

challenge vietnam for act for kids



trip highlights

Raise vital funds for Act for Kids

Trek amongst Northern Vietnam's ethnic minority groups

Bike amongst the rural landscape of ricefields and lush jungle

Kayak challenge in the surrounds of Halong Bay

Exploring the streets of Hanoi's old quarter



Trip Duration	9 days	Trip Code: AK3
Grade	Introductory to Moderate	
Activities	Bike, Trek, Kayak and Charity Challenge	
Summary	9 day trip, 2 nights hotel, 2 nights homestay/ guesthouse and 2 nights traditional boat	

supporting your cause

Act for Kids provides professional therapy to children and families who have experienced, or are at risk of child abuse and neglect.

All of our services are provided free of charge to clients, while we receive some government funding we rely heavily on donations and fundraising to expand and develop our services to reach out to more children and families in need.

Statistics show the need is great – 40,571 children suffered from child abuse in Australia in just one year alone. That's almost one child every 13 minutes suffering from neglect or physical, sexual or emotional abuse, often by people they know and should be able to trust.

Many of these kids get no professional help whatsoever, and end up with lifelong problems. But a small few find themselves at an Act for Kids centre.

Our unique multidisciplinary teams provide intensive therapy, sexual abuse counseling, safe houses in remote Indigenous communities, family coaches and a preschool designed for children with additional development needs due to their experience of abuse and neglect, to ensure we set them up for success at school.

Challenge Vietnam will also have Act for Kids Escort on the Challenge. This Charity Challenge aims to raise a minimum of \$2000 per participant for Act for Kids.

your Huma Challenge

Thank you for your interest in our Challenge Vietnam for Act for Kids. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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trip dates

2015 30 Sep - 08 Oct

important notes

RF - Registration Fee

charity challenge payments

Joining Australia travel cost twin share:	\$3450
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$210
Minimum Charity Donation:	\$2000

All prices are per person

Refer to the charity challenge calendar at the end of this document for specific payment dates.

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

what impact will my fundraising have?

The funds you raise on this Charity Challenge will assist Act for Kids and its beneficiaries by:

- contributing to the cost of intensive therapy for children who've experienced abuse and neglect
- providing specialist therapy tools and equipment
- enabling Act for Kids to direct funds to expand their child and family support services where they're needed most.

fundraising impact?



Your fundraising will make a meaningful difference to Australian kids and families who have experienced or are at risk of child abuse and neglect.

Act for Kids works with thousands of Australian children and families each year. Children who have experienced significant trauma from abuse and neglect, and who without intensive professional support could end up with lifelong problems.

We also help families at risk through our wrap-around support services to help them grow stronger and overcome challenges that compromise the safety and wellbeing of their kids. With your help, can give more Australian kids the happy, healthy childhood they deserve.

your adventure

This compact challenge provides a real opportunity to interact and stay with Vietnam's northern ethnic minorities, explore the rural landscape and kayak in the dramatic Halong Bay. From the vibrant centre of Hanoi we travel deep into the valleys of Mai Chau, where we cycle and walk between the traditional stilted villages of the White Thai minority. Avoiding the main highways is crucial to enjoying Vietnam at handle bar level. We head to the tranquility of Halong Bay for 2 nights aboard our well appointed junk. Here we kayak in the turquoise waters of this truly special place.

fundraising options

There are a number of ways you can approach your fundraising:

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.



A DIVISION OF WORLD EXPEDITIONS

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3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.

4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

online fundraising portal

Act for Kids should be contacted to organise your online fundraising platform EverydayHero and permission to fundraise. Minimum would be \$2000 - Would be great to raise more

itinerary at a glance

DAY 1	WEDNESDAY 30TH SEPTEMBER DEPARTS AUSTRALIA
DAY 2	THURSDAY 1ST OCTOBER ARRIVES HANOI
DAY 3	FRIDAY 2ND OCTOBER SIGHTSEEING IN HANOI
DAY 4	SATURDAY 3RD OCTOBER DRIVE TO MAI CHAU, AFTERNOON BIKE CHALLENGE
DAY 5	SUNDAY 4TH OCTOBER BIKE AND TREK CHALLENGE IN MAI CHAU
DAY 6	MONDAY 5TH OCTOBER DRIVE TO HALONG BAY, AFTERNOON KAYAK CHALLENGE
DAY 7	TUESDAY 6TH OCTOBER KAYAK CHALLENGE IN HALONG BAY
DAY 8	WEDNESDAY 7TH OCTOBER IN HALONG BAY, RETURN HANOI
DAY 9	THURSDAY 8TH OCTOBER ARRIVES AUSTRALIA

