

*Secondary
Trips
2017/2018*



NORD ANGLIA
INTERNATIONAL SCHOOL
DUBAI

Be Ambitious

NAS DUBAI SECONDARY TRIPS 2017/2018

Year 7 Trip to Ras Al Khaimah: 15th - 19th October 2017

Year 8 Trip to Sri Lanka: 13th - 20th October 2017

Year 9 Trip to Tanzania: 13th - 20th October 2017

Year 10 Trip to London: 13th - 19th October 2017

Year 11 Trip to Singapore: 13th - 19th October 2017

Years 6 to 11 Trip to Verbier, Switzerland: 24th - 31st March 2018
(First week of spring break)

Year 12 IB Diploma Programme Educational Visit to
Chiang Mai, Thailand: 12th – 19th January 2018

Welcome Note from Liam Cullinan



Welcome to our NAS Dubai residential guide. This guide provides detailed information regarding our school trips and the enriching experiences they offer the children.

I am a huge advocate of school trips, not only are they one of the things students eagerly look forward to but also the skills, learning and memories stay with them for a lifetime. A school trip with its natural dynamic environment creates a unique learning venue that matches our natural inclination to know more about things.

The best school trips develop teamwork, communication, leadership, courage and a thirst for more knowledge, all key to be successful within and beyond academia. Trips at times will be challenging; however, our students will feel great satisfaction and a huge sense of achievement with their accomplishments.

"The greater the obstacle, the more glory in overcoming it".

Travel is essential to a child's understanding of the world, as I highlight on a daily basis to our students they are the leaders of tomorrow. I hope this guide helps you gain a better understanding of the rewarding and character building adventures we offer our students at NAS Dubai.

Head of Secondary
Liam Cullinan

Year 7 Trip to Ras Al Khaimah



Year 8 Trip to Sri Lanka



Year 9 Trip to Tanzania



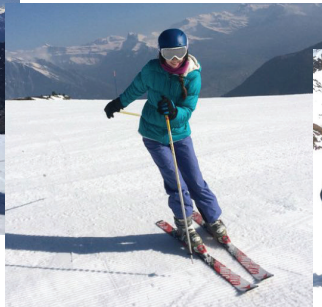
Year 10 Trip to London



*Year 11 Trip to
Singapore*



*Years 6 - 11 Trip
to Verbier, Switzerland*



*Year 12 Trip
to Thailand*



Year 7 Trip to Ras Al Khaimah: 15th - 19th October 2017

Trip duration: 5 days, 4 nights

Camp Highlights

- Wide range of activities
- European safety standards
- 1:10 instructor to student ratio
- En-suite & air conditioned cabins
- 1 ½ hour drive from Dubai

We arrange air-conditioned coaches with individual seat-belts for each passenger.

Your Itinerary

Multi - Activity Programme - 5 Days

PRICE: 2500 per student

What's included?

- Transport from/to the school
- All meals & accommodation at the camp
- Activities, instruction, equipment, liability insurance

Air transport, visas & general travel insurance are not included.

Transitioning from primary to secondary can sometimes be a daunting prospect but experience has taught us that by taking all students on a residential visit in Term 1 we are able to make that transition much smoother.

The trip, therefore, will support your child in developing the kind of resilience, independence and leadership skills that will allow them to flourish in secondary school.

The programme has been specifically tailored to meet the needs of NAS Dubai students and it has been developed by our own pastoral leaders, in conjunction with our outstanding outdoor education partners, Spirit of Adventure. Each student will reflect on their achievements at the end of each day and their Personal Tutor will guide them as to how they can best apply what they have learnt when back in school.

Payment schedule		
Deposit	June 15th	1500
Final Balance	Sept 13th	1000

Camp Information

Accommodation at the camp is in en-suite and air conditioned cabins.

Students' rooms will have 3 bunks, so 6 per room.

Each bed has a pillow, sheet and camel blanket supplied. Please bear in mind that it can get chilly at night in the desert so a sleeping bag for added warmth is recommended

Food is provided in the dining room at breakfast, lunch (if on site) and dinner times. Students make their own pack-lunch (if off site) after breakfast, it's labelled with their name and taken in a cool-box to the activity site.

There is always a wide choice of healthy food available including vegetarian and halal options.

There is no opportunity for students to buy sweets, crisps or cans of pop at the camp as we do not want to facilitate un-healthy eating. Pocket money should be restricted to what they may need to spend on the journeys to/from the camp if the coach stops at a service station.

For valuables such as passports, there is a large safe in the office.

Contact by parents should be directed to the teaching staff attending camp as there will be a member of staff with students on all activities.

All camp staff are 1st aid trained, the camp manager has enhanced qualifications. There are first-aid facilities at the camp and there is a fridge in the office to store any medication that requires cold storage.

In the event of a more serious medical need, there are 2 hospitals approximately 15 minutes away. There is always a safety vehicle available.

Camp guests have insurance cover while they are on planned and supervised activities. Travel insurance, personal effects and general medical insurance is not included and it is recommended that provision is made for this separately. General medical insurance will be covered under the individual's UAE medical card and a copy should be brought to the camp.

Full risk assessments are available on request.

For Activities, students will be in teams of 10 or less. In addition to the camp instructor, there will be a teacher or adult from the school with each group and both are there to help guide, support and encourage students during their stay at camp.

Be aware that the itinerary is our intended programme, but local circumstances including the weather, may require us to change activities especially if safety is likely to be compromised.

Kit List

Essentials

- Sleeping bag (for warmth)
- Sunglasses
- Torch
- Wash bag and towels
- High factor waterproof sunscreen
- Small rucksack/shoulder bag
- Non-essentials
- Pocket money (maximum of AED 100)

Clothing

- Casual wear for travel and evenings, including a fleece or jumper as it may get chilly in the evenings
- Light waterproof jacket
- Water-sports kit to include shorts, swimming costume, long sleeved T-shirt, sun hat and sandals (with an ankle strap) or wetsuit shoes.
- T-shirt, nightclothes
- Practical shoes for walking, ideally with ankle support (Hiking Boots)

The kit list is a recommended kit list only and to give you/students an idea of what is required.

If you are doing water activities, you will get wet and it is best to bring an old set of clothes, an old pair of trainers or other suitable footwear. Flip Flops are not considered as protective and students will not be allowed in the water without suitable footwear.

The cabins have beds, which have a pillow, sheet and camel blanket. Please bring a sleeping bag for added warmth as it can get chilly in the desert at night.

A head-torch or flashlight is essential for the evenings.

How to find the camp

After the E611 joins the E311, continue towards RAK on the E311 and take the next main turn-off right (approx. 14km) which is signposted to Golden Tulip, Banyan Tree and Dibba. Continue for 12km and go straight-on at roundabout by the truck weighing station. After 2km, look for a big sign on the right hand side of the road. Turn right and follow the gravel road to the camp entrance. (If lost, please call the duty phone on 0569575227).

Year 8 Trip to Sri Lanka: 13th - 20th October 2017

Terrain: Jungle and coast

Language: Sinhala, Tamil and English

Time Zone: GMT +5.30

Population: 20 million

Fact: Sri Lanka is the world's largest tea exporter, but tea was only introduced in the country in 1867.

Sample Itinerary

Day 1: Arrive in Sri Lanka

You'll fly in to Bandaranaike International Airport, located about 30km north of Colombo and close to the beach town of Negombo where you will spend your first night in country. Gather up all of your team kit and change some of your team budget into Sri Lankan rupees before you leave the airport.

You will be picked up from the airport by a private bus for the short journey to Negombo (about 30 mins). This has been organised through JF Tours, World Challenge's approved road transport provider in Sri Lanka. The bus and driver will stay with you for the duration of the itinerary.

As today is your first day in country you will need to, as a team, agree on some expedition ground rules, allocate roles, change money, make or confirm any necessary bookings and buy supplies for your next phase.

