



Malawi

Magical Malawi Express Expedition

10 Days

This 10 day version of our Global Citizenship Expedition is perfect for those with a shorter timescale. Over the course of 10 days we will visit Liwonde National Park, known as being one of the best places in the country to spot it's vast array of wildlife. We continue with the theme of wildlife on a riverboat safari at Lake Malawi. Whilst here we can also go snorkelling and explore the local villages. Our expedition would not be complete without visits to inspiring community projects, which allow us to gain an insight into the challenges that young people and connect with the local people. This 10 day trip will open our eyes to the beautiful nation of Malawi and foster that sense of global citizenship.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

Arrive Blantyre

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Depart on your overnight flight to Blantyre, Malawi via Addis Ababa. On arrival into Blantyre's Chileka International Airport you will be met by your guide and transferred 30 mins to your first night's accommodation.

The afternoon is spent on a visit to the Step Kids Awareness (STEKA) centre in the city. STEKA is a family home for (currently 64) very vulnerable children rescued from abusive situations or living alone on the streets of Blantyre and given an education in a country where 54% of the population live below the poverty line. STEKA was founded in 2007 by Godknows Maseko and his wife Helen and is run as a loving family, rather an orphanage or institution. Children are brought by social services or the police and all work together to support each other with everyone taking chores and older children helping support the younger ones. Feeding, clothing and educating such a large family isn't easy, but STEKA run a variety of enterprises to bring in funds, raising chickens, running tailoring and upholstery programmes as well as various tourism initiatives. They are also determined to ensure that all girls receive as equal an education and opportunity as the boys, vital in a country with one of the highest rates of child marriage in the world and where girls are more likely to be illiterate than boys.

Godknows, (having escaped from a life on the streets himself) understands how to transform things. His goal is to build children more sustainable futures by developing a STEKA village consisting of vocational workshops to teach life-changing skills and facilities to provide psychosocial support.

It also focuses on empowering young people to get their voices heard in a youth forum aimed at lobbying for marginalized children's rights in line with the Convention on the Rights of the Child (CRC).

Days 3 - 5

Ecolodgy Centre

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The next three days will be spent at the Ecolodgy Centre where we will take part in a range of activities. Ecolodgy is a social enterprise centre creating a better future for the planet through smarter living, better farming and expanded learning. After an introductory briefing, we will visit a local permaculture project. Permaculture is a way of using the patterns and energy flows observed in natural ecosystems to ensure a more beneficial relationship between the land and people. A variety of practices are included within this field including regenerative agriculture, sustainable planning and design of integrated living and agricultural spaces which are usually also zero-waste or low-impact systems, rewilding, and fostering community resilience. After lunch, the group will head back to the community to learn about Organic Farming.

Day two of our time at the Ecolodgy Centre will be spent at the Agroforestry Project. Agroforestry is a land use management system in which trees or shrubs are planted around or between crops or pastures. This deliberate combination of agriculture and forestry has multiple advantages including increased biodiversity, decreased erosion, a wider and year-round nutrition base and better general resilience of farms against severe climate impacts. Following lunch we will visit the Kitchen Gardens for Plantation Workers project. The project aims to provide solutions to industry problems identified by Ethical Tea Partnership including poor household nutrition, unhygienic living conditions, polluted waterways and forest destruction around estates. It also aims to generate additional sources of income to help empower vulnerable people and women on the estates.





Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

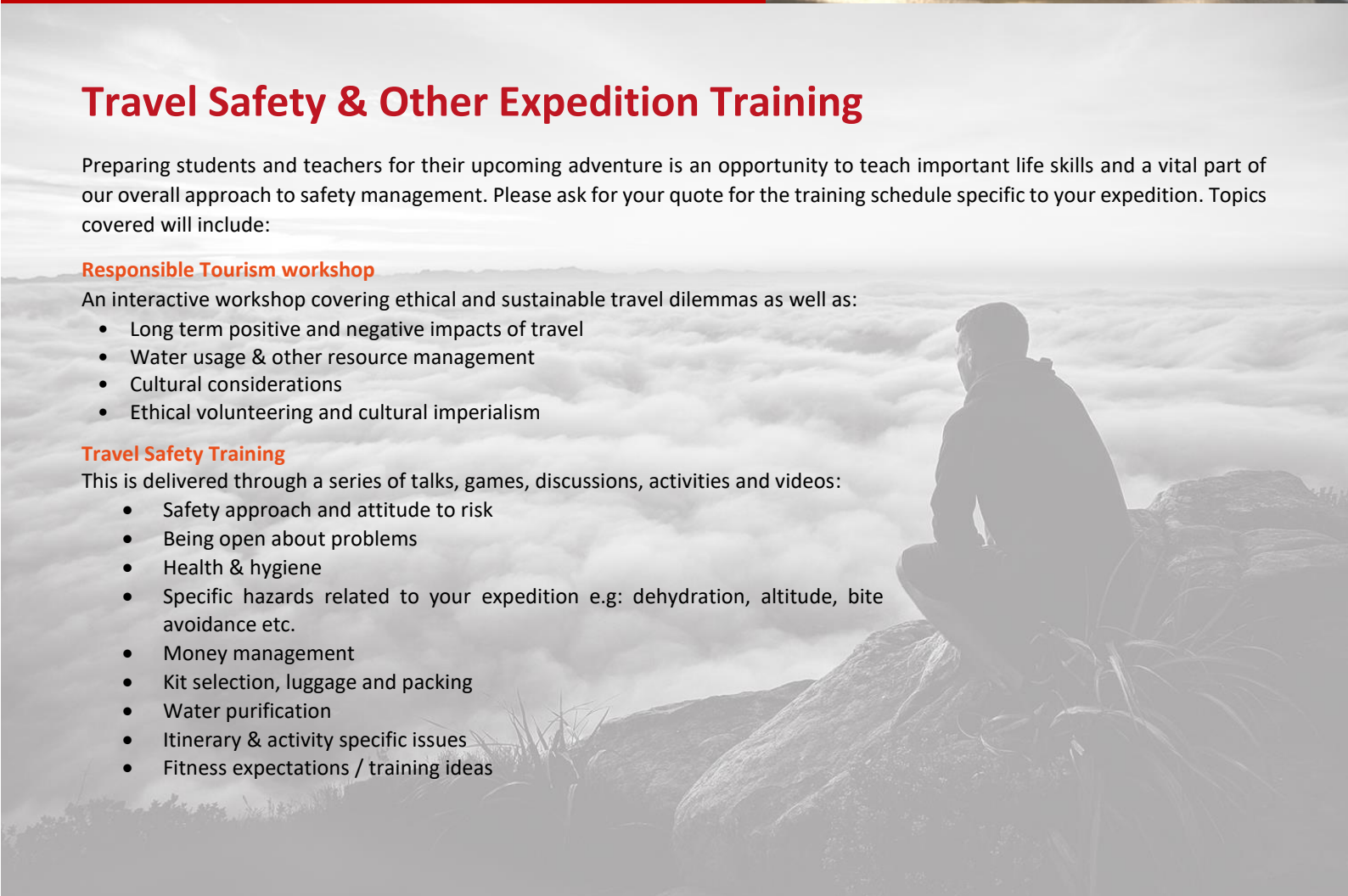
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

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