

Sports Development and Community Assistance LIVINGSTONE, ZAMBIA



At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. Founded in 2004, we have so far hosted over 6000 volunteers on our exciting Conservation and Community Volunteer Projects in Africa.

We are also immensely proud to have been nominated as Finalists for the following Responsible Tourism Awards in 2009: The World Travel Awards; The British Youth Travel Awards and the prestigious South African Imvelo Responsible Tourism Awards. In 2010 we were once again nominated for a World Travel Award and were proud Winners of an Africa-wide Imvelo Responsible Tourism Award. An accolade awarded in 2009 to Sir Richard Branson's Ulusaba Eco-Lodge in South Africa. In 2011 so far we are nominated for a World Travel Award and are entrants once again in the Imvelo Awards, British Youth Travel Awards and Virgin Responsible Tourism Awards.

Our head office is in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. We are determined to make a difference in the amazing communities and conservation areas in which we work. And so can you...

'Mosi-oo-tunya' - The Smoke That Thunders... this is how the locals refer to the magnificent spray that is elevated high above the Victoria Falls. Against this backdrop we find the town of Livingstone, a place of supreme adventure, of friendship, of unlimited challenge, a place to care for and become a part of; a place of initiation, and an unforgettable life-changing experience. In this impressive setting, you will work with highly energetic children, teaching them physical education and sports skills training, encouraging them in a healthy and active lifestyle and providing them an opportunity to expend some of their boundless energy. The children revel in being outdoors and



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thoroughly enjoy the training provided to them by their volunteer coaches and the skills they can impart; for volunteer coaches it is an opportunity to be part of passing their passion onto their boundlessly enthusiastic protégés.

Project Achievements so far:

In the past few years African Impact volunteers contributed over 53260 hours to community development on our volunteer projects in Livingstone – Medical, Teaching and Sports projects. Our project structures, together with the support and advice of our charitable foundation team at The Happy Africa Foundation, are continuously assessing our work and project strategies to ensure that these hours are meaningful with measurable outcomes.

Our volunteers are holding Physical Education Lessons at Dambwa Christian, Nakatindi, Mwandu and Indeco Community schools which the children & teachers are really enjoying. We have also been assisting with coaching teams of under privileged kids from around Livingstone, training them in football, netball and volleyball. We also worked alongside one of our community partners to organise and host an inter-community sports tournament. It is a great way to promote healthy living and we can also incorporate awareness on a variety of health topics, educating the teams we work with.



Location: Livingstone, Zambia – a stone’s throw away from the Victoria Falls (10km)

Project Age Limit: Minimum 18 years – Maximum 40 years.

Required Experience: Some previous sports experience would be helpful but is not essential.

Project Highlights:

- Coach very excited and often-talented children in sports and games at local schools.
- Use your skills and knowledge to improve the coaching techniques of community sports leaders.
- Assist with doing basic exercises / physiotherapy therapy with the residents at Maramba Old People’s Home.
- Help build / paint / refurbish schools / clinics / community centre’s.
- Immerse yourself in local Zambian culture.
- Make friends for life.
- Visit the Victoria Falls and enjoy some of the amazing tourist activities that Livingstone has to offer including Bungee Jumping, White Water Rafting on the Zambezi, Helicopter Flights over the Falls, Zambezi River Cruises, visits to Botswana’s Chobe National Park to experience Africa’s highest density of elephants and weekend excursions across to Zimbabwe and much more.



Further Information on the Sports Development Programme:

Coming to work in Africa can be a very exciting, but equally daunting or even scary prospect. African Impact provides the ideal opportunity for you to have all the experiences of working in Africa; getting to know the people and their culture whilst providing a helping hand and all with the added protection of the supportive network of the African Impact Team. We will take care of all your accommodation, meals and daily transport needs. There will always be a Project Manager in Livingstone who will be there to support you throughout your placement, as well as an effective orientation programme that we have in place for new volunteers which will give you the confidence that you need to get the most out of this experience.

Whilst African Impact aims to ensure that every volunteer has a fulfilling and rewarding placement, we place immense weight on the importance of volunteers being used to benefit and strengthen local systems. We are in close communication with local community care workers, both at grass roots and governmental levels, to ensure that at all times



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the work of our volunteers is of maximum benefit to the workers and to the community. Working with the local authorities, African Impact has access to a series of establishments in the Livingstone area, all of which need as much help as possible.

