

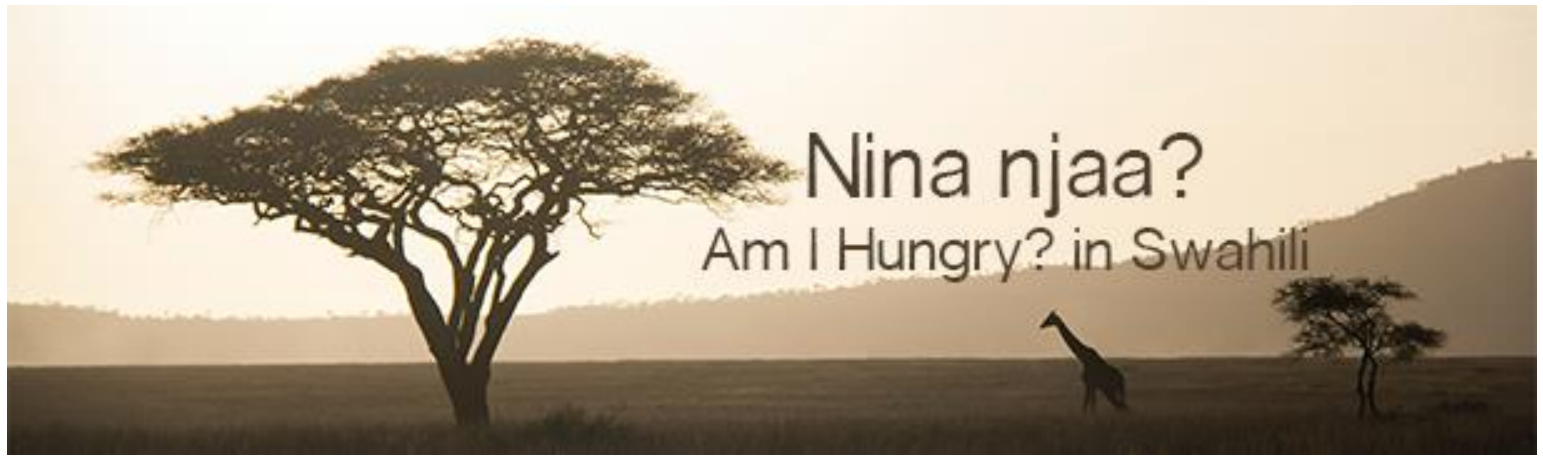
A close-up photograph of a leopard resting on a thick, textured tree branch. The leopard's head is the central focus, showing its distinctive golden-brown fur with black rosette spots. Its eyes are closed, and its long, white whiskers are prominent. The background is filled with lush green foliage, creating a natural, jungle-like setting. The lighting is bright, highlighting the texture of the leopard's fur and the bark of the tree.

Nina njaa?

Am I Hungry? in Swahili

Tanzania Adventure

September 17-25, 2023



Am I Hungry? Tanzania Adventure

September 17-25, 2023

After two years of pandemic delays, we are VERY excited to finalize our incredible trip to Tanzania!

This adventure includes 3 days in Arusha, Tanzania where you will experience 2 days of eye-opening Mindful Eating Workshops led by Am I Hungry? founder, Michelle May MD. We'll take a break in the afternoons to experience local Tanzanian culture. (Please note: We previously stated 4 days in Arusha with 3 days of Workshop but decreased that to shorten the trip a bit. One room night has been deducted from the price.)

On the 4th day, we depart for an exciting 6-day Northern Circuit safari!

Upon our return, you have the option of a guided hike on Kilimanjaro, the highest mountain in Africa! One-day and 8-day hikes are available.

You may also choose to visit Zanzibar, known as the Spice Island, off the coast of Tanzania.

Please peruse the itinerary and Q&A below.

Reserve your spot!

Because travel to Africa is popular again, we are making reservations now! If you would like to join us, see the last page to register.