what's included

- Representative escort from Act For Kids
- Thai Airways return flights including taxes
- 4 nights accommodation and 2 nights onboard crusic Halong Bay
- 1 night Bangkok Novotel Airport Hotel
- 7 breakfasts, 6 lunches and 6 dinners
- Airport transfers
- Services of a bilingual guide
- Accommodation on twin share basis
- Private vehicles
- Kayak equipment in Halong Bay
- 21 speed bikes and support vehicle on cycling days
- Site entry and national park fees

detailed itinerary

DAY 1 Wednesday 30th September Departs Australia

Today we will fly on Thai Airways to Bangkok.
Brisbane departs TG 1400 arrives Bangkok 2020
1 night Novotel Airport Hotel – included in challenge travel cost.
meals: NIL



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fast facts

Countries Visited:
Vietnam

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Group Size Min:
5

Group Size Max:
20

Singles:
A single supplement is available for this trip*

Leader:
Expert Local Leader & Escort

*Ask our staff for more information.

DAY 2 Thursday 1st October Arrives Hanoi

1st October – Bangkok departs TG 0745 arrives Hanoi 0935

You are given a warm welcome at Hanoi airport by our guide who will assist you with your luggage and bring you to the hotel. Afternoon is free to relax and self explore this bustling city. Light dinner to meet the guide and group members.

meals: B,D

DAY 3 Friday 2nd October Sightseeing in Hanoi

Hanoi, renowned as the “Paris of the East”, Hanoi is rich in culture and history and draws on its influences from both French and Chinese culture.

After breakfast, you will visit President Ho Chi Minh’s complex, starting at the President’s Mausoleum. You continue to his humble “house on stilts”, see the French colonial Presidential Palace from outside and the 11th century One Pillar Pagoda. Transfer to the Ethnology Museum which gives an excellent overview of the country’s ethnic groups. The large outdoor area features genuine houses and compounds as built by the many different ethnic groups.

In the afternoon you will have time on cyclo (local bike taxi/richshaw) tour around Hanoi’s vibrant Old Quarter and Hoan Kiem Lake, the focal point of the city.

You will then meet your chef to visit one of the local markets to get an overview of the ingredients for local food, accompanied by your chef. Photo opportunities abound in this vibrant and colorful site. You’ll then arrive at a local house where your friendly host will teach you to make some of Vietnam’s well-known dishes. Test your skills in Vietnamese food carving (plate decoration) before enjoying lunch of your own creation, topped off with some time to chat with your host about Vietnamese cuisine and culture.

meals: B,L,D

DAY 4 Saturday 3rd October Drive to Mai Chau, afternoon Bike Challenge

A three and a half hour bus drive from Hanoi, Mai Chau is located in a beautiful valley and surrounded by stunning scenery. Green mountains dotted with lakes, a patchwork quilt of rice paddy fields, and stilt-houses makes this area a tranquil destination. In the spring Mai Chau displays a riot of colors with blooming flowers and peach blossoms. Only 60km southwest of Hoa Binh it is home to the White Thai and H’mong hill-tribe people, and it is here that we will learn about their culture and daily life. We stop at the village of Poom Cong where we visit a local family house and have lunch with delicious Thai specialities. After lunch, we head off to explore this interesting area by bike. We pass by the Thai villages of Lac and Na Phon where we can view the daily life of the Thai ethnic minority people. We will have chance to interact with the local people and learn more about their way of life whilst enjoying the beautiful scenery en-route. We then cycle back to Poom Cong village where the rest of the afternoon is free to stroll around the village. Dinner is at a local family house and will be followed by a traditional Thai music performance. Overnight: Homestay

Cycling Distance: 30km

meals: B,L,D

DAY 5 Sunday 4th October Bike and Trek Challenge in Mai Chau

We start today with a cycle along paved roads before getting off our bikes to commence our trek. Our trek takes us on an undulating track passing by rice fields, rural countryside, and local villages. We reach Pung village at noon where we have lunch with a local family, followed by a short rest. We then continue our trek through this spectacular area passing by a beautiful waterfall. We reach the main-road by mid afternoon where our driver is waiting to pick us up and transfer us back to Mai Chau for our overnight stay. Overnight: Homestay

Cycling Distance: 40km

Trekking: approx 10km

meals: B,L,D



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responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.humacharitychallenge.com

trip grading

On trek days this trip involves trekking for up to 4-6 hours (16km on average) and up to 50km on cycling days. While we maintain a slow and steady pace, this should not be misinterpreted to mean it is an easy trip. This trip does not spend time at altitudes above 4000m. You will need a reasonable level of fitness and good health.