Livingstone Sports and Community Project

Sports volunteers spend their time training, guiding and working with football (soccer), netball and netball teams in the Livingstone community as well as physical education in schools which is sorely neglected due to lack of trained teachers. We believe sport is an essential and effective tool to teach about various subjects such as HIV, Nutrition and a Healthy Lifestyle. Sport also assists in developing a variety of skills in the kids, including learning the sport itself, as well as the dynamics of working in a team, commitment, etc. You do not need to be qualified for our sports project; you just need the desire to impact!

The Sports Project consists of the following:

Physical Education (P.E.) within schools - As an African Impact volunteer, you will spend some of your mornings based in various community schools offering P.E lessons, not only to the students, but also to their teachers! P.E. is featured in the national curriculum and volunteers will prepare lessons using text books supplied by African Impact, educating kids both in a theoretical and practical sense on topics which will appear in their examinations. In order to make this sustainable and continue without the ongoing assistance of volunteers, we want to “teach the teachers” the necessity of P.E. and a healthy life style as a result of it. P.E. is unfamiliar to community schools and attitudes still need changing towards its importance; however the children absolutely love it and thoroughly enjoy their time with the volunteers. As class time is very limited, not much attention is focused towards the P.E. syllabus (teachers are trying to ensure they get through the material for core subjects such as English, Maths and Science), however, P.E. and sports is important to the holistic well-being of the kids, thus, we certainly believe in the importance and benefit of these sessions.

Training Teams - African Impact works alongside various community partners in Livingstone, cooperating with their coaches. These teams have been established for a long time and continue to make solid progress in Livingstone matches. These teams are all boys’ community teams – as we believe sport and soccer should be accessible to all individuals, even those who do not attend school. Our help within the team ensures regular faces are coaching the team, with international backgrounds for the players to gain a wide range of skills.

Physiotherapy (Basic Exercises) at the Old People’s Home - African Impact volunteers have for a number of years been very involved at Maramba Old People’s Home, visiting and interacting with the residents, playing games and providing some entertainment to their week, as well as conducting regular medical check-ups and health talks on a variety of topics to the elderly residents. Volunteers are now also able to assist by holding basic physiotherapy exercise sessions with them. This provides them with some exercise and activity, helping to keep them healthy and mobile and promoting a healthy lifestyle. We partnered with a trained physiotherapist to develop the routine and the golden oldies have come to thoroughly enjoy their short exercise session.

Selective Project - HIV Education in sport (please note that this project is run upon requests from our community partners and does not operate all year round) - As a volunteer you will work with different community teams to hold an HIV in sport workshop. This will involve HIV relay games, team building games, question time and football matches. By using your skills as a sports coach you have the chance to enlighten youths in HIV awareness. Particularly for the young boys; a kinesthetic learning method is a highly effective teaching technique and is something youths rarely receive at school.

Specialist Sports

Your schedule is set for you by your volunteer coordinator; however, if you have any particular interests or skills you would like to use, we would love to accommodate them! The children at the schools are always keen to learn new activities –particularly if they come from overseas!! We can set up a class for you to teach rugby, athletics, cricket, or whatever your interest is; we have been known to teach gymnastics to 5 year olds! Equipment is very difficult to come by so please keep that in mind, if you are able to acquire donated sporting equipment, the community will greatly appreciate it.

Please Note: We cannot coach swimming in Livingstone, and team sports requiring lots of equipment such as hockey, are unlikely due the constraints of getting and maintaining the necessary equipment.



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Important Notes/Dates to be aware of:

Please see below the dates of Zambian school terms and public holidays for 2011. As we work within local communities our projects are affected by these dates; local partners take time off to spend with their families on public holidays and our school/education-based programmes are structured slightly differently during the school holidays and 2 weeks proceeding holidays, whilst examinations are in progress. Some of our projects may be put on hold whilst the kids are on leave, but there is no shortage of important and rewarding community work to be done here.

