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## Adventurebug / Rifcom / Kindred Project Morocco Rif Community Development Trip

<b>EVENT FOCUS:</b>	School (secondary) Visits to carry out Development Projects
<b>EVENT DURATION:</b>	2 nights & 3 Days minimum (up to a full week)
<b>EVENT STYLE:</b>	Educational / Community Service
<b>LOCATION:</b>	Morocco – Chefchouen and Binizid Community in the Rif region

*Adventurebug is pleased to offer your school, club, organization or office a very special Community Development NGO experience with our charities that operate in Morocco. With over 20 years' experience leading expeditions and charity events to Morocco and further afield, we have vast leadership skills, safety mechanisms and creative projects for our participants. This specially designed excursion is life-enhancing for participants in so many ways – especially for the communities who's lives benefit so greatly from our work.*

### About RIFCOM & The KINDRED PROJECT



*RIFCOM was founded by collaboration between some dynamic Gibraltarian business representatives and Adventurebug Ltd. – becoming a legally established Charity in 2008. Rifcom shares a common vision with The Kindred Project, a Sotogrande International School Initiative. This expedition aims to promote the aims of Kindred's educational objectives. Rifcom is a non-profit & non-governmental organization with no religious affiliations administered by an eclectic board of trustees from Gibraltar.*

### Our Vision

RIFCOM focuses on sustainable projects to boost the region's standards of HEALTH, EDUCATION, ECOLOGY, ECONOMY and SOCIO-CULTURAL traits.

Our branch for EDUCATION has a two-fold mission: *To conduct on-going community development projects in the Rif region of North Africa and to widen the experiences and awareness of travellers, the business community and the learning community in the same process.*

Our main participants include business teams on fundraising challenges, schools and private citizens / groups seeking alternate forms of holidays, training and volunteer opportunities.





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## RIFCOM / Adventurebug & the KINDRED PROJECT aims



Adventurebug has led this experience countless times to the underdeveloped region known as the Rif Mountains in northern Morocco. In this region, tens of thousands of people live in abstract poverty, when they don't need to – some living within eyesight of Europe! Learning from past experiences and picking up where we left off, we will follow a similar template that aims to enhance the lives of people in this impoverished region.

Focus is normally on community development work in remote villages and surrounding regions – particularly with the local schools, including visits to the regional capital itself, Chefchaouen and a stop in Tangier where we support a Women's Association and various other projects, including environmental affairs.

We feel the best medium for change is via intercultural exchange at the student level. It is the youth of today who can initiate change for tomorrow and from this experience, this group of learners, in cooperation with the Moroccan students, can have tremendous impact not just in the Rif, but in developing regions worldwide!

We ask that students and teachers prepare themselves for this expedition by considering WHAT TRUE ROLE WILL THEY PLAY? They will also need to consider WHAT IS THE MEANING OF COMMUNITY DEVELOPMENT / WHAT ARE CORRECT AND – OR INCORRECT WAYS OF ASSISTING / HOW CAN THEY SINGLE HANDEDLY AND COLLECTIVELY MAKE A 'SUSTAINABLE' DIFFERENCE TO THE REGION?



### Day 1 – JOURNEY TO THE RIF MOUNTAINS

*Today is travel day to the Rif and the region of Binizid. We have a visit first to Chefchauen and the National Park Center of Talesemtane. After some time in the village of Chefchauen, we transfer and hike to the village of Merchakala where we have 2 nights stay in a simple gite guest house.*

From Spain, ferry departure from Tarifa for Morocco / Private coach transfer to Chefchouen

(Chef) in the Rif. Arrive to Chef and visit the *Talesemtane National Park* centre where we'll learn of various environmental projects. Our focus is on conservation efforts in this important Biosphere and we have direct contact with the Park Governance for many interesting projects. We then tour Chef's historic quarter, learning about the cooperatives and local economy - giving some free time to explore the souk on our own. We take dinner this afternoon in Chef before departing for the village of *Mershakela*. We will have at least 1 hour of hiking to reach our village. Day pack with rain protection required.





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## **Day 2 – RURAL VILLAGE SCHOOL DEVELOPMENT WORK & COMMUNITY PROJECTS**

*Today we have a morning hike and then undertake projects in a small, rural village area where Rifcom Foundation has built a new school, a nursery and we are now developing a community centre. Final projects to be announced. Rifcom has a legal agreement with the Ministry of Education in Morocco to carry out all school-based projects.*

0730 Breakfast at Gite (students expected to assist with preparation, tidy up, etc)

0845 Walk to one of our selected villages (1 or 2 hour mountain walk), where we follow the same footsteps of local farmers and children walking daily between villages for school, fetching water and tending crops in the fields. When we arrive to the village, we make group Seminars & Workshops around the school. Projects will be hand labour such as painting, moving furniture, tidying, environmental work, etc. As well as sport, music, art and drama workshops led by our participating students and the children from the local village(s).

