians  
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London N1 1QB  
United Kingdom



**MAP**  
MEDICAL AID FOR PALESTINIANS

Registered Charity number 1045315

WHO ARE WE?

# Cycling4Gaza

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Cycling4Gaza is an initiative founded by a group of concerned young people in the wake of the 2009 war on Gaza. Our mission is to raise awareness about the ongoing blockade on the Gaza Strip and to raise critical funds for carefully selected non-profit organisations that work to support Palestinians living under occupation and as refugees through education and healthcare.

*Visit [www.cycling4gaza.com](http://www.cycling4gaza.com) to learn more.*



# PAST INITIATIVES

**2009**

Raised £90,000 for MAP projects in Gaza



London



Paris

2009 saw us cycling from London to Paris in 3 days, reaching the Eiffel Tower on 4th July. We raised over £90,000 for MAP projects in Gaza.

**2010**

Raised £140,000 for Welfare Association projects in Gaza



Tuscany



Rome

2010 saw us making our way across Italy in 4 days, cycling between two of the most famous landmarks in Europe, the Leaning Tower of Pisa and the Colosseum in Rome. We raised over £140,000 for the Welfare Association's early childhood education projects in Gaza.

**2011**

Raised £220,000 for Welfare Association projects in Gaza



Aqaba



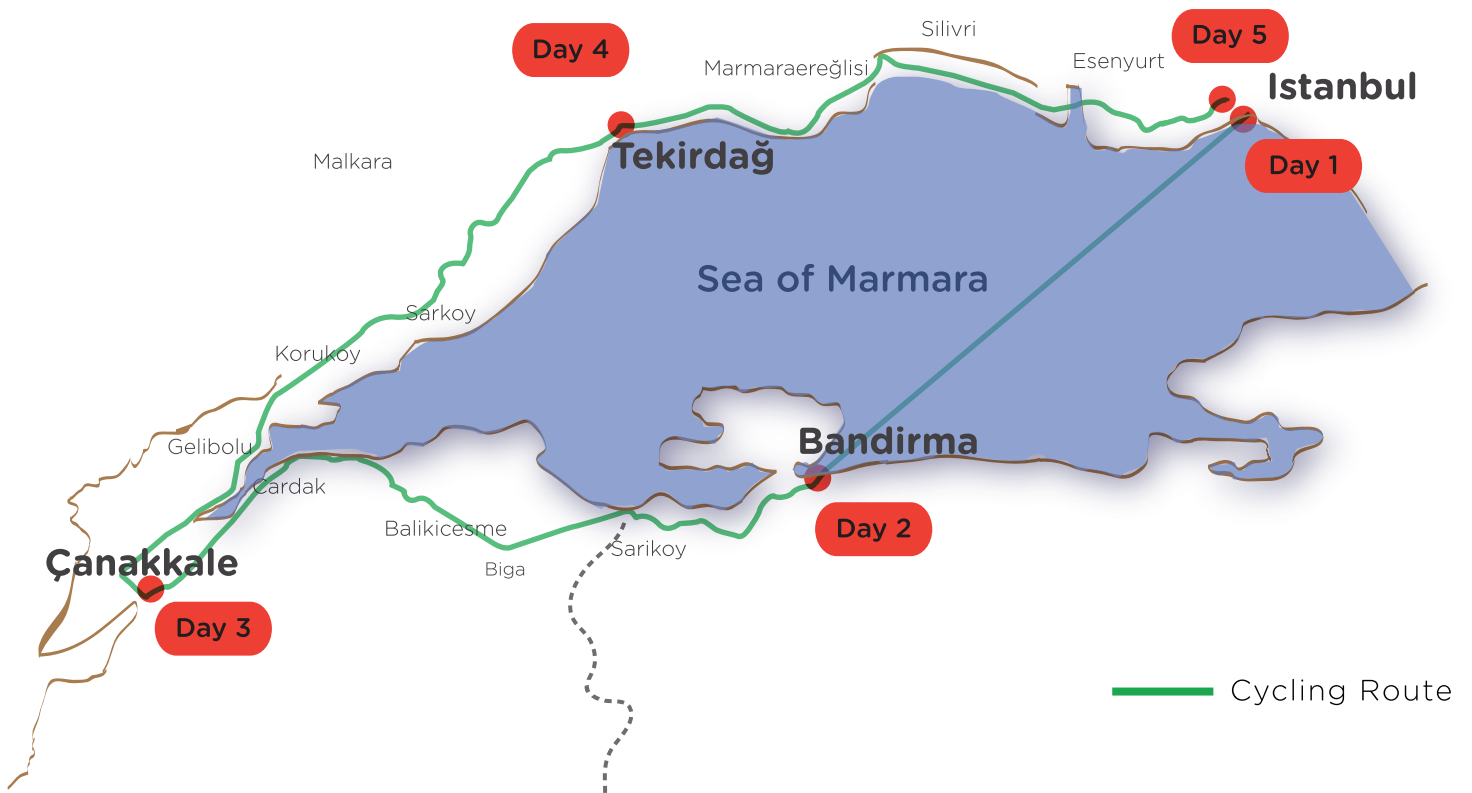
Dead Sea

In 2011 we cycled from the coastal city of Aqaba to the Dead Sea south of the capital, Amman. We raised over £220,000 for Welfare Association's community rehabilitation programme in Gaza.

For detailed information on our fundraising history and for visual accounts of each of the challenges, visit our website at [www.cycling4gaza.com](http://www.cycling4gaza.com)

THE  
2012  
CHALLENGE

# The Route



# The Plan

## **DAY 1** | 24th October, 2012

Arrive at Istanbul's Ataturk Airport or Sabiha Gökçen International Airport. Meeting point and pick-up details will be communicated at a later stage to registered cyclists. We will take a 2-hour ferry from Istanbul's Seaport towards Bandirma - our cycling starting point the next morning.

## **DAY 2** | 25th October, 2012

Cycling from Bandirma to Çanakkale covering 130 Kms

## **DAY 3** | 26th October, 2012

Cycling from Çanakkale to Tekirdağ covering 130 Kms

## **DAY 4** | 27th October, 2012

Cycling from Tekirdağ to the Blue Mosque of Istanbul covering 100 Kms. Ensure that your return flight accounts for the celebration dinner in Istanbul following the completion of our cycle.

