

pennyappeal

RUN PALESTINE

WALK, JOG OR RUN WITH US IN PALESTINE
5k | 10k | Half Marathon: 13.1 miles | Full Marathon: 26.2 miles



24-29 MARCH 2020

Registration fee: £150 Minimum sponsorship: £1,000

includes: flights, accomodation, race entry, visit to refugee camps & distirbution of food parcels, visit to Masjid Al Aqsa and more

Who are Penny Appeal

Penny Appeal was founded in 2009 to provide poverty relief across Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid.

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and longer-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation.



About the Challenge

We are inviting you to join Penny Appeal at the Palestine Marathon in the hills of Bethlehem on 27th March 2020. You can walk, jog or run your way along either a 5km, 10km, half (13.1 mile) or full marathon (26.2 mile) route so fundraisers of all abilities are able and welcome to join in. This is an amazing five-day trip from 24th-29th March 2020 that will offer you the opportunity to not only challenge yourself physically, but also explore the sacred lands of Palestine, including Bethlehem, Jerusalem and the majestic Masjid Al Aqsa. You'll witness the fruits of your fundraising efforts when you join Penny Appeal teams to distribute aid in refugee camps and make a real difference to the lives of the people of Palestine.

The Palestine Marathon is organised by the Palestine Olympic Committee and the Right to Movement campaign. The route takes you from the Church of Nativity, through the center of Bethlehem, past refugee camps and in to the beautiful olive groves. Participants run alongside the apartheid wall for a large section where you can see the messages of solidarity and skilled graffiti art that adorn it. This run is a life-changing event to take part in, whether you just like running for its own sake, whether you want to express your solidarity with the Palestinian people or if you are an adventurer and love seeing new faces and meeting new people.

Not only is this an important event on the Palestinian calendar and a boost to the local economy and athletics, but it's an important event for showing solidarity and standing up for human rights around the world. You'll be running with really friendly people from all over the globe and if you're not a good runner, simply jog instead. If you can't jog very far – just walk with us. Whatever you do, come and show your support for the people of Palestine and have the time of your life.



How we'll help you

We'll provide dedicated support from the moment you sign up right through to when you go on the trip. Once you receive your booking confirmation you will have access to all the information you need, from fundraising ideas to training regimes. You'll have the opportunity to connect with fellow fundraisers, so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal staff during your five-day trip, so you'll always have somebody on-hand to help you.

Is this trip for me?

Absolutely! The Palestine Marathon is open to all, welcoming people of all faiths, backgrounds and abilities. There are 5km, 10km and half marathon options as well as the full marathon, providing plenty of opportunity for people of all skill levels to take part. You can walk, jog or run, so if you want to set new goals and experience an exciting once-in-a-lifetime trip, sign up today! Most of your fellow fundraisers won't have done anything like this! All are welcome. Some travel with friends and family, many will come alone. However you want to do it, you'll go home having secured new friends for life! Although you don't need to be an athlete to take part, this can be a tough challenge depending on the distance you choose and the goals you set yourself. But don't worry, we'll provide you with advice on training and will of course be on hand every step of the way with any queries you may have.

Key Information



How much does it cost? To secure your place you will need to send us a non-refundable deposit of £150 plus £400 for flights and accommodation by 30th September 2019.



Note that all entrants taking part are required to **fundraise a minimum of £1,000 before the trip.**



What's included? Return flights from London, five nights' accommodation (half board with breakfast and Dinner) transfers in Palestine and your official race entry.



Your five nights' accommodation includes three nights' in Bethlehem before the marathon and two nights' in Jerusalem to explore the city.





SIGN UP TODAY

PENNYAPPEAL.ORG/CHALLENGES

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✉ CHALLENGES@PENNYAPPEAL.ORG

About the Cause

Penny Appeal has had ongoing involvement in Palestine, with particular attention placed on Gaza, tackling immediate needs as well as creating sustainable solutions and investments that have ongoing benefits to the community.

Your fundraising will support Penny Appeal's Love Palestine campaign with funds designated to four different projects:

1. Food Parcel distribution to Families suffering from Chronic Food Insecurity

We provide Palestinian camps with nutritious food parcels, containing enough stable food to provide a family of six with good food for a whole month.

