



ACKLAM GRANGE SCHOOL
AFRICA
EXPEDITION
2015



CONTENTS



- Itinerary
- Flights
- Luggage
- Equipment and Clothing
 - Gifts to take with us
 - Health and Hygiene
 - Supervision of pupils
 - Money
 - Camping & Cooking
- Visas, Passports & EHIC cards
 - Safari Truck
 - Kiswahili
 - Insurance details
 - Great Rift Valley
 - Lake Naivasha
- Hell's Gate National Park
 - Crater Lake Sanctuary
- Lake Nakuru National Park
 - Meserani Snakepark
- Engutoto, Moringe & Irkisongo Schools
 - Meserani Chini Primary School
- Moita Boys Secondary Boarding School



- Einoti Secondary School
 - Maasai Boma
 - Lesiraa Primary School
- Meserani Juu Primary School
 - Tarangire National Park
- Ngorongoro Conservation Area and the Ngorongoro Crater
 - Kipok Girls Secondary Boarding School
 - Sports Day
 - AEW Giraffe Sanctuary
 - Nyama Choma Ranch
 - The Kibera Slum



ITINERARY

Friday 10 July

Meet at Durham Tees Valley Airport at 0400 hours.
Depart at 0620 on Flight KL 1530 (KLM)
Arrive Amsterdam at 0845
Depart Amsterdam at 1115 on Flight KL 565 (KLM)
Meet driver and cook, and load up the Safari Truck.
Overnight camp at Indaba Camp, Nairobi.

Saturday 11 July

Leave some project equipment at Indaba.
Drive out of Nairobi onto the Rift Valley Escarpment.
Drop down into the Great Rift Valley, and drive to Lake Naivasha.
Overnight camp at Fish Eagle Camp, on the shores of Lake Naivasha.

Sunday 12 July

Early morning walking safari in Hells Gate National Park.
Explore the Lower Gorge and hot springs on foot.
Overnight camp at Fish Eagle Camp, on the shores of Lake Naivasha.

Monday 13 July

Visit Longonot DEB Primary School.
Walking safari in the Crater Lake Sanctuary.
Night time game drive in Crater Lake Sanctuary.
Overnight "bush camp" in Crater Lake Sanctuary.

Tuesday 14 July

Drive to Nakuru.
Shopping at the Maasai Market in Nakuru.
Afternoon game drive in Lake Nakuru National Park.
Overnight at the Wildlife Club of Kenya – Lake Nakuru Centre.

Wednesday 15 July

Pre-breakfast game drive in Lake Nakuru National Park.
Back for breakfast at the Wildlife Club of Kenya – Lake Nakuru Centre.
Further game drive in Lake Nakuru National Park.
Shopping at the Maasai Market in Nakuru.
Drive to Nairobi.
Pick up the Meserani Project equipment.
Overnight at Indaba Camp, Nairobi.





Thursday 16 July

Drive to Meserani, crossing the border into Tanzania en route.

Overnight camp at Meserani Snakepark.

Friday 17 July

Sorting out project resources.

Overnight camp at Meserani Snakepark.



Saturday 18 July

Visit the Meserani Snake Park Medical Centre, Orphanage, Maasai Museum and LivLife Education Centre.

Visit some pupils in their homes.

Overnight camp at Meserani Snakepark.

Sunday 19 July

Visit Engutoto Secondary Boarding School, Irkisongo Secondary Boarding School and Moringe Secondary Boarding School to meet the ten sponsored pupils.

Visit Monduli Market.

Overnight camp at Meserani Snakepark.

Monday 20 July

Visit Meserani Chini Primary School, and begin the selection process for sponsored pupils.

Shopping at the Maasai Market, Arusha.

Overnight camp at Meserani Snakepark.

Tuesday 21 July

Visit Moita Boys Secondary Boarding School to meet the 61 sponsored pupils.

Spend the day with them, experiencing lessons, sports activities and cultural exchanges. Share a picnic lunch with the 61 sponsored pupils.

Overnight camp at Meserani Snakepark.

Wednesday 22 July

Visit Einoti Secondary School for volleyball and netball match, and meet the nine sponsored pupils.

Visit Kisongo Primary School and begin the selection process for sponsored pupils.

Buy a goat at Kisongo Market.

Goat Barbecue with a Maasai family.

Overnight stay at a Maasai Boma.

Thursday 23 July

Visit Lesiraa Primary School and Meserani Juu Primary School, and begin the selection process for sponsored pupils.

Overnight stay at Meserani Snake Park.

Friday 24 July

Drive to Tarangire.

Game and overnight 'bush camp' in Tarangire National Park.

Saturday 25 July

Morning game drive in Tarangire National Park.

Drive to Karatu.

Overnight stay at Kudu Lodge Camp, Karatu.

Sunday 26 July

Game drive in the Ngorongoro Crater.

Drive to Meserani.

Overnight stay at Meserani Snakepark.



Monday 27 July

Visit Kipok Girls Secondary Boarding School to meet the 42 sponsored pupils.

Spend the day with them, experiencing lessons, sports activities and cultural exchanges. Share a picnic lunch with the 42 sponsored pupils.

Overnight camp at Meserani Snakepark.

