

Expedition brief

Malawi



Droylesden High School 2011 Expedition

Expect an enthusiastic welcome in "the warm heart of Africa" where you'll be bowled over by the hospitality of the Malawians. Hike Mt Mulanje and drink in the beautiful scenery and then soothe aching muscles in lovely Lake Malawi.



Expedition brief key

The main objective

The main objective of your expedition as chosen by your Link Teacher and school is as follows. It is described in more detail on page 4.



Technical Technical expeditions focus on adventurous and challenging activities. They could involve tackling a significant peak, a journey through thick jungle or across vast plains or glaciers. Technical expeditions might involve learning a technical skill such as skiing, kayaking, scuba diving or glacier walking.



Culture & Community Culture & Community expeditions explore a destination's culture. You could be visiting ancient ruins and historical sights or staying with a local family on a home-stay. Itineraries often include community project work.



Environment & Wildlife Environment & Wildlife expeditions focus on the discovery of specific environments and / or remarkable bio-diversity. We visit rainforests, deserts, savannah, ice fields, colourful reefs which all offer their own particular wildlife spotting opportunities. Itineraries often feature environmental project work.



Duke of Edinburgh These expeditions can be used to complete the expedition section of the Gold DofE award and meet the DofE's "20 Conditions". The expedition must be approved by the relevant Operating Authority.

Expedition ratings

To give you an idea of what to expect, we have rated each of our expeditions with a physical rating and a culture shock rating. The physical rating assesses how physically demanding the expedition is likely to be. The culture shock rating indicates how different to normal every day life the expedition will be. The ratings for this expedition opportunity are included in the table on page 3 and correspond to the symbol scales below.

Physical rating explained...



- Limited level of physical exertion



- Moderate level of physical exertion



- High level of physical exertion

Culture shock rating explained...



- Very similar to your normal living environment in the UK



- A definite difference from the UK



- A major change from what you're used to - eye opening stuff

Welcome to Malawi!

The purpose of this brief is to introduce the expedition opportunity on offer to you. It will give you a feel for the expedition destination, includes an all-inclusive price and lets you know about the type of projects and activities that your group could be taking part in. It also outlines the main objective of the expedition and throws in a few interesting facts too. We hope this brief snapshot will leave you feeling inspired and wanting more!

This expedition opportunity

Expedition price:	£2695
Time of year:	Summer 2011
Duration:	19 days (we call this a Longer Journey)
Main objective:	
Visa requirements:	Visa required for British Nationals
Culture shock rating:	 to 
Physical rating:	



Facts and Figures



Geography One third of the country is taken up by Lake Malawi - the lake is surrounded by high plateaus, and mountains.

Climate The hottest region is on the shores of Lake Malawi but there's usually a cooling breeze. It is cooler in the highlands. Winters (May to July) are dry. The rainy season runs from November to March.

Language/s English (official), Chichewa (official), other regional languages

Culture / Historical Interest Tribal, British Protectorate, Independence 1963

Religion/s Protestant, Roman Catholic, Muslim, indigenous beliefs

Visit www.lonelyplanet.com for a more in-depth guide to the destination.

The main objective explained...

This page details the main objective of your expedition as chosen by your Link Teacher. It also outlines your training programme and any exciting itinerary features that your Link Teacher really wants you to experience and has already set for you. At your first group training session you will be presented with 3 itinerary options based around this main objective from which to choose from. You will also get to set your own personal and group aims and goals for the expedition.

The main objective

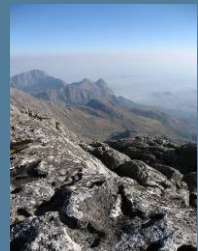
Culture & Community

Work with a school in a local Malawian community. Help with building work to improve resources, assist in classes and maybe even teach lessons of your own. Join the children and the locals for some home style Malawian cuisine, stories and dancing and they will love to put your skills to shame on the football field!



Itinerary features

Trek in the impressive granite surroundings of the Mulanje Massif using trails which climb up to 3000m above the African plains. Observe the variety of animals in the forest and on the mountain plateau and take in the stunning views.



Your training programme

Type of programme:

LONGER JOURNEY

(please see The Expedition Brochure for details)

Malawi Longer Journey

Example itinerary



What is an “example itinerary”?

The ‘example itinerary’ is simply a typical expedition itinerary to the destination. Some of the activities detailed on it may not feature as part of your school’s expedition or they may not happen in the order shown. Based around the main objective chosen by your Link Teacher, you will be presented with 3 itinerary options as part of your training programme. You will see that the main objective phase of the expedition and any specific itinerary features chosen by your Link Teacher are already blocked out on the itinerary below. These are set itinerary items and will feature in all 3 itineraries presented to you.

Day	Notes
1	Depart the UK.
2	Arrive in Lilongwe. Get your bearings, confirm travel arrangements, buy supplies and drop off the embassy pack.
3	Travel to the Mulanje mountains through stunning tea plantations.
4-10	Trekking phase - Trek in the impressive granite massif using trails which climb to 3000m above the African plains. Observe the variety of animals in the forest and on the mountain plateau and take in the stunning views. Take a ‘bracing’ dip in the crystal clear waters below one of the waterfalls.
11	Make preparations for your project by gathering provisions and then head off to meet the community.
Main objective	12-16 You will be involved in a project at a school. Help to build or renovate existing facilities, teach English and play games with the local children.
	17 Head north over the Shire river towards Cape Maclear. You should stop in Liwonde to view the hippos and look around the bustling fishing village.
	18-19 At Cape Maclear meet and play with the local children; snorkel in the lake or visit the fish eagles on one of the islands.
	17 After saying farewell to new friends travel back to Lilongwe.
	18-19 Depart Lilongwe and arrive back in the UK.

