

## How can you really make a difference? Join our 'Women4Women' Malawi trip in 2019

**Beth Chapman, Managing Director, Inspire Worldwide:**



"I spent a lot of my life thinking about how much I wanted to help, to 'make a difference' but I had no idea how. Over the last few years I have met more and more women who feel exactly the same. A huge amount of passion to do something, but just not sure how or where to start.

I was lucky enough to change my career and set up an organisation that works with small grassroots charities overseas, helping to provide funding and support for them by creating links with schools and organisations in the UK.

As part of that I have met some incredible charities and increasingly they kept asking for more support for the women in the communities where they work. We developed our women's focused programme to help support them by providing funding for women's projects and empowering, skill-sharing workshops."

### What is the trip all about?

Inspire's '**Women4Women**' Malawi trip is built around a combination of empowerment workshops and a sustainable, hands-on project where you live and work alongside women from local communities.

### How will you spend your time?

In the mornings, you will work together with local women on a specific **community project** that will help to empower the women in the host country. This will depend on the needs and requests of the partner community but is likely to be;

- Making fuel efficient rocket-stoves to halve cooking time enabling women to set-up a business or attend school.
- Supporting women to set-up smallscale income-generation schemes.
- Providing menstrual hygiene resources to improve educational attendance for girls.



In the afternoons, you will join women from the local community to take part in empowering **skill-sharing workshops**, sharing experiences and stories, taking part in open discussions about the barriers women face and communicating your hopes and aspirations with others!



The workshops will be facilitated by one of the amazing Inspire Team Leaders in conjunction with the fantastic Malawian charity staff – all female - to provide a safe environment to speak.

The aim of the trip is to exchange ideas across cultures, build self-esteem and confidence and discuss common issues that affect women across communities.

This is a unique opportunity to bond with women from a local community and realise the many similarities we have across the globe whilst developing your own confidence, leadership and perspective.

### Logistics and Support

You will be accompanied by a skilled and professional Inspire Leader who will be based with your team 24 hours a day and manage all aspects of health and safety whilst you are in Malawi. Accommodation will be relatively basic in the village with no running water or electricity. You will have the chance to learn from the local women how to collect water and cook Malawian style – as well as show them some traditional UK dishes as well!



### Itinerary

**(We plan for a trip to depart May & Sep 2019 but can also tailor-make trips for groups of women at different times of the year, if you have your own group)**

Malawi 'Women 4 Women' Itinerary				
Date	Day	Location	Activities	Accommodation
Fri	0	Depart UK	Depart London Heathrow - evening	Plane
Sat	1	Arrive Blantyre	Arrive. Transfer to Fisherman's Rest for Orientation.	Local guesthouse
Sun	2	Village	Travel to Joshua Villages, Project Welcome. Workshop: Introductions	Village - basic
Mon	3	Village	Community Project + Feeding Centre + Caregiver visit. Workshop: Confidence Building	Village - basic
Tue	4	Village	Community Project + Knitting and Craft Skills Exchange. Workshop: Skills Building	Village - basic
Wed	5	Village	Community Project + Dance and Art. Workshop: Challenges Faced by Women in UK and	Village - basic
Thu	6	Village	Community Project + Workshop: Barriers to Achievement	Village - basic
Fri	7	Blantyre	Final workshop: Reflections. Transfer to Blantyre via craft markets for lunch and flight home.	Plane
Sat	8	Uk	Arrive UK	

### HOW TO TAKE PART

**Cost:** £995 + flights (dependent on team size)

**Trip cost includes:** 24-hour emergency support while you are in Malawi; All in-country transport; food & accommodation, return flights UK-Blantyre, trained Inspire leader, tips.

**Inspire Trip costs excludes:** Donation to Joshua Orphan & Community Care (Minimum £100p/p), Visa, Vaccinations/Anti-malarials, Travel insurance.

**Optional Add on:** A 2-day trip to Liwonde National Park. You will stay in fixed-frame tents at Mvuu Camp on the banks of the Shire River in the National Park, taking a 4x4 and boat safari to see all the game this amazing park has to offer. **Extra £375 p/p**

**For more information and a booking form:**

**Please email:** [beth@inspire-worldwide.com](mailto:beth@inspire-worldwide.com) or call me on: **01256 886 543**

\* Do you have a daughter aged 13 or over? You might also be keen on our 'Mother & Daughter' trips. Contact us to find out more.