



Female Entrepreneurs Adventure Expedition

12-20 October 2018

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Ania Jeffries, Founder of Women
Work, Mindset and Wellbeing Coach



Your Expedition

The Expedition- Challenge your perceptions of travel and join our 9 day expedition to head behind the scenes in Malawi. Each expedition is tailored to your personal interests and aims to link you with inspirational women, challenge you both physically and mentally and give you an opportunity to spend time with an international group of women all passionate about sustainable development and women's empowerment.

Why Malawi? Malawi is a country of raw entrepreneurship. A word from Kate (Owner of Orbis Expeditions): 'I remember my first trip to Africa- I was enchanted, inspired and addicted to the busy-ness around me, the never ending chatter, the tinkering of bicycle menders, the haggling of market sellers- entrepreneurship at every corner. All around me were people determined to create, market and sell their products, a raw need to get money to survive. This pure entrepreneurship was what I had been searching for.'

Highlights

- Female Entrepreneurs Forum.
- Taking on the challenge of hiking Mount Mulanje.
- 2 days spent in the village working with a youth group and staying with a local family on a homestay.
- Final night on the idyllic Mumbo Island.

Group Numbers

There will be 14 ladies in the team.

Meet The Team



Ania Jeffries

Founder of Women Work. Qualified Mindset and Wellbeing Coach. Licenced NLP Practitioner. Professional Speaker. Radio Broadcaster. Progression Mentor Princes Trust. TEDx Committee Member. Ambassador Girl Rising.

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Kate Webb

Owner of Orbis Expeditions (UK) and The Responsible Safari Company (Malawi). Ten years experience living in Africa. Masters in International Development and Education. Mother to Sam (2 yrs) and Emmie (1 yr)

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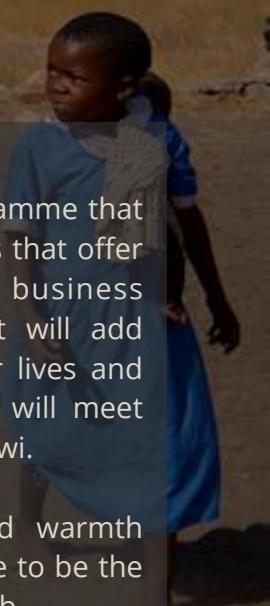


"Working with Entrepreneurs to help them discover who they are, rebuild their self confidence, ignite their senses and truly step into who they want to be. What we think, we become" Ania Jeffries.

Our Aim

We have developed a programme that is packed full of experiences that offer you both personal and business growth, an expedition that will add value and enrich both your lives and the lives of the ladies you will meet and collaborate with in Malawi.

"Malawi...your diversity and warmth feeds the soul..it inspires me to be the best person I can." Kate Webb.





Why this expedition?

Continuing your work in Malawi when you return home...

Many people form close links with their expedition team members and the people they meet in Malawi and choose to continue these collaborations. We can offer you support for future work in Malawi (RSC office) and UK (Orbis Office).

Why join this expedition?

If you are looking to travel with a purpose, use your skills, be part of a collaboration with women from a different background and culture, wish to be inspired and have your senses awakened, then this is the expedition for you.

Each person that forms part of the team may have a different objective, and ultimately come away with a different perspective, impact and outcome, but all should be open minded, empathetic, love a challenge and want to learn about a different culture and the role of women within an emerging business environment. The expedition aims to offer a chance to connect with nature, self reflect and push participants out of their comfort zone.

What impact will the expedition have on the people we meet in Malawi?

During your time in Malawi you will meet a real range of people from market sellers to musicians to youth group leaders and women who run successful businesses in the city. We try and link your skills/interests and passions with a relevant entrepreneur in Malawi so you can share skills, experiences and possibly build links for future business and friendship at home and overseas.

Impact in Malawi can be found in the simple acts of listening to challenges, sharing knowledge and for Malawian women to have the opportunity to talk to ladies from a different culture, background and set of experiences.

Objectives



Collaborate

A key part of visiting Malawi is crossing the cultural divide and collaborating with the people you meet. Build lasting friendships, business links and be inspired.

