

RESCUE 2010 NEWSLETTER



NEWSLETTER NUMBER 1

Invitation

On behalf of the Egyptian Diving and Lifesaving Federation and on my personal behalf I invite all ILS Member countries, all ILS delegates, all competitors, team managers, officials, referees, volunteers, helpers, spectators and lifesaving friends to Egypt in October 2010 to celebrate together the Lifesaving World Championships as well as the centennial of ILS.



The EDLF is very proud and honoured to announce that Rescue 2010 received the patronage of the first Lady of Egypt, Mrs Susan Moubarak.

Information pertaining to the event can be found in this brochure and on our web site:

www.rescue2010.com

Again welcome to Egypt

Marhaba

A handwritten signature in black ink, appearing to read 'Sameh El Shazly'.

Sameh El Shazly
President EDLF

Introduction

In 2010 the Lifesaving World Championship, called Rescue 2010 will take place in Egypt and more specifically in the coastal city of Alexandria. Rescue 2010 is one of the most significant life saving competitions of the world. It will be organised by the Egyptian Diving and Lifesaving Federation (EDLF) on behalf of the International Life Saving Federation (ILS).

Egypt and the EDLF welcomes from 2 to 17 October 2010, over 3,000 athletes and over 1,000 delegates, officials and team managers involved in the meetings and competitions.

In 2010, lifesaving will celebrate its 100th anniversary. Indeed, the organisation was



created on 27 March 1910. A Gala evening will be organised and all participants are welcome.

The Egyptian Diving and Lifesaving Federation will host:

- National Teams World Championships.
- Interclub Open World Championships.
- Masters World Championships.
- Surfboat World Championships.
- IRB World Championships.
- ILS Meetings (Board of Directors, Commissions, Committees).
- ILS Centennial Gala Dinner.



The Pool Events will take place in the newly constructed Olympic Swimming Centre of Alexandria (with 7 pools in the precinct) and the Ocean events will take place in Mamoura Beach, where five beach arenas will be set up.

The main accommodation for the delegates is the Sheraton hotel and the competitors will be accommodated in the Mamoura precinct, adjacent to the beach venue.

EGYPT

Most people who think of Egypt think of antiquities, but Egypt offers much more. Certainly it is a prime location to see the great heritage from the ancient world, including Pyramids and wonderful temples, but it is also part of the Holy Land, and tours to Christian and other religious monuments are popular. Yet Egypt also offers nature and desert treks, great scuba diving and even golf, fishing and birding expeditions. One may choose to relax on the wondrous Egypt Red Sea or Sinai coasts, take in the high culture of Cairo, or even leisurely float down the Egyptian Nile on a luxurious river boat.

Egypt is a country mainly in North Africa, with the Sinai Peninsula forming a land bridge in Western Asia. Covering an area of about 1,010,000 square kilometers (390,000 sq mi), Egypt borders the Mediterranean Sea to the north, the Gaza Strip and Israel to the northeast, the Red Sea to the east, Sudan to the south and Libya to the west.

Egypt is one of the most populous countries in Africa and the Middle East. The great majority of its estimated 82 million live near the banks of the Nile River, in an area of about 40,000 square kilometers (15,000 sq mi), where the only arable agricultural land is found. The large areas of the Sahara Desert are found sparsely inhabited. About half of Egypt's residents live in urban areas, with the majority spread across the densely-populated centres of greater Cairo, Alexandria and other major cities in the Nile Delta.

Egypt is famous for its ancient civilization and some of the world's most famous monuments, including the Giza pyramid complex and its Great Sphinx. The southern city of Luxor contains numerous ancient artifacts, such as the Karnak Temple and the Valley of the Kings.

Egypt is widely regarded as an important political and cultural nation of the Middle East.

CAIRO



Cairo means "the triumphant", is the capital and largest city of Egypt. It is the Arab World's largest and Africa's most populous city. Cairo was founded by the Fatimid caliphs as a royal enclosure. It replaced Fustat as the seat of the government. It later came under the Mamluks, was ruled by the Ottomans 1517 to 1798, and briefly occupied by Napoleon. Muhammad Ali of Egypt made Cairo the capital of his independent empire from 1805 to 1882, after

which the British took control of it until Egypt attained independence in 1922.

Cairo has a population of about 8 million people, according to the 2006 population census. The number of inhabitants was about a million higher at the time of the census, but this was adjusted downwards on the 17th of April 2008 when the new government of Helwan was created from parts of the old Cairo government. Cairo's metropolitan area has a population of about 17.8 million people. Cairo is the sixteenth most populous metropolitan area in the world. It is also the most populous metropolitan area in Africa.



Cairo has a mix of historical and modern cultural sites. This includes the Pyramids, the Hanging Church, Saladin's Citadel, the Virgin Mary's Tree, the Sphinx, and Heliopolis, Al-Azhar, the Mosque of Amr ibn al-A'as, Saqqara, the Cairo Tower, and the Old City. Cairo is nicknamed "The City of A Thousand Minarets".

ALEXANDRIA

Alexandria, with a population of 5 million, is the second-largest city in Egypt, and is the country's largest seaport, serving about 80% of Egypt's imports and exports. Alexandria is also an important tourist resort.

Alexandria extends about 32 km (20 miles) along the coast of the Mediterranean sea in north-central Egypt. It is home to the Bibliotheca Alexandrina (the new Library of Alexandria), and is an important industrial centre because of its natural gas and oil pipelines from Suez, another city in Egypt. Alexandria was also an important trading post between Europe and Asia, because it profited from the easy overland connection between the Mediterranean Sea and the Red Sea.

