



TREK MALAWI

JULY 11 - JULY 21, 2019



DISCOVER
Adventure

URBAN PROMISE
INTERNATIONAL

FOR MORE INFO, CONTACT NADIA VANDERKUIP AT
NVANDERKUIP@URBANPROMISEINTERNATIONAL.ORG OR BY PHONE; 856-382-1861



your next big adventure!

Imagine combining your love for adventure, your interest in culture, your passion for people, and your heart to make the world a better place into one trip of a lifetime!

On July 11, 2019, UrbanPromise International will launch our second annual ten-day transformational travel opportunity called "Trek Malawi". Our unique group of dedicated adventurers will cycle 500 kilometers, hike the Zomba Plateau, visit UrbanPromise ministry sites, and raise \$30,000 so that kids in Malawi can attend summer camp!

Facilitated by UrbanPromise Founder and President, Bruce Main and UPI's Director of the Fellowship, Nadia VanderKuip, daily group conversations and lectures will provide unique opportunities for reflection on issues such as poverty, philanthropy, social transformation, and personal calling.

For the past 10 years, UrbanPromise International has trained emerging Malawian leaders to build youth-serving organizations throughout Malawi. The results have been incredible. Seven non-profit organizations have been created--high schools, orphanages, girls' empowerment programs, summer camps, job training, feeding programs, and sustainable agriculture!

Trek Malawi will give you the chance to see this important work, get to know amazing entrepreneurial leaders, and explore opportunities for personal engagement.

Opportunities like Trek Malawi are rare. Give yourself the gift of this truly unique adventure--and make a difference for thousands of Malawian children.

ABOUT MALAWI

A small country located in southeast Africa, Malawi is about the size of Pennsylvania and is full of rolling hills, fields of fresh produce, and one of the largest lakes in the world. Nicknamed "the warm heart of Africa", Malawians are famous for their welcoming nature and generous hospitality. It's also among the world's most densely populated and least developed countries, with a population of 16 million people.

Most Malawian meals include nsima, a dough made from ground corn that is served with meat and vegetables. Fish is also common, along with beans and potatoes.

Soccer is very popular with both children and adults, and is played in most villages. Resources are limited, so children often use alternative materials, transforming plastic bags into soccer balls.

In Malawi, housing ranges from thatched huts to large multi-roomed houses. However, with 80% of the population living in rural areas, most families don't have electricity or running water. In many villages, homes are made of brick with mud floors and grass or metal roofs.

Malawi is also home to a variety of animals, ranging from herds of elephants and zebras to warthogs, rhinos, crocodiles, and monkeys. Buffalo roam free as do hyenas and leopards.

Most people in Malawi speak Chichewa, a Bantu language spoken in several African countries.

Key phrases include:

Bobo	Hi (to children)
Zikuyenda	What's up?
Pepani	I'm sorry
Muli bwanji?	How are you?
Zikomo!	Thank you!



UPI IN MALAWI

Currently there are 7 ministries in Malawi, two offering entrepreneurial training and six of which offer after-school programs, summer camps, orphan care, high school education, and girls' empowerment programs. These sites were birthed through a partnership with African Bible College and UPI's fellowship program.



YOUTHCARE

YouthCare was birthed to reach orphaned children living in the outskirts of Lilongwe. Over the years, the program has grown to include Safe Haven orphanages, after-school programs, and youth empowerment clubs. YouthCare also opened a high school in 2016 and a community health clinic in 2018.



MERCYCARE

Mercy Care Malawi is based in Kanengo, a densely populated village with slum-like conditions due to the influx of families seeking employment in the nearby capital. It currently has a high school, a library, a science lab, a job training program, and after-school camps!



RISEMALAWI

RiseMalawi is based in the Dowa region of Malawi and is the only youth-serving agency in the area. Rise's programs include job training, an after-school program, feeding program, summer camps, girls empowerment, and Youth Dream Center (for high school graduates to learn entrepreneurship skills through animal and crop farming)



RAYS OF HOPE

Rays of Hope located in southern Malawi, near Blantyre. The staff are currently running two after-school programs and are in the midst of building a technical high school with a focus on entrepreneurial and vocational skills training.



CORNERSTONE

Cornerstone our fifth ministry in Malawi is growing fast! Based in Salima, near Lake Malawi, Cornerstone has a thriving after-school program, feeding program, youth empowerment program and high school.



SEEDS OF PROMISE

Seeds of Promise is our sustainable farm and entrepreneurial training ministry. Seeds is dedicated to providing food security for our ministries and training youth with job skills to start small businesses. The ministry also offers micro loans to graduates of the youth program.



VOICES AWAKE

In 2018, Voices Awake began their Safe Haven and entrepreneurial and life skill training for under served young women. Partnering with Cornerstone Ministries, the girls receive educational help and job training all through a holistic trauma informed approach.



THE ITINERARY

Day 1 (Thursday, July 11): We're off! We'll depart from Washington, DC. or JFK, NYC and fly into Lilongwe, Malawi.

Day 2 (Friday, July 12): We'll arrive in Lilongwe for bike fitting, trip briefing and a welcome meal.

