

INTERNATIONAL JUSTICE MISSION



IJM

CLIMB FOR FREEDOM

KILIMANJARO 2024

INFORMATION PACK

23RD JUNE - 2ND JULY 2024



Could **YOU** take on the challenge of a lifetime, and climb the world's highest free-standing mountain, **Mount Kilimanjaro**?

You will fly to Nairobi to **visit IJM Kenya**, then overland for a **six-day trek** to the summit of Kilimanjaro in **June/July 2024**.

DATES: 23rd June - 2nd July 2024

COST: £3,495 - £3,795 *inclusive of travel, meals, accommodation, and 'the climb'.*

This will be confirmed as the trip is finalised. *NB: flight-free prices available upon request.*

FUNDRAISING TARGET: £3,000

AIM: To **celebrate 85,000+ people** brought to safety from oppression through IJM's partnership with governments, law enforcement and aftercare providers, and to **raise vital funds** to enable IJM to continue the movement against slavery and violence around the world.

DEADLINE FOR SIGN UP: 31st January 2024



In 2022, IJM UK launched our first ever 'Climb for Freedom' challenge! It was so incredible that we're doing it again! We're taking a group of IJM friends and supporters to Kenya and Tanzania to climb Africa's highest mountain - Mount Kilimanjaro - **and YOU are invited to join the adventure!**

Over the past 26 years, IJM has partnered with law enforcement and aftercare providers to help **bring over 85,000 people to safety from slavery and oppression**. We are seeing whole nations change as a result of this transformative work. You are invited to join this incredible **10-day challenge** to celebrate those who are now free, whilst also raise valuable awareness and funds to bring many more to safety.

'Climb for Freedom: Kilimanjaro' is an amazing opportunity to connect in a deeply personal way with the movement to end slavery and violent oppression and we'd love to share with you how can join in. Please do drop me an email at **esther.swaffield@IJMUK.org** to find out more about joining the challenge, or if you'd like to explore corporate partnership opportunities!

Until all are free,

A handwritten signature in black ink that reads "Esther Swaffield-Bray". The script is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

ESTHER SWAFFIELD-BRAY
Chief Partnerships Officer, IJM UK

Climb for Freedom: An Overview

- The **10-day** adventure begins on **23rd June 2024** when the team will depart from London Heathrow to fly to Nairobi, Kenya.
- After a night's rest, you will spend the following day **visiting and being immersed in IJM's work in Kenya**, meeting the team, and learning about the work of justice that IJM does in Kenya, to combat violence against women and children, and police abuse of power. Later that evening we will have an evening briefing for the trek ahead.
- From Nairobi we will travel to Kilimanjaro where, inspired by stories of freedom and breakthrough, we will undertake a **six-day trek up the world's highest free-standing mountain: Mount Kilimanjaro**.
- The trek will lead you through tropical rainforest, alpine landscape, lunar desert and finally reach the stunning glacier at the **mountain's summit, Uhuru (meaning 'Freedom') Peak, at sunrise on 29th June**.
- After descending the mountain, the final day on 1st July 2024 will be an opportunity to **relax and savour your achievements** prior to travelling back to Nairobi Airport for the return overnight flight home. The team will land back into London Heathrow early the following morning, on **2nd July 2024**.





IJM

About IJM

Over **50 million people are trapped in slavery today**. Whether in brick-kilns, on fishing-boats or in brothels, slavery happens everywhere - including the UK. Slavery is the third most profitable criminal industry in the world.

However, the good news is, we know how to **end it**.

Modern slavery and other forms of violent exploitation thrive when laws are not enforced and abusers are not held to account. IJM has seen first-hand that when **people are brought to safety from slavery and violence**, and **perpetrators are held accountable** for their crimes, **the abuse can be stopped**.

Over the past 26 years, IJM has helped to **bring more than 85,000 people to freedom from slavery and violence**, and we have seen slavery decrease by up to **86%** in areas in which we have worked.

But we don't stop there.

IJM works to protect people from ever experiencing slavery and violence by strengthening justice systems. Find out more about how and where IJM works at [IJMUK.org/our-work](https://ijmuk.org/our-work).

By joining **Climb for Freedom: Kilimanjaro**, not only will you help to raise vital funds and awareness so that IJM can bring many more people to safety from slavery and violence, but you will help to build a future of justice, **until all are free**.



About Mount Kilimanjaro

At 5,895m, Mount Kilimanjaro is the highest walkable mountain in the world and therefore requires no technical experience or equipment. Reaching the roof of Africa is, however, a considerable and, at times, gruelling challenge. The midnight ascent to the summit is the toughest test both physically and mentally. The effect of being at altitude will also play its part throughout, but you are more than rewarded by sunrise at the highest point on the continent!



The Trek

- The first morning the team will set out on the start of the journey to 5,895m via the six-day Rongai Route. Beginning in the north of Kilimanjaro National Park in a small village called Nale Moru, the trail heads west towards Uhuru Peak.
- The days that follow require between four-seven hours of daily trekking, until we arrive at Kibo Huts Camp situated at 4,700m - the route's base camp.
- The midnight ascent to the summit follows, rewarded by sunrise over Africa as you reach the crater rim - offering views and a sense of achievement that are unparalleled and which will stay with you forever.
- A short stay at the summit is followed by a descent to the trek's final camp situated at 3,720m. The loss in altitude as you descend more than makes up for the sense of exhaustion along the way.
- The final morning will be your opportunity to thank and say farewell to your support team, prior to making the final descent to the end of the trek at Marangu Park Gate.

