

TREK PACK 2022

22ND - 27TH MAY

JORDAN

360

**Same challenge, same
climate, same distance -
Jordan360**

Discover existing and new friendships whilst learning about the new Middle East and Israel's place within it. Meet key figures in the region and discover MDA's partnership with the Jordanian Red Crescent, how they work together to save lives.

MAGEN
DAVID
ADOM UK



SAVING
MORE
LIVES

Registered Charity No. 1113409

ITINERARY 22ND-27TH MAY

SUNDAY 22ND MAY - FLY TO AMMAN

FLYING OUT

Travel from London Heathrow to Amman

Check into Hotel

Overnight stay at Marriott Amman Hotel

MONDAY 23RD MAY - JERASH/AJLOUN

EXPLORING JERASH/AJLOUN

Visit Jerash

The Ajloun Castle Trail / Elijah Memorial Trail

Lunch in Jerash

Climb Mount Nebo (site of Moses death)

Return to Amman

Overnight stay at Marriott Amman Hotel

Jordan360 is the ultimate challenge. The ground-breaking trek will include the breathtaking sights of Petra and Wadi Rum, and will offer the opportunity to save lives along the way.

Trekkers will visit the Jordan Red Crescent and discover how the geopolitics of the region have evolved, and how Israel and her Gulf neighbours have become partners and allies to save more lives, together.

Don't miss this once-in-a-lifetime opportunity to discover the new Middle East and Israel's place within it.

To find out more email joshuadiamond@mdauk.org
or call **020 8201 5900** | mdauk.org/trek

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ITINERARY 22ND-27TH MAY

TUESDAY 24TH MAY - AMMAN

EXPLORING AMMAN AND JRC

Visit Red Crescent HQ

Citadel Hiking Trail (1h15)

Visit Downtown Amphitheatre and surrounding area walking tour

Travel to Petra

Overnight stay at Marriott Petra Hotel

WEDNESDAY 25TH MAY - PETRA

DETAILS

Visit Petra

Trail to Monastery

Travel to Wadi Rum

Overnight stay at Sun City Tents Wadi Rum

ITINERARY 22ND-27TH MAY

THURSDAY 26TH MAY - WADI RUM

DETAILS

Wadi Rum Trek

Camels and Jeep Experience

Travel to Aqaba

Final Dinner

FRIDAY 27TH MAY - AQABA AND HOME

DETAILS

Flight to Amman and on to London

Itinerary is subject to change as we discover new opportunities.

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 is available at an additional cost of £350.



ALLERGIES

Trekkers MUST inform MDA UK of any food allergies.

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.

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.

COVID-19

Participation in the Trek will be subject to compliance with the relevant Covid-19 regulations applicable in the UK, Jordan and Israel.



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.

MDA UK TREKKING GUIDE A-Z

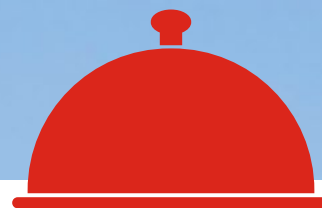
FITNESS

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.



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 2nd May 2022. 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.

KIT

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



INSURANCE

Each participant must individually arrange suitable travel insurance so that they are covered throughout the entirety of the trek, and should also ensure that their insurance covers them for COVID-19 related issues.

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.



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.



OPTION TO STAY ON

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



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.

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.



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

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 by the 2022 trekkers will go towards a brand new project to be agreed and announced later in the year by our Trek Committee.



