

Kick4Life



Kick4Life Tours to Lesotho

Travel, play soccer, change lives...

Kick4Life is an award-winning 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 & life-skills games and activities to children in local schools, supported by qualified coaches with full training provided.
- Playing soccer against local teams in front of hundreds of supporters in stunning locations.
- Supporting Kick4Life activities at the Lesotho Football for Hope Center developed as part of the 2010 World Cup legacy campaign.
- Adventure trips to Lesotho's mountain region. We can also build in visits to Cape Town & Table Mountain, and safaris to 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 have great potential 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, challenging and fulfilling 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 tour experience in Lesotho can be a huge incentive.

Soccer Tour

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

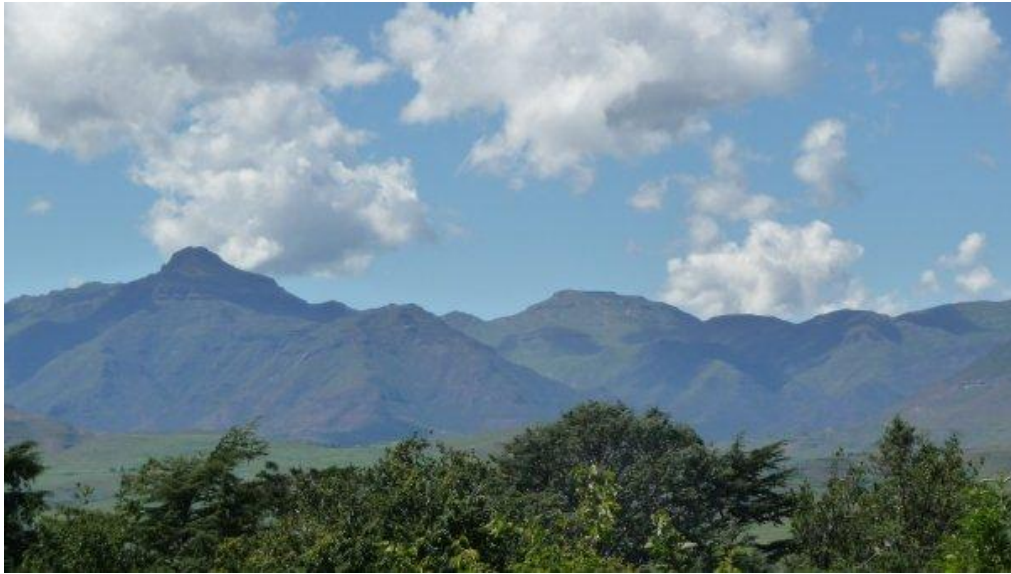
A life-changing experience for young people

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 uses 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.

Current programs & achievements

- The K4L Curriculum, a health education and life-skills development course delivered by local role models. 25, 000 children have completed the course so far.
- The Test Your Team campaign which provides voluntary counseling and testing in the context of a soccer tournament. 8,000 tested with more than 450 referred to medical treatment and support.
- A Care & Support program for orphans and vulnerable children that helps these severely disadvantaged children to enjoy sport, receive mentoring and access key health and education services. Hundreds of children supported to date.
- A program supporting vulnerable women towards a brighter future.
- A literacy and numeracy program of out-of-school children.

These have been delivered in partnership with partners such as UNICEF, the Premier League, USAID, FIFA, Standard Bank and the Vodafone Foundation.



Our Awards

- Global Sports Forum Community Award Winner 2011
- Beyond Sport for Health Award Winner 2010
- Score4Africa Health Award Winner 2009
- Lesotho National AIDS Commission Best Implementing Partner Award Winner 2008

“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 Center

In 2011 the Lesotho Football for Hope Center opened, as part of FIFA's 2010 World Cup legacy campaign. The center is Kick4Life's Headquarters where we deliver many of our activities to young people. The facility includes classrooms, a health clinic, office space for the Kick4Life team, a 5-a-side Astroturf pitch, an 11 a side grass pitch, a vegetable garden and a children's play area.

Based in the heart of Maseru, Lesotho's capital city, the tour group will deliver activities at the center, see Kick4Life activities in action and play on the pitches.



Above: The centre building and Astroturf pitch
Below: An exhibition match at the opening ceremony



What people say

"Thank you so much for 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" **Crystal**

"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**

"Simply life-changing" **Oya**

Sample itinerary

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

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



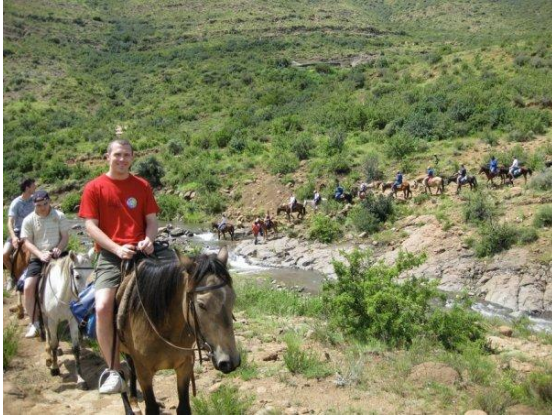
Days 3-6

- Three soccer 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 Soccer matches. You will be supported throughout by K4L coaches.
- There will be a rest day during this period and a chance to relax by the pool at the Lesotho Sun Hotel.
- Day trip to historical and cultural sites in Lesotho including Thaba Bosiu.
- Evening entertainment can include a quiz, karaoke and a movie night.



Day 7-10

- Adventure trip to Lesotho's mountain region (or visit to Cape Town or Safari).
- A final Soccer match surrounded by the Maloti Mountains.
- Pony-trekking through stunning scenery and swim under 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

Visit: www.kick4life.org

Watch some short films about Kick4Life's tour experience:

<http://kick4life.org/get-involved/index.html>

<http://www.youtube.com/watch?v=DCo8K4u-Bu0>

