



# Pedal for Prostate

**Vietnam to Cambodia Cycle Challenge**  
15th May – 28th May 2010



To register or find out more email  
[tristanne@inspiredadventures.com.au](mailto:tristanne@inspiredadventures.com.au)  
or call 02 9262 9880

 Prostate Cancer  
Foundation  
of Australia

 inspired  
adventures



Prostate Cancer Foundation of Australia

## **PEDAL for PROSTATE 2010**

Thank you for your interest in Prostate Cancer Foundation of Australia's Vietnam to Cambodia Cycle Challenge.

We hope that you find all of the information you need in this pack to help you to make a decision to join us on this incredible adventure of a lifetime!

In this pack you will find the adventure brochure, full itinerary and trip notes, lots of frequently asked questions answered, information on Prostate Cancer Foundation of Australia and a booking form.

With your help we will raise much needed funds to support the work of the Prostate Cancer Foundation of Australia.

If you have any further questions, please contact Tristanne on 02 9262 9880 or email [tristanne@inspiredadventures.com.au](mailto:tristanne@inspiredadventures.com.au)

We look forward to hearing from you soon.

### **Prostate Cancer Foundation of Australia & Inspired Adventures**



## KEY POINTS:

According to the Australian Institute of Health and Welfare, prostate cancer is the most common cancer diagnosed in Australia (excluding non-melanoma skin cancers) and the second greatest cause of cancer deaths in men<sup>1</sup>.

In 2006, it is estimated that 18,700 new cases of prostate cancer were diagnosed in Australia<sup>1</sup>. Tragically, in 2005 more than 2,900 Australian men died from prostate cancer<sup>1</sup>.

In the early stages, there are few symptoms of prostate cancer. However, if detected early, prostate cancer is often treatable and curable. This is why men aged 50 and over, or 40 if there is a family history of prostate cancer, should not wait for symptoms; they should talk to their doctor about prostate cancer – it's a simple step that could save their life.

## WHAT IS PROSTATE CANCER?

Prostate cancer is an abnormal growth of cells in the prostate that form a lump (tumour). In time, without treatment, it may spread to other organs, particularly the bones and lymph nodes, which can be life threatening. Generally at the early and potentially curable stage, prostate cancer does not have obvious symptoms. This makes it different from other benign prostate disorders, which may result in urinary symptoms.

## WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

In the early stages of prostate cancer, there may be no symptoms at all. As prostate cancer develops, symptoms can include the need to urinate frequently, particularly at night, sudden urges to urinate, difficulty in starting urine flow, a slow, interrupted flow and dribbling afterwards, pain during urination or blood in the urine or semen.

**NOTE:** It is important to note that these symptoms are not always signs of prostate cancer. They can also be symptoms of other common and non-life threatening prostate disorders. Men who experience these symptoms should see their doctor immediately, to determine the cause and best treatment.

## WHAT TESTING METHODS ARE AVAILABLE?

There is currently no population based screening for prostate cancer and this leads to confusion amongst men and their doctors. There are issues related to testing and treatment which should be discussed prior to making a decision whether to be tested. For more information go to: [www.prostate.org.au/testing-for-prostate-cancer.php](http://www.prostate.org.au/testing-for-prostate-cancer.php)

Two simple tests can be done by a doctor:

- The Digital Rectal Examination (DRE). The doctor inserts a gloved finger into the rectum to feel the prostate gland. This may detect hard lumps in the prostate before symptoms occur
- The Prostate Specific Antigen (PSA) blood test. This test measures the amount of PSA in the blood. PSA blood test is not a cancer specific diagnostic test however it will alert doctors to abnormal growth in the prostate

A combination of both a DRE and PSA blood test is recommended. These tests should be considered as part of a general male health check annually from 50 years of age or 40 if there is a family history of prostate cancer. If either the DRE or PSA tests are abnormal, the doctor may conduct a second series of tests or refer to a Urologist, who may recommend a biopsy. The biopsy is a definitive way of diagnosing prostate cancer and will determine the stage (how far the cancer has spread) and grade (how rapidly it is likely to spread). This information is used to determine the risk the cancer poses to the man's health and life expectancy.

**NOTE:** Prostate Cancer Foundation of Australia (PCFA) research indicates that most men who have had the DRE test said it was a simple, painless exercise.

## WHO SHOULD BE AWARE OF PROSTATE CANCER, AND WHAT SHOULD THEY DO?

It is recommended that men aged 50 and over should talk to their doctor about prostate cancer and if they decide to be tested, to do so annually. If there is a family history of prostate cancer; men should talk to their doctor from the age of 40.

## WHAT IS THE OVERALL RISK OF DEVELOPING PROSTATE CANCER?

A man has a 1 in 5 risk of developing prostate cancer by the age of 85<sup>1</sup>. A man with a first-degree relative who has been diagnosed with prostate cancer (brother or father) has at least twice the risk. Men in rural and regional Australia have a 21% higher prostate cancer mortality rate than men in capital cities<sup>2</sup>.

## FOR FURTHER INFORMATION ABOUT PROSTATE CANCER:

Talk to your doctor, or contact the PCFA by phoning toll free, 1 800 22 00 99 or visit [www.prostate.org.au](http://www.prostate.org.au)

<sup>1</sup> AIHW (Australian Institute of Health and Welfare) and AACR (Australasian Association of Cancer Registries) 2007. Cancer in Australia: an overview, 2006. Cancer series no. 37. Cat. No. CAN 32.

