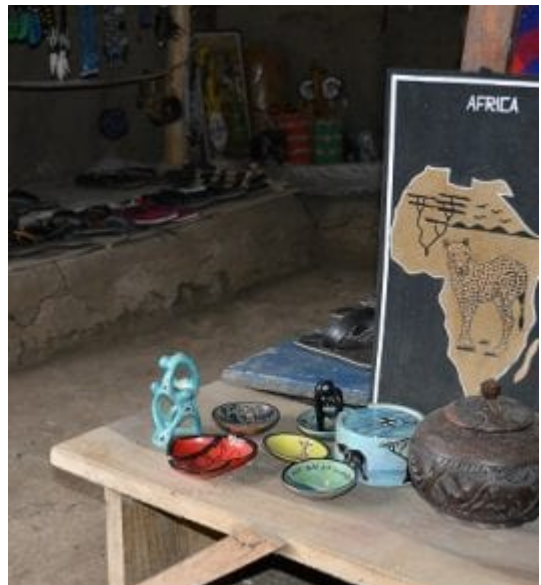




Culture Week in Tanzania

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Project overview



What's included:

- 24/7 support in case of emergencies

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

There's so much to see in Tanzania! And this cultural holiday will help you get to grips with Tanzanian culture in advance of your project, as well as providing an exciting fun-packed adventure!

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day to familiarise yourself with the surroundings, as well as local culture. This will also be a fun day, however, ending with hike and a chance to relax with your fellow travellers.

Weekly Schedule

Here's what we have in store for you during your culture week in Tanzania:

Monday

- Breakfast
- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Tanzanian Do's and Don'ts, Culture introduction and country
- history and Intensive Swahili Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if



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necessary.

- Lunch
- Hike up the beautiful Monduli mountains (weather and time permitting)
- Dinner

Tuesday

- Breakfast
- Visit Maasai Museum/Snake Park & Handicraft Gallery
- Lunch
- Visit local Maasai Livestock Market
- Cooking class
- Dinner (enjoy what you helped to prepare)

Wednesday

- Breakfast
- Visit Arusha town: Cultural Heritage Art Gallery & local craft market
- Lunch
- Visit Arusha: Museum, Monuments, and supermarket
- Dinner

Thursday

- Breakfast
- Depart for Walking Safari
- Explore local terrain and scout animals in their natural habitat
- Lunch
- Enjoy sports activities with the community or take some free time
- Dinner

Friday

- Breakfast
- Handicrafts: Beadwork session with Maasai women – learn how to make your own jewellery!
- Lunch
- Learn Maasai dress and some Maa language



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- Evaluation meeting and placement introduction/or free time
- Dinner

Please note:

Cost of transport to locations is not included, but will usually be around £1.50 per day.

This schedule can be changed depending on weather conditions and unforeseen circumstances.

Evenings and Weekends

Your evenings and weekends are free to do as you please, and you can choose to explore the area or simply kick back with your new-found friends back at your accommodation. Many of our volunteers enjoy mixing with their friends during the week and plan their weekend adventures as they go!

Places to Visit

Whilst our Culture Week will be an amazing experience in itself, Tanzania is vast, and has beautiful places to visit. Here are some of our top must-sees!

Ngorongoro Conservation Area

Explore plains, forests, and savannahs within the Ngorongoro Conservation Area, which also has the world's largest crater. This is where incredible wildlife coexist with the Maasai. A must when in Tanzania as it is one of the most emblematic locations of the continent.

Tarangire National Park

Tarangire is famous for its population of elephants and the symbolic Baobab tree. During the dry season, wild animals inhabit the park and you will be able to find zebras, giraffes, buffaloes, elephants, wildebeests and more! While not as common, you might be able to find a lion here, too, if you are lucky!

Serengeti National Park

Serengeti is probably the most worldwide known National Park in the world. It is believed to hold the largest population of lions in the world! Aside from that, cheetahs, buffaloes, zebras, giraffes, rhinos, hippos live here. Make sure you allow yourself at least two days to visit and stay overnight in



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either a campsite or a lodge. Serengeti cannot be done in just one day !

Arusha National Park and Mount Meru

The home of Mount Meru, the second largest peak in Tanzania after Kilimanjaro and of many species including giraffes, warthogs, Cape buffaloes, lions, elephants, flamingos and more! However, the main attractions are the Meru Crater and the Jekukumia River, the Ngurdoto Crater and the Momelia Lakes. These lakes vary in colour due to algae and are made even brighter by many different species of birds who love to swim in the water!

Lake Manyara National Park

During the wet season, pink flamingos brighten up the lake, which make it the go-to place for bird watchers. They do leave during the wet season, but Masai Lions, Leopards, hippos, giraffes, zebras, elephants, blue monkeys, gazelles and cheetahs can be found here year-round!

Moshi and Mount Kilimanjaro

Moshi is located about two and a half hours away from Monduli and can be easily reached from Monduli by taking a “*dala dala*” to Arusha and then another one to Moshi from there. This is a sleepy town with a Western vibe as it is the starting point of the Mount Kilimanjaro climb! On a clear day, you can get excellent views of the highest mountain in Africa (tip: head over to Moshi Train Station for a top-notch view!)

Kikuletwa Hot Springs

A lesser-known but still amazing attraction located between Arusha and Moshi are the Kikuletwa Hot Springs. The water isn't actually hot, but its temperature is perfect for swimming and relaxing. Known as an oasis, the water here is so blue that you wouldn't believe it! It is a favourite go-to place for locals and ex-pats alike and there is even a rope you can use to dive into the water with style.

Arusha

Arusha is one of the main cities of Tanzania and is easy to reach from Monduli in less than an hour and a half. From here, most safari companies depart to many of the national parks surrounding it, so it is your go-to place for wildlife! In Arusha, you will find a myriad of things to do - from Maasai markets selling crafts to bring back home, to cinemas, shopping malls, western food, and more!



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Hiking Around Monduli

Monduli is set amidst lush mountains that are a great opportunity for hiking off-the-beaten-path. There are numerous trails, one of which leads to a breathtaking waterfall. Speak to our coordinator to arrange, as the government needs to grant you permission (for a fee) to visit beyond certain spots in order to conserve the area.

Iringa and Ruaha National Park

A little while away, but an interesting place nonetheless if you have the time after finishing our programmes! Ruaha National Park is a much lesser visited place for wildlife, but its few visitors are never disappointed by its beauty! In fact, it is the largest National Park in Tanzania and boasts cheetahs, the second largest population of Leopards in Africa, buffalos, hippos, and more!

Zanzibar

Whilst a sizable journey, it is possible to fly to Zanzibar for a weekend from Arusha airstrip, a small airport that operates domestic flights and is not too far from our centre! Zanzibar is known for its sandy white beaches and unique culture. When here, don't miss Stone Town, a place that is emblematic for its mazes and spices (take a spice tour for sure!). Another must is a visit to Prison Island, where you can spot dolphins and marine life. Travel north or east of the island for some of the best and cleanest beaches in the world and enjoy the Indian Ocean at its best!



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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:

- 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)