

The Itinerary

Enclosed with this Tour Information Pack is an up to date, detailed copy of your itinerary. This shows a day-by-day plan of the activities, accommodation and meal plans, providing a guideline of how the trip is expected to work in country. However, as with any type of overseas trip, local circumstances and conditions may result in minor and sometimes major adjustments having to be made. Therefore, please do not treat this as a guarantee of how the daily itinerary will actually function. Of course, it is our intention that the itinerary runs as planned, but it is impossible to predict what may or may not occur during your trip.

An organised and responsible approach can often help avoid many of the problems that could potentially disrupt your trip (e.g. lost documentation or inadequate fitness training before departure), so be sure that your personal administration is kept in order during your trip. It is up to each individual to ensure that you have the correct documentation prior to departure and for the team to work as a unit throughout.

What you can expect...

Flights

Your expedition will use the scheduled flight services of Royal Air Maroc, who will fly you from London Heathrow to Marrakech, via Casablanca. The timings of your flights are detailed in your itinerary (please note that all flight times are subject to change at the carriers discretion) and we kindly ask that the entire team arrives at the airport three hours before your scheduled departure in order to check-in as a group and have seats allocated as one block.

For parents and school information, you may find it useful to check on the departure and arrival progress of the group's flights. This is very easy to do online via the London Heathrow website, where they have a live update of flight arrivals and departures.

Visit www.londonheathrow.com and click on the yellow "Flight Information" button at the top of the page. You will then be able to access the Live Flight Arrivals and Live Flight Departures information by clicking either button on the left hand side of the page.

PLEASE NOTE: You will need to have some Euro's or Dirhams handy, if you wish to purchase any refreshments at Casablanca Airport. (see "Money" section below)

In flight meals and food allergies.

As Airlines do not have any control over the kitchens of the catering companies who provide in flight meals, Royal Air Maroc cannot guarantee that specific food allergies can be catered for. Therefore, please note that if you have a severe food allergy, especially a nut allergy, we highly recommend that you provide your own packed meal and snacks for your outbound and return flights.

Baggage

You will receive a 70Litre Schools Worldwide expedition kit bag at least two weeks before your departure. These will be sent to your school and have been designed to carry all your own equipment and kit, as suggested on your kit list (see TIP2). Even if you wish to take a rucksack, you should still be able to fit everything inside your kitbag, particularly when travelling by road or air (airlines, especially, do not like to take rucksacks which have loose straps!).

Pack your own bag before departure – do not rely upon someone else doing this for you! It is essential that YOU know what you have packed in your bag, you know where it is in your bag and you know you have everything that you need. For security reasons, the airline will also ask if you have packed your bag. The answer you should give is "YES"!



Baggage (cont'd)

Please make sure that your baggage is clearly marked with your name, inside as well as outside, in case the labels get detached while in transit. We recommend you pack your clothes in sturdy plastic waterproof bags to ensure they stand the best chance of remaining dry, if you experience any bad weather.

If using mules during your trek or having your baggage transferred by vehicle each day, we suggest that you take a simple day pack with you each day, containing food, water and other daily items (suncream, waterproof etc), thereby allowing the remainder of your kit to be transferred to the end of your days trek.

We have already supplied you with a suggested kit and equipment list, which we ask you to refer to when packing your bag. Please try and stick to this, you do not need to take your whole wardrobe! Your entire trek luggage (including your sleeping bag) should be packed into one kitbag only.

Your baggage allowance on flights with Royal Air Maroc is 23kg per person.

Airline Baggage Security

New rules on what is allowed in your hand baggage are now in effect. If you pack liquids and gels in loose containers in your hand baggage, they will be confiscated at the security check.

These are the rules for liquids in your hand baggage:

1. You can only bring liquids and gels onboard in containers of no more than 100ml each
 2. These containers can only be carried in one transparent re-sealable 1L plastic bag
- X** Do not ever carry any illegal goods from or into the UK.
- **Any personal Medication can and should be carried in your hand luggage. If this is in liquid form, you should also carry a Doctors Letter as an explanation.**

Accommodation

In Marrakech we use a local hotel with a central setting, close to the souk and Main Square. Accommodation in the hotel is on a shared basis with en suite facilities, with breakfast and dinner served in the main restaurant on the ground floor or the roof terrace (weather depending!).