<sup>2</sup> Michael D Coory and Peter D Baade. Medical Journal of Australia 2005; 182 (3): 112-115. Urban-rural differences in prostate cancer mortality, radical prostatectomy and prostate-specific antigen testing in Australia.

# ABOUT THE PROSTATE CANCER FOUNDATION OF AUSTRALIA

PCFA is the peak national body for prostate cancer in Australia. It is dedicated to providing support, raising awareness and funding research.

PROVIDING SUPPORT,  
INFORMATION AND  
ADVOCACY TO MEN  
AND THEIR FAMILIES  
AFFECTED BY PROSTATE  
CANCER VIA:

- 84 support groups nationally
- Prostate cancer information brochures available through doctors surgeries, pharmacies and via other health professionals
- Free call information number 1800 22 00 99 for men and women
- [www.prostate.org.au](http://www.prostate.org.au) provides detailed information regarding many issues related to prostate cancer.

RAISING AWARENESS  
ABOUT PROSTATE  
CANCER VIA:

- National Men's Health Ambassador Speakers Program – men and women from around the country who are available to speak about prostate cancer to community groups, corporations, industry and other organisations
- Prostate Health Information Evenings – leading experts and those who have been impacted by this disease speak at free public seminars
- Men's Health Promotion Forums held in urban and regional Australian cities provide information on prostate and other men's health issues
- Working with community events that support the work of PCFA such as MOverner and Father's Day 5 to promote awareness
- Information for doctors and other health professionals, communicating the latest information and increasing general knowledge of prostate cancer
- Media campaigns aimed at increasing general knowledge about the disease
- Celebrity supporters who regularly assist PCFA to promote awareness of this disease include, Angry Anderson, Guy Leech, Wayne Gardner and Normie Rowe

FUNDING RESEARCH  
INTO THE CAUSE,  
DIAGNOSIS,  
PREVENTION AND  
TREATMENT OF  
PROSTATE CANCER:

A number of research projects around the country are funded each year through Prostate Cancer Foundation of Australia Research Grants. These grants will ultimately reduce the impact of prostate cancer on the Australian community by:

- Encouraging young investigators to undertake research into prostate cancer
- Stimulating senior scientists, not working in the field of prostate cancer, to present innovative proposals
- Encouraging rigorous proposals that will provide direct, tangible benefits to prostate cancer patients
- Funding equipment purchases which will facilitate innovative research in prostate cancer

PCFA receives limited funding from government, therefore relying on the generosity of individuals, the community and important partnerships with corporate Australia, to carry out its essential work.

MEDIA INTERVIEWS:

If you would like to conduct an interview with a representative of PCFA, or require further information, please call 1800 22 00 99 or visit [www.prostate.org.au](http://www.prostate.org.au).

1800 22 00 99  
[www.prostate.org.au](http://www.prostate.org.au)

PO Box 1332 Lane Cove NSW 1595  
51-53 Chandos Street St Leonards NSW 2065  
T 02 9438 7000 F 02 9438 7099 E [enquiries@prostate.org.au](mailto:enquiries@prostate.org.au)

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## General Frequently Asked Questions

### What is the fundraising target for the Pedal for Prostate?

Prostate Cancer Foundation of Australia has set your fundraising target at \$6500. The fundraising target will cover both your travel expenses and a donation to Prostate Cancer Foundation of Australia to assist them continue their vital work of providing support, raising awareness and funding research into prostate cancer.

\$3263 of your fundraising target will cover your travel expenses including return airfares and in-country costs and \$3237 will go directly to Prostate Cancer Foundation of Australia.

### When does the fundraising target need to be paid by?

The fundraising target is made up of various payments, which need to be met in order to secure your place on the adventure. A travel deposit needs paying to our travel partner when you register, and a fundraising deposit is payable to the charity 12 weeks prior to departure. The balance of your travel cost is payable 60 days prior to departure and the balance of the fundraising component is payable 4 weeks prior to departure.

### What are the costs to me?

A registration fee of \$700\* (with the option to pay \$350 then \$350 balance four weeks later), the travel cost and a donation to the Nature Conservation Council of NSW. You should also make note of the items specified in the "What's not included" section below.

### What's Included?

- Airfares on Singapore Airlines from Perth
- English speaking leader through out with medical training
- All breakfasts and meals as indicated in the itinerary (BLD)
- All entrance fees for activities mentioned in the itinerary including park fees
- All transfers and transportation in private vehicles

### What's Not Included?

- Meals that are not mentioned in the itinerary
- Optional activities
- Tips and gratuities
- Drinks
- Visas and visa fees
- Travel insurance (compulsory)
- Airport transfers if not travelling with the group
- Additional transport for emergency situations
- Personal expenses such as telephone and laundry bills

### What is the minimum age for participants?

### What is the general age range?

The minimum age is 12+ years old and accompanied by an adult. We have had participants of all ages from 16 – 70 years, all united by their sense of adventure.



### **Can I extend my stay?**

Yes, many of our participants decide to extend their stay to get the most from their overseas adventure! (Additional travel arrangements are at your own cost and an administration fee will apply).

### **Will I get a chance to meet other people before we go?**

Yes, we will organize a get-together evening for everyone (geography permitting). There will be regular email and phone communications leading up to the trip. We will also set up an online community on Facebook for this adventure so you can meet other participants.

### **How do I register?**

You can register over the phone using a credit card by calling Tristanne on 02 9262 9880 or complete the enclosed booking form and return it with your Registration Fee\* paid by credit card, cheque or money order.

Cheques and money orders are payable to 'Inspired Adventures Pty Ltd'.

Pedal for Prostate  
PO Box A956  
Sydney South  
NSW

Or fax the Booking Form to us on **02 8915 1457**.

