



**NORD
ANGLIA**
EDUCATION

TANZANIA EXPEDITION

Information Pack: 2014 - 2015

Content:

1)	Global Classroom	Page 1
2)	Group Dynamics	Page 2 - 3
3)	Fundraising	Page 4
4)	Service Work	Page 5
5)	Tanzanian Expedition Package	Page 6
6)	Typical Expedition Itinerary	Page 7
7)	Safari Game Experience	Page 8
8)	Global Classroom Expedition T-shirts	Page 9
9)	Travel: flights, visa's & insurance	Page 10 - 11
10)	Vaccinations	Page 11 - 12
11)	Malaria	Page 13
	- Dengue Fever	
	- Sun cream	
12)	Ebola Virus	Page 14
13)	Risks	Page 15
14)	General Safety	Page 15 - 16
	- Staffing	
	- Hospitals	
	- Airport	
15)	Shama Kipara Camp	Page 17 - 20
	- General Camp Setup	
	- Water	
	- The Dolly Estate Bush Camp	
16)	Tanzania Weather	Page 20
17)	Packing list	Page 21 - 22
	- Gifts & Donations	
18)	Electronics	Page 22
19)	Money	Page 24
20)	Basic Swahilli	Page 25
21)	Key Contacts	Page 25
22)	FAQ's	Page 26 - 27
	- Ebola FAQ's	
23)	Useful Website	Page 27



29 September 2014

Dear Students, Teachers and Parent/Guardians,

February 2014 was a successful and life changing experience for 105 students across our family of schools, where they embarked on a week-long expedition to Arusha, Tanzania. Whilst there, the students discovered the diverse and vibrant culture of Africa: from its vast and beautiful wildlife, to the history of African slavery. They also significantly contributed to the community of Arusha, where they worked directly with the Huruma orphanage and the Maua Primary School – renovating the school's classrooms and teaching local pupils aged from four to fourteen years.

Following the success of the recent trip to Tanzania, Nord Anglia Education now have a permanent base at, which will act as the foundation to the Nord Anglia Education offer of Outdoor and Expeditionary Education, in Tanzania and further afield.

This fantastic opportunity will provide a very real life experience for more of our students equipping them with essential skills, experiences and dispositions that will be greatly advantageous in future work and higher education. They will build confidence, independence, leadership skills, work as part of a team manage their own time and develop resilience, persistence and resourcefulness. They will be involved in a range of short medium and long term projects all with the intention of leaving a Nord Anglia Education Legacy in the region.

Our aim is to broaden the horizons of young people, take them away from the main tourist path and open their eyes to the world, its cultures, its people and their place in it.

I would like to take this opportunity to wish all students a successful and positive expedition to Tanzania.

Yours sincerely,



David Wall
Assistant Director: Head of Expeditions

NORD ANGLIA EDUCATION LIMITED

Education Office: Prama House, 267 Banbury Road, Oxford, Oxfordshire, OX2 7HT

T : +44 (0) 1865 339464

www.nordanglia.com

REGISTERED IN ENGLAND AND WALES NO. 2116088

Registered office at: The Old Vicarage, Market Street, Castle Donington, Derbyshire, DE74 2JB

1) Global Classroom

Our unique online platform created in 2011 is being used not only as a tool to educate and familiarise the students with Tanzania, but also to encourage the attitude of sharing and becoming a Global Citizen.

Students are given a number of opportunities to 'share' their responses to information on the Global Classroom (GC) and gain a deeper, more open-minded perspective, drawing on opinions from around the world.

Amongst other things, they will find the following information from January 2015:

- Handy Tips (language, time zones, weather, medication)
- Camp Guide
- Interactive forums where students can update their experiences and share their thoughts before and after
- Fundraising ideas
- Safari trip information
- Gallery of pictures and videos
- Alumni Testimonials
- Expedition Code of Conduct

How can Parents get involved?

The Tanzania expedition is a fantastic opportunity for students to experience not just a new culture but various challenges in Arusha, as well as meet their fellow pupils from around the world in our family of schools.

For parents this is a great opportunity to get actively involved in their child's expeditionary experience and explore all the resources available on the Tanzanian Global Classroom area. Parents can encourage their child to pick up their tablet or laptop, login into Global Classroom and join-in with their son/daughters Tanzanian journey by collectively exploring the various pages to gather essential information and ensure they get the absolute most out of their trip.

Who wouldn't want friends from all around the world? Global Classroom can help make this happen for all our students involved in this experience. Parents or guardians can also encourage your child to help create lasting friendships and make contact with fellow students using the interactive forums and message boards.

Fundraising will be a key area in the Global Classroom Tanzania section, and parents or guardians can help set targets and goals with their child as well as see what their child's friends and other schools are doing. Each student will find plenty of information and inspiration on the area, and I am sure they will be glad to receive support and encouragement from their parents/guardians and other family members and friends.

On Return:

An action plan will be created for the year ahead; this will be based on the participants and teachers experience of Tanzania.

2) Group Dynamics

Staff members from each school will take on specific expeditionary roles, where they will oversee key responsibilities before, during and after each expedition. They will either represent their school as a Trip Organiser and/or a Group Leader – both positions are indispensable.

Each student will have someone they know to help them through the expedition preparation period, guide them through the fundraising process and help them achieve their goal. They will also be the point of contact for any expedition enquiries both from the students and for any parent or guardian.

Teachers will also assist in group management and help maintain the general health and wellbeing of students.