- Day 2: Interactive Entrepreneurs Forum
- Day 3: Village social work support
- Day 6: Take part in a village homestay

Communicate

The expedition aims to create a space to speak out about women's issues, discuss ideas, share your knowledge and listen to the stories of the people you meet.

- Day 2: Interactive Entrepreneurs Forum
- Day 5: Pakachere 'shared knowledge' event
- Day 6: Spend the night with in the village

"The best expeditions live on long after you have returned home - often through the new knowledge that they have brought..."

An Introduction To Expeditions. (www.gapyear.com)

Reflect

Time to take in the experiences and breathe in the wonders of Africa. Swim in mountain pools, watch elephants on safari and feed your soul with a yoga retreat on Mumbo Island.

- Day 3: Tea Estates Walk and High Tea
- Day 4: Mulanje Mountain Hike
- Day 7: Mumbo Island Retreat



Entrepreneurship in Malawi- Some people you may meet...

Tailoring your experience.

Please note we tailor workshop activities to your interests, skills and time frame. Final workshop activities TBC dependent on participants interests/skills and experience.

Trinitas Kunashe

Founder of Tina Pads. Tina Pads exists to support adolescent girls in Malawi to stay in school by delivering reproductive health education and reusable sanitary pads. Reusable pads are offered through community-based distribution models. The pads last at least two years, providing a method to keep girls in school at a cost that is affordable to low income families.

Chimwemwe Siyabu

Chimwemwe faced great challenges when she lost both her mother and father when she was a young child. She has managed to gain her university degree and now runs a youth initiative across Malawi and Tanzania. She started her career with The Responsible Safari Company and was integral to the promotion of women's rights within the company.

Marriam Lally

Disability Campaigner. Marriam established a charity foundation that focuses on the health of children and on empowering young women in the year 2015. The foundation offers rehabilitation, physiotherapy and nutrition to children with Cerebral Palsy. It is the only organisation of its kind in Malawi.

Fanny Mkolongo

Fanny recently graduated from university and is working at a restaurant. She dreams of running her own business and is currently undertaking further study in hospitality to try and equip herself with the necessary skills. Fanny was on a sponsorship scheme as her parents couldn't afford her school fees. She is from a lakeshore community and her father is a fisherman.



Expedition Outline

Day 1

Arrive into Chileka International Airport. Meet your RSC Guide and transfer to Fishermans Rest Guesthouse. Afternoon acclimatisation and visit to the local village. Evening orientation and welcome briefing over dinner. (DBB)

Day 2

Women's Entrepreneurship Forum. Spend the day with a group of inspirational female Malawian entrepreneurs. Taking part in a number of presentations, workshops and skills sharing sessions. Return late afternoon for a reflection session at Fishermans Rest and a chance for reflection around the pool as the sun dips down behind the escarpment. (DBB)

Day 3

Morning visit to a village women group in Blantyre before heading out of the city and into the tea estates for a walk and high tea at Hungtingdon House. Mid afternoon transfer to the base of Mulanje Mountain and a local pizza supper. (FB)

Tailoring your experience.

Please note we tailor workshop activities to your interests, skills and time frame. Final workshop activities TBC dependent on participants interests/skills and experience. On night 2 and 4 there will be reflective sessions run by Ania Jeffries and Orbis General Manager.

Day 4

Rise early for a dip in the natural pools before meeting your guide and porters and hiking over 1000m (5-7hrs) to your mountain hut. Arrive mid afternoon to settle into your accommodation, find a peaceful look out point for your sundowner and then cook dinner around the fire. (FB)

Expedition Outline



Day 5

Spend the morning traversing Mulanje Mountain plateau before descending and meeting your group guide and transferring to Zomba Town. An evening of meeting the local youth group and a sharing knowledge workshop aimed at bringing together local entrepreneurs and international visitors. (FB)

Day 6 (Tailored Activities)

Rise early and transfer to your village location, split into groups. Activities may include: Women's Village Banking Initiative, Goat Breeding Income Generating Activity, Village Computer Literacy Centre, Youth Group Finance Management Project. Mid afternoon meet your host family (Homestay FB)

Day 7

Rise early to the sounds of village life and meet back up with your group guide. Transfer to the shores of Lake Malawi (3 hrs) and a boat transfer to Mumbo Island (45mins). Arrive in time for lunch and an afternoon of rest, relaxation and barefoot luxury on Mumbo, before a yoga sunset session on the beach (FB)

Day 8

Early boat transfer back to the mainland and return to Blantyre for your International Flight.

