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EDUCATION

Be Ambitious

Global Campus Worldwide

Tanzania Social Citizenship
Expedition Information Pack
2016-17



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Introduction

Go off the beaten track

The Tanzania Citizenship Expedition is a life changing experience and an opportunity for your child to make a lasting impact on the local communities in Arusha, Tanzania.

Your child will participate in a highly rewarding programme of community service and educational experiences.

The eight day expedition will take your child to Maji ya Chai and Usa River in the Arusha region of Tanzania. Here they will discover the diverse and vibrant culture of Tanzania while significantly contributing to the communities of Kitefu and Imbaseni.

This is fantastic opportunity for your child to be ambitious and challenge themselves and we have designed a programme which will enable them to grow personally whilst enjoying the experience. The activities nurture key skills such as confidence, resilience, independence and leadership skills that are essential in your child's education, career and life as a global citizen. Your child will work with fellow Nord Anglia Education students from around the world on a range of sustainable projects to support the development of communities in Tanzania. This experience will broaden your child's horizons by taking them away from the beaten track and opening their eyes to the world, cultures and people around them while building lifelong friendships.

The programme is open to all Nord Anglia students age 14-16. There will be expeditions running throughout the 2016/17 academic year.

This pack is designed to give you and your child all the information you need to prepare for the expedition and to enable your child to make the most of their time in Tanzania. Please read it carefully and don't hesitate to contact your child's school or the Nord Anglia Education Expedition Team if you have any questions.

THE EXPERIENCE

Tanzanian Expedition Package:

The expedition package offered by Nord Anglia Education includes all of your child's expenses while in Tanzania. This consists of all accommodation and food at Shamba Kipara Camp, a private camp only available to Nord Anglia students, as well as an overnight camp while on the two day safari to Tarangire National Park.

All in-country transport will be pre-arranged in private, safe vehicles, fully fitted with seat belts to ensure your child's safety.

Fee:

While students do not have to pay a fee, they will be required to fundraise US\$300 in donations to support service projects in Tanzania.

Additional Costs:

In addition to this, please prepare for the following expenses arranged through the in-school Trip Organiser.

- Airfares to and from Tanzania from your country of residence
- 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 US\$150)



Accommodation - 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 with 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. Your child will have access to the camp's swimming pool, a communal seating area, a fire pit and green spaces shaded by mango and avocado trees where your child can relax.



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

The camp is also fully fitted with CCTV security cameras, surrounded by an electric fence, with round the clock security.

Typical Expedition Itinerary

The itinerary below is an example of a typical Tanzania expedition. Exact itineraries will be finalised closer to the time, and distributed to you once we have received final student numbers. Each day, your child will debrief and plan for the following day.

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 free time to learn about African beading, navigation, problem solving and fishing, depending on arrival times.

Day 2

Exploration of Local Village and Community Service

Your child will spend half a day exploring one of the local villages conducting a community study and using the findings to discuss the future development of the local area. They will spend the rest of the day on community service work, which could include building goat sheds, smokeless stoves, solar systems and rain water collection systems.

Day 3

Continuation of Community Service



Your child will continue with the community project from the day before and eat lunch at Seeway Children's Centre.

Day 4

Community Service at Primary School

Your child will participate in community service at a local primary school. The project will likely include improvements around the school, surrounding environment and infrastructure. Your child will have the opportunity to interact with local students and experience school life in Tanzania.

Day 5

Continuation of Community Service at Primary School



Your child will continue working with fellow Nord Anglia students at the local primary school to ensure that the project is completed.

Day 6

Day one of safari in Tarangire National Park

This park offers one of the world's greatest concentrations of wildlife. Your child will explore the natural beauty that Tanzania has to offer, travelling through the park in specialist off-road trucks with incredible views of the vast array of wildlife and stunning scenery.

Day 7

Day two of safari in Tarangire National Park



Continuing on their journey in the savannah, your child will have a chance to bond with other Nord Anglia students through group activities along with a group quiz and a celebration of their achievements this week.

Day 8

Departure Day

This will be similar 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.

Making an Impact Through Community Service

Since 2014 students from the Nord Anglia Education family have worked on a series of service projects in Maji Ya Chai, which have significantly contributed to the long-term support and sustainable development in the local communities of Kitefu and Imbaseni. For example, following our work in 2014, local students increased their pass rate in standard exams by 22% allowing more students to access secondary level education.

