

EXPERIENCE YOUR GIFT IN ACTION

High donor trip to Idweli, Tanzania (East Africa)



THE PROJECT

The Lundy Foundation, in collaboration with Africa Bridge and Godfrey's Children, has undertaken construction and operation of the Idweli Children's Center in Idweli, Tanzania, a rural East African village whose population has been decimated by AIDS. The Center will provide a temporary shelter for children orphaned by AIDS until adoptive families are found, as well as food, health care, education and nurturing for the village's vulnerable children. The Lundy Foundation is also raising funds to ensure the facility's long-term sustainability.

Profile of Idweli, Tanzania

Total Population	1,231
Adults	796
Children	435
Orphans	150
Primary Source of Income	subsistence agriculture
Major Crops	maize, potatoes and beans
Average Daily Income	70¢
Biggest Problem	AIDS orphans

THE OPPORTUNITY

The Lundy Foundation is providing donors who have contributed \$15,000 or more to the project an opportunity to experience both philanthropy in action and unparalleled adventure. The Foundation has arranged for a two-week guided tour of Tanzania, East Africa, for those contributors deeply committed to the children and citizens of Idweli. The trip, led by the Lundy Foundation's president, Victor Dukay, in conjunction with Tanzanian project staff, entails a visit to the village of Idweli where donors will experience African culture, meet with representatives of the United State Embassy and visit the Idweli Children's Center. Optional excursions include a world-class eco-safari at Ngorongoro Crater Lodge, a tour of Mt. Kilimanjaro and an exploration of the Seychelles Islands. Each trip, including travel dates, will be tailored to suit the needs of individual donors. The Lundy Foundation will handle all travel arrangements including air and hotel reservations, ground transportation, optional tours, meals and translation services. Donors are responsible for their own travel expenses.

TRAVEL TO/ FROM TANZANIA

Air Travel

British Airways, a major sponsor of the Idweli Children's Center project, is providing discounted roundtrip airfares (25%-60% discount depending on class of travel) from Denver to Dar es Salaam, Tanzania, with one-stop service through London's Heathrow Airport. Roundtrip costs (per person) from Denver are as follows:

\$1,850 world traveler plus

\$3,500 business class

\$4,500 first class

Flight time from Denver to Dar es Salaam is 20 hours, with an 8-hour layover in London. Return flight time from Dar es Salaam to Denver is 21 hours, with a 20-hour layover in London. A longer stay can be arranged in London if desired. British Airways offers only coach and business class service between Denver and London. Therefore, donors wanting to fly first class must pay an additional fare to be routed through Los Angeles, Chicago or Detroit. Once tickets are issued, a \$150 change fee or a 15% cancellation penalty will apply. Travelers are allowed to check two pieces of luggage weighing a maximum of 70 pounds per bag.

Hotel Accommodations

Time of arrival at Heathrow Airport is 7:00 a.m., local time. The Dar es Salaam flight leaves at 6:00 p.m. The Lundy Foundation will book a dayroom at the Holiday Inn Aerial-Heathrow Airport for travelers who wish to nap, shower and relax before starting the 11-hour journey to Dar es Salaam. The cost of the day room is \$105.00 (tax included).

The return flight to Denver entails a one-night layover in London. The Holiday Inn Aerial-Heathrow Airport is available for \$135.00 per night, tax included. Travelers also have the option of staying in the heart of London where hotel rates vary from \$150-\$350 per night.

TRAVEL IN TANZANIA

The flight from London arrives in Dar es Salaam at 7:00 a.m. (Tanzanian time), which is ten hours ahead of U.S. Mountain Standard Time. We suggest that travelers spend a minimum of two days in Dar es Salaam to acclimate to the time change and to begin the process of immersion into a new culture.

Dar es Salaam Accommodations

The newly built Holiday Inn–Dar es Salaam has offered the Lundy Foundation a nonprofit rate of \$105.00 per night, including tax and a full breakfast buffet. Located next to the Botanic Gardens and featuring a small swimming pool and business center, the hotel provides a safe, comfortable environment in preparation for the road trip to Idweli.

