

# Volunteering in Tanzania

Micatz - organizes language- culture- and volunteer work stays in Tanzania in collaboration with local NGOs. Volunteering is a unique way to discover a country, its culture and people while doing a meaningful job.

You must be at least 18 years old, independent, outgoing and have a sincere desire to do volunteer work.

Participants come from many different countries.

## Country

Shortly after achieving independence from Britain in the early 1960s, Tanganyika and Zanzibar merged to form the nation of Tanzania in 1964. Tanzania is bordered by Burundi, Congo, Kenya, Malawi, Mozambique, Rwanda, Uganda and Zambia. Tanzania's surface is 886,037 sq km, including the islands of Mafia, Pemba and Zanzibar.

[Click here for a map.](#)



Volunteer projects are located in:  
Dar es Salaam.

**Arusha** is one of the bigger cities in the north of Tanzania at the base of Mt. Meru, not far from the border with Kenya. It is well known as an African congress center containing the site for the International Tribunal for the Rwandan Genocide.

## Climate

The climate varies from tropical along the coast to temperate in the highlands. The coastal region is tropical with relatively high humidity. The average temperature is moderated by the sea breeze, especially on the islands, and ranges between 27 and 29 degrees Celsius.

In the mountainous areas of the Arusha, Kilimanjaro and Mara regions the temperature occasionally drops below 15 degrees Celsius at night during the months of June and July. There are two rainy seasons - from mid March through May and in November - December, when it rains only a few hours during the day.

## Population

Life expectancy is only around 45 years, due to the many deaths from AIDS. UNAIDS and WHO figure that nine out of ten children under the age of 15 carry the virus.

99% of the mainland population is African; 95% are Bantu from more than 130 tribes. The remaining 1% consists of Asian, European and Arab.

Religious beliefs are African Christian 30%, Muslim 35%, indigenous beliefs 35%. The island of Zanzibar is mainly Arab and has more than 99% Muslims.

## Language

Kiswahili or Swahili is the official language, while English is the official language of commerce, administration and higher education. Arabic is widely spoken in Zanzibar.

The first language of most people is a local language.

## The program

Programs start every 1st and 3rd Monday of each month, with arrival Sunday prior to the program start at KIA (Kilimanjaro International Airport) or Dar es Salaam airport. Upon arrival you will be picked up at the airport and driven to the volunteer house or coordinator's place. During 1-3 days, depending on the length of your voluntary work, you will get a general briefing. These first days will offer you glimpses into the Swahili language, as well as Tanzania's various cultures, religions, and local ways of life.

This introduction will be held in Dar es Salaam, Arusha or Bagamoyo, depending on your work area.

## Volunteer work options

- ✚ Orphanages
- ✚ Legal Aid project
- ✚ HIV/AIDS Project
- ✚ Medical/Healthcare Internship
- ✚ Teaching English /Womens Project
- ✚ Pamoja Project
- ✚ English Boarding School

## Food and accommodation during volunteering

Accommodation is with host families or in volunteer houses where volunteers share a room and sanitary facilities with other volunteers. There is local food 3 times a day. Tanzanian food includes meat, chicken, seafood and vegetarian dishes. Showers do not always have hot water.

Below you will find descriptions of the voluntary work places. Tasks and working hours differ from place to place.





## Orphanages

Tanzania and all the sub-Saharan African countries are badly affected by the epidemics of poverty and HIV. The number of orphans and street children is growing. Efforts have been made by various local organizations to protect these children by offering much-needed education as well as skill-development training. Thousands of orphan children who suffer from extreme poverty, HIV/AIDS and hopelessness leave their villages and travel to Dar es Salaam, Arusha, Moshi and other cities, where they most often end up worse off on the street. Most orphanages in Tanzania lack resources and are under-staffed. Orphanages in Tanzania focus primarily on offering formal and informal schooling and a safe place to live and study.

Volunteers generally work with the following activities:

- ✦ In the morning help with breakfast and prepare the children for school. Volunteers accompany the children to and from school.
- ✦ Teach English 3-4 hours a day in the local school.
- ✦ Small children (ages 2-6 years) remain in their orphanages where volunteers who choose not to teach in schools play with the children: sports, art, games, picture books, music. All sorts of fun activities are welcome.
- ✦ Also organize activities when the children return from school, both free time fun and help with homework.
- ✦ Skill-training and free time activities for the children who are too old to go to school.
- ✦ After dinner help the children wash, brush teeth and take care of themselves.

This is just a general picture of the daily life of volunteers. Each orphanage has its own routine. Some orphanages are in rural areas.

Work is from 20-30 hours per week. Volunteers are accommodated in a separate room at the orphanage or with host families, with local food three times a day. You may have to share room with another volunteer.

## Legal Aid Project

The purpose of this project is to teach widows and orphans of men who have died from AIDS/HIV about their legal rights.