All other accommodation such as "Gite's", "Refuges" and "Chalets" are all of varying standard and will very much depend on their location. In general, Gites are very basic while Refuges are not quite as simple, but offer multi person dormitory accommodation. Chalets are more homely and offer smaller sharing rooms, but still have shared bathroom facilities.

While trekking, you will sleep in 2/3 person tents whenever camping, these will be provided in country, and carried by the mules. It is likely that your muleteers will establish camp ready for your arrival each day, though you may have to assist them on occasions.

Downtime / optional activities

Your itinerary has been provided as a package that includes certain main elements that we have automatically included in the cost of the trip. However, due to the nature of these ventures a certain period of "downtime" has been allocated, either allowing you the opportunity for personal exploration (in cities or towns), or the option to undertake additional activities that fall outside the itinerary we have provided.

During such periods of downtime, you will be expected to maintain your responsible behaviour in a manner that upholds our code of conduct and, if undertaking any optional activity that we have not included as part of the itinerary, abide by the rules and guidance provided by any third party operator.

Periods of downtime during your trip are indicated below:

Day	Location	Optional activity	Cost	Parental Consent Req'd?
11	Marrakech	Shopping & Sight Seeing	N/A	No

Food & Drink

Unfamiliar food can be unsettling, but do try to eat as much as you can, even if you think you won't like it – you may be pleasantly surprised. We recommend that you prepare for your trip by learning about what types of food are eaten in Morocco before you go and try to work out what you may like before you arrive.

Moroccan food is excellent. First class fresh produce with the subtle addition of herbs and spices is used to produce innumerable tagines (stews), meschoui (roast lamb), couscous and pastilla (pigeon pie) both in mountain villages and cities (where there is plenty of European food available too)

In the mountains large quantities of fresh fruit and vegetables are used, supplemented by imported tinned and dried meat, cereals, jams and spreads, and desserts.

Sterilising tablets or iodine solution are always useful as an insurance policy for use in water in cities and on trek. Bottled mineral water is readily available in the cities and towns, but will not be available in the mountains all the time. Soft fizzy drinks however seem to appear in the most unlikely of places.

Vegetarians will usually find that there is generally little difficulty as long as they are prepared to be reasonably flexible. However they may have to make polite, subtle excuses if they are guests in a village house as it is rude to refuse food that is offered, but it is usually quite easy to 'pretend' to eat with the group.

While on your trek, your local support staff will be helping to prepare your group meals. You will be encouraged to get involved with the preparations of the evening meal. It is hard work cooking for a group of hungry trekkers, so please make the effort to help out around camp as much as possible.

Please let us know immediately, if you have not already told us about any specific dietary requirements or food allergies, that you may have. Please note that your airline and our in-country agent will not be able to cater for any specific requests on the day.

Tipping

There is no compulsory tipping on any of our trips. However tipping in cafe's and restaurants is usual in Morocco, and at the end of meals you should expect to throw in about 10% to provide a tip for the waiter.

Our Berber staff and muleteers have come to 'expect' a tip at the end of the trek. It should be remembered, however, that over-generosity can lead to jealousies in poor countries. Please remember that all tips should be a way for individuals to thank staff for good service. As a guideline, each team member should allow £2 per day as tips for the trekking team.

Language

The local language in Morocco is Moroccan Arabic, though many of the people you will come into contact with during your trip will speak a little French, we recommend that you take the time to learn a few of the basics, to help you get around and interact with locals independently.

