



# KILIMANJARO, TANZANIA SERVICE LEARNING TRIP

———— INFO + ITINERARY ————





# KILIMANJARO

Nestled in the heart of Tanzania, Kilimanjaro stands tall as the highest peak in Africa and a symbol of awe-inspiring natural beauty. The region surrounding Kilimanjaro is not only known for its iconic mountain but also for its diverse communities and rich cultural heritage. Swahili is commonly spoken in the area, creating a vibrant linguistic tapestry that reflects the unity in diversity. Habari za leo? (Translation - How are you today?)



## This destination is recommended for:

Adventurers and volunteers interested in exploring the intersection of traditional Tanzanian culture and the impact of modern challenges on local communities. MEDLIFE's involvement in Kilimanjaro extends to partnering with low-income communities, where volunteers can engage in transformative experiences through Service Learning Trips, on-campus Chapters, and support for the MEDLIFE Project Fund. By hiring and training local staff, MEDLIFE aims to provide continuous and high-quality support, including patient follow up care, community development projects, and educational workshops, empowering the communities around Kilimanjaro to overcome the constraints of poverty and build a better future. The journey to Kilimanjaro is not just a climb to the summit; it's an opportunity to contribute to positive change and create lasting impact in the lives of those in need.

Details of Destination	
Promo video	<a href="#">Kilimanjaro, Tanzania SLT Destination promo video click here</a>
Student Handbook	<a href="#">Kilimanjaro destination student handbook</a> (Mobile Clinic station details, phrases in local language and local emergency contacts)
Country	Tanzania
Country Population	63 million
Languages	Swahili and English
Currency	Tanzanian Shilling \$1 USD = 2,550 TZS *Susceptible to fluctuation

<b>Weather</b>	<b>Weather:</b> Winter: Rain Season Summer: Dry Season <b>Humidity:</b> Low <b>Precipitation:</b> Rains frequently
<b>Location</b>	East Africa
<b>Moshi Population</b>	201,150
<b>Time from the hotel to the communities</b>	40 minutes
<b>Community Development Project</b>	School constructions Library renovations Building hygienic toilets Home Renovations
<b>Extra Activities (Not Included)</b>	Climbing Kilimanjaro Wildlife Safaris Cultural Tours Waterfall Tours
<b>Travel Opportunities (Not Included)</b>	<a href="#">Tarangire National Park</a> <a href="#">Materuni and Arusha</a> <a href="#">Ngorongoro Safari</a>

## ISSUES COMMUNITIES FACE

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. The abolition of primary school fees has increased primary school attendance, but there has been no corresponding increase in teachers, infrastructure, or resources. 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.



## TRIP LOGISTICS

### PASSPORT AND VISA REQUIREMENTS

Entry Visa: Can be paid upon arrival in the first port of entry in Tanzania. This payment must be paid in cash in US Dollars. Please bring exact change and ensure the bills are 2013 or newer. The fee is \$100 for US passport holders and \$50 for European / Canadian passport holders.

Nevertheless, MEDLIFE recommends all volunteers to apply for an Online Visa. You are required to fill in the online form, make payment, and submit your application online. Your form will be internally reviewed and processed.

### PURCHASING AIRFARE

Volunteers are responsible for buying their own airfare. However, our team can help you in this process by providing a flight quote for your group. You can request a flight quote by emailing [info@medlifemovement.org](mailto:info@medlifemovement.org). Once your flight is booked, please make sure to add your arrival and departure information to your booking.

### FLIGHT INFORMATION

**AIRPORT:** Kilimanjaro International Airport

Recommended time frames for arrivals and departures is as follows:

**ARRIVAL:** Saturday from 6:00 pm to 12:00 am.

**DEPARTURE:** Sunday from 6:00 pm to 12:00 am.

If students arrive outside of the set time frames, they will be responsible for covering the cost of transportation to their site. If your flight arrives outside the timeframes listed please email [info@medlifemovement.org](mailto:info@medlifemovement.org). Remember that any additional nights and transfers that are added before/after your trip because of early or late arrival are not included in the Service Learning Trip donation goal, and will be at the cost of the volunteer.

We highly recommend purchasing trip cancellation insurance, which will allow you to cancel for any reason. You can contact [info@medlifemovement.org](mailto:info@medlifemovement.org) for more information about our insurance options.

### ACCOMMODATION

**MOSHI, TANZANIA**

**WERU WERU ROYAL RESORT**

**Location:** Makoa Road, Kimashuku, Hai District, Tanzania

**Phone:** N/A

## HEALTH

**Ebola:** MEDLIFE is aware of Ebola's presence in Africa and especially within Eastern African countries. MEDLIFE will cancel/postpone trips if the risk is found to be unacceptable.

