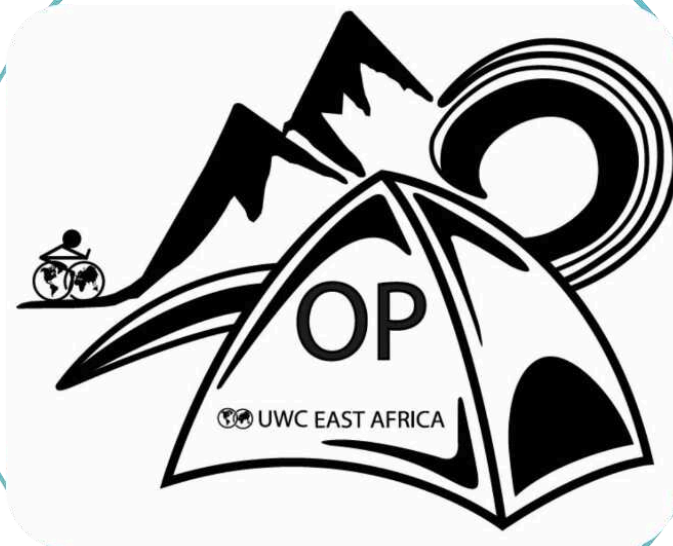


OUTDOOR



PURSUITS

Outdoor Pursuits Handbook

This handbook is a comprehensive document for students and parents to learn about the Outdoor Pursuits programme.

[OP Mission](#)

[OP Vision](#)

[OP Values](#)

[The Four Outdoor Pursuits Programmes](#)

[How to Progress to Challenge Level Trips in Outdoor Pursuits](#)

[Who May Participate in OP Trips?](#)

[General Expectations on OP Trips](#)

[Completion of an OP trip](#)

[Insurance Requirements](#)

[Signing Up for an OP Trip](#)

[Payment Policy](#)

[Equipment Rental Policy](#)

[Fitness Requirements](#)

[Behaviour Expectations on OP Trips](#)

[Behaviour Action Plan During a Trip](#)

[Post-Trip Behaviour Review](#)

[Readiness for Future OP Participation](#)

[Dietary Requirements and Fasting](#)

[Fasting During OP Trips](#)

[Other Common Types of Dietary Requirements](#)

[Frequently Asked Questions](#)

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

OP Mission

To inclusively offer outdoor education as an integral part of UWC East Africa's educational model.

OP Vision

To work towards becoming a world reference in outdoor education by bridging the gap between theoretical and practical knowledge, skills and inquiry through experiential learning.

OP Values

The Outdoor Pursuits programme reflects the wider values of UWC East Africa. OP is not simply a series of recreational trips. It is a structured educational programme based on responsibility, challenge, inclusion, leadership, environmental awareness and community.

The OP programme values:

1. A safe, collaborative and caring community.
2. A sense of belonging, acceptance and tolerance.
3. A holistic and diverse portfolio of learning experiences.
4. Education in a global context, including understanding multiple perspectives and the interdependence of individuals, societies and environments.
5. Innovation over perfection, within a supportive community where learners are motivated to embrace personal challenge and reflection.
6. Student initiative and leadership.
7. Opportunities to engage with the culture and nature of East Africa.
8. Shared responsibility and collective duty of care for ourselves, each other and the environment.
9. A healthy lifestyle and active pursuits.
10. The happiness and wellbeing of the community.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

The Four Outdoor Pursuits Programmes

Outdoor Pursuits is organised into four programme areas: Peaks, Plains, Rides and Reefs. Each programme has a different focus and may involve different preparation, equipment, fitness requirements, risk management and student responsibilities.

Each trip, as detailed in the OP catalogues, clearly states the pre-requirements and OP training sessions that must be met or attended. Students and parents should read the specific catalogue entry carefully before signing up. Participation in one trip does not automatically guarantee access to a higher-level trip. Students may need to demonstrate readiness through previous OP experience, training attendance, behaviour, fitness, skill development and safe participation.

Peaks

Peaks is the OP programme connected with hiking, trekking, mountains and altitude-based outdoor activities. Peaks trips often involve walking with full hiking packs, outdoor camping, changing weather, uneven terrain, altitude and physically demanding conditions.

Students taking part in Peaks trips should be prepared for sustained physical effort and should expect to carry a full hiking pack where required. They must manage personal kit, appropriate footwear, waterproof layers, warm clothing, hydration, pacing and safe group movement. Staff instructions must be followed carefully because mountain and altitude environments can become safety-critical quickly.

The ultimate goal of the Peaks pathway is to “qualify” for the Peaks Challenge trip: Kilimanjaro. This means that students should view earlier Peaks trips as preparation for higher-level mountain experiences. Readiness for Kilimanjaro may depend on previous trip experience, physical preparation, behaviour, ability to manage equipment, and the student’s capacity to function safely and responsibly in demanding outdoor environments.