In 2015/16, Nord Anglia students have made substantial contributions to Kitefu Primary School. The renovation and construction of teacher accommodation, and kitchen and restroom facilities for the school have resulted in extended learning time for local students in the school because teachers no longer have to commute several hours to get home. These new facilities have helped to improve the quality of life for teachers and their families as well as students at the school.

In the 2016/17 academic year we will once again be taking part in service work within the community and also in a new local primary school, giving Kitefu a chance to grow and develop into its new environment. This is in line with our goal to raise the quality of life and education for people in the area so that they can direct their own future and develop within their means.

In addition, Nord Anglia continues to be in close communication with Seeway, a centre for orphaned and vulnerable children, to construct a plan for sustainable development.

Through Seeway's long-term connection to Maji ya Chai, we have designed a strategy to meet the current and ever changing needs of the community.

Service work is a truly rewarding experience for your child. They will have a significant impact on improving the lives of others while strengthening their own personal leadership, flexible thinking and teamwork skills.

Due to the nature of working in Tanzania and limited supplies, it is not possible for us at this stage to specify the project that each group will work on. However, we will endeavour to let you and your child know what projects they will be working on closer to their departure.

Below are some projects that your child may take part in during their stay in Tanzania:

- **Building fuel efficient, smokeless stoves**
This is a project initiated by two students from The British School of Beijing, Shunyi, after their expedition last year. A major problem in developing countries is the health risk associated with the smoke created while cooking inside using coal fired stoves. Although smokeless stoves are available, they are complex and therefore costly and difficult to repair if they break. Our students designed and developed new stoves which have since been installed in more than 90 homes.

By building smokeless stoves, we will significantly reduce the health risks of smoke inhalation, as well as reducing the amount of fuel needed, making cooking cheaper and safer.



- **Constructing goat sheds**
By building goat sheds and equipping them with a female goat we can supply a family with a constant source of milk for food. They can also breed the goat, either selling its offspring for profit or using the females to produce more milk and selling the excess.
- **Installing solar power systems**
Throughout much of East Africa a reliable supply of electricity is non-existent. This makes it extremely difficult for students to study outside of daylight hours and kerosene lanterns in homes contribute to respiratory issues, burns and house fires. Installing solar powered electricity reduces these issues significantly in a sustainable way.
- **Building rainwater collection systems**
Clean water supplies is a chronic issue in these local communities. A rainwater collection system will supplement each family's supply of clean water in Kitefu and Imbaseni reducing the risk of water-related illnesses.
- **Renovating and building at a local primary school**
Renovating and constructing additional facilities for local schools will increase the size of the school by adding classrooms, toilets and teacher accommodation. As a result, classrooms will be less crowded and learning time will be extended for local students.

A message from Seeway Tanzania

Thanks to the Nord Anglia Education students and all their hard work raising funds then implementing projects in Tanzania, our community is definitely a happier place and people are smiling! The students have given the community basic tools to be able to help themselves more – and it's working.

There have been a number of projects completed, including goat shed construction, renovation of classrooms at a local primary school and conversion of a room into a library; construction of teacher accommodation facilitating longer teaching days, providing arts and crafts materials to nursery school teachers and giving them ideas on how to use them; and solar light distribution to school children.

These projects have had an amazing impact, and we have received a lot of positive feedback from not only the recipients and other villagers recognising the benefits, but also government officials who appreciate that their community is being helped significantly.

The impact of having access to light at night in a house, of having better classrooms to study in, and of simply being able to attend school because fees have been paid – the short term benefits of this are easily quantifiable, but we know in the longterm the whole community will benefit by having better educated young people. Education is one of the best ways to invest in young Tanzanians.

During the next year we will be stepping back from Kitefu Primary School and the local community, giving them the space to develop into their new facilities, and Nord Anglia students will instead continue to work with the community in Imbaseni.



Safari in Tarangire National Park



While the expedition will focus on the rewarding and challenging aspects of community service around Maji Ya Chai, there is also an exciting two day safari. This is an exceptional opportunity for your child to experience the natural beauty and wildlife that Tanzania has to offer.

The two day safari travels through the Tarangire National Park. 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, as well as spectacular 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, your child will learn how to identify and track different animals, observe animal behaviour and how the community meets the challenges of wildlife conservation.

