



# AFRICAN HOCKEY EXPERIENCE

a unique fundraising trip that changes lives



## WE CHALLENGE YOU!

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This summer the fifth African Hockey Experience will take place: a unique 10-days fundraising trip in Zambia organised for and by Hockey Dreams Foundation. An unforgettable experience that you will carry with you for the rest of your life. Are you in?

# ABOUT HOCKEY DREAMS

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## A future through hockey

Hockey Dreams Foundation uses hockey as a tool to provide a better future for young coaches. We are convinced that through sport, many people can be reached and entire communities are able to develop in a constructive manner. We enable young people to work on their own future.

## A sustainable community

We exchange knowledge and equipment with the coaches and provide them with the educational basis needed to develop themselves on a personal and social level. They have their own projects and they are responsible for them. The coaches run the community!

## Young professionals

The coaches receive a small allowance in order to provide basic needs for themselves and their families. In addition, they get the opportunity to finish high school, learn English, acquire computer skills and possibly attend college. Through these educational tools, the coaches develop into young professionals participating in the everyday life of the communities. Through the work they do and the responsibilities and opportunities this comes with, the coaches become role models for their surroundings. This has a positive effect on the entire community.



# WHAT WILL YOU BE DOING?

As participant of the AHX you get the opportunity to take a look into our sport community. You join in the daily routines of the coaches, get to know more about their projects, school, familie, motivation, culture, traditions and dreams. You will get to meet the (many!) kids on and around the pitch, the people involved in the school projects, athletes, supporters and the locals. You get to see and experience the impact Hockey Dreams has on all the lives of these people. You see what daily life is like for them, how the coaches get to develop themselves as professionals and role models and the impact this has on the kids from the communities. You get to see with your own eyes that our programs make a difference. Together with the coaches we will organize a camp filled with sports and games, we will help with clinics and visit their homes and families. You will be amazed by the enthusiasm and skills the coaches and the kids - often barefoot - bring to the pitch and see how sports moves them. In addition, the programme will allow the participant to explore the beauty of the Zambian nature with a visit to the Victoria Falls in Livingstone with a possible safari, wild water rafting, bungee jump or boat cruise. An experience of a lifetime!



# LUSAKA & LIVINGSTONE

We start in Lusaka, where we will be staying in the Olympic Youth Development Centre. We will be staying here for the main part of the trip and this is also where the hockey pitch is. The first three days will mainly consist of getting to know everyone, hockey and exploring the city. We will organise the Super Juniors: we will play hockey, sing, dance and play games with the youngest kids of the communities. Day 4 and 5 will consist of visits to the projects and homes of the coaches. They will take us to the poorest neighborhoods of Lusaka, where they will proudly introduce us to their families. They will also take us to see their projects at the different school and sports fields, where they provide weekly clinics for the kids. Day 6/7/8 we will go to Livingstone, where we will stay in a backpackers lodge. We will visit the Victoria Falls, where there will be time for relaxation and many activities, such as rafting, seeing the wildlife or bungee jumping. On day 9/10 we will be back in Lusaka, where we and the coaches will organise a hockey camp for the kids from Lusaka including lunch. This day will consist of clinics, games, tons of fun and of course a tournament with prizes. On day 11 it will unfortunately be time to say goodbye to everyone and go back home. Of course, you can continue your trip on your own through Africa from here!





## FUNDRAISING

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Through fundraising each participant of this adventurous trip to Zambia will raise €1.500. We invest this money in our programs in which the coaches can develop and ensure themselves of a better future. Through access to education and sports we improve the quality of life of the coaches and kids. During the AHX you will experience the projects of Hockey Dreams Zambia and see for yourself the difference they make.

## GUIDANCE

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During the kick-off meeting we will give you a presentation about Hockey Dreams and the programs. We will also provide you with tips and tricks for the fundraising and familiarize you with the practicalities of the trip. During the trip itself, there will be an event manager present.



## FAST FACTS

### TRIP

6th - 16th July 2018. 10 Days in Zambia + travel time to and from Zambia

### FOR WHO

Anyone who supports our mission, hockey player or not, who is above 18.

### COSTS

The price for the trip is €800,-. This does not include the flight tickets.

### FLIGHTS

You are required to book your own flight tickets. The costs for a return ticket Amsterdam - Lusaka are somewhere between €700,- and €1.100,-. We can advise you on this matter.

### ACCOMODATION

Olympic Youth Development Centre (Lusaka) & Jolly Boy Backpackers (Livingstone, )

## INCLUDED

### ACCOMMODATION AND TRANSPORT

We stay in the accomodation of the OYDC (2 pers. room) and in a backpackers lodge (dorm). All transport, including airport pick up & drop off is taken care of.

### MEALS

Breakfast, lunch and dinner is all included, as well as sufficient water and other drinks.

### GUIDANCE

An event manager of Hockey Dreams will help you to prepare yourself adequate for the trip, as well as take care of the logistics during the trip itself.

### NOT INCLUDED

- Flight tickets
- Travel insurance (mandatory)
- Visa
- Vaccinations
- Extra activities such as going out for a meal or activities such as bungee jumping.

# FREQUENTLY ASKED QUESTIONS



## **What are the costs?**

For the trip itself we ask a contribution of €800,-. This includes accommodation, meals, transports, preparation and guidance. You are required to arrange your own visa (we will do that at Lusaka Airport) and are responsible for booking your own flights to and from Lusaka. The costs of return ticket Amsterdam Lusaka is between €700,- and €1.100,-. In addition each participant is required to at least raise the sum of €1.500,- for the Hockey Dreams Foundation.

## **What is the minimum age?**

The minimum age to participate in the African Hockey Experience is 18. If you are seriously interested but are too young, you should contact us via [ahx@hockeydreams.nl](mailto:ahx@hockeydreams.nl)

## **Do I have to be a hockey player to participate?**

No, you don't have to be a hockey player to join in the AHX. Are you inspired by our mission? Then join us on our trip!

## **How do I raise the money?**

Previous participants have found many fun and creative ways to successfully raise the money. After signing up for the AHX you will receive a fundraising toolkit and a personal online fundraising page which you can share everywhere.

## **How do I enroll?**

You can enroll via the website: [www.africanhockeyexperience.nl](http://www.africanhockeyexperience.nl)

## **Further questions?**

Call or whatsapp +316 11 214 200 or send an email to [ahx@hockeydreams.nl](mailto:ahx@hockeydreams.nl)!



# DON'T MISS THIS ADVENTURE AND SIGN UP!

[www.africanhockeyexperience.com](http://www.africanhockeyexperience.com)