TOUR GUIDE

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

MDA UK FACTS

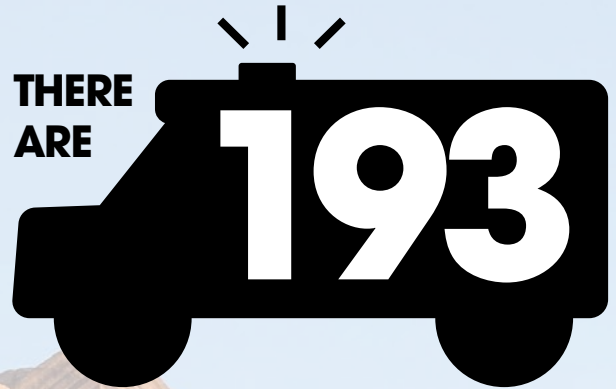
IN 2021



PATIENTS TREATED BY MDA TEAMS



LIFESAVING VEHICLES



MDA UK AMBULANCES & MICUs IN ACTIVE SERVICE

IN 2021
THERE WERE
OVER

800,000

EMERGENCY
CALLS RECEIVED
AT MDA CENTRES



134 MDA UK MEDICYCLES
IN ACTIVE SERVICE

40

BRITISH
AMBULANCE
STATIONS

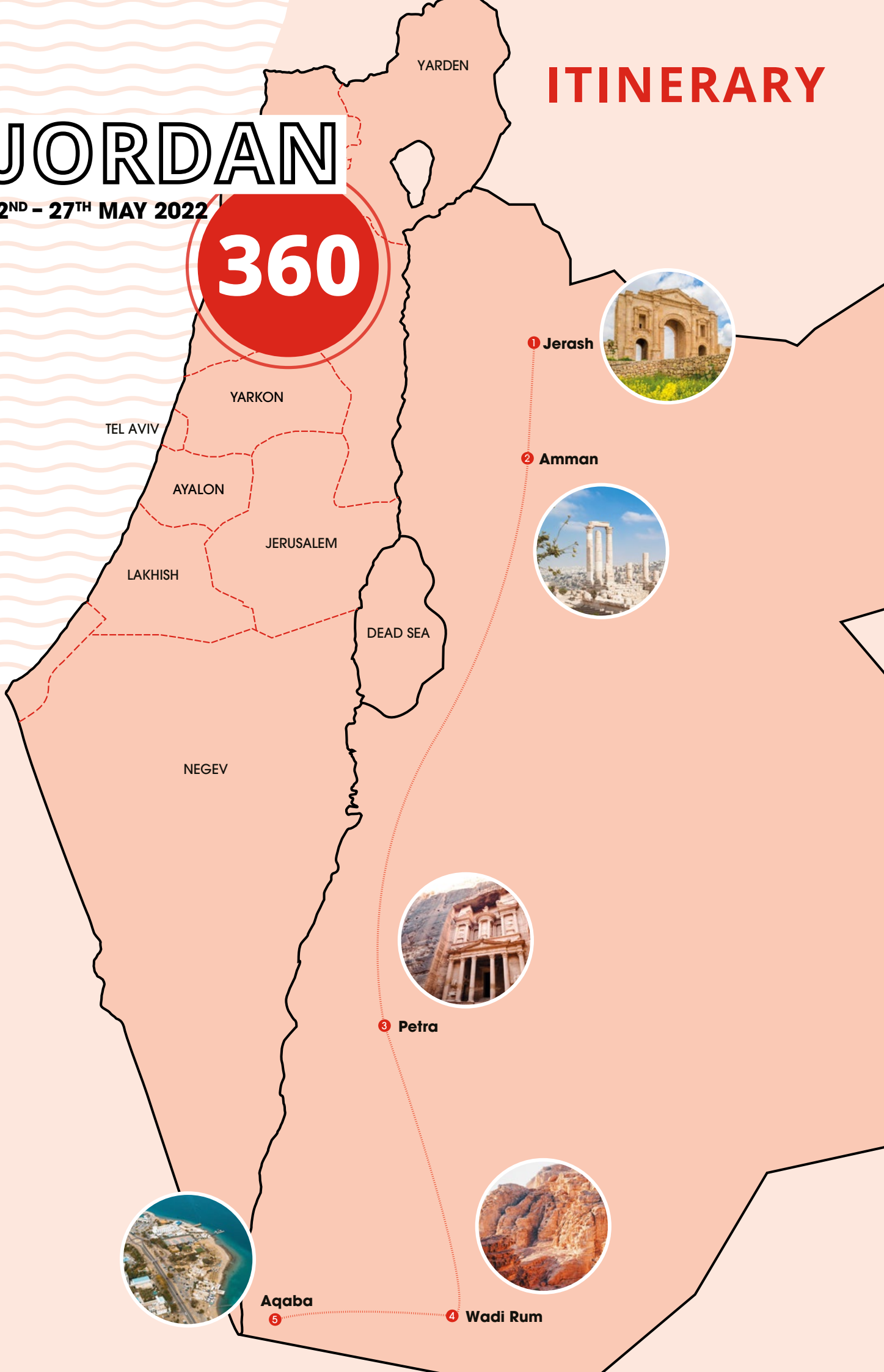


ITINERARY

JORDAN

22ND - 27TH MAY 2022

360



1 Jerash



2 Amman



3 Petra



Aqaba

5

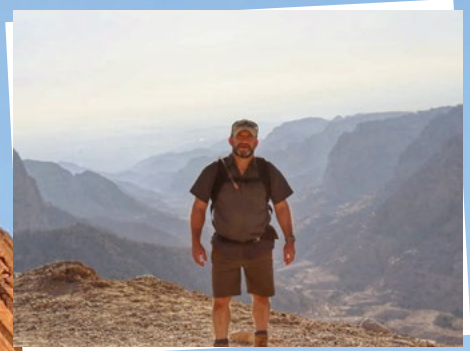


4 Wadi Rum



HOW YOUR FUNDRAISING SAVES LIVES

Item	Price (\$)
Three bed Bloodmobile	250,000
Team Bloodmobile	135,000
4x4 Standard Ambulance	80,000
Mobile Intensive Care Unit (MICU) or Paramedic Supervisor SUV	75,000
Standard Ambulance	62,500
Dedicated room in the new National Blood & Logistics Centre	20,000
Dedicated room in a Station	62,500
MICU Defibrillator	17,000
Street Defibrillator	5,000
MICU GPS Satellite System & Computer	3,000
Standard Defibrillator	2,000
Mezuzah in the new National Blood & Logistics Centre	1,800
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
DATE OF BIRTH
EMAIL
ADDRESS
MOBILE NO.
HOME PHONE NO.
NEXT OF KIN NAME/PHONE NO.

SPECIAL DIETARY REQUIREMENTS
TRAVEL INSURANCE COMPANY
INSURANCE POLICY NO.
PHONE NO. FROM OUTSIDE THE UK
HOW DID YOU HEAR ABOUT THE TREK?
ROOM TYPE
Single*: Double:
WHO WOULD YOU LIKE TO SHARE A ROOM WITH

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

*Single supplement £350.

VISA MASTERCARD MAESTRO CAF AMEX

Credit Card Number:

Expiry Date: / Security Code:

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 joshuadiamond@mdauk.org or call **020 8201 5900**

NAME	SIGNATURE	DATE

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 joshuadiamond@mdauk.org or call **020 8201 5900**

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