



# **African Hockey Experience 2020**

*a unique fundraising trip that changes lives*

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## WE CHALLENGE YOU!

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This summer the 6th African Hockey Experience will take place: a unique 10-day fundraising trip in Uganda organized 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?

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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 Ugandan nature with a visit to Murchison Falls with a game drive (safari), boat cruise and possible Rhino Tracking. An experience of a lifetime!





# KAMPALA & MURCHISON FALLS

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We will start our trip in Kampala, where we stay at the Bushpig Backpackers Hostel, which will be our home base for most of the trip. The hockey pitch is approximately a five-minute drive from the hostel. Day 1/2/3 will mostly be about getting to know each other and the coaches, hockey and exploring the city with her markets, environment and night life. The coaches will organise the Super Juniors: play hockey, sing, dance and play games with the youngest hockey players. On day 4/5 we will do the house- and project visits. The coaches will guide us through the poorest areas of Kampala, where they proudly welcome us into their homes and introduce us to their families. We will also visit their own sport projects they have at schools and small fields in the area where they run clinics with kids on a weekly basis. For day 6/7/8 we'll trade Kampala for Murchison Falls where we will stay at a Red Chili Hideaway Basecamp. We will hike to the top of the falls, have two game drive, a sunset cruise on the Nile and enjoy the campfire back at base-camp. On day 9/10 we will organise - together with the coaches - a hockey camp for kids from Kampala including lunch. A lot of clinics, play, fun, a tournament and of course an award ceremony! Unfortunately, on day 11 we will leave and head home. Time to say goodbye!





## FUNDRAISING

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Through fundraising each participant of this adventurous trip to Uganda will raise €1.250. We invest this money in our programmes 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 Uganda 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

July 3th - 13th 2020. 10 Days in Uganda + travel time to and from Uganda

### FOR WHO

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

### COSTS

The estimated cost of 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 - Entebbe are somewhere between €500,- and €700,-. We can advise you on this matter.

### ACCOMODATION

Bushpig Backpackers Hostel (Kampala) & Red Chili Hideaway (Murchison Falls)

## ARRANGED

### ACCOMMODATION AND TRANSPORT

We stay at the accomodation of Bushpig Backpackers (6 pers. dorm) and in a Safari tent (2 pers.) All transport, including airport pick up & drop off is taken care of. (There is a possibility to upgrade rooms for an additional cost)

### MEALS

All meals are included in the estimated amount of €800,-

### 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.

### OWN RESPONSIBILITY

- Flight tickets
- Travel insurance (mandatory)
- Visa
- Vaccinations



# FREQUENTLY ASKED QUESTIONS



## **What are the costs?**

We have estimated the costs for each participant in the African Hockey eXperience 2020. This indication is based on airline ticket, visa, vaccinations, overnight stays, meals, transportation and a three-day Safari Game Drive in Murchison Falls. We've estimates your own contribution to the trip to be between € 1,300 and € 1,500. A ticket to Entebbe is approximately € 500- € 700. Visas, vaccinations, overnight stays, meals and transportation will amount to approximately € 800. In addition, each participant must raise a sponsorship amount of at least € 1,250 for Hockey Dreams Foundation and €100 entrance fee/

## **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 [events@hockeydreams.nl](mailto:events@hockeydreams.nl)

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

No, you don't have to 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 whats app +316 43 546 223 or send an email to [events@hockeydreams.nl](mailto:events@hockeydreams.nl)!





**DON'T MISS THIS  
ADVENTURE AND SIGN UP!**

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