Optional Add Ons:

- 2 additional nights on Mumbo Island
- 2 nights on safari at Liwonde National Park.

Tailored Activities

In the run up to your expedition we will hold a number of Skype calls to arrange your village activities to suit your interests and the needs of the community during your time there.



Costings

Costs from: £1,595pp

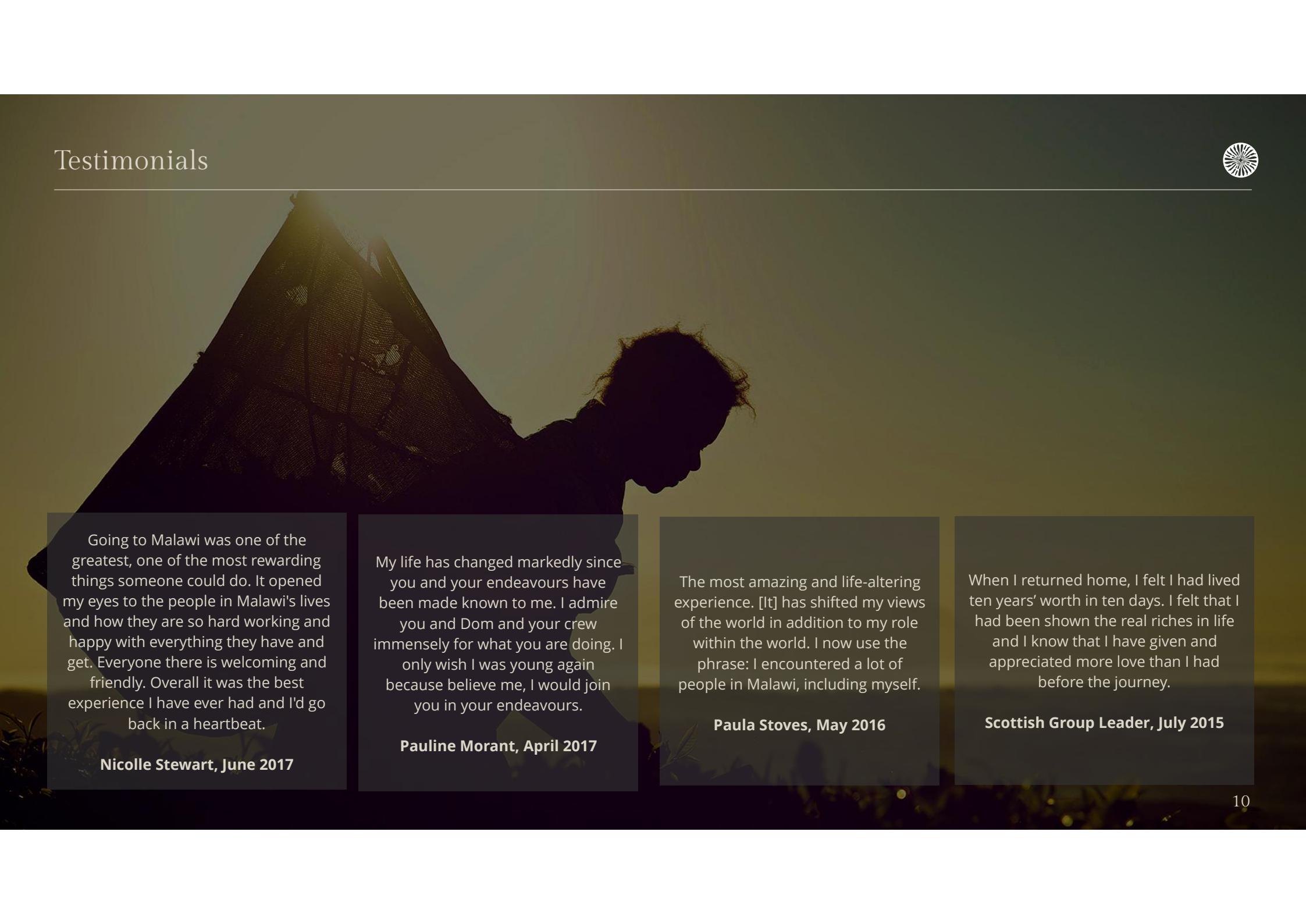
Inclusions: All Accommodation, Meals (apart from lunch on day 1, 2, 8) All Transport (inc. fuel & driver), RSC Guide, All Project set up and support, All Activities (where applicable), Air Evacuation cover, All local Taxes and Bank Fees.

