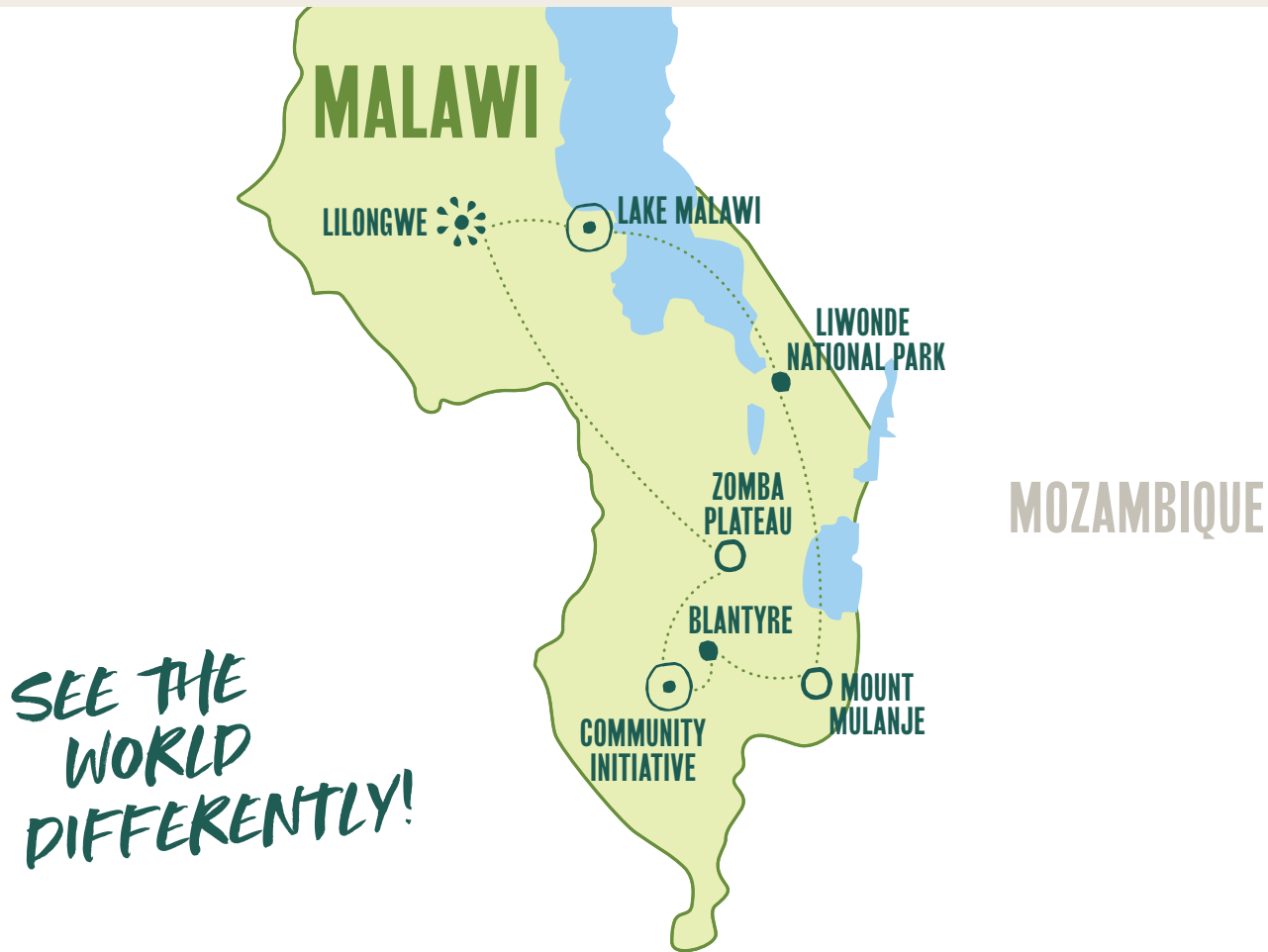


MALAWI - ZOMBA, COMMUNITY, MT MULANJE SAFARI & LAKE (27 NIGHTS)





We believe in the power of extraordinary experiences. They allow us to see ourselves, others and the world differently, and develop our confidence, independence and resilience.

