

Friendship Force Journey to Morocco : A combined tour with 4 nights home stays shared between Rabat and Azrou.

Dear FF ambassadors,

As one of the most important ways to bring the Friendship Force mission to its goal in Morocco, we cordially invite you to join us for a combined program including 3 home stay nights in Rabat and 3 home stay nights in Azrou. The home stay periods focus on a deep social immersion within two different regions of Morocco.

❖ Why Rabat and Azrou?

- The Rabat and Azrou people life styles, customs and habits are so different from each other and worthy to be discovered.
- The geographical and infrastructure contrast between the two cities deserves your visit and regard.
- Your visit and interaction with our members in both cities is a great contribution to the improvement and development of the FF Morocco.

➤ Rabat :

Rabat, the political capital of Morocco, known as « the Ancient Capital and the Modern City » is a cultural city where the treasures of the past coexist with the most modern and eco-friendly achievements. It takes pride, not only, in the diversity of its historical monuments but, also, in its green spaces, improved beaches that run along the Atlantic coast, tramways to its shopping malls, cafes and restaurants.

- ✓ **Our Rabat FF members and partners was the fruit of the FF Morocco effort to expand and to promote the FFI mission in 2012.**

➤ Azrou :

Tucked into the hills of the Middle Atlas Mountains, Azrou is a welcome break from the crowds and noise of the imperial cities, Azrou is a wonderful place for visitors to observe a traditional souk and daily mountain Berber life, it's, also, ideal base from which to explore the nearby Atlas Cedar Forest, home to the endangered Barbary macaque.

- ✓ **Azrou is considered the cradle of the FF Morocco. After hosting the first « Discover Morocco Exchange » in 2007 and three others, the FF Morocco / The Bridge of Cultures was officially founded in 2009 by Lotfi Lamrani and Karim El Khyatti.**

1/ RABAT 2 HOME STAY NIGHTS AND CULTURAL ACTIVITIES:

❖ **Day 1, Rabat:**

Upon arrival, you will meet with the FF Morocco leaders. Then, you will be invited to have a drink -at your choice- at a very special cafe / restaurant Boat.

This will be a unique opportunity to discover a model of a traditional Arabic wooden boat that is commonly known as "Dhow" in the Middle East, It is 47 meters long by 10 meters wide and was hand made in India using traditional methods.



After enjoying your drinks and the amazing panorama of the river Bouregrag, the ocean and both Rabat and Salé cities, one of FF Morocco members will present to you a briefing about Rabat hosts and a reminder about the activities and the schedule.

Then, you will be picked up by your hosts from the boat.

Note : For both home stays in Rabat and Azrou, take only what you would need of your baggage for the home stay period and leave the rest in the bus (If you need anything from the bus, we will be able to contact you travel agency guide).

The rest of the day and (first) night will be with your hosts ([Dinner will be provided by your hosts](#)).

During the free time with your hosts, you will be able to go for a stroll (accompanied by your hosts) to explore some parts of the city.



❖ **Day 2, Rabat: Learn about the Moroccan institutions and society:**

After breakfast with your hosts,

- 10:00am, Meetings with officials at the house of parliaments or with other Moroccan institutions or NGOs leaders.



After the meeting back to your host families for lunch and a free afternoon (**Dinner will be provided by your hosts**).

➤ From 6 :00 pm to 7:30pm: Welcome party with your new Rabat Friends. This exciting event will be a representation of a Moroccan traditional wedding party in wich a couple of FF ambassadors dressed in the Moroccan way, will play the role of the bride and the bridegroom.



FF Morocco will provide :

- ✓ A Moroccan folkloric music band will animate the party.
- ✓ The Moroccan traditional cloths for the couple of ambassadors.
- ✓ Henna ceremony for all ladies of the FF delegation.
- ✓ Moroccan pastries, tea, water and other drinks.



The welcome party expenses are included in the journey cost.

➤ Dinner at a restaurant with your hosts. (**Dinner included in the journey cost**)
After dinner, back to your hosts homes for the second night.

❖ **Day 3, Rabat:** After brakfast with your hosts, the home stay program and activities end.

2/ AZROU 2 HOME STAY NIGHTS AND ACTIVITIES:

❖ Day 1, Azrou:

Upon arrival to Azrou, all the ambassadors will be gathered in one of the hosts house where they will be joined by their hosts. After a tea collective ceremony and a reminder about the activities and the schedule, ambassadors will be taken to their Azrou home for dinner and first night with their hosts. (Dinner will be provided by your hosts).



❖ Day 2, Azrou:

After breakfast with the hosts,
From 9 :30am to 11 :00am,

- Guided visit to the Mid. Atlas Berber culture museum where you will discover the hidden Berbers patrimony such as ancient clothing, tools, arts products and much more curiosities.



- Visit the FF Morocco Peace Pole. The only one in Africa up till now. It was hand made Lotfi Lamrani and Karim El Khyatti on the occasion of the 2016 Friendship Force World Conference in Marrakech and the 10 anniversary of the FF Morocco.

The peace pole holds the prayer **“May Peace Prevail in the World”** in 4 languages.



- Attend a 20 minutes presentation about the history, reforms and development in The Kingdom Morocco.



➤ **From 11:30am to 2:30pm:**

- After 15 minutes drive, guided tour to explore Ifrane Known by “The little Switzerland” and considered the second cleanest city in the world.



- Lunch will be served at one of the best restaurants of the region where you will enjoy delicacies of a local sweet water fishmeal. (Lunch is included in the journey cost).