Parents and students should not assume that all Peaks trips are equal in difficulty. Some may be introductory, while others may be significantly more demanding. The specific OP catalogue entry should always be checked for pre-requirements and required OP training sessions.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Plains

Plains is the OP programme connected with land-based outdoor journeys in Northern Tanzania. Plains trips differ from Peaks trips because students and staff are not required to carry full hiking packs in the same way. Instead, participants usually carry smaller and lighter day packs containing essential items only.

The terrain varies depending on where in Northern Tanzania the trip occurs, but Plains trips generally involve flatter terrain than Peaks trips. However, this does not mean that Plains trips are easy. Longer distances are common, and students may walk up to 18 km in a day. Students must therefore still prepare carefully and should expect sustained physical activity, heat, sun exposure, hydration needs, group routines and outdoor conditions.

Students taking part in Plains trips should be ready to carry a day pack, manage essential items, follow staff instructions, maintain good group pace, support camp or group routines where required, and behave respectfully towards local communities and the environment.

The ultimate goal of the Plains pathway is to “qualify” for the Plains Challenge trip: Serengeti & the Crater. Earlier Plains trips should be understood as preparation for this higher-level experience. Readiness may depend on previous participation, fitness, behaviour, training attendance and the ability to manage longer days in outdoor settings.

The specific OP catalogue entry should always be checked for pre-requirements and required OP training sessions.

Rides

Rides is the OP programme connected specifically with mountain biking excursions. Students should not expect flat or smooth trails. Rides trips may involve uneven ground, changing surfaces, technical sections and physically demanding cycling conditions.

Technical riding ability or previous mountain biking experience is a significant advantage for enjoying these trips. Students should be prepared to ride responsibly, listen carefully to route and safety instructions, manage their bike and equipment, maintain safe spacing, and respond calmly to changing trail conditions.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

As with Plains trips, Rides trips do not require students to carry full hiking packs. Students usually carry a smaller day pack with essential items only. However, students must still manage hydration, sun protection, personal items and any required safety equipment.

The ultimate goal of the Rides pathway is to “qualify” for the Rides Challenge trip: Tour de Kili. Earlier Rides trips should be understood as preparation for this higher-level mountain biking experience. Readiness may depend on previous Rides experience, technical riding ability, physical fitness, behaviour, training attendance and safe group riding.

The specific OP catalogue entry should always be checked for pre-requirements and required OP training sessions.

Reefs

Reefs is the OP programme connected with marine and water-based activities. This may include snorkelling, diving, kayaking, open-water swimming and other coastal or marine experiences. The marine activity guidance gives expectations for diving, snorkelling and boating, including buddy systems, “look, don’t touch” reef etiquette, safe movement on boats, underwater hand signals and respect for marine life.

Strong swimming ability is extremely important for Reefs trips. This programme differs slightly from the others because age can determine the difficulty of the activities. However, all Reefs activities require high levels of fitness, water confidence and responsible behaviour in and around water.

Students taking part in Reefs trips must be prepared to follow marine safety routines carefully. This includes listening to staff; staying with a buddy; using calm and safe behaviour in and around the water; respecting coral and marine life; and following entry, exit and equipment instructions.

The ultimate goal of the Reefs pathway is to “qualify” for scuba diving courses. These are completed with an external provider and are PADI certified. As students progress, they may eventually be allowed to take part in learning more about coral restoration.

The specific OP catalogue entry should always be checked for pre-requirements and required OP training sessions.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

How to Progress to Challenge Level Trips in Outdoor Pursuits

A new student should think of Challenge trips as the final goal in each programme. To reach that level, students need to build experience gradually, complete the required OP trainings, and show that they are safe, prepared and reliable on earlier trips.

First Step for All New Students: Campcraft

Campcraft is the foundation for OP. It introduces students to setting up tents, cooking outdoors, organising equipment, working as part of a group, and following Leave No Trace expectations.

Most students must complete Campcraft before joining Discovery trips. For new D1 students, the D1 Discovery Campcraft trip is the starting point of their OP journey.

Key Advice for New Students

Start early. Challenge trips are not trips that students can usually join without planning ahead. Final selection is always based on the published requirements, completion of training, student readiness, safety, group needs and the judgement of the OP team.

