



# RIDE FOR CHANGE

## BIKE TOUR 2019

Thursday 3<sup>rd</sup> October - Tuesday 8<sup>th</sup> October 2019



**Afrika Tikkun**  
Developing Young People  
from Cradle to Career

# HELP US END YOUTH POVERTY IN SOUTH AFRICA



Poverty in South Africa is highest for children. 66.8% of children live in poverty and 4 die from hunger each day. **It doesn't need to be like this.**

Afrika Tikkun is fighting to reduce youth poverty in South Africa – not by giving handouts or gifts but by providing young people with the tools to economically empower themselves and their families. We carry out our vision through the **Cradle to Career 360°** model, which supports young people through a combination of nutrition, health, education, empowerment, and career development from birth until they are ready to enter the workforce.

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**Our purpose is to end youth poverty and unemployment in South Africa. Join us on our journey and help us raise funds for this crucial work.**

# TIKKUN EAGLES AND THE RIDE FOR CHANGE



The Tikkun Eagles is Afrika Tikkun's own cycling team. Established 6 years ago, the Eagles are made up of our charity supporters and **young local riders from the communities where we operate.**

The Eagles were set up with the same mission in mind that Afrika Tikkun has – to **develop and uplift young people from underprivileged communities.**



Every year we find more and more people from our communities that have a real passion for riding. Training and competing in cycle races gives a **great sense of achievement, encourages social interaction and builds confidence.**

By riding with us and becoming an Eagle, you'll allow us to sponsor even more young riders to **fall in love with cycling and play a key role in their development.** You'll even meet some Eagles along the way!

# WHY RIDE FOR CHANGE?

**Raise vital funds to help end youth poverty**

We need your help to give young people the tools to lift themselves out of poverty. We firmly believe that you deserve an opportunity to succeed in life no matter where you were born. **By cycling with us, you will help raise vital funds to make this dream an achievable reality.**



**Take part in the challenge**

We may be visiting one of the most beautiful places in the world but this trip will push you to your physical and mental limits. Depending on your skill level, you could be pedalling up to **90km a day with elevation gain of almost 1000m** through the steep and dramatic Cape Fold Mountains. But ultimately, the bigger the challenge, the greater the reward! Once you hit the finish line **you'll feel on top of the world!**



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# WHY RIDE FOR CHANGE?



## See the work that Afrika Tikkun does first hand

By joining us, you'll have the opportunity to visit one of our centres in the Mfuleni township. **You will see up-close and personal how your fundraising has improved people's lives** and get to meet the inspiring people that make this all possible.

## Teamwork

**We're all in this together.** Whether you're joining up by yourself or with others, you'll be part of a big team made up of cyclists, Afrika Tikkun activists in South Africa and the UK, and of course, the charity's beneficiaries – all **working towards the goal of ending child poverty.**

## Visit one of the most beautiful areas of South Africa

Even if you've been to South Africa already, travelling through it by bike will make you appreciate it in ways you've never done before. Starting in Franschhoek and ending up in Hout Bay, we'll pass through **winelands, mountain passes, farmland, coastal paths and a UNESCO world heritage reserve.** We'll see indigenous flora and fauna and if we are lucky, Southern Right Whales on their migration route. **Reflect on a hard day's cycle in a beautiful setting while you lounge by the pool or take part in a wine-tasting.**

# AFRIKA TIKKUN: HISTORY, FACTS & FIGURES

## Facts & Figures

- Over 30.4 million South Africans live in poverty, this number is rising. 66.8% of children (0-17) are in poverty.
- Almost one million primary-school age children are not in any form of education. Only 65% of children will become enrolled in secondary school.
- In 2018:
  - Our **Early Childhood Development** programme educated and developed 1120 children in their critical early pre-school years.
  - Our **Child & Youth Development** programme supported 7222 school-going children.
  - Our **Career Development** centres trained 1523 young adults and succeeded in placing 1616 into job opportunities.



