



## CSI | Kilimanjaro Climb

Trek for Mandela 2023: Applications now open!

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## Trek for Mandela Kilimanjaro Climb 2023: Q&A

**Q: Why is it necessary for me to be fit? Won't I achieve this during the training leading up to the expedition?**

**A:** The training will support your current fitness levels which must be high enough to complete this arduous expedition. It's incredibly physically challenging and requires a great deal of physical strength.

**Q: How much will it cost me if I qualify as the participant?**

**A:** The JSE covers all costs includes flights, accommodation, shuttles to the training sessions in the Drakensburg (but you have the option to self drive), clothing items (kits) and food. There is also a mandatory \$200 donation to the Imbumba Foundation that will be covered by the JSE. The only cost on your end will be comfort items such as toiletries. The successful participant will receive a list of all items that will be provided.

**Q: Will the cost for my participation come out of my department's budget?**

**A:** No, this is not a discretionary spend. The cost is budgeted for from a Corporate Social Investment perspective and will therefore come out of our CSI budget.

**Q: How often do the training sessions take place and is it mandatory for me to attend them all.**

**A:** If you are successful, you will receive a training schedule leading up to the expedition. This year, only one session takes place in the Drakensburg. Although it is not mandatory for you to participate in the planned training, you are strongly encouraged to do so in order to build camaraderie with the other participants, ensure that you are on par with the rest of the expedition group and keep yourself committed.

**Q: What if I am committed to joining the training sessions, but am unable to join one or two of them?**

**A:** If you are unable to join a training session, you will be required to submit proof of the training completed ie. pictures, a screenshot of the training on your phone's fitness app, etc.

**Q: How does the fundraising work?**

**A:** This is done purely on Social Media and does not involve you planning or hosting any fundraising events. The more followers you have, the better. The more platforms you are on, the better. We recommend that you take your followers along the journey with you commencing with your first training session to completion. Be as creative and engaging as possible using videos, pictures and meaningful messages. Include information on the Imbumba Foundation and the Care4Girls program. Links to this information will provided to the successful participant.

**Q: Do I collect the money from my supporters and pay it to the JSE?**

**A:** No. You will engage with the Imbumba Foundation who will guide you through the process of creating a "give and gain" account. All funds to support your expedition and the related cause will be deposited directly into that account, so you will include account details in your content for Social Media as indicated above.

**Q: Is there a set target of how much money must be raised by participants.**

**A:** There is no mandatory fundraising amount but in the spirit of CSI and giving back we encourage you to make every effort to raise as much money as possible to support the Care4Girls program.

**Q: Do I have to get approval from my Manager/Director to participate?**

**A:** Approval from your direct reporting line is essential as they will have to manage your workload within your team during your absence. This is applicable for training sessions (that fall outside public holidays and weekends) as well as the actual expedition. Remember that your line manager must be copied when your application is submitted.

**Q: Will the training days and the expedition come out of my annual leave?**

**A:** No - once the successful participant is identified, we will engage with the line manager to discuss leave provision.

**Q: Do I need to make my own travel arrangements.**

**A:** No, all arrangements will be made by the Imbumba Foundation but flights generally leave in the early hours of the morning and you are required to be at the airport several hours before departure. This information will be provided.

**Q: How long is the expedition?**

**A:** The duration of the expedition is 9 days ie. 12-21 July 2023.

**Q: What should I include in my motivation so that I can be seriously considered as a participant?**

**A:** It is important to stick to the 200 word count. Please let us know why you consider yourself physically fit enough and give us some background in terms of how you have come to your existing fitness level, as well as how you maintain it. It is important for us to understand how committed you are to the training sessions and to ultimately summiting Kilimanjaro. It wouldn't hurt to include pictures of your fitness journey and current fitness level. If you are passionate about "giving back" it would certainly set you in good stead.

**Q: If I am not successful, would I be able to meet with Vuyo or Palesa to further motivate?**

**A:** Unfortunately not. Once the decision is made, it is final. Due to the tight timelines and all the training required prior to the start of the expedition, we want to ensure that the successful participant is given as much time as possible to prepare.