



Trip Dossier for Zambia – Zambezi Volunteer Holiday

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This is a memorable holiday from helping a local African community to having fun in a canoe. Pre-empt your gap year student and take all the family on a perfect combination holiday. We start with three days helping a rural community. Painting, digging gardens, building and share your skills with local businesses. Next, spend a few fun-packed days camping and canoeing down the River Zambezi in Canadian canoes, seeing an abundant of wildlife along the way and rounding the holiday off exploring the magnificent Victoria Falls.

Itinerary in Depth

Day 1 Fly to Lusaka

Depart from London on an evening flight with British Airways for an overnight journey to Lusaka.

Day 2 Arrive Lusaka; transfer to Lower Zambezi National Park

You will be met at the airport and travel to the Lower Zambezi National Park. Then depending on numbers you will either travel by boat up the Zambezi or go in a 4WD to the lodge. The Lower Zambezi National Park is one of Zambia's newest parks with great opportunities to get close to game wandering in and out of the Zambezi channels. Herds of elephant, sometimes up to 100 strong, can be seen at the river's edge along with 'island hopping' buffalo and waterbuck.

4 nights - Kayila Lodge with swimming pool – (breakfast, lunch and dinner)

Day 3 to 5 Kalomo volunteer project work

Over the next few days you'll spend time working on the various projects at Kalomo village. You will really be able to make a difference in three days whether it's helping at a local school, digging in the gardens or refurbishing community buildings or advising local businesses. Working along side the villagers is rewarding and fun work for adults and children alike, and make new friendships. Each night you'll return to the lodge.

Day 6 to 8 Lower Zambezi River Canoe Challenge

Today you'll meet your canoeing guides and prepare for your forthcoming adventure. The day begins with a safety briefing and then it's time to start paddling! The canoes are two-man 18 ft Canadian canoes. The group will always go at the pace of its slowest member and the guides are there to assist. A typical day is as follows:

06:00 Wake up call with tea/coffee and biscuits served – pack up camp
06:30 to 08:30 – canoeing
08:30 to 10:00 – stop for breakfast
10:00 to 12:00 – continue canoeing
12:00 to 14:30 – break for lunch and a siesta through the heat of the day
14:30 to 16:30 – continue canoeing
16:30 – Stop for the night on an island, set up the camp and help prepare supper

Camp will be set up each night along the riverbank or on small islands. You share two man tents and another toilet tent will be constructed (hole in the ground). Water from the river will be used for cooking and bucket shower. During your journey up the Zambezi there will be opportunities for game drives and walking safaris.

3 nights – Bush Camping (breakfast, lunch and dinner)

Day 9 Drive to Livingstone

Today you'll pack up camp for the last time and say farewell to the canoe guides. You'll drive on down to Livingstone (1½ hr drive), once the capital of Northern Rhodesia until it was moved to Lusaka in 1935. Continue on to your overnight camp, located 4 km upstream from Victoria Falls opposite Siloka Island. From here, you will have a clear view of the spray from the Falls. One of the seven natural wonders of the world, Victoria Falls will take your breath away. Local people call them "Mosi-oa-Tunya" – "the Smoke that Thunders"; 550 million litres of water cascade between 90 and 107 metres over the lip every minute, creating a towering column of spray which looks like smoke when seen from a distance. **Fixed camp with swimming pool (breakfast and dinner)**

Day 10 In Livingstone (optional activities)

Today you will have a chance for one final challenge! Choose from bungee jumping or white water rafting on one of Africa's most exciting stretches of water; perhaps you might like to take another game drive to enjoy more of

Zambia's wonderful wildlife, walk with the lions or take an elephant safari. Alternatively take it easy: enjoy a relaxing cruise on the river or simply explore the town on foot and do some last minute craft shopping.

Fixed camp with swimming pool (breakfast)

Day 11 Return to Lusaka

You'll return to Lusaka by road for your final night staying on a private farm within a game area. Enjoy cooking your own barbeque as you celebrate what will have been an outstanding holiday with its mix of adventure and reward from helping the local people. **Chalet with swimming pool (self-catering).**

Day 12 Fly to London

Drive to Lusaka airport for your daytime flight to London

This itinerary includes our group flights from London. If you are making other flight arrangements, please refer to your Confirmation Invoice and Joining Instructions for details of the start or end of the trip. Please remember international flights and trip dates do occasionally change, so please always purchase flexible tickets.