In ancient times, Alexandria was one of the most famous cities in the world. It was founded around a small pharaonic town c. 334 BC by Alexander the Great. It remained Egypt's capital for nearly a thousand years, until the Muslim conquest of Egypt in 641 AD when a new capital was founded at Fustat (Fustat was later absorbed into Cairo).



Alexandria was known for the Lighthouse of Alexandria (one of the Seven Wonders of the Ancient World), the Library of Alexandria (the largest library in the ancient world) and the Catacombs of Kom el Shoqafa (one of the Seven Wonders of the Middle Ages).

Ongoing maritime archaeology in the harbour of Alexandria, which began in 1994, is revealing details of Alexandria both before the arrival of Alexander, when a city named Rhakotis existed there, and during the Ptolemaic dynasty.



HOW TO GET THERE?

By plane

Alexandria has two airports in the immediate vicinity and is also within striking distance of Cairo.

Alexandria's main airport is El Nouzha Airport (IATA: ALY), which has a limited selection of domestic flights and fairly extensive services to cities around the Middle East. The only connection to Europe, though, is from Athens on Olympic Airlines. The airport lies 8 km to the south-east of the city. A taxi will need about 20 minutes to the city centre and should cost no more than 2-3 Euro.

The city's second airport is Borg el Arab Airport (IATA: HBE), served by Lufthansa from Frankfurt, Emirates from Dubai and (soon) Turkish Airlines from Istanbul. It's rather less conveniently located some 25 km (16 mi) to the south-west of Alexandria, which means a one-hour journey by taxi (10-15 Euro).

Most travellers, however, will come via Cairo, the country's capital, which is much better connected. The Organising Committee will organise bus and mini-bus transport from Cairo to Alexandria and from Alexandria to Cairo for 15 Euro per person (one way) and 25 Euro per person (two ways).

By train

From Cairo, frequent trains from Ramses Station are probably the best way to get to Alexandria. Trains run at least once every hour from 6 AM to 10 PM, but try to choose either an express or the pride of Egyptian Railways, the French-built *Turbo*, which takes only 2 hours 10 minutes for the journey.

For the return journey, trains depart from Misr Station, a 10-minute stroll south of the Corniche of Alexandria along Nabi Daniel Street, as well as the Sidi Gaber Station.

By car

There are two options when travelling from Cairo to Alexandria by car. Using either route, the journey usually takes around 3 hours, depending on speed and surrounding traffic.

There are two main roads from Cairo to Alexandria:

- The Agriculture road has a speed limit of 90 km/hr for private cars and has 2 lanes in each direction. This is the main road, so it can get a little crowded.
- The Desert is the advised road. The road has a speed limit of 100 km/hr for private cars and has 3 lanes in each direction. True to the name, this crosses the desert and is less crowded and faster. There are cafeterias every few kilometres. The usual cautions for driving in Egypt apply.

By bus

Several bus companies offer a bus service into Alexandria at a very low price range. Buses are air conditioned and come complete with a hostess trolley service. Companies include Golden Arrow, West Delta, Super Jet, Pullman and El Gouna. Operating times vary from one company to another, but there are trips between Cairo and Alexandria virtually every hour from early morning till midnight.

Note that while the buses themselves are perfectly comfortable, the duration of your journey from Cairo to Alexandria will depend on the pick-up/drop-off point. By public bus transport, expect a 4-6 hour trip rather than the average 2-3.

There are a number of bus pick-up/drop-off points inside Alexandria. These are usually either at Maw'if Gadid Station which is a bit far from the city of Alexandria so it shouldn't cost more than a 10 LE cab ride, 15 LE max. Don't take a taxi with anyone that approaches you right outside of the bus. Walk outside the station and catch a taxi there if you must.

By boat

There are no scheduled ferry services to Alexandria, although cruise ships do stop by occasionally.

ENTRY FORMALITIES

Non-Egyptian visitors arriving in Egypt are required to be in possession of a passport that is valid for six months after the entry date.

Entry visas may be obtained from Egyptian Diplomatic and Consular Missions abroad or from the Entry Visa Department at the Travel Documents, Immigration and Nationality Administration (TDINA).

It is, however, possible for most tourists and visitors to obtain an entry visa at any of the Major Points of Entry. The rate in 2009 for an entry visa obtained at the Airport is 15 USD or 10 Euro. It can be obtained using cash payments or credit card payments in the airport.

Visa at point of entry

A visa can be obtained at the point of entry for the following nationals: Australia, Austria, Belgium, Canada, Cyprus, Denmark, Finland, France, Germany, Greece, Luxembourg, Netherlands, Ireland, Italy, Japan, Malaysia, Norway, Portugal, Singapore, South Korea, Spain, Sweden, Switzerland, United Kingdom, Russia, USA.

Visa Exemptions

Following countries are exempted from visa: Bahrain, Jordan, Kuwait, Libya, Oman, Saudi Arabia, Syria, United Arab Emirates.

Pre-Arrival Visa

Citizens of the following countries are required to be in possession of a pre-arrival visa: Afghanistan, Algeria, Armenia, Azerbaijan, Bangladesh, Bosnia-Herzegovina, Chechnya, Croatia, Georgia, India, Indonesia, Iraq, Iran, Israel, Kazakhstan, Kirghizia, Lebanon, Macau, Macedonia, Malaysia, Moldavia, Montenegro, Morocco, Pakistan, Palestine, The Philippines, Russia, Serbia, Slovenia, Sri-Lanka, Somalia, Tadjikistan, Thailand, Tunisia, Turkmenistan, Ukraine, Uzbekistan and all African countries.

The organising Committee will not be able to issue visa's.

