

WELCOME TO

Volunteers Without Borders



Dear Potential Volunteer,

Thank you for taking the time to locate our organization and we would like to personally send you a warm welcome. We are pleased to hear you will be volunteering with Volunteers Without Borders. Although there are numerous avenues for volunteering, we can assure that we offer **life changing volunteering opportunities** at the **LOWEST possible cost** to you, the volunteer. Now that you've filled out the online application and that you're on board, our goal is to take care of you every step of the way. We will ensure that you are fully prepared before you leave to the country of your choice and begin working on your first volunteer program with us. This information package was designed to serve two purposes. The first purpose is to give you more detailed information about the country you have chosen to volunteer in as well as providing some additional insight into the various types of programs we offer. The second purpose is to provide you with specific items that you will be expected to bring along with you, what types of vaccinations you will be needing before you leave, and what we recommend for your emergency/medical travel insurance. Not only do our volunteering programs benefit the organization and community you will be working with, but they also provide volunteers with an appreciation and gratitude for others, sense of fulfillment, as well as new perspectives. Our goal is to inspire volunteers to raise awareness, share their stories and continue to support or contribute to our programs in any way possible in the future. Although our programs can be quite demanding at times, we ensure that you will be given adequate time and days off to tour around the area you are working in and get the opportunity to participate in any outdoor activities or adventures you would be interested in.

It is your job to explore this information package and then reply back to us at: info@vwbinternational.org to let us know that you are ready for the next step of the enrollment process. If you have specific questions please our frequently asked questions page as this covers most questions that the volunteers may have. To locate this page, visit our website and click the 'About VWB' tab.

Like most developing countries in the world; political instability could arise at any given time, so we encourage you to check with your local government travel advisory just to be sure that nothing is expected to occur in the location while your over there. With that being said, we can ensure you that every country that we offer has been checked out by our team to ensure the security and safety for our volunteers.

While volunteering on any of our available programs, you will have the opportunity to participate in a variety of health, educational, community development, or wildlife and marine conservation programs. This will give you a chance to make an important contribution to the local community and while doing so, gain an in depth understanding of the country and its culture. We assure you that this experience will leave a lasting impression and stay with you for the rest of your life.

Information to help you prepare for your trip

If it's your first time volunteering or going abroad, there are several things you will need to make sure you bring on your trip before you leave. Here is a list of the following items that we have deemed necessary to bring to make sure you can enjoy your time on the program. The list below is a general suggestion; each volunteer may prefer more specific items that we have not included in this list. Please make sure that you remember to bring any special items that you are used to having back home, that may only be purchased in your own country.

What to Bring:

- | | |
|--|--|
| <input type="checkbox"/> Comfortable shoes and sandals | <input type="checkbox"/> Camera and/or iPod |
| <input type="checkbox"/> Shorts and pants | <input type="checkbox"/> Cell phone - You can buy simcard) |
| <input type="checkbox"/> Rain Coat/Jacket | <input type="checkbox"/> Rechargeable batteries w/charger |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Laptop |
| <input type="checkbox"/> Sunglasses and Sunscreen | <input type="checkbox"/> Flashlight/head torch |
| <input type="checkbox"/> Travel Guide | <input type="checkbox"/> Lock |
| <input type="checkbox"/> Mosquito net & insect repellent | <input type="checkbox"/> String |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Eyeglasses/Contacts |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Medication (Anti Malarial Tablets) |
| <input type="checkbox"/> Duct Tape and/or superglue | <input type="checkbox"/> Picture Book / Journal |
| <input type="checkbox"/> Binder or notepad | <input type="checkbox"/> Country Map |
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Ear Plugs |
| <input type="checkbox"/> Small water heater or kettle | <input type="checkbox"/> Clothes or Electronics for donation |

Vaccinations:

The World Health Organization recommends that all travelers be covered for diphtheria, tetanus, measles, mumps, rubella, polio and hepatitis B, regardless of their destination. The consequences of these diseases can be severe and outbreaks do occur. [Click here](#) to learn more.

