



OUTLOOK



Ready. For Life.

# EXPEDITION GUIDE

Tanzania

& Zanzibar PADI



# Contents

- 3 Why go on an expedition?
- 4 The 'Outlook Programme'
- 5 The '4 Cornerstones of an Expedition'
- 6 Welcome to Tanzania
- 7 Sample overview itinerary
- 8-13 Sample day-To-day itinerary
- 14 What's included, excluded & payment guide
- 15 About Outlook Expeditions
- 16 The 'Outlook Way'
- 17 How we create an expedition
- 18 Contact details & accreditations

# 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

## EXAMPLE COMPONENTS

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.



### 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

 EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED  
BASED ON THE NEEDS OF THE EXPEDITION

# Welcome to Tanzania

Discover the breath-taking beauty of East Africa, as you explore the region's most iconic scenery and wildlife.

Meet the legendary Massai people as you trek through the African bush with Kilimanjaro looming above the savannah.

No African adventure is complete without a thrilling safari; so head to Tarangire National Park- home to the famous 'big 5'. Tanzania is the Africa of your imagination and so much more!

The purpose of this brief is to introduce you to your destination and the types of activities that you might do in country. We hope this brief snapshot will leave you feeling inspired and wanting more!



## WHY TANZANIA & ZANZIBAR PADI?

- Gain your PADI Open Water diving qualification in Zanzibar
- Explore the historic streets and culture of Stone Town
- Contribute to a hands on climate change and sustainability project
- Work alongside local communities in the Usambara Mountains
- Relax on the Swahili Coast in Bagamoyo
- Experience diverse landscapes from coral reefs to mountain forests

Where Africa Comes to Life

## WHAT TO EXPECT

Physical Challenge



Community Engagement



Activities / R&R



Leadership



# SAMPLE ITINERARY: 21 DAYS

SEASON: SPRING & AUTUMN ONLY

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

- Day 1: Depart the UK
- Day 2: Arrive in Tanzania
- Day 3: Orientation and expedition briefing
- Day 4: Travel to Zanzibar
- Day 5: Begin PADI Open Water diving course
- Day 6: PADI training dives and skills development
- Day 7: Continue PADI qualification dives
- Day 8: Complete PADI certification
- Day 9: Rest and relaxation in Stone Town
- Day 10: Travel to Lushoto
- Day 11: Begin climate change project work
- Day 12: Climate change project and community engagement
- Day 13: Environmental conservation activities
- Day 14: Ongoing project work and sustainability workshops
- Day 15: Final day of climate change project and reflection
- Day 16: Travel to Bagamoyo
- Day 17: Rest and relaxation in Bagamoyo
- Day 18: Cultural exploration and coastal activities in Bagamoyo
- Day 19: Travel to Dar es Salaam
- Day 20: Depart Tanzania
- Day 21: Arrive back in the UK





# Your Expedition Starts



## Day 1-2

### Depart the UK and Arrive in Tanzania

Depart the UK on your international flight to Kilimanjaro International Airport in northern Tanzania. On arrival, transfer to your accommodation in Arusha, a lively town set beneath Mount Meru.

