

SALAMA SAFARI



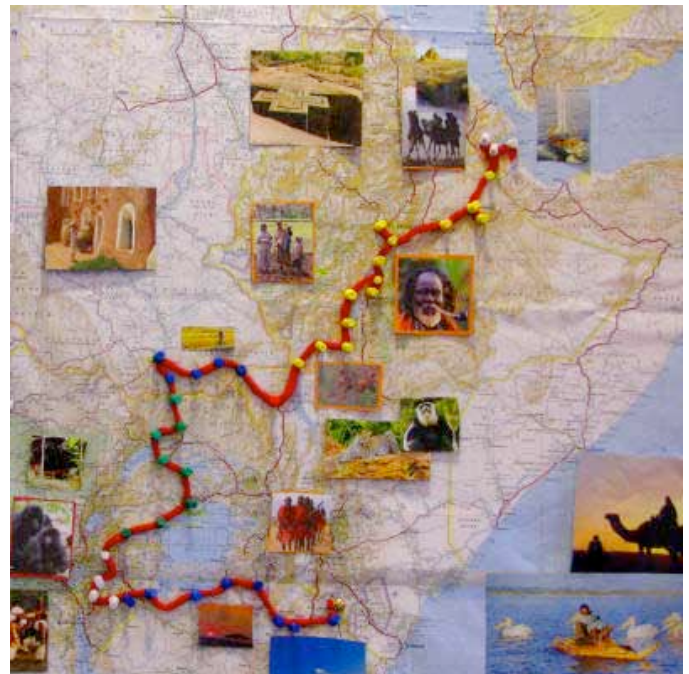
Welcome to Africa! A continent of mystery and excitement. Of incredible cultures, BIG animals and thrilling activities. Of natural wonders, vast wilderness and geographical extremes.

We invite you and your classmates to join us on the Salama Safari, a virtual bike safari around this fascinating continent. It won't be a walk in the park. It will be a challenging journey, but you will get to visit the real Africa, stand face to face with lions, climb Africa's tallest mountains, see the first human remains, cross deserts AND live to tell the tale!

How the Safari works

Virtual travel means that you can go to the other side of the world without packing a bag or breaking your piggy bank. The Salama Safari will give you a chance to learn amazing things about Africa, have fun with your classmates, get fit and, in the process, raise some money for an African cause YOU choose. Salama means 'peace' in Swahili and you will become a specialist in peace-building and conflict resolution by coming on our Safari.

Each team joining the virtual Safari will make its own **Team Name** and create its own **Bike Icon**. The teams can go on our Safari web site (www.salamasafari.ca) and follow your team's progress by checking out the placement of your bike icon, as it moves along the route of the African map. You will also be able to see how your team is doing in comparison to other school classes who are taking part in this friendly bike race. Each participant will get a cool Course Workbook, as well as your



own CNIS Salama Safari Passport that your teacher will stamp as you enter a new country.



For your bike to move forward on the map of Africa, YOU will also have to move. You and your classmates can bike, run, skip rope or have a class of 'African soccer' and all will count towards your Safari kilometers.



The first Safari will stretch over more than 5000 kilometers. Even if every kid in your class runs 10 times around the school every day for 6 weeks, you will still need to earn bonus kilometers to get to the final destination.

Therefore, we will give you a chance to earn **bonus kilometers** by taking on extra challenges and assignments. Student groups who actively participate with individual and class assignments and art projects will get bonus kilometers, counting towards your ultimate goal. We will also put some of your art projects onto the Salama Safari web site.



Bonus kilometers will allow your group to have a 'virtual rest' while you catch a ride on a train, enjoy a hot air balloon ride, or join a camel safari through

blistering deserts, to get further ahead on the route.



Your pledge

Make a pledge with your parents, your neighbors and friends, your favorite uncle or sisters and brothers that you will manage to get to the goal line on top of Mt Kilimanjaro. They can pledge a cent per kilometer, or a dollar, whatever they can afford. The amount is not as important as the fact that you, a grade 6 or 7 student, is raising money for Africa through your hard physical and academic work! You can help a lot, even at your age.



Your class can spend the whole safari thinking about and deciding what CNIS project you would like to support. Your team can help a primary school class in Ethiopia learn about Peace-building. You can choose to raise money for school material for them, or counseling for kids of your own age that have been traumatized by war. Or your team can save up for a first aid kit that can help a whole primary school.



And the best thing is that these kids you will help are children that CNIS works with, so your school will get pictures back and maybe even letters, thanking you for the help. The money you help raise, by being a good Safari explorer, will help real kids like you, who just happen to live in a continent where the situation is so much more difficult than ours.



The Safari is not a race, but a friendly challenge, where you will learn stuff, get fit and raise money and awareness, and maybe get a few prizes and surprises on the way. You should also challenge the teachers to create their own safari team and get fit as well!

Who is CNIS?

CNIS stands for Canadian Network for International Surgery. It's a mouthful, but for a good reason. The organization was founded by a Canadian surgeon, Dr. Ronald Lett. Dr. Lett first went to Africa as a young student and came back to Canada really wanting to help. Once he had completed his medical studies, he went back and worked in an African hospital.



Even by working day and night, he couldn't make a dent into the never-ending lineup of people waiting for medical and surgical help. For years he wondered how he could help the situation in Africa, until he thought of a practical solution: He started the Canadian Network for International Surgery.

CNIS sends Canadian volunteer surgeons to Africa to teach surgeons and medical students there surgical skills, first aid, trauma training and peace building to avoid unnecessary deaths and suffering for millions of young and old.

There is an expression that is you give people a fish, they will eat for a day, but if you teach them how to fish, they will be able to eat for the rest of their lives.



