

# London to cycle Paris challenge



The U Foundation

Helping others to help themselves



London to Paris Cycle Challenge  
30th June 2010



## The U Foundation

The U Foundation, a UK registered charity, has been supporting the people of Zambia for the last 4 years.



Children in Zambia start school at the age of seven. At this age, most cannot even read or write. The U Foundation supports education programmes which encourage children as young as 3 years old to enjoy and explore learning in a happy, playful environment, giving them a head start in life.



Many walk barefoot for up to 10 miles, along dirt tracks and in blazing sunshine to get to school. They often start the day with little food or water, if any. They live in mud huts with no sanitation or electricity. They have no choice but to survive by whatever means they can. They may not know where their next meal will come from.

One thing that is clearly apparent is how keen these children are to go to school and learn. A good solid education is their passport to a better future. You can help them to achieve this.

Donations from previous cycle challenges have enabled The U Foundation to build the Siankaba Nursery School (above and left), 25 miles from the nearest town, in the Southern Province of Zambia. Their previous school building (top left) exposed them to extreme weather conditions such as scorching heat and torrential rain.

These new school classrooms will provide a safe and secure environment for the children to learn in. The school is also equipped with toilets and clean running water with plans to provide kitchen facilities, vegetable garden and play area in the near future.

The U Foundation plans to build further nursery schools in other parts of Zambia. We also continue to support older school children through the provision of basic equipment such as desks, chairs and books to government run schools.



## The 4 Days

The ride is not just about raising money, but also about having fun at the same time. We will be taking part in the challenge of a lifetime whilst creating a brighter future for hundreds of children in Africa.

Our journey begins in South East London. From there we make our way to the port of Dover, spending the first day cycling through picturesque English villages. We will cross the channel by ferry and continue for the next three days, passing some of the most moving war cemeteries, and through stunning countryside of rural France.

Our final day, having ridden more than 300 miles, we will reach the magical city of Paris. Imagine the sense of achievement as you cycle past the Arc

de Triomphe, down the Champs Elysee and arrive at the Eiffel Tower. It is an experience that will remain with you forever.

### How much do I need to raise?

To sign up we ask you to pay £100 registration fee and pledge to raise at least £1100 in donations. The cost per rider is approximately £700 therefore everything raised above this amount goes directly to the projects that we support. The more that we can raise, the more help we can provide to the people that need it.

### What's included?

The trip includes four nights accommodation in 2/3 star hotels and all meals (other than dinner on the ferry, and lunch and dinner on day 5).

Return transportation back to London by Eurostar is also included. Throughout the trip there is an experienced support team provided by Discover Adventure who specialise in operating fundraising challenges for charity groups.

### Who can take part?

This trip is designed for people from all walks of life and of varying levels of fitness. There will be some experienced riders, but many novices. As long as you train beforehand, using the suggested guide, you will complete the challenge with an enormous sense of satisfaction and most of all, **you will have fun.**



## Contact Us

If you want to take part or simply wish to make a donation towards the school projects then contact us at The U Foundation

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experience...

...come and join us

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[www.theufoundation.org](http://www.theufoundation.org)