MAIN ILS HOTEL

The Organising Committee selected the Sheraton Hotel Alexandria as the main ILS Hotel. The Hotel will be the accommodation hub for Patrons, Governors, Board Members, Commission and Committee Members, Grand Knights and Knights of Lifesaving, National Delegates, Guests, Invitees and Spectators willing to stay at a hotel.



The Sheraton is a five star hotel with fitness, pool, own beach, several restaurants, discotheque, bar, etc....

The hotel is located at 2 km from the beach competition site and a shuttle bus will bring the delegates to the beach and to the pool.

The hotel rates are 120 Euro for a single room and 150 Euro (75 Euro per person) for a double room. The rates include: use of all amenities including the fitness, use of 45 minutes free internet per day and per person, full buffet breakfast, services charges and applicable taxes.

Hundred rooms have been booked and the booking will be done on a first register and pay – first serve basis.



Besides the bedrooms, the Egyptian Federation also secured the ILS Meeting rooms, the ILS Banquet room and the permanent secretariat rooms for ILS and EDLF in the hotel.

ACCOMMODATION AT MAMOURA BEACH

Teams, officials and spectators will be accommodated at the holiday apartments in the Mamoura Beach Area. The Mamoura Beach Area is a holiday residential precinct with a couple of hotels and a great number of apartments available at very reasonable prices.

Nearly all hotels in Alexandria are exaggerating their rates and are not cooperative; therefore they are not recommended by the EDLF and ILS. The selected apartments in Mamoura have an excellent cost-quality ratio and are all at walking distance from the beach.

The apartments vary in size and finishing. Most of them have a garden or balcony, a living - dining room, a separate kitchen, bathroom and two to three bedrooms each with two beds.

A three bedroom apartment is ideal for a team of six competitors.



There is an estimate of over 4,000 apartments available in Mamoura able to house over 16,000 people.

The Organising Committee finalised the accommodations for all persons willing to be accommodated in the apartments in Mamoura.

The rates vary from 16 to 26 Euro per person and per night, service charge, security, servicing, cleaning and applicable taxes included.

The Organising Committee block booked the Mamoura accommodations with the Mamoura General Management at these very interesting rates. The Mamoura complex will be secured and will be policed 24/24 - 7/7. The selected apartments are the best ones in the Mamoura precinct. Low level apartments have been removed from the block booking.



The Organising Committee proposes all referees and participants to be accommodated in the Mamoura precinct, indeed the precinct is within walking distance from the Beach. The accommodation can suit all tastes and levels.

The advantage of the Mamoura precinct is that it is a guarded zone, surrounded with a 3 m high wall and accessible through a policed gate. Another advantage is that there is ample parking space, walkways, shops and restaurants and a super market, all in walking distance. The ILS Lifesaving Village also will be in the Mamoura precinct.

OVERVIEW OF RATES IN MAMOURA

All holiday apartments in Mamoura beach have Electricity, Warm and Cold Water, Gas to cook (with gas bottles). The apartments have cooker,

oven, fridge, pots and pans, cutlery, television, etc... The apartments have linen, pillows, pillowcases and blankets and some 3-5 hangers per cabinets. They don't contain: towels and kitchen towels, internet and telephone. There are however internet café's in Mamoura. Towels can be purchased in the local supermarket at very affordable rates. The rates given hereunder include water, electricity, gas, once a week cleaning, services charges and tax.

Studio (can house two people)

A studio comprises one living quarter including an open kitchen, a living/dining/sleeping section and a separate bathroom with toilet. Mostly a studio also has a small balcony. The rate is 70 Euro per day.

One bedroom apartment (can house two adults and a child on the sofa)

A one bedroom apartment comprises one living quarter including an open kitchen, a living/dining section, a separate bedroom and a separate bathroom with toilet. Mostly a one bedroom apartment also has a small balcony. The rate is 80 Euro per day.

Two bedroom apartment (can house four adults)

A two bedroom apartment comprises one entry hall, one living/dining room, one kitchen (open, semi open or closed), two bedrooms and a separate bathroom with toilet. The apartments have one or two balconies. The rate is 95 Euro per day, making it 24 Euro per person and per day.

Three bedroom apartment (can house six adults)

A three bedroom apartment comprises one entry hall, one living/dining room, one kitchen (open, semi open or closed), three bedrooms and a separate bathroom with toilet. The apartments have one or two balconies. The rate is 125 Euro per day, making it 21 Euro per person and per day.

VIP apartments

The two and three bedroom apartments with a higher finishing standard can be rented at 125 and 155 Euro respectively.

Budget apartments

The two and three bedroom apartments with a lower finishing standard can be rented at 65 and 95 Euro respectively, making it some 16 Euro per person and per day.

TRANSPORTATION

Driving in Egypt is quite challenging. Therefore the Organising Committee advise the participants to Rescue 2010 to rent a car, mini bus or bus, preferably with a driver.

Renting vehicles with or without driver is quite similar in price; it is thus easier to have a driver who knows his vehicle, the city and the driving habits.

Transport from Cairo to Alexandria

For those who arrive in Cairo, a road journey of 225 km (3 hours) is necessary to reach Alexandria. The best solution to travel to and from Cairo to and from Alexandria is by using the system set up by the organising committee (see above).

Transport in Alexandria

The transport in Alexandria has to be arranged by the participants. The Organising Committee was able to manage the following preferential rates:

Rental of a Car

The rental of a car without driver is between 50 and 70 Euro per day depending on the size of the car. The rental of a normal car with driver is 70 Euro per day.

Rental of a Mini-bus

The rental of a mini bus (with driver) is as follows:

- Mini bus with 9 seats (driver and 8 seats): 80 Euro per day.

- Mini bus with 14 seats (driver and 13 seats): 90 Euro per day.
- Mini bus with 28 seats (driver and 27 seats): 140 Euro per day.
- Mini bus with 51 seats (driver and 50 seats): 220 Euro per day.

