

A democratic and empowered Union of farmers (comprising of six cooperatives) based in Mzuzu. They produce coffee with pride and sell it with dignity and with knowledge and understanding of our markets and our customer needs. They have 3000 member farmers, 25% of them are women and they have been growing coffee since early 1930s.

## Meet the farmers

McDonald Nguluwe is a small holder farmer in the beautiful Nkhata Bay Highlands and is a member of the Mzuzu Coffee Planters Cooperative Union.

Now in his 30s, McDonald has been growing coffee in Malawi for most of his adult life. The income generated from his fairly traded coffee sales has provided McDonald with a sustainable livelihood so he can continue to provide his family with food and safe, secure accommodation.

With his income he is now able to send all of his children to school in Mzuzu. With the money he has saved he has also been able to build an extension on his house and buy some goats to provide milk for the family.

## The Warm Heart of Africas

## Highlights

- Relax on the stunning beaches of lake Malawi.
- Visit a school and meet the farmer's children.
- **Sip** a cup of Fairtrade coffee as you visit the coffee farms.
- Stay in a traditional Malawian house with a family.
- Visit Liwonde National Park or Majete Wildlife Reserve.

## Malawi

With its majestic landscapes, diverse wildlife and friendly people, Malawi is a must-see destination for tourists and school groups. In a country like Malawi, you don't have to be just a tourist, you can make a positive impact too.

As well as enjoying the unrivalled beauty that the country has to offer, why not visit Mzuzu and meet the coffee farmers? You can learn about the production process, sip a cup of Fairtrade coffee in the Farmer Cooperation's own coffee shop and see which parts of the world Mzuzu coffee is sent to. You could also visit a school and see the children who have directly benefitted from Fairtrade.

Why not visit Liwonde National Park or Maiete Wildlife Reserve and see what animals you can spot?! You can also find out about the conservation projects happening in Malawi.