Orientation in Negombo

With its old Dutch Fort, historic churches, beautiful temples and bustling fish market (the second largest on the island), Negombo is the ideal place to begin your Sri Lankan adventure. Negombo town has retained its colonial charm and much of the Dutch and Portuguese architecture is still standing, such as its fort, canals, and many churches. The Negombo beach area, a little bit further up the coast, features long sandy beaches and is a great place to see local fishermen heading out to sea in their traditional catamarans.

Day 2-3:

Travel to Dambulla

Today you will be entering Sri Lanka's Cultural Triangle, a area dotted with significant religious and cultural sites, located about 70km North of Kandy and 4-5 hours drive from Negombo on the coast. This is known as the dry zone, where temperatures are much higher than the more temperate highlands.

The Dambulla Cave Temples

Dambulla is famous for its cave temples, which are located about 2km from the center of town and can be easily accessed by foot or taxi. The caves have been a place of worship since around the 1st century BC when

Sri Lanka's ruler, King Valagamba, took refuge in Dambulla after being driven away from the ancient city of Anuradhapura. It is believed that, upon regaining his throne, he ordered for the interior of the caves to be carved into the beautiful temples you will visit. The intricate designs have been developed ever since as many of King Valagamba's successors have chosen to dedicate resources to preserving these ancient religious sites.

Day Trip to Sigiriya

Sigiriya is a small town about 25km from the town of Dambulla. The journey will take approximately 30 mins by road.

Day 4-5:

Community Engagement & Project Phase

The community engagement phase of your expedition will offer a unique opportunity to immerse yourself in a community, giving an insight into a rich new culture. The language, daily routine, activities, facilities and cultural sensitivities will all be new and different to what you are used to. Cultural exchange works both ways and, although you are guests for a short time, no doubt you will want to share your culture with your host community. So come prepared with photos of your school, community and your families as well as songs and danceroutines. Be prepared to cook a meal for the community, invite them to a sports match or host a party.

This will provide an opportunity for real interaction. The more you engage the greater the reward!

You will explore local development challenges, by participating in a local project that is aimed at meeting an important community need. For example, how does a toilet improve girl's participation in school, why is a concrete floor critical to health, why is tree planting / fence building so important to the local economy and why are children living in orphanages? So ask questions and be inquisitive, great leadership and teamwork looks at the bigger picture.

Your project is likely to be based in a school in rural Sri Lanka where there is always plenty to be done to improve infrastructure, from building whole new classrooms to improving the existing facilities. Sri Lankan school children are naturally inquisitive but can also be shy, so practising a few songs or games to involve the children with is a great way to make friends and gain the support of the whole community. Sport is also very popular: plan a sports event or at least have a game of football or cricket after school. Play with children is important for their health and development. So get creative! At the end of the day you will return to camp for a chance to dry off before enjoying a hot meal and a chance to reflect on the day's activities as a team.

Day 6-7: Borderlands

Travel to Borderlands for your rest and relaxation phase. Borderlands is an outdoor activity centre specializing in youth development. You will arrive in the afternoon, settle in and enjoying an evening meal at the camp.

White Water Rafting

Your rafting excursion takes place on the River Kelani, one of Sri Lanka's most beautiful rivers. Arriving at the Borderlands riverfront camp, teams will be transported to the start of the rafting by vehicle.

The activity begins with a safety briefing and a few pointers on rafting technique. Departing in the afternoon, teams will encounter seven high quality, class II and III rapids and the temperate waters which make the Kelani a fantastic rafting experience. The rafting section of the river is approximately 6.5 kilometres in length, taking between 45 minutes to 1.5 hours to complete, depending on water levels. Rafters are guaranteed a challenge, but are also offered a chance to relax, with small calm stretches allowing a chance to unwind. All Borderlands raft trips meet international safety standards; participants will wear life jackets and helmets for safety and will be guided by an expert Borderlands team.

At the end of the day you will return to camp for a chance to dry off before enjoying a hot meal and a chance to reflect on the day's activities as a team.

Day 8: Departure Day

Today you will be catching your flight home. Ensure you have all parts of the group kit and arrive at the airport in plenty of time.

Getting off the plane, you'll be bursting with stories and photos to keep family and friends entertained for hours! Saying goodbye to your team will be harder than you'd imagine as you'll have become lifelong friends but the excitement of a shower, clean sheets, a comfy bed and catching up on all the news at home will make it easier. Don't forget to keep the experience alive and put your images, videos and best stories up on YouTube, Flickr and Facebook - remember to tag them all as World Challenge so you can compare notes with other returning Challengers.

Please remember embarking on an expedition with World Challenge is not without risk. There are a number of factors to be aware of including variation in climate, the intensity

and nature of the planned activities, health, personal safety, and security all of which may differ from what participants are used to. Our expeditions are not holidays, and the level of challenge should not be underestimated.

The nature of travelling in the developing world is such that things don't always go according to plan and it's really important for each team to enter into their expedition expecting that things may need to change. During your itinerary you may have the opportunity to take part in approved Rest and Relaxation activities. These approved activities must be completed in accordance with World Challenge risk assessments and, unless otherwise specified in your expedition paperwork, may come at your own expense. Do not hesitate to get in touch with us if you have any questions or concerns about the nature of the expedition.

Price

The price for the 8-day World Challenge expedition to Sri Lanka departing in October 2017 will be approx. AED 8,250.

Payment schedule		
Deposit	May 11th	3000
1st Installment	June 22nd	2000
Final Payment	Sept 13th	3250
	Total	8250

What the cost covers

All expedition fees are comprehensive, covering the entire programme from beginning to end. Below are the typical details of what will be included in your expedition fee:

Flights and in-country costs

Transport, food, accommodation, guides' fees, park fees, airport taxes, local equipment purchase or hire and other in-country costs specific to the expedition.

Expedition equipment

Satellite communication equipment, tents, ropes, harnesses, extensive medical supplies appropriate for your destination and stoves.

Insurance (medical)

24-hour back-up from the Operations Centre in High Wycombe in the UK, all medical treatment until return to country of origin, search and rescue and casualty evacuation for all team members.

Preparation

Expedition handbooks, online resources, destination research, meetings, parents' presentation and regular support from your World Challenge representative, and medical consultancy.

Leaders & Expedition Assistants

Each team travels with an Expedition Leader with necessary qualifications and experience who is specifically trained and assessed for the role by World Challenge.

Medical assistance

We are associated with international medical assistance agency First Assist which supports the Operations Centre and are available 24 hours.

Training

Preparation workshops.

THE COST DOES NOT COVER

- Personal equipment (or personal equipment insurance)
- Pocket money
- Optional rest and relaxation activities
- Transport to and from Dubai Airport
- Pre-departure accommodation close to airport (if required)
- Vaccinations
- Visas

Vaccinations & Visas

Sri Lanka vaccination

The recommended immunisation shown below is specific to World Challenge expeditions. Other travellers may have different requirements. The information is designed for you to discuss with your doctor or travel clinic and the decision is down to each Challenger and their guardians.

Please note that not all vaccinations are suitable for everybody and that costs may vary.

Tetanus - ensure immunity is up to date.

Polio - low risk. Ensure immunity is up to date.

Diphtheria - low risk. Ensure immunity is up to date.

Hepatitis A – recommended.

Typhoid – recommended.

Rabies – recommended.

* Sri Lanka is Malaria free!

* Please note that as of September 2016, Sri Lanka was officially certified by WHO (World Health Organisation) on having **eliminated malaria**.

Sri Lanka Visa brief

The application and cost of obtaining a visa to travel is your responsibility and may differ depending on your nationality. We ask that you do not leave it to the last minute as some visas can take longer than expected, and that you do not seek to gain visa upon arrival as this may cause lengthy delays for the rest of the team. The information below is recent, but it is not uncommon for formalities to change, so please visit the below websites to confirm the application process before applying.