Group Leader: will be responsible for the day to day management of a small group of students from their school whilst on the expedition, which includes travelling to and from Tanzania.

Duties listed below, but may include other relevant tasks that support the aims of the expedition

- Facilitate pre and post expedition work.
- Lead and support fundraising initiatives for prospective students
- Facilitate activities and experiences whilst on the expedition.
- Manage the movements of students on both local and international transport.
- Take responsibility for passports and other travel documents whilst travelling to and from Tanzania.
- Monitor group's health and wellbeing on expedition.
- Administer basic first aid in accordance with level of training.
- Administer daily group medication.
- Raise any issues with Head of Expeditions.
- Reinforce camps rules.
- Encourage students to engage with all elements of the expedition.
- Be involved in a daily staff meeting and feedback on the events of the day.
- Help students to engage in Global Classroom throughout their expedition experience.
- Support students on their return to share their experiences and promote the projects.

Trip Organiser: will assume all the roles of a Group Leader with additional organisational responsibility prior to trip departure. They will also take a lead role in overseeing the completion of **pre and post expedition work**. Trip organisers will also act as the in school point of contact for the Head of Expeditions and Expedition Programme Officer.

The roles described below are in addition to the roles described within the Group Leader description.

- To ensure that all relevant paperwork is distributed to students and accompanying teachers (Group Leaders)
- Receive all completed forms from parents/guardians and input the data into a spreadsheet supplied by Expedition Program Officer. Submit this data once completed accurately.
- Ensure that information submitted is completed and accurate
- Organise return travel arrangements to Tanzania both local and international for all students and staff attending the expedition.
- Support students where necessary in gaining the appropriate Tanzanian visa.
- Oversee collection and verification of passports and travel documents prior to the trip departure.
- Oversee fundraising events and collection of funds.
- Act as the main point of contact for Expedition Program Officer and Head of Expeditions.
- Complete risk assessments covering travel to and from school to Tanzania.
- Promote the use of the Global Classroom in the wider school environment.

3) Fundraising:

As part of your son/daughters Tanzania Expedition, it is expected that they will be able to fundraise to help support local communities and projects in Arusha and the surrounding areas.

Benefits of Fundraising:

Students who are involved in fundraising will experience a greater personal connection and satisfaction from their expedition. Not only will it help students to be more involved in their expedition long before departure, fundraising is also a great lesson for them to manage money, keep records, get self-motivated, and set targets for fundraising. It will also help our students to come together, plan, support fellow students and strengthen their work towards a shared goal across the Nord Anglia Education's family of schools.

Nord Anglia Education has set a fundraising target of €350 per participant for all service work. This target should be used as a minimum and not as a limit.

Fundraising initiatives should be developed and promoted in school, supported by the in-school Group Leader and Trip Organiser. There will be a section on the Global Classroom website devoted to fundraising, ideas and initiatives.

Planning a profitable fundraising event is something that parents or guardians can really get involved with and here are a few fundraising suggestions:

- School discos
- Sport events
- Car boot sales
- Sponsored walk or fun runs
- Sponsored car wash
- Sponsored window clean etc.

Students will also have opportunities to communicate and collaborate with other students from our family of schools on their fundraising ideas and progress on Global Classroom.

The money raised by each student will be used to make service projects possible, which will include, but is not exclusive to, local staffing, resources and material for service work and logistics.

Remember: It's easy to fundraise when you make it fun!

4) Service Work

Nord Anglia Education students in February 2014 worked on a series of service projects supported to help the local community of Arusha. One of the projects they supported was the Maua Primary School in Usa River, which teaches 248 children between the ages of 4 and 11. They greatly improved the students learning environment by repairing broken windows, repainting the classroom walls, teaching the local students core subjects from the school's curriculum and improving the school grounds.

Following on from this positive experience, Nord Anglia Education students will have the opportunity to be involved in more short and long-term developments with a range of projects each year. These short term ventures may include, but is not exclusive to developing valuable infrastructure, fundraising for sustainable green energy ventures - such as solar lamps for local communities to replace kerosene lamps which are expensive and pose health and safety risks. Students may also fundraise and support the construction of fuel efficient stoves that use minimal wood, reduce smoke, and heat water/foods faster than the older fashioned stoves. These stoves will also positively impact on the local people of Tanzania's health and wellbeing.

Long term ventures may include the fundraising, implementation and construction of community solar systems for local communities, build community dispensaries and Nursery Schools as well as water wells. Your child's fundraising will go towards such service projects and any surplus money will be put into a fund to enable continued support of the projects the schools were involved in.

Through our contacts on the ground in the local area, our service work is always relevant, safe and tailor made for the students. The work will differ as local need dictates meaning each year will be slightly different. The GC platform again will be essential for students to feedback their experiences to influence the next phase of work.

In a competitive job market, managers are increasingly looking for employable skills alongside academic qualifications. Our aim for the expedition to Tanzania is to help your child work towards **strengthening their skills in leadership, teamwork, and communication** all through the platform of both service/humanitarian work and outdoor adventurous activities.

Our overarching goal is to ensure that your child experiences cultures and environments very different to their home country. To bring an appreciation of the challenges facing other cultures, and to hopefully awaken your son/daughters desire to understand, explore and develop a global perspective on life.

