

Sharing Smiles One Step at a Time



Hand in Hand
Charity
Foundation

MOUNT KILIMANJARO SUMMIT EXPEDITION

AUGUST 2021

About Us



Established in 2010 by **Fameline Holding Group** (FHG), **Heri me Heri** - Greek for 'hand in hand' - aspires to support families with children who experience financial difficulties and/or suffering from health issues. Indeed, in partnership with the FHG family, the foundation has succeeded in assisting more than 100 families in terms of medical support and has provided first aid supplies.

We are committed to having a positive impact and making a difference in the lives of children who need it the most. Our program is designed to address children's urgent needs and to ensure that their well-being is sustained for the long term. Our goals are accomplished through fundraising initiatives, community partnerships & public awareness campaigns. We take pride in knowing we have already made a difference, but the challenges and hardships children face, motivate us to find ways to make a greater difference in their lives.

This year, a team of volunteers/amateur mountaineers will be raising the flag of our foundation on the roof of Africa, **Mount Kilimanjaro in Tanzania**, aiming to increase public awareness about the **remarkable work performed by the Medical personnel of Makarios III Children's Hospital in Nicosia**, and to raise funds for the necessary equipment required for its surgery room.



One smile at a time



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About Makario III Children's Hospital

The unique characteristic of the Makario's III Hospital is its specialisation and focus of its services and activities that significantly contribute to the health of Children and their Mothers.

It supports patients by offering high quality treatments to children with health issues, but it especially makes sure that children facing cancer related health issues will receive the best possible care; not only to the ones whose needs are growing, but which are also intense.

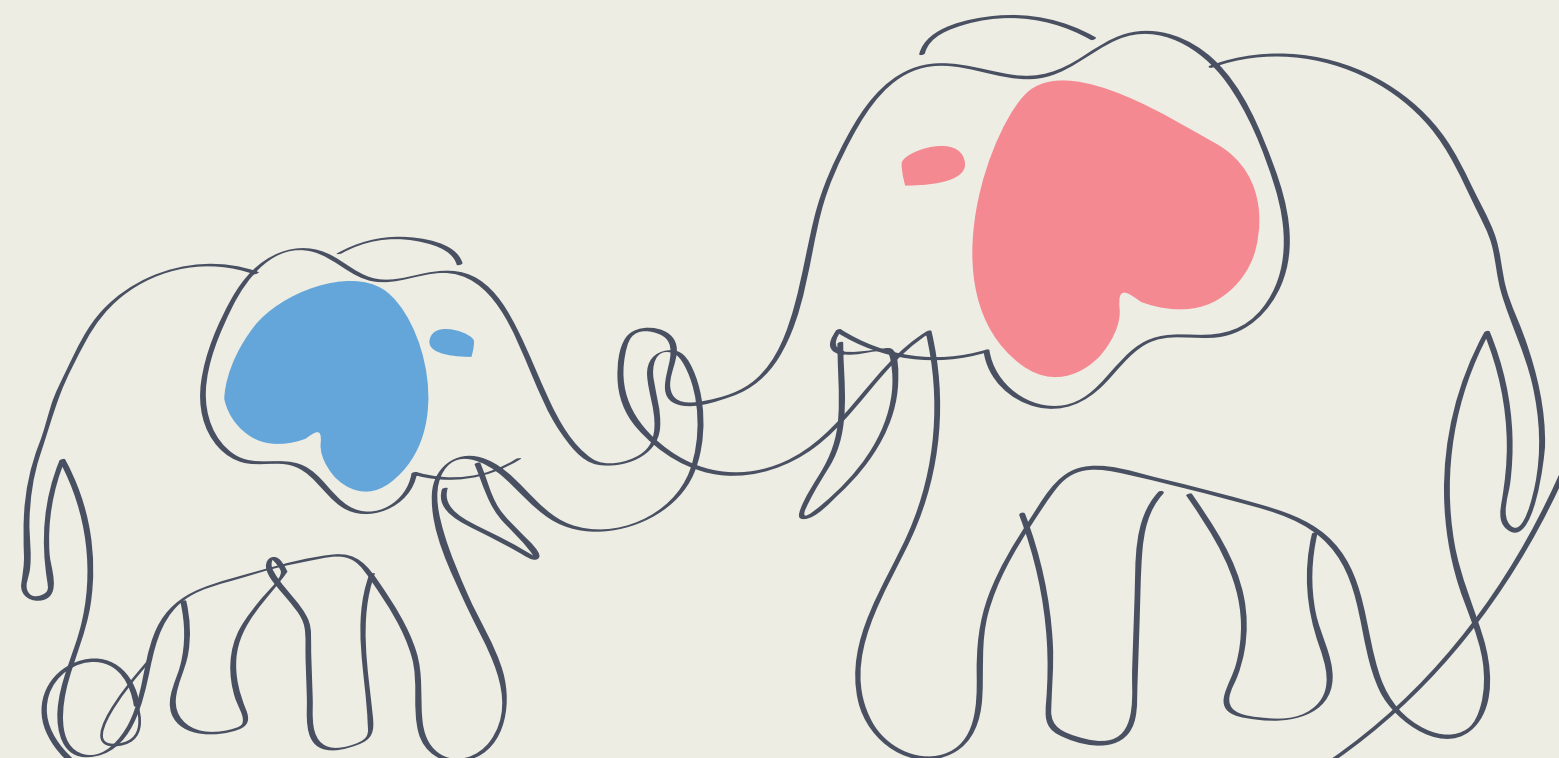
I would especially like to express my gratitude to the Ambassadors of the Charity Foundation, Hand in Hand ('Χέρι με Χέρι') for their difficult and risky mission to summit Mount Kilimanjaro. We are very honoured that this initiative will raise funds for the purchasing of modern medical equipment and therefore upgrading the quality of treatment and surgical capabilities, especially for children with lung cancer.