School Terms 2011

- First term: 10 January to 8 April
- Second term: 9 May to 5 August
- Third term: 5 September to 2 December

Public holidays

1 January	New Years Day
March (2 nd Monday)	Youth Day
Varies	Good Friday
Varies	Easter Sunday
Varies	Easter Monday
1 May	Labour Day
25 May	Africa Day
July (1 st Monday)	Heroes Day
July (1 st Tuesday)	Unity Day
August (1 st Monday)	Farmers Day
24 October	Independence Day
25 December	Christmas Day

During school vacation time volunteers run “holiday clubs.” Holiday club is extremely important as it offers students valuable time to catch up on learning missed due to the Zambian “Hot Seating” system. Not only does it give young people a safe environment to spend their summer holidays, it is also a lot of fun whilst providing an effective educational tool. Teaching volunteers work closely with sports volunteers to teach lessons for the first half of the morning and then engage the students in recreational activities and teach the importance of a healthy lifestyle. For self-starters, this project is a fantastic way to direct instruction for a few weeks and leave your mark on the students.



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INVOLVEMENT IN COMMUNITY PROJECTS

You will be combining sports coaching with a variety of projects in the local community. This allows you to make a difference in other areas and not just through sport. You will rotate between the following community projects:

Build / paint / refurbish schools and clinics

Schools in Livingstone deal with a great shortage of classrooms, and as a result most children do not receive the full day of class that they need. With the help and guidance of professional builders and the communities we work with, we are aiming to build new classrooms for as many schools as we can raise funds for. Volunteers will help with mixing cement, making and laying bricks, laying concrete floors, plastering walls, and painting. It is hard, but highly rewarding work! In addition, we refurbish and paint existing classrooms and partner up with our various community stakeholders to assist them where we can.

Home Based Care / Farming

There are several Home Based Care Programmes run by local volunteers in districts of Livingstone such as Maramba, Ngwenya, Libuyu, Linda, Dambwa. The volunteer workers spend each morning visiting patients within their local community. The patients generally have HIV (and various afflictions due to a low immune system), TB and Malaria, to name a few ailments. Patients often cannot afford to go the clinic or hospital.

The Home Based Care community volunteers rely on medical supplies given to them by the government health department (which happens rarely) or donations. However, some have their own land that they use to farm for the purpose of raising money for their initiative. This is obviously the most sustainable way to ensure their project continues independently of aid.

We would like to assist all communities in setting up farming initiatives, as well as helping with actual work on the farm. The goal is to help in the initial set-up stages by assisting with the acquisition of land, tools and seed. Volunteers then help to prepare the land and work alongside the committee of local farmers and Home Based Care Givers with planting, watering, weeding and harvesting. With each new planting season, the local committee becomes more self-sufficient and able to purchase more of their own seeds, allowing new farms to be developed.

Reading Club

We arrange for students at various schools to come to the club in the afternoon where our volunteers will assist with the literacy and reading skills of the children. As a volunteer, armed with your box of books, you will arrive at the school and help give the students the extra support that they need. You do this by helping with difficult words, teaching them phonics, spelling, pronunciation and general reading and comprehension skills, encouraging them as they read and offering the opportunity to practice their literary skills outside the limited lessons available. It is essential that kids are literate in English in order to complete their education and improve their chances of securing a job later on in life.

Art Club

During this afternoon session you have a chance to nurture the kids' creativity! Volunteers will plan their own art club



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using suggested lesson plans, their initiative and creative ideas. Here you can encourage students to deal with a variety of issues through art. For example; you can hold an anti drugs campaign using your art club to produce posters, or make demonstrative models in order to educate them on many different topics. You could also produce seasonal art e.g. Christmas cards, Christmas decorations, Easter masks etc., have finger painting sessions or papier mache - the possibilities are endless!! There is not much time in the syllabus for creative activities so this is a great outlet for the kids, and lots of fun.



Adult Literacy Club

Not only a very popular activity amongst volunteers but also an extremely important project aimed at helping adults become more employable in a country with a literacy rate of only 60%. There is a structured syllabus with beginners/intermediate/advanced classes, lesson plans, tests and a certificate upon successful completion. The course will improve the students understanding of written and oral English as well as mathematics. Having these skills makes people more employable in a country where the employment rate is only around 50%.

