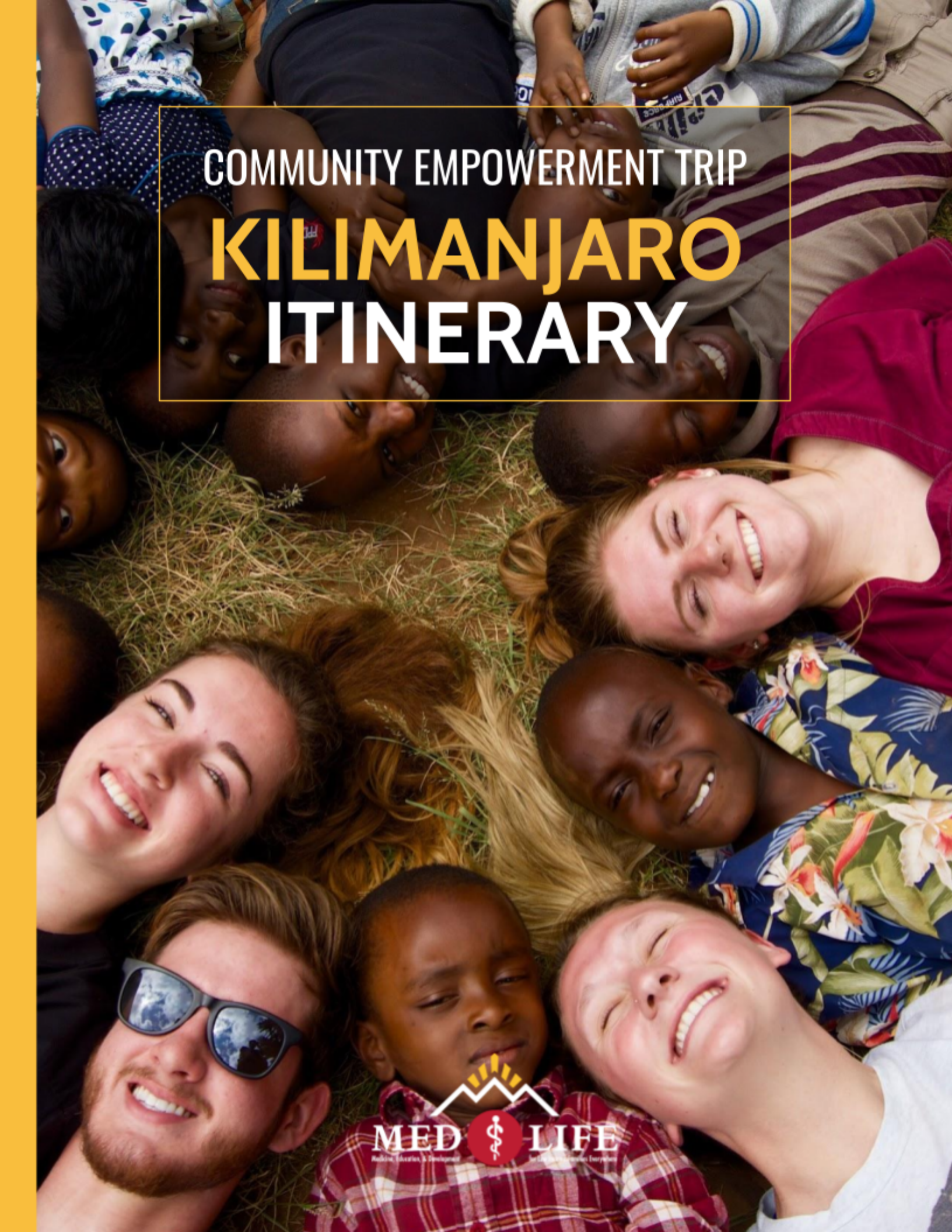




COMMUNITY EMPOWERMENT TRIP **KILIMANJARO** ITINERARY





Dear MEDLIFERs,

Thank you for joining the MEDLIFE Movement via a Service Learning Trip with us! Our mission at MEDLIFE is to build a worldwide Movement empowering low income individuals in their fight for equal access to healthcare, education, and a safe home. As an SLT participant in Tanzania, you are joining that worldwide Movement!

The following is a sample travel plan for you to review. Please go over it before your trip, and don't hesitate to reach out if you have any questions. Thank you for joining the Movement, and we can't wait to see you in Tanzania!