We also provide fresh food parcels, working in close collaboration with local farmers, supplying vulnerable, women-led families with fresh fruit, veg and meat on a weekly basis.



2. Empowering Palestinian Farmers to Grow their Businesses

Olive Trees are culturally and economically significant in Palestine. They provide the main source of income for around 8,000 Palestinian families and contribute to approximately 14% of the Palestinian economy. Over 1 million Olive Trees have been destroyed by the on-going conflict. We are empowering Palestinian farmers by supporting and expanding their Olive farms. We provide the seedlings, the protection fencing, and irrigation so that the seedlings can grow in to trees and provide a sustainable income for families in Palestine for generations to come.



3. Rooftop Garden's to provide Women with a Sustainable Source of Income and Crops

In Palestinian refugee camps, food security is declining while unemployment and dependency on external aid are rising. Women and young people in particular have limited opportunities under the military and social constraints. The rising prices of food also has an impact on the fresh produce households have access to. By constructing rooftop gardens, we are able to support women led households by providing them with training to grow their own home crops, as well as being able to raise income through selling their produce.



4. Emergency Response in Gaza

At least 1.9 million Palestinians experience, or are at risk of, conflict, violence and displacement. The most vulnerable Gazans are currently denied or restricted in their access to essential services such as water and health care. One in two Palestinians, or roughly two and a half million people, need some form of humanitarian assistance.

- **Improving the Health of School Students through Clean Drinking Water**

The water situation in Gaza is alarming, 90–95% of the territory's water contaminated by sewage, chemicals and seawater. The water supplies at many of the schools in Gaza are also contaminated; and drinking dirty water has caused many health issues for students. Penny Appeal has procured and supported many water tankers to supply schools in Gaza with clean drinking water, to improve the lives of the students.

- **Emergency Food Parcels for Orphan Families**

We provide fresh food parcels in Gaza, working in close collaboration with local farmers, supplying vulnerable families with fresh fruit, veg and meat on a weekly basis.

- **Medical Aid**

During times of intensified violence, we support local medical centres with medical supplies, training on new techniques to treat patients and running local ambulances.

- **Fuel Aid**

Gaza's chronic emergency crisis has left essential services barely able to function, and approximately two million inhabitants with power cuts up to 20 hours per day. Our projects relieves the electricity crisis by providing emergency fuel to local municipalities to run water pumps, garbage collection trucks, sewage pumps and insect sprayers.



Fundraising Tips

If you allow yourself plenty of time you'll easily reach your target. You are doing something quite amazing, so make sure you tell everyone you know, including your employer! Many companies operate schemes that match pound for pound! Our fundraising guru Haroon Mota is full of ideas and will be in touch to help you raise money for the trip. Whether you'd like resources to support your fundraising or just some ideas to get you started, please feel free to ask for anything you might need!



Haroon Mota: Head of Challenge Events

Fundraising

Fundraising £1,000 is really achievable if you put your mind to it – the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. Here are some ideas to start you off and we're more than happy to help with any questions you may have.



- Begin by setting up an online donation page and ask everyone you know to donate – the more people you ask, the more you will raise.
- Host a dinner night at home or a coffee morning at your work place, charge your guests, we guarantee that you can make a few hundred pounds in just a couple of hours.
- Dig out your unwanted treasures and organise a car boot sale or jumble sale.
- You can raise money by selling Fundraising Donuts from Krispy Kreme or Lola's cupcakes!
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.

Penny Appeal will provide you with a fundraising pack and plenty of useful hints and tips to help you hit your target.



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The Itinerary

Tuesday 24th March

The flight departs from London to arrive at Tel Aviv Airport (times TBC). Transfer to Bethlehem Hotel for dinner and rest.



Wednesday 25th March

Collect race pack and register for the marathon in Bethlehem. Free day to visit and explore Bethlehem.



Thursday 26th March

Visit refugee camps with Penny Appeal and distribute food parcels.



Friday 27th March

Race Day. Friday Prayers in Bethlehem, transfer and check-in to a hotel in Jerusalem followed by post-race celebration dinner.