## History

- Founded in 1994, 'Afrika Tikkun' comes from the Hebrew phrase 'Tikkun Olam', literally meaning 'healing the world'. We know that we cannot save the world all in one go, but we also know that when you save a life, you are in effect saving that person's entire world. We want to save as many worlds as we can.
- In 1999, President Nelson Mandela visited a Tikkun project in Orange Farm township. He said he had "seen a miracle" and remarked how our work "provides physical help, as well as giving hope and dignity to the recipients". He offered to become the charity's Patron-in-Chief, which we gladly accepted!

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# NTSIKI'S STORY

**Helping a young person find work, changes not just their fate, but the fate of their entire family.** Ntsikelelo Mkoko (22) first joined Afrika Tikkun in 2008 as a child.

One of the programmes offered at the time was aimed at cultivating heroism and courage in young people. Ntsikilelo had to identify a hero in his family and write about them. Coming from a single parent home with three siblings, this activity encouraged Ntsikilelo to celebrate the positive side of his family, and not dwell on what they lacked.

After losing his father, Ntsiki, as he is commonly known, could not complete his Sports Management studies at school and dropped out in 2015. In 2017, he returned to the Afrika Tikkun Mfuleni Centre and registered for the Work Readiness course.

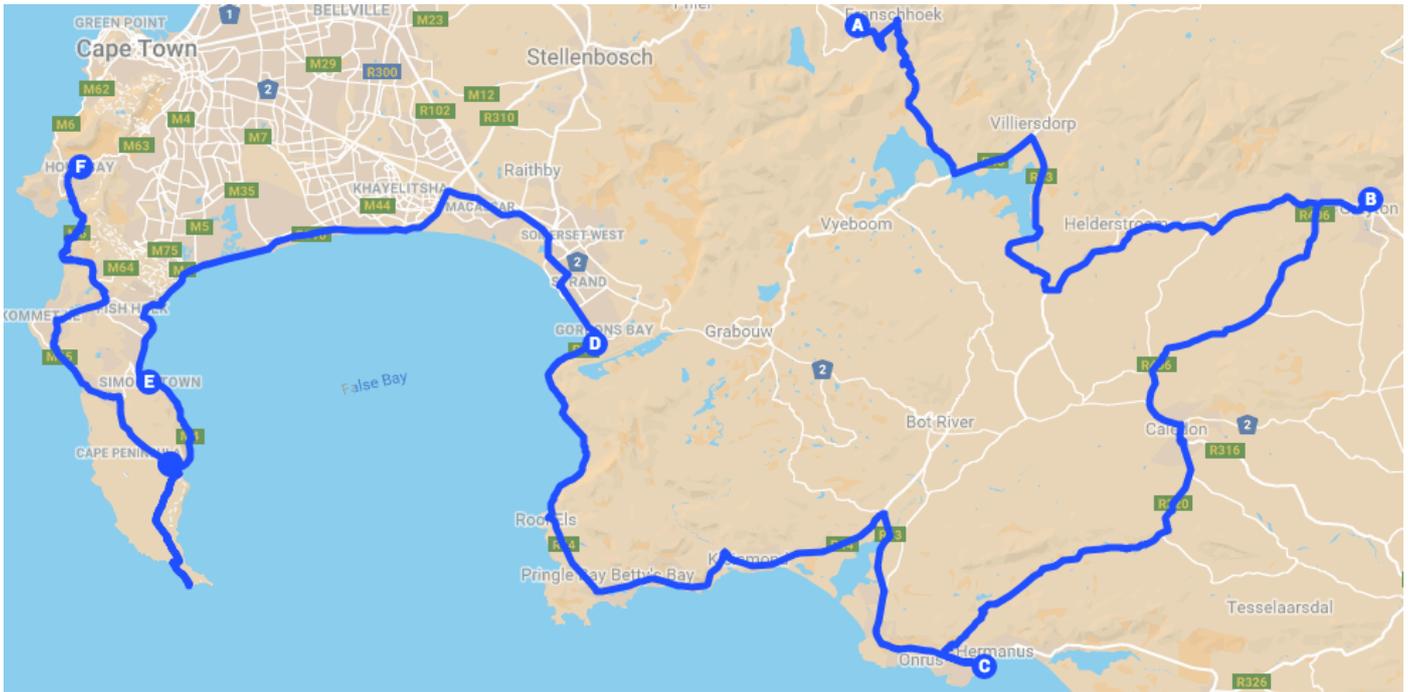


**“This programme made me see life in a very different and positive way. It taught me how to carry myself and treat people around me, as well as how to tackle various obstacles in my personal life and the world of work,”** shared Ntsiki. His progress improved even more when he got the opportunity to be placed in an internship.

He is now the only employed member of his family. When asked what his future looks like, Ntsiki said: **“Well I see myself successful and I have always had this dream of becoming a donor one day here at Afrika Tikkun because I am a living testimony of what this place can do for youngsters like myself. I’m very proud to call myself a Tikkun product”**.

**They say when you are living just to survive, you stop dreaming, and when you stop dreaming, you stop planning for the future.** The Career Development Programme has helped thousands of young people realise their potential by enabling them to access the economy.

# THE ROUTE



From fertile wine estates and farmland to dramatic mountain passes and rugged coastline and beaches, the Ride to Change offers **unparalleled variety of landscape** and promises to deliver an **amazing journey...**