Overview:

Over one-third of all households in Tanzania live in poverty, on \$1.00 a day or less, with children and rural populations disproportionately affected by this hardship. As the economy relies primarily on agriculture, approximately 75% of the population lives in rural areas, often without access to basic infrastructure or clean water. According to UNICEF in Tanzania, "Malnutrition — most prevalent in young children from the poorest or rural households — is the single biggest contributor to child mortality, with malaria, anemia, pneumonia, diarrhea, HIV and AIDS also being key causes." Access to education remains limited for children in our partner communities. Abolishing primary school fees has increased primary school attendance, but there has been no corresponding increase in teachers, infrastructure, or resources. The lack of reliable data means that the impact of COVID-19 in Tanzania is unknown. However, even if the pandemic is contained within the country, the flow-on effects of an ongoing global health crisis risk undermining the Tanzanian economy.

On your Service Learning Trip to Kilimanjaro, you will learn about the history and culture of the region and the issues they face, assist local professionals on a Mobile Medical Clinic and complete a Development Project to improve local infrastructure. Register for a Service Learning Trip today to bring medicine, education, and a safe home to low-income communities in Kilimanjaro!

Highlights of the Week:

- Learn about the challenges faced by low-income communities on a Reality Tour
- Gain experience shadowing healthcare professionals at a Mobile Clinic
- Help bring safer infrastructure to families with a Development Project
- Build bridges across cultures by connecting with community members

Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Environment:** Service Learning Trips are created with sustainability in mind. In Kilimanjaro, you may have the opportunity to volunteer on an environmentally friendly project such as an eco-bathroom.
- **Education:** Learn about the historical, political, and economic factors that have shaped the realities faced by families. Deepen your knowledge of global health by shadowing healthcare professionals.

- **Life-changing experiences:** Through eye-opening experiences and building human connections, a Service Learning Trip will renew your passion for building a world free from the constraints of poverty.

Option 1 Day by Day

Arrival → Departure			
Day 1	Arrival to Tanzania	Day 6	Community visit
Day 2	Full day Arusha	Day 7	Project Day
Day 3	Reality tour	Day 8	Full day Tarangire National Park
Day 4-5	MEDLIFE Mobile Clinic	Day 9	Departure day

Detailed Itinerary

DAY

1

Saturday

Arrival to Tanzania

Arrive at Kilimanjaro International Airport (JRO). Participants will be greeted by a MEDLIFE staff member who will transport all participants from Kilimanjaro to the hotel. Participants will arrive at the Hotel and have the night to settle in at the hotel and recover from the long travel day.



Overnight
MEDLIFE Hotel



DAY

2

Sunday

Welcome Meeting and Full day in Arusha

After breakfast, we will gather for our official welcome meeting to get ourselves prepared for the exciting week ahead. Then, we'll embark on a panoramic tour of Arusha, giving you a chance to take in the bustling city life. Next, we will visit the Natural History Museum. Located in the Old German Boma, this museum presents an intriguing blend of history, environment, and culture. The exhibitions trace the development of humankind, the nature of the region,

German colonialism in Tanganyika, and the diverse ethnic groups that inhabit this territory. Followed by lunch at a local restaurant, we will spend the afternoon visiting the Cultural Heritage Centre, a privately owned collection of shops and galleries that showcases art from renowned artists around the African continent. It is one of the largest in east Africa. Finally, you will be driven back to your lodging in Moshi and stop for dinner on the way (not included). Surrounded by lush landscapes, this charming accommodation promises a serene and restful night's stay.



Overnight
MEDLIFE Hotel



DAY

3

Monday

Reality tour

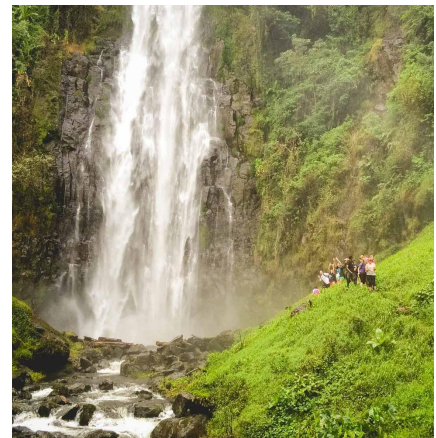
Embark on a Tanzania Reality Tour to become acquainted with the region's geographical, political, and social reality. In the morning, you will visit the Chagga caves, where you will learn about the historical significance and the role these caves have played in the local culture.

Throughout the tour, you will visit several Kilimanjaro districts and examine the relationship between poverty and education.

Tonight, head out to dinner as a group. In the evening, a local artist guide will come to the hotel and lead a traditional painting activity. Be ready to get creative!