Exclusions: Return International Flights (we can assist with route etc), Additional Meals not included, Scuba Diving on Mumbo Island, Personal Travel Insurance, Visas, Bar Drinks, Tips & Items of a personal nature

*The Responsible Safari Company is committed to ensuring the benefits of tourism reach local communities and therefore has set up a Payment for Eco-System Services Scheme which contributes 1.5% of all bookings to a community environmental project in Malawi.

Example only- each of our expeditions are tailor made to your groups interests, budget and timeframe.

Testimonials



Going to Malawi was one of the greatest, one of the most rewarding things someone could do. It opened my eyes to the people in Malawi's lives and how they are so hard working and happy with everything they have and get. Everyone there is welcoming and friendly. Overall it was the best experience I have ever had and I'd go back in a heartbeat.

Nicolle Stewart, June 2017

My life has changed markedly since you and your endeavours have been made known to me. I admire you and Dom and your crew immensely for what you are doing. I only wish I was young again because believe me, I would join you in your endeavours.

Pauline Morant, April 2017

The most amazing and life-altering experience. [It] has shifted my views of the world in addition to my role within the world. I now use the phrase: I encountered a lot of people in Malawi, including myself.

Paula Stoves, May 2016

When I returned home, I felt I had lived ten years' worth in ten days. I felt that I had been shown the real riches in life and I know that I have given and appreciated more love than I had before the journey.

Scottish Group Leader, July 2015



Your Accommodation Guide.

Accommodation in Malawi.

All accommodation offered has mosquito nets and access to clean drinking water. For this expedition we have chosen to offer accommodation that is rustic in style and offers a real flavour of Malawi. (Upgrades in Blantyre and Zomba are available.)

Fishermans Rest, (Outskirts of Blantyre): Perched on the edge of a magnificent escarpment Fishermans Rest offers amazing views down to The Lower Shire Valley. The rooms are basic in style, some rooms are ensuite but most will have shared bathrooms. There is a small restaurant and bar area (alcohol is prohibited here). There is also a rock pool/swimming pool. The lodge works closely with the surrounding communities and guests are encouraged to take a village walk and meet the local people.

Mulanje Base Camp: The hostel offers basic accommodation in shared chalet rooms (2,3,4 persons). All with own bathroom. There is a basic restaurant for breakfast and a great pizza place close by!

Mulanje Mountain Hut: Please note huts on Mulanje are very basic! Cooking round the fire, bucket shower, no electricity and dorm style beds/mattresses. Can get very cold on the mountain so bring layers! Bring a sleeping bag!

Pakachere Hostel: 2, 3 person private rooms, dorm bed rooms. Shared bathrooms. Youth hostel style place. They are a very inclusive place and organise creative nights, to bring locals and visitors together.

Homestay: Very basic village hut accommodation. Clean mattress, bedding and mosquito nets provided. Long drop loo. No electricity. No running water at the hut. Fresh drinking water provided. Village Experience!

Mumbo Island: The island is rustic luxury. It is time to kick off your sandals and drop your shoulders. No electricity but solar lanterns and a charging station. Basic ensuite reed huts with twin beds under giant mosquito nets. Stunning views of Lake Malawi. Heated up bucket showers. Eco Loos- with seats! Restaurant and bar area. Hammocks and wooden deckchairs. Beach. No Pool. Activities include, snorkelling, hiking, boat trips, kayaking and scuba diving (additional cost). See background image.



Stay a little longer...some add on options

Why not stay a few days longer?