## **DAY 5** | 28th October, 2012

Departures home from Istanbul Airport. Airport transfers will be provided.



WHAT ARE WE  
CYCLING FOR  
THIS YEAR?

# Ensuring Safe Delivery

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This program enables delivering mothers, in targeted areas of Gaza, to have access to quality antenatal, safe delivery, and postnatal care.

During the war on Gaza, there was a significant shortage of hospital beds, equipment and health staff available to support childbirth. Coupled with the military dissection of Gaza, this led to a 55% increase in newborn deaths. Since then, an assessment by MAP in 2011 further highlighted that maternal health facilities have continued to be understaffed and to lack qualified health providers and equipment. As a result, safe childbirth remains significantly jeopardized. There is a lack of maintenance services for equipment and severe shortages of life saving drugs. At Al Shifa neonatal unit, it was reported that 30% of infant deaths were due to lack of life saving drugs.

This year, Cycling4Gaza will be supporting neonatal medical and nursing staff in their Neonatal Life Support training (NLS) and obstetric and midwifery staff with their Basic Life Support in Obstetrics training (BLSO) to improve the quality of delivery. We will also be funding life saving CPAP machines which will be used to support many premature babies with their breathing, and intensive phototherapy machines used to treat severe jaundice which will ultimately lead to the prevention of mental disability and impaired development. These machines also have the benefit of speeding up the treatment process and therefore freeing up beds for new mothers and babies. The medication, equipment, and appropriate training will continue to have the great impact on the survival and development of infants.

# Primary Trauma Care Training and Community Based Non-Medic Training

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The war on Gaza killed thousands and left many more badly injured. Many of these fatalities could have been avoided if appropriate care was received in the crucial hours following the initial trauma. Today, the lingering damage from the war continues to pose ongoing hazards and cause daily injuries. The ongoing blockade in Gaza has caused medical training to suffer badly and as a result, medics in Gaza are unable to leave to take part in training or qualifications. Visiting UK professionals are crucial to their skills development and to help stop the isolation for the medical profession in Gaza.

