

Information Pack



Muslim Hands

MOUNT LYCIAN OLYMPUS

CHALLENGE AND
SPIRITUAL RETREAT

**27th to 30th May 2021
in Antalya, Turkey**

**CONQUER MOUNT LYCIAN OLYMPUS AND GAIN
BENEFICIAL KNOWLEDGE ABOUT YOUR DEEN!**

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INTRODUCTION

Take on the challenge of climbing Mount Olympus (Tahtalı Dağı) and nourish your soul at the spectacular location of Antalya, Turkey. We are inviting both brothers and sisters to seek beneficial knowledge on this spiritual retreat. The classes will be segregated; Shaykh Abu Ibrahim will be teaching, and Ustadha Hiba Mohamed will be teaching the sisters.

The topics for the retreat are 'steadfastness' and 'true happiness'. These topics are crucial to having a sincere mindset, a patient attitude, and remaining firm on your faith during both difficulty and ease. In addition, learning the true meaning of 'steadfastness' and 'true happiness' will help you stay constant in performing good deeds regularly.

On the authority of Abu 'Amr (ra), who said,
**'I said, "O Messenger of Allah! Tell me something about Islam
 which I can ask of no one except you". He (saw) said,
 "Say I believe in Allah – and then be steadfast".**

(Muslim)

Shaykh Abu Ibrahim (for brothers)

Dr Abu Ibrahim completed his PhD in Law. His research focused on British Muslims and the practice of Islamic family law, particularly the phenomenon of Islamic divorce. He has completed his Alim course, holds a BSc, and an MA in Islamic Studies. He is an imam, khatib and lecturer, and he regularly delivers sermons and lectures throughout the UK. He is a presenter of Islam-iQA on Islam Channel and regularly works with Muslim charities, community organisations, and educational institutions including Islamic Societies (ISOC's).

Ustadha Hiba Mohammed (for sisters)

Hiba studied Qur'an and Tafseer at KIU university, under the guidance of an array of scholars from Saudi Arabia. She is also highly experienced in teaching Qur'an and Islamic Studies at her local mosque and Islamic institutions. She has a degree in Biomedical Sciences and is currently working in this field. Hiba is a hardworking, dedicated Islamic lecturer, who is passionate about tawhid, tafseer and women's rights. She is currently pursuing her research-based Masters in Tafseer.

Join us on an unmissable spiritual journey that will benefit you in this dunya and the akhirah!

CORONAVIRUS MEASURES

Your safety and well-being remain our highest priority.

We want to ensure that you feel safe while on this retreat. Here is a list of health and safety measures we will be undertaking, based on our own guidelines as well as the procedures from the flight organisation and the hotel in Turkey.

Since we have postponed the retreat until next year, some of these measures may be eased. We will revise these measures where appropriate, and any changes will be communicated to you prior to departure.

Muslim Hands

We will provide you with **face masks**, **hand sanitisers** and **gloves**.

You will be required to complete a **health declaration** prior to departure.

Flight Organisation

Face masks must be worn at the airport, at the gate when boarding the aircraft, and throughout the flight.

The flight crew and ground teams will also be wearing masks to look after your well-being.

The aircraft are already fitted with **HEPA filters**, the same as those used in hospitals, replacing cabin air every three to four minutes. The cabin is thoroughly disinfected daily, which provides **surface protection** from viruses for at least 24 hours.

CORONAVIRUS MEASURES

Hotel in Turkey

Travel with Confidence

All hotels in Turkey must apply for certificates demonstrating that they have complied with wide-ranging hygiene measures. All staff must also undergo specific training to combat any risks associated with coronavirus. Many hotels have already been awarded their certificates.

There are over 100 different measures which include (but are not limited to):

- Hand sanitiser and disinfectant will be provided throughout public areas, including in the reception area and spa areas.
- Rooms will be thoroughly cleaned and disinfected whenever a guest leaves the hotel, including remote controls and other hard surfaces.
- Restaurants will be organised so that there is a minimum distance of 1.5 metres between tables and 60 centimetres between chairs.
- If food is served from an open buffet, there must be a glass screen between the food and the guests, and food is to be served by a member of staff, not via self-service.
- Chlorine levels in pool water must be strictly maintained to between 1-3 ppm in outdoor pools and between 1-1.5 ppm in indoor pools.
- A strict cleaning rota, including disinfection, must be carried out and recorded in areas such as toilets, showers and changing cabins around the pool and beach.
- Each guest can only use facilities such as saunas, Turkish baths and steam baths for a maximum of 30 minutes. These facilities will be cleaned for at least 15 minutes after each guest uses them.
- Protocols will be set out and implemented to isolate any suspected or actual cases of coronavirus.