Each itinerary is planned many months in advance and although it is our intention to operate the itinerary as printed in the brochure and detailed here, it may be necessary to make some changes as a result of alterations to flight schedules, climatic conditions, limitations of infrastructure or other operational factors which are beyond our control. As a consequence, the order or location of overnight stops may vary from those outlined but we will always endeavour to keep you informed of any such changes. Included meals are indicated in the daily itinerary.

Is this right for your family? Suitable for children from 12 and up. No previous canoeing experience is necessary and a canoe safari is generally relaxing as you are heading downstream, although sometimes you can encounter head winds. Accommodation is in lodges, two-man tents and fixed camps. If you have any skills, from medical to construction work, to dress making or just a keen gardener – please let us know so we can utilise your skills/hobbies to the benefit of the project. A small donation is included in the cost of this holiday, but why not increase your donation by raising money and awareness before you travel. Gifts including old clothes, toys, toiletries etc. Please remember every little donation helps make a difference.

Lone Parents Single parents or other adults travelling alone with children should be aware that some countries, including the UK, require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the relevant country embassy for further information on exactly what may be required. These details can be found on the Foreign & Commonwealth Website under the appropriate country www.fco.gov.uk/travel

Due to the nature of the activities and bush camping on the Zambezi we recommend the ratio of one child per adult.

Climate Zambia has a pleasant climate with three main seasons. Summer (from September to April) with temperatures ranging from 26°C to 32°C. A dry winter (from May to August) with temperatures ranging from 15°C to 27°C, but falling much lower in the evenings and early morning. NB. If you are visiting the country between May and August it is advisable to bring a sweater for the evenings as the temperatures can drop significantly from the daytime temperature. The 'green season' (November to mid-April) is warm and humid with occasional tropical downpours. The rains start around the beginning of November, with the rivers and lagoon filling to their maximum in Feb and March.

Average monthly temperatures in Lusaka. NB. temperatures are approx. 5 degrees or so higher in the Luangwa Valley.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Max °C	26	26	26	26	25	23	23	25	29	31	29	27
Min °C	17	17	17	15	12	10	9	12	15	18	18	17
Rainfall (mm)	231	191	142	18	3	0	0	0	0	10	91	150



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Accommodation Rooms in the lodge are twin share with private facilities. Two-man mosquito netted bow tents are used whilst camping which allow for a full view of the night sky and maximum aeration. Sleeping bags, liners (sleeping bags inners, personal sheets) and airline pillows are also provided along with roll out mattresses. The fixed camp offers twin-share permanent tents on concrete platforms with proper beds. Shared showers and toilet blocks are located close by. In Lusaka you will be staying at Eureka Lodge, proper beds with en-suite facilities. The mention of a swimming pool at a hotel should not be taken as a guarantee but rather an indication. You should also be aware that swimming pools at the hotels are often unheated and so can be cold in the winter months or even closed.

Food and Drink Meals are included as per the itinerary. All tap water on the trip is considered to be undrinkable and you may wish to bring some re-hydration salts with you. You can buy the small packets from chemists in different flavours and just add the powder to water. You should bring water purification tablets or rely on bottled water. (Please inform us if you have any special dietary requirement, for example vegetarian or food allergy, at the time of booking.)

Currency The unit of currency is the Zambian Kwacha (ZMK). At the time of writing, the exchange rate is UK £1 = 7618 ZMK and US\$1 = 4724 ZMK (Dec 2009). We recommend that you change money at the airport. Sterling and US Dollar Travellers' Cheques are accepted in banks and large hotels. Visa and Mastercard credit cards are accepted in large hotels and some souvenir shops. Visitors may import foreign currency (US dollars are rather useful) without restriction, but this amount must be declared upon arrival for the purpose of re-export.

Tipping Tipping is actually technically illegal in Zambia – all workers in the tourist industry are entitled to a service charge which is included in the rates – however, a token of appreciation given at the end of your safari is always appreciated. A rough guideline is \$10 per day for the guide and \$5 per day for general staff, which goes into a box and is distributed equally. Approximately US\$200 per family for the duration of the trip.

Language English is widely spoken in Zambia; there are many local dialects including Bemba and Chinyanja (Nyanja).