Study Group

Designed specifically for the students in THAF's *Sponsor-A-Child* Programme, Grade 9 students come from various schools throughout Livingstone for a structured study group led by volunteers. The programme seeks to help the children gain a greater grasp on subjects taught in class as well as tackle subjects that are missed during the curriculum. Many of THAF's sponsored children are orphans and all are vulnerable thus lacking adequate support at home. Study group gives sponsored children from a variety of schools the chance to get together, establishing a good community and a great opportunity for AI/THAF to monitor student's academic and personal progress. The children are eager to revise and learn and a pleasure to conduct lessons with.

Maramba Old People's Home

Elderly homes are not common in Zambia and Africa in general, because culturally elders in a community stay with and are cared for by their family. People arrive at MOPH, therefore, from far and wide, destitute and typically without anyone to look after or visit them. Volunteers assist the understaffed facility with daily tasks such as cleaning, cooking, etc. and



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then transition to engaging the residents in games, reading, physical activities, etc. The project is a great way to provide stimulation and improve the living conditions for the residents.

Family Support

Kids here have to grow up really quickly as they are expected to help out with numbers of chores at home and older siblings help to look after the younger ones in typically large families. Volunteers run structured playtimes with children at pre-selected locations, taking along balls, jump ropes and colouring books and crayons, and spend the afternoon interacting and having fun with the kids. This time allows them an opportunity just to be kids; to play games, be carefree and expend some of their boundless energy.

6 Great Reasons to become an African Impact Sports and Development Volunteer:

- Getting stuck in the community and being involved with those who really need help.
- Being based in Livingstone ensures there are plenty of relaxation or adventure activities to enjoy at the weekends!
- Love Sports? Love Soccer? Then teach it, learn it, guide it, use it, play it, ref. it, coach it, and enjoy it with the African Impact Sports Project.
- The variety of activities and community projects, from building and painting to HIV education and reading clubs, there's something for everyone.
- The variety of locations! You will be based within poor communities in various districts of Livingstone ensuring you see every inch of Zambian day-to-day life.
- The friendly people – the work of a sport volunteer is very much appreciated by the communities. You will meet the friendliest, nicest, craziest, most determined, and zealous African people, who are guaranteed to inspire and motivate you!

Project Typical Day:

- **07h00:** Its rise and shine, and time for breakfast. The volunteers also spend some time preparing for the projects, ensuring they have everything they need for the day.
- **07h45:** Off to work. Volunteers will be dropped off at their assigned project and get busy working for the morning. After saying hello to all the children, it's time to get down to P.E. training for the morning. There are also opportunities to work on our community projects in the mornings.
- **11h15 – 11h30:** You will be picked up from your project and be taken back to the house for lunch.
- **12h00:** Lunch.
- **13h00:** Planning Session – You are given this time to prepare for your afternoon projects or training session. This may mean drawing up training plans, researching new techniques or practising some skills, or simply gathering supplies.
- **13h30:** Depart for your community project. This may be farming, building, or painting. It may mean an art club or a reading club, or assisting at Maramba Old People's Home. You may also be involved in planning and delivering one of our workshops to the kids of the community schools covering topics such as basic first aid, drugs and alcohol, HIV and AIDS or life skills.
- **17h00:** You will arrive back at the house for supper after your projects (dinner served between 17h30 and 18h00). Your evening is free, so some nights you might like to treat yourself to a meal out, or simply sit and enjoy a beer in front of the TV whilst planning for the next day.

Please be advised that we endeavor to keep all of our project documents up to date; however, due to the constantly evolving nature of sustainable projects expect amendments within all programmes. Some projects will become self sufficient and no longer require the assistance of volunteers, others will slightly change focus and new ones will begin. Volunteers will be involved in a diverse range of project work as things evolve and develop, all of which are moving the project towards a common goal.

Project Orientation:

Upon arrival in Livingstone all volunteers are involved in a comprehensive orientation programme, which is included in your fee. This is facilitated by your project volunteer coordinator and entails an introduction to our projects. Not only will you see where you will be working, you will also see where your fellow volunteers will be spending their days.