Dar es Salaam–Idweli

Scandinavian Express provides public transportation on a modern tour bus for the 12-hour trip between Dar es Salaam and Idweli. The cost is \$40.00 per person roundtrip. The journey on rural roads includes passage through a scenic wildlife preserve. The bus departs Dar es Salaam at 7:15 a.m. and arrives in the town of Mbeya, near Idweli, at 7:15 p.m. Return travel commences from Mbeya at 7:15 a.m. with arrival 12 hours later.

Idweli Accommodations

Travelers will stay in the Utengule Country Hotel, a small deluxe Bed & Breakfast located 50 minutes from the village of Idweli on one of Tanzania's largest working coffee plantations. The charming Utengule has become the Lundy Foundation's "home away from home." Room rates vary from \$50-\$75 per night, including taxes and a full breakfast. Gourmet dinners are available for \$8-\$10 per person.

Visiting Idweli

Upon mid-morning arrival in Idweli, travelers will be met by the Idweli Executive Council and Village Chief. This group will provide a guided tour of the entire village including a visit to the Idweli Children's Center where lunch will be served. Travelers will have time to visit with the children and elders who live at the Center. The villagers will share their culture through tribal African dance and art. Travelers will have the opportunity to spend an extra day or two in the village, or tour the nearby countryside.

OPTIONAL EXCURSIONS

Ngorongoro Crater Lodge

Perched in a high, clouded forest on the 7,000 ft. rim of mystical Ngorongoro Crater, this fanciful lodge features thirty thatched-roof bungalow suites with hand-carved beds, Persian carpets, open showers and deep soaking tubs. Room rates vary from \$400-\$550 per person per night depending on the season, and include a guided safari. Travelers from Dar es Salaam will fly to the Manyara Airstrip via regularly scheduled commuter flights. Ground transportation from the airstrip to the Lodge will be provided via Land Rover. The total cost for transportation is \$700 per person roundtrip.

Mt. Kilimanjaro

At 19,344 feet, Mt. Kilimanjaro is the highest peak on the African continent and one of Tanzania's most magnificent sights. From its base in cultivated farm lands, the mountain rises through lush rain forests and alpine meadows, across an ice-capped barren lunar landscape, and culminates with breathtaking views from the peak. The mountain can be climbed throughout the year. However, Christmas and New Year's are usually booked well in advance, and April, May and November are rainy seasons, which leaves late winter, summer and early fall as the best months to climb. Unique Safaris offers 1-8 day treks to Mt. Kilimanjaro for \$150 to \$1,000 per person, depending on length of stay. Accommodations at the Impala Hotel, located at the base of the mountain, cost \$125 per night for double occupancy.

Seychelles Islands

The legendary Seychelles, a group of 115 diverse and tranquil islands off the east coast of Tanzania in the exotic Indian Ocean, offer immaculate, powder-soft white sand beaches with few people, a glorious tropical climate, warm turquoise water, a kaleidoscopic array of untouched forests, bird sanctuaries, exotic hideaways, virgin fishing grounds and spectacular diving. A variety of five-star hotels offer deluxe accommodations ranging from \$100 to \$500 per night, depending on the season.

TRAVEL TIPS

Visas

All United States citizens are required to obtain a visa to enter Tanzania. We advise that travelers obtain a visa from the Tanzania Embassy in Washington D.C. in advance of the trip (www.tanzaniaembassy-us.org/visa.html). Single and/or multiple entry visas are available. A multiple entry visa is required for individuals traveling roundtrip from Tanzania to the Seychelles Islands. Visa fees range from \$50-\$75. We recommend that travelers apply for a visa at least three weeks prior to departure from the U.S.

