



CAS CAMP 2012



offered by

International School Moshi, Tanzania

An opportunity for International Baccalaureate students to spend 10 days on the slopes of Mount Kilimanjaro, participating in CAS activities suitable for their diploma requirements, and exploring some of the beautiful Tanzanian landscape and wildlife.

Saturday 16th June – Monday 25th June 2012

Arrive evening of 16th June, leave evening of 25th June

Full details and registration form inside

International School Moshi, PO Box 733, Moshi, Kilimanjaro, TANZANIA

Tel: +255 27 2755005 Fax: +255 27 2752877 Email: cascamp@ismoshi.net

PROGRAMME

A 10 day African experience for your students in Tanzania, home to Kilimanjaro, the Serengeti and Zanzibar.

Programme includes Community Service, Waterfalls, town visit, Orphanage and Maasai boma visit, safari around the Northern Tanzanian parks, and visits to Shanga Workshop, plus the Maasai market.

DAY 1: SATURDAY, 16TH JUNE

On arrival in Tanzania at JRO airport you will be met by our trip leader Afzal Paliwalla and will be transferred to the ISM campus in Moshi where you will spend your first night.

Accommodation: ISM Campus

DAY 2: SUNDAY, 17TH JUNE



Marangu Waterfalls, town trip

Today will be a relaxing day. You can walk round and discover the beautiful grounds of our campus. We visit the town to change money and then we take you to visit the local Marangu waterfalls. Later we brief you on your CAS project, which starts early the next day.

Accommodation: ISM Campus

DAYS 3 – 6: MONDAY – THURSDAY, 18TH – 21ST JUNE

The CAS Project.

This year we are concentrating on finishing some of the classrooms already built by previous school partners. The schools involved and their communities have made contributions towards these projects but need more help to finish what has been started. Your project will be based around painting classrooms and designing educational murals to paint on the classroom walls. It will be hard work but interesting and rewarding. You'll be glad



to have a filling evening meal and a hot shower at the campus after your day of hard work on the project. On day four we have organised a culture night for you with barbeque. In total your group will complete two full days of painting, 2½ days of painting and, in the remaining time, visit an orphanage and village. You will enjoy a full and rewarding CAS schedule.

Accommodation: ISM Campus

DAY 7: FRIDAY, 22ND JUNE



Safari - Lake Manyara

We journey from our base in Moshi to Lake Manyara National Park where we spend the best part of the day. Manyara is dominated by the long, narrow lake lying against the western wall of the Rift Valley. The park contains a fascinating collection of habitats: the groundwater forest (famous for elephant and tree-climbing lion), freshwater hippo pools and saline grasslands along the lake shore that attract large flocks of aquatic birds. We depart Manyara not

later than 4pm to journey to our camp.

Accommodation: Camping at Karatu

DAY 8: SATURDAY, 23RD JUNE

Ngorongoro Crater

Ngorongoro Crater belongs to the Ngorongoro Conservation Area and borders the Serengeti. Its centrepiece, Ngorongoro Crater, is a large volcanic caldera of breath-taking beauty that supports a bewildering variety and density of wildlife throughout the year. An alkaline lake in the floor of the crater also provides a habitat for colourful flamingo and a variety of other water birds. We go into the park in the morning and have our packed lunch in the crater. We visit a local Maasai Boma before returning to camp in Karatu



Accommodation: Camping at Karatu

DAY 9 SUNDAY 24TH JUNE

Arusha



We rise early and make our way back to Arusha . Here we visit an old coffee farm called The Burka Estate, which houses Shanga, an organisation that facilitates the recycling of glass and aluminium. The workshop is run by handicapped and deaf people, enabling a much-ignored minority to make a decent living. The workshop is in beautiful grounds and you will be hosted by the Shanga team and given a traditional African Buffet lunch. Afterwards you will be taken on a short tour of the coffee farm before we depart to the local Maasai Craft market in town for some shopping. We then journey back to Moshi for a

relaxing evening.

