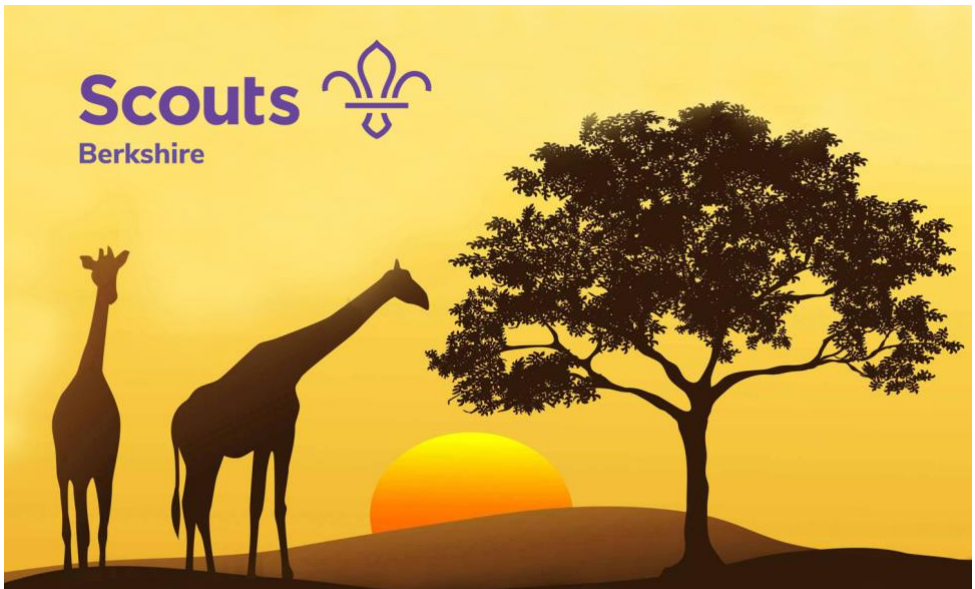
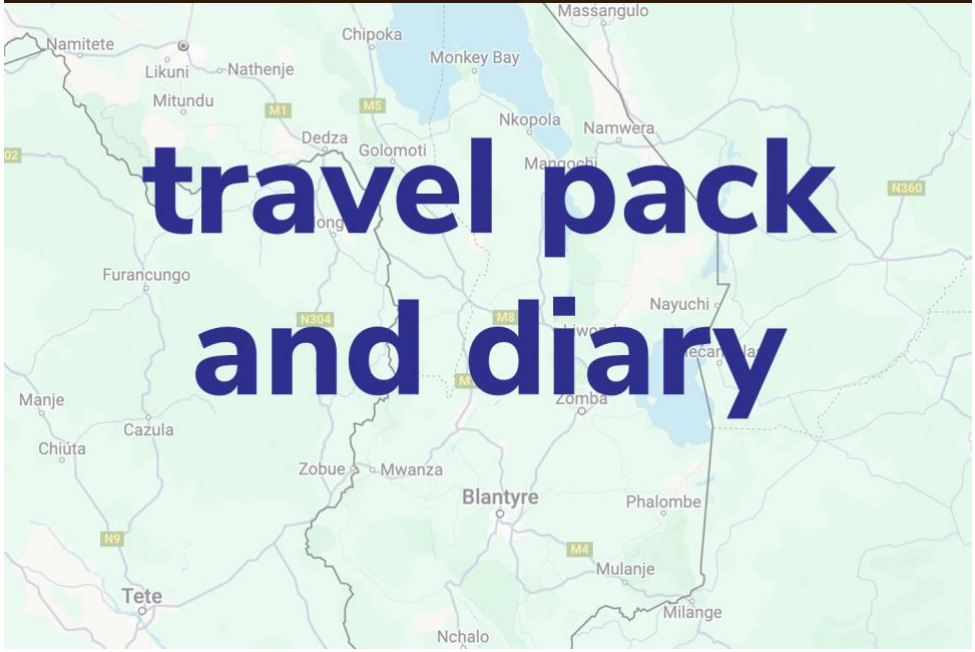


Scouts 
Berkshire



Malawi 2024



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Introduction

Project Africa

Project Africa is a Berkshire Scouts initiative to engage young people in understanding and supporting their peers in a different culture. The programme, created in 2010, has supported seven schools and a District Scout campsite in Uganda is now moving on to support similar projects in Malawi.

A *Project Africa Challenge Badge* is open to all sections and provides resources to support a Global Awareness Programme (GAP).

Joshua Orphan & Community Care ('Joshua')

Joshua, a British charity, was established in 1998 by a small community group in Pensulo village, which is ten kilometres outside of Blantyre. Joshua's founders started a feeding programme for the increasing number of orphans and vulnerable children in their community. They now support several 'care centres', along with other projects in the Blantyre area.



