

# quest overseas

## SIX WEEK MALAWI ORPHANS & COMMUNITY PROJECT

- Work closely with rural communities in Malawi
- Help develop and improve living conditions for the future of Malawian children and their families
- Construct new buildings for a sustainable future
- Visit Lake Malawi, explore the Mulanje Massif or take a boat safari past hippos and elephants in Liwonde National Park

Malawi is an incredibly poor country. It is estimated that up to seven million people, from a population of 12 million, may be on the edge of famine. Even with these problems, the country still makes a fair claim to be the 'Warm Heart of Africa'. For once, the hype is true. These amazing people are some of the most welcoming you will ever meet.

In Malawi today an estimated 560,000 children have been orphaned. Each village community often supports over 100 of these orphaned and vulnerable children. Your help will give these children a brighter start in life, by giving financial and physical help to build community centres, feeding centres, school classrooms and medical facilities. Accommodation is also needed to attract the best doctors, nurses and teachers to the region. You work with the entire community: local builders and village community members to the local youth groups, schoolchildren and the 3 year olds attending the feeding centres. The beauty of this project is that it exposes you directly to the warmth and unforgettable welcome of the Malawian people, as you work, play, sing and get to know them.

**Activities:** Community development work in rural African village, building work, plastering, mixing cement, work with children, traditional dancing, work with Youth groups, boat trips or kayaking on Lake Malawi.

**Team size:** 8-16 people

**For:** Gap Year students

**Departs:** April each year – [look at the website](#) or [contact the office](#) for more details

**Cost:** 6 weeks - £1350 project cost to Quest Overseas + £850 project donation to Joshua Orphan & Community Care.  
*Includes all accommodation, food, activities, in-country travel, local tipping, airport transfers, Quest Overseas leader, full pre-departure preparation and travel insurance. [More information on costs can be found on our website.](#)*

*Excludes international flights and visitor permit.*



## Project Details

### Where

The Joshua Orphan and Community Care charity is based in the south of Malawi, just outside the town of Blantyre in a district called Pensulo. You will be living closely with local communities in a rural environment.

Find out more at [www.joshuainmalawi.org.uk](http://www.joshuainmalawi.org.uk).

### Main Aims

Each of the 20 communities Joshua works with supports over a hundred vulnerable and/or orphaned children, mainly as a direct result of the high levels of HIV/AIDs and Malaria in the country. Joshua supports these communities and children by providing feeding centres and improving medical and education facilities. Working together with local builders and craftsmen and members of the local community the Malawi project mainly focuses on building these much needed community centres, classrooms and medical facilities.

### What you'll be doing:

Work includes basic manual construction- cement mixing, carrying rocks and sand, making mud bricks, carrying water. You will also get involved in educational work in local schools, organising activity days for local schoolchildren and helping with the Youth Group's theatre productions and community work.

Part of your work will also be working in the feeding centres and with the youth groups and local school kids - helping with workshops on health and hygiene, HIV and environmental education, coaching sports, assisting in English lessons at local primary schools and organising other activities - the options are endless!

**Weekend activities included:** Visits to Blantyre and the local area; time spent with the community; two long weekends, for example chilling out on the pristine beaches of Lake Malawi, doing a boat safari in Liwonde National Park, or visiting the impressive Mulanje Massif and the tea plantations.

## Project Itinerary

### Day 1: Arrival into Lilongwe, Malawi

Orientation Days. Talks on extra health & safety, cultural differences and group rules. Detailed preparation for your Project.

### Day 2: Transfer to rural Project site, District of Blantyre

Tour of the villages and welcoming ceremony from the local community.

### Days 3-21: Project site

Project work. Free days each Sunday.

### Days 22-24: Long weekend away

Activities are included – options could be trekking on Mount Mulanje, visiting the hippos and elephants of Liwonde National Park or chilling out by the blue waters of Lake Malawi.

### Days 25-37: Project site

Project work. Free days each Sunday. Final days in the village, closing ceremony, packing up and farewells.

### Day 38-40: Long weekend away & Final Party

Activities are included – options as above.

### Day 41-42: Transfer to Lilongwe & Departure

## Food & drink

You will be eating local food that you and your team will cook. This will be vegetarian for the most part for example a rice or potato based dish with vegetable stew but occasionally could be chicken with salad. We provide purified water for the length of the Project but would ask volunteers to bring their own for use on weekends away.

## Accommodation

Accommodation during the project is in the middle of the Pensulo community in rural Africa. You will share a room with the rest of your team. It will be basic but

comfortable, with beds and long-drop toilet facilities. At weekends we will be camping in the fabulous Quest tents.

## Weather

The dry season in Africa lasts from April to September. Most of the time the weather will be cool and dry, around 15-25 degrees, but towards the end of the Project it will get gradually hotter. Early on in the project there is a good chance of rain due to the close proximity of Mt. Mulanje.

## Leaders

You will have two experienced leaders with you for the entire 6 weeks to ensure everything runs smoothly, safely and to give maximum reward to all those involved. We are incredibly picky about selecting our leaders and you can guarantee that they will be some of the most experienced, passionate and enthusiastic people you will ever meet. Leaders receive Quest training every year. All leaders are Wilderness First Aid trained and expedition leaders have a minimum of Summer Mountain Leader training.

## Preparation

Quest provides Pre-Departure Training in the UK for all team members. This is in addition to the in-country Orientation Days you will receive when you arrive in Africa. Our UK Pre-Departure Training covers Responsible Travel, Cultural Awareness, Health & Hygiene, Safety and Risk Assessment, Teamwork and Onward Travel. It also provides you with the opportunity to meet the rest of your team and your leaders before going overseas.

## Vaccinations

We provide a full list of vaccinations required for this expedition. You will also need to take malarial prophylactics for the entire 3 months.

## Fitness:

You will be working long days and using muscles that you never knew existed. It is important to have a good level of fitness to begin with so that you can acclimatise to both the work and hot temperatures faster. Treks on the expedition can be challenging and as such the fitter you are, the easier you will find them and the more you will enjoy the experience!

## How much does it cost, and where does my money go?

Project: **£1,350**

70% - payment for your trip, this is what gets spent overseas during your trip. Includes travel insurance.

15% - staff, both UK and overseas.

15% - office costs, project and expedition research, boring admin.

Donation: **£850**

This goes straight to Joshua Orphan & Community Care and every penny gets spent overseas on the Malawi Project. The majority will go on building materials and local wages as well as transporting materials.

All weekend activities and orientation costs are excluded from your project donation.

## Responsible Travel

Responsible Travel is an ethos that should be at the heart of all travel. For all of us at Quest it is about making a tangible 'positive impact' on both man and the environment with everything that we and our clients do. We ensure that we make a positive impact on communities and environments that we are lucky enough to visit.

## Recommended reading

*Africa: Altered States, Ordinary Miracles* – Richard Dowden

*Season of Blood: A Rwandan Journey* – Fergal Keane

*The No.1 Ladies' Detective Agency* – Alexander McCall Smith

*The Other Side of Silence* – Andre Brink

*Dark Star Safari* – Paul Theroux



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