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Residential in Morocco

Day	Itinerary	Assessment days	Accommodation	Meals
08.08.17.	Fly as a group from London Gatwick and arrive in Marrakech. Private group transfer to hotel. Briefing and introduction. Have dinner together in restaurant in Marrakech.		Hotel	Meals at own expense
09.08.17.	After breakfast in the hotel, private transfer to the Ait Bougamez valley. (6 hours, 235km east of Marrakesh) Have lunch on enroute and arrive at the gite mid-afternoon. Have dinner together in gite.		Gite (basic dormitory accommodation)	Breakfast, lunch & dinner included
10-14.08.17.	Have breakfast together in the gite. You will be split into a small group and will spend your day with a Berber family, carrying out the everyday activities. Return at the end of the afternoon to the gite. All participants will have dinner and spend the evening together.	Y	Gite	Breakfast, lunch & dinner included
15.08.17.	After breakfast, private transfer back to Marrakesh. Lunch enroute and visit Cascades de Ouzoud for swimming. Arrive at hotel in Marrakesh late afternoon. Go for dinner together in a restaurant in Marrakesh.		Hotel	Breakfast & lunch included
16.08.17.	Have breakfast in hotel. Opportunity for sightseeing and souvenir shopping before group transfer to airport. Group flight back to London Gatwick			Breakfast only included



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Price includes: meals as above, cook, transfers to and from airport, transfers to and from Marrakech and Ait Bougamez, 6 nights accommodation in basis dormitory accommodation (gite), 2 nights accommodation in 3* hotel in Marrakech, english speaking local guide, leader from UK/DofE assessor, drinking water, international flights London to Marrakesh

Not included: tips for guides, dinners in Marrakech, sightseeing entrance fees, soft drinks or alcoholic beverages, travel insurance, water purifying tablets.

DofE expedition assessment combined with residential

We are Approved Activity Providers of Duke of Edinburgh's Award gold assessment expeditions in Morocco. You can combine this residential with an open enrolment gold assessment expedition starting on date 2nd August 2017. For further info please visit: <http://www.moroccotreks.co.uk/opengolddofeexpeditionassessments.asp>

Where is Ait Bougamez?



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MOROCCO - FACT FILE

WHAT HAPPENS ON YOUR RESIDENTIAL IN MOROCCO?

Berber Treks offer exciting cultural residentials in Morocco. Based in Agouti in the Ait Bougamez "Happy Valley" we invite you to come and spend your days in the homes of the local Berber people. You will be split into groups of 5 with other participants that you have not met before and will take part in the everyday activities of these friendly village people. You will be eating lunch with these families and should come prepared to get stuck in and improve your communication skills as not all families will speak English! Activities on residential depend upon your gender. Girls will help with cutting hay, washing clothes, cleaning the house and preparing traditional food such as tagine, bread and mint tea. Girls will also have the opportunity to dress up in the local costumes, makeup and have henna tattoos done. Boys will go to the market, help with cutting wood, building maintenance, fruit picking in the orchards and managing livestock. The program also includes a day of walking to the gorge and local granary view point. There is also the opportunity to learn the traditional crafts of rug making and wood carving at the village association. In the evening the participants stay together in a gite. The accommodation is basic dormitory style with hot and cold running water. It is comfortable but not 5 star! Participants are fully supervised throughout the residential and have the opportunity to explore the souks in De Jemna el Fna. You will also visit the Cascades de Ouzoud on our return journey to Marrakesh. This residential may be able to count for your Duke of Edinburgh's Award programme. Please check with your DofE leader and visit <http://www.dofe.org/en/content/cms/doing-your-dofe/activities-sections/residential/residential-require/>

The nature of a residential in Morocco is that you will be spending the majority of your time with the same people 24/7. Sometimes your surroundings will not be as comfortable as you are used to in your own home in the UK. If you can put up with not having your own space, home comforts and eating strange food for a week then you will enjoy yourself. This is an active expedition, you will be required to work hard with the families from 9am - 6pm. Unlike much of the UK, the terrain in Morocco is not flat! The roads and paths are bumpy and rarely paved out in the mountains. The village that you will be staying in has basic facilities and at times you will need to walk uphill and downhill on rough terrain which is sometimes rocky or dusty. At times you will feel challenged physically and emotionally however, the breath taking views and evocative culture will over compensate.

HEALTH & HYGIENE

In the gite you stay in there will be showers with solar powered heated water. We recommend that you bring wet wipes and anti-bacterial hand gel. We also recommend that you drink at least 3 litres of water each day and eat more than you would at home to keep up your energy levels. Stomach upsets, headaches and blisters are to be expected on a residential, but will pass quickly when treated immediately. Your assessor and local guides are first aid trained and carry a comprehensive first aid kit but please bring your own personal medication including dioralyte, blister kit and ibuprofen.

FOOD/WATER

The food provided on residential is basic but substantial. Breakfast largely consists of porridge, cereals, eggs, bread and spreads. For lunch you should expect to have salad, bread, couscous, tinned fish and fruit. Dinner



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consists of tagine (steamed vegetables) rice, lentils, pasta, potatoes. Meat is provided when available such as chicken, lamb and goat. Vegetarians will have no problems in Morocco, however please let us know as soon as possible about your dietary requirements.