27 NIGHT EXPEDITION IN MALAWI

Explore the Zomba Plateau, summit Mount Mulanje, go on safari, discover Lake Malawi and contribute to a community initiative. With you and your team tackling fresh challenges each day, this once-in-a-lifetime experience proves just how much you're capable of. It could change the way you see yourself and the world, forever.

START
HERE



DAY 1

ARRIVE IN LILONGWE

Sleep: Camp

Touch down in the bustling city of Lilongwe. You've made it to Malawi – a country of smiling people, the Great Rift Valley and Africa's third-biggest lake.

Make sure you get some rest after your flight. You're about to take the road less travelled and experience the places you've been dreaming about.

Dramatic peaks, tribal villages and incredible wildlife – it's all here, waiting to be explored.

TRAVELLING RESPONSIBLY

REMEMBER, YOU'RE MORE THAN A TOURIST IN THIS PLACE. YOU'RE PART OF A TEAM OF GLOBAL CITIZENS, EMBRACING DIVERSITY AND COMMITTED TO LIFELONG LEARNING.

STAY OPEN TO OPPORTUNITIES, CONTRIBUTE WHERE YOU CAN, AND CONNECT WITH THE MANY PEOPLE YOU MEET ALONG THE ROAD.

DAYS 2-3

DISCOVER THE CAPITAL

Sleep: Camp

Dive into expedition life, allocate some group roles and meet the ground team to discuss your plans. You'll need to buy some food supplies and a SIM card for the team phone – start getting your head around the local currency, Malawi kwacha.

Jobs done, it's time to explore. Malawi's capital is surprisingly green and leafy, and the old town gives a fascinating window on daily life – it's a vibrant place of markets, shops and cafes. Feeling hungry? Typical dishes

include 'nsima' with meat, fish, veggies and tomato salad.



DAYS 4-7

TREK THE ZOMBA PLATEAU

Sleep: Camp

Travel: Transfer 5-6hrs to start point

Trek: 3 days

Boots on, backpacks loaded, time to trek. Head to the old capital of Zomba, at the base of the Zomba Plateau (2,087m) – a table-top mountain that rises above the city.

Gather the team and decide which trek. On the western side there's Chingwe's Hole, or you could trek to Emperor's View for views of Mount Mulanje.

Volunteer as team leader and set off with your guides through rolling grasslands. Trek across the plateau to the edge of the escarpment, then push on past waterfalls and woodland.

Each night, you'll arrive back at base camp. Food and sleep are your fuel, so cook up a feast and get plenty of rest.





DAYS 8-13

COMMUNITY INITIATIVE

Sleep: Mud huts

Travel: Transfer 3hrs to the community

Time to experience the reality of rural life. For the next few days, you'll contribute to a community-led initiative and get immersed in Malawian culture - you'll sleep in traditional mud huts with bucket showers.

Find out how the community are improving their school's facilities so that learning can continue in the rainy season. To make a positive contribution, you'll need to ask questions and get stuck in.

Learn how to make 'likuni phala' porridge for the school kids, and try

building a 'changu changu moto' stove. Next, get involved with tree planting, and discover why reforestation is so important here.

Before you leave, thank the community by showing off your talents - any artists, musicians or jugglers in the team?

QUALITY EDUCATION

CONTRIBUTE TO A SUSTAINABLE INITIATIVE THAT AIMS TO IMPROVE SOCIOECONOMIC MOBILITY THROUGH EDUCATION.

DAY 14

DISCOVER BLANTYRE

Sleep: Camp

Travel: Transfer 1hr to Blantyre

Pile into the transfer vehicle and travel south to Blantyre. Malawi's second-largest city, Blantyre is one of the oldest cities in southern Africa. It has a lovely setting in the hills.

Use your time to prepare for your trek. Stock up on last-minute supplies and do some planning in the tourist centre and map office.

There are lots of shops and cafes, so leave some time to look around and grab some Malawian tea.



PLANNING TIP

YOU'LL BE COOKING FOR YOURSELF FOR MOST OF THE TRIP, SO COME PREPARED WITH YOUR CAMPFIRE FAVOURITES, AND SEEK OUT SOME LOCAL RECIPES.

