

Amos Road Club Tour of Palestine Friday 20 to Saturday 28 March 2020

Thank you for your interest in joining this trip.

The application process

Please follow these steps to apply for your place:

1/ Fully complete and submit the trip application form.

- Each applicant needs to complete a form.
- You will be asked to confirm you have read and understood the essential information given below during form completion.

2/ Once you have submitted your application form you will receive an email from us confirming we have your information. This email will include a link to a code of conduct form which every applicant needs to accept before we can confirm your place on the trip.

3/ Once we have received the details from your form and your acceptance of the code of conduct we will add your name to the list of trip applicants.

4/ We will email you to confirm if you have been awarded a place on the trip within 28 days of your application.

5/ Once your place has been confirmed, we will require you to pay a deposit for the trip. The email we send you to confirm your place will contain a link for you to make this payment.

6/ We may contact you for further clarification in response to the information you give on your application form.

Essential information

The Trip

This trip is for more serious cyclists and those who realise it's not just about the bike. All cyclists must be confident in riding back-to-back sportive distances as you will be cycling around 100km most days with frequent climbs (many over 12% gradient). We will be joined by a support vehicle but access to it is sometimes limited.

Whilst the trip is centred around participation in the ride and its surrounding events, you will have some opportunity to explore Bethlehem, Jericho and the surrounding areas. You will have the chance to see for yourself the situation on the ground and learn directly from those who live in situations of occupation and injustice every day. More importantly, you will have the chance to meet and talk to some of our inspirational local partner organisations and friends and hear about their extraordinary work in creative resistance, advocacy, reconciliation, justice and peace-making.

We'll be in Bethlehem on Friday 28 March and you will have the opportunity to run or watch the Palestine Marathon.

How much does the trip cost?

£750 per person

What is included in the price?

- Accommodation (based on sharing a room)
- All meals (there may be one or two lunches (allow around £10 per lunch) during free-time in the itinerary where you will need to buy your own lunch)
- Group transport and support vehicle
- Tips to accommodation, guides and drivers
- Souvenir shirt.

What is not included in the price?

- Flights (you need to book your own)
 - We do not arrange group flights for this trip due to the small number of participants together with the fact that we have found many participants like to arrange their own flights in order to be flexible around the dates of the trip, their departure airport or airline.
 - If you want to travel with other participants, our recommended flights are shown below. We will put all participants choosing to travel on the recommended flights in touch with each other so they can arrange to meet up at the airport, prior to departure.
 - You will need to indicate if you intend to book onto the recommended flights when you complete the application form.
- Costs of transporting your bike on the flights
- Travel to/from UK airport
- Personal travel insurance (you need to obtain your own.)
- Hot drinks (apart from with breakfast at the accommodation), all alcoholic and soft drinks
- Bottled water outside of the ride.

What are the recommended flights?

SUBJECT TO CONFIRMATION

All times local

Outbound

Friday 20 March 2020 – British Airways BA0165 Departs LHR T5 08:05 arrives Tel Aviv 14:50

Return

Saturday 28 March 2020 – British Airways BA0164 Departs Tel Aviv 17:40 arrives Luton 20:00

What if I don't want to join the recommended flights?

- We will confirm with you a date, time and location for you to meet the group.
- We cannot help you make any arrangements outside of the group itinerary and you will be responsible for all of your costs prior to joining and after leaving the group.

What will the accommodation be like?

We will stay in various hotels and guest houses.

Can I have a single room?

The accommodation for the trip varies from day to day and we cannot guarantee the availability of single rooms.

Do I need a visa?

- British nationals can visit Israel for up to 3 months without applying for a visa in advance.
- Your passport needs to have an expiry date at least 6 months after the start date of the trip.
- You will be issued with a small printed entry visa by the Israeli Immigration authorities on entry at Tel Aviv. Make sure you keep this in your passport for the duration of the trip. Your passport will not be stamped on entry.
- If you do not have a British passport, you will need to check check the visa arrangements to enter Israel with your passport.