Tuesday 28 July

Organise a Sports Day for Lesiraa, Meserani Juu and Meserani Chini Primary Schools.

Overnight stay at Meserani Snakepark.

Wednesday 29 July

Drive to Nairobi, crossing the border into Kenya en route.

Overnight stay at Indaba campsite, Nairobi.



Thursday 30 July

Visit the Giraffe Sanctuary.

Visit St. Cecilia School, and the Kibera Slum.

Evening Meal at the Safari Park Hotel.

Overnight stay at Indaba campsite, Nairobi.

Friday 31 July

Visit Nairobi city centre.

Pack for home.

Depart Nairobi on Flight KL 566 to Amsterdam at 2225

Saturday 1 August

Arrive Amsterdam at 0540

Depart Amsterdam on Flight KL 1533 to Durham Tees Valley at 0920, arriving at 0930 (local time).

Parents to check the estimated arrival time on:

<http://www.klm.com/home/gb/en> (click on *Flight info* then *Flight status*, then type in the flight details from Amsterdam to Durham Tees Valley).

Parents should be at the airport arrivals for about 30 minutes after our scheduled arrival time.

FLIGHTS

**Flights KL 1530 and KL 1533
Durham Tees Valley International Airport to Amsterdam Schiphol, and
return.
Operated by KLM Cityhopper.**

Flight time: 1 hr. 15 mins.
Distance: 297 miles.

The aircraft for these flights is a Fokker F70, and some basic facts about this aircraft are given below:



Wingspan: 28.08 metres
Length: 30.91 metres
Height: 8.5 metres
Width: 3.30 metres
Passengers: 72
Cruising speed: 525 m.p.h.

**Flights KL 565 and KL 566
Amsterdam Schiphol to Jomo Kenyatta International Airport, Nairobi,
Kenya, and return.
Operated by KLM.**

Flight time: 8 hrs. 20 mins.
Distance: 4,146 miles.

The aircraft for these flights is a Boeing 747-400, and some basic facts about this aircraft are given below:



Wingspan: 64.4 metres
Length: 70.7 metres
Height: 19.4 metres
Passengers: 406
Cruising speed: 570 m.p.h.

LUGGAGE

Each person is allowed two items of luggage, one piece of 'hold luggage' which will be their main piece of luggage, and one small item of 'hand luggage'.

Hold luggage:

This must be a soft holdall, and not a suitcase. It may be a good idea to identify your holdall with something, so as it is recognisable from others that may be identical to yours.

No bigger than 120 litre capacity – most students in the past have always managed with a 90 litre capacity bag.

It will get extremely dusty and grimy when we are in Africa.

It is advisable to padlock any compartments.

The maximum weight is 20Kg., - this must not be exceeded, otherwise pupils will be liable to an excess baggage charge.

A list should be made of all the items in the holdall, so that a valid claim can be made should it be lost in transit. This list should be retained by the pupil's parents.

The luggage label, which will be given to pupils before we set off from Durham Tees Valley will have the pupil's name, school address and Africa contact details on, (nothing else is to be written on this label). The label must be fastened to the outside of the holdall.

Hand luggage:

Pupils are allowed one item of hand luggage, which they carry onto the aircraft with them. It must be no larger than 55 x 35 x 25 cm and no heavier than 12 kg.

There is a lot of important group equipment that will be shared out amongst the pupils before we set off from Durham Tees Valley, including a large number of laptops. This equipment is to be carried in the Hand Luggage. It is important therefore, that pupils only carry in their Hand Luggage personal medicines and tablets, malaria tablets, cameras, two pens, **and nothing else.**

Gels or liquids are not allowed – see Mr. Swan well in advance if there is a problem regarding this.



EQUIPMENT AND CLOTHING

Pupils 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 - pupils 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.
Clothes washing soap bars.
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.
Camera and spare films, (digital camera images can be stored on the laptop).

Pupils will not need:

Makeup.

Pupils are not allowed:

Electronic games.
Hairdryers or straighteners.
Perfumes.
Clothes with inappropriate designs or wording.
Mobile telephones.
Personal music players.

**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 pupils must do is take casual clothes that they can wash as they go along, and then perhaps leave with local families that we visit.**

GIFTS FOR THE PUPILS, FAMILIES AND SCHOOLS THAT WE 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.

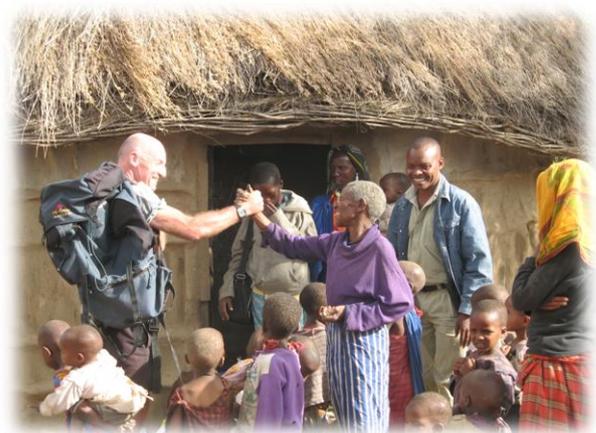
However, another option is to take some extra money with you on the trip so that you can buy more practical items in Africa, such as maize, cooking oil, cooking utensils, pots, pans, water carriers, etc.

