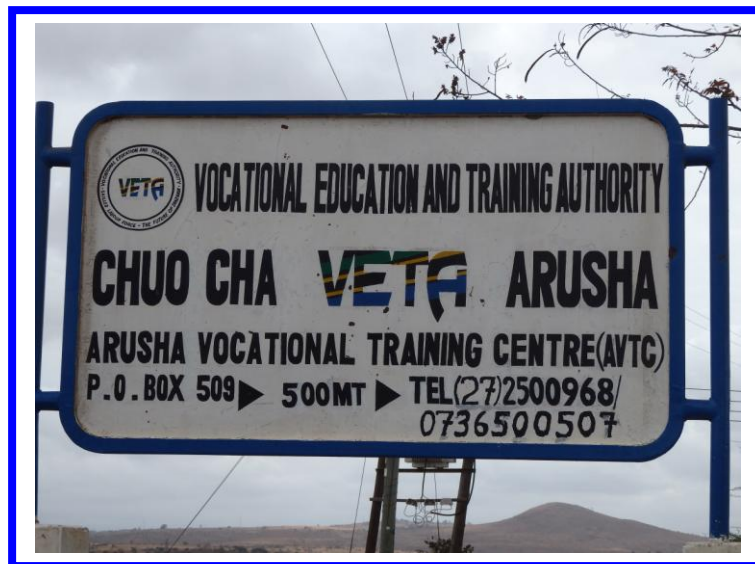




VIRGIN MEDIA MESERANI PROJECT CHALLENGE

2015



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ITINERARY



Saturday 20 June

Depart Manchester Airport.
Flight TK 1996 departing at 1605.
Arrive Istanbul Airport at 2200.

Sunday 21 June

Depart Istanbul on flight TK 607 at 0050.
Arrive Jomo Kenyatta Airport, Nairobi, at 0725.

Meet the truck and crew.
Drive to Meserani, crossing the
Kenya/Tanzania border en route.
Meet Diane and Peter Swan at Meserani
Snakepark.

Meet the students from The International School of Moscow.
Overnight at Meserani Snake Park campsite.



Monday 22 June

Meet the sixth form students who will be your 'guides/interpreters'.
Visit Arusha Vocational Training Centre with Loth Naparana and Diane.
Project work at the Centre.
Visit Arusha town to buy resources – Peter will join you for this.
Overnight at Meserani Snake Park campsite.

Tuesday 23 June

Morning: Meet all the male sponsored pupils, hand out letters to them from their sponsors, and offer guidance/advice. Hand out maize for their families.
Afternoon: Meet all the female sponsored pupils, hand out letters to them from their sponsors, and offer guidance/advice. Hand out maize for their families.
Visit the medical clinic at Meserani.
Project work at the Adult Education Centre.
Overnight at Meserani Snake Park campsite.

Wednesday 24 June

Early morning drive (very early) to Tarangire National Park, (using two hired landrovers with driver/guides).
Arrive in time for the park opening, and go on a game drive.
Refreshment stop at Tarangire Safari Lodge.
Packed lunch in the park.
Drive back to Meserani after lunch.
Carry project resources to Lesiraa School.
Visit the homes of some of the sponsored pupils.
Overnight at Meserani Snake Park campsite.





Thursday 25 June

Project work at Meserani Chini Primary School (guttering).
 One-to-one sessions with teachers/students at Meserani.
 Further work with students from Arusha Vocational Training Centre.
 Overnight at Meserani Snake Park campsite.

Friday 26 June

Project work at Kipok Secondary School (solar power and overhead projectors).
 One-to-one sessions with teachers/students at Meserani.
 Visit Arusha town for personal shopping Overnight at Meserani Snake Park campsite.

Saturday 27 June

Depart Meserani early, and drive to Nairobi.
 Check in at the Jupiter Guest Resort.
 Nyama Choma meal and Live Show at the Safari Park Hotel, Nairobi.
 Overnight at Jupiter Guest Resort, Langata, Nairobi.

Sunday 28 June

Transfer to Jomo Kenyatta Airport, Nairobi.
 Flight TK 608 to Istanbul, departing at 1035.
 Arrive Istanbul at 1700.
 Depart Istanbul at 2030 on flight TK 1491 to Manchester.
 Arrive Manchester at 2240.



