



tumaini for africa

VOLUNTEERS PACKAGE

1. Contact For Tumaini For Africa Foundation

Coordinator / Trustee

+255 754 266 605

+255 712 266 605

Email: tumainiforafricafoundation@yahoo.com

2. Cost

Costs include food, accommodation, transport on arrival and departure

How this Money is Used

- US\$300 will be used for the Permit
- US\$15 for volunteer food and accommodation(per day)
- * US\$100 Airport pick up arrival and departure

* Subjected to individual circumstances

3. General Information on Your Accommodation, Food and Medical Care

Tumaini for Africa is a volunteer friendly environment. We ensure that you will be safe and will enjoy interacting with the children.

Tumaini for Africa Foundation will be your host family and through the contact you can direct link to the people who can help you and answer your questions.

You will see how the funds are used wisely for the children. Many of our volunteers come back as the experience is so special.

Tumaini for Africa Foundation will be your host family here in Tanzania and we will do our best to fulfill certain criteria.

We just require respect for all family members and volunteers and to help out with small jobs such as dishes and some other jobs.

We thank you for making a difference and we are looking forward to meeting you.

Note: You will be living in a developing country where facilities and infrastructure are not comparable with those in the west.

4. Tumaini for Africa Foundation provides the following for Volunteers:

- A. You will have your own room, safe with locks however occasionally the room may be shared with other volunteers of the same sex.
- B. You will have your own bed and mattress, bed sheet, a pillow and pillow case and mosquito-net.
- C. The bathroom will be shared with the rest of the Family (hot water and toilet paper provided)
- D. The living room and dining room (table) will be shared with your host family.
- E. Food and drinking water: Your host family will provide you with all meals and water. Fruit will be available between meals (Note: luxury items such as chocolate, spreads and cereals may not be available but you can buy these luxury items if you wish from the supermarkets)
 - i. **Breakfast:** Uji, black tea, coffee, cocoa with pancake, roasted banana, maandazi, sweet potatoes (ViaziVitamu), cassava (mihogo)
 - ii. **Lunch:** Normally will be arranged between volunteers and Tumaini administration if volunteers would like to have lunch together with children in the houses or with the host family. Either is possible.
 - iii. **Dinner:** You will be served national dish Ugali usually served with meat, vegetables, or fish, beans, peas, dagaa sauce, rice served with meat, vegetables, or fish, beans, peas, dagaa sauce, banana stew mixed with meat, chapati served with source, beans, macarone with sauce and sausage and pilau with mix of sauce, fruits will be available for all dishes.
 - iv. **Drinking Water** (boiled water) is available to you.
- F. Laundry: the host family will be happy to help you with these tasks or lend you facilities and powder to do this yourself.

5. Before Departure

- A. Check the validity of your passport
- B. Visit the Doctor for Vaccination
- C. One week before traveling start anti-malaria medication
- D. Make a copy of the following: relevant pages of your passport, your Tanzanian Visa (if applied for before departure), your flight tickets and vaccination records

6. Kit List

- Small day rucksack/backpack, along with your main rucksack
- Light clothes
- A warm fleece or jumper (or two!) for the cold mornings and evenings
- Umbrella (it can rain anytime of year in Arusha)
- Swimming gear
- Towel (Tumaini do not provide towels for use by Volunteers)
- Sunglasses
- Sun protection cream/sun hat
- Trainers (sneakers)/comfortable closed shoes
- Flip flops for bathroom use
- Sleeping bag liner
- Basic toiletry kit
- Lip balm
- Sanitary towels/tampons/mooncup
- Baby wipes
- Insect repellent for your travel time
- Saline solution for contact lenses (difficult to find in Tanzania)
- Medical kit (including sterile needles and syringes if travelling to remote areas)
- Hand sanitising spray/gel
- Flea Spray/powder
- Good guide book
- Novels to read
- Travelers cheques, credit card, ATM card
- Mobile phone (unlocked)
- Money belt
- Photocopy of all important documents
- Spare passport photos for visa extension, government ministries etc.
- Torch/flashlight for finding your flip flops and the toilet in the dark

7. Tanzania Visa

Obtaining Your Tanzania Visa

It is highly recommended that you check if you need to apply for a Tanzanian visa in your home country before leaving for Tanzania as you may need an immigration number/reference to show at your departure airport and on arrival at one of the Tanzanian airports. Otherwise, you will apply for a visa on arrival at Mwalimu Julius Kambarage Nyerere International Airport in Dar es

Salaam or Kilimanjaro International Airport near Arusha (Arusha Airport deals only with internal flights).

You must apply for multiple entry visas in advance as only single entry visas are given in the airports.

Visa Extensions

Visas validity is up to three months. If you applied for a visa for less than the three month maximum and wish to stay longer, you will have to apply for an extension. Please contact the Office Manager to arrange your visa extension well in advance of your visa expiration date. This is not a difficult process, is free, and involves a trip to a local immigration office in Arusha.

If you wish to stay longer than the three month maximum, you will most likely have to leave the country and re-enter on a new tourist visa.

8. Luggage

Please make sure that you do not exceed your weight limit. This is usually 20kg/44lbs for hold luggage and 5kg/11lbs for hand luggage. Please check with your specific airline before you depart. Exceeding the airlines weight limit usually results in a costly fine, so make sure you are under.