Orbis Expeditions can arrange extra days in Malawi. Perhaps you would like to stay an extra day or two on Mumbo Island? Or go on safari? Or take part in some more community work? We are happy to chat with you on the phone about extending your stay in Malawi.

Wildlife Safari

Malawi has a good variety of wildlife and Liwonde National Park is a fantastic location for a safari. The mighty Shire River is home to large numbers of hippos and crocodiles and there is a good chance of seeing families of elephants coming down to the river to drink. The camp offers 4 x 4 game drives, river boat safaris and walking safaris. 2x nights Mvuu Camp Safari with return transfers to Blantyre: £475 pp. (SS. £155). Full Board.

Lake Malawi

One night not enough? Why not stay an extra couple of nights on Lake Malawi. Enjoy the tranquil environment of Mumbo, go scuba diving, kayaking, or simply lie in the hammock and relax! Spend your final night in at the beautiful Norman Carr Cottage. 2x night Lake Malawi add on with return transfer to Blantyre: £575 (SS. NA) Full Board (excludes diving)

Community Work

We work with three inspirational community groups. We would love to link you with one of them and include a few days at the end of your expedition to visit and support their work within rural Malawi.

Travelling in Malawi



The Basics

- The main language in Malawi is Chichewa but English is taught at school and is widely spoken.
- Malawi has a good network of tarmac roads and journey times are usually between 1-4 hrs. We aim for you to arrive at your destination before dusk.
- Malawi has limited electricity supply (only 9% of the country is connected to mains electricity). Many hotels rely on back up generators and/or solar power.
- Malawi has good 3G connection across most of the country.
- Blantyre and Lilongwe are the country's main cities and both have good hospital facilities.

Emergency Support

- Included: Global Rescue Air Evacuation Insurance, along with a fully integrated Emergency Procedures Manual composed by Global Rescue International.
- Remote Medical Services (RMS) 24 hr Direct NHS Hotline.

RSC Guides and Vehicles?

- An RSC guide will be with your group every step of the way. They will

become an integral part of your team.

- RSC offers bi-annual guide training in basic first aid, advanced driving, basic mechanics & environmental awareness.
- RSC guides take bi-annual exams to refresh their in country knowledge and RSC emergency procedures.
- All RSC Vehicles have seat belts and are fully insured with passenger liability insurance.



Who we are

Orbis Expeditions is a family run Educational, Experiential & Philanthropic Travel company. Operating exclusively in Malawi, Orbis provides specialised planning and logistical support for School Expeditions, University Field Trips, Charity & Adventure Challenges, Donor and CSR Groups as well as Independent Travellers. Concentrating around tailored Educational Workshops & Challenge Events, we work in partnership with inspiring Community Initiatives offering immersive learning opportunities for students & businesses to gain an insight into key global challenges facing rural communities in Africa.

Orbis Expeditions owns The Responsible Safari Company, our local Malawi ground partner, who will be operating this expedition (see slide 11).

Our Brand Manifesto

- We believe in the potential of Malawi's people and that empowering them via tourism offers a chance to develop out of the poverty cycle.
- We believe that when promoting a fragile destination you need to ensure the benefits reach the local communities.
- We are committed to building the local economy in Malawi. By employing local people and creating sustainable growth through social enterprise, we aim to reduce the dependence on the aid industry.
- We believe in balance. Our tailored, educational and culturally diverse experiences awaken minds and inspire future generations.
- We believe that everyone should take the chance to #bepartofsomething.

Orbis Expeditions partners with The Responsible Safari Company (RSC) based in Malawi.



Zambia Facts

Capital: Lusaka
Area: 752,618 km²
Currency: Zambian Kwacha
President: Michael Sata
Political System: Multi-Party Democracy
Official Language: English

Health
HIV: 12.7% Adult HIV Prevalence (UNICEF 2012)

Water
4.6 million people do not have access to safe water

Life Expectancy
62 years

Economy
GDP per Capita: \$1,000

Raw Tobacco
Education
Literacy rate of young people has risen from 68% (More) (UNICEF 2008-2013)

Projects we support
@RSCmalawi

Experience

RSC has been operating in Malawi for 9 years and has worked with over 7,500 people visiting the country.





Come join the Female Entrepreneurs Adventure Expedition!

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