Health

Malaria is common in Tanzania. Visitors are strongly advised to purchase anti-malaria medication prior to departing the U.S. Travelers must carry verification of immunization against yellow fever. The Centers for Disease Control Web site has detailed information regarding recommendations for travel to Tanzania (www.cdc.gov/travel/eafrica.htm). The CDC recommends that you visit your doctor at least 4-6 weeks before departure to allow time for the vaccinations to take effect. We also recommend that you bring anti-diarrhea medication, insect repellent and antibiotics. Limited health services are available throughout the country. Please be aware that HIV/AIDS is prevalent in Tanzania. Educating yourself about preventative measures prior to departure is recommended. If you choose the Mt. Kilimanjaro excursion, please check with your doctor about any medical conditions that may affect your comfort or safety at this altitude.

Travel Insurance

Travelers should request a written statement from their health insurance company clearly outlining what medical coverage will be provided to them while traveling in Africa, and identifying specific procedures that must be followed in order to be reimbursed for medical expenses. We recommend that travelers purchase a short-term medical emergency evacuation policy from MedJet (phone 800.963.3538). The cost for a policy varies from \$85 to \$150, depending on the type of policy purchased.

Safety

Tanzania tends to be the most peaceful country in East Africa, with a stable democracy, and often serves as a moderator in regional conflicts. For more information regarding specific safety issues in Tanzania, please consult the U.S. Department of State, Bureau of Consular Affairs, Consular Information Sheet: <http://travel.state.gov/tanzania.html>.

Money

Local currency is the Tanzanian Shilling (TSH). Visitors may bring any amount of foreign currency into the country. No declaration is required. The exchange rate as of May 1st, 2005, is \$1 USD = 1100 TSH. To receive the most favorable exchange rate while in the country, we suggest that you carry \$50 and \$100 bills. Traveler's checks are difficult to exchange. With the exception of Dar es Salaam, credit cards are not widely accepted.

Communications

Telephone, fax, telegram, postal and Internet services are available throughout Tanzania, although quality of service is inconsistent. Direct dialing is generally available at the Holiday Inn-Dar es Salaam, but is expensive at \$6.00 per minute. In rural areas, international calling is typically handled through cellular service at \$3.50 per minute. The country code for Tanzania is 255. Email is accessible at Internet cafes for \$2.50 per hour. Tanzania is ten hours ahead of U.S. Mountain Standard Time.

People, Culture and Language

Tanzania is comprised of some 100 tribal groups, primarily of Bantu origin. None of these groups equals more than 10 percent of the population, which possibly contributes to the tranquility of the country in comparison to some regions on the continent. Swahili is the primary language in Tanzania. English is widely understood in urban centers.

Climate

The coastal areas, including Dar es Salaam, are hot and humid. Average daily temperature hovers above 85 degrees Fahrenheit. At 6,000 feet, Idweli's elevation keeps village temperatures at 55-60 degrees Fahrenheit, with relatively high humidity and plenty of rain.

What to Wear

Due to variations in temperature and humidity, we recommend that travelers pack clothing for both warm and cool weather, including rain gear, a sweater and/or light jacket. Pants and long-sleeved shirts are suitable for Idweli, while short sleeve shirts and shorts are appropriate in Dar es Salaam. We advise you to travel light. Safari and air charters generally have baggage limits of 22-33 lbs. Hiking Mt. Kilimanjaro requires clothing and footwear appropriate for hiking. Details will be provided upon booking. On safari, brightly colored clothing may get you in trouble with wild animals. We suggest that you pack brown, beige and khaki clothing. Swimwear is perfectly acceptable at Tanzanian beaches and on hotel premises. Public nudity, however, is unacceptable anywhere in the country.

Extras to Bring

Filling one of your travel bags with used clothing for the adults and children of Idweli would be very much appreciated. Sweaters, sweatshirts and rain gear are necessities.

All prices and times quoted in this document are approximate and subject to change. British Airways discounted fares are valid through April, 2006.

LUNDY FOUNDATION

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