Apart from training for medical staff, Cycling4Gaza's support will be pioneering this training program for non-medical citizens (teachers, shop keepers, taxi drivers, etc). We will be launching a curriculum and training vital grassroot members to keep the wounded alive until they receive professional paramedic support. With your support, we can maximise the local capacity of Palestinians in Gaza to be able to deal with serious day to day injuries, as well as injuries caused by military conflict. This will be done through training 240 front-line doctors and nurses, 240 non-medic citizens, as well as development and implementation of a Non-Medic Primary Trauma Care .



# Maternal & Child Health Project

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This project supports mothers and newborn babies throughout the Lebanon refugee camps. The risk to Palestinian newborns in Lebanon is often worse than in Gaza, but there is a lack of awareness of their situation. In the refugee camp of Nahr al-Bared in North Lebanon, many families live in temporary shelter in the form of shipping containers since the destruction of their camp almost 5 years ago.

Many mothers who live in these camps suffer from easily preventable conditions. With the right treatment during pregnancy, they can prevent haemorrhage and in extreme cases, death. Poor living conditions, overcrowding and lack of adequate health services all increase the newborns' susceptibility to malnutrition and illnesses. In some camps, the incidence of anaemia among children below three years old has reached a rate of 80%. This can have serious effects on their long term physical and mental development.

This is the only community based program that offers home visits and provides one-to-one counseling on nutrition and healthcare. Fully trained midwives and nurses also provide psycho-social support to families in their extremely vulnerable conditions. Through this project, we are also empowering mothers to build a stronger community for the future by educating each other.



HOW CAN YOU  
JOIN THE  
MOVEMENT?

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# Join Cycling4Gaza

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To join our challenge, please return this filled registration form, a signed copy of the Conditions of Entry, and a proof of payment of £100 deposit to MAP to [events@map-uk.org](mailto:events@map-uk.org) by Monday 20th August 2012

## A. PERSONAL DETAILS

NAME .....

ADDRESS .....

.....

EMAIL .....

TELEPHONE .....

PASSPORT NUMBER .....

T-SHIRT SIZE .....

## B. FEES & FUND RAISING

The deposit of £100 (non-refundable) is used to secure your place on the ride. You will then have to fundraise an additional £1,100 which will cover your transfers in Turkey, 4 nights accommodation in a shared 3 star room, meals, snacks and guides for the ride. Between the deposit and the minimum fundraising amount you will be giving MAP at least £1,200.

Of the £1,200 going to MAP, £395 will be used to cover your cost on the ride, the rest will go to supporting MAP's projects in Gaza and Lebanon. If you would like all the money you are fundraising to go direct to the projects then you will need to pay the £395 yourself.

**Refer to the following table for important deadlines concerning the cycle:**

<b>Date</b>	<b>Details</b>
20th August 2012	Deadline to transfer the deposit of £100 to Map to confirm your place.
20th September 2012	Deadline to transfer at least £295 (either from money you have raised or out of your own pocket) and additional cost for bike hire, if any. Deadline to send flight & travel insurance details.
20th October 2012	Deadline to transfer additional sponsorship money so that the total amount of money MAP has received is £720
28th November 2012	Deadline to transfer the remaining money so that the amount MAP has received is £1200. Any additional funds raised will be accepted after this date.

## **C. ACCOMMODATION**

We have organised 4 nights accommodation in 3-star hotels throughout the cycling route. Please indicate the person you would like to board with in the space below:

.....  
If you're joining solo, leave the space empty and we will match you with a person of a similar profile (gender, age, etc.)

## **D. MEDICAL DECLARATION**

If you have any known medical conditions, please provide us with a medical certificate from your doctor along with this form to confirm your participation.

## E. FLIGHTS, INSURANCE AND VISA

Each participant is responsible for booking their own flights and issuing their own travel insurance.

Airport and city pickup will be provided on 24/10 - the day before the cycle! You will be greeted by Cycling4Gaza representatives. Details will be communicated to registered cyclists in a separate communication.

To avoid disappointment, please verify your visa requirements from the following link (<http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>). Alternatively, contact your nearest Turkish Diplomatic mission in your country of residence.

