



Trek4Mandela

Background

Trek4Mandela is an annual expedition to summit Africa's highest peak on Mandela Day, 18 July.

The expedition was established by innovative social entrepreneur and humanitarian, Richard Mabaso and is led by renowned South African adventurer and motivational speaker, Sibusiso Vilane – the first black African to conquer the three Poles challenge: South Pole, North Pole and Mount Everest.

Trek4Mandela brings together inspired individuals from corporate and public backgrounds to assist in raising funds and creating awareness for the **Caring4Girls** programme. Research by the has revealed that girls from poor backgrounds could miss up to 50 days of school each year due to menstrual related challenges. According to UNICEF girls' education and empowerment literally saves millions of lives. More educated women tend to be healthier, work and earn more income, have fewer children, and provide better health care and education to their children.

Mandela Centenary Year

Now in it's 7th year, the 2018 Trek will celebrate **Madiba's 100th birthday** with two summit groups. Our aim is to obtain the commitment of **67 Climbers** to participate in this year's expedition.

2018 Summit days: 18th July to Celebrate Mandela Day.

9th August to Commemorate National Women's Day.

The 2018 expedition aims to raise enough funds to **ensure that 500,000 girl children will not miss a day of school** and give much-needed accessibility to sanitary towels. The target of the 2018 Trek **Target to raise funds to procure 6,000,000 (60,000,000pads) packets of sanitary pads.**

Centenary Legacy Initiatives

We are celebrating the Centenary year by lunching the following Legacy Initiatives in **2018/19**:

- ✿ **Trek4Mandela 2019 - 100 Climbers** to attempt the Summit of Mount Kilimanjaro.
- ✿ **Trek100 - 67 girls** from South Africa's nine provinces to participate in a once in a lifetime experience trekking across 7 continents.
- ✿ **100 Bursaries** to support 100 poor girls from **Caring4Girls'** schools.
- ✿ **Adopt 100** schools per province to benefit from the project.

Our goal is to provide monthly menstrual support and effective hygiene and health education, to ensure the development and growth of thousands of young South African and African women. Our ultimate goal is to reach two million girls by 2020.

Individuals can support the climbers by sending an SMS with the name "GIRLCHILD" to 42513 to make a pledge of R30.