1300 Lunch at school and continuation of projects

1800 Completion of all projects at village – Van transfer back to Mershakela for evening. Free time / relaxation and social interaction at our gite.

2000 dinner at Gite / possible fire circle, local drumming and music

## **Day 3 – FINAL DAY / DEPARTURE HOME**

*Today we head for Tangier and we will make a stop in the old Tangier medina (time permitting) before catching the ferry back to Spain. If possible, we will take part in a presentation on the Barbary Apes Conservation efforts by a representative of the University of Sheffield and then support a women's association by taking lunch in their building before we board the ferry and cross back to Spain.*

0730 Breakfast / pack up camp / depart on foot to where we meet our transportation

0900 Transfer to Tangier with stop on route to learn about the Barbary Apes Projects in the region.

1200 Visit Tangier Medina and take lunch in the Women's Association building followed by a guided visit through the medina.

1500 Depart on Tangier to Tarifa Ferry. Approximate arrival to Spain / Coast area 18-1900.

**Trip Price** = Please consult directly and indicate date of travel and number minimum and maximum of participants as well as adult supervisors.

### **Inclusions:**

- All transport (ferry, private coaches and van shuttles)
- 2 nights (both nights in simple gite house which is shared rooms and some tenting required)
- All meals from dinner day 1 to lunch on final travel day home (Please bring day 1 lunch)
- Bottled water each day
- Entrance fees where applicable
- Insurance (third party only is included), Accident Assistance (travel insurance) is not included and participants and staff must be covered privately or through your school / organization
- RIFCOM and teacher leadership team with Emergency Evacuation and Safety Protocol

### **Registration Details:**

Please consult us directly for our registration and info pack



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### **KIT LIST:**

Please bring few items as you are required to carry ALL your own luggage. We recommend a small duffel bag or back pack. DO NOT BRING SUITCASE OR ROLLING BAG!). This is a 'UNITED NATIONS' style community service expedition, so be prepared to rough it beyond normal expectations!

- \_\_\_ Clothing you can work in and get paint on, make dirty, muddy and wet
- \_\_\_ Good footwear or trainers / trekking shoes or boots (walking 2 hours day minimum)
- \_\_\_ Extra pair of shoes to wear if first ones get wet (and socks)
- \_\_\_ Work gloves
- \_\_\_ Loose casual wear for evenings (non formal)
- \_\_\_ Raincoat or 'good' poncho **(THIS IS A MUST! THE RIF MOUNTAINS HAVE RAIN)**
- \_\_\_ **Sleeping bag**
- \_\_\_ Warm clothes for mountain weather (hat / gloves too)
- \_\_\_ Toiletries (tooth brush, soap, shampoo, etc.)
- \_\_\_ Towel
- \_\_\_ Torch (head torch)
- \_\_\_ Hand wash (optional) antibacterial – for washing hands before meals
- \_\_\_ Small day pack for carrying lunch / water / rain coat during the days out
- \_\_\_ Camera / batteries **(NOTE – CHARGING OF PHONES IS VERY DIFFICULT WHERE WE ARE!)**
- \_\_\_ WATER BOTTLE – essential – we will NOT distribute plastic bottles anymore!
- \_\_\_ A musical instrument and / or your favourite ART or DRAMA supplies or activity!
- \_\_\_ Other: French phrase book, small gifts for students, address cards to give out

### **DONATION ITEMS:**

The region is very poor and there's a lack of warm clothing, rain protection and footwear. If you can donate any clothing items like this please bring them along – YOU WILL HAVE TO CARRY IT OVER YOURSELF (and it will be MOST APPRECIATED!).

Other items include books (non religious themes), sport and game equipment and even some electronics that still work like mp3 players and cameras. Footballs or ANY kind of football kit would be massively appreciated!

School supplies such as pens, pencils, rulers, compass, calculators and more are very handy too.

