

The Ghana Triathlon with AfriKids



The Ghana Triathlon Trip

Trip Information Pack

November 2018

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The Ghana Triathlon with AfriKids

The Ghana Triathlon

Sprint Series - Accra - November 2018

Take on the only triathlon in West Africa with AfriKids and become part of a team helping to break the cycle of poverty in northern Ghana for good.



The event

- Date** Sunday 11th November 2018
- Location** University of Ghana grounds, Accra
- Challenge** Sprint Series Triathlon
 - 600m swim
 - 20km cycle
 - 5km run
- Options** Individual or relay available



Set in the University of Ghana’s grounds, in the capital of Accra, the Ghana Triathlon is a Sprint Series event now in its third year. The triathlon is the only event of its kind in West Africa and attracts Ghanaian athletes, as well as international participants from around the world.

The Ghana Triathlon Federation was founded in 2013 and is part of the International Triathlon Union and African Triathlon Union since 2015.

In 2018, AfriKids will be partnering with the Ghana Triathlon to offer supporters a unique opportunity to swim, cycle and run their way towards a brighter future for more children.



Join our team of AfriKids Change-Makers

Fundraising target £1,000 per person*

Each participant will be asked to fundraise as part of the trip, to help more children in northern Ghana to be happy, healthy, safe and in school; empowering families and communities to break the cycle of poverty.

During your stay in Ghana, AfriKids will take care of your accommodation, transfers and meals and we’ll have a dedicated team who will be supporting the trip throughout. See full trip costs in this pack.

*this is in addition to all trip costs and international flights



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The trip

Challenge yourself by taking on West Africa’s first and only triathlon, with a unique opportunity to train with Spencer Smith, British Triathlete and World Championship Winner, spend an evening at the British High Commission in Accra (TBC) and travel north to visit the projects you are supporting!

We have two different trip options available.

Option one - The Full Trip

A six day trip to truly experience life in Ghana; take part in the triathlon before travelling north to visit the projects your fundraising will support.

Day 1: Friday 9 November

Depart the UK and land in Accra, Ghana’s capital city in the evening. Travel to our triathlon base (Agoo hostel) for a welcome meeting and drinks as well as your first taste of Ghanaian food.

Day 2: Saturday 10 November

Travel to the triathlon venue to spend the morning with British Triathlete, Spencer Smith, who will take you around the course and provide last minute tips over lunch.

The afternoon is free for you to explore the sights of Accra and in the evening the British High Commission will open its doors to officially welcome you to Ghana over drinks.

Day 3: Sunday 11th November - The Triathlon

The Triathlon day has arrived! Kicking off early at 7.00am to beat the heat; swim, peddle and run your way to the finish line, where a cheering crowd and cold drink will await you.

Following the buzz of the morning, take the afternoon to rest up and recover before enjoying a celebratory dinner.

Day 4: Monday 12 November

Catch a one-hour flight from Accra to Tamale. From the airport, it is two hours by road to Bolgatanga, the home of AfriKids Ghana.

Settle into your accommodation before spending the afternoon with the AfriKids team, visiting projects you’ve supported with your fundraising and meeting the children and communities who will benefit. This could include visiting a local school AfriKids is working with, attending a Child Rights club debate or learning more from our fieldworkers about our Programmes - Education, Child Protection and Health.

Day 5: Tuesday 13 November

Spend the entire day with the AfriKids team to see first-hand the impact of your support. Visit various projects and delve deeper into understanding the work and how our local team are empowering people to make sustainable changes.

Enjoy lunch on the go at a local drinking spot.

Day 6: Wednesday 14 November

Wave goodbye to Bolgatanga after breakfast and return to Tamale airport to fly south to Accra.

Spend the afternoon in the city, a last chance to explore or relax back at Agoo Hostel before an evening flight home.

Day 7: Thursday 15 November

Arrive back in the UK early morning.

Guests must take four days of annual leave.

Costs

The following in-country costs include shared accommodation at our wonderful triathlon base in Accra, [Agoo Hostel](#), and our guest-house in Bolgatanga, [Mama’s Place](#). If you are interested in an upgrade option, please see page 6 and get in touch with the team to discuss.

In-country costs **£700** (payable in two instalments)

This includes:

- Triathlon entrance and AfriKids sports vest
- Airport transfers and internal flights
- All accommodation (Agoo Hostel and Mama’s Place)
- Meals and drinking water
- Project visits

Personal expenses **£830 -865**
(based on approximate pricing)

- International flights £550
- Visa £70
- Vaccinations £150
- Travel Insurance £30
- Antimalarials £30
- Training morning £35
(optional)

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The trip

Option two - Triathlon Weekend

A long weekend spent in Accra to get a taste of Ghana’s capital city and take on this unique triathlon challenge.

Day 1: Friday 9 November

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Day 2: Saturday 10 November

Travel to the triathlon venue to spend the morning with British Triathlete, Spencer Smith, who will take you around the course and provide last minute tips over lunch.

The afternoon is free for you to explore the sights of Accra and in the evening the British High Commission will open its doors to officially welcome you to Ghana over drinks.

Day 3: Sunday 11th November - The Triathlon

The Triathlon day has arrived! Kicking off early at 7.00am to beat the heat; swim, peddle and run your way to the finish line, where a cheering crowd and cold drink will await you.

Following the buzz of the morning, take the afternoon to rest up and pack your bags. Say good bye to your AfriKids hosts before your evening flight back to the UK.