Please note: Once you have paid your 50% deposit and we have confirmed your seat for the lodge and safari, reservations in Africa are non-refundable (though may be transferrable). This is why we HIGHLY recommend you purchase travel insurance! See Q&A.

Am I Hungry? Tanzania Adventure

DRAFT Itinerary

Day 1: September 17, 2023

Arrival at Kilimanjaro International Airport (JRO)

Transfers to our hotel may be arranged through Dirty Freedom Adventures.

Lodging: 3 nights at Mt. Meru Game Lodge in Tanzania.

Am I Hungry? Mindful Eating Workshops (2 days)

Day 2: September 18, 2023

9:00 am – 1:00 pm: Am I Hungry? Workshops Part 1

1:30 pm: Transportation to Arusha Cultural Heritage Centre

Included meals: Breakfast; guided mindful lunch

Dinner in Arusha (not included)

Day 3: September 19, 2023

9:00 am – 1:00 pm: Am I Hungry? Workshops Part 2

1:30 pm: Transportation to Coffee Plantation Tour

Included meals: Breakfast; guided mindful lunch

Dinner: Not included; suggestions in arrival packet



Northern Circuit Safari Itinerary (6 days)

Included in Safari: English-speaking guide, 4WD Safari Land Cruiser (spacious seating for 4), fuel, transit fees, park fees, five (5) nights' lodging, three meals per day, bottled drinking water. (Not Included: alcohol and soft drinks while on safari, any personal purchases, tips for guide and hotel staff.)

Day 4: September 20, 2023

After breakfast, depart to Tarangire National Park, with one of the largest populations of elephants in Africa. Arrive mid-morning to begin your game drive. Stop for a boxed lunch at the river overlook and continue with an afternoon game drive. Arrive at your lodging for dinner and overnight (double occupancy). Breakfast, lunch, and dinner included.

Day 5: September 21, 2023

Depart after breakfast for another half-day game drive in the park. At lunch depart the park, and head toward Karatu Town, with stops along the way for photos, shopping, and landscape views. In late afternoon, arrive at Karatu Town, the gateway to the Serengeti. Arrive at your hotel in late afternoon for dinner and overnight (double occupancy). Breakfast, lunch, and dinner included.

Day 6: September 22, 2023

Depart before dawn with both breakfast and lunch boxes for a full day in The Crater! Enter Ngorongoro Crater Conservation Area. Experience an amazing dawn drive into the crater area. Descend into the crater for a full day game drive in this self-contained balanced caldera ecosystem. Have a picnic lunch at the hippo pond. In late afternoon, ascend from the crater and depart for your lodging (double occupancy). Breakfast, lunch, and dinner included.

Day 7: September 23, 2023

Depart camp after breakfast for a full-day game drive on the Serengeti Plain. Possible stop at the visitors' center to learn about the history and ecosystem of this World Heritage Site. After a full day game drive, arrive at your Serengeti lodging at sundown (double occupancy). Breakfast, lunch, and dinner included.

Day 8: September 24, 2023 Continue with a full day in Serengeti, where you will have options for sunrise/sundown, or full-day game drives. Return to your lodge for dinner and overnight (double occupancy). Breakfast, lunch, and dinner included.



Day 9: September 25, 2023

Depart camp after breakfast for a morning game drive as you exit the park and make your way back through the conservation area. Breakfast and lunch included.

Upon return from Safari, you have several options:

- Go directly to the airport to begin your journey home that evening or stay the evening at Mt. Meru Game Lodge or a hotel in Arusha (not included) to go home the next morning.
- Go to the airport to travel to Zanzibar for your optional Spice Island vacation adventure (see below).
- Return to Mt. Meru Game Lodge or a hotel in Arusha (not included) for a good night's sleep before beginning your Kilimanjaro hike. For those going on the Kilimanjaro hikes, there will be a *mandatory* pre-climb meeting on the evening of September 25. (See next page.)