### **DO's & DON'Ts – A ROUGH GUIDE:**

- Do:** Communicate with everyone locally and just be your self  
Practice some Moroccan Arabic language and learn a local song or two!  
Help out with the camp, the tidying up and the LEADERSHIP of the projects  
Enjoy yourself and don't feel guilty that you have so much and they have much less
- Don't:** Take photos of adults or children without their consent  
Drink the water from any tap – use bottle water  
Sit back and wait for things to happen – take initiative and get STUCK INTO the projects!  
Bring loads of material things for yourself, travel LIGHT and make space for donations instead  
Smoke anything you 'find' or has been offered to you – it's a criminal offence and jail is harsh and you will be made an example of, even as a minor...



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## Rifcom-Adventurebug Expeditions / Pre-Event

Before we set off, RIFCOM needs your help! To make these expeditions a real success for everyone, it's important we start the GROUND WORK now... Here is a template we like to work from.

**QUESTION FOR PUPILS:** What projects will you participate in?

### 1. THE RIFCOM INFORMATION PACK

We need a 'dossier' of about the RIF region! Search for: Rif Mountain (or North Morocco Region – provinces of Chefchaouen and Tetuan).

- a. *Infancy mortality rate*
- b. *Adult mortality rate*
- c. *Level of education (age most people reach)*
- d. *Number of days of school, main subjects, up to what grade, etc.*
- e. *Health information and statistics (disease, ailments, operations, recovery, follow up)*
- f. *Gross domestic product (how much money is earned by people?)*
- g. *Industry and commerce info (what makes the region 'tick'?)*
- h. *Political setup (how is it governed?)*
- i. *National Parks and Protected Natural areas (are there any? What is being done?)*
- j. *Economic Aid and Support (is there any, from where?)*
- k. *Religion and language (what are they?)*

### 2. MEDIA TEAM

We'll need a media team to organize the audio and visual aspects of this expedition. You'll need to 'script' your coverage so that a fair and well-rounded report is made. You can work with the local students on this too.

### 3. SOCIAL NETWORKING WITH OUR MOROCCAN COUNTERPARTS

We need to make contact with our counterparts in the Rif Region. Via social media – you are welcome to start with **Rifcom** on Facebook (or create a new site?), we can begin connecting now with the students and organizations on the Moroccan side.

### 4. PRE WORKSHOP PREPARATION

You will be taking part in workshops with students in the developing world. They have little experience with this and will be seeking your leadership. We recommend that you begin by deciding WHICH workshop(s) you will attend. Also, think about what you will contribute and how you will deliver this: WORKSHOPS

1. *Social Issues Workshop – A general language and cultural sharing group.*
2. *Art Workshop – Painting, sketching, sculpting, modelling, photography, etc.*
3. *IT Workshop – Interchange of IT skills and interests*
4. *Music Workshop – Sharing interest and skills in music*
5. *Drama Workshop – Theatre skills and performing*
6. *Sport / Games Workshop – Participating and Coaching games to others*
7. *Teacher Training Workshop – Offering teachers valuable resources and methods*
8. *Infrastructure and Engineering Workshop – Helping with hands on projects*
9. *Health Workshop – Looking at state of health and care services available*
10. *Environmental Workshop – Creating a model for sustainable conservation*
11. *Tourism – What works and what doesn't*
12. *Industry and Innovation – What's happening now and what COULD happen next*
13. *Creation of a short promo video about your group's life in Spain and at Sotogrande*



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## EMERGENCY RESPONSE PROCEDURES

### General Expeditions / Tours / Charity Events

The following is an EMERGENCY PROTOCOL designed to assist *Adventurebug Leaders, Company or Organizational Reps* and all *participants* with what procedures to follow in the event of an emergency, illness, accident or lost persons on general tours or expeditions.

#### SUPPORT AND LOGISTICS DURING EMERGENCIES:

Please note that **all** Emergency Scenarios are unique and in foreign countries, it can be unpredictable what form of medical assistance is available at any given time. As a result, it is imperative that we accept the following guidelines:

1. *Helicopter rescue IS NOT a consistent option in all locations of the world – even in Europe and North America. Alternative evacuations must be carried out by lifting (human), vehicle shuttles, possibly by animal (horse, camel, mule) and in the best-case scenario, ambulance vehicle service.*
2. *Ambulance Paramedic service IS NOT always readily available in the regions that we are both travelling by road and trekking.*
3. *Trip leaders have First Aid training and Matt Butler (if present) is qualified in Mountain First Aid.*
4. *Specialty items such as a defibrillator, intravenous treatment and / or emergency operation procedures are not always available in the remote areas of this excursion – evacuation of the casualty is essential!*
5. *Emergency evacuations in very remote locations, when required, regardless of the severity of injury or illness, will be carried out by whatever means of transport we find available. The procedure would initially be:*
  - *First utilize helicopter, 4x4 or vehicle support to assist in the shuttle.*
  - *Or hire a car, taxi, van or other private vehicle to assist in transferring any casualty.*
  - *Or, best case scenario, locate an ambulance (subject to availability and access).*

#### HEALTH CARE FACILITIES ABROAD

Your expedition leader will have on hand, the listing of nearby hospital facilities nearest your activity site.