### **Have any more questions?**

Please call Tristanne on 02 9262 9880 or email [tristanne@inspiredadventures.com.au](mailto:tristanne@inspiredadventures.com.au)

\* The registration fee is non-refundable and is not part of the trip cost.



## Fundraising Frequently Asked Questions

### **How do I fundraise?**

When you register, Inspired Adventures will send you a Registration Pack containing a Fundraising Tool Kit. Our team will then help you to create a fundraising plan and timeline for your activities. We will contact you regularly to keep things on track (by phone or email, whatever works for you). Perhaps your friends and family can help you; it is always more fun to fundraise with a team of supporters.

Think about your circle of friends, work colleagues, clubs, and associations that you are connected with and what kind of fundraising events would interest them. You might want to make a personal contribution, as this may be your annual holiday, the choice is yours.

### **Can I pay the whole amount myself?**

Yes, you can, or you can pay for part of it (eg the trip costs, just like an annual holiday) and fundraise the remainder. Do whatever works for you, as long as you reach the target by the deadline. Please note that only the charity fundraising component **may** be tax deductible, i.e. you cannot receive a tax deductible receipt for the trip cost component of your fundraising, and tax deductibility only applies for bona fide donations and gifts not for purchases or ticket sales to an event for example.

### **What sort of things do people do?**

Restaurant evenings; sausage sizzles; trivia nights; lawn bowls; auctions; morning teas; comedy evenings; cinema nights; eBay sales; swear jar; family fun day; family dinner; chocolate boxes; dance parties; cinema ticket sales; wine auctions; fashion shows; girls night in; golf tournament; mufti day at work; donations from family and friends.

### **Why would people want to sponsor me?**

When you take on an Inspired Adventure, you are embarking on a physical challenge that requires varying levels of training and fitness. None of our trips are a “walk in the park” and training is essential. By supporting you, people are helping one of our charity partners. In order to make it on the trip you need to raise the funds and your determination and inspiration will encourage those you approach to support you. Inspired Adventures are not holidays – they are physically challenging fundraising events that will raise vital funds for Prostate Cancer Foundation of Australia.

### **How will people know that I am authorised to fundraise?**

Upon registration, you will be sent 'Conditions of Fundraising' form. Once you have signed this form and returned it to us, Prostate Cancer Foundation of Australia will issue you with an Authority to Fundraise in the form of a letter.



### **Will I reach my target?**

Yes you will, providing you have a good plan of action and at least 3 months to implement it (we recommend 6 months minimum).

Here are some examples:

Corporate matching	\$500
Garage Sale	\$500
Donations (friends, family, work)	\$1,500
Trivia Night/Auction	\$1,200
Cinema Night	\$1,000
Raffle	\$800
Restaurant Evening	\$750
Sausage Sizzle/BBQ	\$500
Barefoot Lawn Bowls	\$750
Morning Tea	\$500

### **Are donations tax-deductible?**

Donations that go directly to the charity over \$2 are tax-deductible. By paying your donation through the Every Day Hero page you will be issued with a receipt immediately.

Donations are an unencumbered gift, i.e. money given to Prostate Cancer Foundation of Australia for nothing in return. This does not include purchasing of any item e.g. raffle tickets, dinner and/or goods of any kind, nor attendance at an event, e.g. ticket price. In addition, the money that goes towards the travel component of your overall target is not tax-deductible.

### **How much of the money I raise will go to Prostate Cancer Foundation of Australia?**

Prostate Cancer Foundation of Australia has decided on your fundraising target of \$6,500 and once the travel cost (based on a minimum of 10 people) has been deducted from the amount you raise Prostate Cancer Foundation of Australia receives the balance. Prostate Cancer Foundation of Australia will receive a minimum of \$3,237 from each participant.

### **How do I find out more?**

For more information contact Tristanne on 02 9262 9880 or email

[tristanne@inspiredadventures.com.au](mailto:tristanne@inspiredadventures.com.au)



## Fundraising



When you register we will send you your Fundraising Tool Kit.

The Fundraising Tool Kit is based on our experiences and feedback from previous Inspired Adventures participants and we have supported over 200 people in reaching their fundraising goals in the past!

In the Fundraising Tool Kit you will find plenty of ideas, case studies, practical ways of doing things and plenty of inspiration!

We have put together a simple guideline on how to create your fundraising plan. Once you have created your plan we will talk through it with you and then support you with regular conversations helping you along your journey.

The Fundraising Tool Kit will show you how to:

- 🌸 Plan an Event
- 🌸 Write a Press Release
- 🌸 Set up an Online Fundraising Page
- 🌸 Approach Corporates for support
- 🌸 Launch your Fundraising Plan
- 🌸 And much more.....



You will receive a link to our online resources where you can download templates, planners, sample letters, press releases and much more.



There are quick tips throughout the Fundraising Tool Kit, and we are available to call whenever you want to share ideas or need someone to talk through your plans with.

Call us now to get started on the adventure of a lifetime!



