

A dark silhouette of a person, likely a woman, carrying a large, heavy net or bag over their shoulder. The person is walking towards the right, looking down. The background is a dark, hazy landscape with a horizon line. The overall mood is somber and contemplative.

# Global Development Workshops

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Education is the most powerful weapon which  
you can use to change the world

— Nelson Mandela



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## Who we are

The Responsible Safari Company (RSC) is a Social Enterprise Tour Operator based in Blantyre, Malawi specialising in Sustainable, Educational, Philanthropic & Experiential Group Travel to the country. Operating since 2008, RSC provides specialised planning and logistical support for School Expeditions, University Field Trips, Charity & Adventure Challenges, Donor and CSR Groups as well as Independent Travellers. Specialising in tailored Educational Workshops & Challenge Events, RSC 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. We are committed to creating sustainable growth through social enterprise, reducing the dependence on the aid industry and driving tourism generated income to rural communities.

## RSC 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.

# RSC Expedition Objectives



## Education

- › Gain a basic understanding of the key developmental challenges facing rural communities in Malawi.
- › Develop an understanding of cultural identity and how this influences sustainable development.
- › Possess the skills and confidence to teach others about global sustainability issues.

## Outside The Classroom

- › Hike, bike, kayak across some of Malawi's most beautiful landscapes
- › Wildlife safari, rising at dawn to track protected black rhinos.
- › Experience Malawian culture and cuisine on a homestay initiative.
- › Build lifelong cross cultural connections with your local guide.

## Experiential Learning

Widens horizons and promotes transformational learning, leading to improved skills such as communication, adaptability and leadership.



**THE GLOBAL GOALS**  
For Sustainable Development

RSC Supports #GlobalGoals in Malawi.

**Goal 8**  
Promote inclusive and sustainable economic growth, employment and decent work for all.



## Overview:

RSC's Global Development Workshops (GDW), have been designed following Future Earth's model of sustainable development to educate and engage on vital issues affecting the world today. Groups can choose an all-encompassing overview of development or an in-depth focus on one or two areas, including workshops on Wildlife, Environmental Conservation, Healthcare, Education, Business and Fair Trade.

## How we achieve this:

- ▶ Each workshop has three main elements; background information given in a brief seminar format upon arrival, a practical learning session where students actively participate in the initiative, follow up worksheet/seminar session.
- ▶ Workshops take place in an environment which is hands-on and participatory. Experiential learning and shared experiences in this setting not only promote a fresh attitude and new perspective, it widens horizons and promotes transformational learning, leading to improved skills such as communication, adaptability and leadership.

## Objective:

- ▶ To provide students with practical examples of global development challenges offering maximum learning potential and as much hands on experience as possible.
- ▶ To build students awareness of the challenges faced by developing countries.