If you can get hold of a set of eight sports tops that could be used as a netball team strip or a volleyball team strip, then you could present this to the team from one of the schools that we visit. If you are worried about fitting this in your luggage, then see Mr. Swan about possible alternative arrangements.

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.

Every pupil is expected to take the following selection of pens and pencils and medical essentials with them to give to the pupils at the schools we visit:

- Five packs of 20 basic pens (£1 a pack in *Poundland*)
- Two packs of 24 pencils with erasers (£1 in *Poundland*)



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 pupils report any illnesses, cuts, abrasions or general feelings of being 'unwell' to Mr. Swan straight away.

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

A comprehensive First Aid Kit will be taken by Mr. Swan, and this will include the usual items, along with:

Iodine.

Germolene liquid plastic dressing.

Hypodermic needles/syringe/cat gut/suture needles kit.

Malaria Tablets:

All pupils should have decided which type of Malaria tablets they are using, following advice from their 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 we are in particular areas, (pupils will be told exactly when this is necessary).

All pupils will be expected to carry the following items in their 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.



SUPERVISION OF PUPILS

Supervision of pupils is shared by Mr. Swan, Miss Connor and Mr. Simpson. Pupils will be supervised during all activities, apart from when they visit the Maasai families at Meserani. There will be some time allowed for shopping, but at these times, there will be regular contact between staff and pupils.

Whilst in Africa, the pupils will not only be seen as ambassadors for Acklam Grange School, but also for British Youth in general. Good manners, courteous behaviour, and respect for others should always be the norm.

Pupils have been split into three groups, each with a group leader attached to it, and referred to as their "Group Tutor". This has been done to assist supervision in certain activities, and also to facilitate the 'bank system' and duty rota explained later in this booklet. However, the role of 'parent' is a responsibility that is shared by all four staff throughout the trip, and pupils should feel free to talk to them at any time, to discuss any matter that is causing them concern.

Smoking is not allowed by anybody, and the consumption of alcohol by anybody under-age is forbidden.

Group One	Group Two	Group Three
Peter Swan	Lisa Connor	David Simpson
Rebecca Crandon	Aaron Jardine	Sophie Sidgwick
Matthew Naylor	Lorna Davison	Rhys Williams
Jake Hardy	Daniel Appleton	Jacob Jardine
Abigail Pentney	Elizabeth Huck	Elizabeth Nicholson
Felicity Holden	Jessica Taylor	Helen Roberts
Jennifer Readshaw	Lewis Jefferson	Jordan Mace
Josef Ramsay	Joshua Cooper	Joseph Garrens
Kieran Potter		



MONEY

Most spending money should be taken in U.S. Dollars, which can be bought from most banks and travel agents, (you will probably have to order it in advance). Please ask for the money to be in \$10 notes, as this will assist the bank system that is being operated by the staff. It is important that you ask your bank for new notes, as some places in East Africa do not accept bank notes that date back before 2000. Pupils will need an amount of Kenyan Shillings for when we first arrive – the equivalent of £35 should suffice. If you have some spare Euros from personal holidays, it may be useful to take some for our stopover in Amsterdam Airport.

How much each pupil takes is entirely up to them, but there are a number of considerations:

- Each day pupils may need to buy water and soft drinks – assume that the cost of this will be similar to the U.K.
- There will be a unique opportunity to buy gifts that have been hand-crafted in Africa, (wood carvings and jewellery are just two examples), and pupils may well wish to put an amount to one side for this.

On a similar trip in 2013 the average amount spent by each pupil was 173 US Dollars and 3,500 Kenyan Shillings. However, this was two years ago, and this should also be taken into consideration.

Money will be looked after by staff, (locked up on the truck), and a 'bank system' will be operated each day whereby pupils can take out whatever they require. Pupils are strongly advised to carry any money in a money belt, or in a clothing internal zipped compartment.



CAMPING & COOKING

Pupils will be sharing a tent with either one or two others, and the groupings will be changed regularly.

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

Most evenings we will be staying at recognised campsites, and although they are in scenic and beautiful situations, they will sometimes have only basic amenities, (cold showers, pit latrines). On two evenings we will be camping in the “bush” where there will be no amenities at all, with only a sheet of canvas between you and the wildlife.

An African cook will be travelling with us 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, PASSPORTS & EHIC CARDS

When we arrive at Nairobi airport, we will have to buy a visa each for entry into Kenya. This is included in the cost of the trip, and all the pupils need to do is have their passport, and complete two forms. Please note that passports must be valid up until at least six months after the date of our return to the U.K. (i.e. valid up until 1 February 2016). EHIC cards for each pupil must be taken on the trip, should medical assistance be needed in Amsterdam Airport.

When we cross the border into Tanzania we will have to buy another visa for this country. This is also included in the cost of the trip, and pupils will need their passport, Yellow Fever certificate, and 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 camping 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 several long drives on the trip, and the roads are unpredictable and extremely bumpy in places. The roads in the game parks are unsurfaced tracks. We will have several extremely early starts, and all other mornings will be very early starts.