Visa Information for Dubai

All nationals (excluding those from the Republic of Singapore and the Republic of Maldives if staying less than 30 days) must obtain a Visa/ Electronic Travel Authorization (ETA) online prior to travelling.

Please visit <http://www.eta.gov.lk/slvisa/> where you will need to:

- Complete the online application form (Tourist ETA)
- Review and confirm your information
- Make payment online (\$15 or \$30 depending on your nationality)
- Print confirmation page and keep it with your passport

For more information, feel free to contact:

The Consulate of Sri Lanka in Dubai:
Villa 2, Plot B-44, Street 322-8, Al Hudhaiba

Tel: +971-4-3986535 or
+971-4-3989880.

Email: slcondxb@emirates.net.ae

Website: www.srilankaconsul.org.ae

Please note that if your documentation is incorrect, immigration may refuse you entry. Neither the school nor World Challenge will be held responsible for such an occurrence.

If you are still undecided, please do not hesitate to contact us to discuss any of your concerns.

T: + 971 (0) 43663907

E: ibondestam@world-challenge.ae

Applications for the trip should be handed to the Finance office at NAS Dubai no later than 11th May 2017.

Please hand in the following:

1. NAS letter reply slip
2. World Challenge application form
3. Deposit of AED 3000.



Year 9 Trip to Tanzania: 13th - 20th October 2017

Introduction



The Expeditions Programme is the epitome of how ambitious we at Nord Anglia are for your children. We believe that there is no limit to what each of them can achieve and that every student can reach further with us than they ever thought possible.

It is within this context of striving for a world class programme of Outdoor and Expeditionary Learning that we enter our third year of the highly successful Tanzania Citizenship Expeditions.

This year, thanks to your continual support, your child will be joining a team of fellow students and staff, from both their school and the Nord Anglia Education family. They will have a life changing experience and the opportunity to add their story to our ever growing Tanzania expedition programme.

The eight day expedition that your child is set to embark on will take them to Maji ya Chai and Usa River in the Arusha region of Tanzania. Here they will follow in the footsteps of 300 fellow Nord Anglia Education students who took part in the extremely successful 2016-2017 expedition programme, during which they discovered the diverse and vibrant culture of Tanzania whilst significantly contributing to the communities of Kitefu and Imbaseni.

This fantastic opportunity will provide a very real and life changing experience for your child, equipping them with essential skills and experiences that will be greatly advantageous in their future education, career and life as a global citizen. They will build confidence, independence and leadership skills.

They will work as part of a team managing their own time, developing resilience, persistence and resourcefulness, whilst being involved in a range of short, medium and long-term sustainable projects helping the development of local communities. This expedition will broaden students' horizons, taking them away from the beaten track, opening their eyes to the world around them, its cultures, people and their place within it.

The Tanzania expedition is a fantastic opportunity for your child to experience not just the new culture and the various challenges they will face on their journey in Tanzania, but also to meet fellow Nord Anglia pupils from around the world, build lifelong friendships and learn about a variety of cultures.

A handwritten signature in black ink, appearing to read 'Mark Orrow-Whiting'. The signature is stylized with a large loop at the end.

Mark Orrow-Whiting
Director of Curriculum and
Student Performance

The NAE Tanzania Expedition combines both a highly rewarding programme of service work, working alongside Seeway Tanzania, with a two day educational Safari through the Tarangire national park, identifying and learning about some of the region's famous and diverse flora and fauna.

Price

The price for the expedition to Tanzania departing in October 2017 will be approx. AED 6000.

Payment schedule		
Deposit	May 11th	3000
1st Installment	June 22nd	2000
Final Payment	Sept 13th	1000
	Total	approx. 6000

Tanzanian Expedition Package

The expedition package offered by the Nord Anglia Education, Expedition Team includes all of your child's expenses while in Tanzania. This consists of all accommodation and food at Shamba Kipara Camp, a comfortable private camp only available to NAE students, as well as a one night wild camp whilst on the two day safari experience. All in-country transport will be pre-arranged in private, safe vehicles, fully fitted with seat belts and vetted by our team to ensure your child's safety. Airfares to and from Tanzania are included.

The following expenses are NOT included:

- Visas
- Travel and health insurances (the Trip Organiser will assist with this)
- Medication and Vaccinations
- Money for souvenirs and additional snacks and drinks (we recommend no more than \$150)

Safari Experience

While the expedition will focus around the rewarding and challenging aspects of developmental service work in the communities around Madja Chai, there is also an exciting two day safari. This is a brilliant opportunity for your child to enjoy spotting some of the wildlife that Africa is famous for with their fellow students and new found friends.

This truly amazing two day safari experience travels through the Tarangire National Park, arguably northern Tanzania's most interesting park, yet also one of its least visited. With a year round supply of fresh water Tarangire contains the greatest concentration of wildlife outside the Serengeti. This makes it an ideal place to spot almost all of Africa's famous wildlife in its natural environment, including wildebeest, buffalo, lions, leopards and zebras, not forgetting herds of up to 300 migrating elephants and an incredible array of bird life. With 550 different breeding species Tarangire boasts the greatest variety of birds in one habitat in the world.

We will travel through the park in specialist off road trucks giving incredible views of the vast array of wildlife and stunning scenery. Accompanied by professional safari guides we will observe the diverse wildlife that Tanzania has to offer. This will include learning how to identify and track different wildlife, looking at animal behaviour and how the challenges of wildlife conservation and management are dealt with and affect the people of Tanzania.

In addition to this, the students will have a truly once-in-a-lifetime chance to experience a wild camp in the Tarangire National park. This unforgettable experience, spending a night under canvas surrounded by the sounds of nature, will give your child a true feeling of Tanzania's beauty.

Gifts and donations

We understand the desire and generosity that many students have to bring gifts and donations out to Tanzania with them. This is something that although very well intended can lead to a culture of begging and bullying amongst the local children. With this in mind we ask you to please follow the guidelines below when bringing gifts as well as to consult your in school Trip Organiser before making any purchases.

Below is a suggested list of gifts that we recommend:

- Stationery – especially geometry sets, such as the Helix Oxford mathematical sets that come in a metal tin
- Solar Lanterns – we have received information from local agencies in Arusha stating that solar lights are having a massive impact on the ability of students and teachers to work for longer into the evening. If you were to purchase a solar light from Solar Aid they will then buy and distribute three more lights in Africa.

www.solar-aid-ecoshop.co.uk/collections/all

- Easy reading books – these should be children's books, for example *The Gruffalo* by Julia Donaldson, *Where the Wild Things Are* by Maurice Sendak or similar
- Sports equipment – footballs, rugby balls, cricket sets
- White socks and underwear

In the interest of sustainability, we would ask you to please bring robust and long lasting gifts, not things that will break or be disposed of within a short space of time. One strong well-made cricket set, for example, is much better than 4 cheaper lower quality sets. To cover the cost of higher quality products we would advise students to work in pairs or small groups to share costs. In addition please do not bring disposable items such as balloons, sweets or bubble sets.

Typical expedition itinerary

The itinerary below is an example of a typical Tanzania expedition. Exact itineraries have not yet been finalised, so this is meant to represent what your child's expedition could look like. Each trip will contain the following elements but the order they are in may change. When a finalised itinerary is ready we will make it available to you. This is only possible once we have received final student numbers.

Day 1 - Arrival Day

After arriving at Kilimanjaro airport the group will transfer to Shamba Kipara Camp for an introduction talk and camp site tour. The rest of the day will be a relaxed one for the students to settle into their new environment with the chance for free time around camp, African beading, orienteering, problem solving and fishing, depending on arrival times.

Day 2

Half a day of community service work, which could include building goat sheds and smokeless stoves or renovating buildings in local community.

Debrief and plan for the following day.

Day 3

Full day continuation of the community project and time spent at Seeway Children's Centre.

Debrief and plan for the following day.

Day 4

Service work at local Primary School; this is likely to be based around improving the school environment and supporting infrastructure development. Nord Anglia students will get to interact with local students and experience Tanzanian school life.