Rental of a Motorbike

The rental of Motorbikes is also possible but outside the scope of the Organising Committee.

COMPETITIONS

For this, we refer to the Rescue 2010 web site at: www.rescue2010.com

PROGRAMME

In Muslim countries, the week-end is on Friday and Saturday, therefore the programme has been adapted (see next page).

DISTANCES

The distance between the ILS hotel and the Beach is 2.5 km. The distance from Mamoura Beach to the Swimming Pool is 15 km.

WEATHER - TEMPERATURE

October is the perfect time to visit Egypt.

The days are warm and sunny and the nights are breezy and balmy. The average daily temperature is 25 to 28 degrees Celsius.

The night temperature is between 19-22 degrees.

The sea water temperature is 22-24 degrees. The average rainfall is 0.

EQUIPMENT

The EDLF will provide a pool of equipment to the competitors. 24 surf ski's, 24 boards, tubes, obstacles, etc... will be available as well as six surfboats and ten IRB's.

COMPETITION ARENAS

The EDLF will provide three swimming competition arenas, one surfboat arena and

one IRB arena. Besides these arenas, a training arena will be set up.

On the beach, one sprint arena and four beach flag arenas will be available.

Besides the arena's, spectator seating will be provided for minimum 500 people.

The EDLF will also foresee a Lifesaving Village close to the competition site.

STAY SAFE

Egypt is generally safe and locals are extremely friendly and accommodating. But as one would anywhere, take simple precautions. Do not draw too much attention to jewellery, your wallet or camera, etc... or walk in desert areas alone.

When sightseeing in Egypt, one should dress appropriately in more conservative surroundings. Whilst visiting religious sites such as churches and mosques, it is recommended that your attire be respectful of the situation.

Appropriate clothing involves little skin showing, legs and shoulders in particular. Outside of a religious setting however, locals are used to tourists and have no problem with different types of clothing, especially in Alexandria.

Street kids, taxi drivers, and others may harass tourists. They will usually desist after a stern attitude of the person.

OBTAINING AND DRINKING LIQUOR

Obtaining liquor is easy since Alexandria has many liquor shops that can be visited by locals or foreigners and that are very affordable.

There is no need to present ID cards or any documents whatsoever, you enter a shop, order or take what you want and pay, simple as this. All four and five star hotels also sell liquor and have bars and discotheques but at higher rates, as usual. Liquor can also be delivered at home.

In short:

Imported beer 500 ml can: 1.15 Euro
 Local beer: 500 ml can: 0.81 Euro
 Wine bottle: from 5 to 12 Euro
 Spirits: 10 to 15 Euro.

PROGRAMME OF RESCUE 2010

| Date | Meetings and Social | National Teams | Masters | Interclub Teams | Surfboats IRB |
|--------------|---|-----------------------------------|------------------------------|--|---|
| Sat 02/10 | | | | | |
| Sun 03/10 | | | | | |
| Mon 04/10 | Commission Mtg. Committees Mtg. ILS Welcome Party | | | | |
| Tue 05/10 | Board of Directors ILS Centennial Dinner | General Briefing Briefing SERC | | | |
| Wed 06/10 | Board of Directors Opening Ceremony | Pool SERC Opening Ceremony | | | |
| Thu 07/10 | | Pool | General Briefing | | |
| Fri 08/10 | | Beach/Ocean | Pool | | |
| Sat 09/10 | | Beach/Ocean Closing Party | Pool | | |
| Sun 10/10 | | | Beach/Ocean | General Briefing Briefing SERC | |
| Mon 11/10 | | | Beach/Ocean Closing Party | Pool SERC | |
| Tue 12/10 | | | | Pool | |
| Wed 13/10 | | | | Pool | Briefing Surfboats Briefing IRB |
| Thu 14/10 | | | | Beach/Ocean | Competitions |
| Fri 15/10 | | | | Beach/Ocean | Competitions |
| Sat 16/10 | Closing Ceremony | | | Beach/Ocean Closing Ceremony Closing Party | Competitions Closing Ceremony Closing Party |
| Sun 17/10 | Departures | | | | |

Mtg: Meeting

COMPETITION BEACH/OCEAN VENUE: MAMOURA BEACH

The Mamoura Beach is the selected beach for the beach and ocean competitions. The Mamoura Beach is located in the very North side of the city of Alexandria. It is part of the Mamoura Beach and Holiday residential area and the access to the area is through a controlled gate. The beach is wide and deep enough with a wide pedestrian promenade along the beach giving adequate back of beach areas.

There is sufficient space for at least three water arenas and the usual beach sprint track and beach flags areas. Briefings can take place in the adjacent meeting halls. The Mamoura Beach Area is a protected area with access control.



The beach is immediately backed by residences, mainly holiday apartments where all officials, judges, team management, competitors and spectators can be accommodated at very reasonable rates (see above).

The Mamoura Beach Area has also the necessary coffee shops, entertainment and supermarkets.

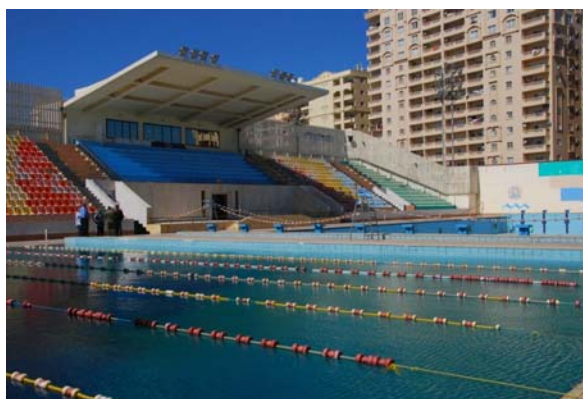
COMPETITION POOL VENUE: MOUBARAK SWIMMING POOL

The Moubarak Military Swimming Pool is a full size Olympic pool with 10 lanes and a depth of 2 m all over, it has electronic timing (Omega) on both sides and adequate spectator seating (over 4,000).