These international human rights include the right to work, to an adequate standard of living, to participate in cultural and political life, to education and freedom of religion.

The Legal aid clinics coach and empower clients with the necessary knowledge of legal and court procedures to enable them to represent their cases in Court.

The volunteer work at this project involves legal counseling and reconciliation sessions on legal issues like labor law, employment, matrimony, land, contract, children's rights, tort, probate, etc.

Volunteer placement and field research opportunities are not restricted to people who have legal academic background and human rights experience - though most of the interns, assistants, and students have completed law studies. The project also provides psychosocial support to widows, vulnerable children, orphans and their foster parents.

The following fields of expertise are represented at the Legal center:

- ✦ Accounting/Finance
- ✦ Advocacy
- ✦ Administration
- ✦ Information/Journalism
- ✦ Information technology
- ✦ Fundraising
- ✦ Organization development
- ✦ Publication
- ✦ Research
- ✦ Secretarial (including editing work)

This project is located in Arusha and accommodation is in a volunteer house or with a host family in Arusha. The walking distance to the work place in the center of town is 10 to 15 minutes. You can also take a minibus (dala dala) which costs ca. 5 USD per week.

## HIV/AIDS Project

Despite global concerns and efforts, this deadly disease is still epidemic in Africa. HIV/AIDS prevention and counseling projects in Tanzania are an attempt to prevent further transmission through education. The projects also provide moral support to those affected and help them to build self-esteem and hope in life.

Volunteers in this program will care for HIV/AIDS infected children and adults and get them involved in educational activities, with focus on safe sex. Educational materials are provided.

Volunteers help with the following activities

- ✦ Care for and encourage HIV/AIDS patients.
- ✦ Counseling and education in hospitals and communities.
- ✦ Encourage young men and women by involving them to actively participate in HIV/AIDS preventive education in the district
- ✦ Help various HIV/AIDS organizations in their community outreach programs such as hospice care, recreational and educational programs, voluntary HIV counseling and testing, seminars and conferences on the virus within the community.
- ✦ Counseling for the caretakers and distributing medication and food supplies.
- ✦ Assist with homecare visits to HIV positive people.

Medical training is not necessary for all aspects of the program, but a background in HIV/AIDS and basic health care is preferred.

Volunteers without medical background will help to educate and entertain children and other practical tasks.

You will almost certainly be asked to help with informal teaching for children and adults. Your role could include activities in nurseries, children's homes, with HIV/Aids victims, helping adults to practice their English and arranging fun activities.

Volunteers will need to be pro-active in organizing activities they particularly want to get up and running.

Volunteers generally are accommodated with host families in local communities or they stay at the volunteer house. Host families are active community members who are trained and experienced with international volunteers. You will get a single or shared room with another volunteer. Your host will provide three meals a day.

### Medical/Healthcare Internship

If you are looking for valuable hands-on medical experience, there are possibilities in the hospitals in Arusha. As a medical intern, you will also be able to work at rural health posts and community clinics. Participants spend the majority of their internship working as an assistant to a doctor/healthcare professional. Work responsibilities vary with your education, skills, and previous experience. Interns interested in joining this internship must have health care certification, such as an ID as a medical student, EMT or paramedic certification, or nursing or physician's credentials.

Medical interns without credentials are not allowed to work in this program because of the potential liability risk. Job responsibilities of interns vary with education, skills, experience, and qualifications. Interns measure blood pressure, temperature, height, weight, as well as assist doctors. Interns may also help in health camps, distribute medication, advise patients about health, nutrition and sanitation as well as counsel patients and possibly participate in the treatment of minor injuries and wounds or maintain journals.

Work is from 20-30 hours per week. Volunteers are accommodated in a separate room at the orphanage or with host families, with local food three times a day. You may have to share room with another volunteer.

On the first day of the project you will meet a project coordinator, who will explain your role as a volunteer. The orientation will cover all the relevant information about your project, including safety issues. An individual timetable will be worked out for you based on how much time you want to commit to volunteering.

You will select a particular area of interest related to medical/healthcare issues and explore the issue further with the help of an assigned supervisor. Please note: the project supervisor DOES NOT develop internships. It is up to the interns to get as much as possible out of their projects.

### Teaching English

English is a common language in Tanzania because the country was a British colony. However, there is a lack of quality English education. Tanzanian children are very eager to learn English. You may also assist with sports, music, drawing lessons, games and other activities.

### African Child Care School

Many of the children attending this school have lost their parents, some have been abandoned. They live with either foster parents or other family members. Volunteers at ACC's school in Bagamoyo, 75 km from Dar es Salaam, teach English to nursery, primary and secondary school students. Volunteers may also teach math and/or science.

