



# Malawi

## Project & Discovery

10 Days

Over the course of 10 days, we will visit Liwonde National Park, known as being one of the best places in the country to spot its vast array of wildlife. We continue with the theme of wildlife on a riverboat safari at Lake Malawi. Whilst here we can also go snorkelling and explore the local villages. Our expedition would not be complete without visits to inspiring community projects, which allow us to gain an insight into the challenges that young people face, and connect with the local people. This 10-day trip will open our eyes to the beautiful nation of Malawi and foster that sense of global citizenship.



[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

## Days 1 - 2

### Arrive Blantyre

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Depart on our overnight flight to Blantyre, Malawi via Addis Ababa. On arrival at Blantyre's Chileka International Airport we will be met by our guide and transferred to our 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 than 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 runs 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, which is 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).

## Days 3 - 5

### Ecolodgy Centre

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The next three days will be spent at the Ecolodgy Centre where we will take part in a range of activities. Ecolodgy 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, we will head back to the community to learn about Organic Farming.

Day two of our time at the Ecolodgy 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 part of the world. The range of activities involved includes but is not limited to fetching water, cooking and shelling maize.

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| <b>Day 6</b>      | <b>Liwonde National Park</b><br>After breakfast we will travel to 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 zebras as well as warthog, kudu, baboon, impala, waterbuck, bushbuck, 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.  | BLD |
| <b>Day 7</b>      | <b>Lake Malawi</b><br>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. We can spend the afternoon with a number of local activities on offer including boat trips, snorkelling or village walks. There is a local organisation, Chembe Village Projects, who manage a number of local projects in the area, which highlight the great work of local residents including water management, HIV, recycled paper & healthcare. | BLD |
| <b>Days 8 - 9</b> | <b>Bhubesi Pride Foundation</b><br>Today we say goodbye to Lake Malawi 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 programmes 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.  | BLD |
| <b>Day 10</b>     | <b>Departure</b><br>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.  | B   |



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- 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
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination upon request

## What's not included:

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



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit: <https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life



## Physical Rating for this trip: Grade 2



Some low-level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

### Responsible Tourism workshop

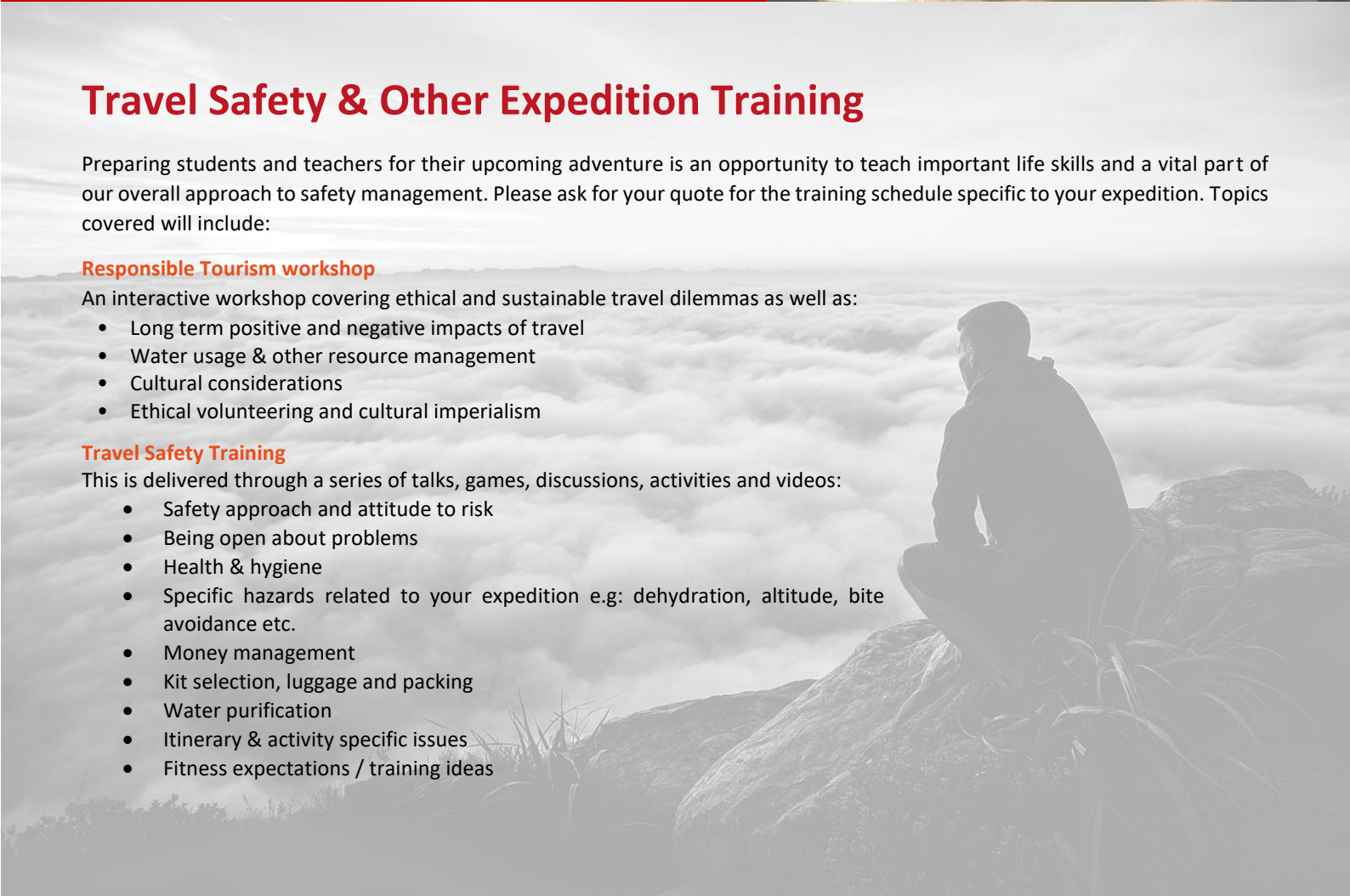
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

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

## 1 Ask for your personalised quote & 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 adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and 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

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.

*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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