

FREQUENTLY ASKED QUESTIONS

How fit do I need to be?

Although some Gulf for Good events are more challenging than others, e.g. Everest Base Camp and Mount Kilimanjaro, all demand a reasonable degree of fitness. However, self-motivation and determination are just as important. You should have plenty of time to get fit and we will provide a training schedule to help you.

Remember, the aim is just to complete the challenge - it is not a race.

We try to hold pre-event get-togethers to give you a chance to meet the other participants and check your fitness levels.

If you are unsure about your medical condition, please consult your doctor. Anybody over 65 years will need to supply a medical certificate.

Will I fit in?

Participants are of all ages (you must normally be 18 or over), from all backgrounds and different levels of fitness. Many come on their own and it is a great way to make new friends.

Though groups are sometimes split for various reasons, there are no "fast" or "slow" teams.

We all stay together in the evening and usually meet up for lunch.

What is provided for me?

International flights (for some challenges), accommodation, meals, refreshments and guides are all provided. You will be responsible for airport taxes, visas, insurance, vaccinations, transport to/from Dubai airport and personal equipment (i.e. backpacks etc.). We will send a kit list outlining everything you need together with visa and vaccination requirements in your challenge pack.

What will the day be like?

On average each day's activity lasts for about 6 to 8 hours with a break for lunch.

Your main luggage will be transported for you and available each evening. You will therefore only need to carry a day pack with all your essential items, lunch and water.

All events are intended to offer a challenge. You should therefore try to train on a mixture of terrain and include some hills and rough tracks where possible. Please see the individual challenge training guidelines for more information.

How safe is it?

Each group is accompanied by a Gulf for Good representative. Experienced professional companies are used for our events with medical back-up and police escorts provided where appropriate. None of the challenges involve "dangerous activities" unless specifically mentioned.

How do we get travel insurance?

As we will often be in remote locations it is vitally important to obtain a travel insurance that provides sufficient cover. We have a suitable policy and will send you details once you register. You may use your own insurance at your own risk.

What happens if I can't raise the money?

75% of the fundraising target must be raised 4 weeks before the challenge and the remainder prior to departure. If you cannot

raise the minimum sponsorship you will be liable to forfeit your right to participate in the event and lose your deposit. If you do experience difficulties, help is at hand so please phone us as soon as possible. The challenge pack contains plenty of fundraising tips and good ideas.

How much of the money I raise will go to the Gulf for Good Charity project?

An average of two-thirds of all funds raised will go to Gulf for Good projects depending on the challenge and the number of participants.

Can I get sponsorship from overseas?

Yes, we can accept sponsorship in foreign currencies, by cash, cheque, draft or bank transfer although any bank conversion charges will be deducted from your sponsorship total. It is better to send a larger donation rather than several small ones to reduce these charges.

What happens if I have to pull out?

If you have to pull out for any reason you will forfeit your deposit which will go to charity funds.

What happens if all places are filled by the time I apply?

Your booking form and registration fee will be immediately sent back to you.

What next?

Simply fill in the booking form and send it together with 4 passport photos and a copy of your passport to: Gulf for Good, P.O. Box 506006, Dubai, U.A.E. An acknowledgement and receipt will be sent by return mail.

If you have any other questions please call us on Dubai 3690222 Fax 3681388 or send an email to admin@gulf4good.org

Our friendly staff will be happy to help you. Office hours are 8am - 5pm Saturday to Thursday
Gulf for Good
P.O. Box 506006, Dubai, United Arab Emirates
www.gulf4good.org



GULF FOR GOOD

BOOKING FORM

Please return this booking form with a copy of your passport, 4 passport photos, signed fundraising declaration and registration fee to: Gulf for Good, PO Box 506006, Dubai, U.A.E.

Please enter challenge title

Challenge date:

PERSONAL DETAILS - (Please use block capitals)

TITLE MR/MRS/MS	
FIRST NAMES	
FAMILY NAME	
COMPANY	
ADDRESS	
DATE OF BIRTH (DAY-MONTH-YEAR)	
OCCUPATION	
PASSPORT NO	NATIONALITY
E-MAIL ADDRESS	
HOME TEL NO	MOBILE NO
WORK TEL NO	FAX NO

PLEASE ATTACH YOUR PHOTO BELOW



COMPULSORY HEALTH DETAILS - STRICTLY CONFIDENTIAL (Please attach a separate sheet if there is insufficient space)

DO YOU CONSIDER YOURSELF PHYSICALLY FIT FOR THIS CHALLENGE? <input type="checkbox"/> YES <input type="checkbox"/> NO		
DO YOU HAVE ANY ALLERGIES? GIVE DETAILS		
PLEASE GIVE DETAILS OF ANY MEDICATION THAT YOU ARE TAKING AT THE MOMENT		
PLEASE GIVE DETAILS ABOUT ANY EXISTING MEDICAL CONDITIONS YOU HAVE		
PLEASE GIVE DETAILS OF ANY MAJOR ILLNESSES OR TREATMENT THAT YOU HAVE HAD IN THE LAST 5 YEARS.		
WEIGHT	HEIGHT	BLOOD GROUP
DOCTOR'S NAME		
DOCTOR'S ADDRESS		
DOCTOR'S TEL NO		