Peaks Pathway: Towards Kilimanjaro

Typical route:

Campcraft → Discovery Peak → Exploration Peak → Adventure Peak → Kilimanjaro

Discovery Peaks include: Kilomeni, North/South Pare Mountains

Exploration Peaks include: Mount Longido, Usambara Mountains and Mount Hanang

Adventure Peaks include: Ngorongoro to Natron and Mount Meru

Challenge Peak: Mount Kilimanjaro

To qualify for Kilimanjaro, students need **3 OP trips**, either:

- 3 Peaks trips spread across Discovery, Exploration and Adventure levels, or
- 2 Peaks trips of different levels plus 1 Plains trip at Exploration or Adventure level.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Plains Pathway: Towards Serengeti and the Crater

Typical route:

Campcraft → Discovery Plains → Exploration Plains → Adventure Plains → Serengeti Region

Discovery Plains include: Monduli and Makuyuni

Exploration Plains include: Mukuru

Adventure Plains include: Maramboi

Challenge Plains: Serengeti Region / Ngorongoro Conservation Area

To qualify for the Plains Challenge trip, students need **3 OP trips**, either:

- 3 Plains trips across Discovery, Exploration and Adventure levels, or
- 2 Plains trips plus 1 Peaks trip, with one of these trips at Adventure level.

Rides Pathway: Towards Tour de Kili

Typical route:

Campcraft → Discovery Ride → Exploration Ride → Adventure Ride → Tour de Kili

Discovery Ride: Day trips

Exploration Ride: Simba Farm and King'ori

Adventure Ride: Namalok to Chemka Hot Springs

Challenge Ride: Tour de Kili

To qualify for Tour de Kili, students need **3 OP trips**, either:

- 3 Rides trips across Day Ride/Discovery, Exploration and Adventure level, or
- 2 Rides trips plus 1 other OP trip, with one of these trips at Adventure level.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Reefs Pathway: Towards Marine Conservation Support

Typical route:

Campcraft → Discovery Reefs → Exploration Reefs → Adventure Reefs → Marine Conservation Support

Discovery Reefs: Fish Eagle Point

Exploration Reefs: Fish Eagle Point

Adventure Reefs: Emayani / Fish Eagle Point

Challenge Reefs: Emayani / Fish Eagle Point

To qualify for the Reefs Challenge trip, students need either:

- completion of Reefs Adventure within the OP programme, or
- an external qualification, verified by OP, plus 1 Reefs trip at any level.

Who May Participate in OP Trips?

For safeguarding, logistical and safety-related reasons, OP trips are open only to enrolled UWC East Africa students, staff members and spouses of UWC East Africa staff. Parents, guardians, friends, former students and external community members may not participate unless they fall within an approved category. Participation in OP is a privilege and responsibility. Signing up for a trip does not mean a student is automatically entitled to participate in every future trip. Readiness, fitness, behaviour, medical suitability, preparation and previous OP conduct may all be considered when confirming participation.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

General Expectations on OP Trips

All normal school rules and values apply on OP trips. Students are expected to behave in a way that supports the safety, wellbeing and successful functioning of the group.

Students are expected to:

- follow staff instructions immediately and respectfully
- contribute positively to group life
- take responsibility for personal preparation and equipment
- support peers and younger students where appropriate
- respect local communities, guides, staff and the environment
- behave safely in remote, physical and high-responsibility settings
- follow school expectations around behaviour, substances, respect, inclusion and personal conduct
- participate fully in required meetings, training, bag checks and preparation sessions
- be present at school the day after the trip, ready to engage fully in classes and community life

Completion of an OP trip

To achieve a certificate of completion the following must be met:

- The student has actively managed the physical aspects of the trip, including personal preparation, appropriate use of equipment, and contribution to group tasks.
- The student has shown consistent positive behaviour throughout the trip, demonstrating teamwork, respect, and responsibility toward peers, staff, and the environment.
- The student must be present at school the day following the trip, ready to engage fully in classes and community life.
- The student must follow all reasonable requests made by staff that align with school policies and UWC values, including safety, inclusivity, and mutual respect.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
 +255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
 +255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
 UCAS Code: 47512
 IB Code: 002607
www.uwcea.org
school@uwcea.org

Insurance Requirements

All persons joining a trip must have an updated insurance package that covers outdoor activities. This should include activities such as hiking, altitude-based excursions, underwater activities and other relevant OP experiences. Insurance should also include medical evacuation, commonly known as “medi-evac”, from remote areas to medical facilities.

Parents are responsible for ensuring that their child’s insurance is suitable for the type of trip being undertaken. Some OP trips take place in remote locations where evacuation may be complex, expensive or time-sensitive.

Signing Up for an OP Trip

How do students sign up?

Students sign up through the LIFE system. Parental consent is also centralised through LIFE.

Before signing up, students must check that they are available for the full trip dates. Students should not sign up if they already have another commitment, event, family arrangement, school responsibility or personal conflict on those dates.

What must be updated before a trip?

It is the participant’s responsibility to ensure that the following information is accurate and up to date in LIFE:

- medical information
- dietary information
- required documentation (passport copy and student pass copy)

Students must have updated and good-quality copies of their passport and student pass on LIFE.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
 +255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
 +255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
 UCAS Code: 47512
 IB Code: 002607
www.uwcea.org
school@uwcea.org

What happens after sign-up?