Remember that is a unique opportunity, only open to students of Nord Anglia Education



5) Tanzanian Expedition Package

Nord Anglia Education's Tanzania Expedition package includes the following:

Includes:

- Accommodation under tents on a full board basis
- 2 days safari in Tarangire National Park
- Return transportation from Kilimanjaro Airport to the Shamba Kipara Farm
- 1 night experience at The Dolly Estate Bush camp
- Security on the camp
- "Flying doctors" insurance (to Kenya)

Your in-school Trip Organiser, with support from the Group Leader will be responsible to oversee that the following are organised for your son/daughter and staff. Please therefore seek any guidance from them if you have any questions regarding the list below.

- International Airfares
- Visas
- Travel & health insurances
- Fundraising to support service projects in Tanzania.

Please note that any money raised by students through fundraising will exclusively be used for service work only.



6) Typical Expedition Itinerary

Saturday *Arrival day*
Welcome induction on the camp

Sunday Free time on the camp
African afternoon

Monday Safari day 1 – Tarangire National Park

Tuesday Safari day 2 – Tarangire National Park

Wednesday Service day – Maua School, Makumira School or Huruma Orphanage

Thursday Service day – Maua School, Makumira School or Huruma Orphanage

Friday Free time on the camp
Dolly Estate Bush camp experience afternoon and overnight

Saturday Departure day

7) Safari Game Experience

While the expedition is mainly focused around the essential and multi – rewarding aspects of development work in Arusha, there is also a two day once in a lifetime safari each child will experience 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 one of the least visited. Tarangire contains the greatest concentration of wildlife outside of the Serengeti and is most famous for its elephant migration and its incredible array of bird species, particularly the yellow-collared lovebirds in the trees along the Tarangire River. It is also known to have a constant supply of water – making it the perfect location to spot almost all of Africa's wildlife, including: elephants, wildebeest, zebra, buffalo, impala, gazelle, lions, leopards, mongoose, antelope and ostrich.

Students will be accompanied by professional guides on a full board basis, and will travel in off road 4x4 truck giving them easy viewing access to the wonderful array of animals. Ancient towering baobab trees will also leave each student in awe with its strange and unusual beauty. Throughout this experience, they will also learn and discuss about wild animals, natural selection process, animal behaviour and how the wildlife-management challenges are dealt with by the people of Tanzania. Each child in their safari group will experience a magical night in tents, giving them a real taste of Africa under the stars, please see some pictures below.

Almost all of the students will seize the opportunity to get up-close and personal with the diverse wildlife that the Tanzanian landscape has to offer. Seeing lions, elephants, giraffes and other wild animals in their natural habitat is a uniquely memorable experience that they will never forget.



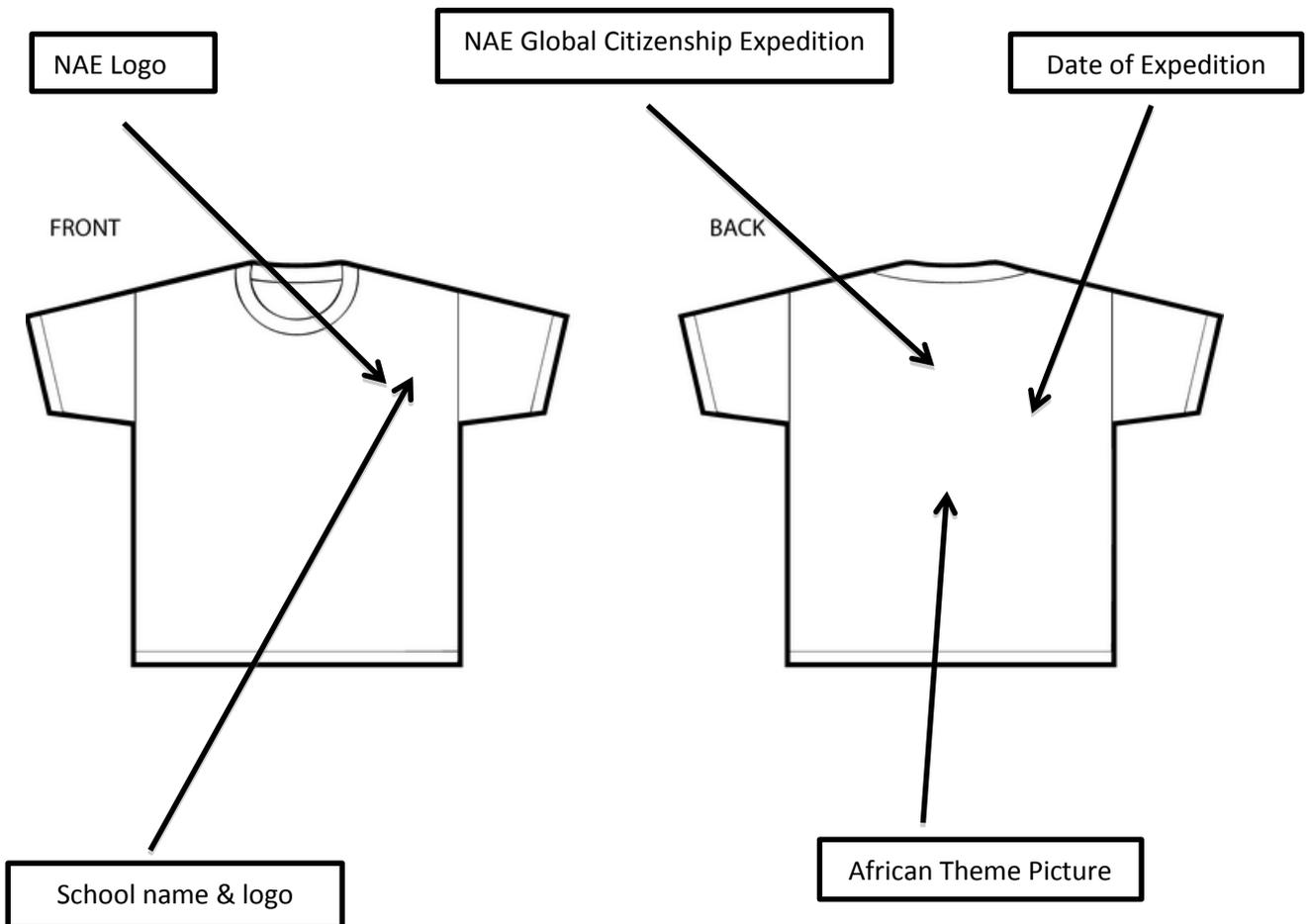
8) Global Citizenship Expedition T-shirts