In addition to this, your child will have a once in a lifetime chance to camp in the Tarangire National park. Spending a night under the stars, surrounded by the sounds of nature will be a truly unforgettable experience for your child.

Prior to departure students will be expected to complete a range of bespoke online courses through Global Campus Online that will equip them with the skills to complete a census of the animals in the park. Your child will learn to record animal numbers, gender and location which will give us an insight into the movement of the animals in the park and their behaviour.

PREPARING FOR THE EXPEDITION

Global Campus Online

Our unique online learning platform, Global Campus Online, will play an integral part in helping your child prepare for their Tanzania expedition. It is a safe environment where your child can engage with the programme, begin planning and preparation, and get to know other students and staff from the Nord Anglia Education family that they will meet in Tanzania.

Your child will be given a number of learning activities to complete, which will give them a deeper knowledge of Tanzania and their expedition. In addition, your child can find the following useful information on our Global Campus Online:

- Interactive forums where students can update their experiences and share their thoughts before and after expedition:
- Swahili language lessons
- A guide to Shamba Kipara Camp - Gallery of pictures and videos
- Detailed information about the projects they will be involved in
- Online courses for Service projects and Safari activities
- Wildlife information
- Weather information
- Fundraising ideas
- Kit list with suggested products and more detailed information on appropriate kit
- Updates on project work and the communities in Maji Ya Chai

The Global Campus Online is a great opportunity to get actively involved in your child's expedition experience. Encourage them to login and together explore the Global Campus Worldwide section where you will be able to view your child's progress in addition to encouraging them to complete learning activities and gather essential information to get the most out of their trip.

Once they return home, your child will also find an action plan to help them reflect on their experience, think about how they can take it further and create a plan for the year ahead. This will be something for them to work through individually and collectively with their fellow expedition mates and teachers.

Global Campus Online Competitions

Before, during and after your child's expedition we will be running a series of competitions engaging them in their experience and helping them to reflect on their time in Tanzania. These will all be run via the Global Campus Online and have some exciting prizes for the winning entries.

T-shirt Design Competition

We would like to invite each school group to design their own expedition T-shirt. These shirts will make it easier to identify Nord Anglia students and are a good souvenir for your child to remember their trip.

We encourage every student to create a design and share it with their fellow class mates before selecting one that will become your school's expedition T-shirt. At the end of the expedition season in April 2017 each school's design will be judged by a worldwide panel, to select the winning design. The winning school will have the opportunity to name a goat and donate it to a local community in Maji Ya Chai in their honour.

Students should be as creative as possible when designing their T-shirts and could include some of the following ideas:

- Something that represents the country they live in
- Something that represents the cultures of students in your team
- Something that represents Tanzania
- A slogan or motto

Students are required to include the following in their designs:

- School name and logo
- Date of their expedition
- 'Global Campus Worldwide'

More information as well as logos can be found on Global Campus Online.





Fundraising

Fundraising before your child departs for Tanzania plays an important role in the overall expedition programme and their experience.

Students who are involved in fundraising develop a greater ownership over the service work they participate in, building a connection to and satisfaction from their expedition. Not only will it help your child be more involved before departure, but fundraising is also a great lesson for them to manage money, keep records, self-motivate, and set targets. In addition it will help our students come together, plan, support and work towards shared goals across the Nord Anglia Education family of schools.

Fundraising initiatives will be developed and promoted in school, supported by the in-school Group Leader and Trip Organiser. There will be a section on the Global Campus Online devoted to fundraising, where your child will also be able to share their fundraising progress, ideas and gain inspiration from fellow students in the Nord Anglia Education family.

The funds that your child raises will be used for the project work that they are contributing to this year. Any excess funds they raise will be used to support the local community in a manner deemed appropriate by the expedition group. They will decide this through student led group discussions and it could include supporting families with school fees, repairing buildings damaged by general wear and tear throughout the year or donating books to the local school.

Planning a profitable fundraising event is something that you as a parent can really get involved with. We are often asked 'what should I do to raise funds?' Be imaginative you can do almost anything, if it's fun this is a great way to engage the whole school community. Last year Nord Anglia students planned and took part in a huge variety of fundraising initiatives from swimming the equivalent distance as it would take to cross Lake Victoria to Pumpkin Smashing. The word cloud demonstrates the range of things that students organised to raise funds.