Debrief and plan for the following day.
Guest Speaker.

Day 5

Continuation of service projects at local Primary School.

Sustainability planning session.

Day 6

Day one of safari in Tarangire National Park.

Wild Camp.

Day 7

Day two of safari in Tarangire National Park.

Group Quiz, last night celebration.

Day 8 - Departure Day

This will be run in a similar way to the arrival day, with varied activities depending on departure times. Each group will have a debrief and reflection session, followed by free time around the camp, African beading, souvenir shopping, orienteering, problem solving and fishing.

What to bring

The kit that your child brings is extremely important. A lack of correct or appropriate kit can, at times, cause serious problems whilst in Tanzania. With this in mind please follow the kit list provided below.

Every Day Use Clothing

- 8x underwear
- 2x long sleeve shirt
- 2x lightweight trousers
- 1x warm top i.e. a fleece or hoodie
- 8x pairs of socks
- 1x waterproof jacket
- 1x swimming clothes
- 2x knee length shorts (no short shorts)
- 1x lightweight sleeping clothes
- 1x flip flops or sandals
- 1x set of clean clothes for travel
- 1x trainers or approach shoes for travelling

Miscellaneous

- 1x wash kit and towel
- 1x DEET based Insect repellent
- 1x sun block min 30SPF
- 1x anti-bac hand sanitizer
- 2x 1 litre water bottle
- 1x lip balm/moisturiser
- 1x sunglasses
- 1x roll top dry bag or bin liners
- 1x travel plug if needed
- 1x wide brimmed sun hat
- 1x head torch/lamp
- 1x cheap watch
- 1x soft duffle bag
- 1x small day bag i.e school bag
- 1x lightweight sleeping bag

Project Work

- 1x long sleeve top you don't mind getting damaged
- 1x trousers you don't mind getting damaged
- 1x sturdy boots
- 1x work or gardening gloves
- 1x safety goggles

Suggested Optional Items

- 1x binoculars
- 1x camera
- 1x reading book
- 1x travel alarm clock
- 1x journal
- 1x Swahili phrase book

Please ensure that your child packs their kit into a soft sided holdall or duffle bag; these are much better for storing and transporting while in Tanzania.

Suitcases or bags with hard sides, solid frames and wheels are not appropriate. These are much harder and heavier to transport and the wheels are not suitable for the terrain students will be on, making them more of a hindrance.

There is a huge amount of outdoor gear and clothing available on the market, ranging from very expensive to very cheap. We would recommend shopping somewhere in the middle... some of the cheapest products are of low quality and do not stand up to the abuse and conditions they will be placed under in Tanzania, while some of the most expensive products are more technical than is needed. We understand that it is not always easy to buy all of these products in some of the countries that our schools are in, and therefore to ensure your child has all the correct kit we would recommend shopping online early from some of the following online stores, or if possible purchase in your home country.

Up and Under is a family run outdoor outlet in the United Kingdom that is happy to ship all over the world. We have also negotiated a special Nord Anglia Education discount for all staff and students.

To access this, simply add Nord Anglia Education to the discount code box on the left side of their website. This will automatically reduce all the prices displayed on the website. In addition to this anyone shopping from outside of the EU can expect a further 20% reduction when VAT is removed. For all shipments outside of the UK, after placing your order, you will receive an email during UK office hours with further details and the cost of shipping.
www.upandunder.co.uk

REI are one of the USA's biggest suppliers of outdoor clothing and gear, who are also happy to ship worldwide and offer some brilliant deals.
www.rei.com

Decathlon are a multi-sport store supplying everything from hiking and climbing gear to football boots and tennis rackets. They have numerous outlets globally but do not ship everywhere in the world.
www.decathlon.com

There are many more online retailers that will ship internationally. If you are having any problems finding the correct kit please contact either your child's in-school Trip Organiser or the NAE Expeditions team.



1. It is important for your child to wear a long sleeve top while out in the sun to protect themselves. Loose fitting synthetic shirts are ideal, as they dry fast and are brilliant for staying cool. Some can be bought with inbuilt SPF protection and mosquito repellent.

2. A long pair of trousers will offer protection from the sun and are brilliant in the evenings for staying warm if the temperature drops. Ones made from a synthetic fabric are preferable as they dry quickly and are cooler in the heat. Some are available with legs that zip off and convert into shorts.

3. Whether it's the wet or dry season, being a tropical environment Tanzania always has the chance of rain. With this in mind it is essential that your child brings a waterproof jacket with them. We would advise

they bring a light weight and breathable one, something similar to the Marmot PreCip jacket is ideal, although there are multiple other options available.

4. A pair of strong work or gardening gloves will protect your child's hands while they are taking part in service work. These are available at most hardware and gardening stores.

5. A few light weight roll top dry bags are brilliant for keeping your child's kit dry in their bags, as well as separating out items of kit. However, a few big bin bags will do a similar job.

6. A light weight sleeping bag will keep your child comfortable while sleeping at night. SnugPak make a very good one called the Travepak; there are many other similar products available.

7. A head torch or lamp is an important piece of kit while in Tanzania, especially while on the wild camp.

8. It is essential that your child brings with them two 1 litre water bottles. Nalgene bottles, being strong and BPA free, are the best to go for. These are better than a water bladder system or a metal bottle as they allow expedition staff and teachers to easily monitor the amount of water your child is drinking.

9. A wide brimmed sun hat will protect your child's head and neck from sunburn. Baseball caps and other styles of fashion headwear are not suitable.

Electronics

Your child is welcome to bring their own mobile phones, cameras and MP3 players on expedition with them, but they do so at their own risk. Nord Anglia Education cannot be held responsible for the loss, damage or theft of any of these items.

We do, however, insist that games consoles and tablets are not brought on expedition and encourage students to use a camera for taking photographs rather than using mobile phones.

We also ask students to please be mindful that they will be in an area where people cannot afford iPhones and similar products. Although the chance of theft is extremely low, your child's phone could be worth more than a family lives on for a considerable amount of time.

Tanzania uses 230 volt power outlets with the three pinned British type G plugs, travel adapters are readily available if your electrical appliances do not comply with these.

Health & expedition

It is vital that you consult your child's General Practitioner (GP) at least 8 weeks prior to departure to discuss health risks in the areas they will be traveling to, recommended vaccinations and a prescription for antimalarial tablets. The exact vaccinations that your child will require vary depending on personal health history and the country you live in. However, for travel throughout much of East Africa, it is compulsory to carry a Yellow Fever Vaccination certificate. For this reason we do insist that your child has this vaccination and attaches their certificate, laminated, to their passport with an elastic band. Failure to do this can result in complications while in the country or possibly being refused entry.

We also suggest researching and discussing with your doctor the following vaccinations and medication. This list is meant as a guide based on our research and experience – please follow the advice of your GP.

Antimalarial medication (for more information on malaria please see the malaria section of this information pack)

- Hepatitis A
- Hepatitis B
- Tetanus
- Polio
- Diphtheria
- Typhoid
- Rabies

You may also want to consider that high quality dental treatment is not always readily available overseas, so you may wish to make an appointment for your child to see their dentist at least 6 weeks before their expedition, making sure that any issues are resolved prior to departure.

Sun burn, heat exhaustion and dehydration

Tanzania is a hot country and the sun is extremely strong, especially during the middle of the day. While on expedition we will be spending significant amounts of time outside every day, and if your child does not take the correct precautions then the risk of heat exhaustion, burning and dehydration is high.

It is extremely important that your child wears a minimum of factor 30 SPF sun block every day and reapplies this regularly. In addition to wearing sun block it is also important that your child covers up as much skin as possible while out in direct sun light by wearing long sleeve tops as well as the wide brimmed hat that the NAE expedition team will provide in Tanzania for them to keep.

