



Plains Catalogue

"Walk with wonder. Connect with nature."

Outdoor Pursuits Programme

Purpose of Plains

The hikes will take place in mostly flat terrain, providing a relaxed yet enriching way for students to engage with nature. The primary focus will be on learning about the ecology of local wildlife and landscapes, allowing students to appreciate the intricate relationships between species, ecosystems, and their environments. Students will also gain insight into the traditional lifestyles of local communities, including the Maasai people, and how these communities have interacted with the land for generations.

During the hikes, students will carry only their water, snacks, and personal items, ensuring they can move comfortably while learning and exploring the environment. Most of the equipment required for the hike, such as camping gear, will be transported to the campsite separately, allowing the students to focus on their learning experience during the hike.

To enhance their engagement with the environment, students are encouraged to bring items that will contribute to both their learning and personal growth. These include:

- Cameras: To work on photography skills and capture the beauty of the landscapes, wildlife, and local communities.
- Binoculars: To develop their observation skills and get a closer look at the flora and fauna.
- Field Guides: Bird or wildlife books to help identify species and deepen their understanding of biodiversity.
- Notebooks: To jot down observations, reflections, and notes on the ecology, wildlife, and conservation topics discussed during the hike.
- Phones (if available): With ecology-related apps to assist in identifying plants, animals, or tracking ecological changes throughout the hike.

This blend of physical activity and educational enrichment aims to foster a deeper understanding of both the natural world and the efforts being made to protect it. Through these experiences, students will be empowered to consider their role in conservation and learn how to make a positive impact in preserving the environment.

Progression through the Plains levels

DISCOVERY > EXPLORATION > ADVENTURE > CHALLENGE

DISCOVERY TRIPS - MONDULI & MAKUYUNI REGIONS

EXPLORATION TRIPS - MUKURU REGION

ADVENTURE TRIPS - MARAMBOI REGION

CHALLENGE TRIP - SERENGETI REGION

Campcraft

In the UWC East Africa Outdoor Pursuits (OP) programme, campcraft refers to the essential skills and practices needed to live safely, efficiently, and respectfully in the outdoors. It includes setting up tents and shelters, cooking with stoves, packing and organising gear, appreciating Tanzanian culture and following Leave No Trace principles.

Campcraft is more than just technical knowledge - it promotes teamwork, independence, and environmental responsibility. As a foundation of all OP trips, it prepares students to confidently take part in future adventures while building a deep respect for the natural world and their role within it.

M1-M3 Discovery - Campcraft

Summary

Mandatory two days, one night trip for M1 students to introduce them to the fundamentals of outdoor education as we deliver it at UWC East Africa. The location varies. The trip includes activities related to the OP programmes with workshops on camping skills, cooking skills, OP equipment use, environment recognition, wildlife observation, orientation, and more.

M1 Mentors accompany students on this trip, along with OP Coordinators and OP Student-Leaders.

Mandatory for new M2 and M3 students, and optional for other M2-3 students.

School staff-student ratio = 1 for 8.

The ONLY 'free of charge' trip for MYP students.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Packing the bus and departure to location. Set up the camp + workshops + games. Learning to cook OP-style. Various activities.

Day 2

Early wake up and breakfast preparation. Short hike and other workshops. Packing the camp and return to school before lunch.

Fitness requirement

None.

Minimum outdoor experience requirement

None.

D1 Discovery (Plains) - Campcraft

Summary

The D1 Outdoor Pursuits introduction trip to Mkuru is a two-day, one-night experience designed to welcome students into the outdoor education culture at UWC East Africa. Set against the backdrop of Mukuru's scenic landscapes, the trip includes a short hike to a remote campsite, group tent setup, and hands-on workshops in camping, cooking, first aid, and environmental awareness. Students also learn how to use outdoor equipment, observe local wildlife all while working together in teams and forming new connections with peers and staff.