<u>English Phrase</u>	<u>French Phrase</u>	<u>Moroccan Arabic phrase (pronunciation)</u>
Yes please	Oui, s'il vous plait	Wocha
No thanks	No, merci	La
Thank-you	Merci	Shokran
Hello	Bonjour	Labass
Goodbye	Au revoir	Slemma
Do you speak English	Parlez-vous l'anglais	Nikki Wallu Inglisie
I don't speak French	Je ne parle pas le français	Mackensch taraft
I don't understand	Je ne comprends pas	Och sint
I'm lost	Je suis perdu	
Can you help me	Me peux vous aider?	
Where is a telephone	Où est un telephone	Feen telephone
Where is the police station	Où est le commissariat	Feen police

Responsibilities and behaviour

While in Morocco, you will be bound by the laws of the country and should you be found taking part in any illegal activity, you should be aware that neither your family, school, Schools Worldwide or even the British Embassy can offer assistance that goes beyond these laws.

Please be sensitive to the daily lives of local people at all stages of your itinerary and ensure that your behaviour does not cause offence in any way to those around you. Give consideration to the noise levels, language and attitude you adopt at all times, but especially in public areas and remember that you are not only travelling as representatives of your school and country, but also of our company.

The adult members of your group, especially your Leader, are in a position of extreme responsibility and will always act and make decisions with your safety and well being in mind. Please listen and act on the advice they provide in any given situation throughout your journey.

In short, we expect all team members to have respect and consideration for the feelings and beliefs of other people, including each other and behave in a safe and mature manner at all stages of the trip.

Laws of the country – Morocco

Morocco's laws reflect the fact that it is a Muslim country. You must be particularly sensitive to local customs, especially during the holy month of Ramadan or if you visit any religious building or area.

Alcohol	Morocco has strict laws that govern the sale of alcohol. It is illegal for anyone under the age of 16 to purchase alcohol, it is illegal for it to be sold in shops after 7pm and for it to be displayed in plain view. In Islam the consumption of alcohol is forbidden and as such it is only ever served discretely and indoors – drinking in the street is strictly forbidden. Drinking alcohol in view of a mosque or other religious building is considered sinful.
Cannabis	All drugs are illegal in Morocco. The authorities treat possession of any drug, however small the amount, and all other drug related offences with severity. The penalties include heavy fines and up to 10 years' imprisonment with no reduction for good behaviour.
Class A Drugs	As stated above, all drugs are illegal in Morocco. A conviction for possession or dealing of class A drugs will result in a long prison sentence.
Theft	Moroccan authorities are very strict and condemn all acts of theft. Any theft by a foreigner will lead to expulsion from the country.

Clothing

When visiting Morocco you should dress in a way that is appropriate to its culture and beliefs, as well as the climate. It is important that you do not dress in a revealing or inappropriate manner which could draw unnecessary attention to yourself and the group, this is particularly important for female members of the group (even when swimming, please wear a one piece swimming costume as opposed to a bikini).

As a general rule ALL group members should avoid wearing vests and sleeveless T-shirts and all shorts/skirts should be knee length or longer. In addition, military styled clothing or luggage, T-shirts with political or offensive slogans and football tops should not be worn.

Particular consideration should be given to the clothes you wear when visiting places of worship and you must observe any guidance or rules stipulated by a local guide (also usually shown when entering).

Whilst on trek you must not worry about how you look! Comfort and protection against bad weather and the sun are of prime importance. Because trekking weather is so very variable, we recommend a number of thin layers against the cold rather than a few thick ones for all clothing queries, please refer to TIP2, which contains a full Kit List for your trip.



Photography

Please be considerate when using your camera and ask before photographing any of the local adults or children. Although most people will be more than happy to have their photograph taken, you may find that some refuse. Always respect people's wishes if they ask you not to take their photo; the religious belief that having your photograph taken steals your soul is one that is still shared by many cultures across the globe.

When visiting places of worship or other religious sites please remember to follow any directions with regard to flash photography or the use of cameras.

In more well visited areas it has become common for locals to dress themselves and their children in traditional clothing and ask tourists to pay to take their photograph. We do not advise this as being good practice, as there is the danger of further creating a begging culture.

Please consider that cameras are often seen as something of a status symbol. Do not make yourself a target of theft by having your camera on display when you are not using it!