* Suggested preparation: 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for three months leading up to your trip. In addition, hill walking with a daypack in variable weather conditions is also recommended.

adventure travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

DAY 6 Monday 5th October Drive to Halong Bay, afternoon Kayak Challenge

This morning we drive to Halong Bay. Upon arrival in Halong Bay we transfer to a traditional junk and commence our Kayaking cruise. Lunch is served as our cruise begins toward Bai Tu Long Bay. The bay is dominated by more than 1600 limestone karsts and islets which rise out of the waters of the bay up to heights of 100metres, and the numerous caves and grottos spread throughout the bay. Many of these uninhabited islets and outcrops have been given imaginative names by the locals, due to their perceived shapes, including Wading Ox, Fighting Cock and Wallowing Buffalo.

After lunch kayak amongst the huge limestone outcrops that surround the Bay. In the evening our cook will prepare a delicious dinner as we find a secluded place to anchor for the night.

meals: B,L,D

DAY 7 Tuesday 6th October Kayak Challenge in Halong Bay

Enjoy sunrise over the majestic Halong Bay before an early breakfast. We then transfer to a smaller boat which will take us towards Lan Ha Bay, passing Van Gia fishing village, the biggest and the most impressive floating village in Halong Bay. We will then continue to cruise towards Ba Trai Dao Islet (Three Peaches Islet), the islet is a group of three small mountains which look like three peaches from a far. From here we start our kayak challenge with approx 10 kms paddle in the bay pass pristine natural beaches lapped by turquoise water. This evening will enjoy Farewell Dinner to celebrate the challenge.

meals: B,L,D

DAY 8 Wednesday 7th October In Halong Bay, return Hanoi

Options for early rise for morning tai chi on the sundeck. After breakfast enjoy our last chance of kayaking to visiting Luon Cave, before we cruise to port and the last of the Ha Long Bay scenery. We disembark and drive back to Hanoi Airport for our flights home.

Hanoi departs TG 2045 arrives Bangkok 2235

Bangkok departs TG 2359

meals: B,L

DAY 9 Thursday 8th October Arrives Australia

Arrives Brisbane 1150.

Welcome home and congratulations on raising monies for Act for Kids.

meals: NIL

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

fundraising support

To join this trip we request that you make minimum \$2000 tax deductible donation payable directly to Act for Kids.

This amount is additional to the above trip costs. You can fundraise this amount if you wish, and we encourage you to aim for more!

* When fundraising for this adventure you must be aware that you need to ensure you have the permission of Act for Kids before beginning to fundraise in their name.

* Act for kids and HUMA will provide you with plenty of fundraising information to help you get started and stay on track.



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important note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of tarmac and dirt roads, the odd main road but generally smaller secondary roads. And sometimes even the occasional hill! All of this so that you can see the incredible scenery and landscapes, view the main sights and along the way eat delicious food, stay at unique accommodation and discover the incredible people.

Generally we supply you with geared (21-27) mountain or touring bikes and support vehicle which will follow the group on almost all sections of the ride. All equipment and luggage will be carried by the support vehicle. You will need to carry a small day pack with your camera, sunscreen and water. It is important to remember that these cycling journeys are not designed to be a marathon event. No one needs to feel under pressure to ride. If at any point you do not wish to ride the vehicle is always available for you and your bike to be transported. Usually we stop every 10 to 20kms for a rest. This will be the time to recover your breath and replenish your fluids and energy with water and snacks.

