



2 weeks itinerary for Freepackers groups in Tanzania



Days	Activities
Day 1 - Sunday	<p>Morning Airport pick up</p> <p>Afternoon Arrival. House/accommodation introduction</p> <p>Evening Welcome Dinner and relax time/ Time for Group activities Night at the Monduli Centre</p>
Day 2 - Monday	<p>Morning Cultural introduction and Tanzanian history (Including intensive swahili language class)</p> <p>Afternoon Village walking tour/welcome dinner Introduction to the project site and introduction session about the projects for this week</p> <p>Evening Relax time/ Ice Breaker group activities Night at the Monduli Centre</p>



Day 3 - Tuesday	<p>Morning Visit Maasai museum & local market Intensive Swahili language class</p> <p>Afternoon Visit handicraft gallery & cooking class</p> <p>Evening Karaoke night Night at the Monduli Centre</p>
Day 4 - Wednesday	<p>Morning Group 1: Environmental Project Group 2: Primary School Project</p> <p>Afternoon Group 1: Primary School Project Group 2: Environmental Project</p> <p>Evening Swahili Class Night at the Monduli Centre</p>
Day 5 - Thursday	<p>Morning Group 1: Environmental Project Group 2: Primary School Project</p> <p>Afternoon Group 1: Primary School Project Group 2: Environmental Project</p> <p>Evening Dinner in Monduli Night at the Monduli Centre</p>
Day 6 - Friday	<p>Morning Group 1: Environmental: Project Group 2: Primary School Project</p> <p>Afternoon Group 1: Primary School Project Group 2: Environmental Project</p> <p>Evening Relax Time/Group Activities Night at the Monduli Centre</p>
Day 7 - Saturday	<p>Morning Visit National park (Tarangire national park)</p> <p>Afternoon</p>



	<p>Sightseeing in national park</p> <p>Evening Relax Time/Group Activities Night at the Monduli Centre</p>
Day 8 - Sunday	<p>Morning Morning Walk to Waterfall</p> <p>Afternoon Visit to Arusha town Head to Moita Village</p> <p>Evening Preparing gifts/food to present to Maasai community Night at the Monduli Centre</p>
Day 9 - Monday	<p>All day Maasai tribe immersion Experience: Learn about the proud Maasai people! Immerse yourself in their traditional customs, daily routines and enjoy every second of this unforgettable experience!</p> <p>Evening Learn to make earrings and bracelets with Local Maasai women Night at the Maasai village centre</p>
Day 10 - Tuesday	<p>All day Maasai tribe Immersion Experience</p> <p>Evening Bonfire and learning local songs and stories Night at the Maasai village centre</p>
Day 11 - Wednesday	<p>Morning Maasai tribe Immersion Experience</p> <p>Afternoon Return to Monduli. Shower. Do own laundry.</p> <p>Evening Play local sports organized by the local team Night at the Monduli Centre</p>
Day 12 - Thursday	<p>All day Local Construction and Renovation project</p> <p>Evening Relax time/ Time for Group activities Night at the Monduli Centre</p>



Day 13 - Friday	<p>All day Local construction and renovation project</p> <p>Evening Last night in Tanzania Farewell dinner to enjoy with your camp buddies and to start packing your bags! Night at the Monduli Centre</p>
Day 14 - Saturday	<p>Say your goodbyes to the local team Transfer to the airport (1-3 hours)</p>

*This itinerary may be subject to change due to unforeseen circumstances.

Complementary informations

- All mentioned meals, accommodation, transportation, airport pick, airport drop off and scheduled activities included.
- Accommodation (**Monduli**): Fan rooms, Hot water showers, max 8 pax per room, Single gender.
- The itinerary is based on a **minimum of 10 persons**.

About the volunteering projects in Tanzania

1. Environmental Project

Get involved in forestry efforts, tree planting and more! This program is part of an effort to preserve the local environment and offer important environmental awareness to the local community in Monduli. This program focuses on tree planting, managing tree nurseries, and teaching local students about sustainability and wildlife conservation. Learn from and collaborate with local community members, particularly women involved in conservation efforts.

Participant's role:

- Help plant trees to restore green spaces and wildlife habitats.
- Assist with growing and maintaining trees in the nursery for future planting.
- Work with local schools to teach kids about conservation and sustainable practices.
- Interact with the local community, especially women who run the conservation programs, to learn about their culture and challenges.





2. Primary School Project

Meet a new generation of eager students and help improve their English as a community teacher in Tanzania! This program provides a unique opportunity for participants to work closely with young children aged 3 to 6 years old in kindergartens and primary schools. Participants will assist local educators in enhancing children's English language skills through creative activities such as drawing, coloring, singing, storytelling, and games.

Your role in this project:

- Assist local teachers in managing classrooms of 10-30 children.
- Lead interactive activities to improve English language skills.
- Take on leadership roles in small group activities to foster language development.



3. Local Construction and Renovation project

This program allows you to contribute to the local community by supporting schools through hands-on construction and renovation work. You will be involved in a variety of tasks, from hard physical labor like laying bricks, carpentry, and tiling, to more creative activities such as painting and landscaping. Your efforts will directly impact the school environment, creating a positive and engaging learning space for students.

Participant's role:

- Assist in construction activities such as building, carpentry, painting, and tiling.
- Help with landscaping, gardening, and beautifying the school's outdoor spaces.
- Bring your creativity into the project by helping design and decorate the school environment.
- Collaborate with local workers and coordinators, contributing to the overall success of the project.





4. Maasai tribe immersion experience

Learn about the proud Maasai people! Immerse yourself in their traditional customs, daily routines and enjoy every second of this unforgettable experience!

You'll stay with the community, learn about their daily activities, and participate in cultural practices. From working alongside the men with cattle to helping the women with household tasks like milking and cooking, you'll gain firsthand knowledge of Maasai life. During your stay, you'll also learn Maasai crafts like beadwork and sandal-making, teach the village children some basic English or sports, and enjoy authentic cultural exchanges with the locals. This is a chance to live like the Maasai and immerse yourself in their rich traditions.

Your role:

- Assisting with milking and cooking.
- Participating in the care of cattle and other animals.
- Learning and practicing Maasai crafts (beadwork, sandals).
- Teaching basic English or playing sports with local children.
- Contributing to cultural exchanges and learning from the Maasai's traditions.