# Prostate Cancer Foundation of Australia Vietnam to Cambodia Cycle Challenge

## ITINERARY

### DAY 1 Depart Perth Arrive Ho Chi Minh City

On arrival in Ho Chi Minh City you will be met and transferred to the hotel. A group briefing will be held in the hotel late this afternoon and enjoy a welcome dinner. **D**

### DAY 2 Ho Chi Minh City (no cycling)

In the morning, we visit the President's Palace (also known as the Reunification Palace), Notre Dame Cathedral and the Old Post Office both built between 1877 and 1883, and great examples of classic French colonial architecture. After lunch at a local restaurant, we will visit the History Museum and one of the most beautiful pagoda the Thien Hau Pagoda. **B**

### DAY 3 Ho Chi Minh City – Can Tho

After breakfast, we drive out of the bustling streets of Ho Chi Minh City to the safety of My Tho (2 hours) where we get acquainted with our bikes. We then enjoy a 40 km cycle ride along a combination of well paved, sand and dirt paths. Lunch is at a local restaurant, before taking a 2 hour traditional boat trip from Cai Be to Vinh Long to experience river life. We then meet up with the van and drive to Can Tho to check into the hotel. **BLD**

**Distance cycled: Approx 40 km**

### DAY 4 Can Tho – Ha Tien

In the morning we visit Cai Rang floating markets. Then we transfer to Tri Ton where we start cycling along Vinh Te canal to Ha Tien. **BLD**

**Distance cycled: Approx 50 km**

### DAY 5 Ha Tien – Kampong Trach - Kep

After breakfast, we cross the border and enter into Cambodia. We then start our ride on Cambodian soil, up North to Kampong Trach, and further to Kep. Upon arrival in Kep, we have free time to discover this quiet colonial city at leisure. **BLD**

**Distance cycled: Approx 40 km**

### DAY 6 Kep – Sihanoukville

We rise early and enjoy the ride along the coast, through the lush sceneries of Bokor Mountain, rice paddies and fishing villages. We are then transferred to Ream National Park. Ream offers secluded beaches, mangrove forests, tropical jungles and fishing villages. We enjoy a boat trip through the mangrove and discover the incredible natural heritage of this protected area. We reach Sihanoukville in the late afternoon. **BLD**

**Distance cycled: Approx 83km**

### DAY 7 Sihanoukville – Phnom Penh

Another early morning start as we journey to the capital: Phnom Penh. On the way, we stop for lunch and to ride about 50 km through the countryside. The evening is free at your leisure. **BLD**

**Distance cycled: Approx 50 km**

### DAY 8 Phnom Penh (no cycling)

Today we are guided through this bustling city to explore the main sights including the Royal Palace and Silver Pagoda, the National Museum as well as the Wat Phnom. In the afternoon, we visit the Tuol Sleng Genocide Museum and the Central Market. **BL**



**DAY 9 Phnom Penh - Battambang**

This morning, we continue cycling towards Udong. We visit the various temples and the three large stupas where the ashes of three former kings are preserved. We also visit the most impressive structure of the site, the "Vihara of the 18-Cubit Buddha". Udong was the former capital of the Khmer Empire founded by King Soryopor in 1601. It was built on a hill 40 kilometers north of Phnom Penh. Udong offers spectacular views of the surrounding country and the innumerable sugar palm trees in the countryside. After lunch, we ride further on the National Road to Kampong Chhnang. We are then transferred to the ancient colonial city of Battambang. **BLD**

**Distance cycled: Approx 92 km**

**DAY 10 Battambang – Siem Reap**

Battambang is famous for its fertile soil as well as for rubies and garnets, which are mined in this province. After breakfast, we head to Vat Banan, an 11<sup>th</sup> century temple completed by King Jarvarman VII. It was built on the top of a 400 m high hill, allowing a beautiful view on the surrounding country side. We then bike back to Battambang for lunch.

This afternoon, we are transferred to Siem Reap by car (approx. 4 hour transfer). **BLD**

**Distance cycled: Approx 56km**

**DAY 11 Siem Reap – Roulos Temples**

You guessed it after an early morning start we cycle to Angkor Wat, easily the most famous and best-preserved of all temples within the Angkor complex. We visit this majestic temple, ride through the Ancient City of Angkor Thom before taking small paths through the countryside to Roluos Temple Complex. We stop there for lunch before riding back to Siem Reap. **BL**

**Distance cycled: Approx 65km**

**DAY 12 Siem Reap – Banteay Srei – Beng Mealea**

After breakfast, we head to Banteay Srei – "Citadel of the women". The temple displays some of the finest examples of classical Khmer art. After a short break for lunch, we ride to the foot of the Phnom Kulen Mountain and continue east to Beng Mealea jungle temple. We will be driven back to Siem Reap after the visit of to this impressive monument. **BL**

**Distance cycled: Approx 86 km**

**DAY 13 Siem Reap**

Today is free for those who wish to revisit Angkor, or exploring the area around Siem Reap. A farewell gala dinner is included. **BD**

**DAY 14 Siem Reap**

After breakfast the rest of the day is free at leisure until transfer to airport for departure flight. **B**



## Countdown to your Inspired Adventure!

Item	Date	Activity	Details
Registration Fee	Registration Date	Pay Registration Fee of \$700 to Inspired Adventures in one or two instalments	Refer to Booking Form for payment details
Registration Fee Balance *	4 weeks following Registration Date	Pay \$350 Registration Fee to Inspired Adventures	Refer to Booking Form for payment details
Travel Deposit**	6 weeks following Registration Date	Pay \$400 Travel Deposit to Buffalo Tours	Refer to Booking Form for details
Fundraising Deposit**	Fri 12 February, 2010	Pay \$1000 Fundraising Deposit to PCFA	Refer to Payment Details
Pedal for Prostate Dinner	February, 2010	Dinner for participants	Location to be confirmed
Travel Cost Balance**	Tue 16 March, 2010	Pay \$2,863 Travel cost balance to Buffalo Tours	Buffalo Tours will send an invoice at least 10 days prior to payment date
Insurance Policy	Thu 15 April, 2010	Send copy of insurance policy to Buffalo Tours	Buffalo Tours L6/69 Reservoir Street Surry Hills NSW 2010
Fundraising Balance**	Thu 15 April, 2010	Pay balance of all funds raised to be a minimum of \$2,237	Refer to Payment Details
Visa	Thu 15 April, 2010	Complete visa application form and submit to Vietnam & Cambodia Embassies	<a href="http://vietnamembassy.org.au">vietnamembassy.org.au</a> & <a href="http://embassyofcambodia.org.nz">embassyofcambodia.org.nz</a>