DAYS 15-21

○ SUMMIT MT MULANJE

Sleep: Camp

Travel: Transfer 2hrs to start point

Trek: 7 days



Travel to the base of Mount Mulanje and sort out your permits, ready for your big trek. Soaring above the plains, Mulanje is the highest peak in south-central Africa so you'll need to dig deep and work as a team.

Time to climb. Set off through the heart of the tea-growing region with your trusty guides and porters. You've got a crack squad of experts on your team - learn from them and you'll ace the mountain.



Volunteer as team leader and climb towards Namasile peak, passing pine forests, streams and boulders. The route gets steeper towards the summit (2,684m) and the reward is an amazing panorama over Malawi's mountains. Stop, breathe, take it all in.

THE MANTRA

REMEMBER THE TREKKING MANTRA - KEEP A STEADY PACE, STAY HYDRATED AND SUPPORT THE WHOLE TEAM.

DAYS 22-24

● LIWONDE NATIONAL PARK

Sleep: Camp

Travel: Transfer 3hrs to Liwonde

Safari time. Strike north to Liwonde National Park - this epic reserve is packed with wildlife.

Discover the park by jeep and boat - the Shire River runs through the reserve and is home to hippos and crocodiles. On land, keep your eyes peeled for elephants and endangered black rhinos. Grab your binoculars for a closer look. There they are, drinking at the waterhole. Pinch yourself - yes, they really are right in front of you!

Prepare for a breath-taking sunset as the day starts to cool.



DAYS 25-26

RELAX AT LAKE MALAWI

Sleep: Camp

Travel: Transfer 3hrs to Cape Maclear



And relax. Rest your legs at Cape Maclear on the shores of Lake Malawi.

It's up to you how you spend your time here, so do some research and plan something awesome.

Pack a picnic and take a boat across the lake, keeping an eye out for fish eagles. Or you could visit a community project to discover more about local



needs in this part of Malawi – this is an opportunity to do something that most tourists don't.

CALENDAR LAKE

AFRICA'S THIRD-BIGGEST, LAKE MALAWI IS NICKNAMED 'CALENDAR LAKE'. WHY? IT'S 365 MILES LONG AND 52 WIDE.

DAY 27

BACK TO LILONGWE

Sleep: Camp

Travel: Transfer 5-6hrs to Lilongwe

Head back to Lilongwe for your final night. If there's time, you could hunt for Malawian mementoes in the markets – wood carvings & jewellery always go down well.

Notice how much you've grown since you arrived here almost a month ago. Your confidence has soared, you've bonded with your team, and you've achieved more than you ever imagined. Head out for a final team meal, share your favourite memories and set your friendships in stone.



DAY 28

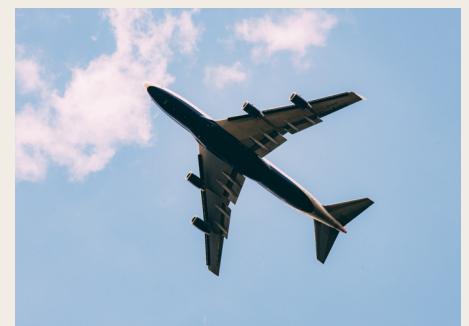
TRAVEL HOME FROM LILONGWE

Sleep: Camp

After the best four weeks of your life, it's time to travel home. Cram everything into your backpack and head to the airport.

Check in, sit back and let it all sink in. You've just experienced something incredible. Malawi has opened your eyes and challenged you more than you ever imagined. You've fast-tracked your life skills and connected with locals; you've led your team and made new friends for life.

These experiences will shape who you are and put you on the path to becoming a true global citizen. Prepare to return home forever changed.



WE CARE ABOUT EDUCATIONAL OUTCOMES.

