



**SIERRA LEONE
MARATHON
WELCOME PACK**





A WELCOME FROM OUR RACE DIRECTOR



A big welcome to Sierra Leone!

The Street Child Sierra Leone Marathon is a unique event in the way that it unites a nation and helps give guests from across the world the chance to explore this incredible country. Having been involved with the Sierra Leone Marathon from the beginning back in 2012, it is amazing to see the impact it has made on funding Street Child's projects, developing Makeni as a city and providing a platform for local runners over the years.

What has always set this race apart is the fact that all of our runners are joined by a shared experience and a common cause. All of you have been busy raising funds to support the same children and families that you will have the opportunity to meet before you line up on race day. This fact is unique to the international race calendar.

I welcome you to the 2016 Sierra Leone Marathon. This year is a very special one as we have all come together to help show the world that there is hope beyond Ebola for Sierra Leone and for the children that have been affected by the virus.

I hope you fall in love with the event and this country as much as I have.

Enjoy the race.

Mark Maughan
Sierra Leone Marathon Race Director





SIERRA LEONE

USEFUL INFORMATION

SIERRA LEONE

GETTING THERE

For flight information, please email slmarathon@street-child.co.uk or call the team on +44 (0)20 7614 7696.

TRAVEL REQUIREMENTS

VISA

Unless you are from West Africa, you will need a visa. Visas can normally be processed within a week but to avoid a last minute rush, please apply for your visa early. Details of the Visa requirements are on the Sierra Leone High Commission website or you can apply online here: www.visitsierraleone.org.

INSURANCE

It is your responsibility to personally procure fully comprehensive travel and medical insurance to adequately cover you for travel and running in Sierra Leone.

TRAVEL DOCUMENTS

Please bring a photocopy of your travel itinerary, passport details page and visa page, and a copy of your insurance details (insurer, policy number, international phone number). If you lose your documents they'll be much easier to replace if you have a copy. You should also leave a copy of each of these with your next of kin and **email copies to the Street Child team before you travel.**



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TRAVEL HEALTH

It is your responsibility to ensure you have had all necessary medical advice before you leave. You are advised to see either your local GP or a travel nurse prior to travel. Unless you travelled recently to a similar destination it is almost certain you will need a few injections. You should ensure **you have had vaccinations and are taking appropriate malaria prophylactics** before and during your visit to Sierra Leone. As a condition of entrance to the event, all runners take responsibility for having trained appropriately and had any health concerns checked by a medical practitioner.

West Africa has one of the most virulent strains of **malaria** (falciparum), which can be protected against using standard anti-malarials. You must take anti-malarial medication throughout your stay in Sierra Leone, as per the prescription. We advise you to take your own mosquito net, insect repellent and long-sleeved clothing for the evenings. Please visit: wwwnc.cdc.gov/travel/destinations/sierra-leone.htm for more information. **Yellow fever vaccination is a requirement for entering the country and you must bring the certificate with you.** Failure to produce a valid yellow fever certificate at the airport will result in refusal of entry to Sierra Leone.

SHOULD I BE WORRIED ABOUT EBOLA?

At the time of our Welcome Pack going to print, Sierra Leone has been declared Ebola free. If there are new cases registered whilst in country, we recommend following accepted professional medical advice:

- Avoid contact with symptomatic Ebola patients and/or their bodily fluids
- Avoid contact with corpses and/or bodily fluids from deceased patients
- Avoid contact with wild animals both alive and dead, and consumption of 'bush meat'
- Wash hands regularly, using soap or antiseptics

Also note that we understand post-exposure immunoglobulin for treatment of rabies is only available in Dakar or Accra, not in Sierra Leone. You may therefore wish to discuss vaccination against rabies with your GP/travel clinic.

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MONEY

You will need to bring cash for the duration of your stay in Sierra Leone. Credit card use in Sierra Leone is virtually non-existent – it's only worth bringing the card strictly as a back up. Big denominations of cash get better rates - but avoid pre-1996 series dollars as many businesses and some banks reject them. Pounds are easily changed, dollars even more so (but not so much so that it is worth changing pounds into dollars).

Soft drinks cost around 70p, local beers around 60p, imported beers around £1. You can buy good local food for around £3 a plate. International food will cost a little more, usually around £5 a plate. Accommodation before and after the race will vary depending on how you spend the rest of your time in Sierra Leone, with a range of £10 - £80 per person per night for hotels or hostels. Short taxi rides cost 20p (along fixed routes), or £3 to charter a taxi across town. There are souvenirs to buy such as elegant woodcarvings, wooden & beaded jewellery, and some excellent materials and tailoring.

