

#### Location

Mangochi, situated in the southern region of Malawi, is a vibrant town nestled along the shores of Lake Malawi, the country's crown jewel. Historically known as Fort Johnston during the colonial era, Mangochi has evolved into a bustling lakeside destination that seamlessly blends cultural heritage with stunning natural beauty. Its history is deeply rooted in colonial influence, with remnants of that era visible in the architecture and town layout.

The culture of Mangochi is a tapestry woven from various ethnic groups, primarily the Yao and Mang'anja people, each contributing unique traditions and customs. Markets bustling with vibrant colors and sounds offer a glimpse into everyday life, showcasing local crafts, traditional dances, and exquisite Malawian cuisine. The town serves as a gateway to the idyllic shores of Lake Malawi, where visitors can explore pristine beaches, partake in water sports, or visit nearby islands like Likoma with its historical cathedral. The weather in Mangochi remains tropical throughout the year, characterized by warm temperatures and distinct wet and dry seasons, making it an ideal destination for year-round exploration and relaxation by the lakeside.

#### Geolocation

**Gps coordinates:** -14.320837, 35.131463

**Accuracy:** Approximate

## **Accommodation & Food**

#### **About the Accommodation**

During your stay, you will be housed within our center. The accommodations provided are characterized by their simplicity and an emphasis on communal living, as you will be sharing your room with fellow participants. Rest assured, there are shared facilities with western-style, flushable toilets for your convenience.

Laundry facilities may be limited, so it's advisable to be prepared to wash your clothes by hand during your stay, as dedicated Laundromats may not be readily available. We encourage all participants to adopt a conscientious approach to resource utilization and environmental responsibility, with a particular focus on key resources such as water, paper, and electricity. It's important that you play your part in ensuring that these resources are used efficiently.

Additionally, part of the experience entails taking responsibility for the cleanliness and order of your living environment. You will be expected to maintain the hygiene of your personal space and

contribute to the overall cleanliness and tidiness of the accommodations. This collective effort is an integral part of our commitment to fostering a sustainable and environmentally conscious community during your time with us.

In Mangochi, Malawi, the standard electricity voltage is **230V**, the frequency is **50Hz**, and the plug types commonly used are **Type G**. The electrical current is typically around **15 amps**. Participants should ensure they have the appropriate adapters and converters to match these specifications when using their electronic devices.

## **Available Room Types**

	Standard Room
All meals included	Yes *
Free beverages	Yes **
Persons per room	4-8
Wifi in public areas	No
Laundry facilities	Yes ***
Safety box	No
Lockable rooms	Yes
Hot shower	No
Private bathroom	No
Bed linen	Yes
Towels	No
Fan	Yes

<sup>\*</sup> Three meals are included on weekdays, while only two meals are served on weekends.

## **Food Arrangements**

Malawian food will be served mainly, along with some European food. You can expect meat, vegetables, potatoes, eggs, bread, rice, spaghetti, and more.

<sup>\*\*</sup> Water, coffee, and tea are served at the accommodation.

<sup>\*\*\*</sup> Expect to wash your clothes by hand. Bucket and brushers provided.

### **Facilities**

There are numerous local transportation options, including mini-vans, and taxis, that run every 30 minutes to the center of Mangochi.

The downtown area of Mangochi, which is about 20 to 30 minutes' drive from the center, has ATMs and Western Union transfer services.

There are numerous neighborhood stores close by our center that can be reached on foot in just 5–10 minutes.

## **Mandatory Orientation Day**

You will participate in our orientation day on Monday of your first week of employment here, which will acquaint you with the area and the people here. From Tuesday on, your program will run as usual for the remainder of the week.

#### Schedule

- Breakfast at the accommodation 0700hrs to 0800hrs
- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and explaining & handling of documents (Code of Conduct, Child Protection Policy, Media Consent, Etc...)
- Malawian brief history, Lessons in Malawian Culture, Do's and Don'ts and Basic Malawian Language Lessons.
- Lunch at the accommodation 1200hrs to 1300hrs
- To ensure participants are well-acquainted with the surroundings, the coordinator will guide
  the participants to key spots like supermarket, ATM, and currency exchange center and
  assist in obtaining a local SIM card with data (Airtel Network) for seamless communication
  during their stay (if not already obtained).
- Walk to the Malawi Lake.
- Malawian "Nsima" Cooking lesson.
- Dinner at the accommodation 1900hrs to 2000hrs.

# **Activities & Events**

No scheduled activities outside the program.

## **Sights & Surroundings**

**Kumbali Cultural Village** - Kumbali Cultural Village is situated just outside Lilongwe city in Malawi. The village offers tourists a true African living experience. Kumbali Village consists of 12 huts, traditionally built with natural materials to create an authentic African environment. Each hut can sleep up to four people.

**La Caverna & Cafe Mandala** - nice, clean place with friendly people, good food, and nice drinks. Great atmosphere and very good service. You can eat outside where there is a nice breeze on a hot day. Mandala House is a fascinating historic building with a great exhibition.

**Lilongwe Wildlife Center** - The Lilongwe Wildlife Centre is a wildlife sanctuary in Lilongwe, Malawi. It was founded in 2007 by the Lilongwe Wildlife Trust, with support from the Born Free Foundation. The Centre is a member of the Pan African Sanctuary Alliance and the Global Federation of Animal Sanctuaries.

**Majete Wildlife Reserve** - Majete Wildlife Reserve is a nature reserve in southwestern Malawi, established as a protected area in 1955. The reserve's animal populations were decimated during the late 1970s and 1980s due to poaching and other human activities.

**Mulanje Massif** - The Mulanje Massif, also known as Mount Mulanje, is a large inselberg in southern Malawi. Sapitwa Peak, the highest point on the massif at 3,002 m, is the highest point in Malawi. It lies 65 kilometers east of Blantyre, rising sharply from the surrounding plains of Phalombe and the Mulanje district.

**Lake Malawi** - Lake Malawi, also known as Lake Nyasa in Tanzania and Lago Niassa in Mozambique, is an African Great Lake and the southernmost lake in the East African Rift system, located between Malawi, MozambiqueMozambique, and Tanzania.

**Kungoni Centre of Culture and Art** - The Kungoni Centre of Culture and Art is a non-profit organization in central Malawi. Kungoni is located in Mua, a village in the Dedza district, about 60 km from Salima. Kungoni is both easily accessible, being about two hours drive on bitumen from Lilongwe and three from Blantyre. Kungoni sits a little above the lake plain, with views of the lake in one direction and the African Rift Valley escarpment in the other. The site is landscaped and planted as a botanic garden with a variety of tropical trees and shrubs.

# **Transportation**

From this location we do not provide free transportation to other locations.