



# TANZANIA, AFRICA: MEDICAL & COMMUNITY SERVICE

Sample 13 Day Trip Itinerary | 3 Days of Community or Medical Service / Coffee Plantation / Waterfall Hike / 5-Day Safari

**Three days of community service will be at one of the locations listed below:**

## **Mwereni Integrated School for the Blind, Moshi**

K2 Adventures Foundation discovered the Mwereni Integrated School for the Blind over 9 years ago. The school currently serves 640 children, ages 4 -15 years old, from the community of Moshi. Seventy-five of these students are orphans who reside at the school. The orphans are either blind, albino or suffer from a genetic disease called Xeroderma Pigmentosum ("XP"). There is a medical facility on the property that serves the dental and medical needs of the children. Spend the day playing with the children, teaching in the classroom, handing out donations, engaging in arts and crafts or enjoying a game of soccer or basketball with the students.

## **Summit Happy Home, Arusha**

Although Arusha is one of the most developed cities in Tanzania, it continues to struggle with crippling levels of poverty and meager living conditions. Children are disproportionately affected, and many of them are left to survive in the streets due to extreme poverty. K2 Adventures Foundation supports a local orphanage called Summit Happy Home to provide displaced and orphaned children with a safe environment, proper accommodations, essential medical care and much needed food & clothing. Just as importantly, we want them to experience what it is like to be treated with dignity and kindness. This orphanage launched in 2019 with 10 children ranging in age from 2 to 6 years old.

## **St. Joseph's Hospital, Moshi**

K2 Adventures Foundation has partnered with St. Joseph's Hospital to provide medical, dental, nursing and other community service opportunities for K2 Adventure travelers. Teams will work directly with this amazing hospital and staff performing surgeries, going on rounds and participating in other activities that support the hospital. St. Joseph's Hospital is one of the largest hospitals in Moshi!

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## Days 1 & 2

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Fly out of your country of origin with a final destination of Kilimanjaro International Airport (JRO) on Day 2 (for most travelers). Our Tanzanian, English-speaking guide will meet us at the airport and take us by private bus to the hotel in Moshi or Arusha, Tanzania.

*Dinner included. Overnight in Moshi or Arusha.*

## Day 3

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First day of community service at one of the 3 locations listed above. You will wake for an early breakfast, leave the hotel by 9:00 am and arrive back at the hotel around 4:00 pm.

*Breakfast, lunch and dinner are included. Overnight in Moshi or Arusha.*

## Day 4

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Second day of community service at one of the 3 locations listed above. You will wake for an early breakfast, leave the hotel by 9:00 am and arrive back at the hotel around 4:00 pm.

*Breakfast, lunch and dinner are included. Overnight in Moshi or Arusha.*

## Day 5

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Third day of community service at one of the 3 locations listed above. You will wake for an early breakfast, leave the hotel by 9:00 am and arrive back at the hotel around 4:00 pm. This is the day the climbing team will depart for the mountain. You will visit a local market called the Blue Zebra where you can purchase authentic trinkets and souvenirs. This market has a non-profit component that gives back to the local community by providing art lessons to underprivileged youth.

*Breakfast, lunch and dinner are included. Overnight in Moshi or Arusha.*



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## Day 6

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The morning will be filled with a visit to a coffee plantation. The coffee experience will include picking, peeling, grinding and sipping locally grown coffee. Afterwards, you will enjoy a breathtaking hike to a waterfall. Finally, the team will visit a local pizza restaurant for lunch.

*Breakfast, lunch and dinner included. Overnight in Moshi or Arusha.*

## Day 7

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### Tarangire National Park

You will be picked up at your hotel by your private, English-speaking driver at 8:00 am and drive two hours to the Tarangire National Park for a full day game drive.

*Breakfast, box lunch and dinner included. Overnight at 5-star accommodations.*

## Description

Tarangire is the 6th largest national park in Tanzania, covering over 1,100 square miles. The park is famous for its high density of elephants and baobab trees. Visitors to the park can expect to see large herds of zebra, wildebeest and Cape buffalo. Other common resident animals include waterbuck, giraffe, dik-dik impala, eland, Grant's gazelle, vervet monkey, banded mongoose and olive baboon.

## Day 8

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### Serengeti National Park

You will depart your hotel early in the morning for a 3-hour drive across the Ngorongoro Highlands to the Serengeti National Park. After a box lunch at the gate entrance, prepare for an hour and a half drive across the plains to the Central Serengeti for an afternoon game drive.

*Breakfast, box lunch and dinner included. Overnight at 5-star accommodations.*



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*Breakfast, box lunch and dinner included. Overnight at 5-star accommodations.*

## Description

Serengeti National Park is Tanzania's oldest and most popular national park. It covers 5,700 square miles of grassland plains, savanna and woodlands. The Central Serengeti offers superb game viewing all year round due to its abundance of resident animals. The Seronera River Valley is a 'must see' on every safari regardless of the month of travel. Game viewing the Central Serengeti is at its best during the dry season as resident animals are more concentrated in the immediate area due to lack of water on the plains. Resident herbivores include impala, buffalo, hippo, warthog, tipi, wildebeest and giraffe. Resident carnivores include lion and leopard.

