

YOUR

OUTLOOK
EXPEDITIONS

EXPEDITION GUIDE



NAMIBIA

22 DAYS

SUMMER 2020 - THE SIXTH FORM COLLEGE, FARNBOROUGH
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EXTRAORDINARY EXPEDITION EXPERIENCES



Nestled into the deep south of Africa, bordered by the Atlantic Ocean to the West, Namibia is a country rich with culture and diverse landscapes. Between trekking through the impressive Naukluft Mountains, working with the 'Damara' tribe on a community project, traversing the white desert of the Etosha Pan and climbing the stunning red dunes of Sossusvlei, Namibia is an expedition like no other!

The purpose of this brief is to introduce your expedition opportunity. It will give you a feel for the destination and the type of activities that you will be involved in.

We hope this brief snapshot will leave you feeling inspired and wanting more!

HIGHLIGHTS

- Discover the red dunes of Sossusvlei
- Experience a true African Safari
- Trek through the Namibia desert
- Get to know the locals on a community project

WHERE ARE YOU GOING?



WHAT IT'S LIKE...

PHYSICAL RATING: Moderate to challenging expedition.

CULTURE SHOCK: A definite difference to what you are used to!

ALTITUDE: N/A.

VISA: Required for British nationals*

* Please note requirements may change

DESTINATION FACTS

RELIGION/S: Christian (often intertwined with traditional beliefs), indigenous beliefs.

CULTURAL OR HISTORICAL INTEREST: Namibia some of the richest deposits of minerals in the world, including copper, diamond, uranium and gold.

LANGUAGES: English widely spoken, many indigenous languages.

GEOGRAPHY: Covered by baking desert and mountains.

CLIMATE: Very hot desert, cooler in winter (northern hemisphere summer)

WHAT IS AN EXPEDITION?

Expeditions are a life-changing experience, a chance for young people to go on a fun and educational journey with their friends. Most expedition destinations are in developing countries, allowing students to not only experience stunning parts of the world but also witness a very different way of life, often with the chance to immerse themselves in the culture through project work.



HOW IT WORKS...

EXPEDITION TIMELINE



Our expeditions are made up of four main phases; acclimatisation, trekking, project and rest & relaxation. During the build-up we put students in the driving seat, allowing them to finalise their itinerary alongside our experts.



Acclimatisation

Arrive in country and spend some time getting used to the new culture whilst planning your next phase and changing currency.



Trekking

You may take part in a trek doing either a cultural trek through villages or an attempt to summit a nearby mountain!



Project

Dedicate some time to helping on a project - either community or environmental based, often working with local people.



R&R

Enjoy some R&R! This could involve a few days on a beautiful beach, reflecting on your expedition or an adrenaline adventure.



EXAMPLE ITINERARY

The below itinerary has been created by our Destination Managers as an example of what you may choose to do on expedition.

- DAY 1** Fly from the UK to Windhoek, the capital city of Namibia.
- DAY 2-3** Spend two days settling into your new environment and acclimatising to the culture of this spectacular region of Africa. Gather supplies for your expedition.
- DAY 4-8** Travel to your community project site. You could be working with the 'Damara' tribe to help improve facilities in their community, whilst getting to know their way of life.
- DAY 9-10** Return to Windhoek and travel on to the start of your trek.
- DAY 11-14** For the next four days you will be completing the challenging and remote Naukluft trek - walk through steep gorges, passing crystal clear springs, enjoying spectacular views across the desert.
- DAY 15** Travel through spectacular landscapes to the edge of the Namib Desert.
- DAY 16-17** Visit Sossusvlei; home to giant red sand dunes, varied wildlife and endless blue skies creating one of the world's most striking desert landscapes.
- DAY 18-19** Head out to Etosha National Park for your safari. The desert is home to an incredible 114 species of mammal and 340 species of bird.
- DAY 20-21** Return to Windhoek where you can spend your last day in Namibia sightseeing. Pick up any last minute souvenirs for friends and family back home and celebrate the end of your expedition.
- DAY 22** Depart Namibia and fly back to the UK.

Due to the changing nature of the world over the build up period, Outlook may be required to change aspects of, or the order of the itinerary. Outlook will consult with the Link Teacher/Group Leader and all participants if this is the case.



ADVENTURE

At the Itinerary Development Session, with guidance from one of our destination experts, the team will be able to choose from options to finalise their itinerary. The choices may include the project they work with, the challenge level and type of trek and where they go for some rest and relaxation!

The rugged Naukluft Mountains rise steeply from the surrounding plains of the Namib desert and hide deep ravines, plunging gorges, crystal clear rock pools and a variety of game such as mountain zebras, antelopes and leopards. Accessible only on foot, the Naukluft Mountains are an ideal place for hiking.

Each night you will pitch your tents and sit around the campfire, watching shooting stars in the clear African sky.

