



Cycle2Zero Uganda 2020

Saturday 24th October - Thursday 29th October

Information Pack



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This Team Needs You



mothers2mothers (m2m) is transforming lives each and every day. Since m2m was founded in 2001 **over 11 million women and children under the age of two have been reached with direct services, and over 10,000 jobs have been created by m2m for women living with HIV.**

Our dream is of **a world where no mother dies of AIDS and no baby is born with HIV.** Cycle2Zero is helping to make this dream a reality.

Since Cycle2Zero's conception in 2014 **we have cycled 15,000km.** We are heading to Uganda next where we hope to **reach the milestone of 20,000km in 2020** and we need your help to get there!

Be part of our journey and **help us reach 11 million more women and children.**

Together, let's Cycle2Zero!

Why Cycle2Zero?



“Cycle2Zero is a unique opportunity to shift your perspective into a higher gear. It’s the ride of a lifetime where you’ll discover the stunning landscapes of sub-Saharan Africa, as well as the beauty of humanity. We look forward to you joining us in the saddle in Uganda”

- Frank Beadle de Palomo, President and CEO of m2m

By joining us you will:

Raise vital funds for women living with HIV

To continue our work and reach even more mothers living with HIV, as well as their babies, families, and communities we need people like you to fundraise for us.

Be part of the ultimate challenge

Peddalling between 30 and 100km every day is no easy feat. You will be pushing yourself to your physical and mental limits, but at the finish line you will be on top of the world!

Get up close with m2m’s work

You will have the unique opportunity to meet Mentor Mothers and connect with the inspiring work they do, seeing first-hand where your fundraising will be going.

Experience Uganda

It’s the perfect way to see the amazing sights that the Pearl of Africa has to offer. With a route designed to take in the beautiful landscape we can promise a life-changing experience.

The Story So Far

2014: The Inaugural Cycle

In October 2014, a team of 27 intrepid cyclists gathered at Eswatini's (formerly Swaziland) Usutu Forest for our inaugural Cycle2Zero challenge. With m2m CEO Frank Beadle de Palomo at the helm, they embarked on a 500km journey across the spectacular, mountainous landscape of Eswatini to Kruger National Park, South Africa.



2016: The Malawi Cycle

2016 marked the 15th anniversary of m2m and to celebrate our cyclists descended on Malawi for our second Cycle2Zero! The team rode for four days from the lush Tea Plantations of the Southern Highlands of Confozi to the heights of the Zomba Plateau, finishing the ride along the beautiful shoreline of Lake Malawi at Cape Maclear.

2018: The South Africa Cycle

In 2018, Cycle2Zero headed back to m2m's roots and back to South Africa! Participants cycled over four days along the stunning Eastern Cape. Taking them from the heart of the Sunshine Coast bushland, through the beautiful Great Kei River, before finishing in one of the oldest towns in the Eastern Cape's unspoiled Wild Coast.





Introducing mothers2mothers

THE CHALLENGE

Africa's health systems are under strain with a shortage of 4.2M health workers.¹

Many women and families struggle to access vital, lifesaving medical care.

Sub-Saharan Africa faces major obstacles to meet the United Nations Sustainable Development Goals (SDGs) by 2030, in particular ending the AIDS epidemic, and ensuring good health and wellbeing for everyone (SDG 3), and achieving gender equality (SDG 5):



Only 67% of the 20.6M people living with HIV in Eastern and Southern Africa are on treatment.²



Nearly 400 children contract HIV each day in sub-Saharan Africa.²



Almost 6,000 adolescent girls and young women are infected with HIV each week globally, most in sub-Saharan Africa.³



Child and maternal mortality in sub-Saharan Africa is unacceptably high and most often preventable.⁴