## Day 9

### Serengeti National Park

After breakfast, you will enjoy an early morning game drive in the Serengeti. By late morning, you will make your way towards the park gate where you will enjoy a box lunch. The drive will continue for 2 more hours as you cross the Ngorongoro Highlands and will end at your hotel overlooking the rim of Ngorongoro Crater.



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**Optional visits to the Masai Village:** The Masai are an ethnic group of semi-nomadic cattle raisers dressed in bright red tribal cloth who live in the Ngorongoro Highlands area. You will be enlightened as they welcome you to their village and entertain you with their traditional rhythm dancing. You will have a firsthand look inside their thatch homes and hear about a day in the life of a Masai. Additional fee applies.

**Optional visit to Olduvai Gorge:** Visit one of the most important paleoanthropological sites in the world. Additional fee applies.

*Breakfast, box lunch and dinner included. Overnight at 5-star accommodations.*

## Day 10

### Ngorongoro Crater

Your day will begin with an early morning drive through the Ngorongoro Conservation Area to the rim of this natural wonder. The elevation change from the rim to the crater floor is 2,000 ft. Be prepared to see almost every animal species present in Eastern Africa on this game drive. Enjoy a picnic lunch at a popular picnic site overlooking a lush watering hole, a favorite of the local wildlife. After the game drive, you will check into your accommodations near Lake Manyara National Park.

*Breakfast, box lunch and dinner included. Overnight at 5-star accommodations.*

## Description

The Ngorongoro Crater is a deep, volcanic crater and the largest un-flooded and unbroken caldera in the world. It was formed when a giant volcano exploded and collapsed some three million years ago. From its rim, the Crater sinks to a depth of 2,000 feet with a base area covering over 160 square miles. The Crater harbors grassland, swamps, forests, salt pans and a freshwater lake all enclosed within its towering walls. Often referred to as the 'Eighth Wonder of the World', the Ngorongoro Crater is one of Africa's best-known wildlife arenas. It is home to over 20 black rhinoceros and a dense population of sixty plus lions.

## Day 11

### Lake Manyara National Park to Moshi or Arusha

The drive from your hotel to the gate of Lake Manyara National Park will take about an hour. A family of baboons and vervet monkeys swinging in the trees will welcome your safari truck. Spend the morning and early afternoon exploring the diverse vegetation of 11 different ecosystems. After a picnic lunch, you will exit the park for the 2-hour drive back to Moshi or Arusha.



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## Description

Lake Manyara National Park is 130 square miles of arid land, forest and a soda-lake, which covers half of the land during the wet season but is nearly nonexistent during the dry season. The park is known for its thousands of flamingos and over 400 species of birds that inhabit the lake and surrounding area. Vervet monkeys can often be seen hanging in the trees. Other animals include hippo, lion, cheetah, elephant and giraffe. A visit to the hippo pool is a must.

The safari will conclude upon returning to your hotel in the late afternoon.

*Breakfast, box lunch and dinner included. Overnight in Moshi or Arusha.*

## Day 12

Spend the day relaxing and preparing for your flight home. You can relax at the hotel spa or go to the local market to purchase trinkets and souvenirs. Your private driver will pick you up and take you to Kilimanjaro International Airport (JRO).

*Breakfast is included.*

## Day 13

Arrive home.

**NOTE:** If your plans extend outside this itinerary, please contact K2AT for additional reservations and costs.



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## Cost Per Person Does NOT Include:

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- All accommodations, double occupancy
- All meals as stated in the itinerary
- All game drives in a 4x4 private safari vehicle
- English-speaking private driver as your guide
- Two bottles of drinking water per day
- All park fees
- Return transportation to your hotel in Moshi or Arusha
- Airport transportation to/from JRO International Airport

## Cost Per Person Does NOT Include:

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- International airfare
- \$300 per person in tips for hotel staff, bus drivers, porters, cooks and guides
- Suggested tips for safari driver, \$25 - \$35 per person, per day
- Community service donations
- \$100 for visa and exit tax for US citizens
- Subsequent lodging and food beyond the safari itinerary
- All individual drinks, either non-alcoholic or alcoholic
- Travelers, Medical and Evacuation Insurance
- Itinerary add-ons or customizations

If you are a single registering for one of our safaris, we will try to accommodate you as a double with the same gender. However, if we are unable to make these arrangements you may be responsible for the additional fee as a single.

*\*Any deviation from this itinerary is at your own expense\**

**This 5-day safari itinerary is prepared specifically for K2 Adventure Travel clients. Custom safaris are available upon request.**

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## We look forward to traveling with you!

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