**Yellow Fever:** Proof of Yellow Fever vaccination is required upon entry if traveling from a yellow fever endemic country.

**Malaria:** Malaria is a concern for all travelers going to Tanzania. MEDLIFE recommends volunteers consult their doctor to determine if taking malaria prophylaxis is right for them.

## TRAVEL HEALTH INSURANCE

MEDLIFE volunteers are covered with emergency medical and evacuation insurance up to \$250,000 USD with a \$250 USD deductible once on a trip.

## VACCINATION

MEDLIFE follows the Centers for Disease Control and Prevention's recommendations and requirements. Immunization recommendations for all of our trip locations may be found on this page: [www.cdc.gov/travel/destinations/list](http://www.cdc.gov/travel/destinations/list). We recommend consulting the CDC page and/or visiting a local travel clinic for more information.

**Visit your doctor:** MEDLIFE does not require any vaccinations however, you should follow all CDC requirements and any advice from your medical professional.

## HEALTH PROTOCOLS

- **Face Masks:** Volunteers must wear surgical face masks during the Mobile Clinic and comply with all local face mask requirements.
- **Wash and Sanitize Your Hands:** Hand-washing stations and hand sanitizer will be available on clinic days. Don't forget to always wash your hands before eating and at the end of every clinic day to prevent stomach issues.
- **Illness During Trip:** If you are demonstrating symptoms of any illness or feeling unwell, please advise your Trip Leader immediately to get medical care.

## OTHER

### MONEY

Many establishments do not accept credit cards, so it is a good idea to bring cash with you. You will need new USD bills as US currency printed before 2013 may not be accepted by merchants.

## WHAT TO PACK

You should plan to look professional but dress comfortably. Jeans, shorts, polos, athletic wear, and t-shirts are all acceptable. In all locations, a MEDLIFE t-shirt will be provided, but you are not required to use it.

Check suggested items and checklist for your destination here: [SLT Packing Lists](#)

## DONATIONS

Many volunteers organize themselves to bring essential supplies such as medical equipment, educational materials, and hygiene items to the communities they serve. These donated products enhance the effectiveness of healthcare and education initiatives, fostering a direct and immediate positive impact on the lives of those in need. This is not mandatory but if you wish to bring medical or any other kind of donations you are more than welcome.

## EMERGENCY PREPAREDNESS

In the unlikely event you have a travel or health emergency and there are no MEDLIFE staff to assist you, you can contact us via the following numbers.

When in destination or in transit to destination	<b>TANZANIA EMERGENCY PHONE</b>	+255 685 574 680 (WhatsApp, call, or SMS)
When calling from within North America	<b>MEDLIFE HQ PHONE</b>	1-844-633-5433

### **Before Your Trip**

- Contact your local emergency authorities
- For non-urgent matters, contact your Chapter, MEDLIFE HQ Phone, or email [info@medlifemovement.org](mailto:info@medlifemovement.org).

### **In Transit to Destination**

- Contact our Tanzania Emergency phone (provided after registration)

### **At Your Accommodation**

- Seek out your Trip Leader or a MEDLIFE Representative (there will be a MEDLIFE Representative at your hotel for the duration of your trip)
- Speak to reception
- Contact our Tanzania Emergency phone number

### **During Mobile Clinics**

- Seek out your Trip Leader
- Mobile Clinic nurses and doctors are available to attend

### During Excursions

- Seek out your MEDLIFE Trip Leader
- Contact our Tanzania Emergency Phone

### During Departure

- Contact our Tanzania Emergency Phone

## FREQUENTLY ASKED QUESTIONS

If you still have doubts and/or question about trip details we suggest you consult our FAQ section of the MEDLIFE movement website to search for the answer. the link is here: <https://www.medlifemovement.org/service-learning-trips/faqs/>

## DAY BY DAY ITINERARY

Arrival → Departure			
Day 1	Arrival to Tanzania	Day 8	Optional Extensions:
Day 2	Optional Excursion or Day at Leisure		<ul style="list-style-type: none"><li>• <b>Option A:</b> Full Day Safari</li><li>• <b>Option B:</b> 2-days Safari</li></ul>
Day 3	Reality Tour	Day 9	Departure if option A was chosen
Day 4-7	MEDLIFE Mobile Clinic and Project	Day 10	Departure if option B was chosen

## 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. Food is not provided on the first day, but participants are able to purchase food at the hotel's restaurant.