Ecological considerations

We ask for your teams full consideration and co-operation concerning all ecological matters, especially in the disposal of rubbish. Please remove all packaging of any items before leaving the UK and ensure that during your trip all your rubbish is either burned, buried (if biodegradable) or carried to a suitable disposal point.

If you have any suggestions for improvements, please let our local staff know and also inform us at Schools Worldwide on your return. It is only with yours and the locals' co-operation that we can ensure our tours are as eco-friendly as possible.

Gifts and donations

Whether you are undertaking a project or embarking on a trek, there is little doubt that gifts are always well received by local communities. However, before departing for your trip, please consider the country you are going to and the use of the gifts that you would like to donate. You should also consider how you will carry your gifts, particularly those items which are bulky or weigh a lot (e.g books), and to whom you would specifically like your gifts to be of benefit (e.g children).

If you anticipate carrying a large amount of additional baggage as gifts, you must contact the airline prior to departure to ensure that you have an additional baggage allowance. Schools Worldwide cannot be responsible for arranging this on your behalf as your group are the named travellers. However, we will need to know how much extra baggage you will be taking, in case additional transport services are required in country, so please keep us informed.

When choosing your gifts, please carefully consider what you will need to carry. Taking anything that you can flat pack will be much easier to transport than large, heavy items; frisbees and balloons are easy to pack, weigh very little, are great fun and provide masses of entertainment. Similarly, foam footballs are easy to pack and better than inflatable ones, as they don't burst!

Importantly, if you wish to give pens, paper, or books, please consider whom you give them to. Providing the children with them directly is not necessarily as socially responsible as donating them to the head teacher or the head of the village for the benefit of the whole community. If you wish to donate such items, please ensure that you make a point of giving them to someone a) in a position of responsibility and b) in front of other locals so that you can be reassured that they will be used for the purposes you intend.

Finally, you should be very aware of how you are seen by locals and how they respond to you passing through their region. Though offering sweets and gifts throughout your journey can seem very generous and charitable, you should be aware of your responsibility to help prevent developing a begging culture, especially in rural communities.



Final preparations

Medical Declaration & Consent

You should have already completed the Medical Declaration, on your Application Form, which you received when joining the trip. It is essential that you inform your school of any medical issues that may have arisen since joining the trip. Failure to do so may not only jeopardise your safety and well being while overseas, but also your financial cover for insurance against medical treatment, evacuation or repatriation.

Please ensure that your Lead Teacher is aware of any personal medication that you will be supplying, whether it is regular medication, or medication that may be required in an emergency.

Medical Consent: Your parent / guardian must complete the Medical Consent Form at the back of this pack, for you to return to your Lead Teacher as soon as possible.

If you wish to speak to anybody in confidence, regarding any medical condition that you have not disclosed on your Application Form (for whatever reason), we please ask that you discuss this with your Lead Teacher in confidence, as soon as possible and before leaving the UK.

Personal Documentation

If you have not done so already, please give a photocopy of the ID page of your passport and any visa associated with this trip to your Lead Teacher immediately.

PLEASE ENSURE THAT YOUR PASSPORT IS VALID FOR 6 MONTHS AFTER YOUR RETURN TO THE UK, IF IT IS NOT, WE ADVISE THAT YOU APPLY FOR A NEWS PASSPORT IMMEDIATELY.

Vaccinations

We have already provided you with recommendations for the vaccinations you should receive before travelling to Morocco in Tour Information Pack No. 2.

These are our recommendations only and we strongly advise that you also refer to your own GP or local Health Clinic to receive professional advice and more information regarding each of our recommendations, plus any other, infectious diseases or illnesses that you may wish to guard yourself against.

Money and Currency

The Moroccan unit of currency is the Dirham (Dh). At the time of writing the exchange rate was £1 = 14Dh, however you may wish to establish a more up-to-date currency nearer to your departure date.