It is vital, to prevent your child from becoming dehydrated, that they bring two 1 litre water bottles with them, that they can have on them at all times while in Tanzania. We would recommend getting wide mouth Nalgene bottles, these are very strong, easy to clean, BPA free and clear, which allows us and your child to easily monitor how much they are drinking throughout the day. Fresh clean drinking water will be available at camp for your child to drink every day. When away from camp we will carry large water containers with us to allow students to refill their bottles on a regular basis and have constant access to drinking water.

Malaria

Malaria is a serious febrile illness caused by the Plasmodium parasite, transmitted to humans through mosquito bites. Tanzania is a malaria risk country and there is currently no vaccination against malaria. It is treatable once contracted, but if left untreated can become fatal. Nevertheless, with the correct precautions, the risk of contracting malaria can be significantly reduced. Malaria prevention is always better than cure.

There are a number of antimalarial drugs available on the market and we recommend that you consult your GP and follow their advice on which one to take. Please do this at least 8 weeks in advance of the expedition departure date. Some medication will require your child to begin taking them up to 3 weeks prior to entering a malaria risk area. It can also be beneficial for your child to trial the drug they are taking before departing to ensure they do not have any adverse side effects.

However please follow your GP's advice on this.

Some commonly available drugs on the market are Mefloquine, also known as Lariam, Doxycycline and Atovaquone plus proguanil, more commonly known as Malarone.

Some of the pros and cons to each of these are outlined below. When selecting which antimalarial to take please follow the advice given by your doctor.

Drug name	Pros	Cons
Mefloquine (Lariam)	90% or more effective One Tablet taken weekly 90% or more effective One Tablet taken weekly	Can cause neuropsychiatric problems and increase the effect of anxiety and depression Can cause vivid dreams and insomnia Medication needs to be taken 2-3 weeks in advance of entering a malaria zone Medication must continue for 4 weeks prior to departing a malaria zone
Doxycycline	90% or more effective Low cost Medication needs to be taken 1-2 days in advance of entering a malaria zone	Can cause photosensitivity Must be taken with food otherwise can cause vomiting and nausea Medication must continue for 4 weeks prior to departing a malaria zone
Atovaquone plus proguanil (Malarone)	90% or more effective The majority of people suffer no side effects Medication needs to be taken 1-2 days in advance of entering a malaria zone Medication must continue for 1 weeks prior to departing a malaria zone	Higher cost

Health on expedition

No antimalarial drug is guaranteed to be 100% effective, thus in addition to taking antimalarial medication it is important that students follow these precautions to prevent mosquito bites.

The biting time between different species of mosquito can vary, so it is best to assume that the highest risk periods are between dusk and dawn. It is important to cover up flesh during these periods to reduce the likelihood of being bitten. Loose fitting clothes, long sleeved tops, long trousers and socks are recommended when outside after sunset. Clothes can be treated with an insecticide such as permethrin, which is available through lifesystems under the name of EX4 Antimosquito for Fabrics. Clothes can also be purchased pre-treated. It is worth noting that DEET can damage synthetic clothing when sprayed directly onto it.

The ACMP (Advisory Committee on Malaria Prevention for UK travellers) recommends the use of DEET-based insect repellents

with a concentration of between 20-50%. 20% DEET can offer a protection time of between 1-3 hours whereas a stronger concentration of 50% can offer protection of up to 12 hours. However, in the same way that we sweat off sun block in a hot environment, we also sweat DEET off, so it is important, with all strengths of DEET, to re-apply it throughout the day.

Stronger concentrations are available but there is no increase in protection time, and due to the toxic nature of DEET we strongly recommend against these as they are not for direct use on skin. Studies have shown that there is a low risk of adverse side effect when DEET is applied according to product directions. With this in mind please read the directions of use provided with your chosen insect repellent before using it.

The use of strongly scented soaps, shampoos, creams and perfumes is not recommended as these can attract mosquitos. It is best to use products with little or no scent wherever possible.

Dengue Fever

Dengue fever is spread and transmitted to humans via a bite from an infected mosquito – most commonly the *Aedes aegypti* mosquito. It is widespread in warm humid tropical climates with large mosquito populations and more common in major urban areas than rural areas. There is no vaccination or preventative drugs for Dengue Fever, therefore your child should be advised to take the same precautions to prevent being bitten by mosquitoes that have been advised for preventing Malaria. There are no specific medications to cure Dengue Fever, it usually clears up within a fortnight. Symptoms can be managed by drinking plenty of fluids and taking paracetamol.

Expedition staff

There will be three key members of staff on your child's Tanzania expedition. This will include a Trip Organiser and Group Leader, both of whom will be a teacher from your child's school. There will also be a member of staff from the Nord Anglia Education Expedition Team, who your child will meet via group webinars and the Global Campus Online

prior to departure and then be greeted by on arrival in Tanzania at Kilimanjaro airport.

Each member of staff's roles and responsibilities before, during and after the expedition will overlap considerably with all staff coming together as a team to ensure your child has a safe, enjoyable and educational time in Tanzania.

Your child and their teachers will get to know each other very well over the weeks and months prior to their expedition and more so while in Tanzania, with the intention that the teachers will be people your child knows well while on expedition and can approach with any issues they may have. Furthermore they will help them with pre trip preparation, guide them through the fundraising process, help them achieve their goals, and be a point of contact for any expedition enquiries both from yourself and your child. Whilst on expedition teachers will also assist in group management, help maintain the general health and wellbeing of students and take on a role of pastoral care.

For your reference a breakdown of each member of staff's roles before, during and after expedition are as follows:

Group Leader:

- Facilitate pre and post expedition work
- Manage the movements of students on all transport while on expedition
- Take responsibility for passports and other travel documents
- Monitor the group's health and wellbeing on expedition
- Administer basic first aid in accordance with level of training
- Administer any personal prescribed medication to students
- Reinforce camp rules, dealing with any behaviour issue in line with the school's expectations
- Encourage students to engage with all elements of the expedition
- Be involved in daily staff meetings, feeding back on the day's events

Trip Organiser

In addition to the roles of the Group Leader, the Trip Organiser will also take on the following roles and responsibilities in the group.

- Act as the in-school point of contact for the NAE Expedition staff and parents

- Ensure all relevant paperwork is distributed to students, parents and Group Leaders
- Receive all complete paperwork from parents and students
- Organise all transport to Tanzania and in your country of residence
- Support students where necessary in gaining the appropriate visa
- Oversee collection and verification of passports and travel documents prior to the trip departure

Travel and documentation

The teacher acting as Trip Organiser at your child's school will be responsible for arranging flights to and from your school's local airport to Kilimanjaro, as well as transfer from the school to the airport. In addition to this, and in conjunction with yourself, they will be able to assist in arranging the correct entry visa to Tanzania and a comprehensive insurance policy to cover your child while on expedition.

Visas

Although it is possible to get a visa on arrival in Tanzania we would strongly recommend that your child obtains one in advance of departure. This will speed up arrival and movement through Kilimanjaro airport as well as preventing any potential visa issues on arriving in Tanzania.

Your child needs to apply for a Tourist visa not a business or volunteers visa. It is important that your child's passport is valid for a minimum of 6 months after their return date.

To get the most up to date visa information, you can contact your local Tanzania Embassy as well as visiting the following websites:

www.kilimanjaroairport.co.tz

- Click on 'Passenger info' (left hand side)
- Then 'Visa and Immigration'
- You will find a comprehensive list of who needs a visa and the ease with which they can get it and documents needed.

www.tanzania-online.gov.uk

Travel Insurance

Your child must have a current comprehensive medical and travel insurance policy which includes repatriation, flight cancellations and personal belongings. Your Trip Organiser will be able to assist and advise you.

Documents

It is important that your child has a photocopy of the following documents with them while on expedition as well as handing a copy to their Trip Organiser:

- Passport
- Tanzanian tourist visa
- Medical certificates
- Insurance certificates

For any questions or queries regarding any of the above, please contact your in-school Trip Organiser.