English	Bemba	Nyanja
Hello	Shani	Bwanji
Goodbye	Shalaop	Pitani Bwino
How are you?	Uli Shani?	Muli Bwanji?
I am fine	Ndi Bwino	Ndili Bwino
Thank you	Natotela	Dzikomo

Time Zambia is GMT +2 hours

Visa Requirements A visa is required for British Nationals entering Zambia. Other nationalities should consult the relevant embassy or our visa agency Travcour Ltd on 020 7223 5295 or www.travcour.com

British passport holders require a visa to enter Zambia. It is best to obtain visas prior to travel in order to avoid any potential problems with the airlines or with the Zambian Immigration Authorities. Visas can be obtained from the Zambian High Commission in London or can be obtained through our recommended visa agency – Travcour Ltd. Single entry visit visas are also available at all ports of entry. Visa fees for British nationals are currently US\$50 for a single entry visa and to US\$80 for a multi-entry visa. For further information on Zambian visa requirements, you should contact the Zambian High Commission in London or visit: www.zambiaimmigration.gov.zm

Before you travel you must ensure that you are in possession of a full passport, with at least six months validity from the date of return to the UK and any visas necessary to enter or transit any countries visited during your journey.

Departure Tax International and domestic departure taxes are currently US\$25 and US\$8 per person respectively.

Vaccinations and Malaria Prophylaxis Please check with your local GP or a local Travel Clinic prior to travel for up to date information. Current recommendations are as follows: Malaria (Malarone, Doxycycline or Lariam are recommended for all areas), Hepatitis A, Typhoid, Polio, Tetanus – Diphtheria, Rabies – for travellers who may have direct contact with animals and may not have access to medical care. Measles, Mumps, Rubella (MMR) – Recommend for all travellers.



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Security Whilst the vast majority of travellers never experience anything untoward it is worth taking precautions particularly in urban areas. You should take sensible precautions in crowded areas such as street markets and airports, where pick-pocketing is common, and keep clear of any street disturbances. Don't wear jewellery, never leave your bags unattended, keep large amounts of money, cameras and mobile phones out of sight when walking in town centres, and avoid walking in city centres after dark. Keep copies of important documents, including passports, in a separate place to the documents themselves, together with details of credit cards. Leave copies at home with a friend too. Safeguard valuables, important documents and cash and deposit them in hotel safes, where practicable.

Luggage Limit You will be travelling by canoe, so pack light! Maximum luggage limit for flights is 15kg per person.

Packing List Please refer to our separate "packing list"

Clothing & Equipment List for Zambia – Zambezi Volunteer

The following list of clothing and equipment is intended to be fairly comprehensive and experienced travellers may well take a good deal less luggage than we recommend. It is a good idea to wear muted colours while on the river as bright colours (especially white) can be seen by animals and birds from a long way off.

Although western standards are generally becoming more accepted, Zambians generally remain very traditional in what they wear. Shorts, brief tops and skirts are acceptable whilst canoeing, but when visiting villages please dress conservatively - sleeveless tops are acceptable but midriffs should be covered. Long skirts or trousers are generally advised. Please always ask your guide to request permission when taking a photograph of a local person or their home.

CLOTHING	NUMBER PER PERSON	Check	EQUIPMENT	Check
Trainers or strong sandals plus walking boots for working at the school	1 pair – all purpose wear		Soft-sided Bag 50 – 80 litres	
Socks	4+		Lightweight daypack – 25 litres	
Waterproof jacket	1 lightweight		Sunglasses	
T-shirts	3 +		Personal First Aid kit	
Long trousers or skirt	2 +		Sunscreen	
Short trousers	2		Insect repellent (high DEET content)	
Long sleeved shirt	2+		Torch and batteries	
Tracksuit bottoms or similar	Optional		Camera and Memory Card *	
Sunhat / baseball cap	Essential (styled to shade face, ears and neck)		Washing & shaving kit - wet wipes are refreshing	
Warm / windproof jacket (muted colours)	1		Guide book & map	
Thin fleece or sweatshirt	1		Towel or sarong	
Warm hat, scarf and gloves	Woolly or fleece (winter May to August)		Binoculars	
Swimwear	1		Loo Kit (toilet paper/tissues)	

*It's a good idea to bring extra battery back up for cameras as recharging isn't always available in bush camps. Also bring extra memory storage for cameras.

NB. Power points are 3 pin UK style

ITEM	Check	ITEM	Check
Passport		Small sewing kit & safety pins	
Visa		Universal travelling adapter	
Air tickets		Ear Plugs	
Money/Travellers Cheques /Credit Card		Notebook/diary/pen	
Travel Insurance documents		Small presents for local kids – coloured pencils, coloured chalk balloons, books, old clothes + shoes	
Trip information and itinerary			
Money security belt/pouch			

For details regarding **hand luggage restrictions** please visit www.baa.com

Please Note: Luggage restriction – 15kg per person