

## **Tanzania: Heart & Soul of Africa™**

Go beyond the "Lion King" and experience the real Africa at the base of Mount Kilimanjaro.

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### **Highlights from 21-Day Flagship Program**

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- Volunteer at a village primary school
  - Authentic African safari to see zebras, elephants, lions, rhinos and more
  - Hike to a waterfall on the side of Mount Kilimanjaro
  - Learn basic phrases in Swahili
  - Spend a weekend among the Masai tribe to learn about their culture
  - Learn African dance, percussion, bead making and how to throw a spear
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## **Tanzania: Heart & Soul of Africa™**

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Go beyond the movies and discover the real Africa: welcoming people, zebras, giraffes, lions, percussion, Masai warriors and the mythical Mount Kilimanjaro.

Work side-by-side with local leaders in village schools. During the weekends, experience a real African wildlife safari and live among the Masai people and learn first-hand about their unique culture.

### **Community Service**

We will work at the local village schools and orphanages fixing up facilities by painting and building playgrounds and classrooms for the children. In addition, we will teach English and math by playing educational games.

### **Learning**

In addition to community service, you will learn about Tanzania's rich culture. Specifically, you will experience the traditions of the Chagga people who live around Mount Kilimanjaro, including visits to their coffee farms and banana plantations. You will also learn about and meet members of the Masai nomadic tribes who follow their livestock and adhere to no national borders. Although English is widely spoken, you will also learn to speak some Swahili. You will learn from guest speakers about social issues facing the community, such as the HIV/AIDS epidemic and the history of east Africa and even participate in art workshops such as batik, bead making, and wood carving.

### **Adventure**

In addition to spending a day hiking around the base of Mount Kilimanjaro to a stunning waterfall, you will also visit some of the world's most spectacular safari parks. Over the first weekend you will visit two of the world's most famous wildlife reserves: Ngorongoro Crater and Tarangire National Park. During the weekend safari, you will have the opportunity to get up close to zebras, lions, leopards, elephants, wildebeest, rhinos, and many other species in their natural habitat. For those on our 21-day Flagship Program, the second weekend will take us to a Masai village where we'll live in a traditional community and learn about their unique nomadic culture.

### **Lodging**

Students and staff will live together in the GLA Home Base which is a traditional African compound, a small cluster of houses with a wall around it, located in either Rau village or Patandi village (depending on which session), both villages are 15 minutes from the nearest city. Four students will share a room with a private bathroom. There is no internet access in the village, but students can purchase calling cards in town. Our delicious Tanzanian food that consists mainly of meats, fruits, vegetables, rice, beans and ugali, a dough-like food staple that is typical in East Africa.

### **Tuition**

Tuition includes all in-country expenses including lodging at GLA Home Base, tents and sleeping bags for Masai camping, meals, transportation, all activities and entrance fees, tips, community service materials, all excursions, once a week laundry service, backup medical insurance, and experienced program leaders.

Tuition does not include the following: Tanzanian Tourist Visa, souvenirs, snacks, laundry, phone calls, or medical expenses.

### **21 Day Flagship Program**

June 17 – July 7, 2012

July 6 – July 26, 2012

July 10 – July 30, 2012

July 29 – August 18, 2012

**Duration:** 21 days

**Tuition:** \$4,599

**Max. group size:** 28 students

**Community service hours:** 45

**Location:** Moshi / Arusha Tanzania

### **14-Day Program**

June 20 – July 3, 2012

August 2 – August 15, 2012

**Duration:** 14 days

**Tuition:** \$3,299

**Max. group size:** 28 students

**Community service hours:** 30

**Location:** Moshi / Arusha Tanzania



## Program Schedule

**Disclaimer: Actual order of activities will vary by program session.** The day by day itinerary detailed below is typical for what you can expect to experience, but not set in stone as work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather. This itinerary is designed to give you an example of what a day to day schedule would look like and provides a clear idea of the program experience. It may be changed during the summer as staff see fit and on the ground circumstances and opportunities change our course. Tanzania will challenge you as students are expected to work hard and really be present for all that we do. You will get hot, dirty and bug bitten along the way, but your contribution to the rural community and to each other will positively impact everyone involved.

**Day 1:** Students will arrive at Kilimanjaro International Airport (JRO) in Tanzania on the day that the program begins. GLA staff will meet the students at the airport and then travel together to the lodging site in Moshi.

**Day 2:** Students will spend the morning learning about current social, political, and cultural issues in Tanzania and the surrounding area in the village. The group will also become oriented with the program, rules, expectations, schedule of activities and projects for the week. Lunch will include a food orientation on the traditional foods in Tanzania. The afternoon will include a crash course on Swahili, the local language. The group will walk then through the village to practice their new phrases and spend the afternoon with some local families in the neighborhood.

**Day 3:** Today we will become oriented with their volunteer sites and work each day in a rural school. Our group will break off into pairs and be assigned to teach in a specific classroom. We will also work on rebuilding the school kitchen as well as other hands on projects to give back to the school. During the week we will continue learning new phrases in Swahili to communicate at the orphanage and with the village locals. We will learn about the extent of poverty some locals face on a daily basis and the extensive efforts to alleviate it in the region.



**Day 4:** We'll spend the morning volunteering at the village school by teaching the children at the school as well as other projects set up for us. We'll return to the GLA Home Base for lunch. In the afternoon, we'll visit a local orphanage where we'll meet the founder, an inspirational grassroots leader and also play with the children. In the evening, we'll have our first leadership workshop.