General expedition information

Language

There are over 100 different tribal and regional languages spoken in Tanzania, but the most widely spoken and official language is Swahili. Although many of the people your child will meet on expedition will be able to speak some English the students will find that knowing some basic Swahili will go a very long way.

On the Global Campus Online your child will find a section to assist them in learning some basic Swahili before they depart for Tanzania. In addition Lonely Planet also do a brilliant Swahili phrase book, full of accessible and useful words and phrases, which you may wish to purchase. In the meantime here is a list of useful words to get your child started.

English	Swahili	English	Swahili
Hello	Jambo	Elephant	Tembo
Goodbye	Kwaheri	Giraffe	Twiga
How are you?	Habari?	Hippo	Kiboko
Good, fine	Mzuri	Leopard	Chui
Please	Tafadhali (say the dh as th)	Lion	Simba
Thank you	Asante	Ostrich	Mbuni
Yes	Ndiyo	Rhino	Kifaru
No	Hapana	Wildebeest	Nyumbu
Very much	Sana	Zebra	Punda Milia
I don't understand	Sielewi	How do you say...in Swahili?	Unasemaje ... kwa Kiswahili
Drinking water	maji ya kunywa	May I take a picture?	Naomba kupiga picha
Buffalo	Nyati	I don't have a tomato on my nose	si na nyanya puani
Cheetah	Duma		



Money

The Local currency of Tanzania is the Tanzanian Shilling (TZS).

Your child will have the opportunity to purchase gifts and souvenirs as well as drinks and snacks while in Tanzania. However, it is not possible to purchase Tanzanian Shillings outside of East Africa and is very difficult and time-consuming for every student to exchange money at the airport. US Dollars are widely accepted throughout Tanzania, especially in the locations that your child will have the opportunity to spend money. We therefore advise your child brings any spending money with them in US Dollars and to bring smaller bills no bigger than \$50. It is also important to bring bills that are as new as possible – some places including banks will refuse bills older than 2005. \$150 should be plenty to cover everything they may want, and we recommend they bring no more than this.

The Tanzanian Shilling exchange rate can fluctuate a lot and at the time of writing is in the region of \$1 = 2200 TZS.

Weather

Being just south of the equator the average yearly temperatures in Tanzania tend to be consistent and hot. Daily temperatures can range from about 25-30°C with the night time temperature dropping to a cooler 15-20°C. There are two notably different seasons, the wet season and the dry season. The long dry season runs from July through to October. This is followed by a short rainy season in November and December before a short dry season from January to February and finally a short wet season running from March to June. These fluctuate each year, sometimes with the rains coming earlier or later.

Shamba Kipara Camp

Shamba Kipara Camp, where your child will spend all but one night of their expedition, is a privately owned camp that Nord Anglia Education have exclusive use of. It is a comfortable venue that creates a safe and relaxed environment where your child can unwind and reflect on their day, while getting to know fellow students from the Nord Anglia Education family.

In their spare time and during the evenings your child will have access to the camp's swimming pool, wooden platform communal seating area, fire pit and the natural green spaces surrounded by mango and avocado trees and the array of birds these attract.

While at Shamba Kipara Camp students will sleep in large, shared, single gender tents that are fitted with comfortable beds and plenty of storage space. They have easy access to the camp's fully fitted separate male and female bathrooms with hot and cold running water, showers and western style flushing toilets. The camp also has an excellent dining tent, where students will meet in the evening for a delicious fusion of traditional Tanzanian and western food cooked in the camp's onsite kitchen by local catering staff, who are excellent at accommodating for all dietary requirements.

For your child's security the camp is fully fitted with CCTV security cameras, surrounded by an electric fence, and patrolled by security guards 24 hours a day. In addition to this it is also covered by a specialist, on call, armed security force in case of emergency.

Emergencies

In the event of an emergency while in Tanzania your child will be covered by ISOS, an international service providing 24 hour medical and emergency assistance including global evacuation and repatriation. They operate in 850 locations, in 92 different countries with 11,000 members of staff including 5,600 medical professionals. ISOS is not, however, an insurance policy. Your child will still need a comprehensive travel insurance policy.

All members of the Nord Anglia Education expedition team will always carry with them a range of different emergency communication devices depending on location. This includes a mobile phone with a local sim card, a SAT phone for times when we are out of mobile phone signal and SPOT emergency GPS locating devices. This is in addition to comprehensive medical and first kits, which the expedition team have a high level of training to use.

We also have access to FAME Hospital in Karatu founded by Dr Franck Artress an American physician who will be available for General Practitioner medical advice, the centre also has a fully stocked dispensary with all commonly required medications.

Useful websites

Fit for Travel is an NHS website offering up-to-date travel and health information to people traveling from the UK.

www.fitfortravel.nhs.uk

NaTHNaC (The National Travel Health Network and Centre) promotes standards in travel medicine, providing travel health information for health professionals and the public.

www.nathnac.org

WHO (The World Health Organisation) directs and coordinates international health within the UN; their website is full of up-to-date information regarding health issues all over the world.

www.who.int

Guidelines for malaria prevention in travellers from the UK 2014 is an extremely comprehensive document offering guidelines and information on Malaria risk, prevention, cure and symptoms.

www.gov.uk/government/uploads/system/uploads/attachment_data/file/337761/Guidelines_for_malaria_prevention_in_travellers_UK_PC.pdf

Gov.uk offers up-to-date travel advice from the British government.

www.gov.uk/foreign-travel-advice/tanzania

Tanzania's High Commission in the UK offers up-to-date information about visa requirements and travel in Tanzania

www.tanzania-online.gov.uk

Lonely Planet produce some of the best travel guides available; their website is full of interesting information about Tanzania and traveling there.

www.lonelyplanet.com/tanzania

Kilimanjaro airport's website offers lots of useful information about entry visa's as well as showing flight arrival and departure information if you wish to track your child's travel progress into and out of Tanzania.

www.kilimanjaroairport.co.tz

Year 10 Trip to London: 13th - 19th October 2017

Destination	London
Tour Duration	7 Days, 6 Nights
Arrival Date	13th October 2017
Departure Date	19th October 2017
Activities, representative, guides and Excursions included as per itinerary	Meet and Greet on arrival
Flights included	
Transport included	Return coach airport transfers + full day coach for university visits Transport pass for 7 days – DAYS 1,2,3,4,5,6
Service included	Tour co-ordinator throughout your tour planning to book, support and complete your final itinerary to include any tickets and vouchers. 24 hour emergency support Local office support located within the Middle East
Insurance	Included
Accommodation	Based on 4* hotel (Novotel London West or similar) Students in multi bedded rooms Adults based in twins or single rooms
No. of Nights	6 nights in London
Board Basis	Half board – Breakfast & Dinner in local restaurants

Staff pupils ratio: 1:10

Tour Price in AED:
AED 8900 per student.

Payment schedule		
Deposit	May 11th	3000
1st Installment	June 22nd	2500
Final Payment	Sept 13th	3400

Your Itinerary

DAY 1 – 13th October 2017

Arrive at Airport and meet your coach for your transfer to your hotel for check in

Guided Walking Tour of London

Dinner in local restaurant

London Eye - The London Eye is the world's biggest ferris wheel and one of the most popular attractions in the UK. A ride will give an amazing 360° view over London.

Overnight in London

DAY 2 – 14th October 2017

Breakfast in hotel

Natural History Museum - The Natural History Museum has a complete collection of specimens and exhibits from around the world that have been gathered together over the past 400 years.

Science Museum - The Science Museum documents the changes in technology, medicine and science since the 18th century. There are some great interactive exhibits that make this a fascinating and entertaining trip.

Dinner in local restaurant

West End Show (subject to availability)

Overnight in London

DAY 3 – 15th October 2017

Breakfast in hotel

Royal Holloway visit

Dinner in local restaurant

Overnight in London

DAY 4 - 16th October 2017

Breakfast in hotel

Kings College visit

National Gallery - The National Gallery houses one of the greatest collections of Western European painting in the world. Many famous pieces of art are exhibited including Van Gogh's Sunflowers and Monet's Waterlillies.