It has no separate warm-up pool; however there is a diving pool (25 x 20 m) adjacent to the pool.

Dressing rooms and administration rooms are available. The Organising Committee will add to the complex temporary catering and other facilities. There is ample parking space in the domain.

The Moubarak Swimming Pool Complex is a military pool that is located in a military complex in a protected area with a gate and access control.

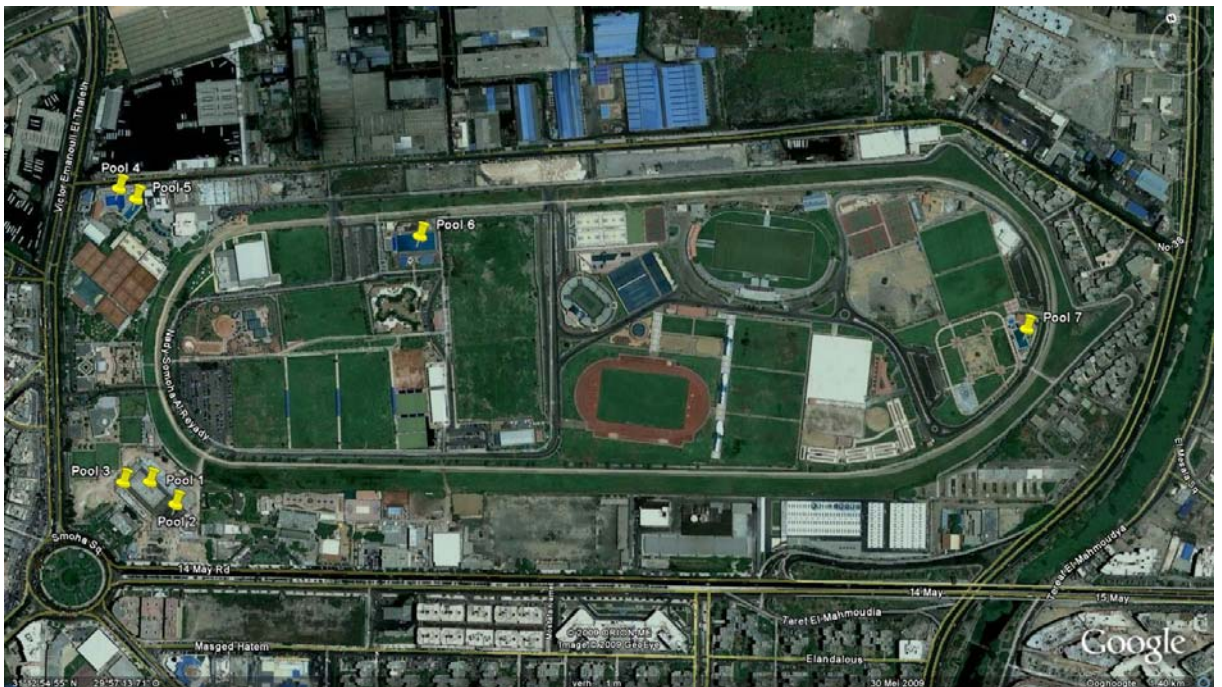


NEW POOL COMPETITION VENUE AND TRAINING VENUES

Currently a completely new swimming complex is constructed and planned to be finished by March 2010.

If and when finished, the competition will move to that pool which contains a fully Olympic size pool of 50x25x3m, an adjacent 50x12.5x2m warm up pool, a diving pool of 25x20x10m and four other swimming pools in the vicinity that will be used for training.

The distance of the venues as well as the pool precinct are given on the next page.



Pool 1 = Competition Pool, Pool 2 and 3: warm-up pools. Pools 4 to 7: training pools.

ILS TRAVEL INFORMATION

Disclaimer

The purpose of the International Life Saving Federation (ILS) Travel Information is to provide information and guidance to help ILS representatives and participants form their own judgements about travelling. While care is taken in preparing this advice, the ILS does not assume any responsibility, including legal responsibility, to those who read this advice and who may choose to take it into account when making any decisions relating to a travel. Neither the ILS nor any ILS Member Organisation can accept liability for injury, loss or damage arising in any respect of any statement contained in the ILS Travel Information.

Introduction

It is recognised that the activities of the involved individuals travelling for ILS meetings, representations, education, competition or others involve a risk. This ILS Travel Information is provided for ILS representatives and participants to maintain health, safety and ensure respectful travel. Health and safety international travel risk information is very dynamic and may change quickly as global health and safety risks unfold.

Health

ILS travel participants should have appropriate travel health insurance. Trusted and respected information should be reviewed prior to trip planning on the health recommendations for the nation and region involved in your travel. This information is available from different sources, including national travel health advisory websites. It is important to understand the health risks of your travel and the availability of health support in the event of illness or health concerns.

Public health and illness management systems vary greatly throughout the world. Travellers should have some familiarity with the quality and scope of health services for visitors, prior to their departure. Taking appropriate prevention strategies prior and during the travel is recommended. If there are travel health advisories/ notice, recommendations/ precautions and restrictions/warnings, ILS participants should follow those guidelines, including cancelling or

moving a meeting, competition or event if the health of the participants is at risk.

For ILS events requiring an urgent assessment and decisions concerning the participant's health risk, ILS will make the decision about event cancellation or transfer to a safe location.

