



16 Days

Malawi

Global Citizenship Expedition

This eye-opening trip allows us to immerse ourselves in the African wilderness and see some of the amazing wildlife that Malawi has to offer. We will visit Liwonde National Park and explore this incredible area with our expert guides to help identify the varied flora and fauna. We will also connect with local people through visits to inspiring community projects. Here we will gain an insight into the challenges that young people face living in Malawi and also have some fun playing sports alongside them at the Bhubesi Pride Foundation. This varied journey will develop our understanding of this inspiring nation and its incredible natural environment.



Recommended expedition itinerary

Day 1-2

Arrive Blantyre

Depart on your overnight flight to Blantyre, Malawi via Addis Ababa. On arrival into Blantyre's Chileka International Airport you will be met by your guide and transferred 30 mins to your first night's accommodation. The afternoon is spent on a visit to the Step Kids Awareness (STEKA) centre in the city. STEKA is a family home for (currently 64) very vulnerable children rescued from abusive situations or living alone on the streets of Blantyre and given an education in a country where 54% of the population live below the poverty line. STEKA was founded in 2007 by Godknows Maseko and his wife Helen and is run as a loving family, rather an orphanage or institution. Children are brought by social services or the police and all work together to support each other with everyone taking chores and older children helping support the younger ones. Feeding, clothing and educating such a large family isn't easy, but STEKA run a variety of enterprises to bring in funds, raising chickens, running tailoring and upholstery programmes as well as various tourism initiatives. They are also determined to ensure that all girls receive as equal an education and opportunity as the boys, vital in a country with one of the highest rates of child marriage in the world and where girls are more likely to be illiterate than boys.

Godknows, (having escaped from a life on the streets himself) understands how to transform things. His goal is to build children more sustainable futures by developing a STEKA village consisting of vocational workshops to teach life-changing skills and facilities to provide psychosocial support.

It also focuses on empowering young people to get their voices heard in a youth forum aimed at lobbying for marginalized children's rights in line with the Convention on the Rights of the Child (CRC).

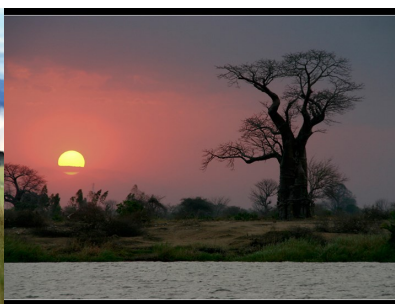
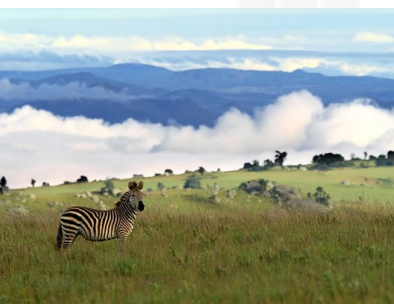
Day 3-5

Ecology Centre

The next three days will be spent at the Ecology Centre where we will take part in a range of activities. Ecology is a social enterprise centre creating a better future for the planet through smarter living, better farming and expanded learning. After an introductory briefing, we will visit a local permaculture project. Permaculture is a way of using the patterns and energy flows observed in natural ecosystems to ensure a more beneficial relationship between the land and people. A variety of practices are included within this field including regenerative agriculture, sustainable planning and design of integrated living and agricultural spaces which are usually also zero-waste or low-impact systems, rewilding, and fostering community resilience. After lunch, the group will head back to the community to learn about Organic Farming.

Day two of our time at the Ecology Centre will be spent at the Agroforestry Project. Agroforestry is a land use management system in which trees or shrubs are planted around or between crops or pastures. This deliberate combination of agriculture and forestry has multiple advantages including increased biodiversity, decreased erosion, a wider and year-round nutrition base and better general resilience of farms against severe climate impacts. Following lunch we will visit the Kitchen Gardens for Plantation Workers project. The project aims to provide solutions to industry problems identified by Ethical Tea Partnership including poor household nutrition, unhygienic living conditions, polluted waterways and forest destruction around estates. It also aims to generate additional sources of income to help empower vulnerable people and women on the estates.

We will dedicate our final day to immersing ourselves within the community and interacting with the people residing there. This experience will provide us with an invaluable opportunity to gain a thorough understanding of the lifestyle prevalent in this particular part of the world. The range of activities involved includes but is not limited to fetching water, cooking and shelling maize.





Day
6-7

Zomba

Today we bid farewell to our new friends at the Ecology Centre and travel a short distance to Zomba, Malawi's old Colonial Capital. Here we will spend two days at the YODEP Community Centre. This community centre aims to create an environment where children and young people in Malawi live to their full potential through basic education, improved livelihood, sexual and reproductive health initiatives, skills building, health, human rights, and humanitarian support. We will spend our time here visiting various projects within the YODEP Community & Centre.

Day 8

Liwonde National Park

After breakfast we will travel onto Kutchire Lodge in Liwonde National Park arriving in time for lunch. Liwonde is the country's most prolific safari location with species including black rhinos, lions and cheetahs, elephants, hippos, crocodiles, and zebra as well as warthog, kudu, baboon, impala, water buck, bush buck, mongoose, and a number of nocturnal animals. We will spend the afternoon exploring the park in 4x4 vehicles before returning to the lodge for a bush dinner under the stars.

Day 9

Lake Malawi

On our final morning at Liwonde National Park we will go on a riverboat safari. Following this, we will travel to Cape Maclear on the shores of Lake Malawi. Cape Maclear, or Chembe, is a town on Malawi's Nankumba Peninsula, at the southern end of Lake Malawi. Surrounded by forested mountains, it's known for the sandy beaches and granite rocks of Lake Malawi National Park. The park shelters rich wildlife including antelope and baboons and its clear waters are populated by hundreds of species of colourful cichlid fish.

Day
10-11

Nkhotakota Wildlife Reserve

After breakfast we will travel onto Bua River Lodge in Nkhotakota Wildlife Reserve, Malawi's oldest and largest national park, managed by African Parks. Surrounded by miombo woodland on the edge of the Bua River, we will be immersed in the African wilderness for 2x nights of Wildlife Walks & Cultural Activities in the park & surrounding area.

Day
12-14

Bhubesi Pride Foundation

Today we say goodbye to the Nkhotakota Wildlife Reserve and travel to Central Malawi, arriving at Bhubesi Pride Foundation (BPF) late afternoon. BPF specialises in uniting communities through Sport & Education at their residential base in Central Malawi. By harnessing the power of sport (rugby & netball) and supplementary education, BPF support local communities to drive sustainable and positive change through the local delivery of effective & measurable programs in Malawi. BPF's founding objectives are to unite, empower and inspire, with an impact goal to equip young people with skills, knowledge and experience in order to rise above social, economic & health challenges, to fulfil their life potential and uplift themselves and their communities.

Day
15-16

Departure

On our final day in Malawi we have an early breakfast before departing for Lilongwe Kamuzu Airport. At the airport we will catch our return international flight via Addis Ababa.

Further information

Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Personal effects insurance

Your expedition timeline



Physical expedition rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



A journey of 1,000 miles...

Starts with a single step... **Contact us now** to start your expedition journey



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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