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 we make an attempt to learn a few basic words and phrases which we can use when we meet local people on our travels.

Below are some words and phrases in Kiswahili, which pupils 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

INSURANCE DETAILS

Details of the insurance policy are shown on the following pages. Please read these details carefully. If you have any concerns with the insurance cover provided, please contact Mr. Swan immediately.

School journey policy (excluding winter sports)

Summary of cover

Policy number	SJ-128024-5356	
Insurer	Zurich Municipal	
Policyholder	Acklam Grange School	
Period of Insurance	From: 1 0 0 7 2 0 1 5	To: 0 1 0 8 2 0 1 5

This is a summary of the significant features, benefits and limitations of the cover by Zurich Municipal's School Journey policy (excluding winter sports). The policy itself should be referred to for the full terms, definitions, conditions and exclusions. This may be obtained from Zurich Municipal.

Type of Insurance and Cover

The policy provides specified indemnity and benefits associated with journeys for educational purposes and approved by the Policyholder.

Insurance applies to each individual pupil or teacher member of a school journey party (an "Insured") who is involved in full-time education, or adult helper or child accompanying them, authorised by the Policyholder. The maximum age is 70 years.

The policy covers any trip or excursion not exceeding 31 days in duration (including exchange visits and work experience placements) approved by the Policyholder. Trips that have also been insured automatically as part of a package travel arrangement are not eligible.

Day trips (no overnight stay): cover starts when Insured leave the school boundaries, and return to them.

Overnight trips: cover starts when the Insured leave their normal place of residence until they return to it.

In respect of Cancellation insurance, cover commences on the date of the confirmed booking of the trip.

The Policyholder and Insured also benefit from Emergency Assistance services (see below, and page 3) via Zurich Travel Assistance.

Zurich Travel Assistance 24 hour helpline

+44 (0)1489 868 888 and www.zurich.co.uk/travelassistance

When calling for medical or travel assistance please have the following information available:

- Nature of the emergency or assistance required
- Name of School, establishment or LEA (i.e. Policyholder) with policy number
- Name of Insured (person for whom help is required)
- Telephone number and address (abroad) where the Insured can be contacted, or those of the responsible adult acting on their behalf.

Significant Features and Benefits

The following is a summary of the main features of cover:

Event	Maximum Limit (per Insured unless stated otherwise)
Personal Accident Death, loss of sight/limb, hearing/speech (total) & permanent total disablement (from any occupation) Permanent partial disablement Temporary total disablement not exceeding 104 weeks (from any occupation): per week	£25,000 (Death reduced to £10,000 aged under 16) Up to £25,000 £100 (£25 aged under 16, from scholastic duty)
Overseas Medical Expenses Medical, travel & emergency repatriation expenses	£10,000,000
Search & Rescue Expenses Limit per event	£50,000 £100,000
Personal Property Valuables, electronic items, audio or visual Any single article Excess	£2,500 overall £750 in all £500 £50
Personal Money All money in custody of responsible adult Excess	£500 £2,500 £50
Electronic Business Equipment Excess	£1,500 £100
Cancellation, Curtailment, Rearrangement & Replacement Expenses Limit per event Disruptive pupil expenses Travel delay (after 12 hours)	£3,000 £50,000 £3,000 £50 per 12 hours (£250 max)
Kidnap Consultants' Costs Aggregate limit Excluded territories	£250,000 £500,000 Afghanistan, Algeria, Argentina, Bangladesh, Brazil, Colombia, Congo (Dem Rep), Ecuador, El Salvador, Guatemala, Haiti, Honduras, Iran, Iraq, Israel, Mexico, Nigeria, Pakistan, Papua New Guinea, Philippines, Russia, Somalia, Venezuela, Yemen.
Political & Natural Disaster Evacuation Event limit	£5,000 £50,000
Legal Expenses	£25,000
Personal Liability	£5,000,000

Standard Extensions of Cover

(maximum limits as shown in the policy)

Personal Accident

- Dental injury expenses
- Funeral expenses following accidental death
- Benefit for permanent facial disfigurement
- Hi-jack & kidnap: cover continues for 12 months

Overseas Medical Expenses (etc)

- Premature childbirth
- Supplementary hospital expenses (on return to UK)

Personal Property

- Delayed baggage etc
- Passport or visa indemnity & assistance

Money

- Cover applies 72 hrs pre & post trip
- Emergency cash replacement

Cancellation (etc)

- Missed international connection & missed departure
- Replacement personnel expenses

Political and Natural Disaster Evacuation

- Emergency accommodation expenses

Assistance and Security Services

- See separate section below

Significant Exclusions (applying to the whole policy)

Age Limitation

- 70 years

Substance Abuse or Self-Injury

- Drug or alcohol abuse
- Suicide or self-injury

War

- Within the United Kingdom

Dangerous or Unsettled Areas

- Travel to destinations where at the time of booking or departure the F&CO advises against travel