\* Not applicable if full fee paid on registration

\*\* Deducted from your Fundraising Target

# INSPIRED ADVENTURES BOOKING FORM



## ADVENTURE DETAILS

Adventure Name: \_\_\_\_\_

Charity: \_\_\_\_\_

Departure Date:   /   /

## PERSONAL DETAILS

Mr  Mrs  Ms  Dr

First Name: \_\_\_\_\_

Middle Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

(Please write name as it appears on your passport)

Street Address: \_\_\_\_\_

Town/Suburb: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Tel Day: ( \_\_\_\_ ) \_\_\_\_\_

Tel Night: ( \_\_\_\_ ) \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth:   /   /

Nationality: \_\_\_\_\_

Passport #: \_\_\_\_\_

Place of Issue: \_\_\_\_\_

Date of Issue:   /   /

Expiry Date:   /   /

Your passport must be valid for at least 6 months after your return date, if you are travelling to India your passport must be valid for at least 12 months after your return date.

Frequent Flyer Program: \_\_\_\_\_

Membership #: \_\_\_\_\_

Seating Preference: \_\_\_\_\_

Accommodation is based on twin share is there anyone you would like to share with?

Are you interested in a single room?  YES  NO

Departure City: \_\_\_\_\_

Buffalo Tours may be able to arrange your departure from your chosen city. A surcharge may apply.

Do you have a pre-existing medical condition?  YES  NO

## EMERGENCY CONTACT

Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

Tel Day: ( \_\_\_\_ ) \_\_\_\_\_

Tel Night: ( \_\_\_\_ ) \_\_\_\_\_

Mobile: \_\_\_\_\_

## PAYMENT DETAILS

### PART ONE: REGISTRATION FEE\*

Please debit the non-refundable registration fee of \$700\* from my credit card

\$700\* now **OR**

\$350\* now and \$350 in 4 weeks time

Type of Card:  Visa  Mastercard

Card #

Expiry Date:   /

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

\* Please note: The registration fee is non-refundable and is and is a personal contribution to the overall fundraising target. A 3% surcharge payable on credit card transactions.

**OR**

I enclose a cheque/money order for the total sum of:

\$ \_\_\_\_\_

Made Payable to: **Inspired Adventures Pty Ltd**

**OR**

I will pay my Registration Fee by bank deposit:

Account Name - Inspired Adventures Pty Ltd

Bank - National Australia Bank

BSB - 082 352

Account Number - 87458 8298

Please include your name as reference

### PART TWO: TRAVEL DEPOSIT

I authorise Buffalo Tours to:

debit my credit card the NON-REFUNDABLE \$400 travel deposit immediately.

debit my credit card the NON-REFUNDABLE \$400 travel deposit six weeks from the date of this signed booking form.

I will forward my cheque/money order of \$400 six weeks from the date of this signed booking form to:

**L6/69 Reservoir Street, Surry Hills, NSW, 2010**

I will pay by direct bank transfer, please send me an invoice for the travel deposit **\*3% surcharge on all credit card transactions**

**THE TRAVEL DEPOSIT IS DEDUCTED FROM YOUR OVERALL FUNDRAISING TARGET.**

HOW DID YOU HEAR ABOUT THIS INSPIRED ADVENTURE?

WEB  CHARITY  E-NEWSLETTER  WOM

OTHER: \_\_\_\_\_

IN SIGNING THIS booking form, I acknowledge that I have read and understood and accept the conditions of contract accompanying this booking form and the obligations set out in the conditions, particularly those relating to release and waiver of liability conditions (condition 16)

Signature: \_\_\_\_\_

Date:   /   /

Please note: if you are under 18 years of age this form requires the signature of a parent or legal guardian.

Please fax completed form to 02 8915 1457 or : PO Box A956 Sydney South, NSW, 1235

# Inspired Adventures and Buffalo Tours Booking Conditions

## CONDITIONS OF CONTRACT

This Inspired Adventure is operated by Buffalo Tours Pty Ltd, trading as Buffalo Tours.

Please read carefully the terms in the conditions of contract in completing and submitting the Booking Form, you agree to be bound by these conditions which constitute the agreement between Inspired Adventures, Buffalo Tours Pty Ltd (Buffalo Tours) and you. The conditions apply to the exclusion of any other terms or conditions unless they are set out in the Booking Form, or are otherwise agreed to in writing by the parties. Previous dealing with the parties will not vary these conditions. No purported variation of these conditions will be effective unless in writing and signed by a person so authorised by Inspired Adventures and Buffalo Tours.

**1. How to Book:** To participate in this Inspired Adventure, you must pay a non-refundable registration fee of AUD\$700 including GST payable to Inspired Adventures. Six weeks later you must pay a non-refundable travel deposit of AUD\$400 including GST which must be made payable to Buffalo Tours. If you register within 4 months of the departure date you must pay the travel deposit of AUD\$400 immediately upon registration.