Orbis Expeditions

Orbis Expeditions is our in-country logistics provider. They are a tour operator and destination management company specialising in experiential and educational group travel to Malawi.

Scout Association of Malawi (SAM)

Similar to all Scout Associations affiliated to the World Organisation of the Scout Movement (WOSM), SAM is a voluntary, non-governmental, non-political, non-profit, and non-formal education organisation open to all young people without distinction. Much of the SAM programme is supporting local communities.

Patrols & Activity groups

Gazelle	Leopard	Rhino
<i>activity group 1</i>	<i>activity group 2</i>	<i>activity group 3</i>
River Millar Will O'Brien Jonah Dunford Olly Jones Will Jones Jasmin Robinson Sophie Richardson Dan Bristow <i>patrol support</i> Izzy Wilkins Aran Belcourt Will Skeet	Beanie Handley-Archer Charlotte Binns Alex Hatherley Matthew Newton Orson Collins Jake Gooch Charlie Miklos-Denton Tom Bennett <i>patrol support</i> Meg Lodwidge Karen Lockwood Joshua Hughes	Lucas Dieguez Filip Olbinski Corey Jacobs Finley Simpson-Holland Max Bradbury <i>patrol support</i> Luke Boughey Kieran Patel Josh Parker
Buffalo	Lion	Elephant
<i>activity group 1</i>	<i>activity group 2</i>	<i>activity group 3</i>
Dominic Servais Eoghan Mobbs James Sizeland Oscar Hester-Lewis Zachary Hughes Benjamin Hopwood Jay Sidhu Oliver Aerts James Fisher <i>patrol support</i> Oliver Woodcock Marcus Brind Robin Skeet	Phillip Swann Matthew Swann Ash Grafham Matthew Alvey Benedict Scott Victor Wilson Amelia Jones Emilia Godding Thomas Berry <i>patrol support</i> Emily Hemsley Bill Carter Karan Mehra	Travis Reilly Marcus Ramsay Rocky Hopcroft Joe McEwen Ted Shakespeare Sam Shave Tom Yelland James Grafham <i>patrol support</i> Kit Lund Trevor Bradbury James Southern

Network & Leaders

<p>Network (Hippo)</p> <p><i>support</i></p> <p>Conor Chippendale Debs Boughey Ben Thurlow</p>	<p>Ed Benefer Mike Clark Ryan Sturgeon Joshua Woodhatch Anakin Shrewsbury Amelie Daems Jenna O’Grady</p>	<p><i>activity group 1</i> <i>activity group 1</i> <i>activity group 2</i> <i>activity group 2</i> <i>activity group 3</i> <i>activity group 3</i> <i>activity group 3</i></p>
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Core team	
Simon Pickett	Event lead
Phill Wood	Deputy Event Lead and logistics
Ian May	Safety and welfare
Sarah Barrow	Programme (in-country)
Sarah Dunnett	Join-in programme
Conor Chippendale	Youth shaped and Network
Tony Phillips	Finance
Mick Stocks	Communications and SAM liaison

Support leaders	
See ‘Network’ & page 4	Patrol support leaders
Nick Chapman	First aid lead
Bob Meldrum	Safety
Ray Tucker	Building work
Paul Hutchinson	Camp site
Richard Rudman	Camp site
Ellis Johnson	Camp site

Personal kit list

Large kit essentials

Holdall +/- wheels (80–110ltrs)
Carry-on rucksack (<35ltrs)
2–3 season sleeping bag & pillow
Sleeping bag liner (not fleece)
Sleep mat (not thin foam)
Towels
Underwear
Long sleeves shirts / t-shirts
Trousers
Shorts
Fleece/hoody (travel/cool evenings)
Footwear (travel & down time)
Waterproof jacket & trousers
Old work clothes & footwear
Walking boots/shoes (worn in)

Things to consider

Solar shower
Money belt
Small binoculars (safari)
Simple watch (limited phone usage)
Battery pack / solar charger
Cards, book, notebook, sketchpad,
travel games, etc
Squash concentrate, honey and
transportable condiments
Travel pillow (flights/buses)
Distinctive baggage strap
Water shoes

Small kit essentials

Passport
Medical certs/record (if required)
Personal medications and spares
Wallet/purse
Sun protection (hats, glasses,
lipslave, aftersun, high factor
sun cream – 50+ water resistant)
Biodegradable baby wipes
(no plastic)
Hand moisturiser
Anti-mosquito spray
Camera (spare batteries/cards)
Alcohol hand gel (75%+)
Torches (head/hand spare batteries)
x2 no touch water bottles
Spare prescription spectacles
(if required)
Wash kit
Repair kit (string, gaffer tape, safety
pins, sewing kit, etc)
Travel wash
Personal first aid kit
(notify if used)

Note: a day sac (only) will be required for the Safari/Lake Malawi overnight activity (sleeping bag, etc, not required).