Volunteers teach from 2-3 hours/day, five or six days a week. You can also help with sports, music lessons and

The school's English teacher will assist volunteers with



teaching methods and advice. Teaching experience is not required but we expect volunteers to have a good command of English and communication skills. In most cases, volunteers stay with the local coordinator, sharing a room with other volunteers with three meals a day. Volunteers usually share bath and toilet facilities with their host family.

There is a similar school in Njisi near the border with Malawi, 12 hours bus ride from Bagamoyo. The school is for children who have lost or have been abandoned by their parents. Many are being cared by grandparents.

Bus transport from Dar es Salaam to Kyela will be organized. The road passes through the Mikumi National Park, one of Tanzania's biggest parks, so you will have a chance to see some wild animals along the way. Accommodation is in a special volunteer house in shared rooms. You will get three meals a day. If you intend to volunteer at the African Child Care School for a longer period, you can decide if you also want to help in Njisi.

### Women's group

At the African Childcare school some children have AIDS. They have been infected by their mothers. The leader of the school tries to improve the living conditions of these mothers through work and education. One lady is employed at the ACC kitchen and prepares food for the children. Others follow special language classes. There are also lessons in child care and English. ACC hopes that

These women can earn a living by becoming teachers themselves. Volunteers will mainly help teaching English. More projects, with income generation as their goal, are underway, farming, for example.



### Pamoja Project

The Pamoja Project focuses on teaching and raising awareness of HIV/AIDS for community members and schoolchildren. Most of your time will be spent teaching, lesson planning, and training peer educators. You will also be involved in community assessment work within your village.

Peer to peer learning has proven to be an effective model for behavior change communication among adolescents. Peer education is a particularly powerful method for reaching young people. This educational program targets both government and private primary and secondary schools. Educators are nominated and elected by teachers and fellow students, and they are among the brightest, most outgoing students in their class.

Volunteers and program officers provide training for peer leaders, and a three day seminar for peer education teachers. Our partner and field officers stay in touch with schools and different community project stakeholders - helping peer educators organize special events such as sports days, exchange learning visits, and competitions within and among schools.



These students use dynamic education techniques such as songs; drama, debates, and poetry to engage other youths and encourage them to think critically so they can choose behaviors that lower their risk of getting HIV / AIDS. This requires that we teach the basic biological facts about the virus, the progression of the disease in the Body, the primary modes of transmission, and the most effective methods of prevention. Volunteers will live with host families.

### Work at English Boarding School without introduction days

This boarding school shelters orphans and children whose parents cannot care for them due to deep poverty. There are currently 70-80 children from 4 - 12 years old living at the school. The classes are small, maximum 18 pupils. There is no religious preference at this boarding school; children from all religions are accepted.

All the teaching is in English so we expect you to speak - not necessarily write - good English. You will teach about 2 hours in the morning and care for the children about 3 hours in the afternoon. You can also teach other subjects, depending on your interest and abilities.

Volunteers with a craftsman background can also work in the school's garden or new auditorium, or help to renovate the furniture.

The boarding school prefers volunteers who will stay at least 3 months. Minimum stay is 1 month. You will receive 15 Euros a week in pocket money after the first 4 weeks volunteering. This amount will increase to 22 Euros per week after 12 weeks volunteering.

Accommodation is in single rooms, either in the home of the school principal or in the school's guest house, with bathroom and balcony. You can also choose a homestay with a family living near the school, where at least one family member speaks English. The school principal is the contact person for all volunteers and will help with all practical matters. Volunteers can borrow the school's cars for short excursions, paying only for petrol. Remember an international driving license.

You can take the bus from the Kilimanjaro airport to Kisingara. The boarding school is on the road from Moshi to Tanga; about 1.5 hours drive from the airport.

Pick-up from Kilimanjaro international Airport near Arusha can be arranged for a fee of 65 Euros.

If you are interested in teaching English, be aware that most schools close during the following periods

- ✚ June 15 th - July 27 th
- ✚ Sep 19 th - Oct 10 th
- ✚ Dec 15 th - Jan 1 st

### Program fees are in \$US Dollars

#### Incl. introduction days

Weeks	Fee
2	400
3	450
4	500
5	550
6	600
7	650
8	700
9	750
10	800
11	850
12	900
16	-----
20	-----
24	-----

#### Included in the fee

- ✚ Airport pick-up (not for boarding school).
- ✚ Room and board during entire stay.
- ✚ Manual.
- ✚ Assistance from a local coordinator.
- ✚ Introduction days (Except at the boarding school)

#### Not included in the fee

- ✚ Any personal expenses, soft drinks, bottled water.
- ✚ Any entrance fee during sightseeing and traveling.
- ✚ Airfare.
- ✚ Visa and registration fee.
- ✚ Insurance.
- ✚ Tourist visa fee and C-Permit fee, 120 USD. (Except at the boarding school).
- ✚ Telephone.
- ✚ Immunization.