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Project Costs:

2 weeks

Placements in 2011

GBP810 / EUR1055 / USD1460

4 weeks

GBP1295 / EUR1685 / USD2330

6 weeks

GBP1695 / EUR2195 / USD3050

(You are welcome to volunteer for anything from 2 weeks up to 8 weeks on this project).

Project Cost Includes:

- Project Fee: This project fee facilitates funding for items such as building materials, equipment, supplies, foodstuffs, etc. Project fees are also used to buy vehicles/equipment and for developing the housing for volunteers to provide for the expansion of the projects.
- All airport transfers from Livingstone International Airport upon your arrival and departure
- Orientation programme
- All daily transfers to and from your projects during your stay
- Full board and lodging which includes 3 meals a day at our volunteer house
- Weekly laundry service during your stay
- Full support from African Impact and your project managers throughout your time on your Livingstone placement



Project Cost Excludes:

- Personal travel insurance for the duration of your placement, **which must include cover for evacuation and repatriation**
- All transport by air or bus to Livingstone
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Email/Internet and telephone calls
Soft drinks, alcoholic beverages and snacks
- All visas for border crossings
- Any excursions over and above your planned volunteer itinerary in Zambia e.g. visit to the Victoria Falls, white water rafting, etc.

Project Support:

Throughout your stay at your placement you will have the support and guidance of experienced field-workers and coordinators. They are part of our greater African Impact support team, and will provide you with competent 24-hour field support and assistance.

Project Accommodation:

Livingstone volunteers reside at a comfortable and secure complex, a 5 minute walk away from Livingstone town centre. This accommodation features a dining area, bar, swimming pool, large garden, and even a climbing wall! The house sleeps up to 20 people and accommodates volunteers from our medical, teaching and sports projects. Additional rooms are available on the property, with up to 68 beds available in total. The accommodation is multi-sex, but males and females will be sleeping in separate rooms.



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The house has 24 hour security. Each room has lockable wooden safes where you can store your valuables (each volunteer supplies their own padlock). Your meals are cooked at the accommodation and you will have the support of our project managers at the site. Each bedroom sleeps between 4 and 8 people, with the respective number of bunk beds in each room.

Bed linen is provided (but please bring a towel) and cleaners will attend to house-keeping the rooms and making the beds daily. The cleaning ladies will wash your laundry twice a week. The house is positioned within close walking distance to town where you will find a wide range of amenities.



Please Note:

We find that volunteers living together and working closely together with their volunteer co-ordinators is the surest way of guaranteeing their safety and being able to attend to their most pressing needs. For this reason we expect all volunteers to stay only in the accommodation provided for them and do not allow volunteers to spend nights away in the town or nearby villages, unless they are away on pre-arranged sightseeing excursions.

Project Meals:

You will be provided with three meals a day. Breakfast is on a help-yourself basis and usually consists of cereals, toast, tea and coffee.

Lunch and dinner are full meals, and will be cooked for you by the chef at your volunteer house.

Note: Meals are provided at weekends although many volunteers choose to eat out. Weekends are usually good times for tourist activities and exploring the surrounding area, so that is the time that a lot of volunteers are out and about anyway.

Please note that while we do our very best to provide you with varied and interesting meals, due to the nature of our rural location food will generally be quite simple but still nutritious. We ask that you are not overly fussy and ungrateful with what is provided for you.

Please let us know before you depart for Africa of any food allergies or specific requirements.

Project Getting There: *Our placement coordinators will meet you at the airport in Livingstone!!*

- Livingstone: Fly to Johannesburg in South Africa and then connect to Livingstone. This is by far the simplest and most popular means of getting to the project.
- Lusaka: fly into Zambia's capital city and then transfer to Livingstone by bus (approx. 8 to 12 hours) or by means of a flight. The bus transfer will cost you approximately US\$20.

WHEN FLYING VIA JOHANNESBURG DO NOT CHECK YOUR LUGGAGE THROUGH TO YOUR FINAL DESTINATION. ALWAYS COLLECT YOUR LUGGAGE IN JOHANNESBURG AND RE-CHECK ONTO YOUR CONNECTING FLIGHT. THIS AVOIDS LUGGAGE BEING LOST.



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"...it was the most amazing experience of my life and I only wish I was out there for longer!"

Stephanie Keatley, UK.

