

Tanzania 10 week Expedition - How it all comes together

This sample is an overview of a 10-week Expedition in Tanzania, the structure of your programme and what to expect. We hope it gives you a sense of life on Expedition. The exact order of the phases will vary for volunteers so we can ensure greater sustainability and you get the opportunity to work with a range of people in different locations.

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. You'll be met at Dar es Salaam airport by our friendly Tanzania staff team.

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 which project you'll be working on first, who you'll be working with and take part in a mini-trek. (In this timeline we start with the community project first but it could be any of the three phases).

Bumpy roads and beautiful scenery

This is where the adventure really starts. You'll leave Morogoro with your project team to travel to your first project. Scenes of rural life will be visible through the window and you might catch a glimpse of the local wildlife or 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 up to 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 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, play games as you discover more about their lives. Food will be similar to what the locals eat so expect ugali, a maize flour that is a bit 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.



Review, reflect, prepare

At the end of each phase, everyone returns to Morogoro for a few days before you move onto your next project. You will catch up with the rest of the Expedition team and get yourself prepared for what's to come. We'll ask you to give us some feedback on your first project so we can review our approach and learn from your experience. This is also your chance to get in touch with friends and family. Once recharged and energised you'll be ready for the next challenge with a new team.

Trek

Before leaving Morogoro, you and your team will pack your kit and supplies together before you embark on your 19-day adventure in the rural Iringa region. You'll wind your way up, down and through this mountainous region.



Real adventure and wildlife

Led by our local guides and Raleigh leaders, your trek through the Southern Tanzanian Highlands will pass through small communities and stunning scenery. You'll camp out under incredible skies, unaffected by light-pollution. Unique to trek in Tanzania is the opportunity to visit a national park. Ruaha national park is the largest in the country and home to 10% of the world's lion population as well as many of the other 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.

Doing it together

Everyone starts and finishes trek together, come rain or shine and no matter what trekking experience you have beforehand. It requires courage to do something beyond your normal experiences and there are highs and lows. Supporting one another through these moments, not giving up and sharing your achievements together will be some of the defining moments of your Expedition. The friendships formed on trek, whether through laughter, sweat or tears, are often some of the strongest on Expedition because of all that you have shared and learnt.

Leadership

As with all the different projects, you will all take it in turns to lead the group for a day. This is a chance to develop your leadership skills but most importantly, to learn about the power of team effort and the strength of working together to achieve your goals. Whether it's singing in the rain, scrambling up hills, lighting a fire or falling asleep in your tent after a long day of trekking, these are some of the memories that will stay with you forever.

Review, reflect, prepare

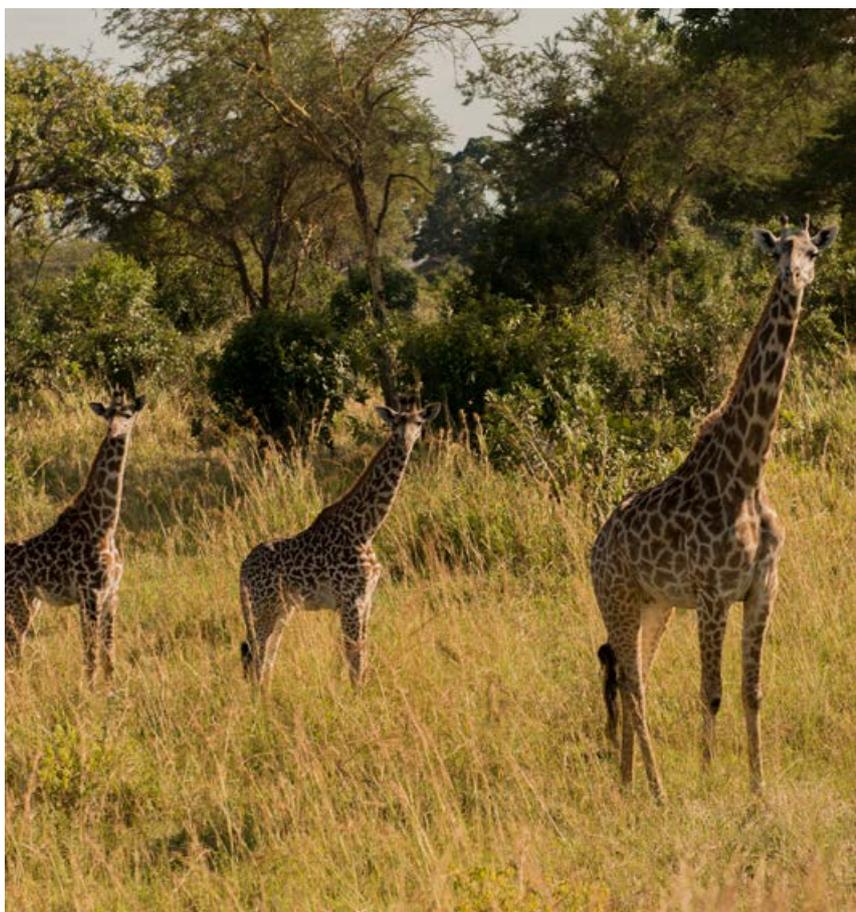
At the end of the trek you will return to Morogoro once again to review and reflect on your individual and team achievements before your final phase. You'll start thinking about what the Expedition means to you; the impact it has had on you personally and on the local communities you have worked with as well as finding out the team for your final project.

Environmental protection and conservation

Your environmental work in Tanzania will be focused on managing and preserving natural resources. As a result of the reliance of firewood for cooking, deforestation is a huge issue in the country. You and your team will be working with our local partners on reforestation projects to plant seedlings and raise awareness of this important issue.

Another taste of kijiji life

Environmental projects in Tanzania are often based within communities so as we this will be another opportunity to experience village life. Helping local people understand the importance of conservation, is just as important as the reforestation work itself so you will also help deliver community action days and teach children about the importance of waste disposal and environmental protection.



Coming to a close

Three phases, 10 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 catch up with friends and 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.



The nature of our work means that timings and locations do occasionally change at the last minute. We ask you to be as flexible as possible. We don't take decisions to change things lightly, they are based on improving the long-term outcomes of our work and ensuring the safety of our volunteers.