

TREK PACK
2020

ISRAEL
360
JORDAN
7TH - 14TH NOVEMBER 2020

MAGEN
DAVID
ADOM UK



SAVING
MORE
LIVES

ITINERARY 7TH-14TH NOVEMBER

7TH 8TH AND 9TH

7TH NOVEMBER 2020 - SATURDAY

DETAILS

Departure from Heathrow to Ben Gurion airport

Visit the New Blood & Logistics Centre in Ramla

Visit MDA Rahat station & dinner with the community

Overnight in Be'er Sheva

8TH NOVEMBER 2020 - SUNDAY

DETAILS

Hike and tour of Tel Maresha & Beit Govrin area

Overnight stay in Be'er Sheva

9TH NOVEMBER 2020 - MONDAY

DETAILS

Ambulance shift in Be'er Sheva

Visit the Southern Region Air Ambulance and MDA Station in Yeruham

Visit IDF Base

Dinner in the Kedma Hotel

Overnight stay in the Kedma Hotel, Sde Boker

Israel360Jordan is a ground-breaking trek that will take you under the skin of a country that you think you know and across the border into a country you've never had the opportunity to know.

Israel360Jordan is the ultimate challenge. Sign up today and leave your comfort zone behind.

For more information about Israel360Jordan call Rachel Cohen on **020 8201 5900** email rachelcohen@mdauk.org

mdauk.org/Israel360Jordan

MAGEN
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ITINERARY 7TH-14TH NOVEMBER

10TH 11TH AND 12TH

10TH NOVEMBER 2020 - TUESDAY

DETAILS

Hike in Ramon crater

Extreme sport - abseiling in the crater

Dinner with MDA Team and International Red Cross & Red Crescent briefing

Overnight in Eilat

11TH NOVEMBER 2020 - WEDNESDAY

DETAILS

Cross the border into Jordan

Hike by the beautiful granite rocks of Wadi Rum (whole day)

Overnight in Wadi Rum Camp

12TH NOVEMBER 2020 - THURSDAY

DETAILS

Hike in one of the Seven Wonders of the World: the City of Petra

Dinner with a high ranking official from the Jordanian Red Crescent

Overnight in Petra

ITINERARY 7TH-14TH NOVEMBER

13TH AND 14TH

13TH NOVEMBER 2020 - FRIDAY

DETAILS

Walking tour of Amman and the main sites of historical interest

Visit projects of the Jordanian Red Crescent

Visit a Syrian Refugee camp in the area - TBC

Friday night dinner with the Israeli Ambassador to Jordan

Overnight stay in Amman

14TH NOVEMBER 2020 - SATURDAY

DETAILS

Departure from Amman to Heathrow airport

Itinerary subject to change.

MDA UK TREKKING GUIDE A-Z

ACCOMMODATION

We stay at a range of hotels, with varying levels of comfort. These can range from city centre hotels to tents in the desert.

Our accommodation requests are put out to tender to secure the best deal for the group and MDA UK. Often, the larger hotels provide the best value for money in accommodating groups of our size.

All accommodation is booked on the basis of two people sharing a room. Single supplement may be available at an additional cost to the participant, to be advised at the time of booking or as soon as cost information is available from the relevant hotels.



ALLERGIES

Trekkers MUST inform MDA UK of any food allergies.



AMBULANCE SHIFT

Every trekker is offered the opportunity to volunteer on a shift with an MDA Ambulance crew. This is often cited as the highlight of the MDA Trekking experience. You receive a full safety briefing and an MDA Ambulance shirt. Trekkers over the age of 68 must provide a supporting doctor's note to confirm they are fit and well to take part. You do NOT administer any medical treatment. You are there in an observatory capacity ONLY, responsible only for carrying a medical bag or equipment IF asked by the crew.

