



Central African Wilderness Safaris is pleased to offer groups an incredible cultural experience in Malawi. Firstly, a little bit about the country and the nature of the people that live here: Malawi offers a unique escape into a part of Africa that still remains unaffected by mass tourism, with untouched beauty and varying landscapes, wildlife, birdlife and adventure activities combined with cultural, historical and community interaction, a journey through Malawi provides the experience of a lifetime. Furthermore the country is known as 'the warm heart of Africa' and is renowned for its exceptionally friendly and approachable people allowing for some incredible cultural experiences. Over the years we have increasingly incorporated the country's greatest asset; its amazingly friendly people into our tours and safaris. Most of the people we visit are usually farmers and the like, living in close-knit rural communities with their families, who are happy to share their lives with visitors. The experiences we offer, always optional and always attuned to the sensibilities of both traveller and villager, take a variety of forms. This varies from a straightforward visit to a village with a guide from the area on hand to lead you through the local customs and courtesies, to a bike ride to a school to listen to the local children's choir.

As well as providing a glimpse into a world that is all too often only seen in passing from a car window, we believe that these contacts foster greater understanding of the challenges of the developing world and give a better perspective as to how tourism plays a part in making a difference down at a grassroots level.

We are able to provide safaris and tours for a variety of groups and people and will work dedicatedly with you to determine the best options and itinerary for your clients. We operate with a highly qualified team who are passionate about delivering high standards of service and strive to provide unforgettable journeys across Malawi.

The areas we operate in are part of delicate ecosystems and it is important that school groups are aware of the pristine environments they will be travelling to. Before embarking on a safari or expedition in Malawi, we encourage all participants and teachers to be well informed of the following information and protocol so as to better prepare themselves for their experience in Malawi.

CAMPS FOR CULTURAL TRIPS

LIWONDE NATIONAL PARK



Mvuu Camp in **Liwonde National Park** (Malawi's premier wildlife destination) is an affordable base for exploring the surrounding areas and meeting the local community. The camp sleeps up to groups of 34 and provides walking and boat safaris as well as traditional game drives.

Cultural and community projects and trips can be arranged at nearby Nanthomba school and Njobvu cultural village lodge.



NYIKA NATIONAL PARK



Chelinda Camp in **Nyika National Park** (Malawi's oldest and most iconic park) sleeps 28 and offers a unique highland experience. You can visit the local community on the plateau and learn more about village life in the highlands of the country.



LAKE MALAWI, NORTHERN LAKESHORE



Chintheche Inn is located on the pristine beaches of the **Northern Lakeshore**. The Inn sleeps a total of 26 and is the ideal base for exploring rural Malawian life. Explore the fishing villages, do a tour to Bandawe Mission and meet the local villagers in the area.



KEY HIGHLIGHTS

Here are some of the key cultural experiences one should try at our camps and other areas in Malawi.

Mvuu Camp: Spend a night at Njobvu Cultural Village Lodge

We offer bike rides, meals, day trips and night stays at Njobvu Cultural Lodge which is run entirely by the local community. The Lodge was set up to provide the local community with an alternative income to poaching and other activities that are harmful to the park. Njobvu allows the local community to generate an income and gives our guests the chance to experience traditional Malawian village life.

Upon visiting the village where the Lodge is situated, guests are welcomed into local life, they are able to participate in traditional dances, enjoy local dishes, meet the villagers and take guided tours around the village. Rates for Njobvu Village Cultural Lodge are listed below. As previously stated, visitors can choose from these activities or pay full board for a complete overnight experience.

Mvuu Camp: Visit Nanthomba School and learn more about H.E.L.P Malawi

Nanthomba School is situated in the Machinga district of Malawi, just outside the western gate of Liwonde National Park. Its construction was the brainchild of three Mvuu Camp and Lodge employees: Matthews Matewere, Dinara Kankhuni and Mike Mtewa. Inspired by Central African Wilderness Safaris' Children in the Wilderness programme which runs annually at Mvuu Camp, they began planning the construction of a school in this area. Now run by H.E.L.P Malawi (headed by Jillian Wolstein), Nanthomba serves to provide education, health facilities and alike to members of the local community. Guests can visit the school by boat or by bike and learn more about the various projects that H.E.L.P Malawi is running in the area.