Saturday 28th March

Free day in Jerusalem, visit to the Masjid al Aqsa in the Old City of Jerusalem. Option tour to Jericho and other local cities.

Sunday 29th March

Free day and return journey home. The flight will depart Tel Aviv in the evening (time TBC).



Additional Information

- five nights' accommodation is based on two people sharing
- Accommodation is half board (bed, breakfast & dinner)
- Lunch is NOT included in the package

**Deadline for registration fees
- 30th September 2019**

Participants Testimonial

We have always wanted to do something as a couple. A challenge, an event, something that would bring us closer and allow us to look back with a sense of achievement. When we saw the advert for the Penny Appeal Palestine Marathon, we knew this was it.

We had to leave our kids behind, but looking at the cause we were going for, it was a worthy sacrifice. We truly believe that without sacrifice, there is no progress.

The journey and experiences we had in one week, not many people can achieve in a lifetime. From running half a marathon, giving aid personally to the Palestinian refugees, visiting Al Aqsa, walking through the streets of Jericho, Ramallah, Bethlehem and Jerusalem to visiting the amazing farmers in the Jordan valley, where we planted olive trees by hand. Every aspect of this trip was jaw dropping, awe inspiring and life changing. We can honestly say that this would not have been possible without the friends, team leaders, organizers, Palestinian people and Penny Appeal; all of whom we now call family.

Asma and Suhail Ghani
Ran Half Marathon



After reaching Everest Base Camp with Penny Appeal back in December 2018, I decided I wanted to push myself further. The Palestine Marathon registration came up, and I didn't even think twice about it before signing up!

Visiting Palestine with Penny Appeal exceeded my expectations in every way possible.

We had the Palestinians rooting for us with every step we took during the marathon, and that pushed us further because we were running for them. It was an eye opening experience visiting the refugee camps and seeing what difficulties the locals face. We met them, played football with them and heard their stories, bringing everything to life.

This trip is something that I will never, ever forget, and I'm thankful to Penny Appeal for giving people like me this opportunity.

Selina Yasmin
Ran 10k



Participants Testimonial

Our first family holiday; we chose to do it with Penny Appeal!

Definitely was one we won't forget. The journey from booking till we returned from our journey was one full of excitement, memories and life lessons. We were well informed from when we requested to go with our 18 month old son till we landed in Gatwick upon return. Penny appeal reps and the team were always happy to offer a helping hand and to make the journey as smooth sail as possible.

Palestine was a country that welcomed us like long lost relatives returning home; their hospitality and generosity made their difficulties seem non-existent. The residence of the refugee camps where always smiling and wanted to offer us food at every drop: they were happy to give when they were receiving aid themselves. The race day was an interesting challenge; an 18 month old that didn't want to walk but we had a challenge ahead. The runners and the atmosphere made the heat and hills an easy and smooth ride; the encouragement and good words of those running and supporting made the distance feel short; we could have done more.

Yusuf loved the experience; the Penny appeal group, the Palestinian locals and the chance to go through immigration without being stopped or questioned meant that Yusuf remained comfortable through the journey. The group and the locals always welcomed him with smile (when he was laughing and crying) they appreciated his age and did not make us regret taking him with us.

Suleman, Fatima and Yusauf Bhamjee
Ran Family 5k



Choosing to run the Palestine Marathon lead to one of the most exceptional journeys and awe-inspiring experiences.

Marathon training and running the undulating hills of Palestine in the 25 degrees sunshine was physically, mentally and emotionally draining. Nonetheless, the fruits of my efforts were realised when I was able to personally hand out the food parcels to the children and families in the camps at the West Bank, Bethlehem. The smiles on their faces and the appreciation they showed us was heart-warming and touching.

In addition to the charity work and running, we also had a group holiday experience within one of the world's most spiritual and religious lands. I had the opportunity to explore Bethlehem, Jerusalem and Jericho City and visit iconic landmarks including Al Aqsa Mosque, the Dome of the Rock, the Church of the Nativity and the Apartheid Wall. All whilst making friends with 75+ like-minded fundraisers and runners. Overall, the experience included all the activities I love to do all in one trip – running, travelling, charity work and meeting new people.

Jahan Rahman
Ran the Marathon







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