## RSC's Links with Local Community Partners.

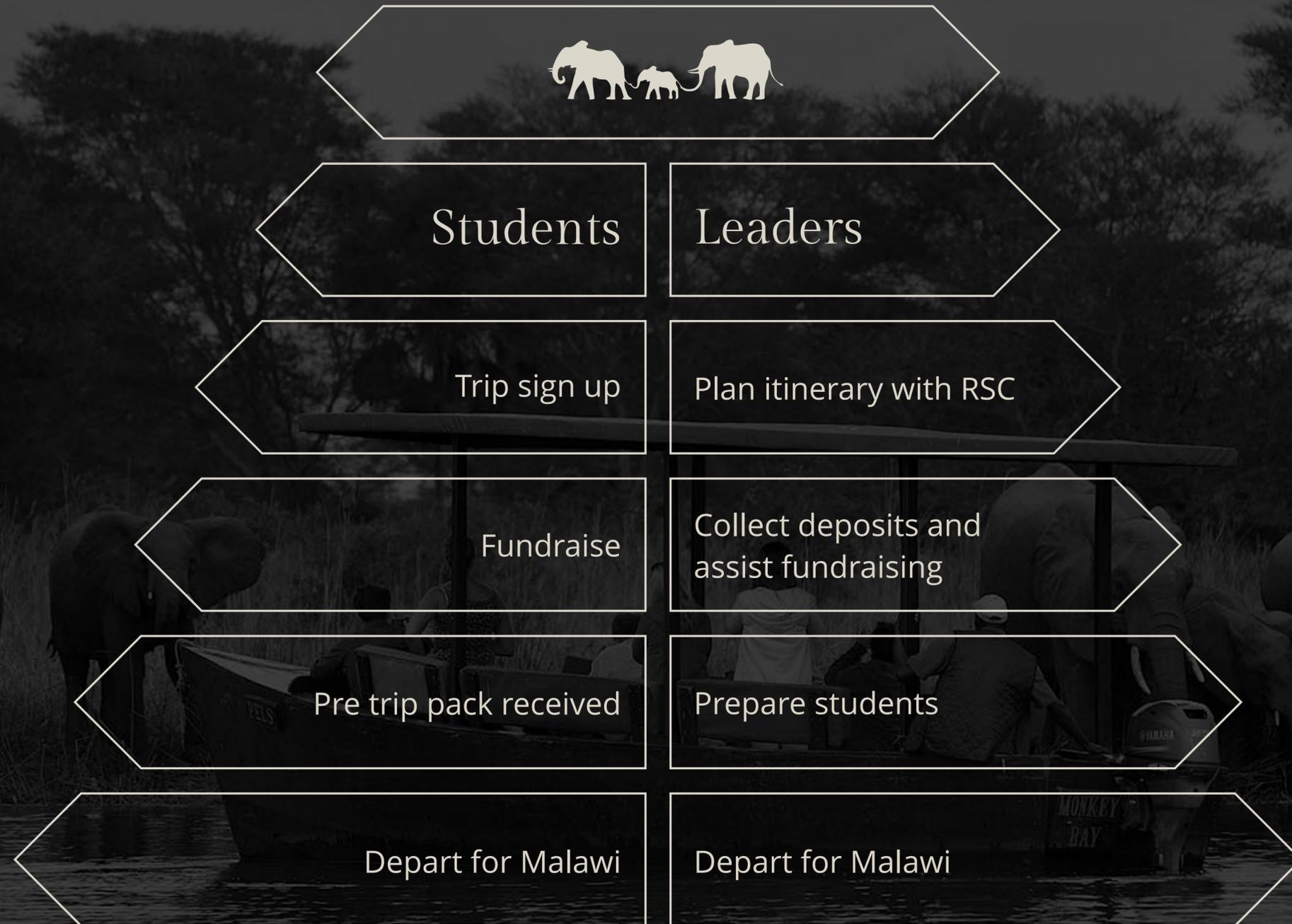
RSC has been based in Malawi for over 7 years. In this time we have worked with 3 main communities where many of our GDW's are hosted. All the GDW's we offer have been put together in partnership with the community/project coordinator and act as an income generating activity.

## The role of the RSC Guide

### - RSC Employs 100% local Malawian Guides.

Your guide will be with the group at every workshop and will become a key member of the team – taking part in seminars, offering a key cultural perspective and vital local knowledge throughout your time in Malawi.

# How it works...



Malawi





## Overview

Malawi is Africa at its purest, offering unique and extraordinary travels. From its undulating mountains to the shores of its stunning lake, the fact that Malawi has traditionally been overlooked as a mainstream destination means that you will find hidden gems at every turn, Malawi supports a diversity of landscapes, ecosystems and cultures and is affectionately known as 'The Warm Heart of Africa'.

## Educational Group Travel

A peaceful, welcoming, warm hidden gem of Africa. Malawi is ideal for 'outside the classroom' learning experiences. Local entrepreneurs offer inspiring examples of sustainable development, the diversity of landscape is a hive for environmental research, rural communities rich in cultural heritage provide students with a glimpse of behind the scenes Africa. Malawi is the home of RSC – all our guides are Malawians and they will be with your group every step of the way

Population:  
16,700,000 (UN 2014)

Size:  
118,480 km

Average Annual Income  
(per capita):  
\$314.5 per annum (UN 2013)

Life Expectancy:  
61 years (World Bank 2013)

Religion:  
Christian 82%,  
Muslim 13.9%,  
Other 1.9%, None 2.5%

Rated Africa's  
happiest country!



## Aim

For students to actively participate in a range of healthcare workshops to achieve a basic understanding of the challenges faced by rural communities and healthcare providers.

## Arts Health Education

- Summary: Learn about the healthcare work of a local NGO based on the shores of Lake Malawi.
- Key Topics: Malaria, Bilharzia and Malnutrition.
- Practical Learning: Create an arts product, with a community volunteer, that raises awareness of a key rural health issue.

## Home Based Care

- Summary: Join a home-based care team at one of RSC's partner communities and learn about the role they play in village healthcare provision.
- Key Topics: Family Health, Care in the home, HIV/AIDS
- Practical Learning: Work alongside the village home based care team visiting families and supporting where needed.

## HIV/AIDS Awareness

- Summary: A look at the key issues surrounding HIV/AIDS and how Malawi is responding to this on a local village level.
- Key Topics: HIV/AIDS, Home based Care.
- Practical Learning: Join the local youth group in a workshop which aims to sensitise young people to the risks of contracting HIV.