## F. SPECIAL DIETARY REQUIREMENTS

I have the following dietary requirements:

- I am vegetarian       I'm allergic to .....
- I do not eat fish       Others .....

## G. BIKE HIRE

- Please tick if you would like to hire a bicycle for the challenge at an additional cost which will need to be included in the registration fee transfer.

Your height is .....

*You will be advised in a separate communication about available bicycle types and hire costs.*



## H. PAYMENT METHODS

To register for this year's challenge, use one of the 3 methods listed below. Please ensure that you retain a proof of payment to send it along with your signed registration form and terms & conditions.

### 1. Bank Transfer

#### Medical Aid For Palestinians UK A/C (GBP/£)

The Cooperative Bank Plc  
London city office  
80 Cornhill,  
London  
EC3V 3NJ  
Account: 65218196  
Sort Code: 08-02-28  
IBAN: GB72 CPBK 08022865218196  
BIC: CPBK GB22

#### Medical Aid For Palestinians US A/C (US\$)

Europe Arab Bank Plc  
35 Park Lane  
Mayfair  
London  
W1K 1RB  
+44(0)20 7355 8230  
+44(0)20 7315 8600  
Account: 1003-004399-301  
Sort code: 40-50-44  
IBAN: GB59 ARAB 4050 4400 4399 02  
SWIFT: ARABGB2L

### 2. Online Payment

STEP 1 : Visit [www.map.org.uk/donate1](http://www.map.org.uk/donate1)

STEP 2 : Click the donate button

*All cyclists who wish to pay their registration fee by this method **MUST** quote 'C4GR' before their name in the payment reference.*

### 3. Cheques

Cheques are to be made payable to "Medical Aid for Palestinians" and posted to 33a Islington Park Street, London, N1 1QB, United Kingdom. If you are paying on behalf of someone else, please indicate that in your mail.

### 4. Telephone Credit-Card Payment

To make a credit card or debit card payment over the phone please call +44 (0) 20 7226 4114. Payment will be taken in GBP£ so you may get charged by your bank if you are using a non-UK card.

## I. IMPORTANT NOTES

- Please bring a bike helmet for yourself. You will not be allowed to cycle without a helmet.
- Please bring a water bottle or refillable water source such as a camelback.
- If you're bringing your own bike, please ensure you bring extra inner tyre tubes in case of punctures.

## J. CONDITIONS OF ENTRY

- For this challenge we require a deposit of £100 which is non-refundable and should be sent to MAP, along with the signed Registration form by 20th August 2012.
- By registering for this challenge you are pledging to raise the minimum sponsorship of £1,100 (this excludes the £100 deposit) and understand that it is an endeavour of this challenge to raise as much above this amount as possible in aid of MAP.
- You are required to have sent a total of £720 to MAP by 20th October to have your place confirmed on the Cycling4Gaza Challenge 2012. If you are unable to raise this amount you risk forfeiting your place.
- Should you have to withdraw there will be no refund payable to you as your sponsorship was raised for charitable purposes.
- 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 any sums recovered under the policy will be paid to the charity.
- You must be at least 18 years old before the departure date of the event. 16+ year olds may attend, but must be accompanied by a parent/guardian.
- Itineraries, schedules, and accommodation may change and other alterations may occur beyond the control of MAP or C4G.
- You must not suffer from alcohol or drug dependency. You should not have any unspent criminal convictions.
- The tour company is unable to accept liability for any loss or damage arising, or for cancellation of the event for any reasons outside their control.

- Your deposit of £100 and minimum sponsorship of £1,100 will cover the cost of the tour (which include accommodation, meals, snacks guides and back-up team) and £805 will go to funding the MAP projects described in this pack.
- A passport that is valid for 6 months and you may need a visa. You are responsible for organizing your own visa if it is required.
- You participate at your own risk. If you are refused passage and/or exit to or from Turkey, any additional costs incurred are your responsibility. You will be responsible for providing your own personal equipment and packing your own bike for the flight (should you bring it). If you need assistance hiring a bike in Turkey please let us know.
- It is a requirement that your own bike is a road-worthy, serviced bicycle. You must wear a helmet at all times while cycling on this challenge. No helmet = no cycling!
- You must have adequate travel insurance that will cover you for the specific activities you will be undertaking, including emergency repatriation. You will be asked to provide proof of travel insurance 3 weeks before the departure date or you may forfeit your place on this challenge.
- MAP may, at their sole discretion, withdraw places on the challenge if it is believed to be in their best interest to do so.
- You must not make any political statement or engage in any demonstrations during the challenge. As a British registered charity MAP has no political affiliations. We oppose all forms of violence and our sole focus is supporting the most vulnerable Palestinian communities, especially those in the West Bank and Gaza and in the Palestinian refugee camps in Lebanon.