The tour will be split into two teams named after eagles found in South Africa, the Ayres and the Bateleurs, each with a maximum of 12 people per group.

## AYRES:

201km (total elevation gain – 2422m)

## BATELEURS:

332km (total elevation gain – 4082m)

- A → B Franschoek to Greyton
- B → C Greyton to Hermanus
- C → D Hermanus to Gordon's Bay
- D → E Gordon's Bay to Simon's Town (Transfer)
- E → F Simon's Town to Hout Bay

Along the way, look out for Baboons, Blue Crane, African Penguin, Cape Fur Seal, Southern Right Whale, Hyrax, Bontebok and Eland Antelopes

# ITINERARY



## DAY 1 Thursday 3<sup>rd</sup> October

We will be met at Cape Town International Airport by our drivers and guides and be taken to Franschhoek, famous for its world-class wines. Take part in a wine tasting at La Motte Wine Estate or simply enjoy your free time as you wish before the welcome dinner. You'll get to meet the Afrika Tikkun team and representatives from the Zolile Malindi Centre in Mfuleni, where we will be visiting at the end of our tour.

## DAY 2 Friday 4<sup>th</sup> October

The cycle begins with a ride up the Franschhoek Pass (690m), giving stunning views of the valley and then into the UNESCO World Heritage Mont Rochelle Nature Reserve. See the indigenous Protea plant in bloom before heading to Theewaterskloof Dam, Cape Town's largest water source. Then pass through the fruit and wheat farms of the fertile Riversonderend Mountain before finishing the ride in Greyton. We'll stay at the historic Greyton Lodge. If you want, do another wine tasting in the afternoon.



## DAY 3 Saturday 5<sup>th</sup> October

Ride along the Riversonderend Mountain Range before heading south into Caledon. With a bit of luck we'll see large flocks of South Africa's national bird, the Blue Crane. We'll climb Shaun's Pass (320m) and enter into the beautiful Hemel en Aarde (Sky and Earth) Valley, home of some renowned wine estates where we can stop for lunch. We'll pedal through the Kleinriverberge and into Hermanus, world famous for its land-based whale watching.

# ITINERARY



## DAY 4 Sunday 6<sup>th</sup> October

We'll quickly double-back into the Hemel en Aarde valley, turning left through a mix of farmland and indigenous vegetation before reaching Kleinmond. From here we'll cycle along a coastal route, keeping the stunning Cape Peninsula in view throughout. Whales and seals have been frequently spotted here at this time of the

year. A quick stop-off at Betty's Bay to visit one of the two land based colonies of the African Penguin before our final destination of Gordon's Bay.