The tap water in Morocco is not for drinking. Whilst in Marrakech please buy bottled water. This normally cost 10 MAD from the corner shops. Whilst on residential you will be responsible for purifying your own drinking water. Please bring your own water purifying tablets.

FITNESS

A reasonable level of fitness is required for this residential as you will be carrying out the everyday lifestyles as the Berber families. This means manual work instead of using machines. The more you train before for your expedition the more enjoyable your assessment will be!

DAILY ROUTINE ON RESIDENTIAL

7am Wake up, have breakfast
9am Go to your Berber family home and have lunch with them
6pm Return to the gite and have tea and biscuits
7pm Have dinner altogether, relax and play games, write diaries etc
11pm Sleep

MOROCCAN CLIMATE & EQUIPMENT

As a general rule the days are clear bright and sunny during the day between 25-30 degrees Celsius and the evenings get cooler once the sun goes down around 15 degrees Celsius. We like to advise all our residential participants that you can encounter all 4 seasons of weather in just one day, in any season on the village. Therefore it is essential to come fully prepared with clothing for sunshine, rain, hail, wind and snow even in the summer. Whilst your assessor and local guides will take every step to ensure your safety on residential, we ask that you follow the advice of your guides at all times and respect the fact that they are qualified and responsible for making final decisions for the group. She/he however is not responsible for the changeable nature of our climate! Therefore we ask you to come suitably equipped with the following essential items.

Walking boots that are worn in

Lightweight waterproof trousers and jacket - it does rain in morocco and when it rains it pours!

Sunhat, sunblock, sunglasses

Lightweight clothes to wear in the day: shorts and t-shirts - please do not bring vest tops or very high cut shorts

Warm clothes to wear in the evening: trousers, long sleeved t-shirt and jumper/fleece

Water purifying tablets

2 litre water bottle

30 litre day pack

A pair of work gloves



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Small personal first aid kit

Personal medication

Sleeping bag and liner

Camera, spare batteries

Cheap torch, spare batteries

Diary/notebook

Travel games or cards

Please do not hesitate to contact us if you need further advice regarding your equipment.

DONATIONS TO VILLAGES & SCHOOLS

Please check with your airline about your luggage allowance however it would be wonderful if you would like to bring old clothing particularly warm jumpers and coats to donate to the Berber villages that you stay in. In addition any stationery, books or art materials would be gratefully received at the local schools. We do not recommend that you give out sweets to children as dentists are not readily available in remote areas.

PASSPORT & VISAS

It is essential that your passport is valid for 6 months after your entry to Morocco. British citizens do not require a visa for entry to Morocco. For citizens of other countries please visit:

<http://morocco.embassyhomepage.com/>

VACCINATIONS

There are no specific vaccinations required for entry into Morocco however we suggest that you are covered for; diphtheria, tetanus, measles, mumps, rubella, polio and Hepatitis B. Please consult your doctor for further information or visit: <http://www.netdoctor.co.uk/travel/africa/morocco.shtml>

TRAVEL INSURANCE

This is compulsory and must cover repatriation to your own country, trekking activities and helicopter rescue in the mountains. You will be required to carry your insurance documents whilst trekking. We recommend [The BMC](#) trek policy or [Campbell Irvine](#)

CURRENCY & SPENDING MONEY

On the day of writing, the currency exchange rate was approximately 13 dirhams (MAD) to £1 sterling. There are many bureaux and ATMs where you can exchange money or withdraw dirhams in Marrakech. ATMs generally take visa, cirrus and maestro. Payments made by Visa in shops and souks are readily accepted although often a surcharge is added. It is best to bring £ in cash to exchange. You will only need enough spending money for souvenirs, soft drinks, personal items and 2 x lunch, 2 x dinners in Marrakesh. A budget of £100-150 spending money would be plenty for the whole trip. To give a rough idea in Marrakech; a bottle of coke cost or a 1.5 litre bottle of water cost 10 MAD and a good meal in a local restaurant cost 100-150 MAD.



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TIPPING

We make it our policy to pay our staff well. We believe that in paying our staff properly for their experience and qualifications, in return they will be willing to work to their best standard. Please tip your staff team at your own discretion but to give a general idea £5 per person per residential day would be appreciated.

Donations of old equipment and clothing are always gratefully received.

RELIGION & RESPONSIBLE TOURISM

In Morocco today 99% of the population are Muslims. The other percent are Jewish or Christian. Please buy local produce as much as possible, talk to the locals, dress modestly in religious buildings and remote villages ie; long trousers and long sleeved tops for both men and women, never leave litter and ask first before taking photos. We endeavour to employ local staff and buy local produce as much as possible.

ELECTRICITY

240 volts, 2 round pin European plug. It will be possible to charge your electrical gear in the gite but please also bring plenty of spare batteries.

COMMUNICATIONS

Mobile phone reception is ready available in Marrakech and Ait Bougamez. There is free wifi in the hotel in Marrakesh but the speed is varied! Please advise your friends and family that the connection can be unpredictable.

TIME ZONE

During BST Morocco is 1 hour behind UK time. During GMT Morocco is on the same time as the UK.

Every effort has been made to ensure that sure the information on this fact file is correct in 'average conditions' however, we will not be held liable for any inaccuracies due to extreme circumstances.