As no Moroccan currency may be imported or exported to or from Morocco, we suggest that when changing your money, ensure that you keep your receipt, which will enable you to exchange up to half the amount of Dirhams you have received back into foreign currency (i.e. sterling) when you leave the country.

Alternatively, for ease you may find it useful to use one of the many cash machines in Marrakech to extract your foreign currency. However, though slightly easier, it may provide to be marginally more expensive as many UK banks will charge you a fee for making the currency conversion.

The cost of the trip covers all associated overseas transport, accommodation and trekking costs, as well as most, if not all, of your meal expenses. Please refer to your itinerary for precise meal arrangements (meals included in the cost are indicated by a "B" for breakfast, "L" for lunch and "D" for dinner).

Therefore, aside from drinks, there will be little that you will need to purchase as part of your itinerary. However, you may wish to purchase souvenirs and gifts, so as a guideline for pocket money we recommend you should take no more than the equivalent of £50 - £750. This should be taken in pounds sterling or Euro's cash (take new notes), or as a combination with travellers cheques, if you prefer.

Contact and communication

It is not our policy to provide you with addresses and telephone numbers for every location that you will be staying at throughout your trip. Your Lead Teacher will receive a Final Joining Instructions document two weeks prior to departure, which will include a manual containing all necessary contact details for your trip.

Your group will carry a Satellite Phone for use in an emergency, which will also be turned on at a pre-determined time each day, thus allowing us to relay messages to the group from the UK.

Once abroad, if you need to get in touch with anyone at home with an urgent matter, you should speak with your Leader Teacher, who will help make arrangements for you with the help of your Leader and guide.

Any Family wishing to contact their children during the trip should a) contact the school who can contact our offices 24hrs a day, and we can relay the message to the group or b) contact our head offices at Walks Worldwide on 01524 242 000 during office hours and we can relay the message to the Group Leader.

Mobile Phones

Schools Worldwide strongly discourage the use of mobile phones on all of our trips and we kindly ask that you please leave these at home. You will be going to a foreign country to experience the breathtaking landscapes, isolation and culture. The use of a mobile phone will detract from your overall enjoyment and experience of the trip. In addition, coverage for mobile phones is very poor in the areas you will be visiting and it is also extremely expensive to phone and text to and from a mobile when abroad.

Code of Conduct

Drugs * **Don't.** You will be asked to leave the trip and will be repatriated back to the UK at your family's expense. You should also consider that while in Morocco, you will be bound by the laws of the country. Neither your family, your school, Schools Worldwide or even the British Embassy can offer assistance that goes beyond these laws. If you are found in possession of illegal drugs, you may be arrested and subjected to criminal proceedings.

Alcohol * Alcohol is prohibited in Destination Name. / The legal age for alcohol in Morocco is **. However, the final decision on drinking alcohol during your trip rests with your school policy and your Lead teacher should make clear what the rules will be. During this trip you should never drink alcohol to excess, never drink spirits and only ever drink alcohol if it is with a substantial meal.

Behaviour All group members should have respect and consideration for the feelings and beliefs of locals and of each other, and behave in a safe and mature manner at all stages of the trip.

Safety You are an integral part of our safety system and you should listen to the information and advice that is given to you by your Group Leader. The Leader has your safety in mind at all times, therefore always act on their orders and understand the need for their decisions.

* Any insurance claim that involves drug or alcohol misuse will not be upheld.

Travel Safe Plan

Water

There are several tips for drinking water while abroad, but the most obvious is that if you are at all unsure about drinking the local water, don't, just buy bottled water instead. While in restaurants or café's, we recommend that you avoid adding ice to your drinks, or drinking from straws.

Lost or separated

Your leader will run an "if lost " briefing, telling you what to do if you become lost. Remember – don't panic, stay calm and think where you are.

- Return to Accommodation.
- If you can't find your accommodation, go to next allocated meeting point.
- If you can't find your accommodation, telephone mobile phone of teacher.
- If you can't call your teachers phone, telephone group Satellite Telephone.
- If you cannot find your way to accommodation and cannot contact the leader or teacher by phone, find a local police representative to show you the way.
- If you cannot do the above, telephone Schools Worldwide Emergency No.

