

Climb for Health

Kilimanjaro

Climb Africa's highest mountain while supporting healthcare in Tanzania

Ever dreamed of climbing the highest peak in Africa? Why not climb for a good cause! You can support the Touch Foundation's life-saving work in Tanzania as you climb by raising money to train critically needed healthcare workers. By achieving your goal of summiting one of the world's tallest mountains, you will also be helping Tanzanians reach new heights.

Here's how to participate in "Climb for Health":

1. Set a goal that will help you to inspire others. For example, in Tanzania, \$5,500 covers the tuition of an M.D. student for one year and \$2,000 covers a pharmacist student's tuition, room and board for one year.

2. Set up your fundraising page — simple tools = huge success! We recommend the website, Firstgiving.com, to assist in your fundraising efforts. Go to firstgiving.com/18132 and click, "I want to raise money too." Now, you can get started! Just follow the steps outlined on their website to build a page that fits your style. You now have a safe, secure, personal fundraising page that will allow the Touch Foundation to donations made in support of your efforts.

3. Promote your fundraising page — get connected, motivate others! Share your fundraising page with your friends, family, colleagues and other networks. Talk about your climb and fundraising goal, send e-mails, write about it on social networks like Facebook, load widgets onto your website or blog, and "tweet" about it on Twitter. Seek an individual or corporation to match the amount you raise. Always thank your donors and share updates on your progress. Hand-written cards go a long way.

4. Share your success — thank others, be an inspiration!

Once your event is over, let everyone know about your success and encourage others to do the same by posting photos of your climb and by sending a final e-mail or letter. Let us feature you in the "People Who Care" section of our Campaign website, whocarescampaign.org, as a model of the tremendous efforts our supporters can take.

Need help planning your Tanzanian adventure? Fortes Africa can help!



The Touch Foundation is excited to announce a partnership with Fortes Africa (fortes-africa.com), one of the biggest safari operators in Tanzania's Lake Region. Situated in Mwanza, the company is a family-run business, with over 40 years of experience in organizing trips to various destinations all around Tanzania, including Serengeti, Ngorongoro, Lake Manyara, Tarangire, Rubondo, Gombe and Kilimanjaro!

For the avid trekker or adventurer in you, Fortes Africa can help you to plan your Mt. Kilimanjaro climb. By booking directly with this local safari operator, participants will pay less, receive security in going with a reputable company, and feel satisfied in knowing that Fortes will donate approximately 10% of your safari package to the Touch Foundation.

For further information please contact Mark_Allen@McKinsey.com.

In the US
1 doctor
for every
300 people

In Tanzania
1 doctor
for every
30,000 people



Mount Kilimanjaro is the highest peak in Africa, with an elevation of 19,341 feet. This dormant, snow-capped volcano sits on the border between Tanzania and Kenya just south of the Equator. To the west lies the Great African Rift valley, which has created Kilimanjaro and several other volcanoes through tremendous tectonic forces.