EQUIPMENT AND CLOTHING

You will need:

A very warm sleeping bag, (preferably 3/4 seasons).
A sleeping mat, (Karrimat or self-inflating camping mattress.)
Small rucksack or haversack, (this should be the hand luggage).
Non-breakable drinks container, (1.0 or 1.5 litres).
Lightweight waterproof top (Kagoule).
One or two hand/bath towels – the lightweight camping ones are best.
Personal toiletries and personal medicines, (see 'Health and Hygiene' for further details).
Sun protection - you must take an adequate supply of suntan lotions, and should include some high-factor protection, and after-sun lotion.
A pair of strong training shoes.
A pair of light shoes, (maybe sandals).
Casual clothes, (mainly shorts and tee-shirts).
Several items of warm clothing, (include long-sleeved tops and trousers).
A warm fleece top.
Underwear and socks, (socks must be full ankle socks).
Nightwear.
Swimming costume (in case showers are not private).
Clothes washing soap bars (the *Dettol* soap bars, which can be bought from stores such as *Wilkinsons* are brilliant).
A short washing line and pegs.
A sun hat, and a pair of sunglasses.
A torch, and spare batteries.
A wristwatch, with alarm function.
A money belt or similar.
DVT Travel Socks, (to consider).
A strong polythene bag for used clothing.
Card/table games.
Digital camera with spare memory card and battery.



**It is a complete waste of time to take expensive and fashionable clothes – they will be ruined by the dust, sun cream and mosquito repellent.
What you must do is take casual clothes that you can wash as you go along, and then perhaps leave with local families that you visit.**

GIFTS FOR THE PUPILS, FAMILIES AND SCHOOLS THAT YOU VISIT

If you wish to take individual gifts for African children and families that you may meet throughout the trip, then suggestions are:

Pens, pencils, erasers, rulers, mathematical sets.

However, another option is to take some extra money with you on the trip so that you can buy more practical items in Africa, such as maize, cooking oil, cooking utensils, pots, pans, water carriers, etc.

If you can take a deflated football/volleyball/netball and a football pump and adaptor(s), this would be a super gift to give to a school or individual.

Other items that would be useful for the students you meet:

Second hand training shoes.

Unwanted laptops.

Unwanted mobile 'phones (unlocked, and using a full-size SIM card).

Toothbrush and toothpaste.

Sports clothing.

Something that has proved amazingly successful in past trips is to take a pack of cards – this is a great ice-breaker when meeting the Meserani students, and you can always leave it behind as a gift.



HEALTH AND HYGIENE

We cannot overestimate how important this is, and how serious the consequences can be if certain basics are not adhered to. We are visiting two 'third world' countries, and the chances of picking up an unusual virus or infection are quite high if you do not follow certain procedures.

It is important that you report any illnesses, cuts, abrasions or general feelings of being 'unwell' to the Kupenda Africa staff straight away.

You must never drink the tap water, and must not even use it for cleaning your teeth, (use bottled water for this). You must never share water bottles, cups, drinks cans, etc. with each other.

A comprehensive First Aid Kit should be taken by someone in the group.

Malaria Tablets:

You should have decided which type of Malaria tablets you are using, following advice from your doctor.

These Malaria tablets are to be carried in the hand luggage.

It is vital that the instructions for their use are strictly adhered to, particularly with regard to when the tablets should first be taken, and how long after our return home they should be taken. Malaria is the biggest killer in Africa, and all precautions should be taken – this includes covering exposed parts of the body with mosquito repellent early in the morning and in the evening when you are in particular areas, (you will be told exactly when this is necessary).

You are expected to carry the following items in your luggage:

Mosquito repellent, (must have minimum 50% Deet), at least 250 ml. will be needed.

Body wipes.

Toilet wipes, (Johnson Baby Wipes or similar).

Toilet Paper.

Diarrhoea tablets, (Immodium Plus or similar).

Diarrhoea re-hydration sachets, (Dioralyte or similar).

Paracetamol or similar.

Antiseptic hand gel, (the type that evaporates).