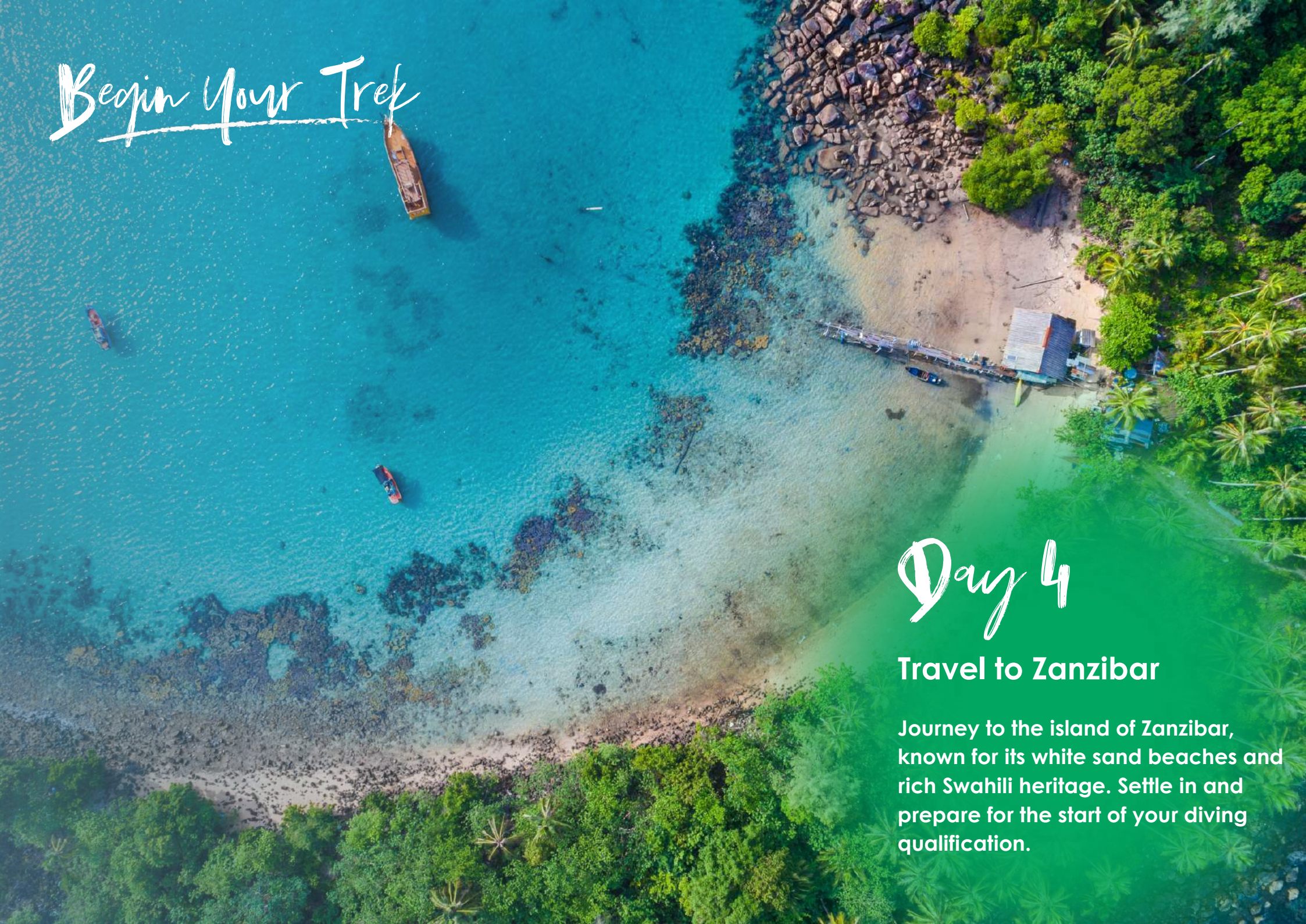
These first days allow you to rest after the long journey, adjust to the climate and begin settling into Tanzanian life.

## Day 3

### Orientation in Arusha

Spend your first full day acclimatising and preparing for the expedition ahead. You will confirm your itinerary phases, organise supplies and begin to familiarise yourself with Tanzanian culture.

Explore the bustling local markets where you can practise basic Swahili, experience the vibrant colours and aromas of street food, and gain your first insight into daily life in Tanzania.

An aerial photograph of a tropical coastline. The water is a vibrant turquoise, transitioning to a lighter, sandy beach area. A small wooden boat is anchored in the water near the top left. The shoreline is lined with dense, lush green vegetation, including palm trees. A small building with a corrugated metal roof is visible on the beach. The overall scene is serene and idyllic.

# Begin Your Trek

## Day 4

### Travel to Zanzibar

Journey to the island of Zanzibar, known for its white sand beaches and rich Swahili heritage. Settle in and prepare for the start of your diving qualification.



# Day 5-8

## PADI Open Water diving course

Begin your PADI Open Water certification with professional instructors. Start with theory sessions and confined water training before progressing to open water dives in the warm Indian Ocean.

Over several days you will build confidence underwater, develop essential diving skills and complete the required dives to achieve your internationally recognised qualification.



# Day 9

## Rest and relaxation in Stone Town

Enjoy time to explore the historic streets of Stone Town, a UNESCO World Heritage Site. Wander through narrow alleys, vibrant markets and seafront promenades while reflecting on your diving achievements.

# Day 10

## Travel to Lushoto

Leave the coast behind and travel to the Usambara Mountains. Experience a dramatic change in landscape as you head inland to begin your environmental project phase.

# Day 11-15

## Climate Change Project and Community Support

Spend five days working alongside local communities on a climate change focused initiative. Activities may include environmental conservation, reforestation, sustainable agriculture or education workshops.

Through hands on involvement, gain a deeper understanding of the challenges facing rural communities and the importance of sustainable development. This phase develops leadership, teamwork and global awareness while creating meaningful impact.





## Day 16

### Travel to Bagamoyo

Travel to Bagamoyo, a historic coastal town on the Indian Ocean. Once a major trading port, Bagamoyo has a rich and complex history that blends African, Arab and European influences.

## Day 17-18

### Explore Bagamoyo

Enjoy time to relax after your project phase. Explore Bagamoyo's beaches, historic sites and vibrant coastal culture. Reflect as a group on your achievements and the impact of your work.

## Day 19

### Travel to Dar es Salaam

Transfer to Dar es Salaam for your final evening in Tanzania.

## Day 20-21

### Return home to the UK

Depart Tanzania and travel back to the UK, arriving home with a globally recognised diving qualification, new friendships and a deeper understanding of climate and conservation challenges.

# 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
- ✕ 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



## 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.

## 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

# 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

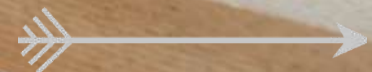
We believe that what we do and how we do it are of equal importance.

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

## CONTACT US

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INSTAGRAM | [@outlookexpeds](https://www.instagram.com/outlookexpeds)

## 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