



Tanzania Permaculture Expedition
Information Pack 2018-19





Contacts

David Wall

Assistant Director: Head of Expeditions

david.wall@nordanglia.com

Mobile: +44 7423 467753

Office: +44 1235 355835

Michael Napier

Expedition Programme Officer

michael.napier@nordanglia.com

Office: +44 1235 355846

Mark Orrow-Whiting

Director of Curriculum and Student Performance

mark.orrow-whiting@nordanglia.com

Mobile: +44 7425 621025

Office: +44 1235 355835

Angi Richards

Expedition Logistics and Travel Coordinator

angi.richards@nordanglia.com

Office: +44 1235 355832

expeditions@nordanglia.com

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Introduction

The Tanzania Permaculture expedition is a life changing experience and an opportunity for your child to make a lasting impact on the local communities around Nazareti Primary School, in the Arusha district of Tanzania.

The eight days your child will spend in Tanzania will see them travel around the Arusha region, participating in a highly rewarding programme of community service, learning about sustainable development and permaculture, as well as exploring the Tarangire National Park discovering the diverse range of Tanzanian flora and fauna.

This is fantastic opportunity for your child to be ambitious and challenge themselves through a unique and highly enjoyable programme, designed to enable them to grow personally and emotionally. The activities support key skills such as confidence, resilience, independence and leadership, all essential in your child's education, career and life as a global citizen. Working with fellow Nord Anglia Education students from around the world, this experience will broaden their 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 and memories.

The programme is open to all Nord Anglia students aged 13+. There will be expeditions running throughout the 2018/19 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.

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\$350 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 Leader.

- Airfares to and from Tanzania from your country of residence
- Visas
- Travel and health insurance
- 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 has 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 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 Permaculture expedition. Exact itineraries will be finalised closer to the time and distributed to you once we have received final student numbers.

Day 1

Arrival Day

After arriving at Kilimanjaro airport, the group will travel about 40 minutes to Shamba Kipara Camp for an introduction talk and tour of their home for the next eight days. Depending on arrival times the rest of the day will be spent relaxing, giving the chance to settle into their new environment with free time to meet students from across the Nord Anglia family, prepare for their week ahead and rest after a long journey.

Day 2

An introduction to Permaculture

This morning the group will start to learn about Permaculture with a visit to Mr Kitomari's house. Mr Kitomari lives and farms organically in the local area following the key principals of permaculture. This is an excellent opportunity for the group to see permaculture in action and to gain a visual representation of what we are aiming to achieve in Nazarati.

The afternoon will see the group heading to Nazarati primary school where they will be shown around the site we will work on, discuss the plan for the week and start working.

Day 3

Continuation of Permaculture project

The group will head back to Nazareti for their first full day working at the project site.

Day 4

Extending our Knowledge

Your child will spend a day trekking in the local area, travelling through local villages on the edge of the Arusha National Park. This will give them the opportunity to see real Tanzanian villages and experience the unique flora and fauna that the area has to offer.

Whilst on the walk we will also take the opportunity to discuss the way people live in Tanzania and absorb as much knowledge as possible. We will then use this knowledge to look at how past and future projects can have an impact and explore any potential issues associated with support from external groups.

Day 5

The final day of Permaculture

Today the group will visit the house of family in the local area where they will gain an insight into life in Tanzania, some of the hardships that are faced on a daily basis, and start to consider how we can make a difference.

While at the house the group will build a keyhole garden, a highly efficient kitchen garden, making the most of grey water and compostable organic waste.

Day 6

Day one of safari in Tarangire National Park

The group will travel through the stunning scenery of northern Tanzania on specialist off-road trucks to the Tarangire National Park, home to one of the largest populations of elephants in the world. Here they will learn about the vast array of native flora and fauna while carrying out an animal survey, before spending a night camping in the park.

Day 7

Day two of safari in Tarangire National Park

An early start to catch the sunrise will see the group continuing on their journey through Tarangire before heading back to Shamba Kipara. On the way the group will have the opportunity to visit Shanga, a local organisation empowering disabled Tanzanians and providing them with a safe working environment.

The last night in Tanzania will bring the whole expedition together for a BBQ and to celebrate the achievements of everyone who participated.

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 for students to say goodbye to their new friends, before they depart for their journey home.

Making an Impact Through Community Service

Since 2014 students from the Nord Anglia Education family have worked on a series of service projects in the Arusha district of Tanzania. These have significantly contributed to the long-term support and sustainable development of communities in Kitefu, Imbaseni, Nazareti and Ngare Sero.