OUR APPROACH

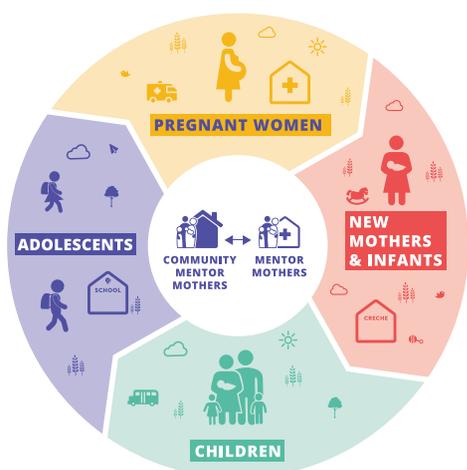
mothers2mothers (m2m) is an African NGO that unlocks the potential of women to create healthy families and eliminate paediatric AIDS.

m2m trains, employs, and helps empower local, HIV-positive mothers as Peer Mentors—community healthcare workers who provide services in understaffed health clinics and communities.

These 'Mentor Mothers' educate and support women and their families to overcome barriers to medical care, and ensure they receive the medication and health services they need and stay in treatment.

From an initial focus on preventing mother-to-child transmission of HIV, today m2m Peer Mentors provide family-centred support from pregnancy and childhood to adolescence. Through our Early Childhood Development programme, we look beyond survival to give children the opportunity to thrive, and then provide them with knowledge and skills in adolescence to protect the next generation from HIV infection.

We also partner with governments and other NGOs to spread the Mentor Mother Model and its benefits, which has dramatically scaled our programme beyond what we would have been able to achieve alone.



OUR IMPACT

Since m2m was founded in 2001...

More than 11M women and children under age two have been reached by our services.

Over 10,000 jobs have been created by m2m for HIV-positive women.

According to our most recent programme evaluation, in 2018...



m2m enrolled **894,837 new clients** directly into our programme, a **22.5% increase** from the year before.



m2m has achieved **virtual elimination** of mother-to-child transmission (MTCT) of HIV for five years in a row, with a transmission rate of just **1.3%**.



Over **1,500 women** living with HIV were employed directly by m2m as Community Health Workers called "Mentor Mothers"—creating economic wellbeing for themselves and their families.



30,775 children and caregivers benefitted from our integrated Early Childhood Development (ECD) services in four countries.



m2m enrolled **289,500 adolescents and young adults** (aged 10-24) in 2018, an **18% rise** over the previous year.



99% of our HIV-positive clients were adherent to their treatment more than 80% of the time—that is sufficient to suppress the virus and keep them healthy.

Relebohile Leatha, a Mentor Mother in Lesotho, runs an m2m site with one other Mentor Mother at a health centre staffed with seven nurses. She provides education and support services to more than 1,000 antenatal and postnatal women and 1,400 children each year.



My life changed at the age of 15 when I fell pregnant and was shocked to test HIV-positive. Although I did not understand everything the nurses told me, I took the treatment to protect my baby from infection and my daughter was born free of HIV. I decided to go back to school and that is when the real hardship started. I became sick with TB and other students did not want to sit near me. I felt isolated and alone. A few months later, my life changed when I met mothers2mothers. The Mentor Mothers shared their life stories, taught me how to adhere to my treatment, and to be confident with my status. Finally, I had found people to talk to, people who really understood what it feels like to be living with a lifelong illness. I started working for mothers2mothers in 2014. I am now the one giving hope to other adolescent girls and women who have tested positive for HIV. The best thing in my job is seeing women and families who are empowered to get the healthcare they need.

¹ Global strategy on human resources for health: Workforce 2030, World Health Organisation (2016): http://www.who.int/hrh/resources/pub_globstrathrh-2030/en/

² aidsinfo.unaids.org

³ UNAIDS Data 2019

⁴ Child Survival: <https://data.unicef.org/topic/child-survival/under-five-mortality/#>

Maternal Health: <https://data.unicef.org/topic/maternal-health/maternal-mortality/#>

HQ: mothers2mothers
office: +27 (0)21 466 9160
contact: info@m2m.org

Europe: mothers2mothers U.K.
office: +44 (0) 203 867 7120
contact: europe@m2m.org

North America: mothers2mothers U.S.
office: +1 646 808 3431
contact: us@m2m.org

www.m2m.org
[@mothers2mothersintl](https://www.facebook.com/mothers2mothersintl)
[@mothers2mothers](https://www.instagram.com/mothers2mothers)
[@m2mtweets](https://twitter.com/m2mtweets)

Uganda Profile

Uganda in 2018

- > **1,400,000** people were living with HIV
- > **53,000** people were newly infected with HIV
- > **23,000** people died from an AIDS-related illness.