As part of the Global Classroom Tanzania Expedition, students from each school will work together with guidance from the in-school Trip Organiser to develop and design their own unique expedition t-shirt or hoodie.

The students when designing their expedition T-shirt/hoodie should include the following:

- School name and logo
- The phrase - 'NAE Global Citizenship Expedition'
- Date of Expedition
- Design their own picture based on an African theme

Students are encouraged to share their unique design on Global Classroom, for other students in our family of schools to see.



9) Travel: flights, visas and insurance

For all travel arrangements (flights, visas and insurance) the Trip Organiser, in cooperation with the parents of each student will be responsible to ensure the appropriate travel has been arranged.

Flights

Flights should be arranged for your each student to Kilimanjaro International Airport (KIA) from each school's local airport.

Visas:

The Trip Organiser will be responsible for organising that each student has a Tanzanian Tourist visas prior to travel. It is advised that each student's parents/guardians should complete the Tanzanian visa application themselves and given back to the relevant staff member.

To get the most up to date visa information, the Trip Organiser should contact their local Tanzania Embassy for details on how to apply for a visa and what necessary documents are required.

Visa information and guidelines can be found below:

Please note the following visa information:

- Passports much be valid for 6 months after return date
- The fee is 50 USD per applicant
- Applicants need to apply for tourist visa (NOT a Volunteering or Business visa)

Visit the following site for visa information: 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 at which they can get it and documents needed.
- Remember you are applying for a **tourist** visa.

Please also find the following links below for more visa information:

- www.tanzaniahighcommission.co.uk
- www.tanzania.embassyhompag.com
- www.immigration.go.tz/module1.php?id=14

Please contact Michelle Gracias (Programme Officer of Expeditions) michelle.gracias@nordanglia.com if you require an accompany letter from the host organiser for your visa application.

Travel Insurance:

Each student must have a current comprehensive medical and travel insurance policy that includes repatriation, flight cancellations and valuables.

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

IMPORTANT: DOCUMENTATION

Your son/daughter must have photocopies of the following:

- Passport
- Tanzanian Tourist visas,
- Medical certificates
- Insurance certificates

10) Vaccinations

It is important that you consult your General Practitioner or Practice Nurse 6-8 weeks in advance for your child. They will assess your son/daughters particular health risks before recommending vaccines and or antimalarial tablets. This is also a good opportunity to discuss important travel health issues your son/daughter may have.

Exact vaccinations will vary depending on personal health history and country location. For your information we recommend the below list of vaccinations and precautions. Please use this list as a guide only unless otherwise stated:

Disease	Description	Guidance
Yellow Fever	Is spread by an infected, day-biting mosquito. The disease is mainly found in rural areas but outbreaks in urban areas do occur. A certificate is required and must be laminated and attached to the passport using an elastic band.	Compulsory
Hepatitis A	Is spread through consuming contaminated food and water or person to person through the faecal-oral route. Risk is higher where personal hygiene and sanitation are poor.	Recommended
Tetanus	Spread through contamination of cuts, burns and wounds with tetanus spores. Spores are found in soil worldwide. A total of 5 doses of tetanus vaccine are recommended for life in the UK. Boosters are usually recommended in a country or situation where the correct treatment of an injury may not be readily available.	Recommended
Polio	Spread through person-to-person contact, poliomyelitis is a serious illness caused by the polio virus. The virus first infects the gut then travels to the nervous system and can cause a meningitis-like illness. This may leave permanent damage to some nerves. It can lead to wasting of some muscles and can sometimes cause paralysis of the arms or legs.	Recommended

Diphtheria	Spread person to person through respiratory droplets. Risk is higher if mixing with locals in poor, overcrowded living conditions.	Recommended
Typhoid	Spread mainly through consumption of contaminated food and drink. Risk is higher where access to inadequate sanitation and safe water is limited.	Recommended
Hepatitis B	Spread through infected blood and blood products, contaminated needles and medical instruments and sexual intercourse. Risk is higher for those at occupational risk, long stays or frequent travel, children (exposed through cuts and scratches) and individuals who may need, or request, surgical procedures abroad.	Recommended
Rabies	Spread through the saliva of an infected animal, usually through a bite, scratch or lick on broken skin. Particularly dogs and related species, but also bats. Risk is higher for those going to remote areas (who may not be able to promptly access appropriate treatment in the event of a bite), long stays, those at higher risk of contact with animals and bats, and children. Even when pre-exposure vaccine has been received, urgent medical advice should be sought after any animal or bat bite.	Optional
<p><u>Dental Check-up</u></p> <p>High quality dental treatment is not always readily available overseas and so it is a good idea to make an appointment for your son/daughter to see their dentist at least 6 weeks before their departure making sure that any issues are resolved prior to departure.</p>		

Malaria

Malaria is a serious and sometimes fatal disease transmitted by mosquitoes. You cannot be vaccinated against malaria however you can take tablets for preventative measures. Parents and staff members should make sure to consult their General Practice for guidance on anti-malarial drugs 6 – 8 weeks before travel as they may advise to begin taking malaria tablets up to 2 weeks before travel.

