

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Malawi



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deep understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course

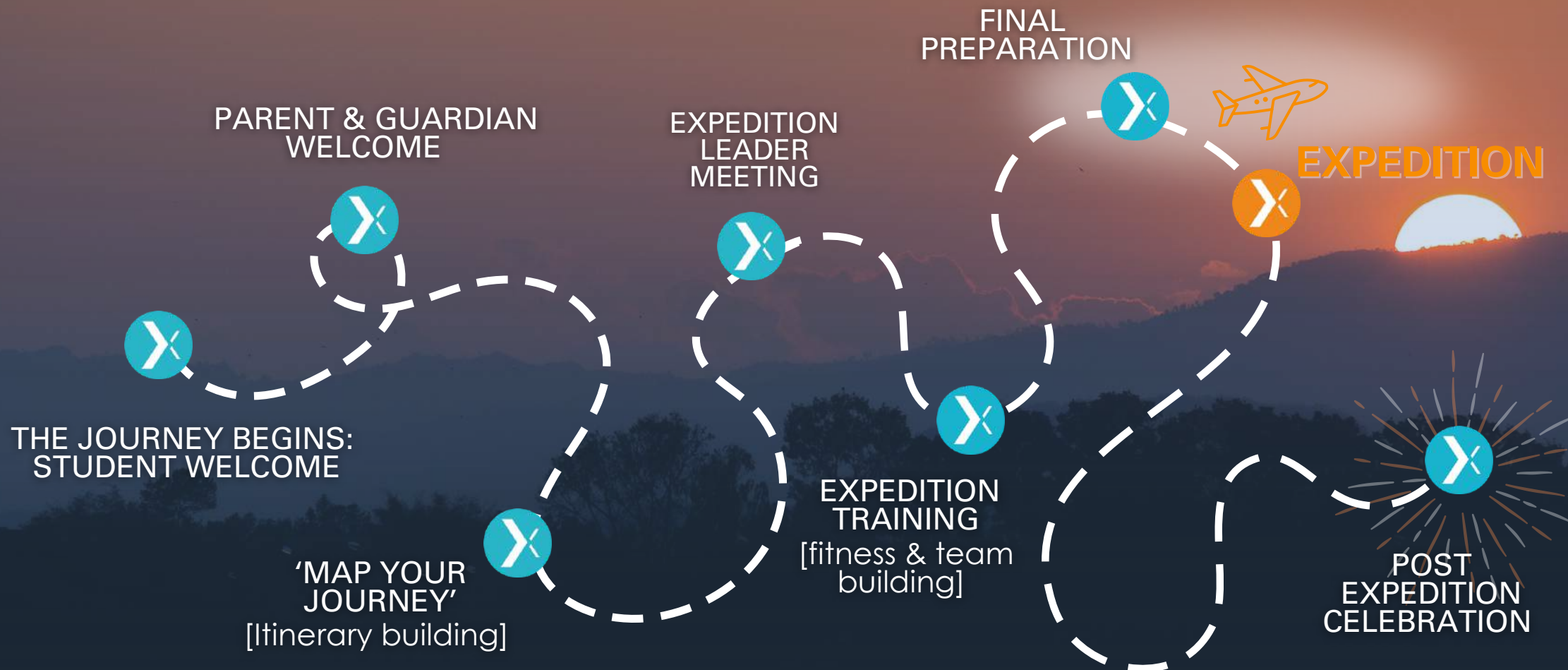


ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

NOTE: SOME PROGRAMME EVENTS MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION & SCHOOL

Welcome to Malawi

Known as the 'warm heart of Africa' you can expect a very warm welcome and fantastic hospitality. The Southern African nation of Malawi is landlocked, sharing borders with Mozambique, Zambia and Tanzania.

The huge Lake Malawi, takes up 15% of the country's surface area and combined with the dramatic Rift Valley and seemingly endless palm fringed beaches, it's picture postcard beautiful.

Agriculture remains central to daily life, offering visitors a meaningful insight into local communities and rural culture.

Alongside this, revitalised national parks are positioning Malawi as one of Africa's most exciting emerging safari destinations.



