

Amos Roadclub Tour of Palestine Friday 20th to Saturday 28th March 2020

Thank you for your interest in joining this trip. Please have a careful read through the sections below.

The Trip

This trip is for cyclists who realise it's not just about the bike. All cyclists must be confident in riding 70km most days with frequent climbs (some over 12% gradient). You will be joined by a support vehicle for all but the first day's ride which will carry spare water and snacks, tools and first aid and be available if someone needs to stop. Whilst the trip is centred around participation in the ride and its surrounding events, you will have some opportunity to explore Nazareth, Bethlehem, Jericho and Hebron. 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.

How much does the trip cost?

£750 per person

What is included in the price?

Accommodation (based on sharing a room), all main meals, support vehicle and transport of luggage, tour cycling top.

What is not included in the price?

Flights, travel to/from UK airport, cost of transporting your bike on the plane, hot/alcoholic/soft drinks/bottled water. Personal travel insurance, which you must organise before travelling (make sure you tell your insurance provider that you are participating in an endurance cycle ride). Personal snacks for the rides.

What flights shall I book?

The recommended flights are British Airways -Friday 20th LHR 8:05am BA0165 to arrive TLV 14:50pm and return Saturday 28th TLV 17:40 BA0164 arrive LHR 20:00. Please get in touch with Chris chris@amostrust.org if you are planning on flying out or back separately. We have chosen these flights as bikes go as part of the normal luggage allowance.

Do I need a visa?

British citizens don't need a visa to enter Israel, but the Israeli Authorities require all visitors' passports to be valid for at least six months from the first day of the trip. Non British citizens will need to check visa requirements and ensure they have the necessary documentation.

Can I extend my stay before or after the trip?

Absolutely. You will need to arrange your own accommodation and transport outside of the main trip dates and times. You will need to ensure that you are in the right place and available to start the ride with the rest of the team. We can give advice people might like to consider.

What will the accommodation be like?

We will stay in guest houses, a hotel and a homestay.

Can I have a single room?

It will be possible to have single rooms in some of the accommodation, we will confirm this nearer the trip start date. There will be additional charges for single rooms £250.

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 recommend that you try to stick to bottled water at all times.

What currency do I need to bring?

Israeli shekels (most places also accept US dollars).

Will it be safe?

Amos has been taking groups to the Holy Land for more than 20 years. We will be based in places where we have formed deep friendships and high levels of trust with our local guides and partners. 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. Our local guides and partners are highly experienced and their (and Amos') first priority will always be the safety of the group.

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 and 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, and men a light pair of trousers. 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?

April 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 caps/ hats to wear when not cycling and sun screen

Terms and conditions**The application process**

- Complete the online application form
- pay a £250 deposit to secure your place.
- You will then need to pay the balance of £500 by Friday 06 March.

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 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. Finally, you can make a bank transfer to our account, Amos Trust, sort code 16-20-30, account number 10939419 (please add "palroadclub" as the reference for your payment).

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 over-crowding, 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.
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