Also, the benefits of taking the medication before travel will allow to check for any adverse reactions (photosensitivity, rash, and mouth ulcers) - giving you enough time to visit the GP for alternative antimalarial tablets.

Keynotes students and staff members should be aware of the following:

- Wearing appropriate loose fitting clothes that should cover arms and legs, especially during early evening and in the night when mosquitoes prefer to feed is highly recommended.
- The Centre for Disease Control and Prevention (CDC) recommends to regularly use insect repellent with 50% DEET. However please read the product instructions as DEET can be toxic!
- Avoid shady conditions in late afternoon
- When outdoors, wear light clothing that covers most of the body, keeping as much skin and hair covered as practical.
- Avoid fragrances in soaps, shampoos, and lotions.
- Many species of mosquito prefer biting from dusk until dawn. The problem is worse when the weather is hot or humid. Keep covered up between these times.
- Anti-Malaria precautions are essential in all areas below 1800m, all year around.
- According to (CDC) Chloroquine Anti-malarial drug is NOT an effective drug
- **Recommended chemoprophylaxis:** Atovaquone-proguanil, doxycycline, or mefloquine.

Dengue Fever

A viral illness that is transmitted to humans by mosquito bites. The mosquito that spreads dengue bites during the day and is more common in urban areas. Symptoms include fever, headache, severe joint, bone and muscular pain. There is no vaccine, therefore apart from taking anti-malarial tablets, participants should follow the same guidelines mentioned above to prevent infection.

Sun cream

The African sun is hot! We insist students wear wide brim hats and cover up, as well as applying sun cream with a SPF 30 or over. We will be outdoors every day - please do not underestimate the chance of burning.

We take the safety of our students very seriously and recognise the concern surrounding the recent outbreaks of the Ebola Virus in Africa.

Currently the incidents of Ebola have been largely restricted to some countries in West Africa. Our intention at Nord Anglia Education is to take a pro-active stance in maintaining the safety of all our students and staff by monitoring the situation in West Africa closely. We will regularly review Foreign and Commonwealth Office advice and other information from the World Health Organisation (WHO). Should there be any cause for concern that may affect expedition participants, please rest assured that we at Nord Anglia Education will take all steps necessary to safeguard our students and staff.

Please be advised that the outbreak is specific to West Africa, and according to the World Health Organization 'the most effected countries [are] Guinea, Sierra Leone and Liberia... A separate, unrelated Ebola outbreak began in Boende, Equateur, an isolated part of the Democratic Republic of Congo'.

It is important to note that Ebola by no means affects travel to the vast majority of Africa, including Tanzania.

Ebola is very difficult to contract:

It is important to note that Ebola is transmitted via bodily fluids, and is not airborne. WHO states even for travel to effected areas: "Transmission requires direct contact with blood, secretions, organs or other body fluids of infected living or dead persons or animals, all unlikely exposures for the average traveller."

Everything is being done to ensure that the Ebola virus is contained within the West African countries already affected, and does not spread further.

Travel to Tanzania:

Although no cases of Ebola have been reported in Tanzania, health officials are taking extra precautions to prevent the spread of Ebola virus. Health workers have been deployed at all the main entry points in Tanzania, including Arusha, Ngorongoro, Namanga and Kilimanjoro International Airport to inspect arriving passengers and maintain tight surveillance.

The airport has also started an awareness campaign by distributing posters and brochures with information on Ebola symptoms.

13) Risks

The most common risks affecting travellers to Tanzania are:

Food & Waterborne Diseases	Each student will be provided with their very own eco-friendly aluminium water bottle. Fresh drinking water will be obtained from a private water fountain on the camp. Fresh food will be cooked thoroughly
Insect Bites	The camp is situated away from stagnant water. Students are advised to wear appropriate loose fitting clothes that cover their arms and legs especially during early evening and in the night when mosquitos prefer to feed. The use of Deet and anti-malarial are highly recommended.
Sun Burn	Your son/daughter must use SPF 30 or over factor cream and wear protective clothing
Travel to Areas of Disasters & Conflicts	We will visit only secure, well patrolled areas of which we have extensive knowledge and experience

14) General Safety

The Camp is a privately owned camp, which will be patrolled 24 hours a day, seven days a week by security guards.

The in-school Group Leader will be responsible to administer daily group medication and basic first aid in accordance with their level of training. Therefore any medication must be given directly to him/her prior to departure.

Each teacher will be given a guide on medical procedures and a list of every student's medical, dietary and health requirements when they arrive at the base camp.

Safes, fridges and/or cool boxes are provided in all vehicles and on camp where required. There will also be an on-site nurse during the expedition.

We take the security and safety of all Nord Anglia Education students and staff extremely seriously, which is why a thorough risk assessments will be completed before any such activity. These can be seen via your in-school Trip Organiser and Group Leader/s.

All groups will travel with qualified first aiders and be coordinated by experienced expedition leaders. Appropriate communicate devices will always be carried for the area we are travelling through.

Staffing

Each school will be advised to have a 1:10 staff to student ratio one of whom will be first aid qualified.

