



**Leighton Park School  
TANZANIA 2020  
PROPOSED TRIP SUMMARY**

## PROPOSED ITINERARY

Leighton Park School - Tanzania 2020					
Date	Day	Location	Activities		Accom.
Thu	15-Oct	0	Depart UK	Depart UK PM	Plane
Fri	16-Oct	1	Arrive	Arrive Arusha. Transfer to Arusha. Orientation	Guesthouse
Sat	17-Oct	2	Project	Project work - Babati	School
Sun	18-Oct	3	Project	Project work - Babati	School
Mon	19-Oct	4	Project	Project work - Babati	School
Tue	20-Oct	5	Project	Project work - Babati	School
Wed	21-Oct	6	Project	Project work - Babati	School
Thu	22-Oct	7	Project	Project work - Babati	School
Fri	23-Oct	8	Project	Project work - Babati	School
Sat	24-Oct	9	Project	Sports Day	School
Sun	25-Oct	10	Project	Community Day – Church visit	School
Mon	26-Oct	11	Project	Final day on project	School
Tue	27-Oct	12	Tarangire	Depart AM for Tarangire. Overnight in Twiga Lodge	Guesthouse
Wed	28-Oct	13	Manyara	Lake Manyara a.m. PM transfer to Arusha for flight home.	Plane
Thu	29-Oct	14	TZ> UK	Arrive UK	
					v 03.10.19

NB. Please note that this itinerary may be subject to small changes.

### COMMUNITY PROJECT INFORMATION

In Tanzania only just over 50% of the population enrol for primary school and even fewer manage to make the next step to Secondary School. Facilities are extremely limited and often pushed to the limit to cope with the number of children:teacher ratios. Classrooms have fallen into disrepair, have leaking roofs, termite infested walls, mud floors and often no windows, doors or even desks.

#### **The Livingstone Tanzania Trust**



The Livingstone Tanzania Trust ([www.livingstonetanzaniatrust.com](http://www.livingstonetanzaniatrust.com)) is a grassroots 'poverty alleviation charity' working in partnership with rural communities around Babati in northern Tanzania.

These communities are mostly made up of very poor subsistence farmers who have had little formal education, and the opportunities for their children are similarly limited.

LTT work to break that cycle through education; by improving and expanding the existing educational facilities at kindergarten, primary and secondary schools; and by offering key life skills classes at both the school and community level.

LTT particularly focus on encouraging schools to turn their school land into productive organic farms with the view that profits from the farms will help towards school maintenance and provide funds for new books.

---

## What will your team do?

### School Development Project

Your team will be given its own specific school development project to complete during your time in Tanzania. You will be told what this project is and you will be asked to fundraise for the cost of this specific project. Whether your main project is at Managhat Primary School, or at another needy School, it will be much needed assistance for the children of Babati.



An example of a project requested by LTT is to work with **Managhat Primary School**. Managhat Primary School has a whole block of classrooms which ought to be knocked down such is their dreadful state of repair. The wooden roof beams are barely held together, the walls are cracking, the foundations eroding and collapsing. Two of the three classrooms are not used but one is used for the kindergarten; 30 children aged 5-6 with one desk, no books and no pens. The school kitchen is partly built but the fuel-efficient stoves have no chimney and cannot be used.

There is a huge need at the school. Your specific project will be confirmed once the team is booked, but it will always be a project which has been requested through the school and vetted by LTT. Volunteers should be prepared for physical labour, working alongside community members which is very hands-on.



### EXTRA ACTIVITES

There will be many opportunities to spend some time with the local community, buying fresh food supplies from the **local markets**, brushing up your language skills with one of the local ladies, arranging **sports matches** or just enjoying spending time playing with the local children.

We will also be including **Swahili lessons** – so you can learn some of the local language and really get the most out of your Tanzanian experience. A key part of the project is to give you the chance to learn more about Tanzanian culture and the people of this region of Africa.

### SAFARI

After the project you will have the opportunity to explore the world famous Tarangire National Park and Lake Manyara. You will take 4x4 safaris through the Parks getting up close to elephants, hippos and buffalo - only a few examples of what these unique Parks have to offer.

You should also keep your eyes peeled for wildebeest, giraffe, fish eagle, warthog, lion and maybe even leopard.



---

## **ACCOMMODATION**

### **Orientation days**

When your team arrives in Tanzania you will spend the first evening and following day undertaking Inspire's in-country orientation training. This gives you the chance to acclimatise, get to know your Inspire Leaders a bit better and gradually adjust to being in Africa. This Orientation is run in a local hotel in Arusha where the team will stay in basic hostel accommodation with access to hot showers and flush toilets.