## DAY 5 Monday 7<sup>th</sup> October

A transfer to Simon's Town will allow us to check out the Cape of Good Hope and link up with sections of the iconic Cape Town Cycle Tour (aka The Cape Argus). We'll be met by members of the Tikkun Eagles, who will join us for the final day of cycling. As they ride with us, you'll have the chance to chat with them and learn more about the work of Afrika Tikkun and how it has affected their lives. We'll finish by riding past Chapman's Peak into Hout Bay.

There'll be drinks and celebrations as you cross the finish lines together and look back on the end of a remarkable journey and an amazing achievement! After giving back the bikes, we'll be driven to Cape Town.



## DAY 6 Tuesday 8<sup>th</sup> October

Today is the most important day of the trip. After a well-deserved relaxing morning we will head out to the Afrika Tikkun centre in Mfuleni township. Here we will witness first hand the effect of our fundraising and understand the realities of the challenges that still confront us.

You will get to meet the amazing coordinators, caregivers, and teachers that keep our organisation running, and the beneficiaries that are the reason we do what we do. We will accompany the Mfuleni team on house visits and then spend time with the children in the Early Childhood Development Centre and the young adults in the Career Development Centre.

After the site visit, we'll be taken to Cape Town International Airport to catch our flights back home.

# FLIGHT OPTIONS

Fly directly into **Cape Town** from **London Heathrow Airport** and return the same way. If you are not coming from London, speak to us and we can help you find another route.

**ARRIVE** Thursday 3<sup>rd</sup> October

**BRITISH AIRWAYS: BA 59**



2<sup>nd</sup> October - 21:40 LHR → 3<sup>rd</sup> October 10:10 CPT

**DEPART** Tuesday 8<sup>th</sup> October



**BRITISH AIRWAYS: BA 58**

8<sup>th</sup> October - 19:30 CPT → 9<sup>th</sup> October 06:30 LHR

# FUNDRAISING TARGETS

Each participant of the Ride For Change must raise a minimum of £3,500. In addition, tour costs per person are £795 and a non-refundable £340 registration fee is required to sign up.



You can raise this money in the following ways:

## 1) JUST THE SPONSORSHIP

Pay for the £795 Tour and raise the £3,000 in fundraising

## 2) INCLUDE COSTS IN SPONSORSHIP

Fundraise the £795 Tour + £3,000 Sponsorship, raising **£3,795 overall**  
We can also assist in booking flights. Please ask us for more information

## 3) SELF-FUNDED OPTION

While we encourage you to fundraise, if you would like to do everything by yourself, the total amount you would need to cover is **£3,795**

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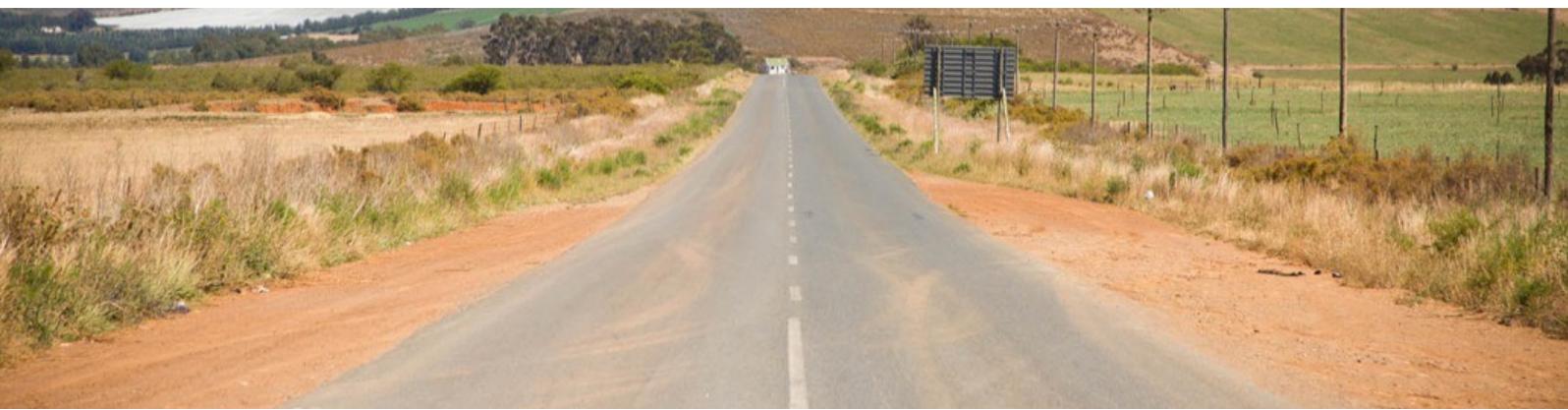
# WHAT'S INCLUDED IN THE TOUR COSTS?

