



**Come and take part in The Ethiopian 10k in Nov 09
and raise money for Farm Africa**

**“The best race experience I have ever had, the crowd of runners did not wait passively, they pulsed, jumping up and down with hands in the air, chanting, and generally creating an electric environment. Even as the river of people snaked its way through the streets of Addis Ababa they chanted and danced.”
Recalls Mary Wittenberg director of the ING New York City Marathon**

Spend 10 days in Ethiopia, exploring one of the oldest countries in the world, rich in culture and legend. We will travel south and visit two projects which your money will help support; you will have the opportunity to speak to the people who have benefited from your fund raising efforts!



Bale Mountains Ethiopia

**For more information please contact Tim Jury
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e-mail timjury@onetel.com**

FAQ

When is the run?

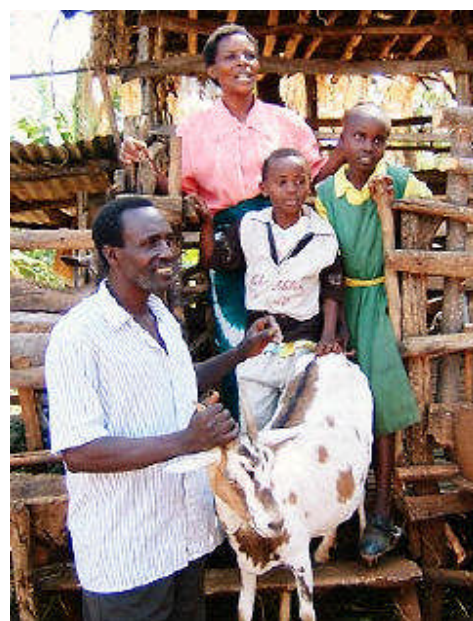
The run takes place on the 22nd of November; we leave on the 20th and return on the 30th.

How many places are there?

12

How much will it cost?

Approximate cost is £1300 this includes your flight, accommodation, food and travel.



Family receiving loan of a goat from Farm Africa

How much money do I have to raise?

Minimum of £1000 (but could be negotiable) Advice and support will be available from Farm Africa www.farmafrica.org.uk

Will I be insured?

No everyone who takes part needs to take their own comprehensive travel insurance covering health, accidents and loss before departure. We have however obtained a quote of £39 for under 55yrs if you wish to take that.

Do I need any vaccinations?

Yes please see your GP or Practice Nurse, you will not be allowed into the country without a Yellow fever vaccination card

Do I need a visa to enter Ethiopia?

Yes more information to follow.

How much deposit will I have to pay?

£250 with final payment by 2nd October 2009