Please check with your airline what you can and cannot bring in hand luggage, and also hand luggage size limits.

9. Medical/Health

Suggested Medical Kit

- First aid dressings: gauze squares, non-adherent dressing, bandages, adhesive tape, etc
- Scissors, safety pins
- Sterile injection kit
- Anti-malarial tablets
- Insect repellent
- Wrist and ankle bands soaked in insect repellent
- Thermometer
- Oral re-hydration treatment
- Anti-diarrhea tablets
- Laxatives
- Cold and flu remedies
- Sunscreen

- Painkillers: paracetamol, aspirin
- Eye and wound wash
- Antiseptic cream, dry powder or spray, tincture of iodine
- Flea spray or powder

Medical Care Assistance

Tumaini for Africa Foundation is a member of the following Health Centers:

- AIIC Hospital
- Saint Thomas Hospital
- Arusha Lutheran Medical Centre

Volunteers can get medical (health) care at one of the above Centers.

10. Money

Local Currency

The local currency in Tanzania is the Tanzanian Shilling (TSH). It is often difficult to get money changed into TSH while you are still at home, so it is best to bring GBP, US Dollars or Euros with you in cash and change this into TSH after your arrival. Exchange facilities are widely available at the airport and in banks in Arusha.

TSH bills are found in denominations of 10,000, 5,000, 2,000 1,000 and 500. TSH coins come in denominations of 200, 100, 50, 20, 10, 5 and 1.

11. Communication

Receiving Mail

There is no door to door postal service in Tanzania apart from express ones like DHL. Tumaini for Africa Foundation postal address is PO Box 2576, Arusha.

Telephone

The international dialing code for Tanzania is +255. If someone is calling from overseas, they should first dial the international exit code for their country, then 255, then 27 (dropping the zero), followed by the full number. For example, to call the Tanzanian landline number 27 250 5555 in Arusha you would dial +255 27 250 5555.

The same principal applies when calling from Tanzania to another country. Some useful codes are:

- | | | | |
|--------------------------|-----|---------------|-----|
| • United Kingdom | +44 | • Netherlands | +31 |
| • United States & Canada | +1 | • Germany | +49 |
| • Switzerland | +41 | • France | +33 |
| • Australia | +61 | • Denmark | +45 |

Tanzania Telecom (TTCL) does sell international calling cards that are fractionally cheaper but these should be used in TTCL phone booths located by their offices. Local calls will cost you about TSH100 per minute, but an international call will cost you about TSH1000 for the first three minutes and around TSH500 for each minute thereafter. Calling from a Tanzanian mobile to a Tanzanian mobile will cost you around TSH500 per minute.

It is possible to purchase a SIM card in Tanzania. You can buy a pre-paid starter package for about US\$2-5 and then top up at various shops located throughout the country. Zentel, Vodacom, ZAIN and Tigo are the main service providers.

Internet

There are many internet cafes in Arusha and you will find one in most major towns except to the west and south of Tanzania where internet availability is more sporadic. Prices vary from around TSH500 for ½ hours in Arusha to TSH2000 in outlying areas. The speed of the connection is not as you are used to and high speed is rare. Also, internet cafes fill up quickly and it is likely you will have to wait for a terminal. Try Cybernet Café on India Street or Patisserie on Sokoine Road which is slightly cheaper.

12. Arrival Procedures

Entry and Arrival Card

You will be given an "Entry and Arrival Card" on your flight. Please fill this in with your passport details on the plane before landing (it is sensible to make sure you have a pen on the flight with you). When you are filling in the Entry and Arrival Card please remember that volunteering with Tumaini for Africa Foundation counts as "Tourism" for immigration purposes. This is because you will not be paid and therefore do not require a work permit.

Make sure you have US Dollars in cash in your hand luggage (you cannot pay with GBP or Euros) ready to pay at the visa desk before you can go through to claim your baggage.

Single Entry tourist visas are valid for 90 days and can be extended for up to six months if necessary. Tumaini for Africa Foundation administration will be happy to assist you in extending your visa.

Arrival in Arusha

You will be met by a staff member of Tumaini for Africa Foundation. You will then be transferred to your accommodation where you will be introduced to your host family and other volunteers you will be living with, or living in the locality, if available at that time. You will then be left to settle in and relax for the remainder of the day.

13. Transport in Arusha

Types of Transport in Arusha

Buses (Dalla-dallas): Dalla-dallas are the cheapest, but least safe way to travel around Arusha. A town trip will cost TSH400 but the vehicles are extremely overcrowded and make frequent stops and are known to frequently have accidents, especially when the drivers race each other to the station to get the next incoming bus passengers ahead of their dalla-dalla rivals. The routes are posted on the front windscreen, and are shouted out by the assistant who also collects the fares.

14. Bank Account Details for Tumaini for Africa Foundation

Account title: Tumaini for Africa
Account number: 3300533961
Bank name: Kenya commercial Bank Ltd
P. O. Box 8004, DAR ES SALAAM
Branch name: Arusha Branch
Branch code: 4605
Swift Address: KCBLTZTZ

Postal Address

Tumaini for Africa Foundation

P. O. Box 2576,

Arusha, TANZANIA.