



Hike. Pray. Awake.



Muslim Hands

**Hike the
beautiful coast
of Majorca and
raise funds
for safe water
in Africa!**

INFORMATION PACK HIKING CHALLENGE AND SPIRITUAL RETREAT 04.-07.10.2019

Contents

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Muslim Hands

Contents	02
Introduction	04
About Muslim Hands	05
The Cause – Building a Borehole	06
Itinerary	07
Registration Requirements	08
Travel Essentials	09
Fundraising Tips	10
Handling Donations	12
FAQs	13
How to Register?	14
Agreement	15

If you have any questions, please contact us at
muslimhands.org.uk/events or call us on 0115 911 7222.

Introduction

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

This pack will provide you with all the information you need about the trip.

The Retreat

Take a breather and **indulge your soul in a spiritual retreat and hiking challenge**, at the spectacular location of **Majorca, Spain**. The agenda includes discussions of three focal topics crucial to the steadfastness of the believer: **certainty in Allah (swt), understanding His names, and increasing our gratitude & patience**.

In addition to this spiritual experience, we have also arranged two hiking tours to challenge your body and allow you to witness the beautiful scenery of Majorca.

The primary purpose of this hiking challenge is to **save lives by providing clean water to those in need**. You will have the opportunity to support thousands of families by helping us construct a borehole for a community in need. This is a truly **amazing Sadaqah Jariyah project** to undertake on behalf of yourself or a loved one.

Ustadha Hiba Mohammed

Ustadha Hiba has **studied Qur'an and tafseer at KIU university**, under the guidance of an array of scholars from Saudi Arabia. Hiba has also gained a great deal of experience in **teaching Qur'an and Islamic Studies** at her local mosque and Islamic institutions. She also has a **degree in Biomedical Sciences and is currently working in this field at Medina**. Hiba is a hardworking, dedicated upcoming Islamic lecturer, who is **passionate about tawhid, tafseer and womens' rights**.

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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, an **international aid agency and NGO**, grew from this grassroots movement. 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 to make a lasting difference to the communities we work with.

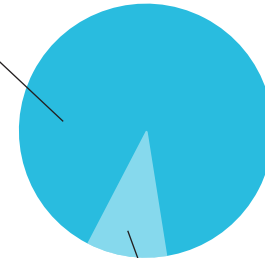
Our Donation Policy

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 needy communities directly.**

90p*
is used for relief and development work

0p*
of your donation is spent on admin



10p*
is used to generate further funds

*Based on 2018 data, 2019 expected to be similar

Muslim Hands distribute aid in an effective, efficient, transparent and wholly accountable manner. At least 90% of your donation will benefit needy communities directly.

Building A Borehole

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

[Abu Dawud]

The purpose of this retreat is to help bring water to those in need. 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.

Muslim Hands works globally to provide people with access to clean water and sanitation. In Africa, water scarcity affects 1 in 3 people, forcing women and children to trek long distances to access water, often from contaminated sources. By donating to this cause, **you will be helping us provide a solution to this problem.**

This retreat will target families in Africa, aiming to provide thousands with access to clean water through constructing a borehole in the area which needs it most.



Unsafe water is the single biggest obstacle to the progression and health of communities in the developing world. The Messenger of Allah (saw) said providing safe water is the best charity [Abu Dawud].

Itinerary* 4th - 07th October 2019

DAY 1 Depart from the UK to travel to Majorca, Spain

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 2 Arrival in Majorca, Spain

Travel to accommodation, settle in and rest. There will be an afternoon class on 'Certainty in Allah', held at the hotel or the beach site.

DAY 3 Spiritual Classes and Hiking Challenge

Every morning, there will be a 15-minute lecture on 'Certainty in Allah' that will deepen our knowledge and wisdom, in sha' Allah.
Morning to early afternoon: Participants will begin their hiking alongside professional female guides.
Afternoon: After a well-deserved break, a lecture and reflection classes will commence about 'Names of Allah' and 'Patience & Gratitude'.

DAY 4 Return to the UK

After the morning reflection and Q&A session, the rest of the day can be utilised by you to further explore the city.
You will be given the exact timing of meet-up for departure. We expect all participants to be punctual.
Return flight from Majorca airport to the UK (further information to be provided).

If you have any questions, please contact us at
muslimhands.org.uk/events or call us on 0115 911 7222.

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

Registration Requirements

In order to participate in this Spiritual Retreat and Hiking Challenge:

- **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 04/10/2019.**
- **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 hiking retreat.**

If you have any questions, please contact us at muslimhands.org.uk/events or call us on 0115 911 7222.

Fundraising Target

Minimum fundraising target is £1,500 per person

Registration Deadline:

To secure your place, you must pay a **registration fee of £250**.
This fee is non-refundable.