A heart-warming and very big thank you from all the children, their guardians and the Makarios Hospital team, and we wish you best of luck on your mission.

Dr. Andreas Neophytou
Scientific Director
Arch. Makarios III Hospital



NAM III
Νοσοκομείο
Αρχιεπίσκοπος
Μακάριος Γ΄





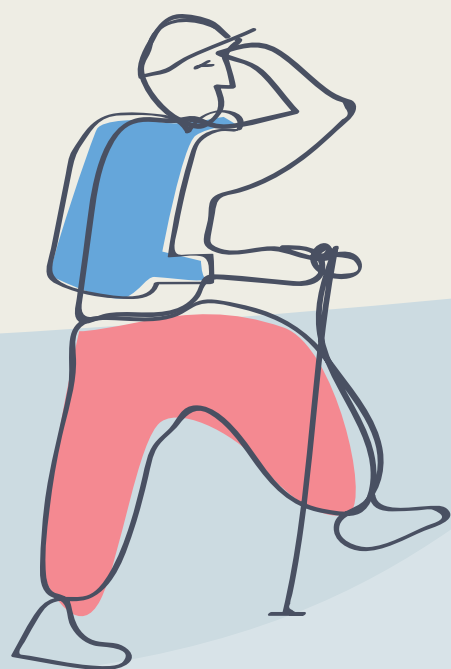
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Mission Route & Day-to-Day Programme

Mount Kilimanjaro is the highest mountain in Africa at an altitude of 5895 meters. Uhuru (which means **Freedom**) peak -and the missions destination- constitutes the ultimate goal of many climbers from around the world.

Kilimanjaro is the only mountain in Africa, covered in glaciers, but because of global warming they are now melting and they will continue to in the next decades.

There are six main routes that lead to the mountain's peak. **Machame** is considered to be the most beautiful and the longest one. This route has also the highest success rates, because of the altitude, which helps for a better acclimatization. That is the reason we have chosen this route to introduce to you the magnificent beauty of this area, with the most amazingly unique fauna and flora.





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Mission Route & Day-to-Day Programme

DAY 1 - Monday . 2 August

Arrival at Kilimanjaro International Airport and transfer to **Moshi village**. Dinner and preparations for the next day. Rest at the hotel for the night.

DAY 2 - Tuesday . 3 August

Breakfast and departure from Moshi, towards **Machame gate** (1810m). Once finished with the necessary procedures and paperwork at the gate, we continue trekking through the tropical woods up to **Machame Camp** at 3020m, where we enjoy our dinner and camp for the night.

Distance: 10,5km **Altitude difference:** 1210m
Duration: 7hrs

DAY 3 - Wednesday . 4 August

Trekking to **Shira Hut** at 3840m. Break for lunch and dinner at the campsite.

Distance: 5,5km **Altitude difference:** 820m
Duration: 8hrs

DAY 4 - Thursday . 5 August

Departure for **Barranco**. Lunch at **Lava Tower** (4627m) to aid better acclimatization. Descent to Barranco (3990m) to enjoy our dinner and rest for the night.

Distance: 10,5km **Altitude difference:** 150m
Duration: 7hrs

DAY 5 - Friday . 6 August

Departure for **Karanga** (4030m). We will attempt to climb **Barranco Wall** for 40' and then descent to Karanga valley for dinner and rest for the night.

Distance: 5km **Altitude difference:** 40m
Duration: 7 hours

DAY 6 - Saturday . 7 August

Departure for our last campsite at **Barafu Hut** (4660m). Lunch and rest in the afternoon to prepare for our ascent.