**2. Payments and Fundraising:** Eligibility to take part in this Challenge is contingent upon you raising the minimum Fundraising Target. Buffalo Tours will not accept receipt of your balance payment until there is evidence that your Fundraising Deposit of AUD\$1,000 has been met 12 weeks prior to your departure. The balance of your Fundraising Payments must be made no later than 4 weeks prior to your departure. Travel costs are based on arrangements departing from the published departure city/cities in Australia and exclude travel insurance & visa fees. Buffalo Tours may be able to arrange travel from other cities in Australia, a surcharge will apply. Registered participants will be required to cover additional travel or accommodation costs required as a result of departing from an alternative destination. Failure to lodge the fundraising target on or before the required date will render you ineligible to depart on the Challenge and you will forfeit in full the AUD\$700 registration fee paid to Inspired Adventures, the AUD\$400 travel cost deposit paid to Buffalo Tours, and your place on the adventure. All monies raised in the name of the **charity** must be forwarded immediately to the **charity** along with supporting documents as outlined in the 'Conditions for Fundraisers'. Inspired Adventures, Buffalo Tours, and the charity reserve the right to refuse your Application to Register. Their decision is final and binding. Should your Application be refused your full registration fee will be refunded to you. Your registration for the Challenge will take effect once your registration funds have cleared. Places are limited on the Challenge and are allocated on a first come first served basis.

**3. Amendments:** If you wish to alter any of your arrangements, you should notify Buffalo Tours in writing and the changes will take effect upon receipt by Buffalo Tours. Any amendment received by Buffalo Tours within 56 days of departure date will incur a AUD\$50 administration fee per amendment. By definition, an amendment is any change that you make to your booking once your registration has been received.

**4. Late Bookings:** For bookings made within 15 days prior to departure, Buffalo Tours reserves the right to charge a late booking fee of \$50 per booking. On some trips it is not possible for us to accept late bookings.

**5. Changes To Your Holiday:** You acknowledge that travelling with Buffalo Tours requires a degree of flexibility, good humour, and an understanding that the itinerary, accommodation, and/or modes of transport may change, even after a tour's commencement, without prior notice due to local circumstances. Changes may occur because of 'Force Majeure', poor road conditions, weather, the availability of tickets, vehicle breakdowns, changes in transport schedules, or other circumstances beyond Buffalo Tours's control or which simply cannot be foreseen. Buffalo Tours does not accept any responsibility for loss of enjoyment, delays or compensation resulting from circumstances beyond Buffalo Tours's control.

The information about trips given in Trip Notes and Pre-Departure Information are subject to change. It is your responsibility to review the up-to-date Trip Notes and Pre-Departure Information. These can be obtained from Buffalo Tours. The information and conditions in the Trip Notes and Pre-Departure Information are deemed to be part of the contract. Where changes to your trip occur after you have received your final documentation we will, where practical, advise you of such changes.

**6. Cancellations by You:** If you wish to cancel your tour, you must notify Inspired Adventures and Buffalo Tours in writing and the following charges will apply: You will automatically forfeit your registration fee (AUD\$700), your travel cost deposit (AUD\$400 – if you cancel up to 56 days prior to departure) or 50% of monies paid to Buffalo Tours (if you cancel between 56-30 days prior to departure), or 100% of monies paid to Buffalo Tours (if you cancel less than 30 days prior to departure) or fundraised for but not yet paid to the charity.

If there are too few participants on your tour we reserve the right to cancel the Challenge or to offer you alternatives. If the Challenge is cancelled and any alternatives offered are not suitable, you shall be refunded any monies paid to Buffalo Tours but shall not be entitled to claim any other amounts. In the event that your chosen trip is cancelled and you are given the option of transferring to a trip the following year, these transferred trips must be taken within 12 months or your position on the Challenge will be forfeited.

**7. Cancellation by Buffalo Tours:** Buffalo Tours reserves the right to cancel a departure and will advise you of such cancellations no later than 56 before the tour departure date. If due to 'Force Majeure' or government travel advice, Buffalo Tours reserves the right to cancel a departure at any time. With any form of cancellation, Buffalo Tours will offer you alternative arrangements, and if the price of your alternative booking is of lower value than the original booking we will refund the difference to you. If you do not accept alternative arrangements we will refund all payments you have made to Buffalo Tours, (in case of 'Force Majeure' or government travel advice refunds will be less any unrecoverable costs). Buffalo Tours will not be liable for any additional costs incurred by you.

Force Majeure

Buffalo Tours will not be liable for any delay in, change to or cancellation of trips due to 'Force Majeure'. 'Force Majeure' means a circumstance beyond the reasonable control of Buffalo Tours and includes, but is not limited to, war or threat of war, riot, civil strife, terrorist activity, industrial dispute, disease, industrial or nuclear disaster, adverse weather conditions, fire and strikes.

**8. Prices and Availability:** All prices are based on costs and exchange rates applicable when the tour, airfare and taxes quote is provided to Inspired Adventures. Buffalo Tours reserves the right to adjust prices whether or not you have already made full payment. We will do everything within our control not to adjust prices and will generally only amend prices in the event of marked fluctuations in exchange rates, fuel costs, airlines increasing the cost of airfares & taxes and other operating costs on which prices are based. All air, train and trekking permit arrangements are subject to availability at the time you pay your deposit to Buffalo Tours. If we are unable to confirm trekking permits or air and train arrangements for you at that time, we will offer you alternative options or refund your \$400 deposit back to you. If we are unable to obtain availability for the airfare that was quoted, we will confirm the next available airfare for you and advise you of the increased cost.