Departing (home) checklist

Double check you have the following critical items when departing from home for the airport: passport; personal medication (if required); and anti-malaria tablets.

Flights

Flights depart LHR Terminal 2 (outward) and Blantyre (return). See diary for dates and flight groups. Timings will be confirmed with 'final joining instructions'.

The carrier is Ethiopian Airlines and there's a change of aircraft (both ways) at Addis Ababa.

Approximate flight times are: 8 hours LHR–Addis Ababa and 4 hours Addis Ababa–Blantyre. Total journey time approximately 16 hours each way.



Baggage allowance

Personal checked bag must be under 23kg and a maximum total size of 158cm (including handles and wheels).

Some participants will be requested to check-in a second bag containing group equipment, eg: tents, tools, gifts, etc.

A carry-on bag (daysac, etc) must be under 7kg with maximum dimensions 23 x 40 x 55cm.

Responsible travel tips

Socially responsible travel tips

Responsible travel minimizes the footprints travellers' leave;

Experiential travel is all about the memories you take home;

Story telling (exchanging stories) is the best way to get to know someone;

Photographs – try and ask permission before taking a photograph;

On safari – respect the wildlife's territory – they were here first!

Natural resources – use your lights and water sparingly;

Support the local economy and local communities;

In the bin please – with your rubbish;

Buy locally made crafts/gifts;

Language – try and learn some basic words (see page 10);

Eat local food, eg: Nsima or local delicacies;

Take advice from your leaders/guides on where to shop/eat;

Inspire others to travel responsibly;

Protect the environment – socially and economically;

Spread the word about Malawi – the warm heart of Africa!

Currency

The Kwacha is the currency of Malawi (divides into 100 tambala). It is a closed currency and not available to buy/exchange in the UK.

The approximate exchange rate (subject to change) is:

£1 = 2,200 Kwacha; £5 = 11,000; £10 = 22,000; £20 = 44,000

The dollar is accepted in most places in Malawi.

Participant 'pocket money' will be collected ahead of departure and exchanged through a 'camp bank' whilst in country (details in the 'joining instructions').

For guidance, £50–£100 should be sufficient 'pocket money'.

Malawi

Malawi is situated in southeast Africa. The country occupies a thin strip of land between Zambia and Mozambique.

The Malawi people are of Bantu origin and comprise of many different ethnic groups. The Chichewa (Chewa) people form the largest part of the population group and are largely in the central and southern parts of Malawi. The Yao people are predominately found around the southern area of Lake Malawi and the Tumbuka are found mainly in the north of the country.

Malawi is often called the 'warm heart of Africa' because of the warmth and friendliness of the people. Malawians typically live with their extended families in huts that are grouped together in villages. A spirit of cooperation prevails as family members share both work and resources.



The staple diet in Malawi is nsima which is maize flour mixed with water to make a thick mashed potato like substance. This is eaten with vegetables and, on occasion, fish or meat.

The religious groups in Malawi can be broken down approximately as follows: Protestant 55%, Muslim 20%, Roman Catholic 20%, and traditional indigenous beliefs and other minor religions 5%.

Language

Chichewa is a phonetic language. Pronounce the syllables as they are written.

English	Chichewa
Hello	Moni
How are you (informal)?	Boh boh?
I am fine	Ndili bwino
Please	Chonde
Thank you	Zikomo
Welcome	Takulandirani
What is your name?	Dzina lako ndani?
My name is . . .	Dzina langa ndi . . .
Food	Chakudya
Drink	Chakumwa
Water	Madzi
Money	Ndalama
How much is it?	Ndalama zingati?
I need/want	Ndikufuna
I don't want	Sindikufuna
I don't understand	Sindikumva
Let's go!	Tiyeni!
No	Ai
Yes	Inde
Sorry	Papani
Belongings/luggage	Katundu

Projects & Activities

Projects

The main project at the village of Milo (Base Camp) is building a new community centre. Refurbishing an existing community centre will take place in a neighbouring village. There will also be refurbishing and painting educational murals at nearby schools.

Safari

There will be a boat safari and an early morning safari drive at the Liwonde National Park. Staying overnight at the Kutchire Lodge.

Lake Malawi

An overnight stay at the Tranquilo Lodge will provide an opportunity for a boat trip on Lake Malawi. The lake covers approximately one fifth of the country.



Zomba Treez project

A day visit to the Zomba Treez project will give an insight to this unique project which is being supported by the Berkshire Scouts carbon offset fund.

Mt Mulanje hike

An easy day hike to visit a waterfall and pool in Mulanje National Park.