Safety and Security

All ILS participants should have a high level of awareness for their personal security during travel. Trusted and respected information should be reviewed prior to trip planning on the security and safety risks and recommendations for the nation and region involved in your travel. This information is available from several sources including national travel security and safety advisory websites. It is important to understand the security and safety risks of your travel and the availability of support in the event of security and safety concerns.

Visitor security and safety varies greatly throughout the world. General rules to reduce your security and safety risks are available on global and national websites. Taking appropriate strategies and measures during travel are recommended. This may include conservative dress, engaging local guide resources, avoiding attracting unneeded attention to your presence, respecting local laws, customs, beliefs and behaviours.

There is a risk of terrorism throughout the world. The risk of terrorism is higher in some nations and this may warrant advisory/notice or recommendations/precautions or restrictions/warnings in some nations and/or regions of a nation. We recommend you analyse reliable updated website information for the risk in the nation you will visit, prior and during your travel.

If there are travel security and safety advisories /notice, recommendations/precautions and restrictions/ warnings, ILS participants should follow those guidelines, including cancelling or moving a meeting, competition or event if the security and safety of the participants is at risk.

For ILS events requiring an urgent assessment and decisions concerning the participant's security and safety risk, ILS will make the decision about event cancellation or transfer to a safe location.

Respectful Travel

ILS representatives and participants travelling support the global effort to minimise the negative impact of travel on the environment. ILS representatives and participants understand and respect efforts to end sex tourism and illicit drug trade and use. ILS representatives and participants understand the profound consequences of being accused of illegal activity.

Responsible travellers will review and respect the cultural beliefs and customs of the nations that they visit. In some nations, drinking alcohol or displaying the effects of alcohol in public is disrespectful and/or illegal. In some cultures, during fasting traditions (i.e. Ramadan) it is disrespectful to eat, drink or smoke in public, for part of the day. Responsible travellers do not display excessive good fortune while visiting low and middle income nations.

EMERGENCY

- Emergency number: 123
- Police number: 122
- Fire HQ number: 180
- Central Ambulance, Kom El Dekka (opposite Alexandria Station), ☎ +20-3-4922257.
- El Moassa Hospital, El Horreya Road, El Hadara, ☎ +20-3-4212885/6/7/8.
- El Shatby Hospital, Dr. Hassan Sobhy St., El Shatby, ☎ +20-3- 4871586.
- Medical Research Institute, El Horreya Rd. (besides Gamal Abdel Nasser Hospital), ☎ +20-3-4215455 - 4212373.
- Bacos Ambulance, Mehatet El Souk Street, Bacos, ☎ +20-3- 5703454.
- Poison Centre Main University Hospital, ☎ +20-3-4862244.

PRE AND POST RESCUE 2010 TOURS

The Organising Committee is currently negotiating the best possible deals for pre-and post Rescue 2010 Tours.

WHAT TO VISIT IN EGYPT

Hurghada

One of the leading seaside resorts on the Red Sea, Hurghada used to be a small fishing village before it boomed into a touristic beach

destination. Hurghada boasts a great nightlife, beach activities, and perfect weather year long. Hurghada has the luxury of its own airport, with frequent flights to and from Cairo as well as direct flights to numerous European cities. Hurghada is the dream location for SCUBA diving and snorkelling.

El Gouna

El-Gouna is a self contained privately owned town with over 10.000 residents, foreigners and Egyptians alike. The town is spread over 10km of unbeatable Red Sea beaches.

Sharm El Sheikh

Located at the very tip of the Sinai Peninsula, Sharm El Sheikh is one of the top holiday destinations of the world. Notorious for its scuba diving, the underwater life and national parks brings in divers from all over the globe. Enjoy a Bedouin night in the Sinai desert on a safari and witness a breathtaking sunset.

Luxor- Aswan

A Nile cruise between Luxor and Aswan is the way to experience the land of the Pharaoh's and the incredible ancient history. At the site of the city of Thebes, Luxor has been characterised as the "world's greatest open air museum". Immediately across the Nile River lie the monuments, temples and tombs on the West Bank Necropolis, which include the famous Valley of the Kings and Valley of the Queens.

Cruise from Luxor to Aswan, take a bus to Abu Simbel and cruise back the Nile to Luxor while visiting the most amazing places in Egypt.

WHAT TO VISIT IN CAIRO

The Giza Pyramids and Sphinx

Out of the 100+ pyramids found in Egypt, the Giza Pyramids are the most famous. The Pyramid of Khufu (Cheops) is the largest Egyptian Pyramid and is the only wonder of the Seven Wonders of the Ancient World. The sphinx is the largest monolith statue in the world, and is located on the Giza plateau.



Three times a night, a sound and light show is presented. The show uses the sphinx as the narrator of Egypt's ancient history, this spectacular show against the stunning pyramids backdrop will surely impress you.

The Sakkara Pyramids

Located 30 km outside Cairo, Sakkara is a vast burial ground, serving as a necropolis for Egypt's ancient capital, Memphis. It's at Sakkara where you will find the famous step pyramids, dating even further back than the pyramids of Giza.

The Egyptian Museum

Nowhere else in the world will you be able to see so many treasures in one place. Established in 1835, the present neo-classical building was built in 1900. The museum's collection exceeds over 120.000 pieces, from the pre-historic era to the Greco-Roman period. The Royal Mummy room is the home of over 27 royal mummies. The Tut Ank Amon Galleries are also a must-see.

Coptic Cairo

Holding approximately 15.000 pieces on display, this museum contains the world largest collection of Coptic artefacts and artwork. Displaying a rich mixture of Egyptian, Greek, Roman, Byzantine and Ottoman traditions, the objects are grouped into different mediums, such as stonework, woodwork, metalwork, textiles and manuscripts.