Once the sign-up period closes, students must attend the required OP meetings, as communicated. OP meetings usually take place on Fridays after school. These meetings may be led by OP Coordinators, Student Leaders or other staff involved in the trip.

Students must attend OP meetings because they may need to:

- attend a pre-trip briefing
- ask and answer important trip questions
- collect borrowed equipment
- complete a bag check
- complete fitness requirements
- take part in OP training sessions
- help pack the bus or prepare group equipment before departure

Each trip catalogue entry should be checked carefully because it clearly details the pre-requirements and OP training sessions that must be met or attended.

Payment Policy

How are trips paid for?

Once the sign-up period closes and parental consent has been received, the student's school fees account will be invoiced for the full amount of the trip.

A student's sign-up and parental consent represent a commitment to pay for and attend the trip. Once a student's account has been invoiced, the trip is non-refundable.

Why is the payment policy necessary?

The OP programme is planned carefully to be efficient, safe and cost effective. Trip costs are based on a certain number of participants. Late cancellations can result in wasted food, wasted funds, increased administrative work and possible cost increases for others.

The payment policy exists to:

1. reduce last-minute cancellations
2. reduce food and financial waste

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

3. make students accountable for decisions when signing up and when considering cancellation
4. make parents aware of which trips their child has registered for
5. increase communication between parents and students
6. provide clear guidelines for transparency and accountability
7. reduce unnecessary administrative processes for staff
8. provide a better and safer experience for students and staff

Are there any exceptions?

The school recognises that rare circumstances such as extreme illness or bereavement may prevent participation. However, for trips involving national park fees or PADI training, once permits or training costs have been paid, these fees may not be recoverable even in cases of illness or bereavement. These funds are also not transferable to another person.

Equipment Rental Policy

Who may borrow OP equipment?

OP equipment is lent only to students and staff members going on school trips. Equipment is not lent to parents, guardians, friends, residential students during holidays, staff not involved in a school trip or anyone else inside or outside the community unless they are taking part in an official school trip.

The OP Coordinators reserve the right to approve or disapprove equipment rental.

When can students borrow equipment?

Most OP equipment can be borrowed from the OP store before trips on:

- Mondays, which are equipment days
- Fridays, during OP meetings

Is there a deposit?

A returnable deposit of TZS 10,000 is required to borrow equipment. It is the student's responsibility to check the quality and condition of equipment before leaving the OP store.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

When is the deposit returned?

The TZS 10,000 deposit will be returned if:

1. all borrowed equipment is returned by the student within two days of returning from the trip, unless instructed otherwise
2. all borrowed equipment is returned in working order

When is the deposit not returned?

The deposit will not be returned if:

1. at least one item is not returned by the student who borrowed it
2. the item is returned by someone else, because the borrower is still considered to have lost responsibility for it
3. one or more items are not returned within two days of the trip's return
4. an item is lost, damaged or broken through unreasonable use or poor care

One week after returning from the trip, the borrower will be charged an additional TZS 10,000 every Monday until the equipment is returned. This charge is non-refundable and will be invoiced through the student's school account. If an item is lost, damaged or broken through unreasonable care, the replacement or repair cost may also be charged to the borrower's school account.

Fitness Requirements

Why are fitness requirements used?

Fitness requirements are a safety measure. They help ensure that students and staff have the minimum physical capacity needed to complete trips safely and enjoyably. They also support a wider culture of wellness and active outdoor education.

When are OP training sessions?

OP training sessions usually take place on Friday afternoons after school. Some training may also take place at other times, such as CrossFit training on Thursday mornings in Moshi.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

What counts as OP training?

Training options may include:

- rucking around the big field or, in Arusha, around the school track
- rucking combined with a bodyweight training circuit
- CrossFit training for 30 minutes
- swim training for Reefs trips
- any other training deemed adequate by the OP Coordinators
- 5km time trial run

How do students know the fitness requirements for a specific trip?

Students should refer to the OP Catalogues on the school website. Some trips may have specific fitness requirements, and some may require up to three OP training sessions before participation.

Each trip catalogue entry details both the pre-requirements and OP training sessions that must be met or attended.

Behaviour Expectations on OP Trips

Outdoor Pursuits trips rely heavily on trust, cooperation and shared responsibility. This is especially important in remote environments where safety is essential. Students are expected to follow the school behaviour policy at all times.

Inappropriate behaviour may include, but is not limited to:

- disrespect towards staff, guides, peers or community members
- refusal to follow instructions
- disruption of group routines
- unsafe choices
- non-compliance with staff directions
- poor contribution to group tasks
- misuse of equipment
- leaving designated areas without permission
- bullying, intimidation, harassment or exclusion
- dishonesty in safety-related situations

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
 +255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
 +255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
 UCAS Code: 47512
 IB Code: 002607
www.uwcea.org
school@uwcea.org

- behaviour that causes staff to divert attention away from group safety

Staff members may use professional judgement and escalate their response depending on the nature, seriousness, frequency and impact of the behaviour.