In the event that LIFE THREATENING emergency services are required (*respiratory illness, fractures, traumas, allergic reactions, digestive emergencies, etc.*), the following procedures apply:

#### 1. IF LIFE THREATENING:

- a) *Immediate transfer to listed hospital emergency services that provides life-sustaining treatment (ie. Defibrillators, intensive care ward, etc.). Transfer time and method to such a facility is UNPREDICTABLE and best efforts will be made for a safe transfer via the options listed above (*under Support and Logistics during emergencies*).*
- b) *Once a casualty's vital signs have stabilized and they can be downgraded from intensive care, a decision will be made regarding follow up treatment and recovery.*

#### 2. IF NON LIFE THREATENING:

This may categorize injuries such as breaks and sprains, general illness, fatigue, stress, etc. that may/may not require medical attention but **do not** warrant intensive care treatment.

- a) *For breaks that require cast / splinting (*normally need treatment in first 3 hours*) it's imperative to visit the local medical facility.*
- b) *For illness, fatigue, stress related problems, we will try to deal with the scenario on the expedition itself and if this is not manageable, proceed to evacuate the casualty to nearest hospital or hotel for further recovery.*



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#### **POSSIBLE HAZARDS ON TREKS & EXPEDITIONS**

(general / not rated for severity):

- *Exhaustion – physical strain and fatigue*
- *Hypothermia (cold) or Heat exhaustion*
- *Dehydration – lack of water intake and electrolyte imbalance*
- *Heart attack / stroke – More risk for those over 30 years old*
- *Injury to limbs / broken bones – twisted ankles and knee strain*
- *Previous illness links – problems associated with other illnesses*
- *Accident (vehicle) – road vehicle accident risk tour*

### **General Guidelines for Adventurebug Trip Leaders & Volunteers**

**In the event of any emergency it's important to stay calm, get all the facts and be sure that you and others around you are safe and accounted for. Every situation is unique and a calm, cool approach is necessary before action can be taken!**

#### **Recommendations for Safe Practice on Adventurebug Excursions:**

1. *Ensure a FIRST AID kit is carried on all days*
2. *Ensure Activity Leaders set safety boundaries for participants and give warning to any possible hazards including weather patterns, terrain, wildlife and any items of nature that could be a danger.*
3. *Ensure that a leader is ALWAYS present when participants are in water, rivers, etc.*
4. *Ensure that adequate research is done regarding weather patterns / tidal charts, wind estimates, etc.*
5. *Communication system in place between groups and their supervising leaders.*
6. *Always watch out for one's personal safety in areas of outdoor pursuits and double check on fellow peers when doing activities.*
7. *Ensure that an escape route / plan is in place and / or provisions for repatriating an injured or sick from an activity site (this is done on a continual basis with our local guiding team – every part of the route is considered with GPS, topo maps and in consideration of what tracks / roads are available for any evacuation).*

#### **In the event of any accident or serious illness scenario:**

1. If working with a team of guides – tell them what has happened and they will launch their own emergency procedures. If not:
2. Provide any necessary First Aid to patient & call in further Emergency Services if necessary. Our first line of assistance is:
  - A. Dial 112 if in Europe (and Worldwide) for **any language** emergency response
  - B. Adventurebug (Matt Butler) (34) 635 817 819 (Office) (34) 952 894 308
3. Ensure the rest of group is together and not in any danger
4. If hospital services required, 1 trip leader or rep and / or 1 other group member accompany patient to hospital.
5. Ensure that a local language speaker is present (if no English is spoken)
6. Based on severity of incident, decide how to best continue activity session with rest of group.

#### **In the event of a lost person:**

1. Ensure all other members of group are accounted for first.
2. Get as much information regarding location person last was seen.
3. Contact supervising monitor to advise.
4. Follow instructions of supervisor.
5. Keep rest of group in one place under supervision

When in the remote areas trekking, should a person not be found within 1 hour / and depending on environment / an emergency search and rescue must be carried out (with the help of local officials). In this case, dial 112 or the Guardia Civil in Spain at 062. *Note – this information is a guideline only and Adventurebug cannot be held responsible for the handlings and procedures – including outcomes of emergency responses.*