### **Project Site**



For the duration of the project you and your team will be living in basic accommodation, close to the project site. The team will be staying in a simple community-owned building or unused classroom building, with mattresses on the floor.

Washing facilities are limited, with no running water – volunteers will use simple bucket showers and long drop toilets. Water is limited and has to be collected each day from the borehole near to the accommodation.

### **Safari**

During the safari you will stay in a local guesthouse, in simple bunk beds. Food will be provided and again, will be locally produced and cooked Tanzanian style.

## **FOOD AND DRINK**

Food is prepared over wood stoves. You will have a local cook from the community at your accommodation who will help you prepare locally bought food.

Typical daily meals are described below:

- Breakfast: Porridge with raisins, bananas or sugar.  
Tea/coffee.
- Lunch: Bread from the local bakery, rice or potato based dish with traditional Tanzanian vegetable stew.
- Dinner: Large rice or potato base dish with vegetables stew or salad.
- Pudding: Whatever ideas you can conjure up!



---

## TANZANIA BACKGROUND



Tanzania is bordered to the north by Kenya, to the East by the Indian Ocean, to the west by the Democratic Republic of Congo, Rwanda and Burundi, and to the south by Zambia and Mozambique.

The climate varies from tropical along the coast to temperate in the highlands. Tanzania hosts the highest mountain in Africa, Kilimanjaro which stands at a height of 5,895m.

Tanzania has an exceptionally rich and varied ecosystem. The vast bush lands and savannah plains are home to some of the largest herds of wildlife on the continent.

One third of Tanzania is covered by miombo woodland and is host to over four million wild animals including the highly endangered black rhino. The coast and off-shore island coral reefs host a wealth of marine life that are being threatened by dynamite fishing and a lack of protection.

Tanzania's population of approx 47 million is comprised of 130 tribal groups.

Dar es Salaam is the largest city in Tanzania and has an estimated population of over 2 million. The education system is loosely modelled on Great Britain but there is only one state run university. Primary education and tuition is free but costs of uniforms and books is a real hardship for most rural families and only about 7% of all children go onto Secondary school.

The government set aside one fourth of Tanzania's land to protected parks, game forests and reserves (a total of 12 National Parks and 14 Game Reserves) but severe environmental damage has already occurred in most areas due to deforestation, soil erosion and desertification. The country's parks are generally undeveloped and remain as some of the most wild and pristine areas in East Africa.

### **Country Profile**

- **Population:** 46.9 million (CIA, 2012)
- **Capital:** Dodoma
- **Area:** 945,087 sq km (364,900 sq miles)
- **Major languages:** English, Swahili
- **Major religions:** Christianity, Islam
- **Life expectancy:** 53 yrs
- **Monetary unit:** Tanzanian shilling £1:2,400Tsh
- **Main exports:** Sisal, cloves, coffee, cotton, cashew nuts, minerals, tobacco
- **GDP Per Capita:** \$1,500 (CIA, 2011)



---

## **SAFETY AND PEACE OF MIND**



Leighton Park School has contracted professional trip provider, Inspire Worldwide ([www.inspire-worldwide.com](http://www.inspire-worldwide.com)) to run the trip. Inspire specialise in linking UK organisations with rural communities in Africa and Asia, supporting and managing visits for teams to work alongside these partners.

### **Professionalism**

Inspire Worldwide is a trading name of Wilderness Expertise Ltd and was established in January 1996 as a private limited company (Company Reg No: 0315 1618). Its Directors have a combined experience of over 40 years working in the expedition industry. Inspire holds professional Tour Operator Liability Insurance and has ATOL licence no. 6382 to protect all payments.

### **Safety**

One of Inspire's main responsibilities as a Tour Operator is to ensure all the activities that the group take part in whilst they are overseas are safe, have been fully assessed and comply with health and safety policies and best practice guidelines.



### **Best Practice**

WE Ltd is the only expedition organisation to hold certification to BS OHSAS 18001; Occupational Health and Safety Management, certified April 2017. All the ventures provided by Inspire Worldwide also conform to British Standard 8848:2014; Specification for the provision of visits, fieldwork, expeditions and adventurous activities outside the United Kingdom. Self-declared.



Inspire's Safety Management System and Risk Assessments are available to any participants or parents who wish to view them. Inspire have a comprehensive incident management plan and carry out pre-trip reces and activity risk assessments. All third party providers are checked and must meet Inspire's standards before they agree to work with them.