Diary – week 1

Sunday 28 July	<i>Flight group 1</i> – departs LHR (evening)
Monday 29 July	<i>Flight group 1</i> – Game Haven Lodge (overnight)
Tuesday 30 July	<i>Flight group 1</i> – Base Camp <i>Flight group 2</i> – departs LHR (evening)
Wednesday 31 July	<i>Flight group 1</i> – Base Camp <i>Flight group 2</i> – Game Haven Lodge (overnight)
Thursday 1 August	<i>Flight group 1</i> – Zomba Treez Project <i>Flight group 2</i> – Base Camp
Friday 2 August	<i>Flight group 1</i> – Mt Mulanje hike <i>Flight group 2</i> – Base Camp
Saturday 3 August	<i>Flight group 1</i> – Base Camp <i>Flight group 2</i> – Zomba Treez Project

Diary – week 2

Sunday 4 August	<i>All activity groups – Base Camp (Scouts Malawi Day)</i>
Monday 5 August	<i>Flight group 1 – Base Camp</i> <i>Flight group 2 – Mt Mulanje hike</i>
Tuesday 6 August	<i>Activity group 1 – Safari (overnight)</i> <i>Activity group 2 – Base Camp</i> <i>Activity group 3 – Base Camp</i>
Wednesday 7 August	<i>Activity group 1 – Lake Malawi (overnight)</i> <i>Activity group 2 – Base Camp</i> <i>Activity group 3 – Base Camp</i>
Thursday 8 August	<i>Activity group 1 – return from Lake Malawi</i> <i>Activity group 2 – Base Camp</i> <i>Activity group 3 – Base Camp</i>
Friday 9 August	<i>Activity group 1 – Base Camp</i> <i>Activity group 2 – Safari (overnight)</i> <i>Activity group 3 – Base Camp</i>
Saturday 10 August	<i>Activity group 1 – Base Camp</i> <i>Activity group 2 – Lake Malawi (overnight)</i> <i>Activity group 3 – Base Camp</i>

Diary – week 3

Sunday 11 August	<i>Activity group 1</i> – Base Camp (Scouts Malawi Day) <i>Activity group 2</i> – return from Lake Malawi <i>Activity group 3</i> – Base Camp (Scouts Malawi Day)
Monday 12 August	<i>Activity group 1</i> – Base Camp <i>Activity group 2</i> – Base Camp <i>Activity group 3</i> – Lake Malawi (overnight)
Tuesday 13 August	<i>Activity group 1</i> – Base Camp <i>Activity group 2</i> – Base Camp <i>Activity group 3</i> – Safari (overnight)
Wednesday 14 August	<i>Activity group 3</i> – return from Safari <i>Flight group 1</i> – Kabula Lodge (overnight) <i>Flight group 2</i> – Base Camp
Thursday 15 August	<i>Flight group 1</i> – departs Blantyre (afternoon) <i>Flight group 2</i> – Kabula Lodge (overnight)
Friday 16 August	<i>Flight group 1</i> – arrives LHR (early morning) <i>Flight group 2</i> – departs Blantyre (afternoon)
Saturday 17 August	<i>Flight group 2</i> – arrives LHR (early morning)

Safety & Welfare

We will be operating and working in a very different environment and so it will be very important that everyone keeps themselves and others safe.

Some key safety/health tips

Do follow instructions

Do take personal and camp hygiene seriously

Do tell someone if you're not feeling well

Do remember to routinely take personal medication and anti-malaria tablets

Do remember to use sun protection (hat, sun cream, etc)

Do remember to cover up in the evenings (long trousers, long sleeves, etc)

Don't wander off!

Welfare

During Malawi 2024 there will be a designated Wellbeing Team who are responsible for the wellbeing and mental health of all participants and adults during the event.

Members of the Wellbeing Team are: Ian May, Nick Chapman, James Southern, Conor Chippendale, and Sarah Dunnett.

Patrol support leaders (see page 4) will be the first point of contact for patrol members. Although participants and adults can access the Wellbeing Team direct if they need urgent support or unable to locate their patrol support leaders.

The Wellbeing Team will hold daily briefings for awareness of wellbeing incidents and points of note from across the site/programme.



Contact information

Telephone and contact details for in-country are not available at time of going to print. This information will be provided when in-country and should be completed in the blank boxes below.

In-country emergency telephone numbers	
Event lead (Simon Pickett)	
On-duty leader (Base Camp)	
Joshua (office hours)	
Orbis (activities away from Base Camp)	
British High Commission (Blantyre)	

Malawi emergency numbers	
Police	990 or 997
Ambulance	998
Fire	999

Home Contact (InTouch)
Berkshire Scouts and The Scout Association require a formal system to be in place for contact between the UK and Malawi (both ways). This system is based on all communications being made between the Home Contact and the Event Lead (Simon Pickett) or the on-duty leader.