Optional Adventure Suggestion: Zanzibar Spice Island Vacation

Departure on September 26 or October 4, 2023

The Zanzibar Archipelago is located in the Indian Ocean, 15 miles off the coast of Tanzania. It is a breathtaking spot to enjoy clear, turquoise blue water, shallow sandbars perfect for wading, and many small, nearly deserted islands virtually unvisited by tourists. Explore the World Heritage Site of Stone Town, Zanzibar City's old quarter, visit a spice farm, or go beach to beach between tiny fishing villages.

[Dirty Freedom Adventures](#) can help you set up this add-on.





Optional Adventure: Kilimanjaro Trek

Mount Kilimanjaro is the highest mountain in Africa and the highest free-standing mountain in the world. The snow-capped peak of Africa is a dormant volcano inside the Kilimanjaro National Park of Tanzania.

It is one of the Seven Summits, making it a major hiking destination. Kilimanjaro doesn't require technical climbing.

There are two options:

A 1-day hike to get a taste of Kilimanjaro.

An 8-day trek: This is a long, slow, challenging hike to the top, over 19,000 feet. (Please email us at training@amihungry.com for a detailed itinerary.)

Both adventures will be expertly guided by [Dirty Freedom Adventures](#). A link to register will be included in your welcome emails after you pay your deposit.





Q & A

Q – When can I register?

A – **Now!** Our African Adventure is just a few months away! Because travel to Africa is popular again, we are making hotel and safari reservations as soon as possible! See last page for links and additional payment information.

Q – How much does this trip cost?

A – This trip is \$4345 per person based on double occupancy for Am I Hungry? Mindful Eating Workshop participants.

Trip price includes:

- Private Facebook page for our group to discuss travel plans, explore mindful eating, discuss trekking advice, and share our photos afterward!
- 3 nights double occupancy lodging at the comfortable, authentic Tanzanian Mt. Meru Game Lodge during the Am I Hungry? Workshops
- 3 breakfasts and 3 lunches at the lodge
- 2 days of Mindful Eating Workshops facilitated by Dr. Michelle May. Guided mindful lunches during the 2-day workshop
- Two afternoon activities and transportation in Arusha: Arusha Cultural Heritage Centre and Coffee Plantation tour
- Ground transportation to Northern Circuit Safari and return to Arusha
- 6-day safari with an English-speaking guide, 4WD Safari Land Cruiser (spacious seating for 4), fuel, transit fees, park fees, five (5) nights' double occupancy lodging "glamping" style, three meals per day, bottled drinking water. (Per person price is based on 4 guests per vehicle; adjustments may be necessary based on final headcount. Info provided during final registration.)



Not included:

- Flights
- Ground transportation to/from airport (May be arranged through Dirty Freedom Adventures. Please pay in cash at time of pick-up.)
- Single occupancy lodging
- Beverages (other than as listed), such as alcohol and soda
- Travel insurance (highly recommended)
- Tips for guides, hotel staff, meals
- Personal purchases and souvenirs
- Spa treatments and other excursions not specifically mentioned above
- Dinners while in Arusha and related transportation (arrange through Dirty Freedom Adventures)
- Guests
- Additional hotel/lodge nights
- Optional Adventures (approximate):
 - 1-day Kilimanjaro Trek – Estimated \$225 + 1 hotel night before/after
 - 8-day Kilimanjaro Trek – Estimated \$2350 + 1 hotel night before/after
 - Zanzibar Spice Island Vacation

Q – How much should I estimate for tips?

A – Our guides, porters, servers, and others work very hard to ensure we have a safe and enjoyable trip, so please plan to tip generously. We will provide specific tipping guidelines in advance.

Q – I'd like to bring someone with me who won't be attending the Workshops. Is that possible? What is the cost?

A – Yes, your adult guests (ages 18 and up) are welcome. Use the link on the last page to register. You will receive an email with registration instructions and a code to deduct \$350 off the total price for non-workshop travelers. There are plenty of local activities for non-workshop guests in the morning; the afternoon activities are included as listed.

Q – I am not attending the workshops. What day should I arrive?