Accommodation: ISM Campus Moshi

DAY 10: MONDAY, 25TH JUNE

Your final day in Tanzania is spent tree planting in the morning, followed by lunch and time to pack ready to leave in the evening.

SCHEDULE IN BRIEF

Day 1	Arrive, transfer to Moshi, eat, sleep
Day 2	Rest, visit waterfalls, town
Day 3	CAS Project
Day 4	CAS project
Day 5	CAS project
Day 6	CAS project
Day 7	Safari
Day 8	Safari
Day 9	Safari
Day 10	Tree Planting and depart

CAS CAMP 2012 REGISTRATION FORM

Please type or write in block letters:

School Name..... IB code

Accompanying member of staff: Male Female

First Name..... Surname.....

Students (International Baccalaureate students with min. age of 15 years only):

Number of males Number of females

We would like to bring more students, if places became available.

Travel plans:

- If you do not plan to fly into Nairobi or Tanzanian airports please give details of your plans below, including dates and times of arrival and departure:

Details.....

Arrival Date.....Time..... Depart Date.....Time.....

- If you do plan to fly into Nairobi or Tanzanian airports please fill in details below:

Airport of arrival/departure.....

Arrival Date..... Time..... Flight number.....

Departure Date.....Time.....Flight number.....

NB ISM will provide free transport to/from Kilimanjaro International Airport. Schools will need to arrange to travel by shuttle buses from more distant airports.

- If you plan to fly into non-local airports (eg Nairobi or Dar), please give further details below of how you intend to travel from there to Moshi, including estimated dates and times of arrival in, and departure from, Moshi:

Details.....

Arrival Date.....Time..... Depart Date.....Time.....

Continued on next page

REGISTRATION FEES:

- Total fee per person is \$1300.
- A registration fee of \$100 per person together with a deposit of 50% per person is required. Once registration has been accepted the registration fee is non-refundable.
- Registrations will be accepted in order of arrival. (If you have a party of less than 7 students, your registration may be considered, but priority will be given to schools offering a full party).

Please advise how your registration fees will be paid:

Bank transfer (from)

SPECIAL REQUIREMENTS:

If any of your party have special requirements (eg dietary, medical etc), please give details below:

.....
.....
.....

<p>Agreement by accompanying member of staff</p> <ul style="list-style-type: none">▪ I have read all information regarding the CAS Camp 2012 provided in this brochure.▪ I have ensured that all students in my party are familiar with, and understand, all the information provided in this brochure.▪ I undertake responsibility for supervising the students, and their compliance with the rules given earlier in this brochure. <p>Signature..... Date.....</p>

All completed registration forms should be sent to the address given on the front of the brochure, to arrive no later than 15 March 2012.

We cannot receive arrivals prior to 16th June nor can we extend your stay beyond the CAS Camp dates unless a separate booking is made and a deposit received.

Please contact ISM before booking flights to ensure that we will be able to offer accommodation for your group for your chosen dates.

WE DO NOT ACCEPT LIABILITY FOR FLIGHTS BOOKED WITHOUT A CONFIRMED BOOKING AND DEPOSIT PAID

TERMS AND CONDITIONS AND PAYMENT PROCEDURES

The amount charged is inclusive of:

- Transfers to and from airport
- Accommodation and Food
- Transport to all planned activities
- All planned activities including park fees
- Use of ISM facilities, including internet, swimming pool, sports & teaching facilities
- Laundry service
- Marangu waterfalls trip, recycling workshop and 3 days safari plus CAS project
- Cultural Evening – African drumming and dancing
- Meals mentioned in the itinerary
- Bore hole water is provided
- Tips and gratuities

and is exclusive of:

- Health Insurance
- Emergency air evacuation
- Travel insurance
- Any other extra / optional activities
- Beverages other than those mentioned in the 'Inclusive of' section
- International flights, phone calls, or other personal expenses

DISCLAIMER

The proposed itinerary created by the ISM VSP Office is indicative only; price is subject to information already provided by the client. Any change in this may result in a price variation. Any final itinerary shall be formalized through a confirmation letter with an invoice from ISM VSP (ISM will provide you the documentation). ISM itself does not provide ground handling services and does not accept any liability for losses, damage, accident, injury, delay or inconvenience caused by third party ground handling services. ISM will not be held responsible for any loss, theft or damage of property brought / bought by visiting students or staff. ISM can accept no liability for financial costs incurred for medical attention received while in Tanzania. ISM reserves the right to make changes to this disclaimer. Any changes to this disclaimer will be posted.