## Malaria in Action

- Summary: Learn about the work of the Malawi Wellcome Trust malaria prevention team.
- Key Topics: Malaria
- Practical Learning: Have an interactive workshop with a member of the malaria prevention team.

## Sustainable Development Goals

3. 'Ensure healthy living and well-being for all at all ages'

Children born into poverty are almost twice as likely to die before the age of five as those from wealthier families.

Only half of women in developing regions receive the recommended amount of healthcare they need.

At the end of 2013, there were an estimated 35 millions people living with HIV.

<http://www.un.org/sustainabledevelopment/health/>



## Aim

To visit a range of organisations working within the environmental sector in Malawi. For students to gain an overview of the key environmental challenges facing Malawi.

### Environmental Consultant Led Workshop

- Summary: Learn about irrigation systems, soil erosion, conservation, and land use in the Lower Shire region.
- Key Topics: Agricultural Land Use, Water.
- Practical Learning: Create a graphic that shows the key challenges faced by farmers in the Lower Shire region of Malawi.

### Hiking on Mulanje Mountain (Highest Mountain in Central Africa)

- Summary: Meet local guides and environmental campaigners to learn more about the effects of deforestation on Mulanje Mountain.
- Key Topics: Deforestation.
- Practical Learning: Guide led hike to natural waterfalls witnessing the flora and fauna of Mulanje Mountain Reserve (can be extended to overnight hike).

### Permaculture Centre

- Summary: Learn about sustainable crops, permaculture, nutrition and natural remedies at a social enterprise in Blantyre.

- Key Topics: Permaculture, Sustainable Small Holder Land Use.
- Practical Learning: Take a tour around a demonstration garden plot guided by a local environmentalist.

### Lake Malawi

- Summary: A workshop with a NGO learning about sustainable fishing practices, fuel efficient stoves and tree planting initiatives.
- Key Topics: Fishing on Lake Malawi, Deforestation.
- Practical Learning: Join the local youth group on a village walk along the shores of Lake Malawi.

### Malawi's last remaining rainforest

- Summary: Join a local CBO on sustainable use of forest resources, conservation and natural spring water supply.
- Key Topics: Conservation of forest reserves.
- Practical Learning: Join the local community group on one of the forest patrols.

### Malawi Land Use Overview:

Deforestation rates at 2.8% annually are the highest in southern Africa, exacerbating food and water insecurity.

More than 80% of Malawians are smallholder farmers with access to an average 0.23 ha of arable land, compared with the sub-Saharan African average of 0.40 ha.

(World Food Programme 2015)



## Aim

To demonstrate a range of business models from key exports to small community led income generating activities and for students to meet the faces behind some of these inspiring initiatives.

### Sugar Production

- Summary: A site visit to Malawi's leading cane sugar producer. Learn the process from plant to packaging.
- Key Topics: Production, Exporting, Sustainable Factory Processes
- Practical Learning: Take a factory tour learning the methods used to ensure production is environmentally friendly and sustainable.

### Fair Trade Tea Estate

- Summary: Spend the morning at Malawi's oldest fair trade tea estate. Learn about the fair trade process and sustainable practices used.
- Key Topics: Deforestation, Fair Trade, Exports. Tea and Coffee (plant to packet)
- Practical Learning: Take part in a tea tasting workshop, sample a variety of teas and learn about one of Malawi's key exports.

### Sugar Cane Cooperative

- Summary: Learn about a small, collective sugar cooperative of subsistence farmers working under a centralised irrigation system.
- Key Topics: Agronomy, Fair Trade Cooperatives.

- Practical Learning: Meet the estate manager and take a walk around the plantation.

### Small Holders

- Summary: Visit a family who are using their land to grow coffee and learn about the options for small holder farmers to be involved in the industry.
- Key Topics: Small Holder Farming, Local Economic Development.
- Practical Learning: Spend the day with a local family, assisting in the coffee picking, grinding and packaging.

### Income Generating Activities

- Summary: Join a CBO and learn about local economic development through initiatives such as paper-making, tailoring and rearing chickens.
- Key Topics: IGA's, local economic development.
- Practical Learning: Get your hands dirty and make some recycled paper using elephant dung and banana leaf!

"I have never been so well looked after. All the minutiae was dealt with promptly and personally – no "one size fits all." It felt as though Anne and I were the only people you were dealing with which is a rare thing when booking holidays. All you promised came to fruition once we arrived."

Sue Donovan  
(June 2014)

# Water and Sanitation



## Aim

For students to actively participate in a range of workshops to achieve a basic understanding of the importance of water and sanitation to developing communities and the local economy.