You do NOT need to be a Hebrew speaker to participate. There are strict regulations of what you can and cannot wear on a shift – shorts/ leggings/lightweight or harem trousers are NOT allowed. Jeans or cargo trousers are advised. NO open-toe shoes are allowed – trainers only. We advise that you wear a white vest or tee-shirt underneath your MDA Ambulance shirt. No meals or drinks are provided on the shift – we advise you to bring your own water and snack for whenever the crew stops in-between calls.



BAGGAGE

You are responsible for complying with airline baggage allowances. Any excess baggage charges must be met by you. You are allowed one item of cabin/hand luggage. We strongly suggest you bring a suitcase with wheels.

CONFIDENTIALITY

MDA UK will not pass on personal information to any third parties without your consent, except as may be required for the purposes of the Trek.

MDA UK TREKKING GUIDE A-Z

DISCLAIMER

You are responsible for your own safety. MDA UK, its employees and its agents cannot be held responsible for loss or damage to personal effects, accident, injury or death howsoever arising, except where injury or death arises as a result of MDA UK's negligence.



DISTANCE TREKKED

From year to year, this ranges from a minimum of 50km to over 70km.



EXTRA COSTS

Where additional, unanticipated costs are incurred as a result of circumstances beyond MDA UK's control (such as fuel, tax, landing fees, exchange rate changes, accommodation) MDA UK reserves the right to require you to meet any such additional costs.

FITNESS

Whilst you don't need to be an Olympic athlete, we strongly recommend that you have a good general fitness level and undertake training walks before you embark on the trek. Be aware that the trek will be challenging, cover a variety of terrains and temperatures can be high. If you get tired during any part of the trekking, there is an option of resting on the bus.



FOOD

MDA provides water and snacks on the bus and pays for evening meals. Trekkers pay for their own lunches and any alcohol above and beyond what is already included in pre-booked evening meals.

MDA UK TREKKING GUIDE A-Z

FUNDRAISING

In addition to paying the £600 registration fee, we suggest that you set up a fundraising page on Just Giving and are happy to help you do so. Please encourage your supporters to tick the 'Gift Aid' box where applicable.

We can provide MDA information, statistics and images to illustrate your page.

In order to participate in the Trek, you need to raise a minimum of £2,500 sponsorship and send half to MDA UK by 12th September 2020. The balance must be paid within 4 weeks of the trek ending. Should you not participate in the Trek, sponsorship money should be sent to MDA UK or returned to the sponsor if requested.



FUNDRAISING SHORTFALLS

When you sign up for an MDA UK Trek, you commit in good faith to raise a certain amount, as a minimum. We hope that you meet and exceed that amount. In the unlikely event that you do not meet your target, there is no legal obligation for you to settle the account; however it does mean that MDA is left to cover the shortfall and that money would otherwise go directly towards our life saving. It is left to your discretion.

INSURANCE

Each participant must individually arrange suitable travel insurance so that they are covered throughout the entirety of the trek.

If you withdraw from participation in circumstances where recovery of costs can be indemnified under your travel insurance, you agree that you will co-operate with the insurance company and MDA UK to recover costs.



KIT

MDA UK provides a comprehensive kit list. Sturdy hiking boots, and NOT trainers, are essential and NOT optional.



OPTION TO STAY ON

You are welcome to arrive in Israel before the start of the trek or stay in Jordan afterwards, subject to availability and airline restrictions. Please discuss any such travel request with MDA UK as soon as possible.



MEDICAL

The Trek is physically demanding and it is your responsibility to ensure that you have the appropriate level of fitness and are in good health in order to participate. If you have any medical conditions which could be adversely affected by exercise, particularly a heart condition, or if you have any doubts about your health, you must get separate written clearance from your doctor. You will be responsible for arranging any vaccinations that may be required.

MDA UK TREKKING GUIDE A-Z

PHOTOGRAPHY

By taking part, you agree that any photographs taken during the trip may be used by MDA UK for publicity and marketing purposes.



RESTAURANTS

Restaurants are chosen to accommodate the size of our group, the best price for that group and their location. Where possible, we request a discount based on our charitable status. Not all restaurants are kosher but a vegetarian option will be available.

