



K4L ALL STARS TOUR 2023

Lesotho: November 2023

Travel, play football, change lives...

During an 10-day K4L All Stars tour of Lesotho you will have to the chance to:

- Play football against local teams in front of hundreds of supporters
- Be trained to deliver health education games and activities to children in local schools, supported by qualified coaches
- Stay at the Kick4Life Centre and see our work in action.
- Visit sites of cultural and historical interest.
- Enjoy an adventure trip to the stunning mountain region.

Our tours are popular with everyone regardless of age or gender, and there is something for everyone from the biggest football fan to those who don't want to play. We are committed to ensuring you have a brilliant time.

[Watch this brilliant video of the tour experience!](#)



About Lesotho

Lesotho is an incredibly beautiful country with rolling hills, dramatic mountains and some of the highest waterfalls in the world. The country is completely landlocked by South Africa and the friendly Basotho people have a proud history. The country is also one of the poorest in the world with an HIV prevalence of 23.2% and with more than 130,000 children orphaned by AIDS. Kick4Life uses football – Lesotho's national sport – to transform the lives of some of the most severely disadvantaged young people.



Why Kick4Life?

Kick4Life is a registered UK charity (number 1112133) and a registered 501c3 foundation in the USA. We use sport to transform the lives of some of the most disadvantaged children in the world. Kick4Life has received numerous awards in recognition of its life-saving work, including the Beyond Sport Award for Health and the Nelson Mandela Children's Foundation Best Practice Award.

Our programmes include

- The K4L Curriculum health education and life-skills development course delivered by local role models trained by K4L. More than 100,000 children reached since 2007.
- Our award-winning Test Your Team campaign which combines a football tournament with HIV testing and counseling.
- The Kick4Life Academy – providing intensive and holistic support for disadvantaged young people towards sustainable livelihoods and academic scholarships.
- Fit4work, an employability programme to help young people gain and sustain employment.

The Kick4Life Centre

During the tour you will spend much of your time at the Kick4Life Centre in the heart of Maseru, Lesotho's capital city. The centre includes our restaurant No.7, the K4L Hotel & Conference Centre 12 twin bedrooms overlooking our 11-a-side grass and 5-a-side artificial pitches. The centre is the heartbeat of Kick4Life and a hub of sport and social development activities. It is also the home ground of our football team Kick4Life F.C. and you might have a chance to cheer them on the Lesotho Premier League during your stay. During the tour you'll be staying at Bambatha – the Lesotho FA Headquarters - which is a short distance from the centre.



What previous participants say...

“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**

“The overall experience of the tour has blown me away.” **Crystal**

“Without doubt the best experience of my life.” **James**



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

“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**

Itinerary

Approximately 6 months before departing a preparation day will be held with the chance to meet fellow participants, share fundraising ideas and find out more about the tour.

Day 1: Fly out (overnight flight if flying from the UK)

Day 2: Arrive in Johannesburg. Transfer to Maseru, Lesotho.

Day 3:

- Visit to Thaba Bosiu, historical site.
- Attend K4L FC match followed by 5-a-side football at the centre.



Day 4

- Welcome meeting and tour of the K4L Centre.
- Training & practice in health education & life-skills development activities, delivered by qualified coaches
- Quiz night

Days 5 & 6

- Visits to local schools to deliver health education & life-skills sessions, supported throughout by K4L coaches.
- Two 11-a-side football matches against local teams in front of hundreds of supporters.
- Cultural performance by the Kick4Life Theatre Group



Day 7

- Adventure trip to the mountain region & Malealea Lodge.
- A final football match surrounded by the stunning Maloti Mountains.
- Games around the campfire.

Day 8

- Pony-trekking through the stunning scenery and visit to a beautiful waterfall.
- Transfer back to the Kick4Life Centre for **Awards Night**



Day 9:

Parkrun in Ladybrand!

Transfer to Johannesburg for flight home.

Day 10: Arrive home. (Landing early if flying to the UK)

Fundraising Ideas & Support

To take part in the tour you need to raise or donate at least £2750 (€3300/\$4500) for Kick4Life. A good plan and commitment make this very achievable, and many people report thoroughly enjoying the fundraising process. The following top tips will help you get there. These are just a few of many possible fundraising ideas and our team is on hand to provide dedicated advice and support to ensure you hit the target...