This trip is more than just an overnight camp - it's the starting point for each student's OP journey. With a balance of fun, learning, and reflection, it helps build confidence, encourages collaboration, and introduces key values like resilience and respect for nature. Whether it's cooking over a camp stove, watching the sunrise during an early morning walk, or gathering around the campfire, students leave with a stronger sense of community and a clearer understanding of the adventure-based learning opportunities ahead.

School staff-student ratio = 1 for 8.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Packing the bus and departure to location. Set up the camp + workshops + games. Learning to cook OP-style. Short hike.

Day 2

Early wake up and breakfast preparation. Short hike and other workshops. Packing the camp and return to school before lunch.

Fitness requirement

None.

Minimum outdoor experience requirement

None.

Discovery to Monduli

Summary

For those interested in hikes on mostly flat areas with a focus on conservation and wildlife observation. The Monduli region is a rich ecosystem located very close to the school, managed and controlled by Maasai communities. Hiking in this area offers beautiful views of the Great Rift Valley, as well as potential encounters with wildlife like birds, giraffes, elephants, zebras, buffalos, etc. Bring your cameras!

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 10.

Itinerary (subject to change based on group size / weather / safety)

Day 1

The hike starts in Monduli Juu town, going to Enguiki village to set up camp, which will take 4 to 5 hours. For dinner, the group will buy a goat from the Maasai community and learn how to arrange it in the traditional way; there will also be a vegetarian option.

Day 2

After an early wake up, camp packing and breakfast, the group will hike back to Monduli Juu town and be back to school before lunch.

Fitness requirement

Attend and complete 1 OP training as instructed by an OP Coordinator.

Minimum outdoor experience requirement

Successful completion of 'Campcraft'.

Discovery to Makuyuni

Summary

For those interested in hikes on mostly flat areas with a focus on conservation and wildlife observation. Makuyuni is a town that acts as a junction between Tarangire, Manyara, Ngorongoro, so it is part of a wildlife corridor as the animals migrate between the Tarangire river and Lake Manyara. There are regular sightings of zebras, wildebeest, elephants, giraffes, baboons, and other game in that area. Bring your camera!

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 10.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Start with hike of 5 km to the Minjingu Mines and Fertilizer Ltd for a guided tour to learn about the importance of local manufacture of fertilizers in the region. Then, hike to the camp.

Day 2

After breakfast, hike to the Lake Manyara shore (8 km), then tour in this region with sights of zebras, wildebeest, and maybe other wildlife.

Day 3

After an early wake-up, camp packing, and breakfast, hike back to Makuyuni area (about 13 km) to reach the transport back to school.

Fitness requirement

Attend and complete 1 OP training as instructed by an OP Coordinator.

Minimum outdoor experience requirement

Successful completion of 'Campcraft'.

Exploration to Mukuru

Summary

Three days, two nights trip for all secondary students (M1 to D2) interested in hikes on mostly flat areas with a focus on conservation and wildlife observation. Mukuru is a Maasai managed and controlled area east of Oldoinyo Sambu (meaning "village of small huts"). This migration corridor, situated between Mount Meru and Mount Kilimanjaro, regularly offers sights of elephants, zebras and wildebeest. During this trip, students will learn more about the lifestyle of the Maasai communities from these villages, as well as the ecosystem of that plain. A well-hidden natural gem of Arusha. Bring your camera!

School staff-student ratio = 1 for 8.
Local guide ratio = 1 for 10.

Itinerary (subject to change based on group size / weather / safety)

Day 1

A 10-12 km flat hike from Oldoinyo Sambu village to Ngereiyani village, then set camp.

Day 2

After breaking the camp and eating breakfast, hike for 10 km to reach Ngung'osinyai Primary School, then set camp.

Day 3

After breaking the camp and eating breakfast, hike for 12-15 km until Ngambobo village, where the school transport will be waiting. Students will be back to school after lunch.

Fitness requirement

Attend and complete 1 OP training as instructed by an OP Coordinator.

Minimum outdoor experience requirement

1 trip completed of any of our Peaks/Plains programmes at Discovery level.