## Sugar Production

- ▶ Summary: Learn about irrigation systems, soil erosion, conservation, and land use in the Lower Shire region.
  - ▶ Key Topics: Agricultural Land Use, Water.
  - ▶ Practical Learning: Create a graphic that shows the key challenges faced by farmers in the Lower Shire region of Malawi.
- 
- ▶ Summary: Visit Kapichira Falls in Majete Wildlife Reserve and learn about this river fed hydro electric dam.
  - ▶ Key Topics: Water, Environment.
  - ▶ Practical Learning: Take a safari boat trip, witnessing the importance of The Shire River to the reserves flora and fauna.

## City Waste Management

- ▶ Summary: Meet an international charity working with the government to tackle water and sanitation in Blantyre.
- ▶ Key Topics: Water, Sanitation.
- ▶ Practical Learning: For the strong stomachs, take a toilet tour of Blantyre!

## Clean Water Initiatives

- ▶ Summary: Learn about the challenges of accessing clean water on the shores of Lake Malawi.
- ▶ Key Topics: Water, Sanitation.
- ▶ Practical Learning: Meet the local water group and visit the village boreholes and pumps.

2 million people in Malawi don't have access to safe water.

10 million people don't have access to adequate sanitation in Malawi.

Over 3,000 children die every year from diarrhoea caused by unsafe water and poor sanitation in Malawi.

<http://www.wateraid.org/where-we-work/page/malawi>

# Education and Cultural Immersion



## Aim

To offer students an opportunity to learn about the Malawian education system and the concept of culture and how individuals are impacted by the community they live within.

## Mua Mission Cultural Museum

- Summary: Learn about Malawian culture and history at a museum dedicated to preserving, recording and researching Chewa, Ngoni and Yao culture.
- Key Topics: Cultural Diversity, African Heritage, History.
- Practical Learning: Watch the local carvers create beautiful wooden pieces and try out some traditional carving techniques.

## Primary and Early Child Learning Centre

- Summary: Visit a village primary school and nursery centre. Learn more about the challenges facing rural families and their access to education.
- Key Topics: Education.
- Practical Learning: Prepare an interactive workshop about your trip to Malawi with the local youth group and get the children involved.

## Religion

- Summary: Join your RSC guide and attend his local church service. Learn about the role religion plays in the lives of young Malawians.

- Key Topics: Christianity, Peace and Reconciliation, Healing.
- Practical Learning: Your RSC Guide will lead you in some excellent Malawian dancing and singing!

## Women's Empowerment

- Summary: Take part in a village banking initiative which aims to empower women by offering small village financed loans.
- Key Topics: Micro-Loans, Women's Empowerment.
- Practical Learning: Each student will become a member of the women's banking initiative and take part in the days banking meeting.

## Dancing – Yao Style!

- Summary: Watch a local village dance group as they show you their traditional performances to celebrate the key events in their lives.
- Key Topics: Cultural understanding, Dance, Ritual.
- Practical Learning: Every student will be on their feet by the end of the session. Often the very best African experience...

"This was without doubt the best school trip I have been on (averaging 1 per year over 29 years)!"

Teacher  
(Kingussie School Group, July 2014)

# Homestay Initiative



## Aim

Experience life living within family and village setting, take part in daily activities and learn about some of the complexities mixed with simple joys of village life.

## Day to Day Summary

### Day 1

Visit the UN Millennium Development village for a day hearing about the implementation of the MDG goals from the local community. Drive and walk around the villages learning about a variety of the UN programmes.

\*Multiple nights can also be arranged

### Day 2

Meet your family and have a traditional lunch together. Join the local youth group for a walk around the village to visit the various projects they run. In the evening, there is an opportunity for a traditional dancing lesson with your family and group, before helping your family prepare dinner.

### Day 3

Wake early and take a traditional bucket shower. Help your family with house hold chores such as sweeping the compound and feeding the animals. Before departing, share your lessons learned and thoughts on the experience with the local youth group team.



## Hiking Mount Mulanje

- 1-3 day hike on Central Africa's highest free standing mountain rising at over 2,000 m.
- Reach one of Mulanje's 21 peaks. Ideal for a fundraising challenge!
- Overnight in one of the mountain huts cooking around the open fire and chatting with your mountain guide and porters.

## Lake Malawi

- Kayak to one of Lake Malawi's islands for 1-3 nights Robinson Crusoe style!
- Cook locally caught fish, learn how to canoe Malawi style, scuba dive with hundreds of species of Cyclid Fish.
- Rest and relax- soak up the stunning views, chat with the fishermen and watch lakeside life drift by.