Trip Costs

The provisional cost of the trip is **£3,495 - £3,795**, which will be confirmed as we finalise the trip itinerary for 2024. This includes international flights, transfers and travel, accommodation, meals, Kilimanjaro National Park entrance fees, and fully supported expedition costs.

For those who wish, the return home can be delayed in order to travel onto destinations such as Zanzibar or a safari. Such extensions can be arranged upon request and at your own personal cost. This is entirely optional and a decision about this can be made at a later date.

Fundraising

Over the past 26 years, IJM has partnered with authorities to bring over 85,000 people to safety from slavery and violent oppression. By climbing Kilimanjaro for IJM, you will help to raise vital funds to ensure that people are brought to freedom around the world, and you will help to provide the aftercare services survivors need in order to heal and rebuild their lives. By investing in IJM's work strengthening justice systems, you will be helping to protect communities living in poverty from being exploited in the first place.



Thaiyamma and her family were trapped in slavery for three years. Starved and beaten, they were forced to work long hours in a wood-cutting facility.

And then Thaiyamma realised she was pregnant. ***"I never thought I could escape."***

When local authorities and IJM arrived to investigate the facility, Thaiyamma saw her chance. She stood in front of everyone and spoke boldly, telling them about the abuse and torment they were experiencing.

With the power of her testimony, the police brought Thaiyamma and her family, along with 12 others, to safety. Thaiyamma's son, Bablu, was born in freedom a few days later! As she held her baby for the first time, Thaiyamma whispered, ***"I never knew that I would meet you in freedom, and here you are."***



Our amazing supporters helped bring Thaiyamma and her family to freedom. But there are millions more children, women and men still trapped in slavery today. Will you help bring them to freedom by fundraising now?

Each member of the team is asked to set a **minimum fundraising target of £3,000** and will be given tailored support and assistance by the IJM UK Team to help them to reach this!

For the more ambitious climbers, there is a **challenge** to go one step further, and **raise £5,000 - contributing to the cost of an entire operation to bring children, women and men to safety.**

For more information about how your fundraising will be used, please visit IJMUK.org

FAQs

1. How fit do I need to be? Could I take part?

You absolutely can make it to the summit! Make no mistake about it, reaching Uhuru Peak atop Mount Kilimanjaro is a gruelling and physically demanding challenge that will test all who attempt it. However, it is also truly achievable and, with the right approach, anyone can succeed.

With the exception of the long summit day, each day on the mountain will include between four-seven hours trekking with the remainder of the day to relax, rest and socialise with the group. The biggest problem faced by those attempting Kilimanjaro is in fact, not lack of physical fitness but some degree of high altitude illness. Almost all participants will experience at least some of the symptoms associated with being at high altitude, but being aware of this in advance and responding appropriately will allow you to minimise its effect – namely, walking slowly and taking plenty of fluids and rest. You will be provided with more information about high altitude illness in your confirmation pack. Those with prior medical problems or concerns should seek advice from a doctor first.

With some advance physical preparation and mental determination you truly can achieve this magnificent goal.

2. Who can apply to go?

Anyone over the age of 18 who wants to take on a once-in-a-lifetime opportunity, to support those in need at the same time as trekking through and up a UNESCO World Heritage site can take part! Interested participants over the age of 65 will need to provide a medical form or consent letter signed by a doctor. Anyone under the age of 18 will need to be accompanied by an adult and parental consent provided.

3. What kit or equipment will I need?

It's important to remember that this is a trek and not a climb and, as a result, no technical equipment or expertise is needed. The most important item you'll need is a good quality, comfortable, and worn-in pair of walking boots. Beyond that, the clothing you'll need includes items that most people will likely already have: a down or multi-layered jacket, thermal underwear, shorts/trousers, t-shirts, a fleece, waterproofs, gloves, a sun-hat and beanie. You'll also need a backpack to carry each day, and a larger bag for the rest of your belongings – which will be carried for you; a sleeping bag; a head-torch and water storage. Every team member will receive a full information pack upon signing up which includes more information on suggested kit for the challenge.

4. What about altitude sickness?

Altitude sickness is frequently experienced by those travelling to altitudes typically above 2,500m. Almost everyone will experience some form of altitude sickness but the vast majority will only experience the mild and commonly occurring symptoms such as loss of appetite, nausea or vomiting, headache, fatigue, irritability, insomnia or dizziness.

Our practical experience shows that these milder symptoms can be managed and overcome through three key steps to achieving successful acclimatisation: drink plenty and eat well, walk slowly, and walk high / sleep low. Your guide team are trained to help you achieve just this and to enjoy the amazing experiences being offered.

5. Who is organising the trip?

IJM UK are partnering with RightFoot: a highly-regarded organiser that works directly with trusted and highly-reputable local organisers on the ground to ensure a high quality experience throughout. RightFoot is a member of the IMEC Partnership for Responsible Travel. They take this responsibility very seriously and endeavour to ensure that the service provided is always ethical & of the highest standard.



To confirm your place on the Challenge Team, please visit

www.rightfoot-uk.com/IJM-Kilimanjaro-2024

Select '*Book Your Place*' and pay your trip deposit of £500.

For more information or to join a 'briefing call'
about the trip, please email IJM UK's Chief
Partnerships Officer, Esther Swaffield-Bray on
esther.swaffield@IJMUK.org

DEADLINE FOR SIGN UP: 31st January 2024