### **Leaders**

Inspire employ two professional Leaders from the UK to manage the trip. The Leaders are based with the group 24 hours a day and deal with any problems or issues that might arise whilst they are overseas. All Inspire Leaders hold remote first aid certificates and have been Enhanced DBS checked. They all have experience travelling or working in rural Africa as well as leading volunteer teams on project sites in rural communities.

### **Training**

Inspire provide comprehensive pre-departure briefings and trip information packs for each group. These provide the team with a wealth of information about the country they are travelling to, vaccinations, kit list, health issues, cultural awareness, background to the project and much more.

### **Additional Support from the UK**

Inspire HQ are on call 24 hours a day in the UK whilst teams are overseas and provide all volunteers and their families with a 24-hour phone number in case of any problems. Inspire's Medical Advisors, Remote Medical Services, are on call and the company is also supported by the wider Wilderness Expertise Group in the event of any emergency situation.

We also update a **team blog** every day to keep friends and family up to date with activities in Tanzania.

---

## FAQ's

### **Will the project actually make a difference?**

Absolutely. It is Inspire's priority to ensure all projects undertaken are requested and will be maintained by the LTT. We listen to the charity's needs and requests and match those needs with the funds that UK participants think they can raise.



**Won't I be taking work away from the local community?** No. You will be funding extra employment by creating jobs for local labourers, cooks and guards whilst you are in Tanzania. Inspire maintain quality by ensuring you work with local skilled builders (fundis) on any construction project. The fundis ensure you do everything properly and all structures are completed to a high standard.

**How will taking part help me towards hours for the International Baccalaureate?** Many aspects of the trip to Uganda can be used towards the Creativity, Action and Service (CAS) section of the IB – a core part of gaining your IB. By creatively raising funds, taking part in a hands-on expedition and carrying out a community service project you will be able to show evidence of completing hours towards the CAS section of the IB.

## COSTS

### **How much will it cost?**

The estimated cost for the 2 week trip is £2,600-£2,700p/p (dependent on final team size). This includes;

Complete management of the trip by Inspire Worldwide including;

- Pre-Departure Training, risk assessments, incident management plan; 24 hour on-call and emergency phone support from Inspire when the team are in Africa; All food; In-country transport including 24 hour emergency vehicle on call; Accommodation; Local park entrance fees; Safari & activities as listed in the itinerary and two Inspire Leaders based with the team 24 hours.

Plus;

- Return flights (ATOL protected no 6382);
- Personal travel insurance (provided by LP);
- UK transfers to Heathrow airport (provided by LP);
- Two LP staff based with the team 24 hours.

Trip Cost excludes:

- Visas (\$50)
- Personal kit;
- Vaccinations and anti-malarials;
- Spending money.

We also ask all team members to fundraise a **minimum of £300p/p** which is donated directly to Livingstone Tanzania Trust to cover the costs for your project materials and local labour. We are aiming to raise more than this as a team.

---

## How do I pay?

All payments should be made to Leighton Park School with the reference 'Tanzania 2020'. A non-refundable deposit of **£700** is required to secure your place on the team.

## HOW TO TAKE PART

The Tanzania Trip is planned to depart on the 15<sup>th</sup> October 2020 until the 29<sup>th</sup> October 2020.

There will be up to **18 spaces** available and all interested participants will be asked to complete an application and medical form for a place on the team.

Final team selections will be made by Inspire Worldwide and Leighton Park School and a reserve list will also be drawn up.

If you are interested in going on an African expedition, you will need to return your Application Form along with a non-returnable deposit for **£700 as soon as possible, but no later than 13<sup>th</sup> December 2019.**

The timeline for remaining payments for the trip will be as follows:

Spring Term invoice - £750

Summer Term invoice - £750

Final balance - transfer of remaining balance before end of summer term (end of first week in July)

**September (date TBC)** – Pre-Departure Training Day for all team members held at Leighton Park.

Should you have any initial questions or queries about the trip, please do not hesitate to contact Helen directly via email: [HelenTaylor@leightonpark.com](mailto:HelenTaylor@leightonpark.com)

If you have any questions about the Tanzania project or to view the Safety Plans and Risk Assessments for the trip, please contact Anneliese on **01256 886 543** or e-mail [anneliese@inspire-worldwide.com](mailto:anneliese@inspire-worldwide.com)

For more information on the Livingstone Tanzania Trust please visit: [www.livingstonetanzaniatrust.com](http://www.livingstonetanzaniatrust.com)



**See you soon!**