Travel or Intention to Travel Against Medical Advice

- See separate note below

Excluded Activities

- Aerial pursuits (see policy)
- Caving (using caving equipment)
- Diving (using external breathing apparatus)
- Hiking, trekking or mountaineering (>3000m)
- Motor cycling
- Mountaineering or rock climbing (using ropes or guides)
- Racing of any kind (other than on foot)
- Water pursuits (jet skiing or white water rafting)
- Winter sports (other than at a UK based snow dome or dry slope)

Significant Exclusions (applying to specific sections of cover)

Personal Accident

- Sickness, disease or degenerative condition

Overseas Medical Expenses

- Medication known to be required
- Unapproved hospital treatment or repatriation

Personal Property

- Contact lenses & other fragile items

Personal Property/Money/Electronic Business E/Q

- Unattended vehicles (unless in locked compartment)

Cancellation (etc)

- Pre-existing circumstances (transport failure, strikes, natural catastrophe)
- Disinclination to travel

Kidnap

- Ransom payments
- Listed destinations

Political & Natural Disaster Evacuation

- Foreseeable costs: pre-existing circumstances

Personal Liability

- Claims brought in USA or Canadian courts

Other Provisions

Conditions

- There are conditions about required standards of proficiency for participation in and supervision of hazardous activities, and conditions about safety equipment for use with water based activities.
- There are a number of obligations on the Insured relating to their conduct in the event of a claim, or for reporting of losses to the Police. Attention is also drawn to the guidance on travelling against medical advice.

Claim Notification

If you want to make a claim, please contact the Policyholder at their address. Claims are to be notified as soon as possible, including supporting information and assistance where we may require it. The Police must be notified as soon as possible in the event of theft or malicious damage.

Cancellation Rights

This policy does not entitle any party to a cooling-off period.

Assistance and Security Services: Zurich Travel Assistance

+44 (0)1489 868 888 & www.zurich.co.uk/travelassistance
Please note that these services are supplied by third parties contracted to Zurich.

Medical and Other Assistance

- 24 hour helpline
- Medical Staff for hospital/treatment referrals and advice
- Emergency medical supplies
- Air ambulance
- Direct billing with hospitals & clinics
- Emergency travel assistance for friends/relatives visiting sick or injured Insured
- Emergency cash advance
- Emergency message communication
- Lost ticket & baggage location
- Travel advice and on-line information
- Legal referral (English speaking lawyers)
- Rented vehicle return where Insured incapacitated.

Security Assistance

- Emergency response to life-threatening situations, kidnap, attack, missing persons etc
- Daily news subscription (worldwide threats and potential hotspots)
- Travel security advice website
- Travel safety and security briefings for higher risk destinations.

Important Notes: Passports, Travel Against Medical Advice & Compulsory Contacting of ZTA

Passports

We recommend that a copy of the passport header page be taken on a journey. Loss of passport is the most common mishap to befall UK travellers and a copy assists with emergency replacement.

Travelling or Intending to Travel against Medical Advice

In line with many travel insurance policies, this policy has an exclusion of "travel against medical advice".

We strongly recommend that if there is any doubt over a current or recent medical condition that the Insured visits their doctor to ensure they are fit to travel and are not invalidating their cover. This will help to avoid potential difficulties should the need to claim arise later for cancellation or sickness happening during the trip.

"Fit to travel" implies that during the trip the medical condition is unlikely to create the need for medical attention or other additional costs such as emergency evacuation or visit of a relative that would ordinarily qualify as a claim under the policy.

The Insured should obtain a written statement from their GP or other medical practitioner at most 7 days before the trip starts stating that they are fit to travel having regard to:

- the condition itself; and
- the following features of the trip: destination, activities, duration, methods of travel

The insured person should tell the medical professional that the required statement is for specific insurance purposes and that it may be relied upon to substantiate the validity of a claim should it later need to be made.

Where a trip is booked (incurring non-refundable expenses) a considerable time before the departure date, it is prudent to consider an additional earlier consultation with the medical professional to obtain a similar statement. This is in case a medical condition being experienced at the time of booking worsens to cause cancellation of the trip before departure, and the need for a Cancellation claim to be made.

Compulsory Contact of Zurich Travel Assistance

Please note that certain events for which assistance may be required or claims paid must be handled through ZTA:

- In-patient hospital treatment
- Emergency Repatriation Expenses
- Kidnap
- Political or Natural Disaster Evacuation

Our Complaints Procedure

We want to provide a first class service. If you have any cause for complaint you should, in the first instance, contact either the intermediary who arranged the policy for you, or the branch that issued your policy. Please quote the details of your policy (your surname and initials, policy number, departmental reference, etc).

If we are unable to resolve your complaint to your satisfaction within 8 weeks, or if we have provided you with a final decision letter, you may be able to refer your complaint to the Financial Ombudsman Service (FOS). This is a free and impartial service.

You can telephone for free on:

08000 234 567 for people phoning from a "fixed line"
(for example, a landline at home)

0300 123 9 123 for mobile-phone users who pay a monthly charge for calls to numbers starting 01 or 02

Or e-mail: complaint.info@financial-ombudsman.org.uk

The FOS will only consider your complaint if, at the time of notification, you are a consumer, a business employing fewer than 10 persons that has an annual turnover or balance sheet that does not exceed €2 million, a charity with an annual income of less than £1 million or a trustee of a trust with a net asset value of less £1 million.