➤ **From 3:00pm to 4:30pm, Humanitarian Action at our cultural and children in disabilities center:**



During this time you will have the opportunity to bring a smile to our Down syndrome children and others by playing games, singing, doing art projects

- **After activities with the children, free time with your host.**
Dinner and second night with your hosts. (Dinner will be provided by your hosts)
- ❖ **Day 3: After breakfast with your hosts, the home stay program and activities end.**

The journey fees :

FF Morocco fee : \$150

Extra activities and services cost in Rabat and Azrou : \$170

The journey total cost : \$320 per ambassador

➤ **What is included in the cost of the journey?**

1/ 4 home stays nights including the meals with the host families.

2/ 1 bottles of water per person and per day during the home stay periods.

3/ Rabat Wedding party including all the fees of the music band, the venue, the henna maker, waiters and helpers, the Moroccan traditional clothing for the couple of ambassadors, pastries, tea and the other drinks

4/ Dinner at the restaurant in Rabat and Lunch at the restaurant in Ifrane (mentioned in blue) in the schedule above.

5/ Travels cost and other expenses of the two Moroccan managers who will fix the program before the arrival of the FF ambassadors and also will accompany them during the home stay time as cultural facilitators and co-managers of the program with the ambassadors coordinator.

6/ Financial compensation for the Rabat and Azrou helpers (4 persons).

What is not included in the cost of the journey?

- ✓ International travel insurance.
- ✓ Airfare.
- ✓ Transportation (as it will be provided by your travel agency)
- ✓ Additional Water, tea, sodas and any drink or snacks out of what is provided by us.
- ✓ Personal spending and shopping.

Note:

Two of our FF Morocco members - experienced in managing FF journeys - will always be with the group of Ambassadors as cultural facilitator and co-manager of the program with the ambassadors coordinator.

IMPORTANTANT NOTES IN THE PAGE BELOW:

What to know about Morocco when preparing and packing for your journey:

FF journeys to Morocco are an exceptional and unique opportunity to get a first hand immersion in the Moroccan culture and society. You will meet, debate and interact with Moroccans from all social levels through meetings and inter actions with officials and deputies, Activists and associations leader, women cooperatives members and, of course, you will enjoy the Moroccan hospitality, cooking and art workshops during your home stay days.

Your journey in Morocco is, also, an amazing opportunity to visit and discover the hidden secrets of some of the most attractive cities in the world Fes, Marrakech and other fascinating imperial cities and Volubilis; the Roman city ruins.

- **Weather and activity levels when preparing and packing for the journey:**

It's warm and sunny for most of the year in Morocco. During the peak summer months July and August it gets hot especially in Marrakech, Fes and southwest Morocco and in the desert. Casablanca, Rabat and Essaouira, however, cities are a bit more comfortable in the peak of summer because they benefit from a cooler ocean breeze. In the Mid Atlas, the region of Ifrane and Azrou mountains, the weather is often cool by the end of the afternoons and evenings in summer and cold and snowy in winters.

The best months to visit us are September, October, November, February, March, April, May, June and late August.

During the advised months, above, light clothes are fine but a sweater and a light rain coat could be useful especially in the Mid Atlas.

- **Are there any unique local places that tourists would not know about that you can get to experience?**

This is one of the privileges we offer to our guests:

Our international visitors have the opportunity to visit and inter-act with people at the Moroccan house of parliament, the Moroccan National Human Rights council, universities, elementary schools, women cooperatives and other official and civil society institutions buildings. This kind of locations and institutions welcome only visitors from nonprofit organizations that are recognized by the Moroccan authorities as public and international utility associations and NGOs such as our organization the Bridge of Cultures.

Clothing& Packing Suggestions For Morocco

How to dress when visiting Morocco:

You are visiting a land and culture where the people place great stress on modesty; particularly in the way their women dress. While they are accustomed to many types of visitors we would desire that your sensitivity and modesty would result in an enhanced level of acceptance and better communication with the people in whose land you are to be a guest.

Moroccans are extremely hospitable and very tolerant. Though most people are religious, they are generally easy-going, and most young Moroccan women don't wear a veil, though they may well wear a headscarf. Nonetheless, it's recommended not to affront people's religious beliefs, especially those of older, more conservative people, by, for example, wearing skimpy clothes, kissing and cuddling in public, or eating or smoking in the street during Ramadan. Excessively tight or revealing clothing should definitely be avoided.

In the cities of Marrakech, Agadir, Casablanca etc., Moroccan men and women often dress as they would on the streets of London or New York. However, outside of the cities and especially in the rural villages, we recommend that you follow the local tradition where both men and women cover themselves from the knee (shorts or skirt) to the elbow (short-sleeved T-shirts). Loose trousers are recommended for camel treks. In the High Atlas Mountains, a fleece jacket or warm sweater, and long pants are needed for desert and High Atlas nights outside of the summer months

When invited to a home, you normally take your shoes off before entering the reception rooms – follow your host's lead.

Toiletries and Medical Supplies: Buy some packs of tissues...as they are great to have on hand as loo paper as most toilets don't have paper in them. Hand sanitizer is good to have on hand at all times.

Imodium: keep it with you because your body may need some time to get adapted to the Moroccan food.

Re-hydrating tablets. These are great to help keep you hydrated.

Bring any medication/shave toiletries you can't live without. Suntan cream and lip salve/protection is obviously useful

Just the bare essentials, you aren't stepping off the end of the earth. Be sure that you know what kind of medications you normally take just in case something happens and they get left behind in a hotel room. You will be able to purchase most prescription medications over the counter.

Miscellaneous: Loose change always useful for tips and public toilets.

IMPORTANT:

For presentations and meetings with officials, like in Azrou and Rabat, please dress officially. For example suits for men and long clothes for ladies would be appropriate.