EMERGENCY CONTACT DETAILS

NAME	HOME TEL
ADDRESS	WORK TEL

TRAVEL INSURANCE (Please tick)

I WOULD LIKE DETAILS OF A TRAVEL INSURANCE POLICY. <input type="checkbox"/>	
I WISH TO USE MY OWN TRAVEL INSURANCE. (IF SO YOU MUST PROVIDE A COPY FOR OUR RECORDS.) <input type="checkbox"/>	YES, MY INSURANCE POLICY COVERS ME FOR THE TYPE OF ACTIVITY ENCOUNTERED ON THIS CHALLENGE. <input type="checkbox"/>

DIETARY REQUIREMENTS? (Are you a vegetarian etc.)	T-SHIRT SIZE? (S, M, L, XL, XXL)
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REGISTRATION FEE & SPONSORSHIP

The registration fee and minimum sponsorship is as stated in the challenge flyer. The registration fee is non-refundable once you have been confirmed on the challenge. If due to unforeseen circumstances, your choice of trip cannot take place you will be informed at the earliest possible date, and if you are unable to change to the alternative date Gulf for Good will refund your deposit in full.

- I, the undersigned, accept and agree the booking conditions and representations made in this booking form
- I do not have any pre-existing medical conditions except for those stated on this booking form
- I am 18 years of age or over
- I understand that 75% of the sponsorship money must be deposited one month before the challenge
- I understand that the remainder of the sponsorship money must be paid to G4G prior to departure
- I understand that should I cancel my trip for any reason within 4 weeks of departure I will be liable for any cancellation charges levied by the tour operator(s)

Signed _____

Date _____

* Please also read and sign the Terms & Conditions, and answer the questions below.

- I enclose a cheque payable to Gulf for Good for AED _____
- I enclose cash for AED _____
- I have authorized a money transfer payable to GULF FOR GOOD to
Account Name: GULF FOR GOOD
Account Number: 417394
Bank Name: Lloyds TSB Bank
Bank Address: P O Box 3766, Dubai, United Arab Emirates
Opp. Al Sa's Park, Al Wasl Road
Swift Code: LOYDAEAD

CANDIDATE DETAILS Please fill in the following questions.

I agree / do not agree to this information being used for publicity purposes and on the Gulf for Good website. Agree Don't Agree

• I decided to join this challenge because

• I'm planning to raise my sponsorship mainly by ...

• Please give details of any other similar adventures or challenges in which you have participated.

• Other comments/details that you'd like to add.

• How did you hear about us ?

TERMS & CONDITIONS

Fundraising:

I agree to raise the minimum sponsorship, as specified in the brochure, to participate in this challenge. I understand that at least 75% of this must be paid to Gulf for Good four weeks before the challenge and the balance to be paid prior to departure.

Terms and Conditions:-

1. Entries will only be accepted on receipt of the registration fee, which is a non-refundable/non-transferable personal contribution.
2. Participants must be at least 18 years old before the departure date unless agreed in advance by GFG. Those aged over 65 and anyone who declares a medical condition on the booking form must provide a signed and completed doctor's certificate of fitness for the challenge.
3. Participants should be fit enough at time of departure to complete the challenge (and must complete the medical questions on the booking form). Gulf for Good has the right to refuse a participant if they are deemed medically unfit to take part.
4. Passports must have at least 6 months to run from date of return. Participants are responsible for ensuring that they have a valid passport and any appropriate visa(s) for the challenge.
5. Payment of airport tax, visa costs, insurance, vaccinations, personal travel to/from Dubai airport, personal kit and gratuities are not included.
6. Gulf for Good has the right to cancel the challenge or to alter the itinerary should climatic conditions or any other unforeseen circumstances make this necessary.
7. Participants take part at their own risk and agree to indemnify Gulf for Good and the Tour Operator(s) against claims for loss or damage to personal property, personal injury (or death) and any claim arising from the participant's own actions. "The Tour Operator" refers to any company appointed by Gulf for Good to handle flight and/or ground operations for each challenge.
8. Participants must be covered by travel insurance, which should provide adequate medical cover and repatriation insurance for challenges that occur in remote locations, as well as suitable third party cover.
9. Participants who cancel their place or are unable to travel will forfeit their registration fee.
10. Participants acknowledge that the Tour Operator is neither an agent nor a partner of Gulf for Good and that the Tour Operator has sole responsibility for organising and running the challenge and for the health and safety of participants. However participants have the same responsibility for their health safety and possessions as they do at home.
11. The names and logos of 'Gulf for Good' and of any individual challenge, as well as the name of the charity's Patron, Governors, or Directors may not be used for fund-raising purposes without the advance permission in writing of G4G.
12. Money raised by challenge participants is not transferable to other participants or other challenges.
13. Participants in training, fund raising activities and challenges take part at their own risk.

I apply to take part in the _____ challenge. I have read the Frequently Asked Questions and Terms and Conditions and agree to the terms and conditions stated.

Challenge Name _____

Your Name _____

Signed _____ Date _____