Following the Complaints Procedure does not affect your legal rights.

Financial Services Compensation Scheme

We are covered by the Financial Services Compensation Scheme (FSCS). You may be entitled to compensation should we be unable to meet our obligations. You may contact the FSCS on 0800 678 1100 or further information is available at www.fscs.org.uk

Law Applicable to this Contract

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GREAT RIFT VALLEY

The Great Rift Valley is one of the wonders of the world, as the valley forms a wide trench down the length of Africa, even visible from the moon.

Mostly known in Kenya as the East African Rift Valley, it was formed between two and seven million years ago. It is the longest rift on the surface of the earth. The Rift Valley starts all the way from Jordan, Middle-East, and runs through Ethiopia, Kenya, Tanzania, Congo, Malawi, and ends near the coastal town of Solada in Mozambique. The amazing quality about the Rift Valley is that once it reaches the Kenyan border, it diverges into two rifts, which later converge near Lake Rukwa in southern Tanzania.

The Great Rift Valley is approximately 4,000 miles long and 35 miles wide. It was formed due to geological tension in the earth's crust that caused a deep depression, while probably forcing the sides upwards. The floor of the valley is normally below sea level. In Kenya, the Rift Valley gave rise to many lakes that have become a habitat for diverse wildlife. The walls of the Rift Valley are called escarpments; the famous escarpments of Kenya being the Mau Escarpments. The Mau Escarpments are famous for their height, which rise over 8500 feet.



There are a number of lakes in the floor of the Rift Valley, and we visit two of them as we head north out of Nairobi.

LAKE NAIVASHA

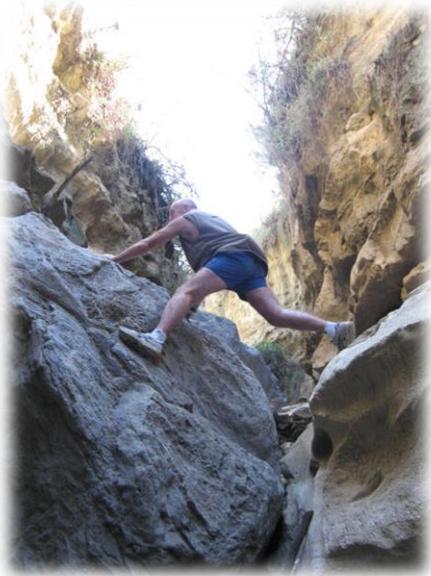
Lake Naivasha is situated in central Kenya and is part of a chain of lakes dotted along the eastern Rift Valley. At 1,890m., (6,000 feet), it is the highest of all the Rift Valley lakes and unusual in remaining fresh. The vegetation of Naivasha is directly affected by the lake levels. Much of the shore is currently infringed with dense stands of feathery papyrus, *Papyrus Cyperus*, with floating mats of water hyacinth on the open water.

Naivasha supports a very diverse bird fauna; 80-90 species of water birds are regularly recorded during annual censuses and another 300 or so species have been sighted in the surrounding areas. The Acacia woodlands surrounding the lake are particularly rich. Hippos are abundant in the lake and emerge to graze around its shores in the evenings.

Our campsite for two nights is at Fish Eagle Inn, right on the shores of the lake, and the hippos can be heard right throughout the night.



HELLS' GATE NATIONAL PARK



Situated about four miles from our campsite at Lake Naivasha, this relatively small national park is unique in that walking safaris are allowed along the main tracks within the park, and this is an excellent way to get up close to the wildlife. After our walking safari through the game park we explore the Lower Gorge by foot. This gorge is within the park, (it is Naivasha's former outflow), and is spectacular and beautiful, with towering 120 metre high columnar cliffs and two impressive volcanic plugs that stand as towers. The vegetation in the park is a mix of grassland, woodland and scrub, and a variety of large mammals inhabit the area



CRATER LAKE SANCTUARY



The Crater Lake Sanctuary is a little-known private game reserve a short drive from our campsite on Lake Naivasha. It is another rare opportunity to actually walk amongst the wildlife. There are several species of antelope that will be seen, although the highlight will be the giraffes. It is quite liberating to walk among the giraffe and zebra with no fences or barriers between you and the wildlife.

As part of our walking safari we will ascend the rim of an extinct volcanic crater, and then walk down from the crater rim to the crater floor, which is filled by a lake – the only volcano in Africa that has its entire crater floor filled by a lake.

Our overnight camp at Crater Lake will be a ‘bush camp’ inside the actual game sanctuary, and that evening we will actually be going on a night-time game drive within the sanctuary.



LAKE NAKURU NATIONAL PARK

North of Lake Naivasha is Nakuru, the fourth largest town in Kenya. This agriculturally oriented area is home to Lake Nakuru, one of the Rift Valley soda lakes. The lake is internationally known for its Lesser and Greater Flamingos. Ornithologists often describe Lake Nakuru as "the most fabulous bird spectacle in the world". The Lesser flamingo can be distinguished by its deep red carmine bill and pink plumage unlike the greater, which has a bill with a black tip. The Lesser flamingos are ones that are commonly pictured in documentaries mainly because they are large in number. There are estimated to be over a million Lesser flamingos. Lake Nakuru National Park is also shared with the white pelicans and the ever-snorting hippos. Nakuru in Kiswahili means "Waterbuck Haven". Lake Nakuru National Park, close to Nakuru town, was established in 1961. It has unusual but beautiful vegetation. The forest vegetation is covered with Euphorbia, tall cactus like trees and acacia woodland. The forest region is a host to over 400 migratory bird species from around the world.