Day 3 (Saturday, July 13): UPI will curate a day of visiting our sites in the Lilongwe area and host a dinner with some of our staff.

Day 4 (Sunday, July 14): After breakfast, we leave early and drive to Dowa and visit RiseMalawi. Then cycle down to Salima to stay overnight at Kuti, s a stunning 2000 hectare reserve that features abundant wildlife, located just outside the town of Salima. **(30-50 km ride depending on light)**

Day 5 (Monday, July 15): After a hearty breakfast and visit to Cornerstone ministries, we cycle down the lakeshore to Cape Maclear, stop for lunch en-route and drive last few Kilometres to the lodges. **(60-70 km ride)**

Day 6 (Tuesday, July 16): We will ride south along the river to Mangochi. Our ride will take us through a beautiful baobab forest with lake views. We will end at the Shire River, between Lake Malawi and Lake Malcombe. **(66km ride)**

Day 7 (Wednesday, July 17): This morning we start with a drive to Liwonde National Park and the challenging ride up to Zomba Plateau. The views from the top will make this day worth it! **(70-80km ride)**

Day 8 (Thursday, July 18): This will be a very scenic and relaxing day of cycling and trekking around the Zomba Plateau. **(15-30 km)**

Day 9 (Friday, July 19): It's our final day of riding! We'll head part of the way up Mount Mulanje to the natural pools near the tea estates. After taking a dip and eating lunch, we'll roam the tea estates and enjoy our celebration meal. **(100 km)**

Day 10 (Saturday, July 20): We'll visit Rays of Hope, UPI affiliate, in the morning to spend time with the kids and meet the staff. In the afternoon, we'll fly out of Blantyre.

Day 11 (July 21): We'll arrive back in Washington, D.C. or JFK, NYC!



FINANCIAL INFO

The cost:

The total cost of the trip is \$5,999

Price breakdown:

Airfare: \$1,900

In-country trip support (bikes, medical/repair, etc): \$1,300

Meals, transportation, and accommodations: \$1,500

Minimum Fundraising goal: \$1,299

In addition to the trip costs, we ask that each participant commit to a personal fundraising goal to help UPI underwrite the costs of our summer camps in Malawi.

With \$30,000 we can provide dynamic and enriching experiences for thousands of kids in Malawi and Uganda!

Once you register for the event, we will send you a packet filled with information on how to train for the ride and how to be successful with your fundraising. Once you set your mind to it, it's amazing what you can achieve--physically and as a fundraiser!

What's included:

- Accommodation on twin-share basis in guesthouses
- All meals except three (while in transit)
- Bikes (21-speed mountain bikes)
- National Park entry fees
- Full trip support with experienced Discover Adventure leaders, mechanics, and a doctor
- Local support and vehicles

How do I sign up?

If you're ready to register, let us know! We'll get you set up with all the information you need. Contact Nadia VanderKuip at 856-382-1858 or by email at nvanderkuip@urbanpromiseinternational.org



GOT QUESTIONS?

Here are some of the most common questions participants have about the trip and their time in Malawi.

What is the average age of cycling participants?

This is our second time hosting Trek Malawi-last year's participants ranged in age from 18-65! Our partner, Discover Adventure, has run these kinds of trips all over the world and have also had people of all ages take part. You must be 16 and if you're over 65, you'll need to provide medical approval from your doctor.

300 miles seems like A LOT! Am I fit enough?

You don't have to be super fit to take part, as the pace will be suited to those of average fitness. However, we strongly recommend that you undertake training that includes cycling/trekking regularly on different terrain on consecutive days with some long distances in the weeks leading up to departure.

What will the weather be like?

The days in Malawi can be hot and humid but cooler in the evenings. In late July-early August, the climate is more moderate with temperatures in the 65-80 range.

What will the roads be like?

The terrain will be a mix of good tarmac and dirt paths. Minor roads will be incorporated as much as possible to avoid traffic.

What kind of support will there be on the ride?

There will be full medical and mechanical support and English-speaking guides. There will also be support vehicles for participants to ride in if they're unable to continue the route.

Do I need insurance?

Everyone is required to purchase a travel insurance policy that covers theft, loss, and medical care. Please make sure that your insurance covers activities like cycling as part of a sponsored group and that there's a provision for emergency flights home.

What will a typical day look like?

6:30 a.m. Wake up
7:00 a.m. Breakfast with the team and warm up
8:00 a.m. Head out (with stops every 15 miles for water/snacks and to re-group)
12:00 p.m. Lunch break
4:00 p.m. Arrive at overnight location
6:00 p.m. Dinner and debrief together
7:00 p.m. Evening reflections and guest speakers
8:00 p.m. Briefing for the next day's trek

\$5,999 is a lot of money. How will I be able to raise that amount?

There are many different ways to raise money--you can ask friends and family, organize an event, or invite local businesses to support your trip. Don't forget that we're here to help! If you're not sure about how to start or have questions, call Nadia at 856-577-1792 or email at nvanderkuip@urbanpromiseinternational.org