Day 4: Monday 12 November

Arrive back in the UK early morning.

Guests must take one day of annual leave.



Costs

The following costs include shared accommodation at our wonderful triathlon base, [Agoo Hostel](#). If you are interested in an upgrade option, please see page 6 and get in touch with the team to discuss.

In-country costs **£325** (payable in two instalments)

This includes:

- Triathlon entrance and AfriKids sports vest
- Airport transfers
- All accommodation (Agoo Hostel)
- Meals and drinking water

Personal expenses **£830 -865**
(based on approximate pricing)

- International flights £550
- Visa £70
- Vaccinations £150
- Travel Insurance £30
- Antimalarials £30
- Training morning £35
(optional)

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Payment options

We don't want costs to be a barrier to you taking part in this unique challenge in Ghana, so we have come up with three simple ways in which you can fund your in-country costs.

Fundraiser

You pay a deposit (Option one: £300. Option two: £150) to secure your place on the trip. This will act as a part-payment towards your total in-country cost; the balance is payable no later than 28 days prior to the departure date.

You then commit to fundraise a minimum of £1,000 for AfriKids (100% of which will support our projects).

Flexi

You pay a deposit (Option one: £300. Option two: £150) to secure your place on the trip. This will act as your payment towards your total in-country cost; you will commit to fundraise as much as possible after this.

Once you have fundraised a minimum of £1,000 for AfriKids (100% of which will support our projects), any additional money raised over this can be put towards the remainder of the in-country trip cost.

The balance due on the in-country costs is payable no later than 28 days prior to the departure date and you commit to personally cover/subsidise this if your additional fundraising (anything above £1,000) does not.



Self-funder

You pay a deposit (Option one: £300. Option two: £150) to secure your place on the trip. This will act as a part-payment towards your total in-country cost; the balance is payable no later than 28 days prior to the departure date.

In addition, you make a personal donation of a minimum of £1,000 to AfriKids (100% of which will support our projects).



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Other information

Alternative upgrades for accommodation

The costs included in our packages offer comfortable accommodation at both our triathlon base, Agoo Hostel, and our guest-house in Bolgatanga, Mama’s Place. Please note, in Accra it is likely you could be asked to share a bunk room with other AfriKids triathlon participants.

AfriKids works with a number of local partners and strives to find the best available for its guests, but should you prefer more luxury, we have the following options.

Accra

Kempinski Hotel Gold Coast City, 5*

A member of the global, luxury Kempinski Hotel group, this hotel offers guests use of a swimming pool, restaurant, spa, fitness centre and dedicated concierge service.

The hotel is situated 25 minutes drive from the airport and 15 minutes drive from our triathlon base, Agoo Hostel .

Cost: approx. \$350 per night for a standard room

Website: www.kempinski.com/en/accra/hotel-gold-coast-city

Bolgatanga

Akayet Hotel, 4*

The Akayet Hotel opened in 2017 and is the first of its kind in Bolgatanga. It is a luxury hotel with a swimming pool, fitness centre and restaurant.

Cost: approx. £120 per night for a standard room

Website: www.akayethotel.com

Cycle equipment and costs

Participants will be required to bring their own bike and helmet to take part in the event.

Unfortunately, there is nowhere in Accra that offers appropriate bike hire, although if needed we can support the purchase of a bike at the newly opened Decathlon store in town.

Transport costs

AfriKids normally fly to Accra with the following airlines and these are their bike equipment policies/costs:

British Airways

A bike in an appropriate bike bag will count as one of your two pieces of hold luggage at no extra cost. [More info.](#)

KLM

A bike in an appropriate bike bag can be check in with an additional cost of 100 euros per flight. [More info.](#)



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Next steps

Register for the trip. Registration opens Tuesday 3 April 2018.

- 1. Choose your trip option and complete the trip registration form**
Online form link: tiny.cc/ghana-triathlon-reg
- 2. Read and sign the Ghana Triathlon Trip Terms & Conditions and the Visitor Code of Conduct**
Following completion of the registration form, we will send you links to electronically sign each of the above documents
- 3. Pay your deposit**
We will discuss the payment option you have chosen and what deposit you need to pay, depending on the trip option you have chosen, as well as how to pay it.

Receive confirmation of your place

We aim to send you confirmation of your successful booking within 14 days of receiving your registration details, signed T&Cs and deposit.

Personally book your international flights

We have relationships with various travel companies, who we can hold flights with once we have confirmed your place on the trip.

Start preparing for the trip of a lifetime

We will send you a full trip welcome pack including all the details you will need about the event day, a draft trip itinerary, applying for your visa, getting your vaccinations and packing advice.

Follow the event on social and check out their website

[Ghana Triathlon Federation Facebook page](#)

[Ghana Triathlon website](#)

Share the event with others

Getting a team together - whether it's a group of triathletes, colleagues from your company or friends up for a challenge - can be a great way to share the experience and make your training and fundraising more fun

If you'd like to discuss putting a team, please get in touch.

Contact details

Please don't hesitate to get in touch with Isla and the team at any time if you have any questions at all.

Isla Pullinger, Fundraising and Communications Officer

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“An amazing opportunity to meet some inspirational people, experience a new culture, witness positivity in action and be inspired to help; not just on the trip but on in to the future.”

Ian, following a corporate trip to northern Ghana with AfriKids