Your child will be contributing to a legacy of almost 3000 Nord Anglia students who have already made substantial contributions to both Nazareti, Kitefu and Ngare Sero primary schools, with the renovation and construction of teacher accommodation, kitchen and restroom facilities, classrooms and permaculture farms. These, along with the generous donation of solar lights and school supplies, have resulted in an improved quality of life for teachers and their families, as well as students, and a dramatic increase in attendance and graduation rates. Kitefu Primary's graduation rate has gone from around 40% each year to over 90%. This is in addition to directly assisting over 200 families by building and installing goat sheds, solar powered light systems and smokeless stoves.

The Project

The village of Nazareti is a harsh environment to live in; it is a very arid place, with few trees providing shade from the sun and infrequent seasonal rainfall. Many of the people living in Nazareti live hand to mouth with very little extra money, so when these rains fail, as they did in early 2017, it can very quickly lead to localised famine with children not eating a proper meal for days if not weeks at a time. By combining modern principals of permaculture with traditional farming techniques, the Tanzania Permaculture Expeditions will see Nord Anglia students taking on the challenging and exciting job of implementing a permaculture farm at Nazareti Primary School, with the aim of enabling the school to produce enough food to be self-sufficient, offering every child a lunch time meal.

Furthermore, in Masai culture, of which parts of Nazareti are, it is very common for boys of about 10 years old to spend their days herding their father's cattle. This often leads to them dropping out of their final years at primary school and their education stopping. By offering a free meal to each child at the school, which could at times be the only meal some children get on many days, it gives the children and parents an incentive for the child to stay in school and complete at least primary education as well as giving them a greater chance of graduating through to secondary education.

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

Your child will spend four days working on service projects while in Tanzania. Although at this stage it is not possible to say exactly what work your child will be doing, an outline of the plans below should give you an understanding of what the projects entail.



Fencing

Cattle, goats and chickens are farmed around Nazareti, as well as donkeys being used for transport. Being a very dry area where little naturally grows they will eat anything and everything in sight. One of the first things we will need to do is ensure there is ample fencing around the area we intend to farm to stop animals eating our crops.

Land clearing

The land we plan to farm will need to be cleared of weeds, rocks and any other unwanted plants and rubbish.

Keyhole gardens

Keyhole gardens are a highly efficient kitchen garden to maximise growing space and productivity while making best use of grey water (which cannot be used for drinking or cooking, such as dishwater), as well as utilising organic compostable waste to help fertilise soil.

Water collection

Water is scarce in Nazareti so the best use needs to be made out of what is available with effective water distribution and collection. This could involve rainwater collection, as well as water collecting pools and channels, all of which will need to be built and dug to collect as much water as possible and make most efficient use of it.

Drip irrigation

We will be using drip irrigation systems to make most efficient use of the limited water supply. Students will be building these and ensuring they are in the most efficient place to ensure all plants are watered.

Calculating yield size

To make the most efficient use of the space we have available we will need to calculate the potential yield sizes for each crop that we want to grow to ensure maximum yields are produced.

Planting and harvesting of crop

Students will be building plant beds and planting seeds, and possibly harvesting crops that have been planted in previous years.

A message from Summits Africa

For the last few years we have been very proud to host Nord Anglia Education students, and are excited to be working with them again in Tanzania this year.

We were very impressed when we saw the hard work that the students had put in at Nazareti School last year, building new classrooms and teachers' accommodation, and the relationship they had formed with the school. At Summits Africa we saw this as an opportunity to further help the school and the community that surrounds it.

Nazareti Primary School currently has a growing population of 357 students and there is a real need for food, as the school is dependent on donations from within a community that at times of the year struggle for food themselves. After meeting with the school committee and discussing ways to help the school, we have been busy planning ways to not only provide the school with a constant supply of food, but also a valuable learning opportunity. This has led us to the idea of developing an organic permaculture programme to support the school, growing enough food for every child to have one hot meal a day with any surplus crop being either stored for the future when food could be short or selling to support the school in other areas, such as buying text books.

With Nazareti being a very dry dusty environment for a large part of the year, due to infrequent seasonal rainfall, this is no small feat. However, Nazareti does have the good fortune of having fertile soil and a driven school community that not only wants to develop but also to get involved at every step of the way, helping themselves as well as being supported by the hard work and support of Nord Anglia Students.



