GIRLS GOTTA RUN FOUNDATION  
ETHIOPIA TRIP, JUNE 21-27, 2020

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GGRF is a 501c3 non-profit organization that invests in girls who use running and education to empower themselves and their communities in Ethiopia. GGRF is the only non-profit organization in Ethiopia using the national sport of running as an innovative approach to creating safe spaces, preventing early marriage and expanding access to secondary school for vulnerable girls. GGRF has been investing in girls and their families to create long-term paths for self-reliance and financial resiliency in Ethiopia since 2006.

TRIP ITINERARY: 7 day trip to Addis Ababa x Bekoji x Lalibela

Key experiences:

• **Addis Ababa**: Jazz, art galleries, food and coffee culture, dance, running, markets.
• **Bekoji**: Ethiopia’s grassroots running culture, exchange with the GGRF girls and families, local markets, farming and rural life.
• **Lalibela**: mountain trail running, traditional dancing, local honey and honey wine, visiting the 11 ancient rock hewn churches designated as a UNESCO World Heritage Site.
ITINERARY: ADDIS ABABA / BEKOJI / LALIBELA

Day 1: ADDIS ABABA

Arrive in Addis, get settled, met with the travel group and prepare for the trip ahead.

Relax in Addis and decompress after your travels, grab a coffee in a historic neighborhood of Addis, see a jazz performance, have a traditional Ethiopian meal, explore the city, and prepare to leave for Bekoji the next day.

Day 2: ADDIS ABABA TO BEKOJI

Drive from Addis Ababa to Bekoji (4 hour drive)

Drive through the Rift Valley, stop for a juice and potential camel sighting. Stay at the Wabe Hotel, the first hotel built in this small town. Meet and celebrate with the girls and families of GGRF. Break bread and have a coffee with the GGRF community.
Day 3: BEKOJI – THE TOWN OF RUNNERS

Bekoji is home to some of the world’s greatest athletes and Olympians. This small town has built a legacy of greatness through grassroots athletics.

Wake up for a morning run with the GGRF squad in one of Bekoji’s famous training locations. Visit with a GGRF family and learn more about traditional life in Bekoji as well as the GGRF Mothers Savings Group Program. Participate in a workshop with the GGRF team and explore Bekoji.

Day 4: BEKOJI/ADDIS ABABA

Spend the morning in Bekoji and then travel to Addis in the afternoon.

Run with the GGRF team, explore the forest, track, and markets of Bekoji. Drive to Addis Ababa after lunch. Go out in Addis Ababa in the evening to see a jazz show or have a nice meal in the city before getting ready for Lalibela the next day.
Day 5: LALIBELA

Fly from Addis Ababa to Lalibela. Stay at the Lalibela Lodge.

Arrive in Lalibela. Drive up to the mountains and stay at the Lalibela Lodge. Enjoy a walk around town. Have a beer or a tea with local honey and watch the sunset over a panoramic view of the mountains cradling a UNESCO World Heritage Site.

Day 6: LALIBELA CHURCHES

Visit the churches and hang out in town.

Lalibela is a UNESCO World Heritage Site and a contender for the 8th World Wonder. One of Ethiopia’s most holy cities, Lalibela is home to 11 rock-hewn churches built as a symbolic representation of Jerusalem dating back to the fourth century. Spend some time experiencing the churches, learn more about the relationship between spirituality and nature in Ethiopia, see historic wall paintings depicting afro-centric spirituality, learn about the architecture of these magnificent structures.

Take a rest after visiting the churches. Buy some local honey, which is known in Ethiopia for it’s healing qualities. Go out for a nice meal, enjoy traditional dance, music and some of the best honey wine (Tej) in the nation.
Day 7: ADDIS ABABA

Fly from Lalibela to Addis. Head home in the evening.

Pick up any souvenirs, hangout poolside, get a massage, go for a trail run, enjoy an Addis coffee shop, shop for traditional gifts and goods, visit the National Museum and visit Lucy, the most complete skeleton of a human ancestor ever discovered. Get a ride to the airport and head back home in the evening. (*GGRF can also help arrange housing in the evening for those who want/need to leave the following day at an extra cost)
SPONSORING TWO GGRF ATHLETIC SCHOLARS AND THEIR FAMILIES

Your donation to GGRF funds the participation of two girls and their mothers in the GGRF Athletic Scholarship Program in Bekoji, Ethiopia. You will have the opportunity to meet with the girls and families you’re investing in while in Ethiopia. Your support provides the following for each girl and her family:

- Full scholarship to attend secondary school, including healthcare for student and her mom, daily meals, uniform, books, tutoring, access to school clubs and library, showers and space to wash clothes on the weekend.
- Completion of the GGRF/Center for Creative Leadership Life Skills Curriculum developed to create safe spaces for girls and provide experiential learning modules on family planning, financial literacy, HIV/AIDS awareness, nutrition, healthy relationships, leadership, and creative expression.
- Running clothes, shoes and healthy snacks for the year
- Entrance and transportation to Ethiopian races throughout the year
- Oversight of a coach and running mentor
- Oversight of a female life skills mentor
- Participation in the Women’s Savings and Entrepreneurship Group for the mother of the girl.

To learn more about the GGRF Athletic Scholarship Program, visit [http://www.girlsgottarun.org](http://www.girlsgottarun.org)
TRIP COSTS:

Trip Cost: $1,800  
Donation to GGRF: $1,200  
Total Trip Cost*: $3,000

The trip cost includes:

- Two domestic flights in Ethiopia with Ethiopian Airlines in tourist class (extra if the international flight is not performed with Ethiopian Airlines);
- All accommodations in double rooms with private toilet/shower in hotels, lodges or guesthouses;
- All transfers and travels in Ethiopia with private car;
- Full board (1 drink per meal included, alcoholic drinks excluded);
- All entrance fees and permissions at tourist attractions, churches and museums;
- All (mandatory) local guides in the single destinations;

* The trip price doesn’t include:

- International flights;
- Travel insurance;
- Visa in Ethiopia;
- Alcoholic drinks;
- Tipping;
- Photo and video fees (if any);
- All extras and personal expenditures.