*statistics from UNAIDS 2018 Data



m2m in Uganda

- > m2m **launched in Uganda in 2010**, with our work presently focused in the East Central region of the country in the **districts of Jinja and Iganga**.
 - > Since the beginning of 2019, m2m has **enrolled 40,000 new clients**.
 - > As of June 2019, m2m has **seven fully integrated sites** that are within both facilities and local communities.
 - > Currently, m2m employs over 100 staff, including **87 Mentor Mothers and Site Coordinators**.



Teddy's Story



My name is Teddy Atim, I come from a small village in eastern Uganda. I am a mother, a wife, and a Mentor Mother at m2m.

I met m2m in 2014 when I was 20 years old and pregnant with my first child. It was then that I found out I was HIV-positive. **I was lucky to have m2m Mentor Mothers in my clinic and in my community**, who visited me at home and supported me continuously. The Mentor Mothers, who were also HIV-positive women, restored hope in my life. They showed me that they had also walked in my shoes. **They showed themselves as a living example - I felt like someone was beside me, that I wasn't alone.**

From that scared young woman, **I have become a mother to three healthy and HIV-free children**, and I joined m2m as a Mentor Mother in 2016. I wanted to help women understand there was a healthy future for themselves and their families, even after being diagnosed with HIV. **I wanted to support them like I had been supported.**

I now manage three Mentor Mothers as well as seeing my own clients. **I use my story to change the lives of women and families in my community.** I give women and families health education and emotional support, so that no baby is born with HIV, no mother dies unnecessarily, and that children and families thrive. I might not be a doctor but I know I can save lives - **together, we are contributing to Uganda's future.**

If I had not met m2m, I wouldn't have become the healthy and independent woman I am today. I discovered a passion to help others and have been able to make my family proud.

Teddy Atim, mothers2mothers Mentor Mother in Uganda

Itinerary

Participants in Cycle2Zero 2020 will cycle over four days through and around the town of Jinja. The famous Source of the Nile sits on the bank of the beautiful Lake Victoria, with cycle trails running along the banks of the river Nile, as well as through the dense forestry.



Saturday 24th October Arrival Day

We will meet you at the airport in Entebbe with transfers to take you to Jinja. The journey will take around three hours in total. Once settled at the hotel, we will get you fitted with your bike and then we will gather together for a special welcome dinner.

Sunday 25th October Cycle Day One

The first day of cycling in Uganda will start with a drive to the stunning Itanda Falls Viewpoint. Once there, cyclists will head along the banks of the River Nile and cycle all the way back to the hotel, stopping for lunch along the way.



Credit: Getty Images/Westend61



Monday 26th October Cycle Day Two

Day two brings with it the first of our visits to m2m sites, with participants learning more about our work in either Kakira or Bugono. After the site visit, we will cycle back to the hotel through the forests around Jinja.

Itinerary

Tuesday 27th October Cycle Day Three

The third day will begin with a cycle to the banks of the famous Lake Victoria, where cyclists will have lunch. It's a great spot to watch the white water rapids! After lunch cyclists will then continue their journey to the hotel.



Wednesday 28th October Cycle Day Four

The final day of cycling will start with another m2m site visit, this time to a site in Busesa. After lunch cyclists will all journey together back to the hotel where m2m will host a special celebratory evening!