Adventure to Maramboi

Summary

For those interested in hikes on mostly flat areas with a focus on conservation and wildlife observation. If the location is in the Manyara region like the Makuyuni trip, the route is different; the group will hike through a Wildlife Management Area (WMA), accompanied by an armed ranger, and will have the opportunity to study this corridor more in depth while hiking from one location to another. This itinerary offers a unique ecosystem untouched by tourism and protected by local communities. Bring your camera! A lot of game on the way.

School staff-student ratio = 1 for 8.

Local guide ratio = 1 for 10.

Fitness requirement

Attend and complete 2 OP training as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Hike from Lake Burunge to our campsite in the Burunge Wildlife Management Area woodlands (5-6 hours; 15 km).

Day 2

Break camp, have breakfast, and hike from Lake Burunge area to the Lake Manyara side and set camp there (6-7 hours; 18 km).

Day 3

Break camp, have breakfast, and hike to the Maramboi woodlands and camp there (6-7 hours; 18 km).

Day 4

Break camp, have breakfast, and hike from Maramboi and out of the Wildlife Management Area to meet our transport. Students will be back at school for lunch.

Minimum outdoor experience requirement

2 OP trips completed either:

2 Plains trips with one at Exploration level OR
1 Plains and 1 Peaks with one at Exploration level.

Challenge to the Serengeti Plains

Summary

The pinnacle of trips for those interested in hikes on mostly flat areas with a focus on conservation and wildlife observation. This trip, taking place in the Ngorongoro Conservation Area (NCA; not Serengeti National Park) is the milestone of the Plains programme; the itinerary speaks for itself. This trip has been designed by our school to offer a real taste of Tanzanian wildlife and ecology, hiking through ecosystems studied by the biggest conservation organizations from around the world.

School staff-student ratio = 1 for 8.

Local guide ratio = 1 for 10.

Fitness requirement

Attend and complete 3 OP trainings (and a 200m swim test) as instructed by an OP Coordinator.

Itinerary (subject to change based on group size / weather / safety)

Day 1

Drive to Olduvai Gorge in the Ngorongoro. Visit of archaeological museum, then hike to Shifting Sands. Camp at Serengeti Plains (10 km; 4-5 hours).

Day 2

Hike to Nasera Rock and set camp there (6-7 hours; 18 km).

Day 3

Hike to the eastern end of the Gol Mountains walking the Angata Kiti valley (6-7 hours; 18 km).

Day 4

Hike through Ol Karien Gorge; camp at the eastern entrance to the gorge in full view of Ol Doinyo Lengai (6 hours; 8 km).

Day 5

Game drive in the famous [Ngorongoro Crater](#), then back to school for dinner.

Minimum outdoor experience requirement

3 OP trips completed either:

3 Plains trips across Discovery, Exploration and Adventure level OR

2 Plains and 1 Peaks with one of these at Adventure level.

Expectations on all trips

At camp, everyone plays a key role, from pitching tents to organising gear. Setting up is a shared task, with each individual helping to prepare their area and ensure that the campsite is ready for the night/day ahead.

Cooking is a team effort, with everyone pitching in - whether it's chopping ingredients, stirring pots, or setting the table. After the meal, cleaning up becomes part of the routine. Washing dishes and tidying up the campsite may not be the most glamorous task, but it's essential for maintaining a clean and organised space. Everyone helps out. Camping-related chores also include packing away gear. These responsibilities are shared by all.

Additionally, environmental awareness and sustainability are key components of campsite etiquette. It's important to minimise waste, conserve water, and properly dispose of trash. Everyone is expected to follow the "leave no trace" principles, respecting the natural environment and preserving it for future campers. By staying mindful of our impact, we all contribute to making the camp a more sustainable and enjoyable experience for everyone.

Terms and Conditions

Eligibility for current D2 students who have planned their Outdoor Pursuits trips according to prior requirements will be reviewed on a case by case basis, and always with the student interest at the forefront of decision making.

New training requirements will be enforced however.

For new D1's and all MYP students the adjusted criteria will be applied.