Mvuu Camp: Sit in on a CITW follow up session

The Children in the Wilderness programme is dedicated to helping children whose childhoods have been disrupted by life-threatening conditions such as illness, extreme poverty and the HIV/AIDS epidemic. Using environmental education, therapeutic recreation and good old-fashioned fun, CITW creates an awareness of interpersonal skills and an increased involvement in the environment whilst fostering the children's creative spirit.

CITW camps are run at Mvuu Camp on an annual basis, with 24 children participating in each one. To keep track of these children's progress, follow up sessions are conducted throughout the year, liaise with our team to find out if your stay coincides with a follow up.

Chintheche Inn: Visit Bandawe Mission and the surrounding community

It was after the death of David Livingstone in 1873, that the support for missions in East Africa was rekindled. Dr Robert Laws had taken over the running of the Livingstonia mission in 1878 after the departure of Lt Young and he was to remain in charge for over 50 years. The mission station was moved to Bandawe and set up on a beautiful site overlooking the lake.

The soil was good, there were forests for timber and there was a good supply of water. The mission gradually developed into a small town with a church, hospital, post office and workshops. The school offered facilities which encouraged pupils from as far afield as Zambia and Tanzania.

Higher education began in 1895 and consisted of teacher and ministerial preparation classes and the Christian College produced graduates who were to become influential in many African countries. We encourage guests to do a walking tour of the area and get to know the people living nearby better.



Chintheche Inn: Fishing village walks and local village walk

The area around the Inn has many small villages-usually inland from the lake; they consist of small collections of mud huts whose inhabitants make a living from the area's fertile soil. A tour of these villages with one of our local guides to see how people live and survive in rural Africa shows an aspect of Malawi glossed over by most tourist itineraries. Having a guide from the area ensures that these tours are enlightening without being intrusive. You can also enjoy a visit to the local African healer and partake in a traditional Malawian meal or snack with the Phiri family.

Chintheche Inn: Tree nursery community talks and educational visits with Master Banda

The Chintheche Inn tree nursery project is run by Master Banda who earlier this year won the prestigious 4C's award from the Wilderness group for his exceptional efforts to combat deforestation in the area. The nursery houses up to 25,000 seedlings which this year alone were distributed across 52 local groups in the community. Master has been trying to create woodlots in communities for use as income generating fruits trees and fast growing tree species for firewood and building material use. Guests can join Master on an educational visit to one of the schools or villages and help him spread a positive message of conservation in the area.

Chelinda Camp: Community walks

A small community is located approximately 10 minutes walking distance from Chelinda Camp, visiting the local school and public areas will provide a good contrast to rural life in Malawi's lakeshore regions. Here you can see how the villagers have adapted to life in the cooler highlands of Nyika.

THE IDEAL CULTURAL STOPOVER FROM MVUU TO CHINTHECHE INN

Mua Mission (Central Malawi)

Mua Mission is found just off the the main lakeshore road, the M5. The mission is famous for the quality of the wood carvings produced (and sold) there. The standards are superb and the prices very reasonable. This is the site of the KuNgoni Centre of Culture & Art, established in 1976 by a Canadian missionary Fr. Claude Boucher Chisale. Fr. Boucher has dedicated his life to researching, recording and preserving Malawian culture. The Centre has grown from an art co-operative to a vibrant cultural centre. It provides insights into the history and culture of Malawi through the Chamare Museum, the Carving Centre and the new Research Centre/Library. The museum describes the three main ethnic groups in Malawi: Chewa, Ngoni and Yao cultures, their rites of passage, their interaction with one another and their encounter with Islam and Christianity. At the mission, one can also find a unique display of *Gule Wamkulu* masks, texts and images, for those who would like to experience it, a traditional dance can be arranged but is subject to availability.

For more information, kindly contact us:

Lilongwe: T (00 265) 1 771 153/393 E M1@cawsmw.com