**9. Health, Fitness, Trip Grades and Age Limits:** It is your responsibility to advise Buffalo Tours of any pre-existing medical condition and/or disability that might reasonably be expected to increase the risk of you requiring medical attention, or that might affect the normal conduct of a tour and the enjoyment of other trip members. You may be required to provide an assessment of your medical condition from a qualified medical practitioner if requested by Buffalo Tours or our suppliers. Buffalo Tours reserves the right, at its reasonable discretion, to cancel your booking and refund the money paid by you, less any unrecoverable costs. Buffalo Tours also reserves the right to cancel your participation in a trip at any time, including after the commencement of your trip, with no right of refund if your medical condition and/or disability could be reasonably expected to affect the normal conduct of the trip and the enjoyment of other trip members.

All travellers seventy years and over will be required to complete a special Buffalo Tours health and fitness questionnaire to assess their suitability of the tour in question. At the discretion of Buffalo Tours, travellers may also be required to provide a doctor's letter clearing them for their specific tour.

The decision for any person under 18 years of age to travel on our itineraries is at the absolute discretion of the management of Buffalo Tours. For further information please contact Buffalo Tours.

**10. Authority of the Leader:** At all times the decision of the Buffalo Tours leader, or representative ("Buffalo Tours Leader") will be final on all matters likely to affect the safety and well-being of the trip. This includes any decision that the Buffalo Tours Leader makes about your on-going participation in the trip or certain activities that comprise part of the trip. If you fail to comply with a decision made by a Buffalo Tours Leader, or interfere with the well-being of the group, then the Buffalo Tours Leader reserves the right to terminate this contract and order you to leave the tour immediately, with no right of refund.

**11. Complaints:** If you have any complaint about your trip, you must make it known at the earliest opportunity to the leader and/or Buffalo Tours local representative, who will normally be able to take appropriate action. If at the end of the trip you feel your complaint has not been properly dealt with you must notify us in writing within 30 days of the end of your trip.

**12. Travel Insurance:** Adequate and valid travel insurance is compulsory for all Buffalo Tours travellers. Your travel insurance must cover accidents, injury, illness and death medical expenses, including any related to pre-existing medical conditions, emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. Buffalo Tours also recommends it covers cancellation, curtailment and loss of luggage and personal effects. You must carry proof of insurance with you and produce it if reasonably requested by Buffalo Tours's employees or suppliers. Buffalo Tours reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your tour, with no right of refund, if you are unable to provide proof of insurance when requested.

**13. Your Trip and Assumption of Risk:** Buffalo Tours operates trips in regions where standards of accommodation, transport, safety, hygiene, medical facilities and other infrastructure may, at times, not be of the standard that you are used to at home. Infrastructure may, at times, not be of the standard that you are used to at home.

By booking with us you acknowledge that participation in all Buffalo Tours trips involves inherent risks that may not be present in the case of conventional or less demanding holidays. These risks include, without limitation, the possibility of injury or death, psychological trauma, disease, loss or damage to property, inconvenience and discomfort. The possibility of experiencing all or some of these risks is likely to be higher if participation in a Buffalo Tours trip involves visiting remote or unstable regions,

or regions where there is dangerous wildlife.

When assessing whether trips will operate Buffalo Tours uses information from its local offices in conjunction with advice from the Australian Department of Foreign Affairs and Trade, the British Foreign Office and the US Department of State. It is your responsibility to custom yourself with the travel advice provided by these government bodies, as well as that of your country of residency, before commencing the trip. By booking with Buffalo Tours you acknowledge your decision to travel on a Buffalo Tours trip is made after due consideration of relevant travel information that may be made available at any time.

**14. Exclusion of Liability:** Except where stated otherwise, Buffalo Tours acts as agent for service providers when making arrangements for your trip. Where Buffalo Tours provides services it will do so with due care and skill. Buffalo Tours is not responsible for the acts and omissions of others, including tour guides, airlines and accommodation providers or for any loss, damage, death, injury or expense (including loss of money paid in advance), which you may incur as a consequence of the acts and omissions of others. You warrant that you have not relied on any representation made by Buffalo Tours or other Representative, which has not been stated expressly in the trip notes.

Buffalo Tours will not accept responsibility or liability if you contravene any law or regulation of any country or region visited. Any independent arrangements that you make that are not part of the Buffalo Tours trip (including pre- and post accommodation) are entirely at your own risk and Buffalo Tours cannot and does not give you any assurance, representation or warranty in connection with any such arrangements.

To the fullest extent permitted by law and subject to the exception set out below, Buffalo Tours does not accept liability for any loss, damage, death or injury however caused (including through negligence), which you may directly or indirectly suffer in connection with or arising from this contract or your participation in a trip, or in respect of a failure or omission on the part of Buffalo Tours to comply with its obligations under this contract, or in respect of any other conduct that Buffalo Tours undertakes in connection with a trip. To the fullest extent permitted by law and subject to the exception set out below, you also agree to release Buffalo Tours and its officers, employees, agents and representatives ("Representatives") from all costs, liability, loss and damage incurred by you in connection with your participation in any trip, and waive any associated claims that you may have against Buffalo Tours or its Representatives as a result of your participation in any trip. For these purposes, Buffalo Tours enters into these Booking Conditions as trustee or agent for its Representatives.

To the fullest extent permitted by law and subject to the exception set out below, any condition or warranty, which would otherwise be implied into these Booking Conditions is excluded. Where legislation implies any condition or warranty, and that legislation prohibits us from excluding or modifying the application of, or our liability under, any such condition or warranty, that condition or warranty will be deemed included but our liability will be limited for a breach of that condition or warranty to one or more of the following: (a) if the breach relates to goods, (i) the replacement of the goods or the supply of equivalent goods, (ii) the repair of such goods, (iii) the payment of the cost of replacing the goods or of acquiring equivalent goods or (iv) the payment of the cost of having the goods repaired; and (b) if the breach relates to services, (i) the supplying of the services again or (ii) the payment of the cost of having the services supplied again.