Hospitals

Dr Franck Artress, who founded the Foundation for African Medicine and Education (FAME) centre in Karatu, is an American physician who will be available for General Practitioner medical advice. His medical centre also has a fully stocked dispensary with all required medicine.

Nairobi Hospital will be used to in case of emergencies and serious injuries. (In these instances First Air Responder will be called.)

Airport:

Kilimanjaro International is a small airport where each group of students will walk across the tarmac to enter the arrivals building.

When passing through arrivals, travellers must scan their fingers and thumbs for electronic prints. Entry and departure declaration forms will need to be completed before arrival and on exit.

The Trip Organiser will have the responsibility to hold the passports, inoculation details and declaration forms of each student from their school. These will then be collected and kept in a secure location at the base camp.

15) Shamba Kipara Camp

General Camp layout:

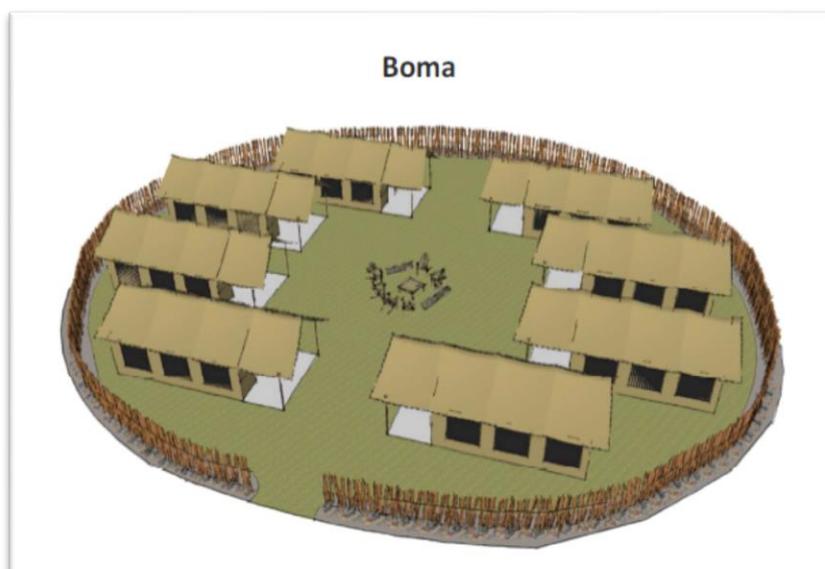
Shamba Kipara Camp will be specifically set out for each trip depending on the size of the group.

Below are some pictures of the camp:



General Camp setup:

Lodging facilities	<ul style="list-style-type: none">▪ Students will sleep in tents either in a traditional Boma arrangement or open plan. <i>(Please find below a traditional Boma image below)</i>▪ There is one large shower block with 6 showers and toilets for girls and 6 showers for boys.▪ There are also female and male staff tents and wash facilities.
Restaurants	<ul style="list-style-type: none">▪ One industrial kitchen▪ Canvas roofed dining room
Leisure facilities	<ul style="list-style-type: none">▪ Wooden platform common area with fireplace and seating capacity around 'traditional African Talking tree'▪ Swimming pool▪ Quiet Island (peaceful seating area surrounded by trickling water)
Educational infrastructure	<p><u>The Farm:</u></p> <ul style="list-style-type: none">▪ A variety of livestock: hens, donkeys, cows etc. <p><u>Little Tanzania:</u></p> <ul style="list-style-type: none">▪ Agricultural land: mangos, avocados, coffee etc.



Water:

Drinking water is available on camp. Students will be provided with an eco-friendly aluminium water bottle, to be refilled as needed from the ample supply of water dispensers.

The Dolly Estate Bush Camp:

A short drive from the Shamba Kipara Farm Camp (base camp) the Dolly Estate - Bush camp is situated.

When was the last time students laid down and admired a pitch black sky and tried to pinpoint Orion's Belt, the Big Dipper, Scorpio and other common constellations? Groups of students will be able to experience this more so whilst in the Dolly Estate Bush Camp, and will develop a newfound appreciating for Mother Nature, here in Tanzania.

They will experience a day and night without any distractions from gadgets or electronics and essentially go back to basics. The smell and feel of the fire accompanied with campfire songs, mixed in with the sound of insects and wildlife in the trees and bushes is a truly sensory, almost spiritual experience.

The Bush Camp is exclusively for students staying at the main camp, on request, and is enclosed with an electrical fence and

Camp Facilities:

- Sleeping Platforms
- One dining room which can seat up to 80 people
- One shower block: four toilets and bucket showers on both the female and male side
- One staff meeting room



16) Tanzania weather:

Average yearly temperatures tend to be consistent: cool to cold at night and in the early morning (13°C/55°F). While in the afternoon, the temperatures are usually around 26°C/79°F.

The wet season's temperatures are mild, similar to the dry season, and it is important to pack warm clothing for use in the evenings and game drives in the early morning.

Seasons:

January & February: Usually, there is a dry period between the rains that is not possible to predict with accuracy.

March, April & May: '*Long rains*' – these months are the wettest. It rains most days, but rarely all day long with cloudy skies. Temperatures range from an average maximum of 26°C/79°F to an average minimum of 13°C/55°F. Colder peak temperatures are common in April and May due to possible cold fronts.