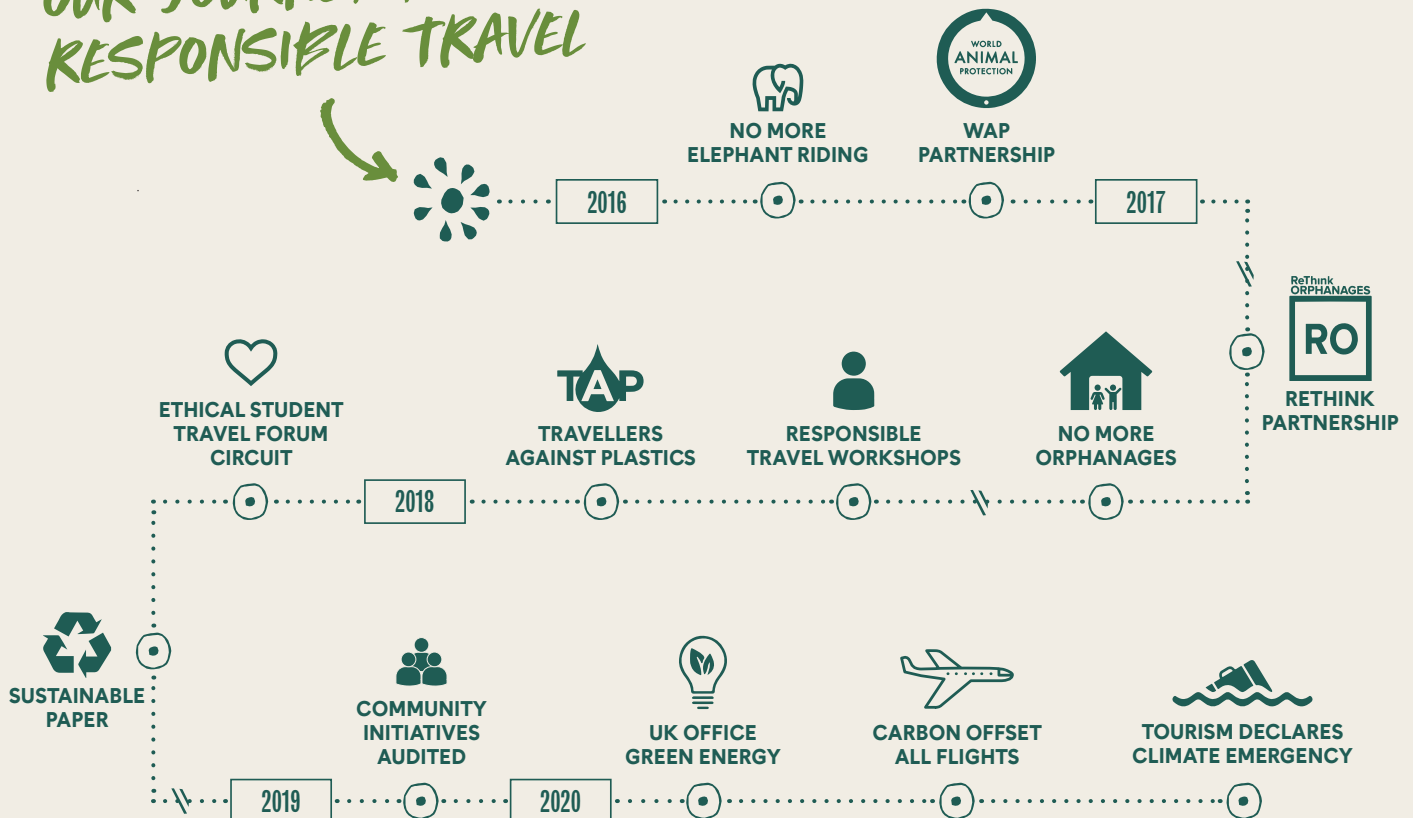
- ✓ Students will gain a **greater understanding of how to act for a more sustainable future**, at both local and global levels.
- ✓ Students will be **empowered to build on their self-care strategies**, enhancing their physical and mental wellbeing.
- ✓ Students will be immersed in different cultures and experiences, **growing to understand their role within our global community**.
- ✓ Students will experience and reflect on the power of being pushed outside of their comfort zone, allowing the **development of initiative, confidence, and resilience**.
- ✓ Students will be **challenged to think critically about topical issues** that affect our past, present and future around the world.
- ✓ Students will **build a deeper connection to their own identity & personal values**, developing their independence and sense of self.



EXPERIENTIAL LEARNING



OUR JOURNEY TOWARDS RESPONSIBLE TRAVEL





SPARKING GREATER POSSIBILITY

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