Behaviour Action Plan During a Trip

If inappropriate behaviour occurs during an OP trip, staff **may** follow a staged response. The stages below provide guidance, but staff may move to a higher stage immediately if the behaviour is serious or unsafe.

Stage 1: Initial Response

If inappropriate behaviour occurs, staff will speak with the student privately and calmly. Staff will explain:

- what behaviour was unacceptable
- why the behaviour is unsafe or disruptive in an OP setting
- what improvement is expected

Stage 2: Formal Warning

If the behaviour continues after the initial intervention, staff may issue a formal behaviour warning. This will include:

- a clear statement that the behaviour must change immediately
- an explanation that further issues may lead to restricted participation
- a request for the student to acknowledge understanding of the expectations

Stage 3: Activity Restrictions

If behaviour does not improve or continues to disrupt the group, the student may be temporarily removed from selected activities. Possible restrictions may include:

- sitting out from selected activities such as snorkelling, diving sessions, group excursions or other trip elements
- remaining under direct supervision of a staff member
- being assigned alternative responsibilities, such as assisting with camp tasks

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Stage 4: Group Separation

If behaviour significantly disrupts the group or undermines safety, the student may be temporarily separated from the group environment. This may involve:

- sleeping in a separate tent
- reduced participation in social group settings
- increased staff supervision

Stage 5: Parent and School Communication

If behaviour reaches a level that significantly affects the trip, staff will inform the OP Coordinator and/or School Leadership. Parents or residential staff may be contacted and given a summary of incidents and actions taken.

Stage 6: Removal from Activities or the Trip

In cases of serious or repeated misconduct, the student may:

- be excluded from the remainder of certain activities
- remain under staff supervision at camp

Stage 7: Post-Trip Consequences

Following the trip, the student may face additional consequences determined by the school, including a disciplinary hearing. Possible outcomes may include:

- loss of eligibility for future OP trips
- exclusion from specific expeditions such as Kilimanjaro, future diving trips or other extended OP expeditions

Post-Trip Behaviour Review

Any student whose behaviour on an OP trip falls below expected standards may be subject to post-trip review. Consequences depend on the seriousness, frequency and impact of the behaviour, especially where safety, trust or group functioning were affected.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Responses may include:

- restorative action
- probation
- restriction from future trips
- further school disciplinary action

Participation in future OP trips is not automatic and may be reviewed where behaviour raises concern about a student's readiness for remote, group-based and safety-critical environments.

Step 1: Incident Review

After the trip, the Trip Leader and relevant staff may review:

- staff incident notes
- warnings issued during the trip
- restrictions applied in the field
- impact on the group, staff and safety
- the student's response at the time, including whether they were cooperative, dismissive, defiant, reflective, honest or accountable

Step 2: Student Meeting

The student may attend a post-trip meeting with relevant staff. This meeting should:

- explain the concerns clearly
- allow the student to respond
- review which expectations were not met
- consider whether the student has shown honesty, accountability and understanding

Step 3: Parent or Guardian Communication

For moderate or serious incidents, parents or guardians are informed of:

- the behaviour concern
- the effect on the trip
- the consequence or next steps
- expectations for future participation

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Step 4: Decision on Consequence

A consequence is assigned based on the severity, pattern and impact of the behaviour.

Readiness for Future OP Participation

Before a student is approved for another trip after a significant or serious incident, the school may require evidence that the student:

- understands what went wrong
- accepts responsibility
- shows improved conduct in school
- can follow instructions consistently
- can contribute safely and respectfully to a group
- can be trusted in a remote or high-responsibility setting

A student may be placed on OP Behaviour Probation. This means:

- future participation is conditional
- behaviour in school is monitored before approval
- the student may be excluded from leadership roles
- one further serious concern may result in removal from future trips

When deciding consequences, staff may consider:

- Was anyone placed at risk?
- Was the behaviour isolated, repeated or escalating?
- Did the student respond to warnings?
- How much staff time and attention was diverted?
- What was the effect on the group?
- Did the student show honesty and accountability?
- Is the student currently ready for another OP experience?

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Dietary Requirements and Fasting

Key Principles

The OP programme aims to be inclusive, but it must also prioritise health, safety and the realities of remote outdoor travel.

Health and Safety First

No student or staff member should participate in an OP trip if doing so may endanger their health or wellbeing, or if participation would require unsafe adjustments to hydration, nutrition or energy balance.

Responsibility

Students and parents share responsibility for preparing for and communicating dietary needs, medical needs and religious observances.