Remember that cycling involves some physical exertion, so you cannot expect that you will not feel tired. A little bit of preparation will go a long way. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times whilst cycling.

country information

Vietnam is a country of immense beauty and geographical diversity. The country is roughly divided into three main areas – Bac Bo (north), Trung Bo (centre) and Nam Bo (south). The main feature of the north of Vietnam is mountains and forests along with the vast Red River Delta. The north is also home to the Gulf of Tonkin and a maze of islands in the bay. Central Vietnam is made up of agricultural plains wedged between the Truong Son Mountains and the South China Sea making some dramatic mountain passes overlooking ocean vistas. The Mekong Delta dominates the south of the country. Vietnam has been the site of battles and invasions for over 2000 years. Influences of invaders or modern day ‘liberators’ have left the country with a unique cultural identity and a complex and fascinating history. This history has given Vietnam a diverse population made up of different ethnic groups, particularly from China. The predominant ethnic group is known as ‘Kinh’ and make up about 90% of the population. There are dozens of other ethnic groups including Cham and Khmer particularly in the south of the country. Since the early 1990’s, Vietnam has been opening its doors to tourism. Although the relatively long periods of isolation and a history of war has not produced a laid-back tourism paradise like Thailand facilities and infrastructure in the country are changing rapidly. Vietnam is still a communist country although the Government is at times very pragmatic and forward thinking. You still need to carry with you an abundance of patience and a good sense of humour to overcome the overt bureaucracy and the inevitable delays, however, the fascinating history and culture; the resilient and proud people; and the beauty of the varied landscape help to overcome any possible frustrations.



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climate

Vietnam's climate can vary markedly from region to region due to its length stretching 1650 km from north to south. Generally two distinct seasons prevail in Vietnam. From October to April, the temperatures are usually fairly cool, especially in the north of the country. In the mountain areas temperatures can be as low as 10 degrees Celsius. Hotter temperatures and heavy monsoon rains characterize the months from May to September although you can experience rain at any time. The hottest months of the year are June, July and August. Southern Vietnam's weather patterns are more constant with a rainy season from May to October and a relative dry season from November to February. The temperatures in the south can rise as high as 35 degrees Celsius (95 degrees Fahrenheit) from March to May.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

accommodation on the trip



During our trek some of the facilities at the home stays can be quite basic. At Sin Chai B village, toilet facilities are 'squat' toilets and no hot water is available in the village. Water can be boiled if required. During winter a sleeping bag is recommended for additional warmth and can be hired in Vietnam, however should be requested prior to your departure. Please ask your reservations consultant for current costs.

what you carry

In your daypack you will need to carry extra warm clothing (depending on location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

equipment required

A comprehensive gear list is provided in the pre-departure information provided on booking.

what's not included

- Meals and beverages not indicated in the itinerary
- Personal expenses such as bar, telephone and laundry bills
- Tips and gratuities
- Visa costs



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→ **Travel Insurance**

info nights

Come and join us on one of our free Info Nights and learn more about your Charity Challenge. Whether you're registered or still deciding whether to take the challenge you'll find these evenings informative and inspiring and are hosted by our most experienced and passionate travel experts and representatives from the relevant charity. Register at www.humacharitychallenge.com

how to book

To register on this Charity Challenge please complete the registration form and return to Huma Charity Challenge, Attention Fiona Windon.

Email: fiona@humacharitychallenge.com.au

Post: Huma Charity Challenge, Level 5, 71 York Street, Sydney 2000

Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com

FAQs

Q. Am I getting a free holiday

A. No. Be ready to work hard to fundraise for a worthy cause, commit to a training schedule months out from your challenge to ensure you are physically fit for the adventure and step out of your comfort zone in order to earn this unique experience.

Q. Am I suited to group travel?

A. We recognise that many of our participants have not been on a 'group trip' before. You can rest assured that our trips are flexible and allow you to do your thing within the framework of the itinerary. We do not attempt to instil a 'group ethos' and fully recognise your needs as an individual. But you will be travelling with like-minded people that have also fundraised for a very worthy cause.

Q. How fit do I have to be?

A. Our adventures are first and foremost challenges but can be undertaken by anyone in a reasonable state of health and fitness. All our trips are graded, allowing you to evaluate if you are suited for the adventure challenge. We recommend that you familiarise yourself with our grading system, read the detailed trip notes and to speak with our expert staff on the physical requirements of your trip.