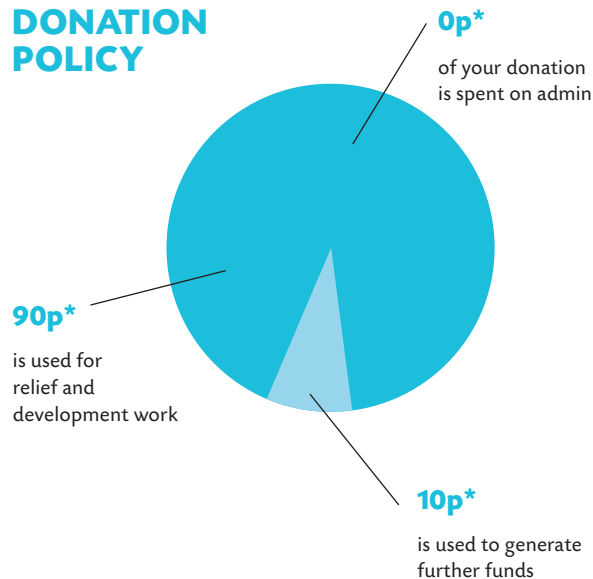
ABOUT MUSLIM HANDS

In 1993, a community in Nottingham, moved by the devastation of the Bosnian war, sprang into action and began collecting money, clothes and medicine for the people of Bosnia.

Muslim Hands grew from this grassroots movement, becoming an international aid agency and NGO. Since these first efforts, we have responded to countless emergencies, as well as establishing long-term projects such as schools, healthcare clinics and livelihood programmes worldwide.

We are working in over 50 countries and have field offices in over 30 of these. By working closely with our partners and offices on the ground, we are able to distribute aid in an effective, efficient, transparent and wholly accountable manner and make a lasting difference to the communities we work with.

DONATION POLICY



*Based on 2019 data; 2020 expected to be similar

At Muslim Hands, we deliver your donations in an efficient and wholly accountable way. Transparency is important to you and to us. We do everything we can to reduce the costs of delivering our projects so that **at least 90% of your donation will benefit communities directly.**

THE CAUSE – A BOREHOLE IN CENTRAL SOMALIA

BOREHOLE IN CENTRAL SOMALIA

According to the World Bank, only 7% of the rural population in Somalia has access to improved water sources. Drought, conflict, displacement and constant instability have left large numbers of people in Somalia without clean water. Water-borne diseases are rife amongst children. The current situation in this area is that there is no suitable water source available. There is an urgent need for these kinds of water projects in central Somalia.

BENEFICIARIES: Over 20,000 families and their livestock will benefit from this borehole.

PROJECT DETAILS: The proposal is to construct a deep borehole which is over 100 metres deep. The borehole will be connected to a 24,000-litre water tanker.

WATER IS AN ESSENTIAL PART OF ALL LIFE

The reality is that 783 million people worldwide do not have access to clean water. With over 800,000 people dying from water-related illnesses each year, unsafe water is the single biggest obstacle to the progression and health of communities in the developing world.

'The Messenger of Allah (saw) was asked,

"Which charity is best?"

He replied,

"[Providing] water".

(Abu Dawud)

ITINERARY*

***Please Note: This itinerary is subject to change, so please have some flexibility.**

27TH TO 30TH MAY 2021

DAY 1 Depart from the UK to travel to Antalya, Turkey

All participants will meet at the specified airport, 3 hours prior to departure. A brief meeting will be organised prior to departure, during which further information will be given.

DAY 1 Arrive in Antalya, Turkey

We will travel to the accommodation, settle in and rest.

There will be an afternoon class on 'steadfastness' held at the hotel, followed by a workshop.

DAY 2 Climb Mount Lycian Olympus (Tahtalı Dağı)

DAY 3 Explore the city

There will be an afternoon class on 'true happiness', followed by a workshop.

DAY 4 Return to the UK

There will be morning reflections and a Q&A session. You can use the rest of the day to further explore the city.

You will be given the exact timing of meet-up for departure. We expect all participants to be punctual.