Equity, Not Exceptionality

The OP programme values inclusion, but it cannot always meet every individual need because of the nature of outdoor travel, limited cooking facilities, group meal routines and remote locations.

Fasting During OP Trips

Fasting can present significant challenges on OP trips. These challenges may include:

- dehydration risk due to intense physical activity, altitude, heat and sun exposure
- energy depletion from early starts, long hikes, riding or water-based activity
- disruption to group mealtimes
- logistical challenges with cooking or eating outside daylight hours

Expectations for Fasting Students

Students who intend to fast during an OP trip must:

- inform OP staff at the time of sign-up
- agree not to participate if fasting compromises their safety or the safety of the group

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

A student preparing to fast but who has medical concerns may be encouraged to delay fasting, as allowed in many faith traditions, in order to participate fully and safely.

Other Common Types of Dietary Requirements

OP commonly encounters dietary requirements such as:

- religious requirements, such as Halal or Kosher
- medical requirements, such as gluten intolerance, nut allergies, celiac disease or diabetes
- ethical or personal-choice diets, such as raw food, low-sugar, vegetarian or vegan diets

School Responsibility

The school will attempt to:

- reasonably accommodate disclosed needs using available resources
- provide clean cooking equipment and some storage separation where possible
- ensure staff are aware of needs and trained in emergency responses where relevant

Limitations

Parents and students should understand the limitations of OP food preparation:

- there can be no guarantee of avoiding cross-contamination on shared cooking trips
- refrigeration is not available on most OP trips
- school-provided meals may not fully align with all dietary expectations
- parents may be asked to supply suitable alternatives

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

OP Store Equipment, Deposit and Student Responsibility

Some specialist Outdoor Pursuits equipment may be borrowed from the **OP Store**, subject to availability. These items must be collected before the bag check and returned after the trip. A **refundable deposit of TSH 10,000** is required when borrowing equipment from the OP Store. This deposit will be returned only if:

1. all borrowed equipment is returned,
2. the equipment is returned in the same condition it was issued, and
3. the equipment is returned within **48 hours of returning to campus**.

If equipment is lost, damaged, dirty, incomplete, or returned late, the deposit may not be refunded.

Carrying Equipment on Different OP Trips

Peaks Trips

Peaks trips require students to carry **all of their own equipment**. This includes personal clothing, food-related items, water, waterproofs, sleeping equipment, and shared camping equipment such as a **tent**. Students should be prepared to hike with a **full pack**, including a large hiking backpack with hip belt and straps. Peaks trips often involve more demanding terrain and can experience **wetter and colder weather**, especially at higher altitudes. Students must therefore be especially well prepared with waterproof clothing, warm layers, dry bags or pack liners, and suitable hiking footwear. For Peaks trips, packing light but properly is essential. Students should prioritise synthetic or quick-drying clothing and avoid unnecessary heavy items.

Plains, Rides and Reefs Trips

For **Plains, Rides and Reefs trips**, students do **not usually carry their full pack during the day**. Instead, students should use a **day backpack** to carry essential items needed for the activity. Larger bags, duffel bags, or main luggage may be transported separately or kept at camp/accommodation depending on the trip structure. Students should still pack carefully and be able to manage their own belongings.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Available to borrow (rent) from the OP store:

the OP team will also guide students on what is appropriate for specific trips during briefings

Item(s)	Peaks	Plains	Rides	Reefs
<i>Large hiking bag</i>	YES			
<i>Pack cover</i>	YES			
<i>Pack liner</i>	YES			
<i>Duffel bag</i>		YES	YES	YES
<i>Foam roll mat (sleeping mat)</i>	YES	YES	YES	YES
<i>Sleeping bag (specialised stock for Meru & Kili)</i>	YES	YES	YES	YES
<i>Sleeping bag liner</i>	YES			
<i>Hiking boots</i>	YES			
<i>Gaiters</i>	YES			
<i>Hiking poles</i>	YES			
<i>Waterproof jacket / trousers (combo)</i>	YES	YES		
<i>Mountain bike (26") & helmet</i>			YES	
<i>Snorkeling equipment (fins, mask & snorkel)</i>				YES
<i>Reef/rock shoes</i>				YES
<i>Long-sleeved UV shirt</i>				YES
<i>Food container (provided for residential students)</i>	YES	YES	YES	YES
<i>Cutlery (spoon, fork, knife)</i>	YES	YES	YES	YES
<i>Mug</i>	YES	YES	YES	YES
<i>Water bottle (1L)</i>	YES	YES	YES	YES

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
 +255 27 2755004
 moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
 +255 27 2505029
 arusha@uwcea.org

General Information

CEEB Code: 643251
 UCAS Code: 47512
 IB Code: 002607
 www.uwcea.org
 school@uwcea.org