1. **Set up a Justgiving page** to manage your fundraising. It is much easier for people to donate, saves you the hassle of collecting money from people directly and the funds come straight to the charity. Visit <http://www.justgiving.com/kick4life> to set up your page. If you need assistance setting up your page please get in touch.
2. **Write personalized letters to friends, family and work colleagues** asking them to support your efforts. Tell them this is not just a charity challenge – you will be delivering life-saving health education to hundreds of children.
3. **Organize a fundraising event** at work encouraging colleagues to support you. Raffles & quiz nights work well and you could ask local companies to donate prizes.
4. **Put aside a monthly donation** yourself. £25 every month for 16 months would contribute £400 towards your total.
5. Instead of receiving **Birthday, Christmas presents** etc, ask people to make a donation towards your total.
6. If you have anything you no longer need around the house **sell it on ebay**.
7. **Take on a challenge** such as a marathon and write to friends, family and local companies asking them to sponsor you. Use social media to promote you page, but don't rely on it – personal messages are far the most effective means.
8. **Contact your local newspaper** and ask them to do a story about your challenge. Ask them to include your Justgiving web link.
9. **Organize a five-a-side football tournament** with teams paying a fee to enter. You could ask a local company to sponsor the event. Contact local teams and companies asking them to enter a team. Promote in the local media.
10. **Encourage your friends to fundraise for you** e.g. organize a sponsored event (run, bike, ride, night walk) with each person raising £200 towards your total
11. **Organize a dinner party for friends and family**. Charge everyone £25 and cook them a meal. You could do an African themed night!
12. **Keep going, be innovative, stay focused and enjoy it!** It will be well worth it!



Frequently Asked Questions

Q. What will the weather be like and what clothes should I bring?

A. Bring a good selection of clothes suitable for warm and cooler weather, and also something waterproof. Something smart casual for eating out is also advised. And don't forget to bring your swimming gear for the pool and the waterfall.

Q. What injections and inoculations do I need?

A. We recommend that you speak to your GP at least six months before travelling for a full list of what inoculations you need.

Q. Is it for men and women? What if I don't want to play football?

A. Absolutely, the tours offer something for everyone and we have had a good balance of men and women on previous tours. The games and activities that we deliver to children are not based on football and during the matches a wide range of activities are delivered to children around the pitch.

Q. What football kit should I bring?

A. If possible bring football boots, trainers and astros, or at least two of the three. Also bring your own shin pads, shorts and socks. Shirts will be provided by Kick4Life. Kit and other clothes can be washed for a good price at K4L.

Q. How many people will attend?

A. The average tour size is between 14 and 20 people.

Q. Who will lead the group?

A. A group leader will travel with the group on the flight out and stay with the group for the duration of the tour ensuring you have an enjoyable time. The local activities will be coordinated by our Lesotho based team.

Q. What medical procedures are in place?

A. A first-aider will travel with the group. For more serious incidents we will access private health clinics in Lesotho.

Q. How do I raise the money?

A. Please see the fundraising section. We are on hand to advise throughout.

Q. Does Gift Aid count towards my total?

A. No. Gift Aid is a tax benefit for the charity and does not constitute funds raised by you.

Q. When do Kick4Life need the money by?

A. To secure your place we need an initial £50 upon booking. We require £1000 six months before travelling and the full amount one month before travelling.

Q. What happens if I don't raise the money in time?

A. If you don't raise the money you won't be able to travel unless you pay for the outstanding balance yourself. Anything beyond the target figure is hugely appreciated.

Q. How is the money raised used?

A. Approximately £1000 of the money raised will go towards the cost of your flights, accommodation and full board while in Lesotho. The remaining £1,750 will support Kick4Life's ongoing work with disadvantaged children. Compared to most charity trips this is a great ratio as there is no travel agency involved.

Q. What will the health education entail?

Kick4Life delivers a curriculum of fun and interactive games and activities that have underlying messages about health promotion and healthy-living. You will be trained to deliver a small number of these activities. You will be introduced to the games at the preparation day and will be fully trained by a local coach upon arrival in Lesotho. During delivery you will be supported throughout by a Kick4Life coach.

Q. What is not covered by the amount raised?

A. You need to arrange personal travel insurance for the duration of the trip and this should include cover for sports activities. The cost of necessary vaccinations and any personal expenditure during the trip such as gifts and extra food and drink are not covered. The first meal covered by the charity will be on the night of your arrival in Lesotho – food and drink at the airports is not covered by the charity but you will normally receive a meal on the flight.

Q. What will the accommodation and food be like?

A. The team will probably stay at Bambatha – the Lesotho FA HQ. The accommodation is of a good standard and is on a twin share basis. All rooms are en-suite with hot water. The food is great quality and provided by own in-house restaurant No7, run by a qualified chef.

Q. What money should I bring?

Lesotho Maloti and South African Rand are of the exact same value and you can use both here. Maloti cannot be used outside of Lesotho so you are better off changing your money into Rand. The average person spends approximately £100-£200 while on the tour, but it is possible to spend much less.

Q. What other things should I bring?

A. Other suggested items include: sun lotion, insect repellent, towel, sunglasses, a hat and a plug adapter suitable for South Africa.

Q. What should I be aware of when working with the children?

A. When working with children be aware that they often suffer from feelings of loneliness and isolation which can affect their self esteem. Therefore it is important to make every effort to include all children and not show favouritism.