FOOD

Basic food will be provided for all runners within the 3- 5 day traveller's package. As much effort as possible will be made to ensure food provided before the event is as non-spicy/familiar as possible before the event! It is likely to be based heavily around staple carbohydrates: pasta and rice. **If you have any allergies or are vegetarian please inform the SLM Team. We strongly recommend that you bring your own pre-race breakfast to ensure that you are used to the food. You can get fresh milk in the minimart in Makeni – but not at your hotel.**

After the event you may wish to be more adventurous with your eating – and we will be providing a post-race BBQ. Note that you may well have an unsettled stomach at some point during your stay and hand sanitizer before eating will help reduce your chances of an upset tummy. Rehydration salts are a recommended must-bring.

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SAFETY

We will do our utmost to assist runners and visitors particularly during the race itself, but in the end your safety is your responsibility. **Be vigilant, sensible and take appropriate precautions.** The vast majority of travellers to Sierra Leone enjoy a trip free of incident. Make sure you do everything you can to ensure that your trip is the same.

Sierra Leone is one of the least developed countries in the world with poor transportation and health infrastructure. With this in mind, please read through all of the details in this pack.

CLIMATE

Sierra Leone has a tropical climate, warm temperatures and high humidity. The end of May is on the cusp of the dry season moving into the rainy season so the temperature is very hot and humid. Waterproof jackets or umbrellas are advised but you won't be cold, just wet if it does rain.



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BEFORE YOU GO – WHAT TO BRING (apart from your race kit!)

- TORCH AND BATTERIES (A HEAD TORCH IS PARTICULARLY USEFUL)
- LIGHTWEIGHT WATERPROOFS – THE RAINY SEASON IS STILL LURKING
- ANTI-BACTERIAL HAND GEL
- ANTISEPTIC CREAM AND PLASTERS
- TOWELS
- ANTI-MALARIAL MEDICINES
- MOSQUITO REPELLENT WITH 50% DEET
- HIGH FACTOR SUN CREAM, AFTER SUN AND A SUNHAT
- UNLOCKED SMARTPHONE
- FAMILIAR FOODS WHICH ARE SPECIFIC TO YOUR RACE PREPARATION
- MOSQUITO NET
- MONEY BELT
- IF CAMPING, A SLEEPING BAG LINER
- A CAMEL PACK FOR LONGER DISTANCE EVENTS
- SUNGLASSES!





SIERRA LEONE

ON ARRIVAL

On arrival you will be greeted by a member of the Street Child staff so once you have passed through passport control, look out for the Street Child logo.

We advise that you do not purchase SIM cards at the airport as we will aid you in acquiring these upon arrival in Makeni.

We will take you to your hotels by coach (or 4x4 if pre-arranged). Depending on your flight arrival time, we will either take you directly to your hotel or The Clubhouse in Makeni. The journey will be around 2.5 hours and there will be drinking water on board.

GETTING AROUND

Before the race we will provide set transport to and from your accommodation, to and from the Clubhouse (marathon central), the race, and the site/school visits.

Don't use motorbike taxis unless you absolutely have to, as you may not be covered by your insurance to do so. If you do, make sure the driver has a helmet for you and that the bike has a license plate. This is at your own risk.

Don't walk around alone at night. Makeni is safe during the daytime, but as with most places, you're more at risk of traffic accidents and muggings at night.

RESPONSIBILITY

It is very important that you recognise your part in ensuring your own safety during the entirety of your time in Sierra Leone. Do not take unnecessary risks. In particular:

- Don't do anything or go anywhere you are uncomfortable with however much inconvenience it causes to others. If you are unsure about anything, ask. Do not feel like any request is too much especially when it pertains to safety.
- Your safety depends on your decisions. Even if you have asked someone's advice, do not blindly follow it if you feel uncomfortable – evaluate your situation independently and decide what you think is right.
- If you don't like a driver's driving, say so (politely is best!) – don't grin and bear it. If necessary, ask the driver to stop so you can get out and take another vehicle (this is particularly pertinent to those travelling independently outside the Travel Package).
- Be careful about displays of wealth – Sierra Leone is one of the poorest countries in the world and it is unwise to display your wealth openly, especially in Freetown. Cameras and mobile phones are just as big a target as cash, so look after these as well as you look after your cash.
- Travel in groups where possible. Look after one another and stick together. You will have more fun and reduce the risk of incident.
- Consider registering on LOCATE, the free online Foreign Office service, which helps them find you in case of emergency in Sierra Leone.