PAYMENT PROCEDURES

Once we have received an official booking with registration we require a **50% deposit** to secure your place and ensure the trip has been booked.

Payment in full must be made 90 days prior to arrival. Non-payment by this date relinquishes reservation of your trip

Booking deposit	50% of full cost of trip
Full payment due	90 days prior to arrival
Cancelation received 31-90 days before arrival	50% of full cost of trip will be refunded
Cancelation 30 days or under	no fees paid can be refunded

ISM BANK DETAILS

All payments should be made to International School Moshi Ltd and advice of payment must be delivered to the school.

Bank transfers can be made to the following account: Please ensure you transfer money in US dollars. We are not responsible for loss of funds due to exchange rate application.

- Account number 15274713, Citibank, 8516 Leesburg Pike, Vienna, VA 22182, USA, ABA number: 254070116. SWIFT code: CITIUS33

It is essential that you inform us of any payments made, giving details of date, currency and amount of transfer together with the bank that the payment has come from. Please make the subject of your transfer ISM CAS 2012. If transferring to the US account from outside the US please transfer an additional \$20 to cover bank charges.

BEHAVIOUR EXPECTATIONS

We do not wish to make the experience of participants any more restrictive than necessary and we fully recognise that many may be unfamiliar with the ethos of a boarding school, or come from such schools in a far more liberal setting. We are also mindful of the fact many CAS camp participants come from a variety of different cultural and religious backgrounds. It is essential that all participating are therefore also mindful of this and we also wish to ensure we maintain good relations with our local community and show respect for their values. For this, and other more pragmatic reasons, we do need to insist on certain rules of conduct throughout the CAS camp:

STAFF

We expect all group staff to be teaching staff **AND** we require a ratio of at most 10:1 students to staff. If teaching staff are not available we expect any other staff sent to be capable of managing a student group in an overseas situation.

MANAGING GROUPS

We expect each group to have been briefed prior to the trip on behaviour expectation and to be aware there may be groups participating with different cultural backgrounds and that all students are expected to behave in a way that will not offend any other students or teachers participating.

CURFEW

All students are expected to be in their dormitories by 10pm with lights out at 10.30pm.

NB This does not apply if on the first day their arrival is after 7pm

CAMPUS RULES

- ISM is a non-smoking campus and smoking is not permitted for staff or students anywhere within the school grounds.
- Students are not permitted to consume alcohol during the period of their stay with us.
- For reasons of security, and out of consideration for other participants, students will be asked to observe a curfew for returning to their dormitories, and for being quiet within the student houses.
- Again for reasons of security, students should only leave the school grounds in groups of at least three, and must inform their supervising teacher of their plans before leaving. Under no circumstances are students allowed to leave the campus at dusk or night on foot.

NB Accompanying staff must undertake to supervise the students and ensure their compliance with these rules.

TRANSPORT

Kilimanjaro International Airport (JRO) is 45km from the school and is served by KLM (daily), Ethiopian Airlines (several times a week), and Precision Air (from Nairobi, Kampala, Dar etc). Moshi is 232km from Nairobi and 542km from Dar es Salaam on tarmac roads. Good shuttle buses can be booked from both, but direct flights to local airports are strongly recommended wherever possible. If arriving into Nairobi on a Kenya Airways or other flight it is usually possible to connect to Kilimanjaro International Airport on a Precision Air flight.

The school will provide meet and greet service at Kilimanjaro International Airport and can provide further details, on application, with regard to shuttle buses from either Dar or Nairobi.