Exception

The "Exclusion of Liability" section set out in these Booking Conditions does not attempt or purport to exclude, restrict or modify liability arising under, or remedies that may be available to you, pursuant to legislation where the exclusion, restriction or modification of liability or remedies is not permitted. This includes legislation in part of the Trade Practices Act 1974 (Cth), and any state or territory Fair Trading Act (or its equivalent).

**15. Visas and Passports:** You are responsible for obtaining all necessary immunisations and visas and bear the expense for the same. Buffalo Tours staff are able to advise you about this. You must have a valid passport, which has at least six months validity beyond your return date.

**16. Exclusions from package price:** The following items are not limited to or included in the participation fee: Visas and passport charges; any additional charges resulting if not departing from the published departure city/cities (this includes any additional accommodation required due to 'forced' stopovers on your journey to or from the destination); ticketable & non-ticketable airline departure, airport and airline taxes; extra meals not included in the itinerary; laundry, postage, personal clothing, medical expenses and items of a personal nature; aerated or alcoholic beverages; emergency evacuation charges; excess baggage charges; travel insurance; tips; any pre or post tour arrangements; single accommodation as all prices are twin share.

**17. Disclaimer:** You accept that:

- Buffalo Tours acts as a booking agent for third-party tour operators and accepts no liability for the acts or omissions of those third-party tour operators; and
- Inspired Adventures, Buffalo Tours, and the charity reserve the right to refuse my Application to Register. Their decision is final and binding. Should my Application be refused my full registration fee will be refunded to me. My registration for the Challenge will take effect once my registration funds have cleared. Places are limited on the Challenge and are allocated on a first come first served basis, and
- Buffalo Tours will not be liable for any breach of any law by any person with whom you travel on the tour; and
- you may not rely on any representations concerning the tour made by Buffalo Tours which are not contained in these conditions.

**18. Release and Waiver of Liability:** In consideration of Inspired Adventures and Buffalo Tours accepting your booking application and in consideration of you being permitted by Inspired Adventures and Buffalo Tours to join the tour:

- you waive any and all claims I may now or in the future have against Inspired Adventures, its officers, employees, agents or representatives ("its staff") and release from all liability and agree not to sue Inspired Adventures or its staff for any personal injury, death, property damage or loss sustained by me as a result of my participation in the Challenge. You acknowledge that the Challenge involves an adventure trip and accept all the inherent risks associated with such a trip and the possibility of personal injury, death or property damage or loss resulting there from.
- you release Buffalo Tours and its officers, employees, agents, licensees, guides and other representatives and the land management authorities in the countries in which the tour is conducted (each of whom are collectively referred to as "Buffalo Tours and its employees") from all cost, liability, loss or damage incurred or suffered by you directly or indirectly during the course of the tour and resulting from your personal injury, illness or death or damage to or loss of your property unless caused by the willful negligence or wrongful act of Buffalo Tours and its employees; and
- you waive any claims you have, or may at any time have, against Buffalo Tours and its employees and you agree, by accepting the additional inherent dangers and risks associated with the tour, not to make any claim against or seek any compensation from Buffalo Tours and its employees in respect of any personal injury, illness or death suffered by you or damage to or loss of property sustained by you as a result of your participation in the tour.

To the extent permitted by law, section 74 of the Trade Practices Act 1974 does not apply to this contract.

**19. Privacy:** In order to be able to supply a service to you Buffalo Tours will need to collect certain information from you, some of which may be of a personal nature. The information may be disclosed to, or collected on our behalf by our service providers to enable the services to be provided, but will not be used by them for any other purpose.

**20. Booking made in Victoria:** This condition 17 and the following statutory warning apply if the booking is made in Victoria. Sections 32J and 32JA of the Fair Trading Act 1999 Victoria (as amended) do not apply to this contract, being a contract for the supply of recreational services.

WARNING UNDER THE FAIR TRADING ACT 1999

Under the provisions of the Fair Trading Act 1999 several conditions are implied into contracts for the supply of certain goods and services. These conditions mean that the supplier named on this form is required to ensure that the recreational services it supplies to you are—

- rendered with due care and skill; and
- as fit for the purpose for which they are commonly bought as it is reasonable to expect in the circumstances; and
- reasonably fit for any particular purpose or might reasonably be expected to achieve any result you have made known to the supplier.

Under section 32N of the Fair Trading Act 1999, the supplier is entitled to ask you to agree that these conditions do not apply to you. If you sign this form, you will be agreeing that your rights to sue the supplier under the Fair Trading Act 1999 if you are killed or injured because the services were not rendered with due care and skill or they were not reasonably fit for their purpose, are excluded, restricted or modified in the way set out in this form.

NOTE: The change to your rights, as set out in this form, does not apply if your death or injury is due to gross negligence on the supplier's part. "Gross negligence" is defined in the in the Fair Trading (Recreational Services) Regulations 2004.

**21. Jurisdiction:** This agreement and the rights and obligations of the parties will be construed and take effect in accordance with and be governed by the laws of:

- Victoria, in the case the of a booking made in the state of Victoria, or
- New South Wales, in the case of a booking made elsewhere in Australia

Inspired Adventures Pty Ltd ABN 46 125 426 468.

Buffalo Tours Pty Ltd ABN 84 132 428 641