WHY MALAWI FOR AN EXPEDITION?

- » Kayak on the beautiful Lake Malawi
- » Contribute to worthwhile community initiatives and learn by working alongside local people
- » Enjoy an incredible safari adventure
- » Relax on a remote island
- » Attempt to summit the mighty Mount Mulanje [option]

The Warm Heart of Africa

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY : 21 DAYS

SEASON: SPRING, SUMMER & AUTUMN

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 & 2: Travel to Malawi and arrive in Lilongwe

Day 3: Orientation and time to prepare for your expedition

Day 4: Travel to your trek

**Day 5 - 9: Spend the next few days on your trek either conquering
Mount Mulanje or exploring the Malawian wilderness**

Day 10: Travel to Liwonde National Park

Day 11: Wildlife spotting by boat and safari vehicle

Day 12: Travel to Cape Maclear

Day 13 - 15: Enjoy time at Cape Maclear and kayak to Domwe Island

Day 16: Return to Lilongwe

**Day 17 - 20: Take part in your service learning either supporting local
communities or wildlife conservation efforts**

Day 21: Depart Malawi and travel home





Your Expedition Starts



Day 1-2

Arrival

Your adventure begins as you depart the UK and make your way to Lilongwe, the capital of Malawi, known as the Warm Heart of Africa. On arrival you will meet your in country team, settle into your accommodation and begin adjusting to your new surroundings before the expedition gets underway.

Day 3

Orientation and Preparation

Spend today acclimatising and preparing for the days ahead. You will confirm travel arrangements, pick up supplies, and exchange money if needed. This is also an opportunity to familiarise yourself with the local area and begin bonding with your teammates.



Day 4

Travel to the Start of Your Trek

Today you will travel to the base of Mount Mulanje, ready to begin your next phase of the expedition. After arriving you will prepare your kit, meet your trekking team and settle in before tackling the mountain tomorrow.

Day 5-9

Mount Mulanje Trek

Mount Mulanje is a vast granite massif rising dramatically from the surrounding plains. Over the next three days you will trek 5 to 6 hours per day, crossing ravines and climbing to mountain huts where you will camp overnight and prepare your own meals. Porters will support your team by carrying the bulk of the group equipment. Known as Malawi's premier hiking location, Mulanje offers unforgettable scenery and a rewarding physical challenge.



Travel to Liwonde National Park

Today you will head to Liwonde National Park, preparing for the wildlife encounters ahead.

On arrival you will settle into camp and get ready for a full day of spotting Malawi's incredible animal life tomorrow.



Day 11

Wildlife Spotting on Land and Water

Spend the day exploring Liwonde's diverse landscapes. Take a morning boat trip to spot crocodiles and hippos along the riverbanks before joining an afternoon safari drive in search of elephants, antelopes and other iconic African wildlife. This is one of Malawi's most memorable wildlife experiences.

Day 12

Travel to Cape Maclear

Today you'll make your way to the shores of Lake Malawi and the coastal town, Cape Maclear

Day 13-15

Activities at Cape Maclear

Head to the friendly lakeside village of Cape Maclear where you will spend the next three days enjoying water based activities and exploring this iconic part of Malawi. Highlights include an overnight kayak trip to one of the small islands in the lake, experiencing the vibrant atmosphere of the beach and local town.

Day 16

Return to Lilongwe

Today you will travel back to Lilongwe to take part in your service learning.



Begin Your Service Learning

Day 17-20

Service Learning at Wildlife Rehabilitation Centre

Over the next few days you will support the Lilongwe Wildlife Centre with essential enrichment for the animals as well as maintenance and construction tasks around the site.

You will work alongside local staff, learn about conservation challenges in Malawi, and contribute to improving welfare standards for rescued wildlife.

Evenings offer time to relax, reflect and enjoy the peaceful surroundings of the centre.

Day 21

Return Home

Depart Lilongwe and begin your journey back to the UK. After an incredible expedition filled with challenge, culture and conservation, you will arrive home with unforgettable memories and new skills to take forward.



What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

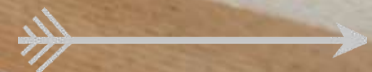
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award