Other wildlife in the Lake Nakuru National Park include: The famous black and white rhinos. The black rhinos have been slowly multiplying over the years, and are well protected, thanks partially to the government of South Africa. Lake Nakuru National Park also boasts an increase in white rhinos. There are plenty of waterbucks, impalas, dik-diks, grants gazelles, lions and leopards. In 1977, the Rothschild giraffe was introduced to the Park. The park also has large sized python snakes that inhabit the dense woodlands, and can often be seen crossing the roads or dangling from trees.

In 2007 and 2011 we were fortunate to come across tree-climbing lions, and in 2009 we came across this leopard – a rare and fortunate sighting.



We spend one night within the actual game park as guests of the Wildlife Club of Kenya, who have a camp close to Lake Nakuru, and right amongst the wildlife.



In Nakuru town itself, there is an opportunity to barter for handmade African jewellery in the local market.

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 Acklam Grange School have undertaken at Lesiraa School and Meserani School – without their help, The Meserani Project would never have got off the ground.



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

Engutoto, Moringe & Irkisongo Schools

There are three secondary boarding schools at the town of Monduli – the closest town to Meserani.

Engutoto is for boys, and we have two students being sponsored through their A' Level studies at this school.



Irkisongo is for girls, and we have five pupils being sponsored through their secondary education at this school.

Moringe is for boys and girls, and we have three boys being sponsored through their A' Level studies at this school.



MESERANI CHINI PRIMARY SCHOOL

Meserani Chini School is the most desperate school that we visit in Tanzania, and is a key area of concern for The Meserani 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 we have built him two new classrooms, provided text books for every subject in every year group, provided four water tanks, and have completely refurbished the teachers' homes, in an effort to attract teachers to work there.



MOITA BOYS SECONDARY BOARDING SCHOOL

Moita Boys Secondary Boarding School is remotely situated, an hour's drive through the bush from the road between Arusha and Meserani. There are currently 61 boys at this school being sponsored by The Meserani Project.



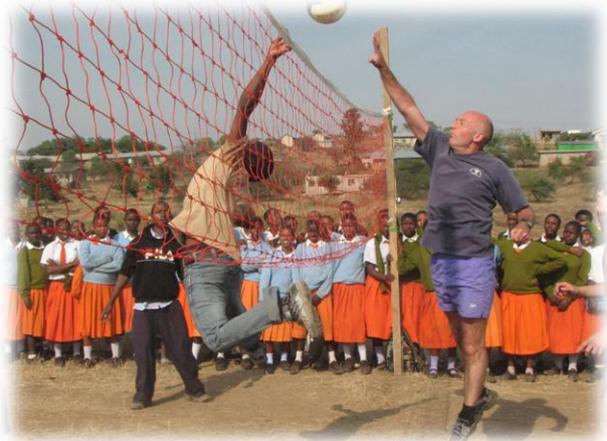
We have already provided the school with two water tanks, many text books, a laptop an overhead projector and a whiteboard.

As well as visiting the pupils in their lessons, we may play volleyball against them. We also hope to share a picnic lunch with the 61 sponsored pupils.



EINOTI SECONDARY SCHOOL

Einoti Secondary School was the first school that the Meserani Project sponsored pupils to attend. It is the nearest secondary school to the Meserani region, and is only attended by pupils whose families can afford the fees, or pupils who are sponsored by local organisations or charities such as the Meserani Project.



We will be spending a morning at Einoti School, sharing classes with the nine pupils being sponsored by our project, hosting a traditional Barn Dance and playing their school volleyball team. The school's previous Head Boy, Paulo Meseyeki, is now being sponsored through his A' Level studies by The Meserani Project.



MAASAI BOMA

A somewhat uncomfortable experience, but probably one that will last a lifetime – there is the option to experience traditional Maasai life with one of the Meserani families in their bomas, (mud hut compounds).



A previous visit to the Kisongo livestock market will have given us the opportunity to buy our own goat. After feeding and tending to this goat for a couple of days, we walk through the bush to the boma of a Maasai family, and the local Maasai warriors will kill the goat and prepare it for

our evening barbecue, (witnessing the kill, drinking the blood and eating the bone marrow are all optional).



Following the goat barbecue we spend the night in the bandas, (traditional mud huts), within the boma compound.



LESIRAA PRIMARY SCHOOL

Lesiraa School is situated in the Meserani region, near Arusha, in Tanzania. It is the first school that Acklam Grange have taken to their hearts, and for who we decided to raise funds in order to improve conditions at the school.



Before Acklam Grange 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 above show the situation as we saw it in 2004.