Students to pack (and when possible parents to check):

Item(s)	Peaks	Plains	Rides	Reefs
<i>Hat</i>	YES	YES	YES	YES
<i>Re-usable water bottle (1L)</i>	YES	YES	YES	YES
<i>Headtorch or torch</i>	YES	YES	YES	YES
<i>Socks & underwear</i>	YES	YES	YES	YES
<i>Shorts (light-weight)</i>	YES	YES	YES	YES
<i>Trousers (suitable for activity / lightweight)</i>	YES	OPTIONAL	OPTIONAL	OPTIONAL
<i>T-shirts (synthetic fabric preferred)</i>	YES	YES	YES	YES
<i>Long-sleeved shirts (synthetic fabric preferred)</i>	YES	OPTIONAL	OPTIONAL	OPTIONAL
<i>'Crocs or slides or sandals' for campsite</i>	YES	YES	YES	YES
<i>Pyjamas (cotton items permitted) for sleeping</i>	YES	YES	YES	YES
<i>Towel (ideally small & lightweight, and 2 for Reefs)</i>	YES	YES	YES	YES
<i>Swimwear</i>	OPTIONAL	OPTIONAL	OPTIONAL	YES
<i>Personal toiletries (toothbrush etc.)</i>	YES	YES	YES	YES
<i>Sunscreen</i>	YES	YES	YES	YES
<i>Sunglasses</i>	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
<i>Personal medication (communicated to OP team)</i>	NEEDS BASED	NEEDS BASED	NEEDS BASED	NEEDS BASED
<i>Dry bag</i>	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
<i>Phone</i>	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
<i>Camera</i>	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
<i>Battery pack</i>	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
 +255 27 2755004
 moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
 +255 27 2505029
 arusha@uwcea.org

General Information

CEEB Code: 643251
 UCAS Code: 47512
 IB Code: 002607
 www.uwcea.org
 school@uwcea.org

Mt. Meru and Mt. Kilimanjaro in particular				
Warm hat (beanie) & gloves	YES			
Thermal base layers	YES			
High quality warm fleece / down jacket (& buff)	YES			

Images below give a clear indication of what is appropriate to wear during trips

Peaks



Moshi
 PO Box 733 Moshi, Kilimanjaro Tanzania
 +255 27 2755004
 moshi@uwcea.org

Arusha
 PO Box 2691 Arusha, Tanzania
 +255 27 2505029
 arusha@uwcea.org

General Information
 CEEB Code: 643251
 UCAS Code: 47512
 IB Code: 002607
 www.uwcea.org
 school@uwcea.org

Plains



Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Rides



Synthetic t-shirt preferred
Quick-dry • Lightweight • Avoid cotton

NON-NEGOTIABLES

- 1 Helmet**

- 2 Good footwear**

- 3 Daypack**


Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Reefs



Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Summit gear for Mt. Meru and Mt. Kilimanjaro



Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Frequently Asked Questions

Which OP programme should my child choose?

Students should choose OP trips based on their interests, readiness, age eligibility, fitness, previous experience and long-term OP goals. Peaks, Plains, Rides and Reefs involve different types of challenge. Students and parents should check the specific trip catalogue entry carefully before signing up. Each trip clearly details the pre-requirements and OP training sessions that must be met or attended.

What is the long-term goal of the Peaks programme?

The long-term goal of the Peaks pathway is to “qualify” for the Peaks Challenge trip: Kilimanjaro. Students build readiness through earlier Peaks experiences, training, behaviour, physical preparation and the ability to manage full hiking packs and mountain conditions safely.

What makes Plains different from Peaks?

Plains trips do not require students and staff to carry full hiking packs in the same way as Peaks trips. Students usually carry smaller and lighter day packs with essential items only. The terrain varies by location in Northern Tanzania but is mostly flatter than Peaks terrain. Longer distances are still common, including up to 18 km in a day.

What is the long-term goal of the Plains programme?

The long-term goal of the Plains pathway is to “qualify” for the Plains Challenge trip: Serengeti & the Crater.

What should students expect on Rides trips?

Rides trips are mountain biking excursions. Students should not expect flat or smooth trails. Technical riding ability or previous mountain biking experience is a significant advantage. Students usually carry a smaller day pack with essential items only.

What is the long-term goal of the Rides programme?

The long-term goal of the Rides pathway is to “qualify” for the Rides Challenge trip: Tour de Kili.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

What should students expect on Reefs trips?

Students should expect water-based activities that require strong swimming ability, high fitness, calm behaviour and careful attention to safety routines. Activities may include kayaking, open-water swimming, snorkelling, boating and, where appropriate, scuba diving.

What is the long-term goal of the Reefs programme?

The long-term goal of the Reefs pathway is to “qualify” for scuba diving courses completed with an external provider and PADI certification. Students may eventually be allowed to take part in learning more about coral restoration.