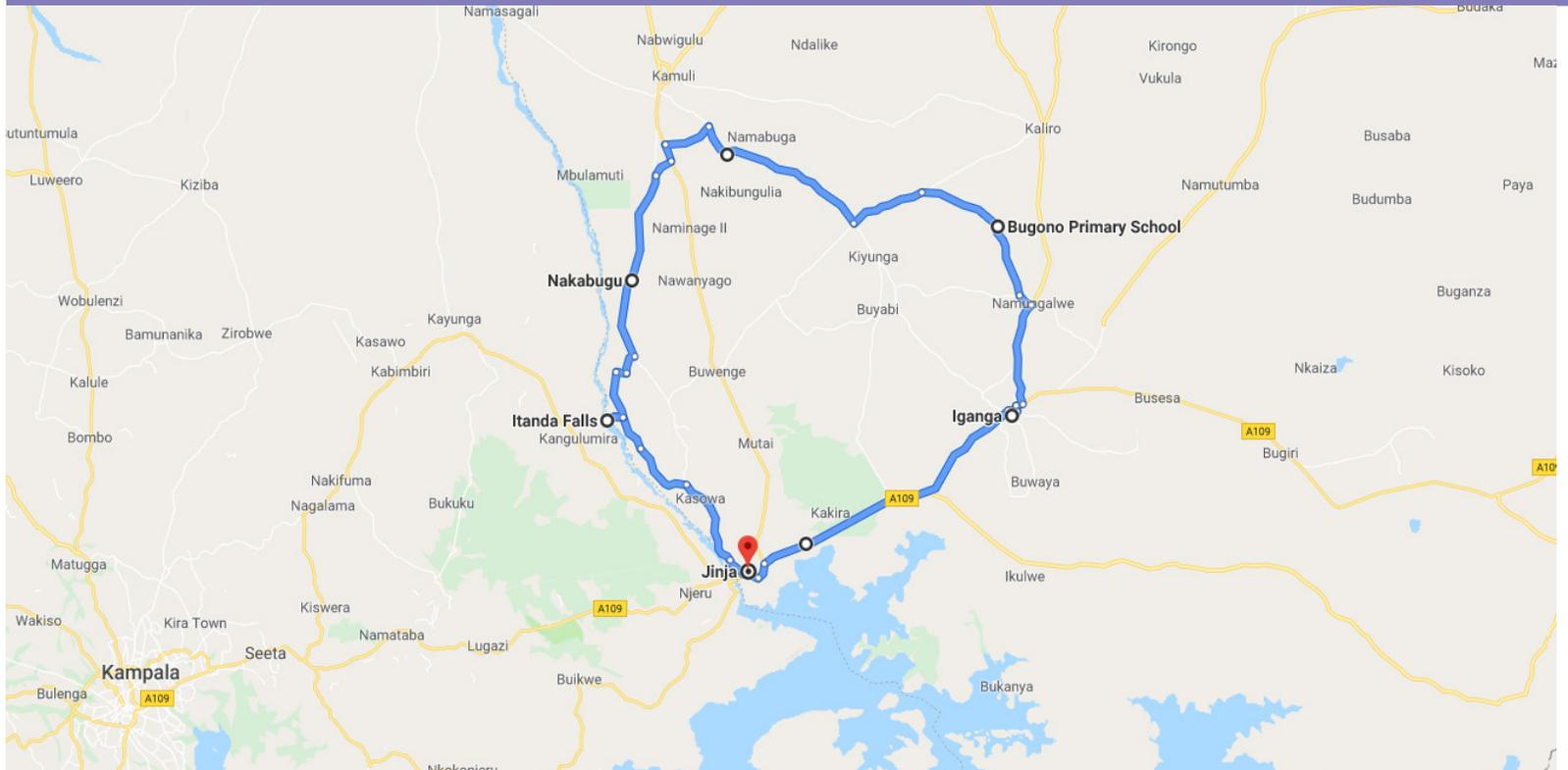
Thursday 29th October Departure Day

m2m will arrange a farewell breakfast for the end of our Cycle2Zero adventure in Uganda. We will arrange transfers back to Entebbe so you can begin your journey home, or stay on to continue exploring.



If you'd like to explore more of Uganda there are plenty of options for you! You could head to **Bwindi National Park** where over half the population of the world's gorillas live, or head to **Kibale National Park** to see the chimpanzees. **Murchison National Park** holds the most beautiful waterfalls, or thrill seekers can remain in **Jinja** and go white water rafting, or bungee jumping! Just contact us at events@m2m.org for more information.

Cycle2Zero 2020 Route



With three teams to choose from we think we've got the perfect cycling group for you.