That is what CNIS is doing. It isn't teaching people how to fish, of course, but how to heal themselves and others.

If we are lucky, we will meet up with Dr. Lett, when we travel through the capital of Ethiopia. He has a crazy busy schedule, teaching in 7 different countries! We will also stop at CNIS centers and learn more about the courses and how CNIS is helping.

SAFARI PREP: What to do before you leave:

Going to Africa usually means arranging lots of costly and time consuming travel visas and getting a bunch of vaccinations to avoid catching some dangerous tropical diseases that we luckily don't have here in North America.



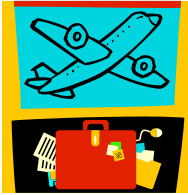
You won't have to line up for visas or get any shots, but what you should do is familiarize yourself with where you are going by checking out a world atlas at home or in the school library and reading anything you can on Africa.

To go on a bike safari of Africa requires an adventurous spirit, to say the least. You won't be able to find the food you are used to at home, so you might as well start to practice eating the adventurer's way. Your parents might be shocked as you start eating everything on your plate with gratitude. Just tell them that you are 'opening up your stomach for Africa'...



Likewise, if you are going to be one of the students who will climb to the top of Africa's tallest mountain, you and your classmates might as

well start getting in shape as soon as possible. And while you are at it, how about giving your bike a tune-up with some pre-safari care, by putting some air in the tires, oiling the chain and checking the brakes for starters.



Activity 1: Packing list

The time has come to transform your surroundings! Say goodbye to the stale old funk of your classroom in Canada, and journey to the hot and exotic destination of Eastern Africa! With so many new adventures ahead of you, it may be tempting to just fly across the world and begin your safari right away. But don't forget, there are many things you will need to bring with you on this virtual safari to avoid trouble in the bush and to make your trip as enjoyable and memorable as possible.

So, let's get started on your Salama Safari packing list! Write down what you think you should bring along with you to Africa for each of the categories. Remember, you will carry your entire luggage in your bike panniers, so travel light! Be creative, be practical, and be prepared!



Things I need every day:
(Example: Travel route)

Things I will need to be comfortable and stay safe:
(Example: Rain gear, flashlight, mosquito-repellant)

Things I will need to make my trip memorable and fun:
(Example: Camera, diary)

Things I will need to remind me of home:
(Example: Photo of my pet)

Things I need to fix my bicycle:
(Example: A dozen spare inner tubes!!!)

And last but not least, don't forget your CNIS passport!

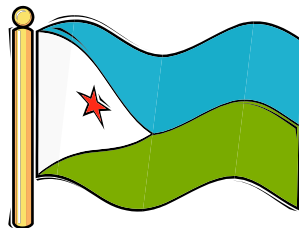
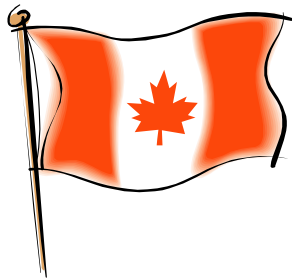


The Safari of **EXTREME** Africa, Djibouti to Kilimanjaro

Our first Salama Safari starts in Djibouti in Eastern Africa and goes south to Mount Kilimanjaro National Park. We will bike through 8 countries and pass many country borders. The distance by air is approximately 1743 kilometers, but biking the winding African roads will more than quadruple the distance. We are biking 5105 kilometers!

This part of Africa is what most people imagine when they think of Africa - lions waiting to attack vast herds of wildebeest and red-robed Massai warriors. From the chaotic and colorful cities to the thick rainforests that hold the last refuge of the mountain gorilla, East Africa is unforgettable. So pack your virtual bag and get ready your first African adventure, the **Safari of EXTREME** Africa.

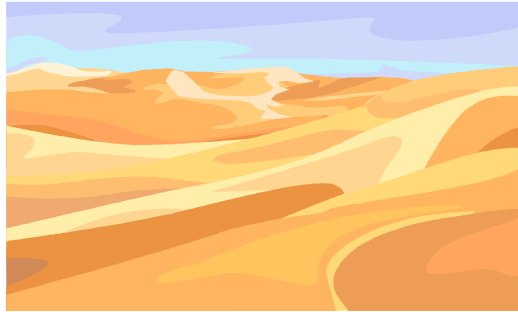
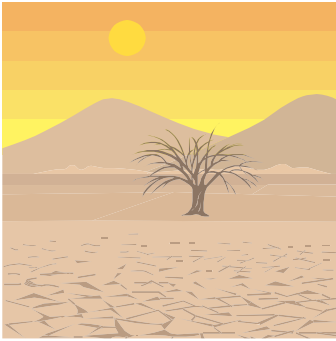
Now that we have our bags packed, it's time to book our flights! To travel to Djibouti we must book a plane ticket from Vancouver Airport (YVR) to Djibouti (JIB).



It's up to you to make your itinerary (**WORD WORM**), find the most student friendly price and avoid long waiting times in between flights.



Be your own travel agent and keep in mind the weather! When is the best time to visit Djibouti? The country is hot and dry all year round, especially during summers. The average temperature varies from 23° to 29°C in January and from 31° to 41°C in July.



Activity 2: My travel plan

Typically you must fly through London and Ethiopia before arriving in the capital of Djibouti. The flight may be long but it is well worth it!

Flight Numbers and Airlines: _____

Cost \$\$\$: _____ (student rate)

Departure and Arrival Dates/Times: _____

How about a table instead?

Date & Time of Departure	Date & Time of Arrival	Airline	Flight Number	Cost
FROM:	TO:			
FROM:	TO:			
FROM:	TO:			
FROM:	TO:			
FROM:	TO:			