Overnight  
MEDLIFE Hotel

DAY

2

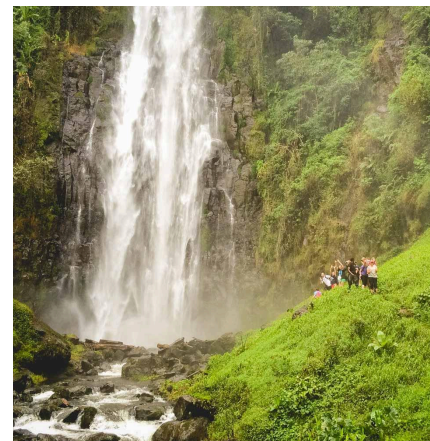
### Sunday

#### Optional Excursion or Day at Leisure

Sunday is a day of leisure for all participants. MEDLIFE & Good Life Expeditions offer a variety of tours at an additional out-of-pocket cost. These include a relaxing visit to a hot spring, or a waterfall hike that includes a visit to a traditional Chagga Tribe coffee farm where you can learn to grow and prepare coffee!

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Alternatively, you can enjoy a day of leisure before the big week ahead! Sunday Morning there will be an orientation meeting to brief you on what to expect for the week, safety precautions, and a training course on MEDLIFE Mobile Clinics



Overnight  
MEDLIFE Hotel

DAY

3

### Monday

#### MEDLIFE Reality Tour

At 8:00am, participants and trip leaders will depart for the reality tour. The reality tour is meant to provide participants with a first-hand look at Tanzanian lifestyle, culture, medicine and health care. The tour begins with a visit to a police station and a government-owned hospital, called Kibosho Hospital. The group will then begin a light hike into the rainforest, through villages, over rivers, and past banana farms to see the way traditional Chagga people live. You will continue to discuss Tanzania's long history, politics, education system, and current social climates. The group will also pass the second oldest church in the Kilimanjaro region and a local





elementary school and perhaps be able to interact with the students! Then stop for lunch before continuing to Moshi Town for a brief tour and a walk through the local open-air market. Here, participants will be able to exchange money. The day will end with time to relax and an evening meeting to discuss medicine in Tanzania.



Overnight  
MEDLIFE Hotel

DAY

4-7

### Tuesday to Friday

#### Mobile Clinics & Development Project

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 (USA) 1-844-633-5433 · [info@medlifemovement.org](mailto:info@medlifemovement.org) · [www.medlifemovement.org](http://www.medlifemovement.org) 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. During the week, you may have the opportunity to assist in the construction of a community Development Project such as a library, bathrooms renovation in schools or school painting. Development Projects will vary, depending on community needs.



Overnights  
MEDLIFE Hotel

DAY

8

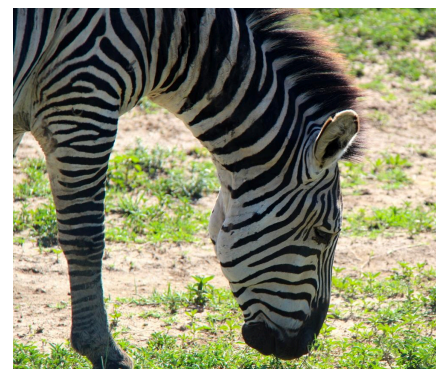
**Saturday**

### Departure

Depart Tanzania anytime between 12:00 pm and 6:00 pm or choose an option: 1. Option A: Full-Day Safari 2. Option B: 2-days Safari



Overnights  
MEDLIFE Hotel



DAY

9

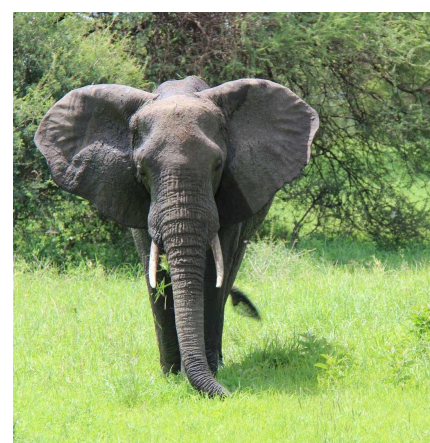
**Sunday**

### Departure

If option A was chosen, depart Tanzania anytime between 12:00 pm and 6:00 pm. If option B was chosen, continue with your 2-day Safari experience.



Overnights  
MEDLIFE Hotel



DAY

10

**Sunday**

### Departure

If option B was chosen, depart Tanzania anytime between 12:00 pm and 6:00 pm

## INCLUDED

- ✓ 7 nights dorm room accommodation
- ✓ Breakfast, lunch, and dinner from Monday to Friday
- ✓ 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