## Included

- Full fundraising and training support
- All overnight accommodation and breakfasts
- All lunches (including soft drinks)
- All dinners (not including alcohol)
- Wine tasting at La Motte Wine Estate
- Water, energy drinks, fruit and other snacks during the ride
- Entrance to national reserves and parks visited while cycling
- In-country transport and luggage transfers
- Public liability insurance
- 2 highly experienced tour leaders
- 2 support vehicles
- Bike rental
- 2 Tikkun Eagles cycling shirts

## Not Included

- International flights
- Travel insurance (required)
- Personal expenses (such as alcoholic drinks, gifts, international calls)
- Gratuities for guides, porters, and waiters
- Onward travel extensions



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# HOW DO I SIGN UP?

To register your interest or for more information,  
go to [uk.afrikatikkun.org/ride-for-change](https://uk.afrikatikkun.org/ride-for-change)

E: [infouk@afrikatikkun.org](mailto:infouk@afrikatikkun.org)

T: **+44 (0) 7834521576**



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[#RideForChange](https://twitter.com/AfrikaTikkun)

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# FREQUENTLY ASKED QUESTIONS

## Who is Afrika Tikkun partnering with?

We are partnering with *African Bikers*, a local company with over 20 years experience creating and running cycle tours in South Africa and other African countries. The company was set up in 1993 by Jens Deister following a 25,000km cycle trip from Jen's native Frankfurt to Cape Town, where he now lives.

**We'll be in a safe pair of hands with Jens and his team!**

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## How will I be supported?

**Before** the trip You will have regular contact with an Afrika Tikkun staff member who will provide you with fundraising, training, and travel support. We will also give you advice on how to maximise your fundraising presence online through *JustGiving*, *Facebook*, *Instagram*, *LinkedIn*, and email.

We will stay in touch with regular updates and will organise meet-ups and training cycles where you can get to know the people joining you on your trip.

**During** the trip, *African Bikers* will provide us with two qualified cycle tour guides and support vehicles, water, energy drinks, snacks, and hardtail mountain bikes or E-bikes.



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# FAQS CONTINUED

## Who can take part?

The Bike Tour is open to anyone over **16 years old**.

## My starting point is not London. Can I still join?

Absolutely. When you book your travel arrangements, just make sure you arrive in time for the airport transfer or can get to the accommodation yourself.

## What equipment and gear will I need?

You will need to bring your own **helmet**. You will be given **2 Afrika Tikkun Eagles cycle shirts** and a **branded water bottle**. We will also provide you with a detailed **recommended packing list** which will explain everything else you'll require.

## Can I bring my own equipment and bike?

You can definitely bring your own bike. Please check your airline's sporting goods/oversize baggage policy. *British Airways* allows you to bring your bike in a protective box for free as long as it is part of your checked luggage allowance. Otherwise there may be an additional fee.

