



Open Arms  
Malawi

***VOLUNTEER***

***TRIP***

***2026***

Information Pack



Thank you for requesting information on our Volunteer Trip to Malawi in July 2026. We do hope you can join us on this unique opportunity to join the Open Arms team on an unforgettable journey that blends hands-on community work, cultural immersion, and a safari adventure, all while making a real difference for vulnerable children and families.



## About Malawi and Open Arms

Malawi is a land of stunning natural beauty and genuine hospitality. From the crystal-clear waters of Lake Malawi to the nature reserves and friendly villages, the country offers a warm welcome to those who visit. Known as “The Warm Heart of Africa,” Malawi’s charm lies in its people — their kindness, smiles, and strong sense of community.

Malawi continues to face challenges, with nearly three quarters of the population living in poverty. Open Arms provides support to families living in extreme poverty, caring for orphaned and vulnerable babies, so children can grow up healthy at home, and the family can be supported into self-sufficiency. Open Arms also supports nine community run nursery schools, providing early years education and a daily meal to over 600 children. Based in two locations - Blantyre and Mangochi (near the lake), Open Arms covers a large area in Southern Malawi.



## Volunteering

Since transitioning our work into community-based care, our volunteer opportunities have grown and adapted as well. This volunteer week is designed to give you the most meaningful time as a volunteer while helping Open Arms benefit from your support. It also aims to give you a chance to see and experience some of beautiful Malawi, whilst learning about the work of Open Arms.

To help you get the most out of this experience, we have arranged an 8 night package to give you the opportunity to volunteer in both Blantyre and Mangochi, to learn about the work of Open Arms, as well as finishing off with an incredible safari at Liwonde Nature Reserve.

## Itinerary summarised

- Day 1: Arrive Blantyre, welcome dinner
- Day 2- 3: Volunteering and outreach visits in Blantyre
- Day 4: Travel to Mangochi and lake visit
- Day 5-6: Volunteering and visits in Mangochi
- Day 7: Safari lodge stay and wildlife experience
- Day 8: Morning safari, return to Blantyre, farewell dinner
- Day 9: Fly home or continue with your own arrangements

# Detailed Itinerary

## Day 1

- Arrive at Chileka Airport in Blantyre
- A driver from the Open Arms team will be waiting to transport you to your accommodation in Blantyre.
- Chance to relax and meet fellow travellers
- Welcome dinner with some of the Open Arms team and talk about the work of Open Arms.

Please note: You will be responsible for organising your own flights. If flying from UK your flights will depart the previous day.



## Day 2 and 3

You will spend two days with the Open Arms team in Blantyre. During this time you will have the opportunity to visit families and nursery schools supported by Open Arms and take part in community outreach projects.

We aim to match your skills to current needs. These might include:

- Supporting families and children and early education in communities
- Help with farming or irrigation projects
- Assist with maintenance or construction
- Help in the office or with general logistics
- Run creative workshops in local nurseries



# Detailed Itinerary cont...

## Day 4

Today you will be transported to Mangochi, which takes approximately 4-5 hours.

You will then have the opportunity to visit the beautiful lake Malawi



## Day 5 and 6

You will spend two further days volunteering with the Open Arms team in Mangochi. During this time you will have the opportunity to visit families and nursery schools supported by Open Arms and take part in community outreach projects.

Again we aim to match your skills to current needs. These might include:

- Supporting families and children and early education in communities
- Help with farming or irrigation projects
- Assist with maintenance or construction
- Help in the office or with general logistics
- Run creative workshops in local nurseries



# Detailed Itinerary cont...

## Day 7

Today after saying goodbye to the Open Arms team you'll head for an unforgettable experience at Liwonde National Park, for a wildlife safari. You'll arrive for lunch, and after an afternoon to refresh and take in the wildlife you'll head out for a sundowners safari. If you're lucky, you may spot lions, elephants, hippo's cheetah's, zebras and even a black Rhino if you are lucky!



## Day 8

Wake up early and it's straight back out for another safari. This may be a land safari or a boat safari. Return for a tasty breakfast, and a bit of time to relax before heading back to Blantyre.

Finish off your trip with a farewell dinner at a local restaurant with the Open Arms team.

## Day 9

Today it is time to say goodbye as we take home the memories of an incredible week. A transfer will be provided from your accommodation back to Chileka airport in Blantyre. Please note that transfers cannot be provided to Lilongwe. If you are traveling to the UK, please note you will likely return home a day later.

If you would like to spend more time in Malawi, you are welcome to make your own arrangements from here.

## Costs

|                       |              |
|-----------------------|--------------|
| Registration Fee:     | £300         |
| Remaining trip costs: | £700         |
| Minimum Fundraising:  | £500         |
| <b>TOTAL</b>          | <b>£1500</b> |

## What's Included:

8 Nights Accommodation, based on 2 people sharing.

All Road Transfers in Malawi and airport pick ups/drop offs

All meals, except lunch on first day and last day (some meals may be self catered but food will be supplied).

All Game Activities and Park Fees in Liwonde Wildlife Reserve.