Since then Acklam Grange has raised enough money to replace these two classrooms with four brick built classrooms, fully furnished and decorated. The images below show the results of our efforts. We have also provided educational resources, sports equipment, sports clothing, cooking equipment and we have piped in water for their garden.



MESERANI JUU PRIMARY SCHOOL

Meserani Juu Primary School is situated in the Meserani region, near Arusha, in Tanzania. It is the second school that Acklam Grange have taken to their hearts, and for who we decided to raise funds in order to improve conditions at the school.



in 2007.

Before Acklam Grange became involved, Meserani School was incredibly overcrowded, with over 100 pupils crammed into classrooms that were segregated with corrugated tin sheets. The images here show the situation as we saw it



Since then Acklam Grange has raised enough money to build four brick built classrooms, fully furnished and decorated. The images below show the results of our efforts. We have also provided educational resources, sports equipment and sports clothing.



During our visit to Meserani Juu School, we will be working with the pupils in their lessons. We are taking with us pens and exercise books for the pupils, and text books for the teachers. We also intend to provide wall posters for the four classrooms that we have funded.



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 our game drives.



We camp overnight at a 'bush camp' within the park, with only the tent walls between us and the wildlife.



In our 2009 visit we were fortunate enough to come across a pride of eight lions out



NGORONGORO CONSERVATION AREA



The Ngorongoro Conservation Area is located between the Serengeti and Lake Manyara. It is home to the famous volcanic Ngorongoro Crater, which is the largest unbroken caldera in the world. The crater



(610 metres deep and 260 km square) is a microcosm of East African scenery and game. Scenic grandeur and stunning views are the hallmark of this wonder of the world, recently appointed as a Unesco World Heritage Site.



There are 25,000 larger animals within the crater itself, mostly zebra and wildebeest. However, this is one of the best places to see black rhino in Tanzania as well as prides of lion that include the magnificent black-maned males.



There are lots of colourful flamingos and a variety of other water birds around the soda lake on the crater floor. More than a 100 species of bird not found in the Serengeti have been found in the crater. Other game: leopard, cheetah, hyena, elephants, warthog, impala, buffalo, hartebeest, eland and lots of other members of the antelope family and smaller mammals of sorts.



We stay overnight at Kudu Lodge campsite, Karatu, and early next morning we descend into the crater by landrover for an all-day game drive.



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.

We have already provided the school with five water tanks, many text books, and solar power to all dormitories, classrooms and teachers' houses.



As well as visiting the pupils in their lessons, we may well play volleyball and netball against them. We also hope to share a picnic lunch with the 42 sponsored pupils.



SPORTS DAY



There is the option to be involved in hosting a traditional Sports Day for all the pupils at Lesiraa Primary School, Meserani Chini Primary School and Meserani Juu Primary School.



We will be organising the events ourselves, providing the necessary equipment, and presenting the prizes.



THE AFEW GIRAFFE SANCTUARY



Before visiting Kibera there will hopefully be an opportunity to visit the AFEW Giraffe Centre where protected species of giraffe can be fed at head height from feeding platforms.

NYAMA CHOMA RANCH

For our final evening in Africa, we have booked a table at the Nyama Choma Ranch, at the Safari Park Hotel, Nairobi. *Nyama Choma* is Kiswahili for *Barbecue*, and our 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 we are treated to a stage performance by the renowned *Safari Cats* Dancers and Acrobats.

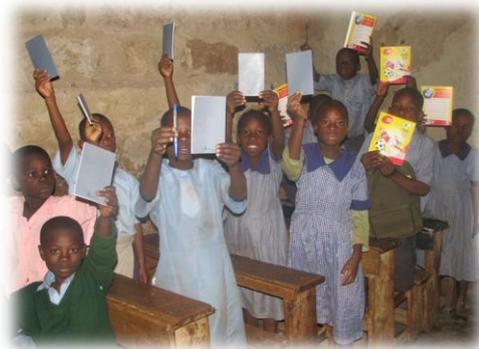
KIBERA



Our final full day in Africa is spent in Nairobi, the capital of Kenya. In the morning we hope to pay a visit to St. Cecilia School, which is on the edge of the Kibera Slum, and provide them with further educational resources and gifts.



Kibera is Arica's largest slum, and is the second largest slum in the world. Up to one million people live in one square mile, and the conditions are appalling.

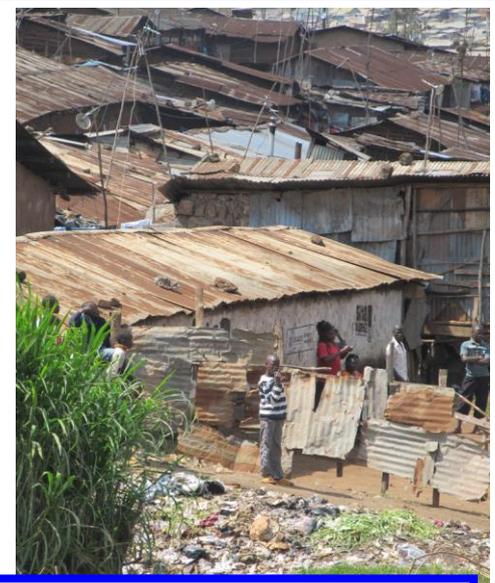


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