Do I need any inoculations?

No

Why do you ask what stamps I have in my passport?

- There are a few countries that are likely to raise questions from the Israeli Immigration authorities if your passport shows you have visited them. We will contact you if we think the countries you have visited will raise any questions.
- If you have visited Iran, you will need to obtain a second passport.

Will there be wifi?

Wifi may be available in some the accommodation.

Mobile phone usage

- Please check the costs of calls, texts and data usage in Israel and the Occupied Palestinian Territories with your mobile phone provider before the trip. Coverage from Israeli providers is available across most of the West Bank.
- Ensure you know how to avoid unwanted roaming charges by adjusting your phone settings.

What will the food be like?

Plentiful and delicious! Vegetarians are well catered for.

Can I drink the water?

- Though the water in The West Bank and Israel is generally safe, we would strongly recommend that you stick to bottled water to avoid “traveller’s tummy” (especially as you will be cycling).
- It would be wise to bring some anti-bacterial hand wash for use before and after meals.

What currency do I need to bring? And how much?

- The currency in use in the West Bank is the Israeli Shekel.
- Some places also accept US dollars.
- You should purchase your Shekels before the trip as time is limited once the trip starts.
- You will need enough money to cover one or two lunches during the trip and your own beverages, alcohol and bottled water plus any souvenirs you wish to purchase.
- There are cash machines in Bethlehem but be aware of conversion charges.

Will it be safe?

- The safety and wellbeing of our groups is always Amos Trust's number one priority.
- Amos has been taking groups to the Holy Land for more than 20 years and we have deep friendships and high levels of trust with our local guides and partners.
- The trip will be hosted by our partner, Holy Land Trust.
- We will be welcomed with incredible hospitality which is both a beautiful cultural norm and a response to how we choose to locate and shape our visits.
- Should there be a major deterioration in the local or regional security situation we will take careful guidance from our local partners and the [UK FCO travel advice](#) before proceeding with the trip.
- Road cycling in Palestine is unusual, local drivers are not used to cyclist being on the roads. We will be riding on quieter roads as much as possible. We will, however, need to ride on main routes occasionally.
- *Please wear a bike helmet when cycling*

Cycling equipment

Please make sure you have replacement inner tubes (at least 4), basic tools/repair kits, pumps (we will look to take a stirrup pump and pedal spanner), 2 x water bottles, helmet.

Are there cultural norms or expectations I should be aware of?

- In some places clothing is very relaxed in other parts it is a fairly conservative Arab society so you should generally dress modestly.
- Women should avoid strappy or low cut tops and short skirts/shorts (except when cycling), men should stick to long trousers or shorts that come down well past the knees (except when cycling).
- We suggest that women take a really light scarf with them, which can double up as a skirt.
- Alcohol is available in some hotels and in many restaurants and cafes. Whilst it is fine to drink in these environments, it is not acceptable to drink outside of the places serving alcohol or to excess.

What about the weather?

March is spring in Palestine and the weather can be variable. There may be hot days but it may also be cooler and possibly wet so be prepared for all weathers including having wet gear available. Please also bring hats to wear when not cycling and sun screen

Shall I bring gifts?

Do not bring gifts. The reasoning for this is that it isn't fair if some get and some don't. We've seen gifts given to some but not all provoke bullying and minor violence among children.

Climate Justice and flights

- We are keenly aware of the dilemma of campaigning for climate justice whilst flying groups of supporters around the world to visit our partners.
- Our [environmental impact statement](#) outlines our considered response to this dilemma and confirms our commitment to donate 5% of the total amount that Amos Trust spends on flights each year to our climate justice work in Nicaragua. This meets the bulk of our offsetting costs over the course of a year.
- [Myclimate.org](#) calculates the carbon cost of return flights from London Luton for this trip to be 1.4t of CO2 per person for the approx. 7,200km round trip. The offset cost for this is approximately £30.
- The confirmation email you receive when you have submitted your booking form will contain a link to a payment page for you to make a donation towards the carbon offsetting costs of your flights.
 - A £15 donation would match Amos Trust's 5% donation.
 - A £30 donation would fully offset the carbon for your flights.