Travel and documentation

Travel and insurance

The teacher acting as Trip Organiser at your child's school will be responsible for arranging flights as well as airport transfers to and from your child's school. They will also be able to assist in arranging visa entry 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 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 upon arriving in Tanzania.

Your child needs to apply for a tourist visa not a business or volunteer visa. Passports should be 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.gov.uk/government/world/tanzania

www.kilimanjaroairport.co.tz/index.php/2011-05-02-12-33-35/visa-immigration

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 on this.

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.

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 while 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 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 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 glasses

SUGGESTED OPTIONAL ITEMS

- 1x binoculars
- 1x camera (not on mobile phone)
- 1x reading book
- 1x travel alarm clock
- 1x journal
- 1x Swahili phrase book

Additional details about your Packing List



Safety Glasses

A pair of safety glasses such as the ones worn in science labs can be purchased from hardware stores at a low cost.

Suitcase/Duffel Bag

Please ensure that your child packs their kit into a soft sided holdall or duffel 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.

Jacket

Tanzania has a tropical environment, so whether it's the wet or dry season, there is always a chance of rain. With this in mind it is essential that your child brings a waterproof jacket with them. We would advise your child to bring a light weight and breathable one, similar to the Marmot PreCip jacket, although there are multiple other options available.

Water Bottle

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.

Long Sleeve Shirts

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 excellent for staying cool. Some can be bought with built-in SPF protection and mosquito repellent.

Sun Hat

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.

Head Torch

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

Working Gloves

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.

Dry Bags

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. Optionally, a few big bin bags will do a similar job as well.

Sleeping Bag

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 on the market.

Trousers

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

Where to buy your kit

There is a huge amount of outdoor kit and clothing available on the market, ranging from very expensive to very cheap. We recommend prices in the mid-range. Some of the cheapest products are 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.

It is not always easy to buy all of these products in some of the countries that our schools are in. Therefore we recommend shopping online early from some of the following online stores, or 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 is one of the USA's biggest suppliers of outdoor clothing and gear, who are also happy to ship worldwide and offer some terrific deals.

www.rei.com

DECATHALON is 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.

Electronics



Your child is welcome to bring their own mobile phones, cameras and MP3 players on the expedition, 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.

Game consoles and tablets should not be brought on the expedition and we encourage students to use cameras rather than phones to take photos. 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.

The expedition is an inspirational opportunity for your child to unplug and spend some time getting to know fellow students from the Nord Anglia Education family in a natural environment away from technology. While in Tanzania your child's access to their mobile phone will be limited, and they will be locked in a secure office. Your child will be given access to their phone each day for an allotted period of time so that they can call home and share their experiences. All members of our expedition team carry a range of communication devices at all times including satellite phones, two way radios, and mobile phones for international and local calls to ensure we are able to freely communicate at all times.

Power cuts are not uncommon and internet access can be infrequent in Tanzania, which could prevent your child from being able to charge their devices or make guaranteed regular contact with you back home. In the event of an emergency we will always contact you.

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 on Expedition

VACCINATIONS

It is vital that you consult with your child's General Practitioner (GP) at least 8 weeks prior to departure to discuss any health risks and get 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.

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 (Please refer to the malaria section of this document)
- Hepatitis A
- Hepatitis B
- Tetanus
- Polio
- Diphtheria
- Typhoid
- Rabies
- Yellow Fever (Please refer to the Yellow Fever section of this document)

MALARIA

Malaria is a serious illness caused by the Plasmodium parasite, transmitted to humans through mosquito bites. There is currently no vaccination against malaria. It is treatable once contracted, but if left untreated can become fatal. With the correct precautions, the risk of contracting malaria can be significantly reduced.

Tanzania is a malaria risk country. 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 prior to the departure date. Some medication should be administered 3 weeks before entering a malaria risk area. It can also be beneficial for your child to trial the drug before departing to ensure they do not have any adverse side effects. Please follow your GP's advice on this.