#### Before you travel

Even though micatz - always tries to give the best service, also in Tanzania, don't expect European living standards or precise work schedules. Upon receipt of your enrolment, we will mail you a confirmation, an invoice, and a pre-departure handbook.

Get to know the smiling, friendly people in tiny villages, nearly untouched by modern life, or tour the busy, bustling cities of Dar es Salaam, Arusha, and Moshi.

### Enrolment

You enrol by sending the enclosed enrolment form to [info@micatz.org](mailto:info@micatz.org)



It is a big challenge to live and work in a poor country. It demands courage, some experience and the ability to adapt. It can be overwhelming, especially at first, to have to adjust to completely new conditions, communicate in a foreign language etc. Things are not as you are used to, the climate, the food, the atmosphere - everything is different. During your work you will be faced with a harsh social reality and experience things a tourist would never see.

To take part in the voluntary work program, maturity, flexibility, independence and the desire to do social work are necessary. Your stay is an experience you will never forget. Volunteering in Tanzania enables you to experience this great country up close and personal.

Please add a letter of motivation in English with a picture, in which you explain why you wish to work as a volunteer and describe yourself. The local coordinator will do his best to respect your first priority, but we may not guarantee that all your wishes can be fulfilled. Upon receipt of your enrolment form micatz - will send a confirmation and more useful details.

# General information

## **Arrival**

When you arrive in Tanzania, one of our local staff members will be waiting for you at the airport. He/she will be holding a sign with your name on it, so there will be no confusion. Please do not forget to send your detailed flight itinerary so these arrangements can be made.

## **Clothing**

For Dar es Salaam, we suggest you bring tropical clothing. However, at Maasai land the nights may be cool. If volunteers want to participate in safaris, camping equipment would be preferable (sleeping bag, etc.).

## **Communication**

There is internet in most big cities. You can use mobile handsets with a local sim card. Post offices are also available.

## **Donations**

we appreciate gifts of new or used toys and clothes for the orphans.

## **Friends**

If you want to participate together with a friend, please note his/ her name on the enrolment form.

## **Currency**

Tanzanian currency is called the Tanzanian (TSH) shilling. The « second » currency is the American dollar, commonly used in airports to pay taxes, in museums and hotels. So make sure you always have some USD with you. You cannot buy Tanzanian shillings in European banks. Therefore you should travel with a Visa card.

One € corresponds to 1962 TZS. (October 2009). For a currency converter see: <http://fxtop.com>

## **Insurance**

European insurances do not cover you outside Europe. Travel insurance is compulsory.

## **Travel fees**

Travel fees are not included in the program fees.

## **Vaccines**

Please contact your doctor or insurance company for further information.

## **Visa**

Do not contact the embassy or consulate until you have received the handbook with extra information about visa procedures.

October 2009 © MICATZ

# Community Service Programme Tanzania

Please fill out in English and add a motivation letter and picture. Send it to [info@micatz.org](mailto:info@micatz.org)

Name (according to your passport)

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Passport number	Issue date	Issue place	Expiration date
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Full address

Telephone number

Mobile number

E-mail address

Skype address

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Date of birth

Nationality

---

Profession

Passport number

---

Languages spoken

---

Do you smoke?

Yes

No

Do you have any dietary restrictions (e. g. vegetarian)?

If yes, please specify:

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When do you want to start the programme? (day, month, year)

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How long do you want to volunteer?

3 weeks

4 weeks

5 weeks

6 weeks

7 weeks

8 weeks

9 weeks

10 weeks

11 weeks

12 weeks

Which type of volunteer work would you like to do? (Please number in order of preference 1, 2, 3...)

Orphanage

African Child Care school / Womens group

Legal Aid Project

Pamoja Project

HIV/AIDS Project

Medical/Healthcare Internship

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Do you want to travel with a friend? What is her/his name

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Name, address and telephone number, email address of parents in case of emergency

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Place and date

Signature

I have read, understood and accept the general conditions and information.

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Please include a letter of motivation with a picture of yourself, explaining why you are interested in working as a volunteer and stating any previous experience.

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How did you find micatz?

Place and date

Signature

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Please include a letter of motivation with a picture of yourself, explaining why you are interested in working as a volunteer and stating any previous experience.

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## **General conditions**

### **Participating**

If you do not show up in class, at work or other activities, you are not entitled to refunds.

### **Cancellation**

If you cancel your program before you have received information about your volunteer work, the total amount of the program will be refunded except for the deposit. After arrival in Tanzania, no refunds are made.

### **Claims**

Potential claims during your stay must be discussed with your local coordinator.

### **Fees**

All fees are quoted in \$USD

### **Price adjustments**

**micatz** - reserves the right to adjust fees in the event of a change in exchange rates.