



Travel Round the Unseen

Cultural Introduction Week in Malawi

<https://www.truexperiencetravel.co.uk/wp-content/uploads/2018/10/headerBanner.jpg>

Project overview

Get a first-hand chance to experience the local food and culture of Malawi through the Culture Week program. On this week-long experience you'll experience cultural immersion in this fascinating African country, dubbed 'The Warm Heart of Africa' through lessons, conversations and food.

Through this program you will learn everything you become familiar with Malawi and get ready for your stay. Enjoy entertaining tours out to the local sights and around the city centre, and treat your taste buds with local cooking classes and testing out some Malawi cuisine. Get your creative juices flowing with a Malawian tribal bracelet making session, and learn more about this new country with lessons on the culture, lifestyle and important do's and don't's of this African nation.

By the end of this week you will be well prepared to begin any program in Malawi, and have more confidence and local knowledge too. During the program you will get the chance to meet other participants like yourself, as well as interact with the locals and make new friends!

Aims & Objectives

- Increase your knowledge of local customs, food and history
- Prepare you for a longer stay in Malawi
- Teach you helpful phrases and basic language elements to assist your interactions



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What's included:

- 24/7 support in case of emergencies
- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights

Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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Page 2/7



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- Travel insurance
- Vaccination
- Visa

Project itinerary

This week is designed to introduce you to Malawi as a country, as well as its culture and custom. The itinerary is jam packed with sightseeing and lessons, as well as loads of delicious meals and opportunities to make friends. The week kicks off with a culture and language class, as well as a walking tour and welcome dinner to help you feel at home. By Tuesday we will be out exploring the nearby sights and visiting the cultural village. Mid week we will head out for a dip in Lake Malawi National park and a relaxing beach visit. A local cooking class will follow and you'll wrap up the night devouring your creations. On Thursday we are off on a full day sightseeing exploration of Liwonde national park, then for your final day on Friday you'll enjoy a handicraft lesson followed by information and evaluations to discuss the week as well as your onward placement.

Monday

Breakfast
Culture and Language class
Lunch
Village walking tour
Welcome dinner

Tuesday

Breakfast
Visit Mangochi town, museum, and monuments
Lunch outside



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Visit the cultural village
Dinner

Wednesday

Breakfast
Visit Lake Malawi's national park and the option to go swimming
Lunch outside
Relaxing beside the beach
Back to center
Cooking class
Dinner with food from the cooking class!

Thursday

Breakfast
Visit Liwonde National park
Lunch outside
More sightseeing around the national park
Back to center
Dinner

Friday

Breakfast
Bracelet handicraft lesson
Lunch
Team meeting regarding your placements, a visit to the ongoing programs.
Evaluation for the week
Dinner



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This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

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- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)