

The Great Ethiopian Run

22nd - 27th November 2012 *hbc*



Join the legendary Haile Gebrselassie and take part in one of the world's highest altitude 10k races.

Experience this exhilarating race and explore the wonders of the buzzing capital city Addis Ababa



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About Ethiopia



Ethiopia is a landlocked country in the north east of Africa, neighbouring Djibouti, Eritrea, Sudan, Kenya and Somalia. The country is the tenth largest in Africa in terms of land mass. The population of Ethiopia is about 81 million and there are estimated to be 80 tribal groups including the Oromo, Amhara, Tigray and Somali groups which make up three quarters of the population. The capital is Addis Ababa.

Ethiopia is Africa's oldest independent county with roots going back 4.4 million years, only a 5-year occupation by Mussolini's Italy and never having been colonised. Ethiopia is also home to some of the world's oldest archaeological sites and is considered to be the place where humanity departed for the Middle East and is part of the East African Cradle of Humanity.

A truly unique country, Ethiopia is the only country in Africa which has its own alphabet and actually has its own calendar which is based on the Coptic calendar and is around 8 years behind the Gregorian calendar.

The landscape is beautiful and varied, from the lush green highlands to the lowland surrounding the Great Rift Valley and deserts. Due to the variance in climate and landscape there is lots of wildlife such as the African elephant, Grevy's zebra, black rhino and much more.

The majority of the country's main cities are at an altitude of 2000-2500m making the country cool and comfortable climate wise, with Addis Ababa ranging from 5C – 25C from night to day. The wet season runs from mid-March to early October and it gets very hot in lowlands during June to September. The dry season runs from October to February. There are around 7 hours of sunshine every day year round.

English is the main language used but Amharic is taught in schools. Local languages such as Oromifa and Tigrinya have replaced Amharic in schools in some areas. The currency is the Birr (ETB): £1 = 27 Birr (Correct May 2011).

Run Info

The Great Ethiopian Run has staged more than 50 runs during the first 8 years of existence. It is a NGO which was started with the aim of organising mass participation races in Ethiopia to celebrate the national pastime of running. The 10km race is considered one of the most difficult because of the 2,300m altitude, but the sense of togetherness and unity you will experience will make the challenge so much more satisfying.

Please also note that due to the nature of this challenge, a very high level of fitness is recommended. DTC has the right to refuse anyone who they feel is not fit enough for the challenge. We require a medical form to be filled in prior to departure, and any pre-existing conditions **must** be noted and signed by your GP.



Addis Ababa

Addis Ababa is the capital and the largest city in Ethiopia with a population of 3.5 million. Addis Ababa lies at an altitude of 2300m at the base of Mount Entoto (3,200m). Addis Ababa is home to the African Union and United Nations Economic Commission for Africa. Famous buildings include the burial place of Haile Selassie, Holy Trinity Cathedral and St. George's Monastery.

Itinerary

Day 1 (Thu): London – Addis Ababa

Fly from London to Addis Ababa

Day 2 (Fri): Addis Ababa

Arrive in Addis where you will be met by your guide and transferred by bus to your hotel and have a relaxing night at the hotel in Addis Ababa. Enjoy some sightseeing today

Day 3 (Sat): Addis Ababa

Take part in a training race this morning, then take time to relax before enjoying a pre-race pasta dinner with Haile Gebrsellasie and the other international runners tonight.

Day 4 (Sun): Addis Ababa

Race Day! Enjoy the atmosphere as you take part in the 10k event with over 35,000 other participants from Ethiopia and around the world. The atmosphere is something else and will be a truly unforgettable experience. After your run, return to your hotel to freshen up and enjoy a celebratory meal tonight.

Day 5 (Mon): Addis Ababa

Time to see more of the sights on optional tours before transferring to the airport tonight for your flight home.

Day 6 (Tue): London

Arrive back into London

**Different Travel has the right to alter the itinerary for any unforeseen circumstance that deems this necessary.*



BEFORE YOU GO: AN A - Z OF INFORMATION ON ETHIOPIA

A is for Arrival. All visitors require a visa for entry into Ethiopia. Applications can be made by post, in person at the Ethiopian Embassy, or you can obtain your visa from Addis Ababa Bole International Airport (correct at 11/2/10). Visit http://www.ethioembassy.org.uk/consular_services/visa.htm for more information. Your passport should have a remaining validity of at least six months after departure and that you have enough empty pages for your visa and entry stamp. **Please note that the Ethiopian visa is valid as soon as it is issued (not from entry into Ethiopia) so please do not purchase it too far in advance.**

A is also for Altitude. Addis Ababa is at 2,300m altitude and you may have some symptoms to varying degrees including: headache, nausea, vomiting, lack of appetite, insomnia, fatigue, dehydration.