Money matters

What's included in the price?

The price quoted on page 2 is correct at the time of the issue of this Destination Brief and covers the cost of the planning, organising and delivery of the expedition and all associated training courses. Please read our Booking Terms and Conditions detailed in The Expedition Brochure.

- International flights and all 'in country' travel (as per itinerary). Outlook purchases group flights which are highly flexible but more expensive than purchasing individual flights
- Airport taxes
- All group activities listed in the final expedition itinerary including park entrance fees and project fees
- All set itinerary features (as detailed on pages 4 and 5)
- All food and accommodation in-country
- A fully qualified and experienced Expedition Leader and accompanying adult places (Leader Team) to fulfil 1:6 adult to participant ratio
- Group camping and cooking equipment
- Outlook's recce of the expedition destination
- Rescue and casualty evacuation for all team members
- Manned 24hr Operations Room and DOCLEAF crisis support
- All medical treatment for non pre-existing medical conditions until return to UK
- Comprehensive insurance and medical cover
- Specialist safety, first aid equipment, satellite phones and GPS equipment
- Fundraising and expert advice and support from our dedicated Expedition Programme Coordinators
- Build-up programme (as detailed on page 4)
- Expedition handbooks and online resources
- Link Teacher(s) Training
- Meetings, assembly and parents evening presentations involved in expedition launch
- Company operating costs (fuel / property upkeep / staff wages etc)
- ATOL protected – in the unlikely event that Outlook or any of its flight providers become insolvent, then our clients' investment is secure and the Civil Aviation Authority will facilitate repatriation.

What's not included?

- Spending money for gifts / souvenirs whilst on expedition
- Inoculations and personal medicine
- Visas and passports – for up to date travel advice regarding visas please visit www.fco.gov.uk
- Personal belongings insurance (this may be covered by your household / contents insurance)
- Any additional insurance premiums required as a result of pre-existing medical conditions
- Personal equipment (e.g. rucksack, sleeping bag, waterproof clothing). This can be provided by Outlook but is subject to a £75 additional hire charge. If you wish to buy your own equipment please be aware that all Outlook expedition participants receive 15% discount at 'Cotswold Outdoor'.
- Transport to and from UK-based training courses, to Final Preparation Day venue and from the airport
- Food and accommodation in the UK, unless specified
- The cost of carbon offsetting the participants' expedition

Eco etiquette



We continually review our environmental & responsible travel policies to ensure we minimise the impact we, as an organisation, have on the environment and we strive to have a positive impact whenever possible. It is vital to us that we practice what we preach.

Outlook's Unique Responsible Travel Training Programme We believe that education is the most effective way to combat environmental degradation, for this reason we have developed our Responsible Travel Training programme. As part of the training, participants will be invited to make their own decision as to whether they wish to carbon offset their expedition using our online calculator.

CarbonNeutral® Outlook is proactively looking at reducing its greenhouse gas emissions. What we can't reduce, we have decided it is our responsibility to carbon offset. We pay for every tonne of carbon produced by us to be counter-balanced with carefully selected "climate-friendly" projects sourced by The CarbonNeutral Company. We offset the emissions caused through the operations of our staff and facilities.

Responsible tourism We are committed to responsible travel and try to minimise the negative impact our programmes have on the people and places we visit. We source sustainable and worthwhile projects that give something back. We also put good environmental practices at the heart of our offices and operations.

Friends of Conservation We endeavour to minimise the impact each expedition has on the environment and our expeditions comply with Friends of Conservation guidelines.

Please visit our website for more information about our environmental and responsible travel policies, carbon offsetting and the projects we support.

Life on expedition

Where will you stay? This is an expedition so don't expect a home from home! Accommodation ranges from a hostel, tent, jungle shack and the odd basic hotel.

What will you eat? You could be cooking on an open fire, camping stove, or using hostel facilities as well as sampling the local cuisine at cafes and restaurants. You might even be treated to traditional home cooking as a guest in someone's house.

Getting around Transport ranges from planes, trains, buses (private and public) and on foot. Be prepared for delays and pretty cramped conditions! It's possible the bus won't turn up at all! You'll find that safety belts are not always fitted on public transport. You'll be expected to carry your own rucksack (an incentive to pack lightly!).

Health, hygiene & inoculations We recommend that you visit your doctor and dentist before going on expedition and that you speak to your doctor prior to departure informing him / her of where you are going and what you will be doing on expedition. Outlook is not able to provide medical advice; for comprehensive inoculation guidance you will need to speak to your doctor. However, for the most up-to-date information, visit www.fitfortravel.nhs.uk where you will find destination specific inoculation information.

Maintaining standards of hygiene is an ongoing challenge presented to team members while on expedition. On some of our expeditions there will be periods of time where washing facilities will be limited. Training is delivered to the team before the expedition and they are mentored through these challenges by their Leader Team.



What next?

The following steps are designed to help you but please give us a call if you have any questions.

Step 1

Following the parents evening, parents and participants both need to read:

1. **This Expedition Brief**
2. **The Expedition Brochure**
(Outlook's Booking Terms and Conditions can be found on pages 29-31 of this brochure)
3. Your **Joining Instructions**

You can also browse our website www.outlookexpeditions.com which contains a whole world of information on it too.

Step 2

Participants need to decide whether going on expedition is something they really, really want to do. We hope it is! It would be great to have you on board. Please follow the steps detailed on page 26 of The Expedition Brochure to find out how to apply for your place on the journey of a lifetime.

You are one step closer to your adventure!



Let your journey begin!

Should you require further information relating to any section of this Expedition Brief or the application process please do not hesitate to contact the Expedition Programme Team.

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Please do not bin. RECYCLE!