Entry visas are required for most nationalities and may be available at the border, but are better obtained in advance. Please contact your travel agents for further details. We recommend you apply for tourist visas as guests of ISM.

Visitors are expected to arrive on Saturday 16th June and leave on Monday 25th June.

If travel plans necessitate arriving or leaving outside this period we can help schools plan their additional accommodation upon request but please be aware there will be an extra cost for this and we can't guarantee accommodation availability.

HEALTH

- It is important to guard against malaria. The most commonly taken prophylactics are a combination of Chloroquine (once a week) and Paludrine (daily), but visitors should seek their own advice on appropriate drugs before travelling. Long trousers and insect repellent are recommended for evenings.
- Protection against sunburn will also be important. Visitors are advised to bring sun hats, sun screen and water bottles.
- A school nurse will be available on the campus 24hrs a day. There is a private doctor (General Practitioner) nearby who serves the school, and a teaching hospital opposite.
- Water on campus comes from our own bore hole and is chlorinated for drinking purposes.
- There is no dental care available.
- All visitors should ensure they have appropriate medical/travel insurance.

CULTURE, CLIMATE AND DRESS

Moshi is close to the equator and at an altitude of 950m. June is usually a relatively cool time of year, occasionally overcast, with temperatures ranging from approximately 28°C during the day to 10°C at night. Clothing should be chosen with this in mind.

Moshi is a small, quite traditional African town of mixed Muslim/Christian population and although they are used to influxes of tourists preparing to climb the mountain, dress needs to be modest to avoid offence. Off campus, shorts would be inappropriate, and tee shirts should cover shoulders and midriff. A *kanga*, *kikoi* or light wrap is useful for walking from the swimming pool, and as a protection from dust when travelling in open vehicles. Public displays of affection will also give offence.

For the CAS project involving physical work, students would be advised to bring a shirt with a collar (to prevent sunburn), long light trousers with old trainers or walking boots.

Moshi is a quiet town with a very friendly population but it is in a poor country and petty theft is common, in market areas especially. The school campus itself has a team of watchmen to provide a relaxed, self-contained and secure environment. Facilities will be provided for the safekeeping of passports, tickets etc.

SECURITY FOR PERSONAL POSSESSIONS

The average monthly wage in Tanzania is approx \$70 per month and sometimes less than this. We strongly advise that all participants leave any valuables at home like jewellery, laptops, I-pods and expensive smart phones. If any of your group do bring anything of value we would advise they deposit these in our safe as soon as they arrive. Remember you will be staying in tents and out in villages where we cannot guarantee that items such as these won't go missing.

ON CAMPUS FACILITIES

ACCOMMODATION

Participants will share rooms in student houses on campus. Each house, containing bathrooms, kitchen and common room facilities, will have a school party with their accompanying staff. Staff will be given single rooms in the houses.

MEALS

All meals and snacks will be provided in the dining hall or, where students are off campus for these times, packed meals will be provided.

MONEY

The school will offer money changing facilities for £ sterling or US\$ on arrival, but thereafter participants will need to use such facilities available in town. ATM machines which accept Visa cards or Mastercard are available in town.

NB Credit cards are rarely accepted in Tanzania except by certain tourist businesses.

SCHOOL SHOP

The school shop or *duka* will be open in the late afternoons and evenings offering sodas, confectionery, toiletries, stationery and postage stamps.

COMMUNICATION

- Calls from Tanzania cost approximately TSh 240/= per minute in Tanzania or between 450/- and 900/- per minute for calls outside the country. SIM cards for mobile phones cost approximately TSh 2,000/=.
- The computer centre will be open for certain periods so that participants can access email accounts and the internet.
- There is a letterbox on campus from which mail will be collected daily and taken to the town post office.

SPORTS

A variety of sports facilities are available and organised activities will be provided at times outside the project work. These facilities include an outdoor swimming pool, tennis courts, volleyball, indoor and outdoor soccer, indoor and outdoor basketball, badminton, weights room, table tennis, pool, darts etc.

WELCOME

We look forward to welcoming you to Tanzania and to Kilimanjaro.