B is for Behaviour (local customs, cultural respect, dress code etc). You should pay special attention to what you wear as although a large percentage of the local population is Christian there is also a large Muslim community – approx 30% of

the country. Ethiopians tend to dress conservatively therefore skimpy clothing of any kind would be inappropriate, particularly in Muslim areas. During the run shorts and a t-shirt would be fine but you should respect the preferences and cultural norms of those around you – i.e. no bikinis, hot pants, halter neck tops etc! If you show respect then respect will be shown back to you.

B is also for Begging. Begging is quite common in Ethiopia, particularly in Addis Ababa. Different Travel does not encourage giving to beggars and we ask that if you wish to give, you first speak with your guide or Different Travel tour leader.

C is for Communications. The country code from UK to Ethiopia is +251. There is also a widely spread mobile phone network across the country. It is thus quite likely that your mobile phone will work. Remember your charger and to switch to the international roaming option with your phone provider. Whilst in the hotel you may access the internet and e-mail and cyber cafes have sprung up all over major towns and cities.

D is for Dehydration. Day time temperatures can rise to mid 20s so it is vital to consume plenty of bottled water to avoid the risk of dehydration. You must also take some rehydration salts such as Diorylite or Electrolade or a pharmacy own brand of rehydration. You would be advised to bring along some electrolyte tablets to add to your drinking water such as NUUN, to prevent dehydration before it starts.

D is also for Daypack. You may wish to bring a daypack during your days out in Addis Ababa. This will be your responsibility and you will be carrying it yourself – so don't make it too heavy. You may wish to carry some essentials with you such as a sun hat, sunglasses, sun cream, water bottle, tissues/wet wipes, medical kit etc. You may also wish to bring your camera and spare memory cards and batteries.

D is also for Dietary Requirements. The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible.

E is for Expenses. Laundry, drinks, personal spending money, personal equipment, souvenirs, tips are not included. Airline taxes are also not including in the tour cost and you will be invoiced for this before departure (approx £140). ATMs are still quite rare in Addis Ababa so we recommend that you bring cash which you can change into Ethiopian Birr. US Dollars are also accepted forms of currency in many places in Addis Ababa.

E is also for Electricity. Mains electricity is 220v/ 50 Hz but is subject to fluctuations and power cuts. Plugs are 2 round pin sockets (European style).

F is for First Aid kit. You should have a small first aid kit of essential items (personal prescription medicine, painkillers, plasters/blister spray, insect repellent (containing 50% DEET), anti-histamine tablets and cream, Imodium (Loperamide), rehydration sachets, throat lozenges, painkillers such as Ibuprofen, decongestant, lip balm with SPF, antiseptic cream, antifungal powder, scissors, tweezers, thermometer, sanitary towels and/or tampons or a Mooncup, spare glasses or contact lenses, toilet paper.

F is also for Fitness. A very good general level of fitness is required for this run. You should start a training programme at least 6 months before departure if you are out of shape or not used to running. Please see your fitness centre and/or GP before starting any major training changes. DTC has the right to refuse anyone who they feel is not fit enough for the challenge.

H is for Health. Remember to take all your existing medication in clearly labelled packages. Normal body temperature is 98.6 f / 37 C. Average resting pulse rate should be 60 – 90 per minute (higher at higher altitude). Respiratory rate should be 12-20 breaths per minute. **You should seek medical advice at least 8 weeks before travelling and ensure that all appropriate vaccinations are up-to-date.** For further information on health, check the <http://www.fitfortravel.scot.nhs.uk>

L is for Language. The main languages of Ethiopia are Amharic and English. A few useful phrases & numbers in the local language:

Hello. (formal) Tena yistilign. (ጤና ይስጥልኝ)

Hello. (informal) Selam. (ሰላም)

How are you? (respectful to elder) Dehina newot? (ደህና ነዎት?)

How are you (informal, to a man) Endemin-neh?

How are you (informal, to a woman) Endemin-nesh?

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Fine, thank you. Dunna ñuey.

My name is _____. Sime _____ yibalal.

Please. Ebakih. (to a man)

Please. Ebakish. (to a woman)

Thank you (very much). (Betam) ahmesugenalew.

You're welcome. Minem Aydelem. (meaning 'no problem')

Yes. awo.

No. aye; aydelem.

OK. Ishi

I'm sorry. Yiqirta.

Goodbye Dehna hun. (to a man)

Goodbye Dehna hugni. (to a woman)

Goodbye (informal) Ciao. (Taken from Italian)

Do you speak English? Englizegna tichilaleh? (to a man)

Do you speak English? Englizegna tichiyalesh? (to a woman)

1 - And

2 - Hoolet

3 - Sost

4 - Arat

5 - Amest

6 - Sidist

7 - Sabat

8 - Sement

9 - ZeTegn

10 - Aser

11 - Aser-And

12 - Aser-Hoolet

L is also for Laundry. Laundry facilities will be available at the hotel.

M is also for Medical insurance. This is an absolute necessity. You should make sure that you inform them of your intention to take part in the Great Ethiopian Run as some policies have a different rate for running events, or please Campbell Irvine here: <http://www.campbellirvine.com/asp/quotationChooseSTMT.asp?aid=111> for information about policies.

