



## **Kick4Life Tours to Lesotho & South Africa**

### **Travel, have fun, change lives...**

Kick4Life is a charity that delivers HIV education to orphans and vulnerable children in Lesotho, southern Africa. One way we raise money is through running high-quality, tailored and great value corporate and group tours that offer a unique mix of activities and experiences.



Our flexible tour packages can include:

- Delivering HIV education games and activities to children in local schools, supported by qualified coaches with full training provided.
- Playing football against local teams in front of hundreds of supporters in stunning locations.
- Supporting Kick4Life activities at the Lesotho Football for Hope Centre, developed as part of the 2010 World Cup legacy campaign.
- Adventure trips to Lesotho's mountain region, visits to Cape Town & Table Mountain, and the chance to go on safari in some of Africa's top parks.
- Visits to orphanages, community projects and sites of historical interest.

## Why select a Kick4Life Tour?

Our tours can be adapted to a range of purposes as outlined below, and shaped for a range of budgets from low-cost to top-class accommodation. All of the tours have one thing in common – they contribute to the work of Kick4Life with disadvantaged children, meaning your involvement is a demonstration of your organization's **social responsibility** and a great opportunity for positive media exposure.

### **Team building and Staff Development**

The tours are a great opportunity to help strengthen and motivate teams, or to reward staff for their hard work. The HIV education is a powerful way to encourage people to work together in a new, fun and challenging way.

### **Client incentive**

We have also run tours in partnership with companies that use the tours as a way to develop client relationships and incentivize new business. The experience in Lesotho can be a huge incentive, especially with a trip to Cape Town or safari visit incorporated as part of the tour.

### **Football tour**

Football can be either a small part or a major part of the tour. For football teams and those who love to play, football in Lesotho is a fantastic and unforgettable experience, played in stunning locations and watched by passionate supporters!

### **A life-changing experience for young people**

The tours are a great opportunity for schools, colleges, universities or other groups of young people who want to experience life and sport in another part of the world.



# About Lesotho

Lesotho is an incredibly beautiful country with rolling hills, dramatic mountains and some of the world's highest waterfalls. It is also one of the poorest in the world with an HIV prevalence of 23.3% and thousands of children orphaned by AIDS. Kick4Life is using football – Lesotho's national sport – to reach children with life-saving messages. By running tours to Lesotho we also aim to help un-tap the country's potential for Sustainable Tourism, so that travel to the country has a positive impact on social, economic and environmental development.



Lesotho is completely landlocked by South Africa and the friendly Basotho people have a proud history.



# About Kick4Life

Kick4Life is a registered UK charity (number 1112133) that uses sport to transform the lives of some of the most disadvantaged children in the world.



## Our Programmes & Achievements

- The K4L Curriculum 25,000 young people have completed this six-week course of health education and life-skills development delivered by local role models.
- Our award-winning Test Your Team campaign which provides voluntary testing in an environment of positive peer pressure. More than 8,000 have been tested with 400 referred to life-saving treatment and ongoing support.
- A Street Youth Initiative enabling hundreds of homeless children to enjoy sport and access key health and education services.

These have been delivered in partnership with organisations such as UNICEF, the Premier League and the Vodafone Foundation.



*“Kick4Life has changed my life very much for the better. All of us in Lesotho need to be committed to get rid of HIV from our nation.” Selloane, 15*

# The Lesotho Football for Hope Centre

In 2010 Kick4Life was selected by FIFA and streetfootballworld to host a sport, health and education centre in Lesotho as part of the '20 Centres for 2010' campaign. Thanks to this fantastic news we will be running a great facility right in the heart of Maseru, Lesotho's capital, where we will deliver activities for children living on the streets. Below is an artist's impression of how the centre will look when the first phase of construction is completed in March 2011



The centre will also provide a focus for the tour. You will have the chance to play football here, deliver HIV education and see how the 2010 World Cup is having a lasting legacy for the people of southern Africa. We are also aiming to develop an accommodation block that in future will provide first class accommodation for people attending our tours.



The first centre that is already running in South Africa

## What previous participants say

*“Thank you so much for what turned out to be an amazing unforgettable trip! The feedback we have had internally and from the clients was unbelievable.”*

**Phil Bell, Westcoast, corporate tour 2010**

*“Playing football in Africa is incredible, but being able to deliver crucial life-saving messages to hundreds of children was a humbling experience I will never forget”* **Andy**

*“This tour has changed my perspective of my life in the most positive way possible.”*

**Sarah**



*“I loved every minute. Kick4Life really look after you.”* **Chris**

*“I will remember the tour as one of the best experiences of my life”* **Steve**

*“Helping to make a real difference to the children and communities of Lesotho goes hand in hand with seeing the wonderful beauty of the people and landscapes.”* **Dave**

*“We played on some of the most picturesque pitches in the world”* **Ben**

*“The K4L tour is a fantastic way to have hands on experience and make a direct and tangible difference to HIV/AIDS awareness in Lesotho”* **Emily**

# Sample itinerary

**Day 1:** Fly to Johannesburg. Transfer to Maseru, Lesotho.

**Day 2:** HIV education training from the K4L coaches. Football match



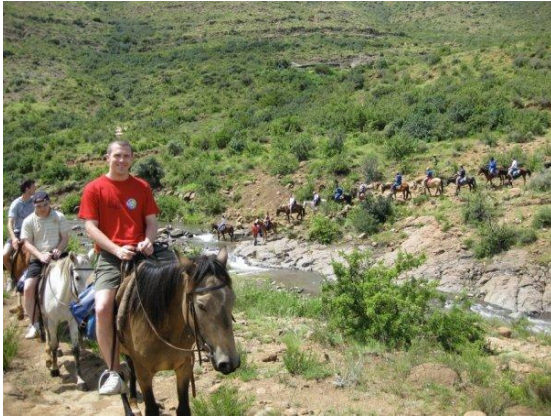
## Days 3-6

- Three football matches against local teams in front of hundreds of supporters.
- Visits to local HIV/AIDS projects, orphanages and schools.
- HIV awareness sessions will take place during our visits and at the football matches. You will be supported throughout by K4L coaches and translators.
- There will be a rest day during this period and a chance to relax by the pool at the Lesotho Sun Hotel.
- Evening entertainment can include a quiz, karaoke and a movie night.



### Day 7-10

- Adventure trip to the mountain region or visit to Cape Town or Safari.
- A final football match surrounded by the Maloti Mountains.
- Pony-trekking through the stunning scenery and a chance to bathe in a beautiful waterfall.
- Games in the evening by the camp fire



**Day 11:** Travel back to Maseru for final day and Awards Night at a local restaurant.



**Day 12:** Transfer to Johannesburg. Flight home

## For more information

Call Steve on +44 (0) 7710 999 169

Email: [steve@kick4life.org](mailto:steve@kick4life.org)

Visit: [www.kick4life.org](http://www.kick4life.org)

Watch a short film about Kick4Life: <http://www.youtube.com/watch?v=lwMC2aKbpN8>