A – You are welcome to arrive in Tanzania at the same time as the workshop participants, stay at the Lodge, and participate in the afternoon activities. Alternatively, you may wish to arrive on Day 2 and we will subtract the price of one room night. (While you are welcome to arrive on Day 3, that doesn't give you time to recover from the long flight and is a little risky in case of flight delays.)

Q – I will be traveling solo. What are my options?

A – Included lodging is double occupancy. Depending on availability, you may be able to upgrade to single occupancy at the hotel, safari, and/or Kilimanjaro trek for

additional fees. Please contact us for prices and availability. If you'd like to share a room, we will pair you with another solo traveler if possible; if there isn't another solo traveler available, you will need to pay the single upgrade (if available).

Q – Where do I fly into?

A – Fly into Kilimanjaro International Airport in Tanzania ("JRO"). Plan to arrive on September 17, 2023; our workshops begin on September 18. There are many flight options available depending on where you are flying in from.

Q – Do I book my own flights?

A – You may make your own arrangements or work with a travel agent. For your convenience, we have selected a travel agent to assist you with your travel plans. (Am I Hungry? does not receive any benefit for using this agent.)

Adele McIntosh is a Luxury Travel Advisor at Legendary World. Her phone is 760-410-7447, email is Adele@LegendaryWorld.com.

Her Professional Fee for researching, planning, and management of airline tickets is \$125 per person. According to Adele, this "includes access to our 24/7 Signature Concierge Service during travel. We work with the top US Air Ticket Consolidator to find the best flights for our clients, at the best possible rates."

Q – Do I need travel insurance?

A – Yes! Travel insurance is *highly* recommended due to the nature and location of this trip, the uncertainties created by COVID, and the inability to cancel rooms and safari. If you have an emergency and are unable to attend, you are still responsible for the full cost of the trip. We strongly encourage you to purchase travel insurance. Contact our travel partner for information and a quote:

Adele McIntosh 760-410-7447, email Adele@LegendaryWorld.com.

Q – Where can I learn more about Dirty Freedom Adventures?

A – We are very excited to partner with [Dirty Freedom Adventures](#)! Please [click here](#) to hear the story about how this incredible opportunity came about.

Q – What about other excursions, such as Zanzibar?

A – [Dirty Freedom Adventures](#) at dirtyfreedom@icloud.com can help you with your arrangements.

Q – What about ground transportation from the airport?

A – Workshop participants should plan to arrive at Kilimanjaro International Airport in Tanzania on Sept. 17, 2023.

Since people will be arriving at various times, please contact [Dirty Freedom Adventures](#) at dirtyfreedom@icloud.com to arrange your ground transportation to the lodge (plan to pay cash). This will be MUCH easier than trying to catch a ride when you arrive at the airport.

Q – What lodge are we staying at in Arusha?

A – We will be staying at Mt. Meru Game Lodge. Set in beautiful and tranquil surroundings, the Mount Meru Game Lodge is nestled between the Usa River and the sanctuary. The sanctuary is home to water buffalo, birds, and monkeys, including the elusive Colobus monkey.

Q – What about COVID?

A – For Tanzania, see the [US Embassy in Tanzania Covid-19 Information Page](#). To minimize the risks to ourselves, our travelling partners, and our Tanzanian hosts, all participants will be required to show proof of up-to-date COVID vaccination per CDC guidelines prior to joining this trip. No exceptions. We may also require documentation of a negative COVID test prior to departure, but we will wait to make that decision when our travel date is closer. Also, be sure to carefully review the requirements listed by your airline, as you may be transiting through countries that have differing Covid-19 requirements.

Q – What about other required immunizations?

A – For general information and recommendations, visit the [CDC's Traveler's Health page](#). For specific advice, immunizations, and prescriptions, see your health care provider well in advance of the trip or visit a specialized travel health site such as [PassportHealth](#) or [Safegard Travel Medicine](#).

Q – Will you be offering continuing education credits for health professionals?