However, what does all of this work actually mean to the community? The reason for all this work is simple. In this area, a meal at school is worth sending your children to school for. When at school they receive education. With education, we know that kids from Nazareti can get a step up in life, have options and become productive members of their communities for generations to come in a place that faces massive challenges and change. In short, education is everything! Hence the goal of providing a meal a day for these primary school kids is the first step to a sustainable livelihood, and by learning organic methods and by using resources available in a sustainable manner we hope that lessons learnt here will stay with them for a lifetime.

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 the Global Campus online platform 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 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 who 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 platform:

- 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
- Fundraising ideas
- Kit list with suggested products and more detailed information on appropriate kit
- Updates on project work

The Global Campus online platform is a great opportunity to get actively involved in your child's expedition experience. Encourage them to login and 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.

T-shirt Design

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 classmates before selecting one that will become your school's expedition T-shirt.

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 the group
- 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





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 Trip Leader and expedition support staff. There will be a section on the Global Campus online platform 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 Tanzanian entry visas; please do not underestimate the time that it takes for this to happen and arrange visas well in advance to avoid disappointment.

The NAE Expedition Team, in conjunction with Royal Sun Alliance, have arranged a comprehensive travel insurance policy with a focus on medical, evacuation and security cover, which works in conjunction with our International SOS policy.

Visas

Although it is possible to get a visa on arrival in Tanzania, we recommend that your child obtain one well in advance of departure. This will speed up arrival and movement through the 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 the return date.

To get the most up to date visa information you can contact your local Tanzania embassy, or visit the following website:

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

It is important to note that the visa application process varies from country to country so it is difficult for us to advise on country specific visa application requirements; please leave plenty of time to arrange this to avoid disappointment.

Documents and forms

Medical and waiver forms will be distributed to you via a system called *Jotform*; please complete these as a matter of urgency, providing accurate information and uploading the requested documentation. Delays in the submission of this information have an impact on the planning of the student's experiences.

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

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

What to bring

The equipment and clothing that your child brings to Tanzania is extremely important. A lack of correct or appropriate equipment and clothing can cause serious problems while in Tanzania, potentially leading to them not being able to take part in certain activities or having to buy appropriate clothing in Tanzania. With this in mind, please follow the equipment list provided:

EVERY DAY USE CLOTHING

- 8x underwear
- 2x long sleeve shirt
- 2x lightweight trousers (not leggings)
- 1x warm top i.e. a fleece or hoodie
- 8x socks
- 1x waterproof jacket
- 1x swimming clothes (not bikini)
- 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-bacterial 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
- 1x small padlock
- 1x travel alarm clock

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 journal
- 1x Swahili phrase book
- 1x power bank

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, as well as keeping mosquitoes away from skin. 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. **Please DO NOT bring tights or leggings to wear; students will not be allowed to wear this at any time during their stay in Tanzania.**

Clothes must be loose fitting. Apart from not being as good at keeping you cool in a hot environment, we have received feedback from Tanzanian staff who explained that tighter clothes are not culturally appropriate.

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.

Games consoles, tablets and laptops **MUST NOT BE BOUGHT ON THE EXPEDITION** and we ask students to be mindful that they will be in an area where people cannot afford these 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 excellent 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, phones will be locked in a secure office. Your child will have access to their phone on the day they arrive, at one point during the week and on the departure day, so they can message home and share their experiences. Students **WILL NOT** be able to use their mobile phones as cameras during the day, under any circumstance; if they wish to take photos of their expedition they will need to use a camera.

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 in the event of an emergency or otherwise.

Power cuts are common and internet access can be infrequent in Tanzania, which could prevent your child from being able to charge their devices or make 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. Your child will need to bring a travel adapter with them if their 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 country with high malaria risk at an altitude below 1800m (there is no risk of malaria above 1800m). Travellers should follow an ABCD guide to preventing malaria:

Awareness of the risk – Risk depends on the specific location, season of travel, length of stay, activities and type of accommodation.

Bite prevention – Travellers should take mosquito bite avoidance measures.

Chemoprophylaxis – Travellers should take antimalarials (malaria prevention tablets). No antimalarials are 100% effective but taking them in combination with mosquito bite avoidance measures will give substantial protection against malaria.

Diagnosis – Travellers who develop a fever of 38°C [100°F] or higher more than one week after being in a malaria risk area, or who develop any symptoms suggestive of malaria within a year of return should seek immediate medical care.

Bite prevention:

No antimalarial drug is guaranteed to be 100% effective. In addition to taking antimalarial medication, it is important our child follows 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 sweats off easily, 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.

