



NORD  
ANGLIA  
EDUCATION

Be Ambitious



Global Campus  
Worldwide

Tanzania  
Expedition

Information Pack  
2015 - 2016



GLOBAL  
CAMPUS



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## Contents

- 1 Introduction
- 2 Tanzanian Expedition Package
- 3 Typical Expedition Itinerary
- 4 Service Work and Fundraising
- 5 Fundraising
- 6 Safari Experience
- 7 What to Bring
- 8 Electronics
- 9 Global Campus Online
- 10 Expedition staff
- 11 Travel and documentation
- 12 General Expedition Information
- 13 Useful websites

## 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 2014-2015 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.

Mark Orrow-Whiting  
Director of Curriculum and Student Performance

*Broaden students'  
horizons...away from  
the beaten track*



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.

## Tanzanian Expedition Package



The expedition package offered by the Nord Anglia Educations, 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.

In addition to this the following expenses will be incurred by yourself, 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
- Fundraising US \$300 to support service projects in Tanzania
- Money for souvenirs and additional snacks and drinks (we recommend no more than \$150)

## 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 <i>Arrival Day</i>	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 day walk and tour of Ngrisi Village followed by half a day of community service work, which could include building goat sheds and smokeless stoves or renovating buildings.	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 Kitefu 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 Kitefu 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 <i>Departure Day</i>	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.	

Helping the  
community



## Service Work and Fundraising

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. At Lake Natron a permaculture programme and biogas fuel system has also been initiated by students from the British International School of Boston.

Following on from last year's extremely positive and successful experience, for our students and the communities we work alongside, we have been in constant communication with Seeway to construct a plan of sustainable development. Through Seeway's long-term and strong connection to Madi ya Chai, we have designed a strategy to meet the current and ever changing needs of the community. It includes the following projects, some of which your child will have the opportunity to take part in.

- Building 60+ 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 on a coal fired stove. By building these smokeless stoves, developed by Chenoa Sankar and Sierra Brown from BSB, we will significantly reduce the amount of smoke given off while cooking, thus reducing the health risk that inhaling smoke causes, as well as reducing the amount of fuel needed, making cooking cheaper.

- Constructing 60 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 kids for profit or using the females to produce more milk and selling the excess.
- Installing 60 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.

- Laying a brick wall around Seeway Childrens centre – this will make the centre a safer place for the local children to live, make the grounds more secure and reduce theft.
- Renovating and building at Kitfu Primary School – this will increase the size of the school, creating a less crowded learning environment for the current students as well as enabling more students to attend.
- Building a fence around Kitifu Primary School – this will make the school a safe place for students and reduce theft from the school and allow us to support them further in the future.
- Renovating teacher accommodation – presently many teachers leave school around midday to travel long distances back home; with improved accommodation facilities teachers will be able to stay at the school and teach for a full day.

Due to the nature of working in Tanzania and supplies not always being available it is not possible for us at this stage to specify the project that each group will work on. Your child will be spending two full days working with Kitefu primary school and a further day and a half working in the local community on at least one of these exciting projects. We will endeavour to let you and your child know what projects they will be working on closer to their departure. The opportunity for your child to take part in the NAE Tanzania service programme is only open to students from the Nord Anglia Education family. It is a truly rewarding chance to make a significant impact on improving the lives of others while strengthening their own personal leadership, flexible thinking and collaboration and teamwork skills.



Students from The British School of Beijing, Shunyi, working on a community goat shed project

## Service Work and Fundraising

### Chenoa Sankar and Sierra Brown – Year 12 Students The British School of Beijing, Shunyi, CHINA

The Tanzania Project (Green Stoves Tanzania) was a project that we initiated after our visit to Maji ya Chai in November 2014 as part of the NAE Expedition program.

Seeing Tanzania, the environment and the people is what truly inspired us to start this project. Before we began our assigned project that Nord Anglia Education had set up (building a goat shed for some of the villagers), we were taken on a mini tour through a village and school. It was here that we truly began to see the issues the local people faced in more detail. Everyone knows that Tanzania suffers from poverty, but poverty is such a big problem it almost seems impossible to tackle and resolve. However seeing these people in person and actually seeing the specific problems they experience made it feel like something we could actually change and attempt to eradicate.

So as we walked through the village and the school we identified several of the problems that people were facing. However, in order to truly put an end to the problem, we decided to choose one project and run with it, focusing all our energy and material into it. The problem we decided to tackle was the issue of burning coal inside the houses. With no chimney in their homes and cooking taking place inside, a large number of people develop respiratory illnesses as a result. As a CAS project for our IB we decided to help reduce this problem by raising funds to install properly vented smokeless stoves and so our mission began.

Initially we began with some fundraisers and made some enquires into purchasing stoves that fitted our needs. However with little to no response from companies and realising that the complexity of their stoves would make it extremely costly and difficult to repair if they broke, we decided designing our own stoves would be the best step forward.

We are currently in the research phase and have managed to raise a fair amount of money over the past 6 months from several fundraisers. Once we have managed to come up with a feasible design, when we return in October we intend to come up with strategies to distribute these stoves, and teach people how to make them themselves. This way it becomes something sustainable, as one of the last things we want is for this to be something that only works temporarily before people fall back into old habits.

Our aim is to have these as widely distributed as possible and to have many people able to build these stoves and teach others. While this is our aim, we know that it is not that simple and will require multiple counts of failure in order to succeed. However this is something that we are both incredibly passionate about, as well as our supervisor for our project, who has helped us immensely since our visit to Tanzania.