Consent for photography/filming

Amos Trust is a creative organisation and we love telling stories. One of the ways we do this is through photography and film. There may be a designated Amos photographer and/or filmmaker on your trip to help us 'tell the story', so that we can share it with other Amos supporters and new audiences across Amos' print and digital media, including print publications (such as our 'Words of Hope' newspaper), websites, e-marketing, posters, banners, advertising, film, and social media channels.

By confirming that you have read and understood the essential information for this trip:

- You consent to Amos Trust using photographs and/or video recordings, including images of you, to promote our work.
- You understand that images on websites can be viewed throughout the world and not just in the United Kingdom and that some overseas countries may not provide the same level of protection to the rights of individuals as EU/UK legislation provides.
- You understand that some images or recordings may be kept permanently once they are published and be kept as an archive of Amos Trust.

Your rights

If you feel uncomfortable being photographed or filmed while on your trip, please inform the photographer and/or filmmaker and they will happily stop photographing/filming you. If you prefer, simply ask your trip leader to ask the photographer and/or filmmaker on your behalf.

You can ask Amos Trust to stop using any images that you appear in at any time, in which case it will not be used in future publications but may continue to appear in publications already in circulation.

Payments

The due dates for making payments for the trip are as follows:

- Deposit of £300 per person – due on receipt of an email confirming your place (your confirmation will include a link to make this payment).
- Balance of £450 per person – due by 31 January 2020

Please make sure that your payments reach us on or before the due dates. We will send you email reminders beforehand with links to make payments online with a credit or debit card.

You can also pay by cheque (Payable to Amos Trust and posted to the address below) or phone the office (0207 5882638) during working hours to make a payment over the phone with a credit or debit card.

Cancellation by Amos Trust

If Amos Trust cancels the trip we will issue a full refund of all monies paid by team members.

Cancellation by participant

If you need to cancel your place on the trip after your place has been confirmed, please let us know as soon as possible, Amos Trust will refund all money you have paid less any costs we have incurred that cannot be reclaimed (we will give you a breakdown of these).

Fundraising information

Whilst it is not a requirement for joining the ride to fundraise, we would encourage all participants to try to raise some money from your friends and networks as this will enable you to tell the story of your participation, raise awareness and support our local partners on the ground. Our fundraising team will be available to support all team members

The money raised by Team Amos will go to Amos Palestine. You can read about Amos's work in Palestine [here](#).

We campaign for equal rights for all who call the holy land home by delivering creative advocacy initiatives and events as well as partnering with five local organisations in Palestine, three in Bethlehem and two in Gaza.

In Bethlehem

- **Holy Land Trust** – supporting their leadership training, young people and women's programmes and the annual Bet Lahem Live Festival. We also partner with Holy Land Trust on our home rebuilding programme.
- **Wi'am Reconciliation Centre** – supporting their work to address the stress and despair that the occupation causes among the Palestinian community.
- **Al Rowwad** – supporting their promotion of 'Beautiful Resistance' among the young people from Aida refugee camp.

In Gaza

- **Near East Council of Churches' (NECC)** - supporting their vocational training and psychosocial support programme. Young people in Gaza have been the innocent victims of three wars since 2009 and many have experienced acute trauma. The ongoing Israeli blockade, dense overcrowding, shattered infrastructure and high unemployment means that many lack any real hope for the future.
- **Al Ahli Hospital** – supporting their breast cancer screening programme. Cancer rates, access to treatment and survivability are among the worst in the world in Gaza. This programme seeks to end taboos about breast cancer and ensures early identification and treatment.