Anti-histamine cream or tablets, (for insect bites).

Personal hygiene requirements.



MONEY

You will need to pay for a Kenyan visa when you arrive in Nairobi, and a Tanzanian visa when you cross the border into Tanzania on your first day. Each visa costs 50 U.S.Dollars (\$100 in total - about £67). You don't need to apply for these before you set off - all you do is fill some forms in when you pay.

You will need some Kenyan Shillings for when you are in Kenya, but only to buy some drinking water when you arrive in Nairobi (and maybe some snacks etc. for the truck journey to Meserani), plus your drinks bill at the meal on your final night. You can buy Kenyan Shillings from travel agents and banks. If you buy more than you need, don't worry because you can change them back when you get home to the U.K.

For the rest of the trip you will need U.S. Dollars. You can't buy Tanzanian Shillings outside of Tanzania, but you can buy them once you get to Tanzania. It is best to take U.S. Dollars to buy them with rather than sterling, because you can pay for just about anything in Tanzania with U.S. Dollars anyway. How much you take is entirely up to you, but all you have to pay for when you are there are your two visas (\$100), drinks, tips, presents to bring back home.

Please note that U.S. Dollars need to be new, as most places in Tanzania and Kenya do not accept old notes (pre-2010). You will need a mixture of denominations.

You are strongly advised to carry any money in a money belt, or in a clothing internal zipped compartment.



CAMPING & COOKING

You will be sharing a tent with either one or two others, although there may be the opportunity for some to have a tent to themselves.

You will be expected to share in general camp duties, and will be responsible for keeping your tents clean and tidy.

Most evenings we will be staying at Meserani Snakepark campsite, which has showers, flush toilets, and a well-stocked bar. Please bear in kind that poer cuts are common, and on these occasions there will not be any hot water.

An African cook will be travelling with you for the duration of the trip, and is responsible for all meals. However, there will be a duty rota for various duties that need to be undertaken. On any particular day each person may be involved in either:

- Shopping for food.
- Preparing food.
- Assisting with the cooking.
- Washing up.
- Cleaning the Safari Truck.



VISAS AND PASSPORTS

When you arrive at Nairobi airport, you will have to buy a visa each for entry into Kenya. This costs 50 U.S. Dollars, and all you need to do is have your passport, and complete two forms. Please note that passports must be valid up until at least six months after the date of your return to the U.K. (i.e. valid up until 28 December 2015).

When you cross the border into Tanzania you will have to buy another visa for this country. This costs 50 U.S. Dollars, and all you need to do is have your passport, Yellow Fever certificate, and you will have to complete two forms.

SAFARI TRUCK

Transport throughout the trip is in an overland expedition truck. These are ideal vehicles for seeing Africa, with excellent visibility, plenty of room and the ability to drive 'off-road' - particularly useful for finding the best natural picnic spots and for spotting wildlife. Seat belts may be fitted, but the wearing of these is not compulsory because of the internal layout of the truck. The truck carries all camping and cooking equipment. There are two long drives on the trip, and the roads are unpredictable and extremely bumpy in places.



KISWAHILI

In Kenya and Tanzania, those who were lucky enough to receive an education will have been taught basic English at school. However, the local language is Kiswahili, and it is important that you make an attempt to learn a few basic words and phrases which you can use when you meet local people on your travels.

Below are some words and phrases in Kiswahili, which you are expected to learn before the trip.

English language	Kiingereza
Hello/Good day	Jambo
Welcome	Karibu
Goodbye	Kwaheri
See you later	Tuta onana
Sleep well	Lala salama
How are you?	Habari?
Fine thankyou	Nzuri sana
Please	Tafadhali
Thankyou	Asante
Thankyou very much	Asante sana
You're welcome/Don't mention it	Karibu
Yes	Ndiyo
No	Hapana
Excuse me	Samahani
How much?	Kiasi gani
No problem	Hakuna matata
My name is ..	Jina langu ni
What is your name?	Jina lako nani?
One, two, three, four, five.	Moja, Mbili, Tatu, Nne, Tano.
Sifahamu	I don't understand



MESERANI SNAKE PARK

The Meserani Snake Park is located some 20 km to the west of Arusha Town, just off the tar road that leads towards the world famous Serengeti National Park. At the snake park there is a collection of snakes and other reptiles - some of the most fascinating animals of Africa. The Snakepark has provided a new attraction for visitors on the northern Tanzania tourist circuit and building the park was quite an adventure.