We have raised 35,535 RMB to date. Our goal is 50,000 RMB

Chenoa and Sierra

### A Letter 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.

Over the past year we have completed a number of projects including goat shed construction (and installation of a female milking goat); renovation of classrooms at a local primary school and conversion of a room into a library; 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. We have continued implementing projects on Nord Anglia's behalf, post-trip, including building a kitchen for an elderly widow so she can cook doughnuts to sell, paying school fees for several children to ensure they receive an education; and installing small solar systems into homes which have no mains electricity and have school-aged children needing to study at night.

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

We have built 12 goat sheds to date, working with village officials to select the most vulnerable families in our community, especially widows/single mothers with young children to support. We build a basic wooden goat shed and install a female milking goat into the shed. We then teach the owner how to look after the goat, breed from her, and look after the offspring which can either be sold or used for further breeding.

We check on the goats regularly – almost all the goats we installed this past year are pregnant! The impact is too early to quantify financially, but the recipients all understand the potential long-term benefit and we have a waiting list of families needing this kind of sustainable help. Giving people the means to be able to sustain themselves more successfully in the future is one of the best ways to help.

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 long-term the whole community will benefit by having better educated young people. Education is one of the best ways to invest in young Tanzanians.

Having a light to be able to study at night? Wow! Showing a nursery school teacher what can be done with just paper, scissors and crayons and seeing the delight on her face as she sees the possibilities, and going back to her classroom a fortnight later and seeing how she's transformed it from bare walls to being covered with colourful pictures? Brilliant!

We, and our community, are looking forward to the 2015-2016 Nord Anglia visits.

Rebecca and Wendy



## 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 lead 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. Here are a few fundraising suggestions:

- School discos
- Sport events
- Quiz nights
- Sponsored walks or fun runs
- Movie nights
- Car washing



*Students from The British School of Beijing, Shunyi, at the Seeway Tanzania Children's Centre*

### 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-eco-shop.co.uk/collections/all](http://www.solar-aid-eco-shop.co.uk/collections/all)
- **Easy reading books** – these should be children's books, for example The Gruffalo by Julia Donaldson and 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.

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.



*A truly amazing  
two day experience!*

## 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.

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

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

Project Work	
1x long sleeve top you don't mind getting damaged	1x sturdy boots
1x trousers you don't mind getting damaged	1x work or gardening gloves

Suggested Optional Items		
1x binoculars	1x reading book	1x journal
1x camera	1x travel alarm clock	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 insure 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](http://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](http://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](http://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.

## What to Bring



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.



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.



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.



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.



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.



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.



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



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.



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.

Although we will not be preventing your child from using their mobile phone while in Tanzania, please remind them that the increased cost of using phones abroad can quickly add up, especially if your child is using a data roaming service and making regular phone calls. The expedition is a brilliant 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.

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.

**No news while away is always good news;** 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.

## Global Campus Online



Our unique online learning platform, the Global Campus Online, will play an integral part in the build up to your child's Tanzania expedition, as well as being a powerful tool to help them reflect on their experience once they return home. It is a great way for your child to engage with the programme, begin planning and preparation, and get to know other members of the Nord Anglia Education family that they will meet in Tanzania, in advance of departing. It acts as a safe platform for students to develop long lasting friendships around the globe with fellow NAE students.

Students will be given a number of opportunities to introduce

themselves, share advice, ask questions, and gain a deeper knowledge of Tanzania and their expedition as well as finding the following useful information:

- Interactive forums where students can update their experiences and share their thoughts before and after expedition
- Swahili language lessons
- A guide to Shamba Kipra Camp
- Gallery of pictures and videos
- 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 collectively explore the various pages in the Tanzania (Global Campus Worldwide?) section to gather essential information and ensure they get the most out of their trip.

On returning from Tanzania 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 face to face in a group 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 make good clothes during flights for ease of identification, and then a 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 2016 each

school's design will be judged by a worldwide panel, to select the winning design-shirt. The winning school will have a goat, which they will have the opportunity to name, and a goat shed donated 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.

We do, however, ask that they include the following:

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

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

#### Media Competition

We will also be running a media competition with three different categories; photography, video and spoken or written word. This is a great way for your child to reflect on their experience once they are back home and share that experience with fellow students in the Nord Anglia Education family. Your child will be able to find more information on how to enter these competitions as well as some handy tips and inspiration on the Global Campus Online.

Each category will have a 1st, 2nd and 3rd place to be announced in May 2016, giving every student plenty of time to enter once they have returned from their expedition.



## Health on 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	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
- Assist with fundraising initiatives
- 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 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



## 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](http://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](http://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.



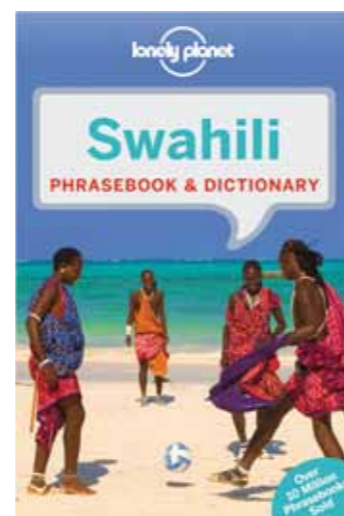
## General Expedition Information

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

### 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 = 2100 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.

## General Expedition Information

### 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.kilimanjaroairport.co.tz)