Overnight
MEDLIFE Hotel



DAY

4-5

Tuesday-Wednesday

MEDLIFE Mobile Clinic

Mobile Clinics are held in a different community each day of the week. Currently, MEDLIFE works with Kikavu Chini, Rundagai, Kilimamswaki, and Kirua, most of which are rural villages that are 45-60 minutes from the hotel. These villages have the highest need for medical attention as they are furthest away from Mount Kilimanjaro and lack access to life-enhancing resources, such as running water or electricity. MEDLIFE is one of few NGOs that ventures into these areas. Upon arrival, participants set up each station by raising tents, helping doctors and nurses prepare their workspaces, stocking the pharmacy, etc.

The clinic will typically operate from 9am until 3-5pm, depending on the number of patients waiting to be seen. These numbers can range from 50 to over 200. Due to the incredible need in these communities, there may be upwards of 30-40 patients waiting to be seen - even in the early morning! Participants will be divided into groups of 3-5 to help the local health professionals manage various clinic stations. Groups are divided so that participants have a chance to participate in each of the stations over the course of the week. MEDLIFE volunteers will assist in each of these stations by being a helping hand to all locally licensed medical professionals, thus enhancing each participant's understanding of local health issues. Though MEDLIFE staff and local medical staff will function as translators as needed, "cheat sheets" with important translations will be available at each station. Additionally, English is spoken by most professionals and is a requirement for high school and university education so most staff and some patients will have a basic understanding of English.

Patients will visit the triage station, where volunteers will assist in taking each patient's vitals. From there, patients will listen to nurses in the education station and receive educational pamphlets from MEDLIFE participants. Patients will then be seen by a primary care doctor and receive proper medicines from our pharmacy free of charge. MEDLIFE staff and nurses are on-hand during mobile clinics to note any



patients that may require follow-up care after the end of the Mobile Clinic week.

After each day's clinic, the group will return to the hotel with 1-2 hours of free time before dinner. Pre-dinner meetings and presentations will be held some days to discuss education and development.

Following dinner, we will also have different guest speakers and storytellers to join and share their skills and stories with us to learn more of the beautiful arts, stories and education of the people of Tanzania. A fireplace is the perfect setting for sharing captivating stories and legends, and the Kilimanjaro Region in Tanzania is rich in folklore and myth. Gather around as we delve into the enchanting legends that have been passed down through generations in this region, where the majestic Mount Kilimanjaro looms, and the culture is as diverse as it is fascinating.



Overnights
MEDLIFE Hotel

DAY

6

Thursday

Community visit

This morning, after breakfast, we will start with the Materuni Waterfalls and Coffee Experience. Enjoy the stunning natural beauty of the waterfalls and participate in an immersive coffee-making session that showcases the local way of life and coffee cultivation techniques.

After a delicious lunch in the Chagga community, here we will hold a discussion focusing on community development. You'll then have the chance to purchase your own personally ground coffee as a souvenir for your loved ones, while supporting the community!

After a long day, you will have the chance to relax after dinner at the hotel and enjoy a documentary movie night.





Overnights
MEDLIFE Hotel

DAY

7

Friday

Project day

During the week, you may have the opportunity to assist in the construction of a community Development Project such as a library, school bathroom renovations or school painting projects. Development Projects will vary, depending on community needs.

Return to the hotel after the project for quick showers and getting ready to go out to dinner in Moshi. We will have some reflection time to share our experiences from the week and what you're taking home with you!



Overnights
MEDLIFE Hotel

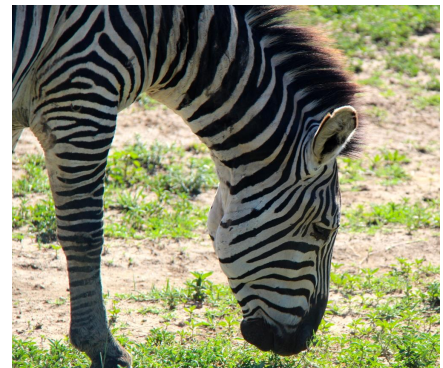
DAY

8

Saturday

Full day Tarangire

At 0600 hrs, you will be conveniently picked up from your hotel in either Moshi or Arusha and transported to the breathtaking Tarangire National Park for your safari adventure. Spanning a vast area of 1,600 square miles, Tarangire National Park proudly holds the title as the fifth largest park in Tanzania. The park derives its name from the Tarangire River, a life-giving force that sustains wildlife in the region with its permanent water source. During the dry season, this remarkable river becomes a focal point as it attracts an incredible gathering of elephants, buffalos, wildebeests, and zebras along its banks. Tarangire's most significant feature is its role as a haven for the largest elephant population in northern Tanzania. Following your immersive tour of the park, you will be comfortably transported back to either Moshi or Arusha in the afternoon and dinner will await you at the hotel.





