

A trip to Ethiopia and Uganda 10.- 26.10.2016

From the Blue Nile to the White Nile – Travelling to wonderful places, visiting projects and meeting local people

The flight goes to Addis Abeba, from where we continue to Lalibela, which is famous for its rockchurches, UNESCO world heritage sites. The first excursion goes to the mountains to visit an ancient monastery, possibility for a trekking tour and you will get to know the everyday life of a rural farmer. As we leave Lalibela on our way to Bahir Dar, we travel along phantastic mountainous landscapes, are going to pass traditional farms, fields with Tef, the local very tiny millet, and we shall also see farmers with donkeys or horses. On the way we will visit a local project. Bahir Dar, one of the most beautiful towns of Ethiopia is located at Lake Tana. On boat we shall explore the source of the Blue Nile. If we are lucky, we will see some Hippos and go on to visit one or two very old monasteries on islands. The impressing Tisissat waterfalls are another destination, we shall explore in a small trekking tour. After a flight back to Addis Abeba, we will visit projects managed by the Comboni and Franziscan Missionaries, which are supported by Tukulere Wamu. In Addis Abeba you will get to know the cultural and historical aspects of the town and visit a craft market. In Ethiopia we shall have opportunity to join the traditional coffee ceremonies, join Ethiopian Live Music and enjoy traditional meals.

The second part of the tour takes you to **Uganda**, to the source of the White Nile, which can be explored during a boat ride. We will proceed to the SALEM village near Mbale. There we will have plenty opportunities to visit various projects, both of SALEM and of Tukulere Wamu, visit the mountainous area with the Siipi or Sissy Falls, get to know the life in the villages and visit a local market. You will also get an insight view into the so called "Fair Trade": Visit of the Gumutindo coffee factory in Mbale and visit a coffee farmer.

Get involved yourself according to your choice. Participate in the children village by making music, games or art work, or participate in agriculture, possibly in oxplough, get to know more about permaculture or see how a firewood saving stove is built. Finally join a wonderful music performance of the Elgon Ngoma Troupe and have a last walk in the Mabira rainforest before we leave again from Entebbe.

Costs including flight: **from 2.490 €** per person

You will be escorted during the tour by

Gertrud Schweizer-Ehrler and Nils Lotz.

You will find the full program (in German) on: www.tugende.org but you are also welcome to ask for an English version. More information on www.tugende.org or ehrlert@tugende.org