June, July, August, September & October - Temperatures in the afternoon are generally around 21°C/70°F. Sunny weather and clear skies are common during the day. The 'short rains' could start in October in case they arrive early. Expect cold nights with temperatures around 11°C/52°F at minimum. There can be occasional cold fronts where temperatures near freezing. Warm clothes are strongly recommended for early morning game drives.

Dry season - *June to October*

November & December - '*Short rains*' - A month long time of unpredictable rains usually occurring between November and December. It is unusual for it to rain all day long and this shouldn't affect your expedition. Temperatures during the day are generally around 25°C/77°F. Early morning and evening temperatures are around 13°C/55°F.



17) Packing list

It is important for all expedition participants to travel with soft-sided luggage, as these are more easily stored in vehicles than hard-framed cases. In addition, it is preferable to have two smaller pieces than one large one. A fold-up daypack or shoulder pack will be useful to conveniently carry the items needed during game drives\excursions.



Note:

- Students should only take soft-sided bags (which can be manipulated in size and shape) and NOT hard suitcases.
- Students should bring a smaller day backpack for daily travelling.
- Please pack important items in hand luggage in case of loss or delay (e.g. Toothbrush, change of underwear, medicines, camera etc)
- Days will be warm and evenings cool with a chill. We therefore recommend lightweight clothing that can be layered. Shorts and T-shirts are appropriate in the day and long sleeve loose fitting tops and trousers during the night to help prevent mosquito bites.
- Bright colours and white clothing are not advised while on safari as they attract insects.
- It is illegal to wear camouflage on Safari.
- All students and teachers will be involved in renovation work and this will require some old clothing that participants do not mind getting damaged and closed toe footwear.
- A good wide brim sun hat is important
- It is cold in the early mornings and night particularly at the crater, so a light jacket (fleece), scarf etc is suggested.
- Baggage allowance varies – check with your airline before travel.

Key note:

- Africa has a large Muslim and Christian population. All participants must therefore pack appropriate clothing that will cover their elbows and knees when visiting villages and local communities.

Clothing	Items	Toiletries
<input type="checkbox"/> Underwear <input type="checkbox"/> Socks <input type="checkbox"/> Sleepwear <input type="checkbox"/> Long sleeve t-shirts <input type="checkbox"/> Short sleeve t-shirts <input type="checkbox"/> Shorts (respectful length) <input type="checkbox"/> Trousers (zip off trousers) <input type="checkbox"/> Warm Fleece/outer layer <input type="checkbox"/> Warm coat/jacket. <input type="checkbox"/> Waterproof outerwear <input type="checkbox"/> Wide brim sun hat <input type="checkbox"/> Swimwear <input type="checkbox"/> Old clothing for renovation	<input type="checkbox"/> Head torch <input type="checkbox"/> Camera/ Memory card <input type="checkbox"/> Chargers/necessary batteries <input type="checkbox"/> Sunglasses <input type="checkbox"/> Towel <input type="checkbox"/> Wash cloth <input type="checkbox"/> international converter kit complete with a set of adapter plugs <input type="checkbox"/> Watertight zip-lock bags (protection from dust & water on excursions) <input type="checkbox"/> PPE: Gardening Gloves <input type="checkbox"/> Comfortable walking shoes <input type="checkbox"/> Beach sandals <input type="checkbox"/> Trainers/pumps	<input type="checkbox"/> Shampoo <input type="checkbox"/> Conditioner <input type="checkbox"/> Shower gel <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Insect repellent (50% DEET) <input type="checkbox"/> Sun cream <input type="checkbox"/> SPF 30+ <input type="checkbox"/> Anti-bacterial Hand sanitiser <input type="checkbox"/> Handy wipes <input type="checkbox"/> Lip balm/moisturizer <input type="checkbox"/> Plasters/Blister plasters <input type="checkbox"/> Pre-prescribed medication
Suggested:		Documentation
<input type="checkbox"/> Binoculars <input type="checkbox"/> Travel alarm clock <input type="checkbox"/> Motion sickness medication <input type="checkbox"/> Inflatable cushion/pillow <input type="checkbox"/> Reading material <input type="checkbox"/> Earplugs <input type="checkbox"/> Healthy snacks/energy bars		<input type="checkbox"/> Passport <input type="checkbox"/> Insurance certificates <input type="checkbox"/> Proof of inoculations <input type="checkbox"/> Yellow Fever Certificate <input type="checkbox"/> (all photocopied and given to accompanying teacher)

Gifts and donations

We understand the desire and generosity to hand out little gifts: such as pens and sweet treats to the Tanzanian children. This is something which, although well intended, has created a begging and trading problem of serious consequences. Therefore we ask that students consult their in-school Trip Organiser before buying any gifts or items.

We would therefore request that each student packs fiction and or non-fiction books to add to the school library that was created by Nord Anglia Education students in February's expedition. Stationary is also a well-received gift for the local children of Arusha which could also be considered.

Similarly, products such as Solar Lights are very useful. Please find the following link for information:

<http://www.solar-aid-eco-shop.co.uk/collections/all>

We have received information from local agencies in Arusha stating that solar lights are having a massive impact on students and teachers abilities 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.

Please however discuss with your in-school Trip Organiser a few weeks before departure if you would either like to buy books or Solar Lamps.

18) Electronics

Students are allowed to bring their own phones and cameras at their own risk. Nord Anglia Education cannot accept any responsibility for any loss (including theft) or damages of these items.

We must insist games consoles and tablets are not to be brought on the expedition. Please leave these at home.

Each school has been asked to bring ONE school laptop with them. Time will be allocated towards the end of the day for students to go online and communicate with family and friends. This time will also be available for students to upload information onto Nord Anglia Education's online Global Classroom.