The return flight will be from Antalya airport to the UK (further information will be provided).

REGISTRATION REQUIREMENTS

In order to participate in this Mount Lycian Olympus (Tahtalı Dağı) Challenge and Spiritual Retreat:

- You must be at least 18 years old.
- A reasonable level of health and fitness is required.
- Passports must hold a minimum of 6 months' validity from 27/05/2021.
- All elements of the registration process must be completed.
- Participants are required to read and agree to all terms and conditions.
- Participants must fulfil requirements as set out, accept all conditions, and adhere to all guidelines, to ensure the success of the mountain climbing and spiritual retreat.

FUNDRAISING TARGET

The minimum fundraising target is **£1,500 per person**.

REGISTRATION DEADLINE

To secure your place, you must pay a **registration fee of £300**. This fee is non-refundable. There are limited spaces. Spaces will be allocated on a first come, first serve basis.

FUNDRAISING DEADLINE

The **deadline for reaching your target is 1st May 2021**.

All participants are required to raise 100% of the total **fundraising target (£1,500)** by this date.

TRAVEL ESSENTIALS

The cost of the trip will be covered by the registration fee and gift aid. An event of this nature incurs costs of travel, accommodation, meals, equipment and general organisation. Please see below what services the trip does and does not include.

WHAT YOUR TRIP INCLUDES

- Return flights from the UK to Antalya airport
- UK departure tax
- Local overseas departure taxes
- Transport as per the itinerary
- Safe accommodation throughout (based on twin share)
- All meals
- MH group leader and full supporting crew

WHAT YOUR TRIP DOESN'T INCLUDE

- Travel insurance
- Visas (if required)
- Recommended vaccinations
- Telephone and internet communication
- Spending money
- Your own personal kit
- Luggage costs
- External travel arrangements and costs
- External accommodation arrangements and costs
- Personal trips during project days (if approved by UK staff)
- Travel to and from the UK airport

TRAVEL INSURANCE

It is a **condition of participation** that you have appropriate travel insurance. For further information, please contact our Events Team on 0115 911 7222.

WHAT TO BRING

- Casual, comfortable clothes for the trip duration
- Waterproof clothing in case it rains
- Trek boots (for the hiking)
- Small first aid kit
- Towel/soap/toiletries
- Sunblock lotion
- Camera, film, batteries (optional)

FUNDRAISING TIPS

Here are some ideas to help you get started on your fundraising.

BREAK IT DOWN

Break your target down into smaller chunks

to make it easier to reach your target.

Choose **different ways** to meet each of these smaller targets.

SET UP A JUSTGIVING PAGE

Visit www.justgiving.com/muslimhands

- Click on 'Fundraise for us'
- Click on 'Organised event'
- Select your challenge.

SPREAD THE WORD

Contact everyone you know and **tell them why** you are raising funds for a borehole in Somalia and a well in Palestine.
Tell them about your JustGiving page.

POST ON SOCIAL MEDIA

Ask your friends and family to share your online fundraising page on **Facebook, Twitter, Instagram and other social media networks.**

RAISE FUNDS IN YOUR LOCAL COMMUNITY

You can set up a **fundraising stall, bucket collections, display posters** and more! Please **seek permission from the relevant people before** doing so. **Contact all your family members, friends, co-workers, local businesses, schools & mosques** to help you meet your fundraising target.

ORGANISE AN ACTIVITY

You can round up a few friends and **bake some delicious treats** or **take part in a car wash** to raise money.

For further fundraising ideas, get in touch with the Muslim Hands Events Team on 0115 911 7222.

HANDLING DONATIONS

Donating to Muslim Hands is easy and can be done through several methods.

CHEQUE OR POSTAL ORDER

You can send your donation via cheque or postal order. Please make them payable to Muslim Hands and send them to our Nottingham office. Cheques must be drawn from a UK bank account and postal orders should be obtained from the Post Office.

CASH

You can also drop cash off to either of our offices – give us a call beforehand. See our website for office opening hours. Please do not send cash through the post.

ONLINE

Donating online is fast, safe and secure. You can also set up an online fundraising page through JustGiving (please see the section 'Fundraising Tips' for further details).

PHONE

You can deposit the funds raised and donate over the phone using your credit or debit card by calling our donation hotline on (0115) 911 7222.