Dinner in local restaurant

Overnight in London

DAY 5 – 17th October 2017

Breakfast in hotel

Shakespeare's Globe Tour & Exhibition

- Based under the Globe Theatre, our engaging and informative Exhibition explores the life of Shakespeare, the London where he lived, and the theatre for which he wrote.

Theatre Workshop

Dinner in local restaurant

Overnight in London

DAY 6- 18th October 2017

Breakfast in hotel

Tower of London - The Tower of London is a Unesco World Heritage Site. In the past, the tower functioned as a prison, the royal residence and as a fortress.

Dinner in local restaurant

West End Show (subject to availability)

Overnight in London

DAY 7 – 19th October 2017

Breakfast in hotel

Free time depending on flight times

Depart via coach to airport for you flight home.

WHAT'S NOT INCLUDED

Please note that you will need to budget for the following items which are not included within your tour price.

- Drinks with meals except breakfast
- Meals other than where stated
- Tips
- Personal expenses

Rooming

Most of the hotels we use have twin rooms.

Trip Notes

Halal/Special dietary requirements:

Please inform us at the earliest opportunity should your child require any special dietary requirements. Depending on your destination, Halal meals can be organised however in many destinations it is not possible to provide Halal options and students will therefore be offered vegetarian meals.

VISA

Passengers are responsible for ensuring that the visa requirements related to their nationality, country of transit and final destination are fulfilled. You are advised to seek advice from the relevant embassies and/or their local visa offices. Travelbound are not to be held responsible for cancellation fees incurred due to unsuccessful Visa applications.

Travelbound Safety Statement

- **Safety Management Systems** – we have exceptional systems in place and carry out risk assessments using the most reliable sources. We use an auditing process for all accommodation, excursions and transport providers. Our risk assessments are externally verified every year by industry experts.
- **Risk Assessments** – we understand that assessing the risks of a school tour can be a daunting task. We provide you with any information you may need to complete the necessary paperwork.
- **24 hour support** – access to the expertise and support of a 24 hour duty office which is constantly manned by highly trained staff.

- **Worldwide offices** – UK, Australia, New Zealand, Asia, Middle East and USA.
- **Responsible travel** – at Travelbound we recognise our responsibility as an educational tour operator and consider the environment, economy and culture of our destinations as of paramount importance. We have an eco-tourism specialist who is dedicated to helping reduce our impact and do whatever we can to enhance our destinations.
- **Financial security** - As part of TUI Travel PLC, the largest leisure company in the world, Travelbound offers the highest level of financial protection to all our school groups and we are fully ABTA bonded.

Year 11 Trip to Singapore: 13th - 19th October 2017

In an ever-evolving world, globalisation is at the heart of modern day growth and development. This exciting trip offers the opportunity for our students to experience an impressive trading model that we hope will inspire and foster an entrepreneurial spirit.

Singapore is home to a rich and multi-cultural community, it offers an exciting interplay between its colourful history and the vibrant potential it holds for its limitless future.

Singapore is a leading global commerce, finance and transport hub. We believe that our students will benefit from developing global links, an open and boundless view of the world whilst enjoying the enriching immersion of this vibrant melting pot.

Building from last years trip to London, in which the students explored the opportunities of further education, we now wish to extend this journey beyond the educational sphere into the world of work.



Destination	Singapore
Tour Duration	7 Days, 6 Nights
Arrival Date	13th October 2017
Departure Date	19th October 2017
Activities, representative, guides and Excursions included as per itinerary	Inclusions as per itinerary English speaking tour guide daily Tips included
Transport included	Coach throughout
Insurance	Included
Accommodation	Based on 3* hotel Students in multi bedded rooms (twins and triple rooms)
No. of Nights	6 nights in Singapore
Board Basis	Half Board – 5 dinners in local restaurants

Tour Price in AED:
AED 8900 per students based
on 20 full paying students

Your Itinerary

DAY 1 – 13th October 2017

Upon arrival in Singapore and after immigration and customs formalities, our English speaking guide will be there to welcome and assist the group with the transfer and check in at the hotel.

DAY 2 – 14th October 2017

This morning we enjoy a half day City Highlights Tour, which includes a coach tour and a scenic Bumboat Cruise. We shall explore the city by driving around the Financial District, passing by the Padang, viewing the Cricket Club, the historic Parliament House, the Supreme Court and City Hall. After taking in the sights on land, we will take you on a Bumboat Cruise along the Singapore River to Clarke Quay. The Singapore River is a timeless witness of Singapore's rich history. On both sides of the river, you will see the colonial buildings, traditional Chinese shops, modern skyscrapers, all holding their very own exciting story of Singapore.

This afternoon we visit the Singapore City Gallery, which is situated at the Urban Redevelopment Authority. The gallery is specially designed for self-discovery and learning of Singapore's planning journey through its many interactive exhibits. With 10 thematic areas and more than 50 audio – visual and interactive exhibits it will prove a stimulating educational experience. Student's will enjoy a guided tour along

with viewing architectural models and enjoy various interactive and experiential exhibits throughout the gallery. The Urban Redevelopment Authority maintains a skilful and deliberate balance of historical conservation and modern development, while making the best use of the nation's scarce supply of land.

DAY 3 – 15th October 2017

This morning we visit the Information and Communications Technology Experience Centre, which is the permanent infocomm showcase set up by the Infocomm Development Authority of Singapore. It presents the possibilities and benefits of Nationwide Broadband Network and the Smart Nation services. The guided tour format will provide students with an in-depth understanding and hands-on experience of the smart nation' vision and services.

This afternoon we proceed to NEWater Visitor Centre. We will learn about the history of Singapore's water supply and how the city-state has been able to supply water to its population. The visitor centre showcases a whole range of technologies that are used in order to purify water and to make it safe to drink. These technologies include reverse osmosis, filtration and UV radiation.

NEWater demonstrates how fresh water could be a strategic resource to safeguard the livelihood of a country. The project is also a role model of sustainable clean water conservation which is an invaluable advancement as fresh water is in scarce supply in certain parts around the world.

DAY 4 - 16th October 2017

Today will visit Universal Studios Singapore. Featuring 24 movie-themed rides and attractions, 18 of which are unique to Singapore. Thrill seekers will be the first to experience many new rides and shows based on blockbuster hits. The young and young at heart will be entertained by Shrek and gang on an incredible 4-D adventure in the world's first Far Far Away Castle. Thrill seekers can face warrior mummies on Revenge of the Mummy (a psychological thrill ride in total darkness). Other highlights include Madagascar: A Crate Adventure, Transformer's and Jurassic Park Rapids Adventure.

DAY 5 - 17th October 2017

This morning we proceed to the Land Transport Authority. Land Transport in Singapore has evolved over the years and at each stage is constantly faced with different challenges to building a sustainable transport system that is inclusive and able to

support a vibrant Singapore well into the future. The LTA gallery is a guided tour with interactive features showcasing the issues surrounding land transport in Singapore. Afterwards we shall visit the Housing & Development Board (HDB). The Housing and Development Board (HDB) is the statutory board of the Ministry of National Development, which is responsible for public housing in Singapore. It has been credited for resettling residents into low-cost government built housing, resettling squatters and dissipating slums around the city in the early days of Singapore. Governments around the world have been amazed at how effective that HDB has successfully assisted a majority of Singapore citizens to own their own flats. Today more than 85% of the Singaporeans own their own flats built by HDB. Students will have a guided tour of the HDB gallery and learn about Singapore's public housing story through multi sensory exhibits.

