

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Tanzania



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 FOR AN EXPEDITION?

- Learn about the Maasi culture
- Experience a true African safari
- Attempt to summit Mount Longido
- Relax on the beautiful beaches of Bagamoyo
- Take part in community conservation projects

Where Africa Comes to Life

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: Depart the UK and arrive in Arusha, settling into your accommodation.

Day 3: Orientation day exploring local markets and Tanzanian culture.

Day 4: Travel to Longido in preparation for your trek.

Day 5–9: Climb Mount Longido, trekking through Maasai villages, acacia woodland and montane forest to summit views of Kilimanjaro and Mount Meru.

Day 10: Experience Maasai culture with a visit to a traditional boma or local market.

Day 11: Safari in Tarangire National Park, home to vast elephant herds, baobab trees and diverse wildlife.

Day 12: Travel to your service-learning location.

Day 13–16: Take part in service learning in Lushoto, supporting community, environmental and cultural projects in the Usambara Mountains.

Day 17: Travel to the coastal town of Bagamoyo.

Day 18–19: Explore Bagamoyo, discovering its creative culture and historic coastline

Day 20–21: Depart Tanzania and return to 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.

Begin Your Trek

Day 4

Travel to Longido

Travel north to the village of Longido, located near the Kenyan border. This area sits at the base of Mount Longido and is home to Maasai communities who have lived here for generations. Settle into your accommodation and prepare for the trekking challenge ahead.

Day 5-9

Climb Mount Longido

Begin your off-the-beaten-path trekking adventure on Mount Longido. Over the next few days, you will hike through rugged trails that pass Maasai villages, open acacia woodland and lush montane forest alive with birdlife and black-and-white colobus monkeys.

As you ascend toward the 2,629 metre summit, the landscape gradually opens to sweeping views across the Maasai Steppe, with Mount Meru and Mount Kilimanjaro visible on the horizon. While not a technical climb, the trek is physically demanding and highly rewarding, offering a true sense of achievement and a rare opportunity to experience a quieter, less commercial side of Tanzanian trekking.



Day 10

Maasai Cultural Experience

After descending from the mountain, immerse yourself in Maasai culture. Visit a traditional boma or explore a bustling local market, where you will learn about customs, dress, daily routines and the strong connection between the Maasai people and their land.

This day provides meaningful cultural insight and a chance to reflect on the landscapes and communities you have encountered during the trek.





Day 11

Safari in Tarangire National Park

Travel to Tarangire National Park, one of Tanzania's most wildlife-rich reserves. Known for its towering baobab trees and wide savannahs, Tarangire is home to the largest concentration of elephants in the country.

Enjoy a safari drive in search of elephants, giraffes, wildebeest, zebras, lions and leopards, as well as an incredible variety of birdlife. Wildlife gathers along the Tarangire River, making this an unforgettable day of close-up encounters with Africa's iconic species.

Day 12

Travel to Your Service-Learning Location

Today you will travel to Lushoto in the Usambara Mountains, the base for your service-learning phase. As you leave the plains behind, the landscape becomes cooler, greener and more mountainous.

Day 13-16

Service Learning in the Usambara Mountains

Join locals for a meaningful service-learning experience that blends community engagement with environmental and cultural projects.

Over the next few days, you may take part in activities such as:

- Supporting reforestation and environmental conservation
- Assisting with sustainable farming initiatives
- Contributing to health and education projects
- Engaging in cultural exchange with local communities

Alongside your project work, you will trek through the stunning Usambara Mountains, learning about local traditions and gaining a deeper understanding of everyday life in rural Tanzania. This phase focuses on connection, contribution and long-term community resilience.



Day 17

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 18-19

Explore Bagamoyo

Spend the next two days exploring Bagamoyo's relaxed coastal atmosphere. Wander through historic streets, visit cultural centres and enjoy time by the ocean. The town's creative spirit and slower pace offer a peaceful contrast to the mountains and savannahs visited earlier in the expedition.

Day 20-21

Depart Tanzania and Return to the UK

Depart Tanzania and begin your journey home to the UK. After an expedition filled with trekking, wildlife encounters, cultural immersion and community contribution, return home with unforgettable memories and a deeper connection to Tanzania and its people.

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

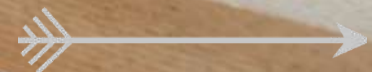
We believe that what we do and how we do it are of equal importance.

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

PHONE | 01248 672 760

EMAIL | customer.service@outlookexpeditions.com

ONLINE | www.outlookexpeditions.com

FACEBOOK | [@outlookexpeditions](https://www.facebook.com/outlookexpeditions)

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