SAFETY

The safety of our trekkers is of the utmost importance. Every group is accompanied by a fully trained MDA Medic, with constant communication with MDA in Israel and MDA UK. In Jordan we will have security with us at all times.

The Trek is not a race. You agree to observe all instructions and rules issued by MDA UK, its agents or suppliers, whether before or during the course of the Trek. MDA UK may at any time during the Trek terminate your participation if they consider it necessary for the health or safety of you or the other participants in the Trek.



SPENDING MONEY

We advise bringing around £250 worth of NIS (Israeli shekels) and £150 worth of JOD (Jordanian Dinars) (to cover visa and other costs)

TIMINGS

Trekking groups range from between 15 and 40 people. We have a packed itinerary and it is imperative that trekkers are ON TIME. If you are late, the bus WILL leave without you, and you are liable to pay for your own transport to catch up with the group.



TAXIS

Where applicable, such as travelling back from an ambulance shift or out to restaurants for evening meals, trekkers pay for their own taxis.



WHERE IS THE MONEY GOING?

The money raised from 2020 trekkers will go towards rebuilding The Rahat MDA Station, which was started by last year's trekkers.



TOUR GUIDE

MDA UK will ensure a qualified tour guide accompanies the group.

MDA UK FACTS



16 MDA UK BLOOD MOBILES AND OTHER VEHICLES

THERE ARE



MDA UK AMBULANCES & MICUs IN ACTIVE SERVICE

THERE WERE OVER

800,000



225 MDA UK MEDICYCLES IN ACTIVE SERVICE

MEDICAL EMERGENCIES LAST YEAR

35

BRITISH AMBULANCE STATIONS



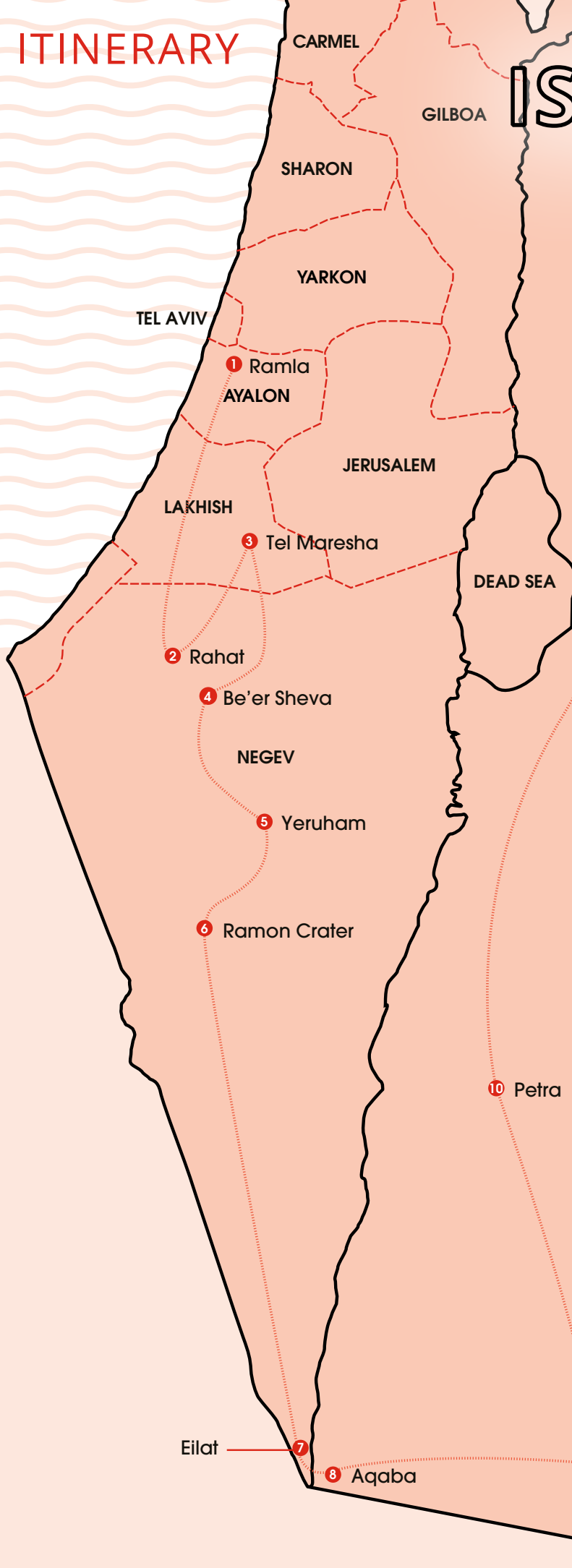
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ISRAEL

