



Kick4Life All Stars Tour 2028

Lesotho: 18th February – 27th February

Travel, play football, change lives...

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

- Be trained to deliver health education & life-skills development activities to children in local schools, supported by qualified coaches
- Play football against local teams in front of hundreds of supporters
- Stay in the Hokahanya Inn at the Stadium of Life and see our work in action.
- Visit sites of cultural and historical interest
- Make new friends!
- Enjoy an adventure trip to the stunning mountain region.

Our tours are popular with people of all ages and backgrounds, and there is something for everyone from the biggest football fan to those who don't play. We are committed to ensuring you have a brilliant time!

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

[Sign up for the tour](#)



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 23.6% and with more than 130,000 orphans. Kick4Life uses football – Lesotho’s national sport – to transform the lives of some of the most severely disadvantaged young people.



About Kick4Life

Kick4Life is a registered charity in the UK (1112133), in Lesotho (28,404) 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, and have reached more than 250,000 children since we were founded in 2005. 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

- **Good Health & Wellbeing through Sport:** a health education, gender equality & life-skills development curriculum delivered by local coaches
- **Test Your Team:** an award-winning campaign which combines a football tournament with HIV testing and counseling.
- **Kick4Life Academy** – providing intensive and holistic support for disadvantaged young people towards sustainable livelihoods and academic scholarships.
- **Skills4Life:** an employability curriculum to help young people develop transferable skills which are vital for gaining and sustaining employment.

Kick4Life Centre

During the tour you'll spend a lot of time at the Kick4Life Centre, our HQ in Lesotho and a hub of sport and social development activities, in the heart of Maseru, Lesotho's capital city. The site includes our staff offices and our hospitality social enterprises – Hokahanya Inn and No.7 Restaurant – where you'll stay and dine during the tour. The social enterprises generate funds which are reinvested in our charitable programmes, as well as providing training and employment opportunities for young people.

As the home ground of our teams, who you can cheer on during your stay, the center also includes our 5-a-side artificial & 11-a-side grass pitches, with health and education facilities, including classrooms, counselling rooms and a small library, enabling a wide range of social development activities.



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 that I will never forget." **Andy**

"This tour has changed my perspective on 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 awareness in Lesotho." **Emily**

Itinerary

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

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

Day 3:

- Early morning Maseru run (optional!)
- Guided visit to Thaba Bosiu, an historical site with stunning views.
- Attend K4L women's or men's match, followed by 5-a-side football.



Day 4

- Welcome meeting and tour of the Stadium of Life.
- Training course in the health education & life-skills development activities, delivered by qualified K4L 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 matches against local teams in front of hundreds of supporters.



Day 7

- Adventure trip to the mountain region, staying at Malealea Lodge.
- A final football match surrounded by the beautiful Maloti Mountains.
- Games around the campfire.



Day 8

- Pony-trek or trail run through the stunning scenery with visit to a waterfall.
- Transfer back to the Stadium of Life for **Awards Night**

Day 9:

- Transfer to Johannesburg for flight home.

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

To sign up for the tour visit:
<https://www.kick4life.org/tours/>

Fundraising Ideas & Support

To take part in the tour you need to raise or donate a minimum £3,500 (or \$5000 if travelling from the USA) for Kick4Life. Based on the unique nature of this trip, and the exceptional quality of the experience on offer, we believe that it represents excellent value, and many people report thoroughly enjoying the fundraising challenge. We recommend putting together a plan to help you hit the target, and the following tips are just a few of many possible fundraising ideas to consider. For dedicated fundraising advice and support please contact steve@kick4life.org

1. **Set up a Justgiving page** to manage your fundraising, making it easy for people to donate, Visit <http://www.justgiving.com/kick4life> to set up your page, and if you need assistance please get in touch.
2. **Write personalized letters or emails to friends, family and work colleagues** asking them to support your efforts. Explain this is not just a charity challenge – you will be trained to deliver 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.** £50 every month for 18 months would contribute £900 towards your total.
5. Instead of receiving **Birthday, Christmas presents** etc., ask people to donate towards your total.
6. If you have anything you no longer need around the house **sell it on ebay or attend a car boot sale.**
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 your 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.
10. **Encourage your friends to fundraise for you** e.g., organize a sponsored event (run, bike, ride, night walk) with each person raising £250 towards your total
11. **Organize a dinner party for friends and family.** Ask everyone to donate £25 and cook them a meal and organize some games or entertainment. 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. How much do I need to raise and when do Kick4Life need the money by?

A. You need to raise or donate at least £3,500 (or \$5,000 if flying from the USA) to participate on the tour. To secure your place we require an initial £100 upon booking. We require £1500 six months before travelling and the full amount one month before travelling.

Q. How do I sign up?

A. To sign up, complete the [online registration form](#), and make an initial £100 deposit on a [Justgiving](#) page to secure your place. If you wish to make a bank transfer please get in touch: steve@kick4life.org

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 taxable benefit for the charity and does not count towards your total.

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 £1500 of the money raised will go towards the cost of your flights, accommodation, full board and activity costs while in Lesotho. The remaining £2,000 will support Kick4Life's ongoing work with disadvantaged children. Compared to most charity trips this is a brilliant ratio as there is no travel agency involved.

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

A. The weather in February is hot and sunny! The evenings get cooler so bring a good selection of clothes suitable for warm and cooler conditions. Rain storms are also possible so also bring something waterproof. We will share a full kit list once you sign up.

Q. What injections and inoculations do I need?

A. Everyone's circumstances are slightly different, so we recommend speaking to your GP or a travel clinic at least six months before travelling for a full list of what inoculations you need.

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

A. Absolutely, the tours offer something for everyone and we have people signing up from a wide range of backgrounds and from different parts of the world. The games and activities that we deliver to children are not based on football and the matches are just one part of a much wider experience.

Q. How many people will attend?

A. The average tour size is between 15 and 24 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. We have procedures in place for managing any health or medical needs.

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. You will stay at the Hokahanya Inn & Conference Centre at the Stadium of Life. The accommodation is at a great standard and is on a twin share basis. All rooms are en-suite with hot water. The food is great quality and provided by our own in-house restaurant No7, run by a qualified head chef and team. Single rooms can be requested for an additional fee.

Q. What money should I bring?

A. Cash – suggest max £100 in South African Rand. Most places, including K4L, take cards and there are cash points if more is required. The local currency is Lesotho Loti, but it tracks the South African Rand, which is also accepted in Lesotho, so we recommend Rand, which can also be used at Johannesburg Airport on the way home.

Q. What else should I bring?

A. We will provide a detailed kit list when you sign up.

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. Full training will be provided before the school visits.

Q. What should I bring to donate? Should I give things out to the children?

A. If you have space in your luggage for any of the following, they would be very welcome. We collect all donated items at the start of the trip and distribute to partner schools and organisations to ensure things are put to the best possible use for as many children as possible.

- Football boots
- Trainers / running shoes
- Football shirts / kit
- Stationary – pens, pads 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. We will provide you with one big bottle of water each per day and more is available for purchase.

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

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 £100 and pledge to raise or donate a further £3,400. We require at least £1,000 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 you 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. Those below 16 may be able to participate if accompanied by a parent or guardian. Please email steve@kick4life.org for details.
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. Registration fees will be reimbursed.
9. Itineraries, schedules and accommodation may change and other alterations may occur which are beyond the control of Kick4Life.

[Sign Up Now!](#)