"My time in Livingstone was amazing, so much more than I could have ever experienced. I was 100% happy, in fact 110% happy with my whole experience"

Mandy Beech, Australia.



Project Travel Highlights:

These are not included in your volunteering fee, but our project managers are able to assist you with making the necessary booking arrangements.

Guideline prices for the most popular activities:

- Sunset cruise on the Zambezi River including complimentary snack & drinks: from USD 55
- 2 nights on an Island paradise in the Zambezi, inclusive of several activities & meals: USD 125
- Lion Walk and Encounter: USD 140
- Elephant Back Safari: USD 160
- 2 nights on safari in Chobe National Park: USD 260
- The world's most exciting white water rafting on the Zambezi River. From USD 135 half day. *Please note that white water rafting is seasonal and does not run when the river is very high*
- Bungee jumping and gorge swings over the Batoka Gorge (where the water cascades into from the Falls). Bungee Jump: USD 120 per jump. Gorge swing (half day): USD 90.
- Helicopter Ride over the Falls: from USD 135 for 15mins.
- Microlight Flight over the Falls: from USD 135 for 15mins.
- Jet boating: USD 100 (approx. 40 mins on the river)
- Canoeing Safaris on the Zambezi River above the Falls with experienced guides.
- Game drives in Zambia's Mosi-oa-Tunya National Park or neighbouring Botswana's Chobe National Park.

Please note these are subject to change, prices given are a guideline only.

Our Preferred Travel Insurance Partners:



keep travelling safely

Visit www.worldnomads.com for a great deal on reliable travel insurance:

<http://www.africanimpact.com/news-article/need-travel-insurance--weve-got-just-the-answer-for-you!/20100219>



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Become a Facebook Fan:



For up-to-date news and photo's on what is happening in Livingstone or a chance to chat to previous volunteers, why not become a fan of the African Impact Livingstone group on Facebook....

<http://www.facebook.com/pages/African-Impact-Livingstone-Community-Projects/209003329114029#!/pages/African-Impact-Livingstone-Community-Projects/209003329114029?sk=wall>

Read our latest African Impact news posts:

For news and update with all of our projects please join us at African Impact's official main page:

<http://www.facebook.com/pages/African-Impact-Offical-Page/140942759303157#!/pages/African-Impact-Offical-Page/140942759303157>

Follow us on Twitter:



Want to hear what is happening at the projects in real time Follow us on Twitter @

http://twitter.com/#!/African_Impact

Meet your Destination Manager for this project! Kylie will guide you through the whole pre-arrival procedure for this placement and you will receive comprehensive information throughout to ensure you are fully prepared for your project placement with us.



Kylie was born and raised in Zimbabwe. In 2001 she went to work, travel and study in the United Kingdom until she decided to come back and live in Africa at the beginning of 2008. Kylie is really excited to be back in Africa and to be involved with all the wonderful African Impact community projects based in and around East Africa.

E-mail Kylie on: kylie@africanimpact.com

Telephone numbers: Cape Town : +27 (0)21 7854319 / USA Toll Free: 1-800606 7185 / UK Toll Free: 0800 0988 440



Our Awards

African Impact is proud to be **WINNERS** in the Africa-wide Invelo Responsible Tourism awards 2010, as well as **FINALISTS** in the 2010 World Travel Awards. We see this as exciting recognition of our position as African specialists in Volunteering with over 6 years experience.

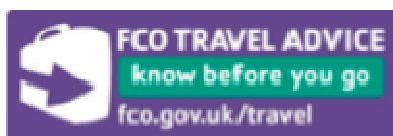


Our Partners

[The Happy Africa Foundation](http://www.happyafricafoundation.org)

www.happyafricafoundation.org African Impact is proud to have been instrumental in the establishment of The Happy Africa Foundation in 2007 and continues to be one of the Foundations major supporters. UK Registered Charity Number: 1123529.

The mission of The Happy Africa Foundation is to empower the African people through the support of community and conservation based initiatives that operate at grass roots level.



We are proudly affiliated to the UK-based **Know Before You Go** campaign that promotes education and knowledge-sharing amongst travelers.

Our Travel Insurance Partners

Visit www.worldnomads.com for a great deal on reliable travel insurance.



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