



TREK FOR CHANGE

JOIN US FOR AN ADVENTURE WITH A CAUSE, AS WE RIDE ACROSS TANZANIA CHALLENGING OURSELVES PHYSICALLY, MENTALLY AND EMOTIONALLY



MKOMAZI



MOSHI



ARUSHA



LUSHOTO



TANGA



You have never really lived until you have done something for someone who can never repay you.

FOR FURTHER DETAILS CONTACT
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'The trip was one of the best things I have ever done. It was eye-opening, challenging and very rewarding' - Forest, Nepal Ride



TREK FOR CHANGE ADVENTURE FOR A CAUSE

Join the Trek For Change team as we challenge ourselves along the flat roads of Tanzania, riding 500 kms from Arusha to the Indian Ocean. Experience the beauty of Tanzania and meet the IBSH students the ride is supporting.

TRIP DURATION	8 Days
TRIP DATES	13 - 20 July, 2026
LEVEL	For intermediate riders
COST	\$3,990 per person
FUNDRAISING COMMITMENT	For The International Brothers and Sisters House Tanzania Projects (Tax Deductible)
INCLUSIONS	<ul style="list-style-type: none">Pre-ride meetings and informationAll accommodation twin shareAll breakfasts, lunches & dinnersSnacks, water, fruits & cold drinksHelmet and BikeSafety vehicles and supports with bike mechanic including spare partsAll Entrance feesTrek for Change riding kit2 x Australian based ride coordinators including the Founder of IBSH, Josh PorteousEnglish speaking Tanzania based guides and supportDedicated fundraising supportDonations to IBSH programs in Tanzania
TO APPLY	Email info@trekforchange.com.au
EXCLUSIONS	<ul style="list-style-type: none">Personal travel insuranceInternational flights

WHY JOIN THE TEAM?

After hugely successful rides in Nepal, we now venture onto the roads of Tanzania, immersing ourselves alongside the Tanzanian people and culture.

The terrain and the climate will physically challenge you but this life-changing journey will warm your heart and inspire you. This journey will be a fun, team orientated exploration through Tanzania experiencing all the country has to offer. Along the journey, our riders will experience first hand the challenges faced and overcome by the children the The International Brothers and Sisters House are supporting.

HOW TO APPLY

Expressions of interest open on the 1st December 2025. Once you pay your \$500 deposit, you will receive dedicated support from the Trek for Change team, with training schedules, and fundraising advice. We will have meetings and information sessions in the months leading up to the ride and will be here to answer any questions you may have.

Registrations close 30th April 2026 with the final balance of payment due 26th June 2026.

YOUR COMMITMENT

Cyclist numbers are strictly limited to 15.

Every aspect of your ride is taken care of once you arrive in Tanzania.

Your participation in this riding adventure not only requires the fitness and ability to ride the distance, but also a fundraising component towards IBSH projects in Tanzania.

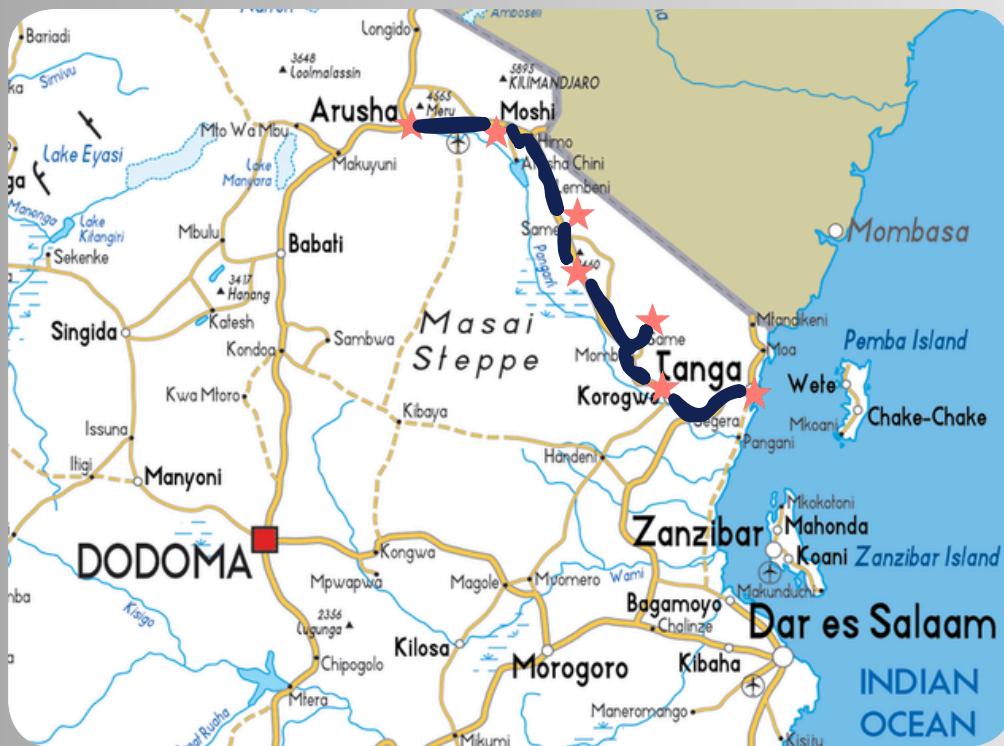
The Trek for Change team will assist you every step of the way to establish your dedicated fundraising page and provide you with assistance and support to meet your fundraising goals.

IBSH Tanzania currently supports 19 families across two locations, Monduli and Mererani. We provide access to healthcare and education for 51 school students. The majority of the families have been affected by illness in some way and often single mothers are the only care givers.



MAMA MARY

Mama Mary is one of our most at-risk families. Mama does some seasonal farm work when available to gain a small income. Her former house was built from mud and had 2 rooms with the family sleeping on the ground, we have since set the family up in a new house and have provided them with beds, mattresses and other furniture, and we are hoping to set up a small business to start to have a regular income. IBSH is supporting 4 of Mama Mary's children through school.



THE INTERNATIONAL BROTHERS AND SISTERS HOUSE (IBSH) is a not for profit organization founded in Australia in July 2014. Our mission is to work for the relief of poverty, suffering and sickness in Tanzania and Nepal assisting with low cost housing and education for underprivileged youths, improving HIV medication accessibility and working on building projects.

As a charitable organisation, we are active in Tanzania and Nepal, focused heavily on helping children through school so that they may in turn build better communities in the future and bring about real, tangible, long-term change.

We are a fully registered and recognised organisation with ASIC, ACNC and the ATO. Each dollar donated to The International Brothers & Sisters House is a tax deduction as we have full DGR (Deductible Gift Recipient) status with the ATO - this applies to Australian citizens only.

Visit www.ibsh.com.au for more information on IBSH.