Some commonly available drugs on the market are Mefloquine and Atovaquone plus proguanil. 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 (ALSO KNOWN AS LARIAM OR DOXYCYCLINE)

Pros

- 90% or more effective
- One Tablet taken weekly

Cons

- Can cause neuropsychiatric problems and increase the effects 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

Pros

- 90% or more effective
- Low cost
- Medication needs to be taken 1-2 days in advance of entering a malaria zone

Cons

- 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 (ALSO KNOWN AS MALARONE)

Pros

- 90% or more effective
- The majority of people suffer no side effects

Cons

- 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

Preventing mosquito bites:

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

The highest risk periods of being bitten by a mosquito are between dusk and dawn. It is important to cover up flesh during these times 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. Please note that DEET can damage synthetic clothing when sprayed directly onto it.

The Advisory Committee on Malaria Prevention for UK travellers (ACMP) 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. Stronger concentrations are available, but there is no increase in protection time.

In hot environments, DEET is easily sweated off, so it is important, with all strengths of DEET, to re-apply it throughout the day. Please follow the directions of use provided with your chosen insect repellent to avoid any adverse side effects.

In addition, avoid using strongly scented soaps, shampoos, creams and perfumes as these can attract mosquitos. It is best to use products with little or no scent whenever possible.



Yellow Fever

The advice for Yellow Fever vaccinations in Tanzania changed in September 2015. It is now suggested that you do not need a Yellow Fever vaccination to enter Tanzania unless you have travelled from a country that has a risk of Yellow Fever transmission or have transited in a 'risk' country for more than 12 hours. To avoid any complications, we advise students not to transit through any of the listed countries below, even if it is for less than 12 hours.

In Africa

Angola, Benin, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Congo, Côte d'Ivoire, Democratic Republic of Congo, Equatorial Guinea, Ethiopia, Gabon, The Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mali, Mauritania, Niger, Nigeria, Rwanda, Senegal, Sierra Leone, South Sudan, Sudan, Togo, Uganda

In South America

Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Panama, Paraguay, Peru, Suriname, Trinidad & Tobago (Trinidad only), Venezuela

Taking care of your child's health



Dental care

High quality dental treatment is not readily available in Tanzania. Consider making 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.

Sunburn, heat exhaustion and dehydration

Tanzania is a hot country and the sun is extremely strong. 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 they risk heat exhaustion, burning and dehydration.

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 a wide brimmed hat.

To prevent your child from becoming dehydrated, it is vital that they bring two 1 litre water bottles with them, as detailed in the packing list section. Fresh, clean drinking water will be available at the 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.

Additional Medication

It is tempting to send your child with a range of over-the-counter medication. Please refrain from sending any medication that has not been prescribed by a doctor. The Expedition team carry a wide range of high quality medication for every eventuality and will administer medication in line with our procedures outlined in our medical policies, so there is no need for students to bring or carry any un-prescribed medication.



OTHER RESOURCES AND INFORMATION

Expedition staff

There will be three key Nord Anglia Education staff members on your child's Tanzania expedition team. In addition to 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 the Nord Anglia Education Expedition Team, who your child will meet via group webinars and the Global Campus Online prior to departure.

Each staff members' roles and responsibilities will overlap considerably 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 months leading up to the expedition, so that your child has a familiar face and someone that they can turn to while in Tanzania. These teachers will help with pre-trip preparation, guide them through the fundraising process, and be a point of contact for any expedition enquiries. While on expedition, teachers will be in charge of pastoral care managing the group and ensuring the general health and wellbeing of your child.

Below is a list of responsibilities for your school's Group Leader and Trip Organiser:

Group Leader:

- Facilitate pre- and post-expedition work
- Assist with fundraising initiatives
- Manage the movement and transportation of students 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 and feed back on the day's events

Trip Organiser:

- Trip Organiser will be also be tasked with the above duties in addition to the following responsibilities.
- Act as the in-school point of contact for the parents and NAE Expedition staff
- Ensure all relevant paperwork is distributed to students, parents and Group Leaders
- Receive all completed 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



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 is very well intended, but can lead to a culture of begging. Over the years, the donations offered by students have been truly outstanding, but have started to challenge the mind-set of offering opportunities rather than possessions. The purpose of donating to communities should be to improve people's access to opportunities in a sustainable way. With this in mind, this year each school will be assigned to two of the categories detailed on the list below to avoid the over donation of certain items. Please confirm with the expedition team before purchasing any items.