Note: Tanzania operates on Greenwich Mean Time (GMT) + three (3) hours. When the United States is operating under Standard Time, it is eight (+8) hours later in Tanzania than in the Eastern U.S. Time Zone.

Power cuts are not uncommon.



Voltage is 220 and 230 volts.

The sockets are three pins; two flat horizontal and one vertical, a lot like the British BS-1363 type.

An adapter for your electrical appliances is available.

19) Money

Local currency is the Tanzanian shilling (TZS).

Coins:

Frequently Used: 1, 5, 10, 20, 50, 100, 200

Banknotes:

Frequently Used: 500, 1000, 2000, 5000, 10000

Credit cards are frequently not accepted. In places where they are accepted, it is often only with a steep commission, which means that cash, ATMs and (in major centres) travellers cheques are more heavily relied upon.

US dollars, followed by euros are the most convenient foreign currencies and get the best rates. Please note that USD 50.00 and USD 100.00 notes get better rates of exchange than smaller denominations. **Old-style US dollar bills are not accepted.**

Students will only have the opportunity to buy gifts and items when on their excursion. Therefore, we recommend **no more than \$150** spending money for the week.

The camp will have a camp shop with local produce, confectionary and soft drinks. On arrival students will hand in \$20 which will be exchanged for Tanzanian shillings. This money can be used on camp to purchase items from the camps 'Shop'.

If students do not wish to spend their shillings on camp, they can use the money when on their excursions.

Note. No more than 100 Tanzanian Shillings per person may be taken out of the country.

20) Basic Swahili

Even though Swahili is the official language in Tanzania, English is widely spoken and understood. Many East Africans speak some English, but knowing some Swahili will really help you and people will appreciate your effort. In Swahili every letter is sounded out (it is a phonetically strong language).

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

We also suggest that students purchase a Swahili Phrase book.

Following good reviews we recommend The Lonely Planet Swahili Phrasebook, which can be purchased online.

21) Key Contacts

David Wall

Assistant Director: Head of Expeditions

david.wall@nordanglia.com

Mobile: +447423467753

Michelle Gracias

Programme Officer: Expeditions

michelle.gracias@nordanglia.com

Office number: +441865 339 616

22) FAQs

- Question Earlier messages said we needed to prepare repatriation cover but the guide referred to evacuation being provided. Could this be clarified? What exactly do we need to cover ourselves?
- Answer First air responder will provide air and land evacuation and transport to the hospital should students need it in an emergency. This is not an insurance – it is a safety measure. Each participant is responsible for taking out comprehensive insurance, including repatriation costs with appropriate medical coverage for Tanzania. Insurance should be acquired for medical, valuables, travel etc. (as with any holiday insurance)
- Question Will students with dietary requirements be catered for? Some of our group are vegetarians.
- Answer All dietary requirements will be catered for – as with any school trip; every meal will have a vegetarian option. Ensure specific dietary requirements and allergies are noted carefully on the forms.
- Question Will the private buses have safety belts?
- Answer Yes, all of our buses will have full safety measures including seat belts.
- Question Has a risk assessment been completed?
- Answer A full and thorough risk assessment has been completed alongside the Nord Anglia Education Health and Safety rules and regulations. Each school will receive a copy which can be circulated to parents. The assessment will begin as the group exit the airport terminal and continue until students enter security at Kilimanjaro Airport on the departure day. Each school will need to complete their own risk assessment for the time spent travelling from school to Kilimanjaro Airport arrivals and the same return journey.

Ebola FAQs

- Question What is Ebola Virus?
- Answer Ebola, also known as Ebola virus disease, is a rare and deadly disease caused by infection with one of the Ebola virus strains (Zaire, Sudan, Bundibugyo, or Tai Forest virus). Ebola viruses are found in several African countries. Ebola was discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo. Since then, outbreaks have appeared sporadically in several African countries.
- Question What are the signs and symptoms of Ebola?
- Answer Signs and symptoms of Ebola include fever (greater than 38.6°C or 101.5°F) and severe headache, muscle pain, vomiting, diarrhea, stomach pain, or unexplained bleeding or bruising. Signs and symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, although 8 to 10 days is most common.

Question	How is Ebola spread?
Answer	The virus is spread through direct contact (through broken skin or mucous membranes) with blood and body fluids (urine, feces, saliva, vomit, and semen) of a person who is sick with Ebola, or with objects (like needles) that have been contaminated with the virus. Ebola is not spread through the air or by water or, in general, by food; however, in Africa, Ebola may be spread as a result of handling bushmeat (wild animals hunted for food) and contact with infected bats.
Question	Can you contract Ebola on a plane journey?
Answer	You cannot catch Ebola through social contact or by travelling on a plane with someone who is infected, it requires direct contact with the blood or body fluids of an infected person.
Question	How is it diagnosed?
Answer	It's difficult to know if a patient is infected with Ebola virus in the early stages as symptoms such as fever, headache and muscle pain are similar to those of many other diseases.
Question	Who is at risk?
Answer	Anyone who cares for an infected person or handles their blood or fluid samples is at risk of becoming infected. Hospital workers, laboratory workers and family members are at greatest risk.

23) Useful websites

www.nathanac.org

www.fitfortravel.nhs.uk

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

www.sunsmart.org.uk

www.travax.nhs.uk

<http://www.who.int/csr/disease/ebola/en/>

<https://www.internationalsos.com/ebola/>