## What's not included:

Flights

Travel Insurance

Vaccinations

Drinks and extra food/snacks

Tips and items of personal nature

## Accommodation

In Blantyre and Mangochi you will be staying in Open Arm's volunteer accommodation on the sites of the former Infant Homes. This accommodation is gated with security guards. Depending on numbers you may have a room to yourself or be sharing a twin room. Double beds are available for couples.

Whilst very basic, this accommodation offers a true African experience and provides all the essentials you need - kitchen, small lounge area, shared shower room, toilet, bedding and mosquito nets.

Please note that if you prefer to stay in a nearby hotel in Blantyre, this can be arranged at an extra cost.

At Liwonde National Park, you will be staying in one of the beautiful lodges in the park - TBC



## Travel Insurance

You are responsible for providing your own personal travel insurance. Please ensure it covers you for Malawi.

## Visas

At present Malawi has removed the need for a tourist visa for residents of 79 countries, including the UK. Please double check your requirements before travelling.

## Vaccinations

Please seek travel vaccination advice from your GP at least 8 weeks prior to your trip to see what vaccines you need. Most of them will be free on NHS. You will also need to take Malaria tablets, which can be obtained from your GP or online. These are usually taken 2 days before travel, during travel and for a week after your return.

## Flights

To accommodate individuals travelling from different locations we have not included flights in the package. Please book flights to Chileka airport in Blantyre if you would like an airport transfer. We are unable to provide transfers from Lilongwe and you will need to make your own arrangements to get to Blantyre. Please contact us if you have any questions about which flights to book. Please note that flights may arrive a day later depending on your location. Please ensure you arrive in Blantyre on or before the first day of the trip

## Dress Code

Traditionally Malawians are conservative dressers and we encourage you to respect this when volunteering in communities. Long trousers or a skirt with a t-shirt or cotton shirt is advised. Make sure you wear comfortable shoes. Also don't forget a sun hat and sunblock.

## Donations

If you would like to take donations out for Open Arms, some airlines include two 23kg bags in the ticket price. Please speak to a member of Open Arms team for suggested items. We ask that all donations are given to the team to distribute appropriately. We ask that you do not hand out money or donations directly in the community, as this creates a culture of dependence.

## Photography

Always ask first before taking a photograph or video of people in the community, particularly when in their homes. Please do not share pictures of children and families on social media unless express consent is given by the family and Open Arms.

# Frequently Asked Questions

## Who will be organising the trip?

The trip is being organised by Open Arms Malawi and the team at Open Arms Infant Home in Malawi. Please note the trip is not being run by a travel company, to keep costs lower and so money raised goes directly to the charity and beneficiaries.

## How many people will take part?

The group size will be kept small with a maximum of 10 participants.

## Do I have to raise the minimum sponsorship?

We ask you to commit to raising a minimum fundraising of £500. If you are unable to raise the full amount, we will ask you to self-fund the remainder. We are aiming as a group to raise £10,000 between us, so any extra you can raise would be wonderful too. Fundraising plays a vital role in helping Open Arms continue its lifesaving work in Malawi.

## What support will I get with my fundraising?

We will support you all the way with your fundraising. Once you sign up for the trip you will be sent a fundraising pack with lots of helpful advice and ideas on how to raise money for the trip. You will also be supported by a member of the UK fundraising team who will be there to help and advise. Although you will have an individual target, we want to make it a big team effort and try to raise £10,000 in total between us. We will be setting up a Whats App group with your fellow volunteers if you wish to join, so we can support each other along the journey!

## What happens if I need to cancel?

A full refund of the deposit will be granted up to 3 months prior to departure. After this time no refund of the deposit will be possible. The full balance is due 6-8 weeks prior to the trip. This will be non-refundable.

Please note that we will be unable to refund any money raised for fundraising purposes.

## When do I need to pay the balance for the trip?

The non-refundable full balance is due 6-8 weeks prior to departure, payable to Open Arms Malawi. Please get in contact if you would like to pay in installments.

## Can I stay on after the visit?

Yes. You are welcome to stay on in Malawi and make your own arrangements. If you would like to spend more time with the Open Arms team and/or visit Mangochi Infant Home during this time, please let us know.

Got more questions? Please email [hello@openarmsmalawi.org](mailto:hello@openarmsmalawi.org) or call [+44 \(0\)1423 530129](tel:+44(0)1423530129)

## Next steps...



If you would like to be part of this incredible trip and help give orphaned and vulnerable children in Malawi a brighter future, please fill in the form below:

<https://forms.office.com/e/vKj3S5guUY>

To secure your place, please pay your £300 deposit into our CAF bank account below with a reference Volunteer Trip and your name. Please note that places are limited and your place is only guaranteed once the deposit has been paid.

Open Arms Malawi

Account number: 00087002

Sort Code: 40 52 40

Address: CAF Bank Ltd, 25 Kings Hill Ave, Kings Hill, West Malling, ME19 4JQ

Once we have received your deposit and form, we will email you confirmation of your place. Please do not book flights until you have received confirmation of your place. Please contact us if you have any queries.

We do hope you can join us!

**"Building brighter futures for Malawi's vulnerable children"**