**Day 5:** After a morning of community service at the village school, we'll go into the town of Moshi where students will have some time at an internet café to contact friends and family. In the evening, a Tanzanian historian will talk to us about the history of Tanzania and learn about the country's Arab and Portuguese influences, state independence, and the Ugandan invasion in 1978.

**Day 6:** Students will spend another full morning volunteering. In the afternoon, a local artisan will come and engage us in a hands-on batik workshop where you'll have the chance to make some of your own designs. In the evening, we'll have another session on leadership.

**Day 7:** After community service in the morning, we'll visit a secondary high school and be assigned a high school buddy to shadow for the afternoon. We'll return to the GLA Home Base for a hearty dinner after an exhausting day.

**Day 8:** Safari Weekend! We'll rise early to head to Arusha to briefly visit a Maasai Women's Empowerment Group. From there, we will head out on a full day safari drive in Tarangire National Park. We will encounter diverse wildlife including elephants, giraffes, buffalo, wildebeests, monkeys, lions and leopards. We'll spend Saturday night at a simple lodge near the park.



**Day 9:** Today we explore the world-famous Ngorongoro Crater, which is the remnant of the world's tallest mountain and volcano before it exploded and collapsed two million

years ago. The crater floor is one of the most densely crowded game areas in the world and is home to over 30,000 animals and wildlife including the black rhino and cheetah. Students will be given box lunches to enjoy each day during the drive. On the drive back to the Home Base, we'll stop by the Masai markets to shop for some unique souvenirs.

**Day 10:** We begin our second week of community service at the school. By this time, you'll feel more confident teaching in the classroom and have developed relationships with the kids. In the evening, we'll meet with a public health expert who will talk to us about the HIV/AIDS epidemic in Tanzania and what's being done about it.

**Day 11:** We have a morning of community service, followed by a bead making workshop. Not only will you make some beautiful jewelry, but also learn about the cultural significance of it. In the evening, a guest speaker will talk to us about puberty rites in Tanzania.

**Day 12:** After community service, we'll meet with an inspirational women's group. This group of women from the Chagga tribe meets regularly to develop ideas to generate income for themselves and also to support each other and discuss issues such as domestic abuse and women's rights. In the evening we'll have another session on personal leadership.

**Day 13:** Today you continue teaching and building at the school until approximately noon, and then we return to the Home Base for lunch. In the afternoon, we visit the orphanage and we'll engage the children in different sports. In the evening, we'll have our farewell banquet for the 14 day students and we will hear local director, Mama Esther Simba's seminar on her journey to leadership. We'll invite the local families that we befriended on the first days of the program to come and participate with us.

**Day 14:** Today, students who are on the 14-day program will say goodbye to the students at the school. Afterward, we'll take a quick shopping trip so they can pick up some souvenirs while the students on the 21-Day Flagship program have time to use the internet before their big weekend excursion. Students on the 14-day program depart in the evening.



**Day 15: (21-Day Flagship Program Only)** - Today we'll drive about three hours to a rural Masai community and meet people from this nomadic culture and witness a traditional ceremony. Students will participate in a bead making workshop with Masai women, and male students will be taken by the Masai warriors and taught to throw spears. We will spend the night camping (tents, sleeping bags and camp mattresses provided by GLA) watched over by the local community. We will spend the evening dancing beneath the East African stars with our new Masai friends.

**Day 16:** We get up at dawn with the Masai community to watch the beautiful sunrise and take in our surroundings. The young warriors will take us for a hike through the surrounding area, along the way teaching us about natural medicines they find in the wild and also sharing with us more about their unique lifestyle. After lunch, during the drive back to the GLA Home Base, where we will enjoy being back home and a delicious home cooked meal.

**Day 17:** After a morning of community service, we will visit an inspirational local non-profit organization that's helping to alleviate poverty in the community. We'll learn about the founder's vision and obstacles they had to overcome to make the dream reality. In the evening, we'll have some time at the internet café in town to post photos from the weekend's journey into Masai-land.



**Day 18:** We'll begin wrapping up our work at the school today. As we get closer to the end of our experience, we'll start reflecting on what we've learned and what's we've contributed. This afternoon activities have purposely been left open to allow us to focus on a topic or issue that group has expressed interest in.

**Day 19:** Today is our final day at the school. We'll wrap up our community service project and say goodbye to our new friends. In the afternoon, we'll return to the orphanage that we've been visiting and spend a final afternoon with the children there. After saying goodbye, we'll return to the GLA Home Base for our final session on leadership when we reflect on how we can take what we've learned and use it back home to create positive change.

**Day 20:** We spend the day hiking the base of Mount Kilimanjaro, the world's highest free-standing, snow-covered equatorial mountain. During the hike students will stop at a waterfall and visit the caves where the Chagga people hid from Masai raiders years ago. We'll hike up to a beautiful cascading waterfall. When we return to the Home Base for dinner, we'll enjoy a special farewell dinner.

**Day 21:** Most students' flights depart in the evening, so today is chance to bid farewell to the local families and children that we've gotten to know. We'll also have some time for some last minute shopping before we head to the airport to catch our flights.



### **About Global Leadership Adventures**

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Global Leadership Adventures, established in 2004, is the premier international community service-learning program for high school students. Students come back transformed.

GLA is unique because of its focus on leadership development and first-hand learning about global issues. Students learn first hand from social pioneers around the world who are creating positive social change in their communities.

Students are taught to use their heart, as well as their head, to become agents of positive change across borders.

**GLA has been featured in:**

**The New York Times**

*seventeen*

**BALTIMORE TIMES ONLINE**



**The Boston Globe**