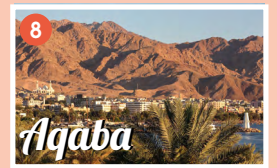
360

JORDAN

7TH - 14TH NOVEMBER 2020



1 Amman



Eilat

8 Aqaba

9 Wadi Rum

HOW YOUR FUNDRAISING SAVES LIVES

Item	Price (£)
4x4 Standard Ambulance	80,000
Mobile Intensive Care Unit (MICU)	75,000
Paramedic Supervisor Vehicle	75,000
Standard Ambulance	62,500
Dedicated Room in the National Blood & Logistics Centre	from 40,000
Dedicated Room in a Station	from 20,000
Paramedic Motorbike	20,000
Medicycle	18,000
MICU Defibrillator	15,000
MICU GPS Satellite System & Computer	3,000
Standard Defibrillator	2,000
Safety Uniform for Motorbike Medics	1,500
Advanced Life Saving Kit	1,000
Ambu Rescue-Pump	500
Emergency Stretcher	250
Medical Trauma Kit	100
Sterile Bandages (40)	50
Oxygen Masks (40)	25



REGISTRATION FORM

NAME	SPECIAL DIETARY REQUIREMENTS
<input type="text"/>	<input type="text"/>
DATE OF BIRTH	TRAVEL INSURANCE COMPANY
<input type="text"/>	<input type="text"/>
EMAIL	INSURANCE POLICY NO.
<input type="text"/>	<input type="text"/>
ADDRESS	PHONE NO. FROM OUTSIDE THE UK
<input type="text"/>	<input type="text"/>
MOBILE NO.	MOBILITY RESTRICTIONS
<input type="text"/>	<input type="text"/>
HOME PHONE NO.	HOW DID YOU HEAR ABOUT THE TREK?
<input type="text"/>	<input type="text"/>
NEXT OF KIN NAME/PHONE NO.	ROOM TYPE
<input type="text"/>	Single* <input type="checkbox"/> Double: <input type="checkbox"/>
<input type="text"/>	WHO WOULD YOU LIKE TO SHARE A ROOM WITH
<input type="text"/>	<input type="text"/>

£600 registration fee based on two people sharing a room, (plus £2,500 fundraising).

*Single supplement available at additional cost.

VISA MASTERCARD MAESTRO CAF AMEX

Credit Card Number:

Expiry Date: / Security Code:

Amount: £600

Total: £

By signing here, I accept the terms and conditions of the MDA UK Trekking Guide A-Z, and have read and understood them. For more information, please contact rachelcohen@mdauk.org or call **020 8201 5900**

NAME	SIGNATURE	DATE
<input type="text"/>	<input type="text"/>	<input type="text"/>

The signatory must provide a copy of their passport to MDA UK.

The registration fee of £600 is non-refundable and does not form part of the required sponsorship. If you withdraw from the trip any later than 4 weeks before departure, you are responsible for paying the full costs that have been incurred by MDA UK for your place.

By completing this form, you are agreeing to the above terms and conditions.

For more information, please contact rachelcohen@mdauk.org or call **020 8201 5900**

Please be aware that all plans may be subject to change due to ongoing security concerns.

ISRAEL 360 JORDAN

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