Overnights
MEDLIFE Hotel

DAY

9

Sunday

As you bid farewell to the Kilimanjaro region, carry with you not only the souvenirs you've collected but also the intangible treasures of newfound friendships and a deeper appreciation for the natural and cultural wonders of Tanzania. The memories you've created will serve as a source of inspiration and a reminder of the beauty and warmth that await your return. Step onto your return flight with a heart full of gratitude for the experiences you've had, the people you've met, and the memories you've made.



Overnights
MEDLIFE Hotel

INCLUDED

- ✓ 8 nights dorm room accommodation
- ✓ Breakfast everyday. Lunch, and dinner five days of the week.
- ✓ Transportation to and from the airport (within the established schedule), and to SLT activities
- ✓ English-speaking Trip Leader
- ✓ Safety equipment (including face masks)
- ✓ Medical insurance

NOT INCLUDED

- ✓ Flights
- ✓ Volunteer Visa
- ✓ Tips
- ✓ Pre or post-trip accommodation
- ✓ Optional excursions
- ✓ Weekend meals
- ✓ Cancellation insurance



Travel Advisory & Visa Requirement

Travelers need a valid passport to enter Tanzania. The traveler's passport must remain valid for at least 6 months after arriving in Tanzania. You'll also need two free, adjacent pages in your passport if you plan to apply for a visa when you arrive.

Tanzania offers various types of visas depending on the purpose of your visit. The one that volunteers must obtain is: "Ordinary visa for most countries in the world" or "Multi-Entry Visa for EEUU visitors". It is always recommended to search for any special regulations in case volunteers do not come from EEUU, Canada, UK or Puerto Rico. We strongly recommend obtaining the eVisa that has a price of \$100 and not purchase it on destination, the process to obtain the eVisa takes around 10 days, we recommend that volunteers start the process at least 2 weeks before the trip. .

After receiving your Tanzania eVisa documents by email, you should print a copy of both the Visa Grant Notice and the Application Notification letter. You should also complete and print the attached Entry Arrival declaration form. All 3 of these documents, as well as the same passport used to apply, must be presented to border officials in Tanzania.

Health Precautions and Vaccinations

Travelers are recommended to be vaccinated against COVID-19. Yellow fever vaccination certificate will be required if travelers are coming from countries where it is endemic.

You do not need to show a COVID-19 vaccination certificate or negative COVID-19 test to enter Tanzania. Health officials may screen you for COVID-19 symptoms on arrival. They may also randomly select travellers for rapid antigen testing.

Major infectious diseases:

- Malaria: There's a list of recommended [drugs](#) to prevent malaria according to CDC.
- Dengue fever: There's a [prevention protocol](#) provided by the CDC
- Rabies: Transmitted by dogs, is the same treatment as in any other destination.

For more information visit: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

Dress Code - Cultural Sensitivity and Modest Attire

Tanzania is a religiously diverse country as are the communities we serve. They are very conservative, here some recommendations:

- Modesty is key: Clothing should be modest and not transparent.
- Covered shoulders: Do not wear tank tops or vests that leave the shoulders bare.
- Avoid tight-fitting garments unless worn in combination with a skirt or dress (leggings are permitted)
- No low-cut tops: Steer clear of tops that expose the chest area.
- Conceal midriff/stomach area: Tops revealing the midriff or stomach are not permitted.
- Skirt/Shorts length: Skirts should be longer than knee length. Shorts are not permitted.



Other Rules and Recommendations:

- It is forbidden to take pictures of public or government buildings.
- Most of the population has a conservative approach on social activities, therefore it is recommended to wear modest clothing, limit displays of affection, and to not ingest alcoholic beverages in public as it can be offensive to the residents.
- Homosexuality is illegal in Tanzania, and there are significant social and legal restrictions against LGBTQ+ individuals.
- Tanzania implemented a strict ban on the use of plastic bags for environmental reasons. This ban includes both the importation and usage of plastic bags, including those used for storing clothes or items in luggage. Travelers to Tanzania are encouraged to use alternative options such as reusable bags or zip-lock bags.
- Bring a minimum of \$200 USD for travel expenses* and an emergency fund of \$250 USD (for insurance deductible).
- It is recommendable to bring credit card nevertheless not many places have POS (99% of establishments accept only cash)

**Your Trip Leader will show you where to exchange money. Bring large bills to get better exchange rates. (\$50 and \$100). The bills should be within the range of 2009 to present so as to avoid any inconvenience.