BANK TRANSFER

You can transfer money directly into our Donations Account to:

NatWest Bank

Account Name: **Muslim Hands**
Sort Code: **60-11-33**
Account Number: **22820000**

Please **reference the donation with your Donor ID**. Please also note that receipts cannot usually be issued for donations made via bank transfer.

FAQs

How much do I need to raise?

All participants are required to raise a minimum of £1,500. To secure your place, you must pay a non-refundable fee of £300 upon registration.

Who can take part?

Both sisters and brothers can take part. You must be aged 18 or above. If you are seeking a spiritual break and want to give to the less fortunate, this trip is for you! The group will consist of 34 individuals of various backgrounds, so being able to work in a team is paramount. A positive and enthusiastic attitude is crucial as you will face challenges in fundraising and on the ground. Therefore, cooperating and communicating with others is essential.

What will we have to eat?

Traditional local food will be provided throughout the trip. All food will be halal. If you have specific requirements, let us know on your registration form.

Can I extend my stay?

If you wish to extend your stay, please get in touch with us. You must cover any extra costs this incurs.

What will the weather be like?

June officially marks the beginning of summer weather in Antalya. The average temperature during the day is 25 degrees Celsius. The lowest temperature you should anticipate is 18 degrees Celsius with a potential high of up to 31 degrees.

What if I get ill?

To ensure health and safety compliance, all participants will be accompanied by a Muslim Hands representative at all times. Should you fall ill, our UK staff will ensure you receive the medical attention required.

Will I need vaccinations?

There are no specific vaccinations required for this trip, but please speak to your local GP/travel clinic to ensure you are up-to-date on all necessary boosters and vaccinations.

Can I visit family and friends during my stay?

All personal trips and visits must be made outside of the project days. If you wish, you may extend your stay. See below for more details.

Will I have to arrange my own travel insurance?

Yes, all participants are advised to take care of their own travel insurance needs.

HOW DO I REGISTER?

THE REGISTRATION PROCESS IS EASY! ALL YOU NEED TO DO IS:

1. Complete an online registration form
2. Pay registration fee – £300
3. Complete the online Terms and Conditions
4. Complete the online medical form
5. Create a JustGiving page and start fundraising – £1,500

What will happen next?

After we receive your completed registration form with the registration fee, you will receive a confirmation email, so you know that your place has been secured. We operate on a **first come, first serve policy** and have limited spaces, so we advise you to register as soon as possible. Once you secure your place, you will receive a fundraising pack containing further materials to assist you with your fundraising.

AGREEMENT

Please read, sign and return.

(Page 1 of 2)

1. All travel and associated arrangements for the Mount Lycian Olympus (Tahtalı Dağı) Challenge and Spiritual Retreat are made by Muslim Hands. In making these arrangements, Muslim Hands is acting as your agent and is unable to accept liability for any loss or damage, beyond its statutory liability, or for cancellation of the event for any reason out of its control.

2. Participants must raise a minimum of £2,500. A £300 non-refundable registration fee is also required upon registration. This will go towards the costs of flights, airport taxes, transport, accommodation and food. We insist that 100% of the total must be paid to MH by 01/05/2021. If you do not pay this amount you may forfeit your eligibility to participate – though you may choose to make up the balance yourself. We ask that you show pledges for the minimum target (e.g. sponsorship pledges) before departure.

3. Registration fees are non-refundable under any circumstances once you have been accepted as a participant.

4. If the participant decides at any time not to take up their place, all sponsor forms and sponsor monies collected and held by the participant must be

forwarded to Muslim Hands so they can be returned to the sponsor if requested.

5. If, for whatever reason, you withdraw from the event after the 01/05/2021 fundraising deadline, you may be personally liable for any cancellation charges payable.

6. Participants wishing to withdraw from the event after registration must confirm their cancellation in writing to Muslim Hands. Without this, Muslim Hands is unable to accept cancellation.

7. Gift Aid does not count towards the participant's sponsorship target.

8. The trip costs include flights, accommodation, food, sightseeing, all ground travel and project equipment throughout the duration of the project only.

9. The following are not included in the cost of the trip: items of a personal nature (e.g. telephone calls, laundry, tips etc), drinks, certain meals, visas, vaccinations, insurance and luggage costs.

10. You are required to follow the itinerary for the duration of the trip. Any personal trips will be allowed on the last day.

11. You may take out travel insurance covering health, accident and loss, emergency repatriation etc. While you are out of the UK, if you have your own insurance, you must ensure it is suitable for the event.