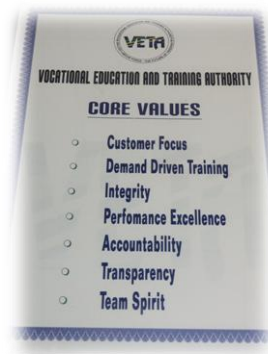
The park is "home" to a variety of snakes common in Eastern and Southern Africa, from the Black Mamba to the black and red spitting cobras and the African Python. Other reptiles include monitor lizards, chameleons and crocodiles. There are also a few species of birds that are orphaned or injured for whom a temporary home is provided at the park.

The owners of the campsite, Lynne Bale, ("Ma"), and Barry Bale, ("BJ"), are legendary for the work that they have done with the local Maasai people. They provide a medical centre, orphanage and education centre free of charge, and they pay themselves for all snake-bite treatment that is needed by the local people. They also provide employment for many of the local Maasai population through their campsite, Maasai market, Maasai Culture Museum and Jewellery workshop. BJ and Ma have been instrumental in the work that The Meserani Project has undertaken in the area – without their help, The Meserani Project would never have got off the ground.



The campsite will be your home for six nights whilst you work on The Meserani Project, and there will be opportunities to visit the Maasai Museum, the Medical Centre, the Orphanage, the Education Centre, and you can even go for a ride on one of BJ's camels.

ARUSHA VOCATIONAL TRAINING CENTRE



Arusha Vocational Training Centre is on the outskirts of Arusha, and is the focus of your project work. Students initially undertake a one-year residential course leading to a Level I qualification. If successful, they progress to a second year leading to a Level II qualification, and then hopefully a third year leading to a Level III qualification. The subjects followed are traditional 'trades', and include:

- Electrical Installation.
- Agromechanics.
- Bricklaying.
- Plumbing.
- Dressmaking.

The Centre is poorly resourced, and in desperate need of tools, equipment and basic education materials.



The Meserani Project currently has eight students being sponsored at the Centre. Three are currently in their second year (Level II):



Meporoo
Sumu



Bwanashamba
Pusindawa



John
Sanare

Five are currently in their first year (Level I):



Agness
Meloo



Ngivuyoni
Leskar



Helen
Mrumbe



Lelo
Lewon



Lucas
Isaya

MESERANI CLINIC

The clinic at Meserani Snake Park provides free medical care to the local population. Without this clinic, people would not have access to medical care without having to pay to go to a hospital in town, and this would not be possible for them. The clinic is funded by the owners of Meserani Project, who donate the profits from the bar at their camp site. The Meserani Project regularly provides medical equipment and supplies for the clinic.

The staff at the clinic have to deal with a huge variety of emergencies and conditions, and are a lifeline for the local community.



MESERANI ADULT EDUCATION CENTRE

The Education Centre at Meserani is actually funded by a U.K. charity – Working in Tandem, but whenever there is the opportunity to support the work of the Centre, The Meserani Project is always willing to help. The Project has provided overhead projectors in the past, and hope to be able to replace one of these as soon as possible. If time allows, there is the opportunity for you to help with some of the basic computer literacy courses at the Centre.



TARANGIRE NATIONAL PARK

The Tarangire National Park is one of Tanzania's lesser-known game parks, and as such it has a much more authentic feel to it for those who wish to share this environment with the animals rather than hordes of tourists.



It is famous for its herds of elephants, its giraffes, and the huge baobab trees that dominate the landscape. In July it is the dry season, and the wildlife tend to congregate on the banks of the Tarangire River, making this a popular spot for your game drive.



A very early morning departure from Meserani Snake Park will ensure that you arrive at Tarangire in time to enter the park at dawn, thereby increasing your chances of coming face to face

with some of the park's predators. Your safari is being undertaken in hired four-wheel drive safari vehicles, which will certainly enhance your wildlife viewing experience!