Average Cycle2Zero distances in KM per day:

PURPLE TEAM (30 - 50KM)
 GREEN TEAM (50 - 60KM)
 RED TEAM (90-100KM)



The Fundraising Bits

Every Cycle2Zero 2020 participant must raise a minimum of £3,500. In addition, tour costs for each participant total £1,450 and a non-refundable registration fee of £500 is required upon application (as shown below).

Registration Fee*

£500

Tour Costs**

£1,450

Flights

Flight Costs

Min. Sponsorship

£3,500

* Registration Fee is non-refundable

** Please see 'What's included' on page 13 to see what is included in the tour costs

Option One: Can I include my tour costs in my fundraising?

Tour Costs

£1,450

+

Min. Sponsorship

£3,500

=

Total Sponsorship

£4,950

Option Two: Can I include the flights in my fundraising target?

Tour Costs

£1,450

+

Min. Sponsorship

£3,500

+

Flights

Flight Costs

=

Total Sponsorship

£4,950 + Flight

Option Three: Can I cover the costs myself?

While we would encourage you to fundraise, the total amount you would need to cover would be a minimum of £4,950 (plus the cost of your international flights).

Fundraising Support

We will provide ample support to every cyclist with fundraising, including advice on how to get to your £3,500 target. We can also assist you with setting up a JustGiving fundraising page (or Crowdrise for those based in the US). Don't hesitate to get in touch if you need any guidance - we are with you every step of the way!

What's Included?

INCLUDED

Fundraising and training support

Accommodation

Meals

Snacks and water during the cycle

Local transfers

Public liability insurance

Three English speaking, highly experienced tour guides/leaders

Doctor

NOT INCLUDED

Flights

Travel insurance policy (required)

Personal expenses, such as alcoholic drinks, gifts and international calls

Visas & immunisations

Children's Programme costs - please ask the m2m UK team for more details

Gratuities

Onward travel extensions



The Children's Programme



We are excited to announce that for the fourth time running, m2m will be creating another **fun-filled Children's Programme (for children ages 7-15) to run in parallel with the Cycle challenge!** Although your children can travel with the cyclists, they will not be spending their days on bicycles. Instead, they can **explore Uganda, submerging themselves in local customs, culture, and traditions**, and having a great time along the way!

The 2018 South Africa programme saw action-packed days with the children visiting the Inkenwezi Elephant Sanctuary, Great Fishpoint Lighthouse and The Big Pineapple, a huge 16m tall structure dedicated to the agricultural success of the prickly fruit. The children also got to experience the local culture with an excursion to a rural village to learn about Xhosa culture and traditions.

All activities will be organised, and led by an experienced and enthusiastic guide, supported by members of the m2m team. The programme is designed to give you the option to **participate in the Cycle while sharing the experience with your family.**

The joining fee for the 2018 Children's Programme was **£450 per child**. Rates for 2020 are still to be determined, but will be similar. Because of the nature of the activities on the Children's Programme, we recommend that every child be **at least 7 years old**.

Please note that rates include Children's Programme provider costs, as well as all meals, activities and lodging. Airfare is not included.

Frequently Asked Questions



Who can take part?

You must be 16 years or over to take part. There will be around 40 cyclists in the whole group, with people of all ages and from all around the world. Each team will have between 10 and 20 members.

How will I be supported?

Beforehand you will have regular contact with an m2m staff member for travel and fundraising support in the lead up to the Cycle. We will also help you to set up a fundraising page on JustGiving or Crowdrise.



We will then be in touch regularly with training updates and will organise various events in the 12 months leading up to the Cycle where you can meet your fellow participants.

During the trip your group will be accompanied by three highly experienced tour leaders, as well as three local mechanics who will act as guides and who are familiar with the terrain.

You will also be supported by the m2m team in ensuring the whole event is fun, inspiring and memorable.



My starting point is not London, can I still take part?

Yes! In the past we have had a number of supporters taking part from Cape Town, the US and multiple European destinations! Contact a member of the m2m team to confirm which flights would be best for you.

What will the accommodation be like?