12. You must hold a 10-year passport that is valid for six months after your return to the UK. It is your responsibility to obtain a valid visa if required, the cost of which is not included in the cost of the trip. You must check current requirements with the Foreign and Commonwealth Office (www.fco.gov.uk) that will provide information on health and security.

13. VISAS & VACCINATIONS: It is entirely your responsibility to obtain the relevant medical advice and vaccinations and make all other necessary preliminary arrangements including compliance with visa requirements, and we accept no responsibility whatsoever if these matters are not dealt with prior to departure.

14. Any information or advice provided by Muslim Hands on matters such as permits, visas, vaccinations, climate, clothing, baggage, special equipment, etc. is given in good faith, but without any responsibility whatsoever on the part of Muslim Hands. The participant accepts responsibility for obtaining all necessary travel information and documentation required for the trip.

15. By signing the Booking Form, you agree to accept the authority and decisions of our employees, agents and suppliers during the trip. If, in the opinion of any of these people, your health or conduct appears likely to endanger the progress of the trip, you may be excluded from the whole of, or part, of the trip. In the case of ill-health, we reserve the right to make such arrangements for your well-being as we deem necessary and to recover the whole of the costs thereof from you. If you commit an illegal act, we shall cease to have

AGREEMENT

Please read, sign and return. (Page 2 of 2)

responsibility to or for you.

16. **ACCEPTANCE OF RISK:** Your booking is accepted on the understanding that:

(a) You are aware that the Mount Lycian Olympus (Tahtalı Dağı) Challenge and Spiritual Retreat, in addition to the usual dangers and risks inherent, has certain additional dangers and risks, some of which may include: physical exertion for which you may not be prepared, weather extremes subject to sudden and unexpected change etc.

(b) You acknowledge that the trip's enjoyment and excitement is derived in part from the inherent risks incurred by undertaking activities beyond the levels of safety which are normal at home or work. You acknowledge that these inherent risks and the enjoyment they create are part of the reason for your participation.

(c) You acknowledge that the nature of this type of travel requires considerable flexibility and you must allow for alternatives. The outline itinerary provided for the trip is only an indication of what each group may accomplish. It is not a contractual obligation on the part of Muslim Hands.

(d) You understand that the route, schedules, itineraries, amenities and modes of transport

may be subject to alteration without prior notice due to local circumstances or events, such as sickness, mechanical breakdown, ferry or train cancellations etc.

17. Muslim Hands reserves the right to amend or change the itinerary without prior notice.

18. For your own safety, you must observe all instructions given to you during the event. Participation in this event is at your own risk.

19. Your place on the event is not secured until:

(i) Muslim Hands are in receipt of the completed online registration form and £300 registration fee.

(ii) The medical form is completed, upon which you agree to the terms and conditions issued by Muslim Hands.

(iii) You have received a confirmation letter/ email from Muslim Hands stating that your place has been secured.

20. Muslim Hands staff/representatives have the right to work without fear of intimidation, verbal abuse or physical assault, and we shall remove anyone who does not adhere to this.

21. Muslim Hands reserves the right not to accept a participant onto a challenge at any point leading up to departure of the trip.

22. Participants will only be accepted if they are at least 18 years of age by the first day of the trip.


23. Muslim Hands shall not be liable for any failure to fulfil the contract which is due to unusual and unforeseeable circumstances beyond the control of Muslim Hands or our suppliers, the consequences of which could not have been avoided even if all due care had been exercised. This includes but is not limited to: air traffic control disputes, terrorist activity, natural and nuclear disaster, fire, adverse or threat of adverse weather conditions, technical problems with transport, closure or congestion of airports or ports.

24. Regarding land-only clients, our responsibility to you does not begin until you have met our representative at the appointed time at the designated meeting point. If you fail to arrive there at the appointed time, we shall not be responsible for any additional expenses incurred by you in order to meet up with the group.

25. In the unlikely event of a complaint, you must inform the MH group leader, who will endeavour to put things right. Failing this, you must write to our HR Department at our Head Office in Nottingham, and they will respond in writing.

26. It is a requirement of each participant to ensure they will not get involved in any kind of prejudice or racial hatred with/towards other group members.

Signature, Date



'The Messenger of Allah (saw) was asked,
"Which charity is best?" He replied,
"[Providing] water".
(Abu Dawud)