LESIRAA PRIMARY SCHOOL

Lesiraa School is situated in the Meserani region, and is the closest primary school to Meserani Snake Park. It is the first school that The Meserani Project supported, and the conditions at this school actually inspired the setting up of the project back in 2004.



Before The Meserani Project became involved, Lesiraa School had two classrooms that were literally falling apart. There were no blackboards, and not enough benches and desks for the pupils. The images here show the situation as it was in 2004.

Since then The Meserani Project has raised enough money to replace these two classrooms with four brick built classrooms, fully furnished and decorated. The images below show the results. The Project has also provided educational resources, sports equipment, sports clothing, music instruments, cooking equipment and water tanks.



During your visit, you have the task of carrying several items of furniture and storage cupboards from Meserani Snake Park to the school.

MESERANI CHINI PRIMARY SCHOOL

Meserani Chini School is the most desperate school that The Meserani Project supports, and is a key area of concern for the project. Their Head Teacher, Mr. Prosper Tesha, is extremely resilient and resourceful, but his school is situated in an incredibly remote area, and he has difficulty recruiting teachers.



So far the project has built him two new classrooms, provided text books for every subject in every year group, provided four water tanks, and has completely refurbished the teachers' homes, in an effort to attract teachers to work there. One of your tasks is to install solar power to these homes, and guttering to collect rainwater for the water tanks.



KIPOK GIRLS SECONDARY BOARDING SCHOOL



Kipok Girls Secondary Boarding School is equally remotely situated – about 30 minutes drive through the bush from Moita School. There are currently 42 girls at the school being sponsored by The Meserani Project.

The Meserani Project has already provided the school with five water tanks, many text books, and solar power to all dormitories, classrooms and teachers' houses. Last year a photocopier and printer were provided, along with an upgrade of the solar power system to cater for this new equipment.



You will be visiting Kipok School, and installing laptops and overhead projectors, whilst instructing the head teacher in their use.



NYAMA CHOMA RANCH

For your final evening in Africa, Kupenda Africa have booked a table at the Nyama Choma Ranch, at the Safari Park Hotel, Nairobi. *Nyama Choma* is Kiswahili for *Barbecue*, and your meal is a spectacular open-air eat-as-much-as-you-can barbecue, where the meat is served up on skewers as and when you want it. There is a starter, and desserts are included, and there are also vegetarian options.



After the meal you are treated to a stage performance by the renowned *Safari Cats* Dancers and Acrobats.

JUPITER GUEST RESORT

After the show you will be staying at the Jupiter Guest Resort in Langata, Nairobi. Whilst not a 'luxury' hotel, you will no doubt appreciate sleeping in a proper bed, and having en-suite facilities in your room!



CHALLENGE PARTICIPANTS



Grace
Kagwiria



Frank
Panter



Chris
Starling



Jason
Smith



Reece
Wills



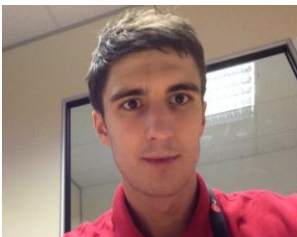
Arnold
Alloty



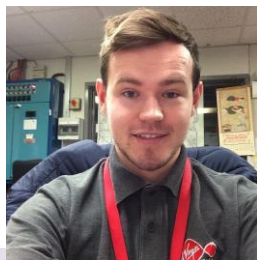
Tom
Chapman



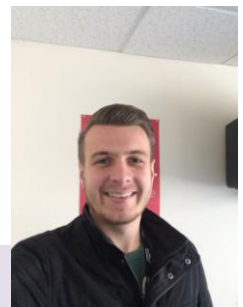
Daniel
Goodenough



David
Hunt



David
Gallagher



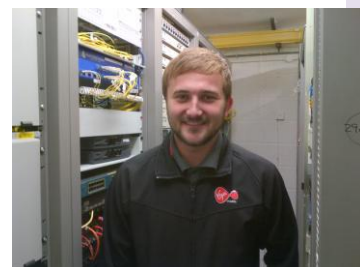
Sam
Cowie



Mohammed
Abdul-Ali



Liam
Siddons



Tom
Chambers



NOTES





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