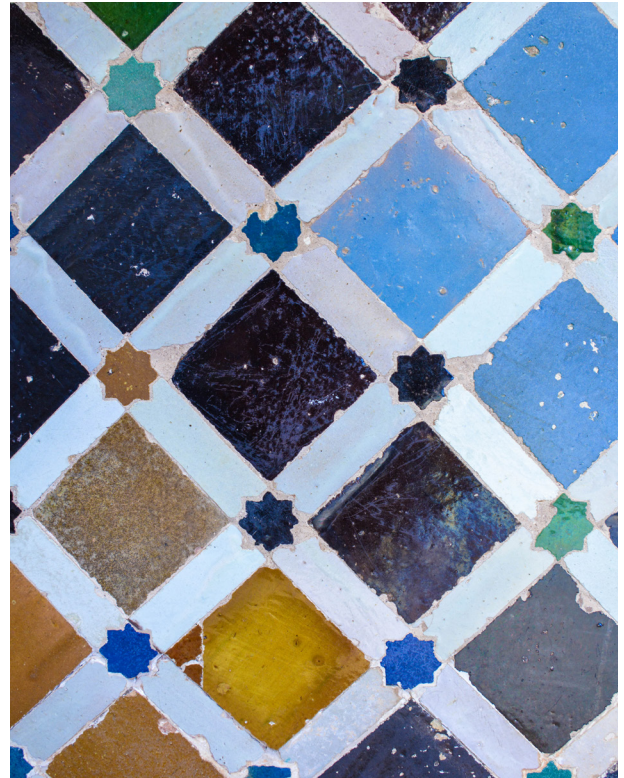
There are only 14 spaces.

Spaces will be allocated on a first come, first serve basis.

Fundraising Deadline: 1st October 2019

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

The cost of the trip will be covered
by the registration fee and gift aid.



**If you have any questions, please contact us at
muslimhands.org.uk/events or call us on 0115 911 7222.**

Travel Essentials

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

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 your trip doesn't include:

- Travel insurance
- Visas (if required)
- Recommended vaccinations
- Telephone, 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 UK airport

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
- Sunblocker lotion
- Camera, film, batteries (optional)
- Your Muslim Hands T-shirt

If you have any questions, please contact us at muslimhands.org.uk/events or call us on 0115 911 7222.

Fundraising Tips

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

Break it down:

Break your fundraising amount down into smaller chunks, making it easier for you to reach your target. You can then choose different methods to meet your individual targets.

Spread the word:

Contact everyone you know and tell them why you are raising funds for Building a Borehole in Africa. Be sure to give them the web address of your JustGiving page.

Raise Funds in Your Local Community:

Your neighborhood can really help you to increase your donations. You can set up a fundraising stall, bucket collections and display posters. Please seek permission from the relevant people before doing so. Make sure you contact all your family members, friends, co-workers, local businesses, schools & mosques to help you meet your fundraising target.

Set up a JustGiving page:

Visit **www.justgiving.com/muslimhands**

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

Post on Social Media:

A great opportunity to increase your supporters. Ask your friends and family to support you via Facebook, Twitter, Instagram and other social media networks by sharing your online fundraising page.

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 the Build a Borehole in Africa campaign.

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 on a UK bank account and postal orders should be obtained from the Post Office.**

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.

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.**

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 direct 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.

If you have any questions, please contact us at muslimhands.org.uk/events or call us on 0115 911 7222.

FAQs

What will we have to eat?

Unfortunately, there will be **no halal food available; however, different vegetarian** options will be offered. Food will be served buffet style. If you have specific requirements, please let us know on your registration form.

Will I have to arrange my own travel insurance?

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

How much do I need to raise?

All participants are required to **raise a minimum of £1,500** sponsorship money. To secure your place, you must pay a **non-refundable fee of £250 upon registration**.

What will the weather be like?

The average temperature in August in Majorca is **23°C**. Overnight temperatures are generally very warm with an **average low of 12°C**. Temperatures during the **day can reach up to 26°C**.

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.

Who can take part?

Sisters only can take part, and **aged 18 or above**, who is looking for a spiritual break, with a passion to give to those less fortunate. The group will consist of **14 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 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?

Though there are **no specific vaccinations required** for this trip please do ensure you are up to date on all necessary boosters and vaccinations by **speaking to your local GP/travel clinic**.

Can I extend my stay?

If you wish to extend your stay, please get in touch with us. Any extra costs incurred must be covered by yourselves.

If you have any other questions, please contact us at muslimhands.org.uk/events or call us on 0115 911 7222.

How do I Register?

The registration process is easy; all you need to do is:

- 1.** Complete our online registration form
- 2.** Pay the registration fee of £250
- 3.** Complete the online Terms and Conditions
- 4.** Complete the online medical form
- 5.** Create a JustGiving page and start fundraising the minimum of £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.

If you have any questions, please contact us at muslimhands.org.uk/events or call us on 0115 911 7222.

Agreement

Please read, sign and return:

1. All travel and associated arrangements for the Spiritual Retreat and Hiking Challenge 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 £1,500. A £250 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 the 01/10/2019. 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 sponsorship level before departure.

3. Registration fees are non-refundable under any circumstances once you have been accepted on the event.

4. If participants decide at any time not to take up their places, all sponsor forms and sponsor monies collected and held by the par-

ticipant 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 01/10/2019 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 participants' 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 responsibility whatsoever on the part of Muslim Hands. The participant accepts responsibility for obtaining all necessary travel information and documentation required for the trip. If you commit an illegal act, we shall cease to have responsibility to or for you. for your participation.

continue on the next page!

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 responsibility to or for you

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

(a) You are aware that the Spiritual Retreat and Hiking Challenge, 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 enjoyment and excitement is derived in part from the inherent risks incurred by undertaking activities beyond the levels of safety normal at home or work, and that these inherent risks contribute to such enjoyment and excitement, being a 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, and does not form 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. All instructions given to you on the event must be observed for your own safety. 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 £250 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 perform 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: including but 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. In respect of land-only clients, our responsibility does not commence 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 Head Office, HR Department who 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



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'Which charity is best?' He replied,
'[Providing] water'.**

[Abu Dawud]

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