P is for Photocopies. Remember to leave a photocopy of all your documents (insurance details, flight numbers, credit cards, passport etc) with a reliable person in the UK. Should you lose everything you can make a call to retrieve your information. It is also worth scanning these documents and emailing them to yourself too.

P is also for Photography. If you take photographs of local people, you should ask permission first and don't be surprised if they expect payment!

R is for Religion. About 40-45% of the population practice Christianity, about 35% practice Islam.

W is also for Water. All water on this trip is undrinkable; this includes the tap water at the hotel. You **must not** brush your teeth or rinse your mouth with the tap water, **only use** bottled or purified water. You should bring water purification if you would prefer not to buy bottled water. A highly recommended purification is 'Biox Aqua Drops' which contains chlorine dioxide. You may also wish to consider powdered fruit juice, as this will make the purified water taste better.

Packing List

<p><u>Clothing</u></p> <p>Shoes that are comfortable to wear during days out in Addis Ababa <input type="checkbox"/></p> <p>Running shoes/clothes (enough for the training and running days) <input type="checkbox"/></p> <p>Socks and underwear (inc. those suitable for the training/running days) <input type="checkbox"/></p> <p>Casual, conservative lightweight clothing for days out in Addis Ababa <input type="checkbox"/></p> <ul style="list-style-type: none">- 2x lightweight shirts <input type="checkbox"/>- 1 x lightweight trousers/ capri pants/ knee-length or below skirt <input type="checkbox"/>- 2x loose t-shirts <input type="checkbox"/>- 1 x lightweight fleece, 1 x light jacket and 1 x long sleeved sweater <input type="checkbox"/>- 1 x Pashmina/large scarf <input type="checkbox"/> <p>Sunglasses (preferably polarized) <input type="checkbox"/></p> <p>Sun hat <input type="checkbox"/></p>	<p><u>Documentation/Electronics /Miscellaneous</u></p> <p>Passport & copy <input type="checkbox"/></p> <p>Tickets (or e-tickets) <input type="checkbox"/></p> <p>Money (in US\$ or £) <input type="checkbox"/></p> <p>Camera/Video Camera (and chargers) <input type="checkbox"/></p> <p>Films/batteries/memory stick <input type="checkbox"/></p> <p>Diary/Notebook and pen <input type="checkbox"/></p> <p>Books/playing cards <input type="checkbox"/></p> <p>Mobile phone & charger <input type="checkbox"/></p> <p>MP3 player/walkman <input type="checkbox"/></p> <p>Sewing kit <input type="checkbox"/></p> <p>Adaptor (European two-pin) <input type="checkbox"/></p> <p>Padlock for luggage <input type="checkbox"/></p>
<p><u>Health and Hygiene</u></p> <p>Wash bag and wash kit containing personal toiletries <input type="checkbox"/></p> <p>Toothbrush/Toothpaste <input type="checkbox"/></p> <p>Insect repellent containing 50% DEET <input type="checkbox"/></p> <p>Multi purpose travel wash <input type="checkbox"/></p> <p>Wet wipes / toilet roll <input type="checkbox"/></p> <p>Hand sanitizer <input type="checkbox"/></p> <p>Sanitary towels/tampons/Mooncup <input type="checkbox"/></p> <p>Spare glasses/contact lenses <input type="checkbox"/></p> <p>Nail brush <input type="checkbox"/></p> <p>Lip balm with SPF protection <input type="checkbox"/></p> <p>Moisturizing lotion <input type="checkbox"/></p> <p>Powdered fruit juice /squash / NUUN electrolytes (optional) <input type="checkbox"/></p> <p>Personal water bottle <input type="checkbox"/></p>	<p><u>First Aid Kit</u></p> <ul style="list-style-type: none">- Prescription medicine <input type="checkbox"/>- Imodium (Loperamide) <input type="checkbox"/>- Painkillers <input type="checkbox"/>- Plasters (waterproof and fabric) and blister spray <input type="checkbox"/>- Sun cream (high SPF) & after sun <input type="checkbox"/>- Rehydration sachets (Electrolade/Diaorlyte) <input type="checkbox"/>- Antifungal cream/ powder <input type="checkbox"/>- Antiseptic cream/powder <input type="checkbox"/>- Throat lozenges <input type="checkbox"/>- Decongestant <input type="checkbox"/>- Anti-histamine tablets/cream <input type="checkbox"/>- Muscle rub (tiger balm/Deep Heat) <input type="checkbox"/>- Support bandages <input type="checkbox"/>- Calamine lotion <input type="checkbox"/>- Vaseline <input type="checkbox"/>- Scissors/tweezers <input type="checkbox"/>- Water purification (Biox Aqua drops recommended) <input type="checkbox"/>

This list is just a guideline and is not exhaustive. Please consider this as just a guideline. If you have any questions about anything on this packing list, please contact info@different-travel.com for more information.