If you would like to bring your own **pedals** and **saddles**, the team mechanics will be happy to fit them onto your bike.

## What bikes will we be riding?

We will be provided with **Trek Hardtail Mountain Bikes**. We will be covering a range of tarmac and gravel roads on the tour and these are the ideal bikes to do so. E-Bikes are also available upon request. Please ensure you note your height and inside leg measurements on the booking form to make sure we find the right bike for you.

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## What will the weather be like?

We will be travelling during Spring. Temperatures will be pleasant, ranging from 18-25°C, but just to be safe, bring some lightweight rain gear and something warm for the evenings.

## What will the accommodation be like?

The accommodation will be of a good standard. All will have private bathrooms and be graded between 3\*-4\*.

## Will I be sharing a room?

The tour costs are calculated with 2 people sharing one room. However, if you would like your own room, let us know. This can be arranged for a small surcharge.



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# FAQS CONTINUED

## **What is the best way to fundraise?**

In the Welcome Pack and in conversations with Afrika Tikkun representatives, we will show you how to join our *JustGiving* campaign or set up your own. As well as this, we have found that personal emails, direct approaches, and social media posts can be a very effective way of fundraising. We will support you on all of this.

## **What happens if I can't reach my fundraising goal?**

We will be here at all times to support you in your fundraising goals and answer any questions. Previous Afrika Tikkun fundraising events have frequently exceeded their targets, so we have a lot of knowledge when it comes to raising money. If you are struggling to reach your goals, you may make up the difference yourself.

## **Can I extend my stay?**

Absolutely. We will be happy to give you advice on other places to visit in South Africa.



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# HEALTH AND TRAVEL GUIDANCE

## Passport Validity

Your passport should be valid for at least 6 months after the date of exit and should have space inside for entry and exit stamps. All visitors to South Africa must have a **machine readable passport** (e-passport).

## Visas

If you are a UK or US national visiting for tourism or business for up to 90 days, you do not need a visa. This can theoretically change at any time without notice so its important to check the latest information for entry requirements specific to your nationality. See [<http://www.dha.gov.za/index.php/immigration-services/exempt-countries>] for the list of visa-exempt countries.

## Travelling with Children

South Africa has put in place regulations to try and stop child-trafficking and kidnapping. If you are travelling with a child, you need to provide an original, unabridged birth certificate. If one parent is not coming to South Africa, they must also complete a Parental Consent Affidavit and provide a certified passport copy.

## Recommended Medicines and Vaccinations

Afrika Tikkun cannot give any medical advice. The UK Government advises any person travelling to South Africa to contact their GP approximately 8 weeks before to check whether you need any vaccinations or preventative measures. The Western Cape is not in a Malaria or Yellow Fever zone.



# TRAINING TIPS



Photo: Dan Vojtech

Afrika Tikkun has been fortunate to get some training advice from 3x Ironman champion and 4x Estonian national champion, **Kirill Kotsegarov**. Kirill knows a thing or two about long-distance cycling and has been working on some tips to help you train for the bike tour and give you the most enjoyable ride on the day.

1. **Train beforehand and try and get some practice on longer rides.**
2. **Check your gear. Your bike will be well-maintained but you still need to make sure that everything is fine with your water bottles, sunglasses, helmet, etc.**
3. **Take it easy at first. Divide your energy for the whole tour, not just the first day.**
4. **Remember the rules of group-riding. Make sure you're comfortable riding with others.**
5. **Don't forget to eat and drink. Take in liquids and solid foods on a regular basis.**
6. **Use sun-cream!**
7. **Stay focused on the road. There might be unexpected potholes and gusts of wind.**
8. **Fatigue will accumulate. Make sure to get enough sleep in between riding.**
9. **Enjoy the company. Don't forget it's a social fundraising event, not a race.**
10. **Be thankful that you can come out to South Africa for the ride. If the going gets tough, think about why you're doing this!**