Your adventure will take you to Sossusvlei, one of the world's most striking, best preserved and oldest desert landscapes. Home to giant red sand dunes, some of which are several hundred meters high! You will have the chance to climb one of the highest dunes in the world to watch the sunrise and enjoy the spectacular views. Spot wild ostriches and antelopes, and explore the beautiful Dead Vlei with its old acacia trees. This is one of the world's most striking arid landscapes.

After your desert experience head over to Etosha; regarded as one of Africa's greatest National Parks and one of the world's best wildlife-viewing venues. The central feature is the Etosha Pan, a huge, flat desert that becomes a shallow lagoon for a few days each year. It is the surrounding bush and grasslands that provide habitat for most of Etosha's diverse wildlife. Keep an eye out for giraffes, zebras, elephants, and springbok!

Spend your last day in Namibia exploring its capital city, Windhoek. Why not pick up a few souvenirs before having a final team meal to mark the end of your expedition.



PROJECT

Your project could be based in the rural community of Dordabis in central Namibia, meeting people of the 'Damara' tribe, who still speak a traditional 'click' language.

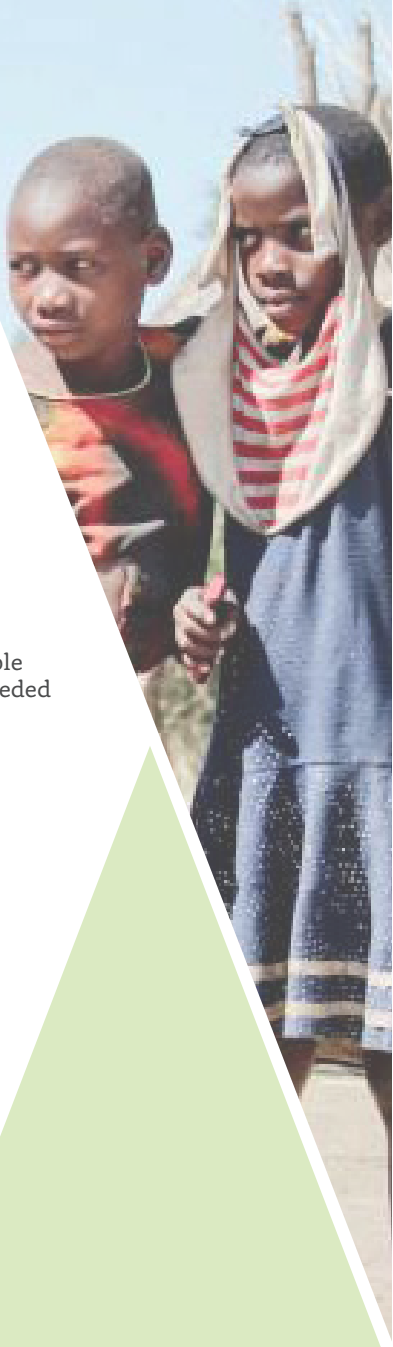
Staying either at a remote lodge in the African bush or at the project provider's farm.

During your time there you will be working alongside local people, helping to improve facilities in the community, such as the school. You will also have lots of time for interaction.

This project will be an emotionally moving experience and any work will be greatly appreciated and received by the community.

This is a unique opportunity to be immersed into Namibian culture and get to know a way of life completely different to your own.

Outlook ensures that all projects offer a cross-cultural exchange, so that both the Outlook Team and the local people benefit from the experience, as well as working on much needed community developments.





WHAT'S INCLUDED?

UK BUILD UP*

Itinerary Development Session.
Expedition Leader Meeting.
Final Preparation Day.

TRAINING

Expedition Training event in the UK with your Expedition Leader.

LINK TEACHER TRAINING

Leader Team Training (first aid as required).

LEADER TEAM COMPOSITION

2 Link Teachers and an Outlook Expedition Leader.

FLIGHTS

International flight.

INSURANCE

Comprehensive overseas medical insurance.

TRANSPORT

All overseas transport.

IN DESTINATION

All food and accommodation.

All group activities including any entrance fees.

All rest and relaxation activity.

WHAT'S NOT INCLUDED?

- Spending money for gifts / souvenirs whilst on expedition.
- Inoculations, prophylaxis and personal medicine. (All participants based in England and Wales receive 10% discount at Nomad Travel).
- Visas and passports – please refer to page 3 to see if a visa is required.
- Personal belongings insurance (this may be covered by your household / contents insurance).
- Loss of passport.
- Cancellation insurance (contact our Customer Service Team for more information).
- Personal equipment (e.g. rucksack, sleeping bag, waterproof clothing); all participants receive 15% discount at 'Cotswold Outdoor'.
- Transport to and from UK-based training courses, to the Final Preparation Day venue and from the airport.
- Food and accommodation in the UK, unless specified.

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