The accommodation is all of a good standard, graded 3 stars locally.

Will I be sharing a room?

The tour costs are based on two or more people sharing one room. However, if you would like your own room please let us know. Given the group size, the number of single rooms available will be limited and subject to a supplement charge.



Frequently Asked Questions



Is it possible to extend my stay?

There are plenty of activities to enjoy in Uganda once we have completed the Cycle. While m2m will not be able to help with specific booking arrangements, we can provide advice and tips to make the most of your stay. For more information please email our events team at events@m2m.org.

Who is the cycling tour operator?

m2m is partnering with South African company African Bikers for the fourth cycle in a row. They have over 25 years experience in creating and leading cycle tours.



Their team is led by Jens Deister, a German national who made his home in South Africa in 1993 and set up African Bikers in that same year. Jens, with his partner and co-founder Jaco, started their own love affair with Africa by cycling from Frankfurt to Cape Town between 1990 and 1991 - a route that covered 25,500km!

Jens has led all of our previous Cycle2Zero trips; he is unflappable, highly experienced and very much looking forward to welcoming the team to Uganda for Cycle2Zero 2020.



How much training will I need to do?

The Cycle is an endurance test and it is essential that you put the training in prior to the challenge. Make time to keep your fitness levels up and remember that while any exercise helps, the best form of preparation is to get cycling up and down those hills. The fitter you are the more enjoyable the experience will be.

Each cycle team covers different distances each day, so make sure to pick the team that works best for you. You can find these distances on page 11.

Will I need specific gear?

Each participant needs to bring their own cycle helmet. m2m will provide each cyclist with two branded cycling jerseys for the trip, a branded water bottle, and a recommended packing list which will detail any other equipment you may need.



Frequently Asked Questions



Can I bring my own bike/equipment?

Yes! It is possible to box up your bike and bring it with you. You can buy boxes from most good cycle shops and the approximate cost of transporting your bike will be £100. Equally you can bring your own pedals to be fitted by the team mechanics upon arrival.

What type of bikes will be used?

We will provide mountain bikes in a range of frame sizes suitable for both men and women. In order to find the right size frame for you, please ensure you note down your height on your booking form. We recommend bringing a mountain bike if you are bringing your own bike.



What will the weather be like?

Uganda has a lovely temperate climate with plenty of sunny, dry days. Temperatures at that time of year range from 17°C in the morning to 27°C in the afternoon. The sun rises at around 06:00 and sets at around 18:00. Rainfall is expected at this time of year in Uganda so we recommend bringing some waterproof clothing.



What happens if I don't reach the minimum fundraising target?

Our m2m fundraising team is here to support you with all your fundraising needs. In 2018 the majority of participants exceeded their targets, so we know with the right support we can help you to do the same. We will check in with you along the way to see how you are getting on. Don't forget you can also request a fundraising pack from our team which contains lots of hints and tips to help you get to that all important £3,500 fundraising target.



What online platform should I use for my fundraising?

You will receive a fundraising pack once you have signed up for the challenge. We have included a step by step guide to setting up an online fundraising page using JustGiving (American participants may prefer to use Crowdrise). Once you have set up your page, just send the link over to our events team.

Health and Travel Guidance



ENTRY REQUIREMENTS

You will need a visa to enter Uganda. You can apply for an e-visa online and you should make sure to give yourself sufficient time to apply.

PASSPORT VALIDITY

You must ensure that your passport is valid for a **minimum period of 6 months** from the date of entry into Uganda.

IMMUNISATIONS

The Yellow Fever vaccination is required and all participants will be asked for proof of vaccination on arrival in Uganda. Hepatitis A, Tetanus and Typhoid are also recommended. We advise that you keep up to date with the latest Ugandan health advice and speak to your GP at least 8 weeks before your departure for professional medical advice.

FLIGHTS

You will need to book flights to Entebbe in Uganda, where the m2m team will meet you with transfers to Jinja. **We will be in touch at the start of 2020 to advise you of our recommended flights.**

Where do I Sign Up?

Please contact our events team
to request a booking form:

events@m2m.org

+44 (0) 203 867 7120

