



CAS Camp 2010



offered by
International School Moshi, Tanzania

An opportunity for International Baccalaureate students to spend one week 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.

Sunday 13th June – Tuesday 22nd June

Full details and registration form inside

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

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PROGRAMME

June 13th: **Arrival**
Met and greeted at Kilimanjaro International Airport.
Transported to International School Moshi.

June 14th: **Introduction**
Trip to local waterfalls.
Evening at local cultural centre.

June 15th-18th: **CAS Projects**

Each student will be involved in two sessions of community service CAS projects a day, one each morning and one each afternoon.

- One project will involve physical work such as digging foundations and preparing concrete blocks for the building of a new classroom for a local school.
- One project will be of a less strenuous nature often involving creative and intellectual skills such as preparing lessons and activities to present to a local children or painting classrooms.

(The actual details of the projects will be confirmed at a later date, but will be similar to the above examples.)

June 19th-21st: **Safari**

Students will spend the next three days on safari. The first day of safari takes them to Lake Manyara National Park, where they will enjoy African wildlife and scenery. They will camp overnight outside the park and get up early the next morning to descent into Ngorongoro Crater. In the afternoon they will visit a Maasai Boma and once again camp outside the park at night. The next day's safari is to a Snake Park. The afternoon will be spent taking in the sights and sounds and doing some shopping at a local market. There will be a special meal in the evening.

June 22nd: **Depart**

FEES

The basic fee for all students and accompanying staff is **USD 950** per person. It includes:

- On campus accommodation in shared student houses.
- Use of hot showers, bathrooms, common room, kitchen.
- Evening activities (sports, swimming, etc).
- Visit to local cultural dance centre.
- 'Meet and greet' and all local airport transfers.
- All meals and snacks in school canteen.
- Special dinner at a local restaurant.
- Transport to and from the National Parks.
- Camping fees and use of full camping equipment.
- National Park entry fee.
- Guided safari around National Parks.

If schools wish to arrive before Sunday 13th June or extend their stay at ISM, a fee of **USD 65** per person per night (including all meals) is charged.

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

TRANSPORT

Kilimanjaro International Airport (JRO) is 45km from the school and is served by KLM (daily), Ethiopian Airlines (several times a week), Tanzania Airways and Precision Air (scheduled and charter 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 a 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 Sunday, 13th June and leave on Tuesday 22nd June. If travel plans necessitate arriving or leaving outside this period we can help schools plan their additional accommodation upon request.

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 professional medical 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) at the bottom of the road who serves the school, and a teaching hospital opposite.
- Water on campus is safe to drink. It comes from our own bore hole supplied from an aquafer coming from Kilimanjaro's glacier. It is chlorinated for drinking purposes.
- There is no regular 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^oC during the day to 10^oC at night. Clothing should be chosen with this in mind.

Moshi is a small, traditional African town of mixed Muslim/Christian population and although they are used to influxes of tourists preparing to climb the mountain, dress must be modest to avoid offence. Off campus, shorts are not appropriate, and T-shirts must cover shoulders and midriff. A kanga, kikoi or light wrap is useful for walking from the swimming pool as well as for protection from dust when travelling in open vehicles. Public displays of affection are not acceptable.

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 and working gloves. Please leave the tight, strappy tank tops at home.

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.

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 or Master Cards 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

- The telephone SIM cards can be obtained from the school shop, as well as the phone credit.
- These local SIM cards work in unlocked phones in most European cell phone models.

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.

RULES

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. However, it is essential for us to 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:

- 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 the school grounds, 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.

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

CAS Camp 2010 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.

Please include a list of students and their nationalities and passport numbers.

Travel plans:

- **If you 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 are arriving at another airport, please detail below how you intend to travel from there to Moshi. Include estimated dates and times of arrival in and departure from Moshi.

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Registration Fees:

- Registration fee per person is USD 950. An extra night's accommodation with meals is USD 65 per person.
- A USD 1,000 deposit per group should accompany registration. This deposit is non-refundable once registration has been accepted.
- Registrations will be accepted in order of arrival. (If you have a party of fewer than 7 students, your registration may be considered, but priority will be given to schools offering a full party).
- Full balance of fees must be paid by May 1st 2010.
- Deposits and balance of fees may be paid by:
 - (i) Sterling cheque drawn on a UK account or
 - (ii) USD cheque drawn on US account or
 - (iii) Bank transfer to one of our accounts in UK, US, or Tanzania (further details on request).

We will make payments by cheque (Yes/No) Bank transfer (Yes/No)

We request details of your account in (UK, US, Tanzania).....

Special Requirements:

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

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Agreement by accompanying member of staff

- I have read all information regarding the CAS camp 2010 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.

Signature.....

Date.....

All completed registration forms should be sent to the address given on the front of the brochure, to arrive no later than 12th March 2010.