



# Culture Week

Malawi, Mangochi

## Quick Overview

Welcome to Malawi Culture Week, an immersive journey into the heart of Malawian heritage and natural splendor!

This week, you will delve into a kaleidoscope of experiences, from cultural immersion sessions and language lessons to visits to local markets, historical sites, and natural wonders like Lake Malawi's National Park and Liwonde National Park. Engage in hands-on activities, such as traditional cooking classes and artisan workshops, fostering cultural exchange and skill development.

## Program Description

Embark on an enriching journey with our Malawi Culture Week, a vibrant exploration into the heart of *Africa's warm heart - Malawi*. This immersive program is designed to offer participants an in-depth understanding of Malawi's rich cultural heritage, breathtaking landscapes, and the warmth of its people. From engaging in Chewa language lessons and understanding local customs to delving into the country's history and exploring bustling markets, every moment is an opportunity to immerse oneself in the authentic essence of Malawian life. Through visits to historical sites, cultural villages, and interactions with local communities, participants gain a profound appreciation for Malawi's diverse traditions and its significance in the African context."

"Malawi, known as the 'Warm Heart of Africa,' holds a profound significance not just for its stunning natural beauty, but also for its cultural depth and resilience. This program offers a unique chance to witness the country's historical landmarks, including museums and monuments, providing insight into Malawi's evolution through time. Beyond its historical narrative, participants engage with the country's vibrant present by exploring local markets, savoring traditional cuisine, and embracing the serene beauty of Lake Malawi's National Park.

As you learn to cook local dishes, craft traditional bracelets, and participate in wildlife adventures at Liwonde National Park, you contribute to a cultural exchange that fosters mutual understanding, personal growth, and appreciation for the invaluable richness of Malawi's heritage.

## Add-on: +Learning

There is no +Learning add-on available for this program.

## Aims & Objectives

- Facilitating cultural immersion through language lessons, historical site visits, and interactions with local communities.
- Exploring Malawi's rich history, from its cultural significance to its evolution over time, via museum tours and visits to monuments.
- Engaging in hands-on activities like traditional cooking classes, artisan workshops, and wildlife adventures to encourage skill development and cultural exchange.

## Schedule

### Monday

- Breakfast at the accommodation.
- Introduction meeting covering house rules, expectations, health and safety, Malawian do's and don'ts, culture, history, basic Chewa language, and document handling.
- Tour of the compound and local area, including shops and SIM card assistance.
- Lunch.
- Visit to Mangochi's Local Market to experience the vibrant atmosphere, explore diverse stalls, and interact with local vendors.
- Visit to the nearby river for relaxation and scenic views.
- Dinner at the accommodation.

### Tuesday

- Breakfast at the accommodation.
- Visit to Mangochi town to explore its historical and cultural significance, including the museum and monuments.
- Lunch at the accommodation.
- Visit to a cultural village to engage in traditional activities, witness indigenous performances, and learn about local customs and traditions firsthand.
- Dinner at the accommodation.

### Wednesday

- Breakfast at the accommodation.
- Exploration of Lake Malawi National Park, including picturesque views and optional swimming in the lake.
- Lunch in nature, either as a picnic or at a local eatery.

- Leisure time on the beach for relaxation and enjoyment.
- Hands-on cooking class to learn and prepare local dishes, immersing oneself in the culinary culture.
- Dinner featuring the dishes prepared in the cooking class, fostering camaraderie and creating lasting memories.

## Thursday

- Breakfast at the accommodation.
- Liwonde National Park exploration, discovering diverse wildlife and scenic landscapes.
- Lunch in nature or at a local eatery.
- Further exploration of the national park, engaging in optional activities like guided walks, bird watching, or boat safaris.
- Dinner at the accommodation.

## Friday

- Breakfast at the accommodation.
- Creative bracelet handicraft lesson, exploring artistic expression and cultural exchange.
- Lunch at the accommodation.
- Visit to a local fishery to immerse oneself in the regional fishing lifestyle.
- Meeting to discuss individual placements and gain insights into ongoing programs.
- Visit to witness the ongoing projects firsthand.
- Evaluation session to reflect on the week's activities, challenges, lessons learned, progress, and program effectiveness.
- Dinner at the accommodation.

**\*\*\* This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances \*\*\***

## Starting Dates

### During 2024

This program starts every week.

### During 2025

This program starts every week.

## Participant Criteria & Requirements

### Standard Requirements

**Minimum age:** 18

**Maximum age:** 65

**Minimum English level:** Basic

**CRB required:** On Signup

**Passport copy required:** No

**Resume copy required:** No

**Required qualification:** None

### Additional Requirements

- Participants above 60 must secure medical clearance. For those under 18, a signed parental consent form is mandatory.
- A reasonable level of fitness is essential as a significant portion of activities occur outdoors under the sun.
- It's mandatory to have a yellow fever vaccination and obtain a valid certificate. It is required upon entry into Malawi. Lack of this certificate could result in entry refusal.
- Other recommended vaccines include diphtheria, Hepatitis B, Meningococcal meningitis, rabies, and typhoid. For individuals at the highest risk, selective vaccines like Cholera might be advised for consideration.

### Additional Equipment

- Sunscreen, sunhat, and sunglasses for sun protection
- Mosquito/insect repellent (Deet)
- Comfortable working shoes
- Hand sanitizer and wet wipes for personal hygiene
- Modest and comfortable clothing suitable for cultural interactions
- Personal medication and a basic first-aid kit
- Personal toiletries for your convenience
- Daypack or backpack for daily excursions
- Reusable water bottle to stay hydrated during activities