Ibn Tulun Mosque

Almost the largest and oldest mosque in Egypt, Ibn Tulun is a must-see. Built out of mud-brick

and still surviving in its original form, the great mosque was erected in 879 AD. It features a beautiful outer courtyard, architectural lecterns and arcades, a 13th century fountain and a famous spiral minaret.

The Citadel

The Citadel is a monument of great importance to the world's medieval warfare, as well as a highly visible landmark on Cairo's Eastern skyline. The Citadel houses a number of historical mosques and museums. Built in 1176 by Salah El Din to protect the city from crusaders, the Citadel is one of the most popular tourist attractions in Cairo, a masterpiece of its time.

Khan El Khalili

Cairo's famous bazaar, well known for its shops and cafes. Amidst typical touristic stores selling papyrus, scarves, oils and jewellery, one can also find unique shops selling one-of-a-kind pieces. Expect to bargain a lot at this market as prices tend to soar. Also be aware of currency conversions as some shop owners accept Euro and USD.

WHAT TO VISIT IN ALEXANDRIA

Qaitbay Citadel



One of the icons of the city at a beautiful location, the fortress overlooks the Mediterranean Sea and the city itself. Built by Mameluke Sultan Abdul-Nasser Qait Bey in 1477 AD but razed and reconstructed twice since. This citadel was built in 1480 by Sultan Qaitbey on the site of the Pharaohs Lighthouse,

to protect the city from the crusaders who used to attack the city by sea.

Roman Theatre

Built in the 2nd century AD, this Roman amphitheatre has 13 semicircular tiers made of white and gray marble, with marble seats for up to 800 spectators, galleries and sections of mosaic-flooring. In Ptolemaic times this area was the Park of Pan, a pleasure garden surrounded by Roman villas and baths.



El Montazah Palace

Built in 1892 by Abbas II of Egypt Abbas Hilmi Pasha, the last khedive of Egypt. One of the palace buildings, the Haramlek, now contains a casino on the ground floor and a museum of royal relics on the upper levels, while the Salamlek has been converted into a luxury hotel (see Sleep). Parts of the extensive gardens (over 200 acres) are open to the public. There is an entrance fee for the park.



Cemetery of Mostafa Kamel

The cemetery includes four tombs dating from the second century BC, all of which are in excellent condition and beautifully decorated. The cemetery bears the name of Mostafa Kamel, one of Egypt's largest political twentieth century legends. It was he who pronounced the famous phrase: "If I was not born as an Egyptian, I would like to be an Egyptian."

Roman Catacombs

A stunning set of catacombs with a fascinating mix of Roman and Egyptian iconography. Best viewed early in the morning or late afternoon when no one else is around. Shoes that can get muddy. Some guides recommend a flashlight but this is not necessary.

Pompey's Pillar, Karmouz

An ancient monument, this 25-meter-high granite column was constructed in honour of the Emperor Diocletian in AD 297. The confined area where the column stands has also other ruins and sculptures. The area seems mostly to be visited by Europeans. Also beside this area is a very big shopping centre for cloth and furniture equipments.

MODERN ALEXANDRIA

Bibliotheca Alexandrina



This unique library is a must to visit, It is located East of the Corniche and is open daily except Tuesday 11 AM to 7:00 PM, but opens only at 3 PM on Friday and Saturday. It is a huge modern library and research centre constructed on the site of the former Library of Alexandria (see History). It has also a big conference centre and a planetarium.

Corniche

The Corniche is a glorious 15km walkway (wharf/pier/ boardwalk) along the harbour dotted with restaurants, markets and historic sites.

MUSEUMS

Alexandria National Museum

History Museum with more than 1800 archaeological pieces exhibited chronologically: the basement is devoted to Prehistoric and Pharaonic times; first floor to the Greco-Roman period; second floor to the Coptic and Islamic era that highlights artefacts raised during recent underwater excavations.

Museum of Fine Arts

It contains a lot of royal and precious jewels.

Royal Jewellery Museum

It contains a lot of royal and precious jewels. Unfortunately it has been closed for renovation since 2005.

National Institute for Oceanography and Fisheries

Aquarium and museum displays.

RELIGIOUS SITES

Abou el-Abbas al-Mursi mosque, Bahary.

Built in 1775 by Algerians, the mosque was built over the tomb of the thirteenth century Sufi saint Andalusian Murcia, Ahmed Abu al-Abbas al-Mursi (Abul Abbas). The walls of the mosque are dressed in artificial stone, while the minaret, located on the south side, stands at 73 metres.

Greek Orthodox Church Mansheya.

The head church of the Greek Orthodox Patriarchate of Alexandria and All Africa.

Saint Mark's Coptic Orthodox Cathedral, Mahatet El Raml.

Founded in 60 AD and the historical seat of the Pope of Alexandria, although in 1971 - after nearly 2000 years here - the seat was moved the Hanging Church in Coptic Cairo. Saint Mark the Evangelist (yes, the one who wrote the Gospel of Mark) founded the church and was buried here, but the body was stolen by the Venetians in 828 to be enshrined in St. Mark's Basilica in Venice. The head was kept though, and its shroud was ritually changed by every

new Patriarch, but it too was later lost. Not much of this history remains today: the cathedral has been rebuilt at least five times and the present building dates from 1952.

BEACHES AND SPORT

Beach off the western end of the Corniche

- Sunbathe at the Mamoura Beach or Montazah Beach. During summer the beaches are packed with Egyptian tourists.
- Hire a boat and go cruising at Ras El-Tin.
- Have a long walk by the beautiful Corniche by the Mediterranean Sea.