Q. Should I tip? Should I give things out to the children?

A. Basotho are used to seeing “non-locals” who have a lot of money and often give it away when asked. Therefore, you will find that some people will ask you for money or clothing etc. They won’t necessarily be homeless or orphaned. It is at your discretion if you choose to give money/items of clothing away, but be aware that there will be others nearby wanting the same treatment. We advise that on project visits you do not give items away as we will make group donations such as a football kit. It is generally a rule for expatriates living in Lesotho to pay between one and four rand for a service such as help parking the car, putting in petrol, help with shopping etc.

Q. Can I drink the water?

Some people drink the tap water in Lesotho, others do not. It is your choice whether you want to drink it. If you have a particularly sensitive stomach you may also wish to steer clear of ice or salad.

If you have any further questions please email steve@kick4life.org or call Steve on 07710999169.

All Stars Tour 2023 Registration Form

<p>Personal Details: Name: Address: Phone number (preferably mobile): Email:</p>	<p>Football Players (Complete if you wish to play): Favourite positions: Do you have any coaching qualifications?</p>
<p>Passport Details (Alternatively attach a scan of your passport) Name exactly as it appears in passport including middle names: Nationality: Date of Birth: Country of issue: Passport Number Date of issue: Date of expiry:</p>	<p>Fundraising commitment I have set up a fundraising page and made an online donation of £50. You can set up a page at: www.justgiving.com/kick4life To pay by BACS contact steve@kick4life.org</p>
<p>Next of Kin: Name: Relationship to you: Address Phone number: Email:</p>	<p>Conditions of Entry: I have read, understood and agree to the terms and condition of entry for the tour: Signature: Date:</p>
<p>Tell a Friend - Please send event details to my friend: Name: Address: Email:</p>	

Please send you completed form and medical questionnaire to Steve Fleming, Kick4Life. 16 Park Avenue, Little Paxton, Cambs, PE19 6PB or email to steve@kick4life.org

Medical Questionnaire

The purpose of this questionnaire is to ensure that in case of illness or injury during the tour that we are able to provide the best possible care. The information will be treated as confidential and only used in the context of the tour.

Name:	
Date of birth:	
List any medication you are currently taking:	

If you suffer from any of the following conditions please provide details including severity, frequency and aggravating factors where relevant:

Heart trouble or raised blood pressure:	Yes/No
Cancer:	Yes/No
Psychiatric or other disability:	Yes/No
Asthma, bronchitis or shortness of breath:	Yes/No
Epilepsy/fainting attacks:	Yes/No
Diabetes:	Yes/No
Digestive or bowel disorders:	Yes/No
Allergies:	Yes/No
Joint or back problems:	Yes/No
Migraines:	Yes/No
Fractures, tendon, ligament/cartilage damage:	Yes/No
Are you a carrier of any infectious diseases:	Yes/No
Sever head injury:	Yes/No
Are you registered disabled:	Yes/No
Any other condition:	Yes/No

Dietary requirements: Please list any specific dietary requirements or allergies:

Fitness Level:

Please rate you fitness level on a scale of one to ten (ten being very fit):

I confirm the following:

- To the best of my knowledge this is a true and accurate description of my medical history and current conditions.
- I give my permission for Kick4Life to administer first aid, to initiate third party medical treatment if required and to inform my next of kin in the event of hospitalisation.

Signature:

Date:

Terms & Conditions of Entry

1. In return for a secured place on the Kick4Life All Stars tour you are required to pay a deposit of £50 and pledge to raise or donate a further £2700. We require £1500 six months before travelling and the full amount one month before travelling. If you are unable to raise the full amount you are liable to forfeit your place on the challenge, unless you choose to pay the balance yourself. You may be able to carry over your total to a future tour.
2. All funds raised in the name of Kick4Life must be paid to Kick4Life.
3. You must be at least 18 years old on the date of departure in order to take part in this challenge. If you are 16 or 17 you can participate with a letter of consent from a parent or guardian.
4. Your passport must be valid for six months after the date of return. It is your responsibility to obtain any necessary vaccinations for the challenge and to do so well before the departure date.
5. You participate at your own risk. If you are refused passage and/or entry/exit to or from South Africa or Lesotho, any additional costs incurred are your responsibility.
6. You must have adequate travel insurance that will cover you for the specific activities you will be undertaking. The policy must provide coverage for the payment of costs and expenses relating to medical treatment, repatriation costs, loss of, or damage to personal items and claims made by third parties.
7. The details you provide us with must be correct. This is especially important for the passport information as this will be used to book your flights. If you provide incorrect information you may not be able to travel.
8. Kick4Life may, at their sole discretion, withdraw places on the challenge if it is believed to be in theirs or the groups' best interest to do so.
9. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of Kick4Life.
10. Kick4Life reserve the right to cancel the tour should it be deemed necessary for any reasons outside of their control. In this instance, Kick4Life will use its best endeavors to recover the registration fee and tour costs and reimburse you with such sum as is recovered.