Q. What level of comfort can I expect?

A. On all our trekking adventures we camp in style and comfort, using the best equipment. All your gear is carried (except where specified) and meals are cooked for you while our staff set up camp. As you would expect we provide the same level of comfort on our cycling adventures. On our journeys our accompanying leader and staff take care of your day to day needs while you stay in local hotels and travel in comfortable private vehicles.

Q. How safe is it?

A. On all our trips your well-being is our first priority. Our staff constantly reviews every aspect of your adventure and our expert guides are fully conversant with the demands of travelling in remote regions.

Q. Where do we stay?

A. To capture the essence of your journey we have wherever possible selected accommodation with local character. In the cities our hotel rooms are on a twin share basis with private facilities. In remote localities you can expect simple, clean but more basic facilities. When in the field we provide the best possible camping service complete with comfortable two person tents, a mess tent and toilet tent.



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Q. What about environmental impact?

A. We believe that adventure travel revolves around establishing a sound working relationship with the people and environments in which we operate. We believe that you can also make a positive contribution and we urge you to familiarise yourself with our 'Responsible Tourism Guide' before you depart. Every participant receives a copy of this booklet upon registering.

Q. Can I organise my own group?

A. You certainly can! We would love to custom-make an itinerary to suit your business, school, family club or special interest group. Choose your charity, adventure challenge and departure date and leave us to create a Charity Challenge just for you. Please visit our website under Types of Challenges to find out about our Corporate Challenges, School Challenges, Family Challenges and Private Challenges. Or contact your nearest Huma Charity Challenge office.

Q. What about the food?

A. We are fully aware of the healthy appetites that build up when trekking or cycling and provide tasty and varied meals with plenty of fresh ingredients. Our excellent cooks serve a sensible combination of dishes while at the same time ensuring high standards of hygiene. On all our trips your good health is our highest priority. We also cater for vegetarians. Please let us know if you have any special dietary requirements at time of booking.

Q. What is included in my trip?

A. It is our aim to ensure that we incorporate as many inclusions as possible in your trip to minimise any out of pocket expenses while you are away. It is important that you refer to our trips notes for the exact inclusions, as they do vary from challenge to challenge.

Q. Are there any hidden extras or surcharges?

A. We own most of the operations, which allow us to include all land transport, most meals, accommodation and much of the equipment you will need for your challenge. Consult your detailed trip notes to know if your international flight is included, if not, please contact your nearest Huma Charity Challenge office for preferential rates. Please note that generally the following items are not included - visas, passport, vaccinations, personal travel insurance, airport and departure taxes, tips and personal expenses.

Q. What if the minimum number of participants is not met?

A. Most of the adventure challenges require a minimum of 8 to 10 participants. If this amount is not reached, Huma Charity Challenge will consult with the charity and decide either to postpone the trip or to charge a small group surcharge if need be.

Q. Who takes part in a Huma Charity Challenge?

A. All of our challenges are available for anyone over the age of 18 yrs old up to 70 yrs old, unless otherwise decided by the charity. If the challenge allows participants under 18, they will need to be accompanied by a parent or legal guardian.

Q. Do I have the option of not fundraising?

A. In some cases (it depends on your charity) you may be able to pay the full fundraising target.

Q. How can I get more information?

A. Once you have registered on the Challenge you will be sent a comprehensive confirmation kit that contains all the pre departure information and fundraising booklet. Of course please feel free to contact



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Charity Challenge Calendar

Item	Date	What's on	Achieved
Challenge Vietnam for Act for Kids	NOW	Ring or contact fiona@humacharitychallenge.com.au to hear all about the Challenge Vietnam for Act for Kids	<input type="checkbox"/>
Registration Fee	NOW	Complete the registration form and pay your \$200 registration fee for Challenge Vietnam for Act for Kids	<input type="checkbox"/>
Set up your online fundraising	NOW	Set up your fundraising page where all your supporters can contribute tax deductible donations toward your charity donation target	<input type="checkbox"/>
Fundraising Milestone 1	15 April 2015	Reach your first fund raising target with Act for Kids \$1000	<input type="checkbox"/>
Travel Cost Payment	20 July 2015	Deposit your travel payment of \$3450 to Huma Charity Challenge	<input type="checkbox"/>
Fundraising Balance	1 October 2015	Deposit your fundraising balance to Act for Kids	<input type="checkbox"/>
The Challenge	1 October 2015	Bag;s packed, your're on your way to Vietnam in support of Act for Kids	<input type="checkbox"/>