It is worth noting that other species of mosquitoes that transmit other diseases such as dengue and yellow fever bite during the day and so bite avoidance measures should be taken throughout the day and night.



Chemoprophylaxis

In regard to chemoprophylaxis, 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 Atovaquone plus proguanil, which is more commonly known under the brand name of Malarone, Doxycycline and Mefloquine, also known as Lariam. Some of the pros and cons to each of these are outlined overleaf. When selecting which antimalarial to take please follow the advice given by your doctor.

Drug name Pros & Cons

ATOVAQUONE PLUS PROGUANIL (ALSO KNOWN AS MALARONE) - RECOMMENDED

Pros

- 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 only needs to continue for 1 week after departing a malaria zone

Cons

- Higher cost

DOXYCYCLINE - RECOMMENDED

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 after departing a malaria zone

MEFLOQUINE (ALSO KNOWN AS LARIAM) - NOT RECOMMENDED

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 or nightmares and insomnia
- Medication needs to be taken 2-3 weeks in advance of entering a malaria zone
- Medication must continue for 4 weeks after departing a malaria zone

Yellow Fever

Since September 2015 it is no longer required that you hold a yellow fever vaccination certificate to enter Tanzania unless you are travelling from, or transiting through for more than 12 hours, a country that has a risk of yellow fever. Please see the list below of countries with a risk of yellow fever.

According to the World Health Organisation (WHO) from July 2016 the yellow fever certificate is now valid for the life span of the vaccinated person and not the 10 years originally stated.

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, 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, Venezuela

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 six 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 they risk heat exhaustion, burning and dehydration. Suffering sunburn increases the chance of developing heat illness for the subsequent 3 weeks.

It is extremely important that your child wears a minimum of factor 30+ SPF sunblock every day and reapplies this regularly. In addition to wearing sunblock 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 to Tanzania with a range of over-the-counter and prescription medication. Please refrain from sending any medication that has not been prescribed by a doctor for a specific condition your child currently has. The Expedition team carry a wide range of high quality medication, bought in the UK, for every eventuality. Medication will be administered 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. This is in the interest of your child's safety to prevent them from taking medication without seeking medical advice.



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 Expedition Support Staff, both of whom will be teachers 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 platform 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 Trip Leader and expedition support staff:

Expedition Support Staff:

- 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 Leader:

Trip Leader will 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 if you do wish to bring a donation then please read the list below and follow it closely, ensuring that items are in a good / working condition.

Very useful (in no particular order):

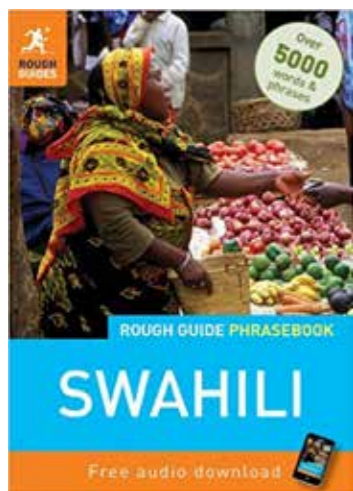
- Stationary: crayons, pencils, black/blue ballpoint pens, mathematical sets (compass etc...), rulers, erasers, pencil sharpeners, glue sticks, scissors for arts and crafts, chalk
- White or black ankle/knee length socks
- Wind-up flashlights
- Solar lights
- Children's books (English/Kiswahili only)
- Towels
- Single sheets
- Blankets
- Black lace-up school shoes
- Sports shoes/football boots
- School bags
- Black or brown belts (children's sizes)
- Children's raincoats
- Children's rain boots
- Footballs/tennis balls

Not very useful:

- Badminton sets - great for an hour playing with children/adults when you are building a goat shed, but otherwise not a Tanzanian game
- Cricket sets - not a Tanzanian game
- Table tennis sets
- Small rubber bouncy balls
- Books in languages other than English or Kiswahili
- School uniforms - Tanzanian schools have very specific uniforms, each school having its own colour scheme
- Candy
- Text books - schools prefer to use Tanzanian curriculum books and, sadly, donated text books will generally remain unused in a cupboard
- Marbles - too dangerous

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 pair of shoes, for example, is much better than four cheaper lower quality pairs. 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 to assist them in learning some basic Swahili before departing for Tanzania. In addition there are also a number of brilliant Swahili phrase books, full of accessible and useful words and phrases.

Phrases in Swahili

| 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 work in conjunction with our insurance policy, which is provided by Royal Sun Alliance and has a focus around providing robust medical, security and evacuation cover.

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 emergency, 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 2016](#)’ 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



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