Urban safety

Staying safe in cities, towns and villages is very different from staying safe while on trek. You may have the opportunity to explore for yourself without supervision, so we ask you to please consider these fundamental guidelines.

- Have your Emergency Contact sticker with you.
- Always stay in groups of 3 – 4.
- Tell the leader or lead teacher where you are going and when you will be back.
- Ensure you are back on time.
- Don't "explore" back streets or alleys.
- Traffic will probably drive on the opposite side of the road.
- Always look both ways while crossing roads.

Valuable items

We do not recommend that you take significantly valuable items with you on this trip. They may draw unwanted attention to you from the locals, they may get broken or damaged, or they may get lost or stolen. However, if you do decide to take any item that has substantial value, we recommend that you consider registering it on www.immobilise.com, before you leave the UK.

Money & cash

When out and about in towns, keep any large amounts of money that you might carry safe and out of sight. Using a discreet money belt is a good system. We suggest that you carry smaller denominations and change in your pockets that you can access in markets or shops, without any "fuss". Never keep all your money in one place, spread it out (i.e, when in towns, leave some in your room, some in the hotel safe, some in your money belt, some in your pocket).

Documentation

Ensure you always know where your personal documents are at all times. Your passport, visa and any vaccination cards are extremely important and you should know where these items, are every day and keep them safe and secure

Personal Medication

You should have already completed the Medical Declaration, on your Application Form, which you received when joining the trip. Please ensure that your Lead Teacher is aware of any personal medical that you will be supplying, whether it is regular medication, or medication that may be required in an emergency.

Any personal Medication should be carried in your hand luggage during airline flights. If this is in liquid form, you should also carry a Doctors Letter as an explanation.



Your aims and objectives

Finally, don't forget why you're involved with this trip. Everyone is different and you will each have had your own motive for wanting to join this expedition, so take some time before you leave the UK to remember why you joined in the first place.

You may find that some of these reasons have already been achieved by your fitness training and any fundraising events. But, you may still have some reasons that remain un-resolved which can only be experienced in-country, so make sure you get out of this trip as much as you originally set out to.

Right from the launch, your aims for the trip have always been the same. Primarily they revolve around the group and its dynamics, and the success of how well you complete these aims wholly relies upon your preparation as a group here in the UK and how well you work together and support one another in-country.

The aims of your expedition are as follows

- ✓ To complete one main trek/phase. This should be achievable for the whole team whilst also containing an element of physical challenge.
- ✓ To observe and learn something about the environment, the customs and the culture of your destination.
- ✓ To compile an expedition journal of your experiences.
- ✓ To learn something new about yourself and others of which you may not have otherwise had the opportunity.

Group roles

The ethos of Schools Worldwide is "Education by Experience" and by this we want you to learn something new about yourself, about the country you visit and its culture, by experiencing a new approach to life and taking responsibility for certain parts of the journey.

We hope the trip will automatically become a journey of discovery for you. However we have listed some suggestions, for how you may become more actively involved with the day to day running of the trip.

- ✓ Waking up the group in the morning.
- ✓ Keeping morale high.
- ✓ Liaising with the trekking crew.
- ✓ Liaising with the projects hosts.
- ✓ Liaising with tour guides.
- ✓ Assisting with chores (cooking, cleaning etc).
- ✓ Running evening entertainment (quizzes, party tricks, games).
- ✓ Evening briefing for the following days itinerary.
- ✓ Environmental Awareness: A rotational role to ensure the environmental impact of the group is kept to a minimum. Litter sweeps are done after each stop and before leaving any camp.
- ✓ Journal Writer: Responsible for making a diary entry each day charting the progress and activities of the group and giving their opinion of the day.
- ✓ Photographer: In charge of taking images of the group, the environment and the trips progress.

The more you get involved with the logistics and day-to-day running of the trip, the more you will benefit from the experience the physical challenge, educational encounter and the cultural exchange.