

Tanzania 4 week Expedition

- How it all comes together

This sample timeline will give you an overview of a 4 week Expedition in Tanzania, the structure of your project and what to expect. We hope it helps give you a sense of life on Expedition.

Karibu! Welcome to Tanzania

Immerse yourself in Tanzania, a country of warm hearts and long handshakes. Home to the highest mountain in Africa and the largest concentration of wildlife per square kilometre in the world. After your flight, our friendly Tanzania staff team will meet you at Dar es Salaam airport.



First stop, Morogoro

Your Expedition begins with induction in Morogoro, a quiet, agricultural region, at the base of the Uluguru mountains. Expect a busy few days as you get to know your fellow volunteers and get prepared for Expedition life in Tanzania. You'll find out more about the country itself, the project you'll be working on and your team.

Bumpy roads and beautiful scenery

This is where the adventure really starts. You'll leave Morogoro with your project team to travel to your community project. Scenes of rural life will be visible through the window and you might catch a glimpse of the local wildlife and, at the very least, a lot of chickens and goats.



Joining a community

Arriving into the village where you'll be working, you'll get your first real experience of Tanzanian greetings. They're a vital part of daily life. Expect long handshakes and excitement, particularly from the local children. You'll be living and working side by side with the villagers, staying in their homes for 19 days.

Your community project

Your days will be spent working on a community led project, contributing to the Global Goals. We work closely with schools in rural Tanzania to help improve

basic sanitation facilities. By building toilet and handwashing facilities, you'll be able help improve attendance at schools, particularly for girls. You and the team will be working with our local partners and the community themselves to create lasting change together. It might be hard work at times but your effort and energy will make a lasting difference.

Kijiji life

What better way to get to know Tanzania's incredible people and culture than by living in the heart of the community. Share stories and play games together as you discover more about their lives. Food will be similar to what the locals eat so expect ugali, a maize flour that is similar to semolina, rice, plenty of chapattis, beans and some fresh fruit and vegetables. When the time comes to say goodbye, leaving your new friends will be tough but you can look back on your achievements in the community with pride.

Develop leadership skills and more

Whilst on Expedition everyone takes it in turns to lead the group for a day. This is a chance to develop your leadership skills but most importantly, develop your confidence and learn about the power of team effort and the strength of working together to achieve your goals. You'll also learn about cross-cultural working, resilience and adaptability and get a chance to put your problem-solving skills to the test.

Sanje Falls

After your community project, you and your team will head to the Udzungwa Mountains. This national park is home to the Sanje Falls, the destination for your two day trek. As well as tropical forest and mountains, the park is famed for its six primate species. You'll be able to spot monkeys as you walk up to the waterfall. At the end of the trek up, cool off by taking a dip in one of the waterfall's plunge pools. Your team will set up camp at the top of the waterfall, meaning you'll be able to wake up to sunrise over the Kilombero Valley before heading back.



Tanzania's Wildlife

Unique to our Expedition in Tanzania is the opportunity to visit a national park. Following your trek, you'll visit Mikumi national park, home to many of the species of animals that Tanzania is famed for. As well as seeing some of these creatures first hand, you'll also learn about the importance of wildlife conservation in this incredible part of the world.

Coming to a close

Four weeks, lots of new friends and amazing experiences. All Expeditions end with everyone coming together for a final few days in Morogoro. This is a chance to celebrate all you have achieved together. We'll round everything off with a celebration and final farewells.

Unique memories to last a lifetime...

Whether you are travelling on after your Expedition to explore the wonders of the wider region, returning to study or work or something else, Expedition isn't the end of your Raleigh journey. You're joining our 44,000 strong alumni community, a group of people where everyone involved has shown courage and determination to help create a more sustainable future. We'd love you to join us.

As a result of the nature of our work timings and locations can change at the last minute. We ask you to be as flexible as possible. We don't take the decisions to change things lightly, they are based on improving the long term outcomes of our work and the safety of our volunteers.