MAKE SURE YOU ARE VACCINATED AND INSURED!



THE RACE

SOME PRE-DEPARTURE NOTES

The marathon and half marathon events will begin around 6.00am as dawn breaks over Makeni's Wusum Hill. The 10km and 5km races will start shortly after at around 7.00am.

The terrain for each is undulating including both on- and off-road sections, which take you through some of the most beautiful scenery in Northern Sierra Leone, looping back towards Makeni. Accompanying you on your run will be 750 competitors from Sierra Leone and across the world and as you weave through the town and surrounding villages, cheering crowds will spur you on to the finish. If you would like to view the route before you travel, please be in touch with our team.

We're working with national and international institutions and companies, including the Sierra Leone Police and Army to help ensure a safe experience both out on the course and at the start/finish area. However, we do advise that you consider leaving valuables at home whenever possible.

It's important to note that no official timing system will be used for any of our events as this is a course to enjoy rather than test your PB. If you'd like to record your time, please consider bringing your own personal timing system.

Snacks such as bananas and nuts will be available across the course at some water stations and we encourage runners to bring their own gels or specific nutritional requirements from home.



KIT FOR RACE DAY

Shirt - Short sleeved synthetic flat seamed running top – our technical race vests are ideal! All modern running tops are designed to be lightweight and to avoid chafing. Cotton is not recommended as it quickly gets wet with sweat and humidity makes it heavy, uncomfortable and likely to chafe.

A lightweight running hat - This should have a rear nylon cloth attachment to protect the neck and help against the possibility of sunstroke. When running with your body bent slightly forwards, your neck and back of the head always suffer most from the sun.

Shorts – normal lightweight running shorts.

Socks – proper running socks – (Thorlo, X-socks and 1,000 mile socks are good) double skin to avoid blisters. You might want to use talc or Vaseline inside to help minimise blisters.

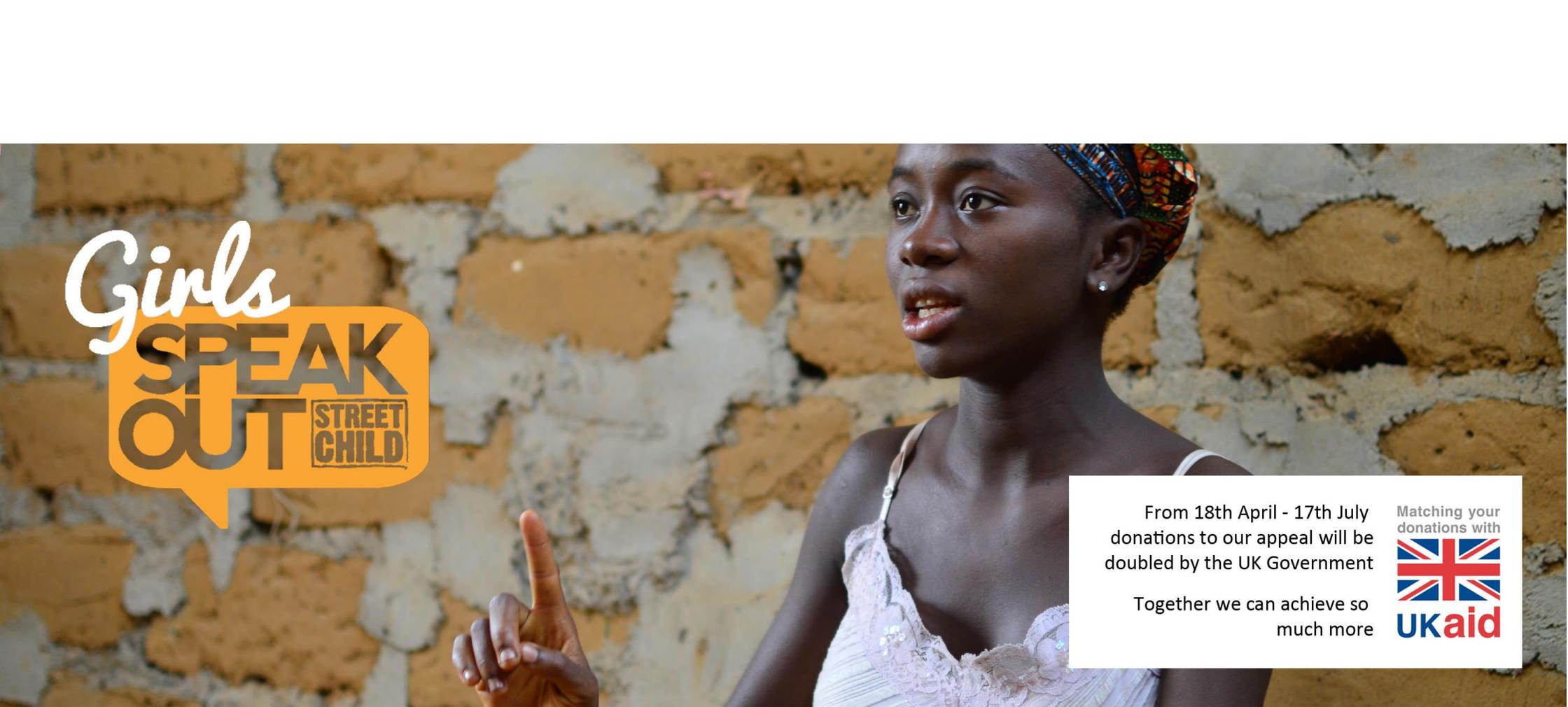
Shoes – normal running shoes/trail shoes. The terrain should generally not be rough enough to require off road shoes but you may prefer to run in them particularly if there has been heavy rain. If your shoes are normally very snug, consider shoes half a size bigger, as there is a possibility of feet swelling either during the race or the days before if walking distances in the heat. Runners should train at least some of the time in the shoes they expect to race in.