- Alexandria Sporting Club, (right in the heart of Alexandria). Sports club originally built by the British in 1898. Features a large golf course, but regrettably it's members only.
- Smouha Sporting Club, Smouha. International Hockey Stadium, many swimming pools, a number of soccer fields, two running tracks and many more. Members and guests only. edit
- Rent scuba gear from Alexandra Dive and dive through the East Harbour's ancient remains.
- Go swimming in the Country Club or Lagoon Resort, in front of Carrefour.

100 YEARS OF INTERNATIONAL LIFESAVING

ILS was created at a General Assembly in Saint Ouen, a small city near Paris on 27 March 1910. Mr. Raymond Pitet took this initiative. The Lifesaving Movement will celebrate its anniversary with a Gala dinner in Alexandria on 5 October 2010. Everybody is welcome to celebrate this unique moment. Fees of 50 Euro per person apply.



Mr. Raymond Pitet, founder of the International Lifesaving Federation in front of the first lifesaving headquarters in Paris.

HOW DO I REGISTER

Registration can be done in two ways:

- Individually.
- Per group or team.

Registration forms can be found on the Rescue 2010 web site: www.rescue2010.com or on the following pages.

Please mail your registrations back to info@rescue2010.com

It is imperative that all people traveling to Alexandria and willing to compete in the Lifesaving World Championships, or willing to be a team manager, official, guest or spectator, be registered in order to allow the Egyptian Federation to provide them with an accreditation card. With the card they will have access to the secured Mamoura precinct (accommodations and beach/surf events) and to the pool precinct (pool and SERC events).

Entry Deadlines

The EDLF has identified three entry deadlines.

- **Early entries:** Entries between 1 April 2009 and 31 December 2009.
- **Normal entries:** Entries between 1 January 2010 and 31 July 2010.
- **Late entries:** Entries between 1 August and 15 September 2010.

Entries after 15 September 2010 will only be accepted in exceptional cases and a late entry penalty of 50 Euro applies.

Full Member Federations knowing that they will participate in the national team events with 12 competitors should register early in order to save money.

ILS Affiliation

All competitors must be registered with an ILS Full Member Federation and provide proof with a declaration of membership by their National Federation.

Payments

Payments can be made to a bank account specially opened for Rescue 2010. The registrations will be handled by the ILS headquarters in close collaboration with the Egyptian Federation.

Bank details will be provided soon.

JOIN US

Join us at Rescue 2010. It is the first time that the event will be held in one of the 24 Arabic speaking country, in North Africa, in a country where the Islam is the majority religion and in a country where the first signs of lifesaving appears. Indeed in the 13th Century before Christ, Pharaoh Ramses II drowned in the Orontos river during the battle of Kadesh. The Pharaoh was saved by two soldiers and resuscitated by being turned upside down.

RESCUE 2010 EXAMPLE INSCRIPTION FORM

Please mail back to info@rescue2010.com

PERSONAL DETAILS OF TEAM MANAGER

| | |
|-----------------------|---|
| Family and First Name | THOMPSON John |
| Club/Country | Red Carpet Surf Life Saving Club / Myanmar |
| Mobile Phone or Phone | +20 222 333 444 |
| E-Mail Address: | thompson@telenet.my |

PERSONAL DETAILS OF TEAM MEMBERS

| Family Name | First Name | Birth Date | Gender | Function |
|-------------|------------|-------------------|---------------|------------------------|
| AA | Aa | DD/MM/YYYY | Male | Competitor |
| BB | Bb | DD/MM/YYYY | Male | Competitor |
| CC | Cc | DD/MM/YYYY | Male | Competitor |
| DD | Dd | DD/MM/YYYY | Male | Competitor |
| EE | Ee | DD/MM/YYYY | Male | Competitor |
| FF | Ff | DD/MM/YYYY | Male | Competitor |
| GG | Gg | DD/MM/YYYY | Female | Competitor |
| HH | Hh | DD/MM/YYYY | Female | Competitor |
| II | Ii | DD/MM/YYYY | Female | Competitor |
| JJ | Jj | DD/MM/YYYY | Female | Competitor |
| KK | Kk | DD/MM/YYYY | Female | Competitor |
| LL | Ll | DD/MM/YYYY | Female | Competitor |
| MM | Mm | DD/MM/YYYY | Male | Coach |
| NN | nn | DD/MM/YYYY | Female | Physician |
| OO | oo | DD/MM/YYYY | Male | Physiotherapist |

Add more if needed

TRAVEL DETAILS

| | |
|---------------------------|-------------------|
| Arrival in Alexandria | 28/09/2010 |
| Departure from Alexandria | 17/10/2010 |

ACCOMMODATION

Please reserve the following in Mamoura Precinct

Tick

| | Studio | One Bedroom | Two Bedroom | Three Bedroom | |
|-----------------------|--------|-------------|-------------|---------------|---|
| Top Range (4 star) | | | 125 | 155 | |
| Middle Range (3 star) | 70 | 80 | 95 | 125 | 2 |
| Budget Range (1 star) | | | 65 | 95 | |

TRANSPORT

Transport from and to Cairo

| | |
|---|---------------------------|
| Book transport from Cairo to Alexandria (15 Euro) | YES for 16 persons |
| Book transport from Alexandria to Cairo (15 Euro) | YES for 16 persons |

Transport in Alexandria

| | |
|---|-----------------|
| Book car without driver at 50-60 Euro per day | |
| Book car with driver at 70 Euro per day | |
| Book mini-bus (9 seater) with driver at 80 Euro per day | 2 busses |
| Book mini-bus (14 seater) with driver at 90 Euro per day | |
| Book mini-bus (28 seater) with driver at 140 Euro per day | |
| Book mini-bus (50 seater) with driver at 220 Euro per day | |