

Stars Appeal Trek '24 to Colombia's Lost City



WELCOME

- Get to know each other
- The basic info
- Kickstart your fundraising
- Getting trek fit
- Answers to questions
- The Extension



Getting to know each other



The Basic Info

Grade – Orange 2

Duration – 10 days: Sat 20 April – Mon 29 April 2024

Distance – Average of 6-7 hours of trekking per day

The Highlights

- Natural beauty and cultural discovery
- Untouched by tourism
- Beautiful route through lush jungle and river valleys
- Experience indigenous Kogui communities
- Explore uncrowded ruins

What makes it challenging?

- Steep terrain and many steps
- Long days
- Sometimes overgrown and muddy trails
- Humidity



The Basic Info

Costs and money

- Total price for the trek is £2599
 - Your registration/sign up fee (non-refundable deposit) £399
 - Balance to pay by Feb 2024 £2200
- Fundraising target
 - Raise at least £1,500 for the Stars Appeal (average raised per trek over our 4 treks is £3,000)
- Other costs
 - Airline supplement (c £280)
 - Visa (£0 for UK nationals)
 - Crew tips (\$40-45 paid locally)
 - Travel insurance
 - Trekking kit
 - Spending money (c £200)



The Basic Info

Buy travel insurance as soon as you book to cover cancellation and pre-trip illness

If you've booked a holiday, **do not** leave arranging the insurance on the 'things to do' list, as you'll be taking an unnecessary risk.



This is because travel insurance doesn't just cover you while you're away – it also covers you for cancellation, events such as redundancy or an injury or death in the family, or anything else that might go wrong BEFORE you make your trip. You're also covered if you catch coronavirus shortly before your trip and can't go.

So, always buying your travel insurance **ASAB** (As Soon As you've Booked a holiday).

www.moneysavingexpert.com/insurance/cheap-travel-insurance/



The Basic Info

Tipping

- We pay tips locally so we can all say thank you to the team - the guides, the cooks and the mule team - who work so hard to make our trek possible.
- The guide is \$40-45 per participant which is split between the local crew – this is at your discretion.
- When you've seen how hard the local crew work and how proud they are of their country, and when you've realised how dependent we become on them during our trek and how lucky we are to be able to have experiences like this, you'll probably feel that their tips are extremely well deserved.



The Basic Info

A TYPICAL DAY

06.30am – Wake Up

07.00am – Breakfast (bags packed)

08.00am – Briefing and depart

Warm up and stretches

Breaks, lunch together, and regroupings throughout the day

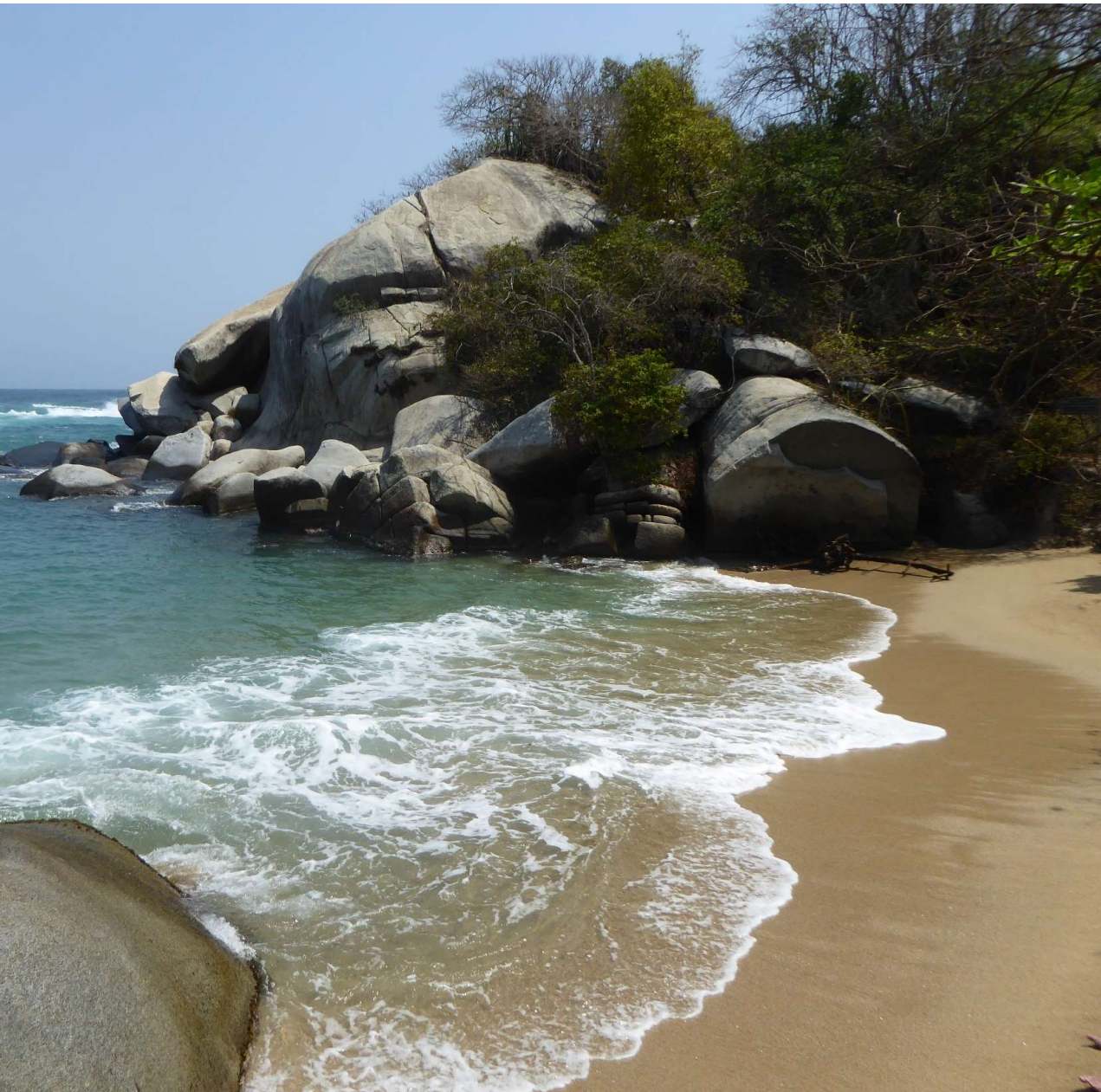
19.00pm – Dinner together followed by evening briefing













Kickstart your fundraising

- The most effective fundraising messages: **Challenge + Cause**
 - What makes it challenging to YOU
 - Why the Stars Appeal is important to YOU
- Sponsorship is the best place to start, ahead of events and activities
- Ask everyone you know, several times
- Start planning now even if you don't go public yet - April 2024 will be with us very soon





4th
Echocardiogram
Machine
£140k



6 x Scalp coolers
£55k



Baby brain
monitor £21k



Getting Trek Fit - Physically

What exercise are you already doing?

To change your current fitness levels you need to do MORE and DIFFERENT

Your goal

- Able to trek all day (around 8 hrs), carrying your day pack (3-4kg)
- Then do it again the next day, and the next
- Whatever the weather
- And however tough the terrain

Note:

For everyone's safety, Discover Adventure require a medical form from every trekker



Getting Trek Fit - Mentally

Anticipate any issues and prepare

Familiar/favourite sweets & snacks, photos of loved ones, fresh clean t-shirt, or talking to other trekkers can all make a difference

Your goal

- Able to keep going and stay cheerful when you're tired
- Or you haven't slept well
- Or you're missing home
- Or things don't go to plan
- Or ALL of them!



Any questions?