**I AGREE WITH AND ACCEPT THE CONDITIONS OF ENTRY**

*By signing this document, you declare that you have provided all accurate information. C4G, MAP, tour operator, and any other affiliates will not be liable for any injuries, loss, or damage incurred during this cycle.*

.....

**SIGNED BY:**

**DATE:**

# FREQUENTLY ASKED QUESTIONS



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# FAQ's

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## **Is it safe to cycle in Turkey?**

Yes. This route has been chosen based on consultation from the tour operator in Turkey - Biking in Turkey.

## **How much does it cost to join the challenge?**

You will need to pay a £100 deposit and commit to raising a minimum of £1100 in addition. If you would like to cover the full cost of the trip yourself then it costs £395.

## **How do I sign up?**

Please refer to the Registration Form section for a detailed answer. Post registration, you will be contacted by Cycling4Gaza to take you through the next steps.

## **I love the idea of providing support for Palestine but I've never fundraised.**

Fundraising is a passion more so than a skill. Every year, the Cycling4Gaza team is comprised of first-timers who have joined because of their passion to the cause and have done great (both on fundraising and cycling fronts). We will support all cyclists with fundraising tips post registration.

## **How difficult is it to cycle 350Kms?**

Sporting challenges are meant to be difficult. Nevertheless, with a dedicated training routine and the strong sense of camaraderie of being one of 35 cyclists for a cause, it's doable. Expect to be in the saddle for an average of 6 hours a day during the cycle and rest assured that no one is left behind throughout the cycle. In addition, we will be accompanied by a first-aid trained support team.

Post registration, you will be contacted by the Cycling4Gaza team for training advice and to announce group training sessions in London, Dubai, and Riyadh (spinning classes and outdoor). We will work on organising group training sessions in other cities if feasible.

### **Who is responsible for the logistics?**

All logistical arrangements from airport pickup up to the end of cycle are organised by Biking in Turkey through the Cycling4Gaza team. This includes your hotel accommodation.

### **How does my bike travel back and forth to Turkey?**

You must arrange to appropriately pack your bike and inquire about the procedure with your airline.

### **What if I don't own a bike?**

No worries. Indicate that you would like a hire-bike in Turkey in section G of the Registration Form. We're happy to arrange that for you!

All hired bikes will be delivered at cycling starting point.

### **Are there any luggage restrictions?**

Please limit belongings to a carry-on bag. Throughout the challenge, all luggage will be carried in our support bus.

### **Can you tell me about room-sharing and accommodation?**

We will be checking to different 3-star hotels on arrival day and at the end of each cycling day as we cross 350 Kms over the 3 days of the cycle. All rooms are twin-board - if you're joining with a friend/sibling/partner, please indicate their name in section C of the Registration Form. If you do not assign a name, we will work on matching cyclists of similar profile together (gender, age, etc) and will inform you to get your approval on the matching.

We tried to cover all possible questions that might come up in the previous FAQ section. Should you have any other questions, please don't hesitate to contact us.

# We look forward to seeing you in Turkey in October!



## CONNECT WITH US

✉ [cycling4gaza@gmail.com](mailto:cycling4gaza@gmail.com)

🐦 [@Cycling4Gaza](https://twitter.com/Cycling4Gaza)

f [Fb.com/Cycling4Gaza](https://www.facebook.com/Cycling4Gaza)

🌐 [www.cycling4gaza.com](http://www.cycling4gaza.com)

Charity Partner

**MAP**  
MEDICAL AID FOR PALESTINIANS  
[www.map.org.uk](http://www.map.org.uk)

Creative partner

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