This evening we proceed to the Night Safari Zoo. The world's first wildlife park built for visits at night. The Night Safari is not like any ordinary zoo; nestled in 40 hectares of lush secondary forest, the Night Safari offers guests the unique experience of exploring wildlife in a tropical jungle at night. Through the use of subtle lighting techniques,

we will see more than 180 species of animals. These include tigers, lions, elephants, hippopotami, giraffes, hornbills, orangutans and others.

We will enjoy an exciting 40 minute expedition tram ride that travels deep into the domain of the world's most fascinating nocturnal animals. Our knowledgeable tram guide will educate us on the special residents as we journey through 7 geographical zones of the world.

DAY 6 - 18th October 2017

This morning we proceed to the Singapore Maritime Gallery. Learn how Singapore transformed into one of the world's leading international maritime centres and one of the world's busiest ports. Through panoramic videos, models and interactive stations, students will learn about the maritime sectors importance to the Singapore economy.

After this we shall visit the Adventure Cove Waterpark. At Adventure Cove Waterpark, we will enjoy high-speed water slides, relax as we travel down the lazy river, snorkel with 20,000 tropical fish over a colourful reef, wade among rays and even come face to face with sharks!

DAY 7 - 19th October 2017

After breakfast, we will check out of our accommodation before heading out to the airport to check in for our flight home.

WHAT'S NOT INCLUDED

Please note that you will need to budget for the following items which are not included within your tour price.

- Drinks with meals except breakfast
- Meals other than where stated
- Tips
- Personal expenses

Trip Notes

Halal/Special dietary requirements:

Depending on your destination Halal meals can be organised however in many destinations it is not possible to provide Halal options and students will therefore be offered vegetarian meals.

VISA

As parents you are responsible for ensuring that the visa requirements related to your child's nationality, country of transit and final destination are fulfilled. Guidance can be sought from the relevant embassies and/or your local visa offices. The school is not responsible for any cancellation fees incurred due to unsuccessful Visa applications.

IMPORTANT

Please note that your child must have 6 months remaining on their passport before the expiry date. The passport must also contain 2-3 blank pages.

Safety

- Full Risk Assessments – includes any information you may need to complete the necessary paperwork
- 24 hour support – access to the expertise and support of a 24 hour duty office which is constantly manned by highly trained staff.
- Worldwide offices – UK, Australia, New Zealand, Asia, Middle East and USA

Price

Payment schedule		
Deposit	May 11th	3000
1st Installment	June 22nd	2500
Final Payment	Sept 13th	3400

Payment can be made online as a bank transfer in July and August, if preferred to budget the final payment.

It is essential that payment dates are followed in order to protect the school (and parents) from cancellation charges.

Years 6 to 11 Trip to Verbier, Switzerland: 24th - 31st March 2018

(First week of spring break)

Your Itinerary

Cost: AED 12,000 (Based on direct flight prices)

Tour Operator: Les Elfes International

Trip Leader: Mr Thomas (PE Teacher)

The cost includes:

- Return direct flights including transfer (Etihad or Emirates Airlines) (TBC)
- 7 nights' accommodation in Swiss style chalet owned by Les Elfes (Exclusive to NAS)
- Full board with 4 meals and drinks everyday (special dietary requirements are possible)
- 2 to 4 students per bedroom - all with en suite bathrooms
- 6 days of ski lessons, 6 days lift pass, rental of ski / snowboard equipment & helmet

- Fully supervised evening activities (different each night)
- Ski test, ski competition, BBQ and prize giving
- Fulltime supervision by resort manager, instructors, monitors, nurse, night guard
- Swiss Health & Accident Insurance (Once we arrive in Switzerland)
- Kukri Sports Hoodie and Backpack (Official NAS Dubai Ski Trip Kit, compulsory for all pupils)
- Please note the cost of a Swiss visa (if required) is not included (Details will be sent to all parents)

Places are limited to 30 pupils for this trip, so parents are encouraged to return the attached permission slip and deposit as soon as possible (payment details below).

Payment Plan

To reserve your place on this trip, please complete the permission form and return to the school finance office, along with your deposit of AED 3,000 as soon as possible, but no later than Sunday 4th June 2017. Please note that the deposit payment is non-refundable, as this is used to secure your child's place and flights on the trip. We have 30 places on next year's trip that will be allocated once pupils have paid their deposit payment. Parents may choose to pay in instalments (see below) or in full, by cash/Bank Transfer into the NAS finance office.

Payment schedule

Deposit	June 4th	3000
1st Payment	Sept 3rd	3000
2nd Payment	Nov 5th	3000
3rd Payment	Dec 10th	3000



Year 12 IB Diploma Programme Educational Visit to Chiang Mai, Thailand: 12th - 19th January 2018

As part of our ongoing mission to enrich our student's curriculum with education beyond the classroom, we are very excited to offer our first cohort of Year 12 IB students the opportunity to visit Chiang Mai in Thailand.

The itinerary has been tailor made to offer our Year 12 IB students hands-on fieldwork opportunities and a variety of CAS experiences that will enrich their IB Diploma Programme.

The visit has been organised in conjunction with Traidhos Visiting Schools Program, a tried and tested provider who organise and facilitate high quality experiential education programs for students of all ages from around the world:

<http://vsp.threegeneration.org/>



Destination	Chiang Mai
Tour Duration	8 days and 7 nights
Arrival Date	Friday 12th January 2018
Departure Date	Friday 19th January 2018
Flights included	Flight details TBC
Transport included	All transfers and ground transport during the visit
Insurance	Comprehensive travel insurance
Accommodation	Hotel-style accommodation located in a quiet and natural environment on a shared campus with Prem Tinsulanonda International School.
No. of Nights	7 nights
Board Basis	Full board (excluding one evening meal when we visit Chiang Mai Night Bazaar)

Tour Price in AED:
AED 8300 per student

Your Itinerary

DAY 1 – 12th October 2017

Arrival Chiang Mai
Arrive at Traidhos Campus -
Welcome by VSP staff and settle into
accommodation
Thai Language and Culture
Group meeting, rest and recreation

DAY 2 – 13th October 2017

Depart for fieldwork and begin study
at Mok Fa Waterfall and river study
sites 1, 2 & 3
Evening classroom for data analysis

DAY 3 – 14th October 2017

Depart for Fieldwork at river study
sites 4, 5, 6, 7 & 8
BBQ Campfire, rest and recreation

DAY 4 – 15th October 2017

Walk to Traidhos Farm to begin
Jungle Cooking - learn traditional
cooking techniques and eat Jungle
cooking for lunch
Depart for Sri Lanna National Park –
kayaking and swimming at Mae Ngat
Dam
Overnight on houseboat

DAY 5 – 16th October 2017

Long tail boat to shore from
houseboat and depart for Community
Service Project at local Thai village
Return to Traidhos Campus - rest
and recreation

DAY 6 – 17th October 2017

Depart for Community Service project
at local Thai village
Return to Traidhos and then depart for
Night Bazaar - shopping & dinner

DAY 7 – 18th October 2017

Activity day - climbing Wall at Traidhos
and Eagle Track Zipline
Rest and recreation, swimming and
activities
Khantoke Dinner - traditional cuisine
and cultural performance

DAY 8 – 19th October 2017

Packing, trip reflection and
evaluation forms
Depart for Chiang Mai Airport

WHAT'S NOT INCLUDED

- Visa costs
- Medication and Vaccinations
- Money for souvenirs and additional
snacks and drinks

Further information

A more detailed visit booklet
will be available in due course
outlining exactly what to bring, visa
requirements, vaccination information
and other essential information. A
parent and student meeting will also
take place on our return to school in
September 2017.

If you have any questions in the
meantime, please contact Mrs.
Banfield: j.banfield@nasdubai.ae

Nord Anglia International School
Al Barsha 3, Dubai
United Arab Emirates

Physical Address: Hessa St (D61) and Mohammad bin Zayed Road

Main Desk: +971 (0) 4 2199 999

admissions@nasdubai.ae

nasdubai.ae



<https://www.facebook.com/nasdubai.ae>



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