Who is eligible to take part in OP trips?

Only enrolled UWC East Africa students, staff members and spouses of UWC East Africa staff may participate in OP trips. This is for safeguarding, logistical and safety reasons.

Do school rules apply on OP trips?

Yes. All school rules and values apply during OP trips. Students are expected to follow staff instructions, behave respectfully, contribute to the group and uphold UWC values.

Do students need insurance?

Yes. Students and staff should have updated insurance that covers outdoor activities, altitude-related hiking or excursions, underwater activities where relevant and medical evacuation from remote areas.

How do students sign up?

Students sign up through the LIFE system. Parental consent is also managed through LIFE.

What information must be updated before a trip?

Medical information, dietary information, documentation, passport copies and student pass copies must be accurate and updated in LIFE.

What happens after sign-up?

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Students must attend OP Meets, usually on Fridays after school. These meetings are used for briefings, equipment collection, bag checks, training requirements and preparation.

Are trips refundable?

Once the sign-up period closes, parental consent has been received and the student's account has been invoiced, the trip is non-refundable.

Why are trips non-refundable?

OP trips are planned around confirmed participant numbers. Late cancellations can waste food, money, permits, bookings and staff preparation time. The policy helps maintain fairness, transparency and accountability.

What about illness or bereavement?

The school recognises that rare circumstances may prevent attendance. However, for trips involving national park permits or PADI training, once these costs have been paid, they may not be recoverable and cannot be transferred to another student.

Can students borrow equipment?

Yes, students and staff taking part in school trips may borrow OP equipment, subject to OP Coordinator approval.

Can parents or residential students borrow OP equipment for private use?

No. OP equipment is only lent to students and staff participating in official school trips.

Is there an equipment deposit?

Yes. A returnable deposit of TZS 10,000 is required. It is returned if all equipment is returned on time and in working order.

What happens if equipment is returned late?

If equipment is not returned within seven days, an additional TZS 10,000 will be charged every Monday at 4 pm from the eighth day until the item is returned. This amount is non-refundable and will be invoiced through the school account.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

What happens if equipment is lost or damaged?

If an item is lost, damaged or broken through unreasonable use or care, the item may be charged to the borrower's school account.

Why are fitness requirements necessary?

Fitness requirements help ensure that students and staff can complete trips safely and enjoyably. They also support wellness and preparation.

When are OP training sessions?

OP training sessions usually take place on Friday afternoons after school. Some other sessions may also be approved, depending on campus and trip type.

What counts as OP training?

Rucking, bodyweight circuits, CrossFit, swim training for Reefs or other training approved by the OP Coordinators may count towards fitness preparation.

Can a student fast during an OP trip?

It depends on the trip. Low-intensity Discovery trips may be suitable with adjustments, Exploration trips require caution and consultation, and high-intensity Adventure or Challenge trips are generally not suitable during fasting unless an exemption is granted.

What must fasting students do?

They must inform OP staff at sign-up.

Can the school meet all dietary requirements?

The school will make reasonable efforts to accommodate disclosed needs, but cannot guarantee that every need can be fully met due to remote locations, shared cooking, limited storage, lack of refrigeration and group meal routines.

What about severe allergies or medical dietary needs?

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org

Medical requirements such as severe allergies, celiac disease or diabetes require health clearance and an individualised plan. Emergency medication, self-monitoring and participant food handling may be required.

What happens if a student behaves poorly on a trip?

Staff may respond through a staged behaviour action plan, beginning with a private conversation and moving, if necessary, to a formal warning, activity restriction, group separation, parent communication or removal from activities.

Can behaviour on one trip affect future OP participation?

Yes. Participation in future OP trips is not automatic. Behaviour concerns may lead to internal records, probation, loss of automatic eligibility, removal from upcoming trips or suspension from OP participation.

What is OP Behaviour Probation?

OP Behaviour Probation means that future participation is conditional. The student’s behaviour in school may be monitored before approval, leadership opportunities may be restricted, and one further serious concern may result in removal from future trips.

What are the main rules for snorkelling?

Students must snorkel with a buddy, never go alone, avoid standing on coral or rocks, avoid touching marine life, use gentle kicks and ask for help if their mask fogs or leaks.

What does “look, don’t touch” mean?

It means students should observe marine life respectfully without touching, chasing, disturbing or interfering with fish, coral, turtles or other marine organisms.

Moshi

PO Box 733 Moshi, Kilimanjaro Tanzania
+255 27 2755004
moshi@uwcea.org

Arusha

PO Box 2691 Arusha, Tanzania
+255 27 2505029
arusha@uwcea.org

General Information

CEEB Code: 643251
UCAS Code: 47512
IB Code: 002607
www.uwcea.org
school@uwcea.org