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-eco-shop.co.uk/collections/all

Easy reading books - These should be children's books. Some examples are The Gruffalo by Julia Donaldson and Where the Wild Things Are by Maurice Sendak to name a few.

Football equipment - Footballs, pop up goals, old football boots, shin pads, goal keeper's gloves

Cricket equipment - Good quality cricket sets, stumps, bats, balls

Sports kits - Sports clothing that could be used and school team uniforms

White socks and underwear - Very useful items that many people in Tanzania cannot afford

Generic stationary - Pens, pencils, paper, colouring pencils

Mosquito nets - Very useful piece of equipment that can be distributed in communities in need

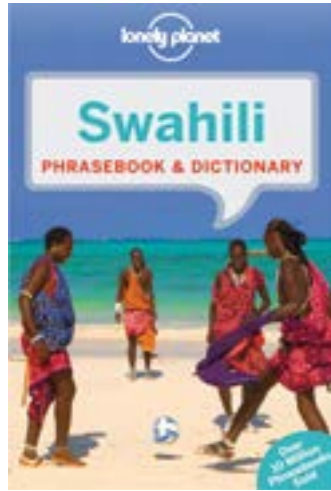
Water filters - Clean water is a major issue in many Tanzanian communities; simple hardwearing water filters such as those manufactured by Sawyer can be a real life saver.
<https://sawyer.com/products/sawyer-mini-filter/>

Shoes - Any old shoes that still have a bit of life left in them

Clothing - Old clothing that can still be worn

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. Remember that bringing gifts is voluntary and in addition to the fundraising that your child has already done, it is not a compulsory part of the expedition and not all students do this.

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 most people your child will meet speak some English, our students find that knowing some basic Swahili goes a very long way.

Your child will find a section on Global Campus Online to assist them in learning some basic Swahili before departing for Tanzania. In addition Lonely Planet also do a brilliant Swahili phrase book, full of accessible and useful words and phrases.

Use some of the below to illustrate the booklet

ENGLISH	SWAHILI	ENGLISH	SWAHILI
Hello	Jambo	Elephant	Tembo
Goodbye	Kwaheri	Giraffe	Twiga
How are you?	Habari?	Hippo	Kiboko
Good, fine	Mzuri	Leopard	Chui
Thank you	Asante	Ostrich	Mbuni
Yes	Ndiyo	Rhino	Kifaru
No	Hapana	Wildebeest	Nyumbu
		Lion	Simba
		Zebra	Punda Milia
		Buffalo	Nyati
		Cheetah	Duma

Currency

Your child will have the opportunity to purchase gifts and souvenirs as well as drinks and snacks while in Tanzania.

The local currency of Tanzania is the Tanzanian Shilling (TZS). However, it is not possible to purchase Tanzanian Shillings outside of East Africa and the Tanzanian Shilling exchange rate can fluctuate a lot. Therefore, we highly recommend students bring US Dollars which are widely accepted throughout Tanzania, especially in the locations your child will visit.

We recommend that your child should bring no more than \$150 spending money in bills no larger than \$50. It is also important to bring bills that are as new as possible since many places do not accept bills older than 2005.



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 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.

Emergencies

In the event of an emergency while in Tanzania your child will be covered by International SOS, an international service providing 24 hour medical and emergency assistance. International SOS 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 carry a range of different emergency communication devices depending on location. Our team will also carry comprehensive medical and first aid kits and are highly trained in first aid and safety procedures.



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
- The National Travel Health Network and Centre (NaTHNaC) promotes standards in travel medicine, providing travel health information for professionals and the public.
www.nathnac.org
- The World Health Organisation (WHO) 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 2015](#)’ is an extremely comprehensive document offering guidelines and information on Malaria risk, prevention, cure and symptoms.
- 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.gov.uk/government/world/tanzania
- Lonely Planet produce some of the best travel guides available. Their website is full of interesting information about traveling in Tanzania.
www.lonelyplanet.com/tanzania
- Kilimanjaro airport’s website offers lots of useful information about entry visas 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

Global Campus Worldwide

Learning has no limits at Nord Anglia Education schools. This opportunity is one of our many Global Campus experiences designed to inspire our students to be ambitious.

Our Global Campus extends learning beyond the classroom through unique online, in school and worldwide initiatives. It connects our students around the world to learn together every day, broadening their knowledge and nurturing key transferable skills to support their success in school and later in life.



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