Distance: 5km **Altitude difference:** 630m
Duration: 4hrs

DAY 7 - Sunday . 8 August

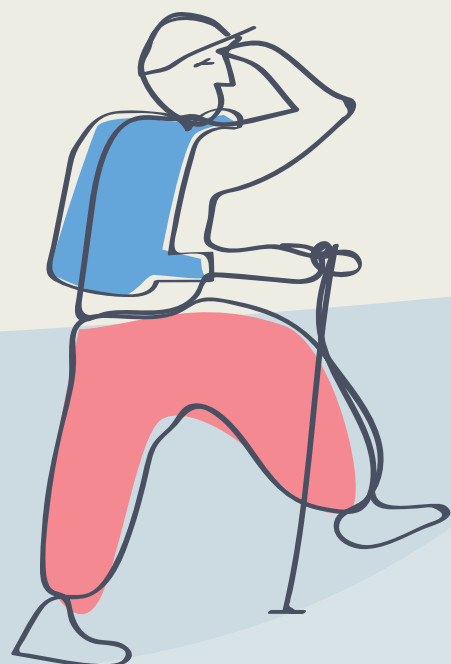
We wake up at 23:00, for tea and biscuits and prepare to climb **Uhuru peak** (5895m) through **Stella Point** (5745m), just in time for sunrise. Picture taking at the peak and continue for our descent back to Barafu for breakfast. Descent to **Mweka Hut** for the night.

Distance: 15km **Altitude difference:** 1230m
Duration: 10hrs

DAY 8 - Monday . 9 August

We descent through the tropical woods, towards **gate Mweka**. Our guides will sing a traditional song called the **Kili Song** to celebrate our big success! There, we are awarded a certificate confirming our climbing success. Continue to **Arusha** to rest and celebrate!

Dinner and overnight stay at the hotel before the flight home...





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The Mission & its Principles

Team departs to Tanzania on 1st August,
initiates its mission on 3rd August,
and summit the Uhuru Peak (5895m) on 9th August.

Principles of the team and the campaign:

- a. Financial **Transparency**
- b. **Integrity** of the Team
- c. **Raise funds** for a tangible purpose

Mount Kilimanjaro
is in Tanzania, East Africa,
and it is the biggest free-standing
mountain in the world. It is part
of the seven world summits
and its peak (Uhuru) is at 5895m.





Meet the Team

**MOUNT KILIMANJARO
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Marios Hadjipetris
43 years old
**TEAM LEADER
& Professional Mountaineer**
Owner of One Step Further
(this will be his 4th mission
on Mount Kilimanjaro)

Stephanos Stephou
40 years old
**Fameline
Holding Group**

Despina Kleovoulou
35 years old
Family Business

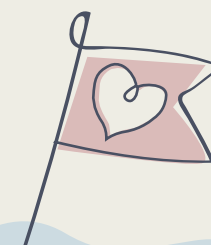
Evrripides Manoulos
35 years old
**Limassol
Nautical Club**

Christina Pantziarou
40 years old
Graphic Designer

George Kyriazis
57 years old
University of Cyprus

Marielen Andreou
39 years old
**Special Education
Teacher**

Charis Constantinou
40 years old
Primetel PLC





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How to Get Involved

Mission Objectives & Benefits for Donors

OBJECTIVES

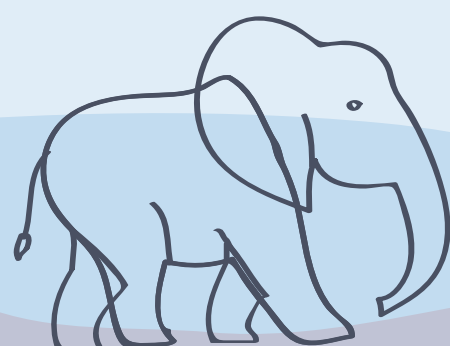
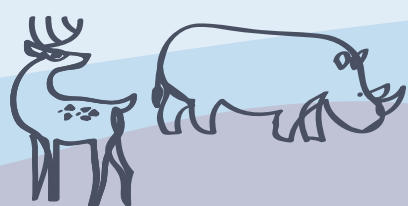
Our target is to raise €40,000 for the following purposes:

- Buying **bronchoscope tools** for the surgery room (€19.000)
- Buying **stainless steel tools** for the surgery room (€12.000)
- Assist 9 families in Cyprus** who have children with health issues (€1.000 each)

Three donation options:

- Up to **€3.000** corporate donation
- €3.000-5.000** corporate donation
- Donations from individuals** during the mission week

**ALL
DONATIONS**
will be made directly
to the bank account of
Hand in Hand
Charity Foundation



PRINCIPAL SUPPORTERS OF HAND IN HAND CHARITY FOUNDATION



FAMELINE
HOLDING GROUP

COMMUNICATIONS PARTNER

Ο ΦΙΛΕΛΕΥΘΕΡΟΣ

active
107.4•102.5

*Heri me Heri
Charity Foundation
is a registered and
regulated foundation under
the Republic of Cyprus
with Registration No. 273332

**Thank You for Caring
& Sharing in Our Efforts to Make a Difference**

*Together,
we share smiles one step at a time*



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