Hydration pack – we strongly suggest you carry your own water supply. There will be plentiful water supplies around the course, but we advise you take a camelback in order to have a regulated intake of water to keep you hydrated regularly and ‘as required’.

Food – don’t over-eat before or during the marathon. You might want to take some electrolyte gels or energy bars, jelly babies or other easily digestible food on the go. Whatever you do, only have small amounts and chew slowly. Ideally your meal the day before should be high in carbohydrates, which is also the case for the morning before the race provided you can tolerate eating beforehand.

Sunglasses are an optional extra to protect your eyes if the sun is bright on the day





Girls
**SPEAK
OUT** STREET
CHILD

From 18th April - 17th July
donations to our appeal will be
doubled by the UK Government

Together we can achieve so
much more

Matching your
donations with

UKaid

**STREET
CHILD**

**THE DIFFERENCE
YOU'RE MAKING**



GIRLS SPEAK OUT APPEAL

WHERE ARE YOUR FUNDS GOING? The Girls Speak Out Appeal

This year, funds raised through the marathon will go towards supporting our Girls Speak Out Appeal. In Sierra Leone there is a dangerously worrying fact facing vulnerable young girls looking for a fair start in life: they're simply not being given the opportunity to stay in school. In a country ranked in the world's lowest 10% for gender inequality, girls are far too often left silent. The Girls Speak Out Appeal aims to raise £1million to ensure that more than 20,000 children can go to school and stay there. What's more, it will offer girls across Sierra Leone the chance to speak out for the first time to help ensure that the issues they face cannot continue to be ignored.

WHAT GIRLS SPEAK OUT WILL ACHIEVE:

Help 500 teenage mothers access the education they deserve.

Help 5,000 girls progress into secondary education, massively increasing their chances of a secure future.

Help us create a secure family business for 5,000 girls' families that can lift them out of poverty.

From the 18th April – 17th July all donations to our Girls Speak Out Appeal will be doubled by the UK Government giving us the chance to help twice as many girls retain access to a quality education.

Once your funds are doubled by the UK Government:

£10 can send a girl to primary school for a year;

£25 allows our social workers to educate a community on the value of girls' education;

£25 funds a teacher training session for 5 teachers to raise standards;

£100 can help refurbish a village classroom

£125 can give a mother a business grant and training and her daughter the chance to stay in school

£250 can help secure a teenage mother in long-term education including counselling, school fees, business support for their family and a contribution towards their baby's care



PROJECT VISITS

WHAT YOU'LL SEE

Street Child has a number of trips set up to give you a real idea for how the charity works – and, more importantly, the chance to meet and draw inspiration from some of the children that you've been raising funds to support.

OUR URBAN PROJECTS

Street Child works with children who rely upon the streets for their survival. Our initial goal is to get them off the streets and back with their families. We then work with their families to ensure they stay in education and have a more stable home life.

You'll have the opportunity to visit our projects in urban areas around Makeni and learn a little about what life is like on the streets for some of the world's most vulnerable children.