A – We really appreciate the added value to offering continuing education credits, but they have become extremely expensive and labor intensive, putting them out of reach for a small company. Therefore, we do not foresee offering credits, but we will be happy to provide objectives, outlines, etc. in case you'd like to self-report.

Q – I'd like to do the Kilimanjaro trek but I'm not sure how to train.

A – The one-day option should be manageable for most fit individuals. According to Dirty Freedom Adventures, "the 8-day trek is almost all hiking, with a small area on day 5 with a little scrambling, something a lot of people would do on any outdoor hiking adventure. Really the hardest part is the high altitude, which is why we take our time. Generally, if one is in good health and in good physical shape, Kili can be climbed by anyone! We'll address more about training and what to expect and do a Q&A session in our private Facebook Group."

Q – That's a big trip!

A – It IS a big trip! That's why we started planning more than two years ago! The pandemic put us on hold and now travel to Africa is very popular again. You have a few months with an incredible vacation to look forward to, and to begin saving (and training if you are planning to join us for Kilimanjaro)! However, if this trip isn't a possibility for you, we offer many other affordable and effective ways for you to [access our Mindful Eating programs](#).

And finally, a note about cultural diversity.

Your expedition offers but a small glimpse of the diversity that is Africa. Most of Africa has emerged slowly into the 21st century and is adjusting both socially and economically.

Please be practical when traveling in Africa. Leave the jewelry at home and when purchasing items, bring out only small amounts of cash. Wherever you go, it is advisable to either carry on you or leave valuables, passports, etc., in the hotel safes. On Kilimanjaro, you should keep valuables in your body safes at all times.

Please bear in mind that you are a visitor and you should treat the people and animals with respect and courtesy. Sometimes you may think that things are moving more slowly than they should and that you may be running behind time, however "This is Africa" and unexpected delays and changes to plans are the norm, not the exception. Patience is one of your most valuable assets while visiting here!

Throughout your trip you will find the people very friendly, helpful, courteous, and eager to please. The beauty and tranquility of the land, the magnificent wildlife, and the hospitality of the people will all contribute to the memories that will stay with you forever and will continue to draw you back. Welcome to Tanzania!

Tanzania Retreat Reservation

Please reserve your spot in the Am I Hungry? Tanzania Retreat as soon as possible!

Reserve my spot in the Tanzania Retreat!

The total cost for the trip is \$4,345 per person for Am I Hungry? Mindful Eating Workshop participants based on double occupancy. You may pay the balance in one payment or two payments. If you choose two payments of \$2,180 each (includes a small finance charge), the first is due upon registration and the second on June 30, 2023.

Please note: Once you have paid your 50% deposit and we have confirmed your seat for the lodge and safari, reservations in Africa are non-refundable (though may be transferrable). This is why we HIGHLY recommend you purchase travel insurance! See Q&A.

This includes:

- Private Facebook page for our group to discuss travel plans, explore mindful eating, discuss trekking advice, and share our photos afterward!
- 3 nights double occupancy lodging at a comfortable, authentic Tanzanian lodge during the Am I Hungry? Workshops
- 3 breakfasts at the lodge
- 2 days of Mindful Eating Workshops facilitated by Dr. Michelle May
- Guided mindful lunches during the 2-day workshop
- Two afternoon activities and transportation in Arusha: African Cultural Centre and Coffee Plantation tour
- Ground transportation to Northern Circuit Safari and return to Arusha
- 6-day safari with an English-speaking guide, 4WD Safari Land Cruiser (spacious seating for 4), fuel, transit fees, park fees, five (5) nights' double occupancy lodging "glamping" style, three meals per day, bottled drinking water. (Per person price is based on 4 guests per vehicle; adjustments may be necessary based on final headcount. Info provided during registration.)
- See Q&A for what is NOT included.

Non-workshop travelers are \$350 off. The same payment schedule applies.

Next steps...

When we receive your registration, we will confirm your space and send you information about the optional Kilimanjaro treks and how to join our Facebook Group.

Questions? Email training@amihungry.com.