## Safari Time

- Take a boat safari on The Shire River. Watch herds of elephants come to the banks to drink.
- Head out on a night safari spotting the park's nocturnal wildlife!
- Spend 1-3 nights under canvas listening to the sounds of the wildlife around you.
- Rise early for a morning walk tracking rhinos.

## Or The Malawi Challenge...

- Day 1: Hike Mount Mulanje
- Day 2: Bike through the tea fields of Southern Malawi
- Day 3: Kayak on Lake Malawi
- Day 4: Finish with a Malawi village welcome, dancing, food and celebration on the shores of Lake Malawi

"FANTASTIC, each day we had a separate adventure and each day we said that day would be the highlight of the holiday and each day we were so wrong. We had the most amazing time from start to finish. I would like to thank you personally for a holiday which was above and beyond anything I have experienced before."

Rachel and Gillian Bakes  
(August 2014)



## The #BePartOfSomething Campaign

- › Upload your videos and pics to RSC Social Media.
- › Tweet and Instagram your experiences and share the #bepartofsomething message.
- › Get your whole school involved- live Skype calls from Malawi!



## Responsible Voice Campaign

Each year RSC offers 2 trip places to students wishing to learn more about sustainable development. Please visit [www.responsiblesafaricompany.com/be-part-of-something](http://www.responsiblesafaricompany.com/be-part-of-something) to find out how you can apply.

## Keeping in touch with Malawi

We will help you stay in contact with your guide and the community you have worked with.

“We have the ability to achieve, if we master the necessary goodwill, a common global society blessed with a shared culture of peace that is nourished by the ethnic, national and local diversities that enrich our lives.”

Mahnaz Afkhami  
(Iranian-American Human  
rights activist; b. 1941)

# Sample Itinerary



## Day 1

Meet your RSC Guide and travel to Majete Wildlife Reserve. Head out on an evening safari drive searching for some of the parks more nocturnal animals- lions, leopards and hyena!

## Day 2

Spend the morning with a trained safari guide. Take a river boat safari and experience the mighty Shire River. After lunch visit a local Malaria Project or take part in a sustainable business workshop on sugar production at a nearby estate.

## Day 3

Spend the morning visiting a home based care community programme in Blantyre and join the local youth group for a visit to the village primary school and assist with the lunchtime food programme. At dusk leave the city and drive 1 hr into the rolling tea estates of Thyolo.

## Day 4

Spend the morning walking through the estate and learn about fair trade tea and coffee production in Southern Malawi. After lunch take part in a tea tasting session before departing for Mount Mulanje.



## Day 5

Rise early to magnificent views of Mulanje Mountain. Meet your local mountain guides to learn more about the effects of deforestation on the mountain. Hike to natural waterfalls for lunch before heading onto Zomba to meet your village family homestay. Prepare dinner with your family and experience evening life in the village.

## Day 6

Rise early to the buzz on village life. Spend the morning with your family helping them with household chores, visiting local community run initiatives, before a traditional lunch and dancing – Malawian Village Style!

(Option to spend the afternoon visiting The United Nations Millennium Village Project)

## Day 7

After a morning hike on Zomba Plateau. Depart and head to Liwonde National Park. An afternoon workshop on rhino conservation is followed by a game walk and safari drive tracking the rhinos and experience the flora and fauna found at Liwonde. A group dinner is served under the stars.

## Day 8

Transfer from Liwonde NP by river boat safari and on to Lake Malawi. Arrive for lunch with the local environmental group and take part in a conservation through arts workshop. Kayak out to Domwe Island for a night Robinson Crusoe Style!

## Day 9

After a night under canvas kayak back to the mainland and visit Mua Mission- experience the rich history of Malawi Culture. Arrive back to Blantyre and visit the RSC office for a debrief and a celebratory dinner out with your guide!

# Useful Information

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# Costs and Booking



## Cost per person

\$1,850/£1,200 (min. number 10 pax)

## Includes

10 nights shared room accommodation, all meals (excludes final night dinner), 10 days private vehicle & guide/driver, all fuel, RSC project support and workshops, all meals, pre & post travel links, all activities where stated, all taxes & bank fees.

## Excludes

Return international flights, travel insurance, single room supplements, 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.

## Scheduled Departures

RSC runs scheduled departures for independent travellers wishing to join a group. Please email us to find out more.

# Get In Touch



**THE GLOBAL GOALS**  
For Sustainable Development



AFRICAN TRAVEL & TOURISM ASSOCIATION



Scotland Malawi Partnership



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GLOBAL SUSTAINABLE  
TOURISM COUNCIL  
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Come and

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