You'll also have the opportunity to visit families working with Street Child's Family Business Team. This will give you the chance to understand exactly how Street Child works towards ensuring that children stay off the streets and in education. It's a great opportunity to learn a little more about how far the funds that you raise can go.

For more details, visit: www.street-child.co.uk



PROJECT VISITS

WHAT YOU'LL SEE

OUR RURAL WORK

The charity also works with remote rural communities where there is little or no access to education. We train teachers and build schools. We also work with the community to create income generating initiatives to help communities ensure that their children will have a sustainable opportunity to go to school.

We'll also take you to visit some of our rural projects – a unique chance to experience what it's like in some of the most remote parts of the world.

Once there, you'll have the opportunity to learn more about how Street Child is transforming access to education in rural communities by building schools, training teachers and ensuring that children have the chance to go to school where previous there was none.

For more details, visit: www.street-child.co.uk





PROJECT VISITS

WHAT YOU'LL SEE

WHAT TO BRING FOR THE CHILDREN / CHARITY

Many of you have been asking what you can bring out for the children you will meet in Sierra Leone or can usefully donate. It's true that almost anything can be put to some use in Sierra Leone – and most of you will have a large baggage allowance. However, we would like to emphasise: **please do not spend lots of money on things to bring for the children – add it to your fundraising total instead!** A little money goes a long way in Sierra Leone, and we can make sure that equipment is purchased for all the children we work with (often cheaper in Sierra Leone than the UK) not just the ones who are lucky enough to meet you.

However there are some things it can be easy and inexpensive for you to bring, particularly if you've had goodwill donations. Here's our recommended list:

Sports equipment (footballs, volleyball net and ball, basketballs)

Stationery for schools (pencils/erasers/etc.)

Reference books/atlasses/dictionaries/encyclopedias, etc. (age 10-14)

Postcards/pictures of home

Art materials/items needed for outdoor games

Colouring pencils/crayons

More practical for the office – printer cartridges (HP 901 office jet)

Also office stationery – files, folders, calculators, etc.

First aid kits (for our street child centres and commercial ventures)

Mathematical sets (protractors, etc.)

WHAT NOT TO BRING

Most things can be put to some use in Sierra Leone. However, please bear the following in mind:

Most of the children we work with are 12-18 (not pre-school age) so toys are of limited use.

Fiction/children's books are great, but do bear in mind Sierra Leone has its own school syllabus, and most schools do not have library facilities. If you want to bring any books, reference books that can be used by many children are best (as above)

Check with us if you have received a donation and are unsure of whether it will be useful.

THE LAST WORD ON FUNDRAISING

We're sure you've been hard at work with your fundraising – but remember that your efforts don't need to stop once you reach Sierra Leone. Your experience during marathon week can really boost your fundraising totals to new levels and by investing in an unlocked smartphone and a data SIM card (in country), it will enable you to keep your friends and families up to date with your activities through the week. This will certainly inspire people to donate to the your fundraising campaign.

To help you to post regular photos, videos and status updates, we will also have a fundraising 'hub' set up in the Clubhouse bar.

If you have any queries before you fly relating to fundraising, please be in touch!





USEFUL PHRASES

IN KRIO

The official language of Sierra Leone is English which is taught in all schools, but the *lingua franca* is krio. As a large number of people in Makeni will speak English you should have no trouble communicating with them, but you can earn major brownie points by trying out a few words and phrases in the local languages. Here are some useful phrases to get you going.

Meeting & greeting	
Hello / good morning!	Kushe-oh / morning-oh!
How are you?	Ow di bodi?
How is the family?	Ow di fambul?
I'm fine, how are you?	Di bodi fine, ow uself?
What's your name?	We yu nem?
Where are you from?	Usai yu komot?
My name is...	Ah nem...
I'm from...	Ah komot...
Pleased to meet you	Ah gladi foh meet yu
See you later	We go see u bak
I like (your town)...	Ah lek (yu tohng)...

Post-marathon	
My legs hurt!	Ah get pain na mi leg-dem
I ache all over	Mi bodi de at ol ova
Can I have some water please?	Duya, ah kin get wata?

Shopping	
How much for this?	Ow mos for dis tin iya?
I'm just looking	Ah jes de luk round
Can you give me a discount?	Yu noh go less mi?
Thank you	Tenki ya

Eating out	
Can I have the menu please?	Ah kin get di menu pliz?
How's your food?	Ow di chop?
The food is tasty	Di chop swit
Can I have the bill?	Ah kin get mi bill?
I'm full, thanks	Ah dohn behful, tenki yaa

CONTACT DETAILS

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