“As the President and Founder of Volunteers Without Borders Association, I’d like to offer you a warm welcome! I have done a lot of volunteering myself and believe it is the most fulfilling and gratifying way to give back to countries around the world that need all the help they can get. Whether you’re an adventurous traveler or looking to help make a difference, we are happy to have you join us. By volunteering, you will make a difference to the local people that you come in contact with overseas. Our volunteering opportunities expose you to the often-harsh everyday realities of life for many people around the world in underdeveloped areas. We thank you for your time and consideration.”

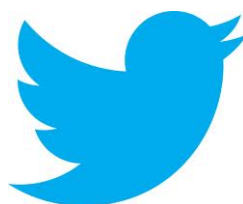
~ Kevin Francis

President & Founder of VWB



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TANZANIA



Tanzania is one of the oldest known continuously inhabited areas on Earth. Fossil remains of humans and pre-human hominids have been found dating back to over 2 million years. Throughout evolution, Tanzania has always been a place of migration. Rock paintings dating back 10, 000 years have been found around Kondoa. These paintings are believed to have been made by clans of nomadic hunter-gatherers who spoke a language similar to that of southern Africa's Khoisan. Travelers and merchants from the Persian Gulf and Western India have visited the East African coast since early in the first millennium CE.

In terms of climate, Tanzania has a generally comfortable, tropical climate year-round. If there is one thing Tanzania is most famous for, it's their abundance of African Wildlife that roam free on their lands. Think of East Africa and the word 'safari' comes to mind for most. Tanzania offers the finest safari experiences and wildlife spectacles found anywhere on our planet. You will never forget the never-ending horizon of zebras and wildebeests, the explosion of cheetahs springing from cover, or the roars of lions at night when you visit the Serengeti or the famous Ngorongoro Crater. With over 40 national parks and game reserves to choose from, there is plenty of room to get off the beaten path and create your own safari. Agriculture is the mainstay of Tanzania's economy and employs about two-thirds of working-age Tanzanians, most of whom are subsistence farmers, and accounts for almost half of the country's GDP. Tourism also plays an increasingly important role in Tanzania. Each year, close to 1 million tourists come to holiday and bring loads of foreign currency into the country, which is required to view the wildlife. In 2006, records indicate that 600, 000 tourists flooded into Tanzania which brought in revenue of over \$800 million USD into the country. The government is hoping to continue this progress by promoting new investment and improving tourism marketing, especially in the south. Mining is also an important sector; Tanzania is now Africa's fourth largest gold producer, behind South Africa, Ghana and Mali.

While most observers are fairly optimistic about the economic situation in Tanzania, it doesn't take long in this country for most to realize the daily life for the majority of Tanzanians still remains a struggle. In addition to wide income variations between rural and urban areas, there is a massive gap between the rich and the poor. Unemployment is about 15% and is widespread. In 2006, Tanzania was ranked 162 out of 177 on the UNDP Human Development Index Scale. This rating means that although hundreds of millions of dollars are coming into the country through tourism each year, Tanzania still remains one of the least most developed countries in the world.

Advice for bringing Currency into Africa

Tanzania's currency is the **Tanzanian shilling (TSH)**. Prices can be high in Tanzania, and credit cards are often accepted. You may find larger companies or places that also accept USD or Euros' during your trip but it is far easier to use local currency as there is a standard rate and you don't have to take the risk because some people may try to cheat you or exchange your USD for a lower than normal rate. The best currency to bring is USD in a mixture of large and small denominations, plus some travelers' checks as an emergency standby and a Visa card for withdrawing money from ATMs. Euros are also easily changed in major cities or touristy areas.

Dangers and Annoyances

Tanzania is generally safe, but it is not out of the ordinary to be hassled by the locals; especially in any touristy areas or major city. As a volunteer in this country, you will need to take the usual precautions. Avoid isolated areas; especially stretches of beach, and in cities and tourist areas take a taxi at night. When using public transport, don't accept drinks or food from someone you don't know and ensure your bag or belongings is secure. Be skeptical of anyone who comes up to you on the street asking whether you remember them from the airport, your hotel or wherever. In the majority of cases, they are just trying to get money from you. In tourist areas, especially Arusha, Moshi and Zanzibar, touts and flycatchers can be extremely aggressive, especially around bus stations and budget tourist hotels. Do your best to minimize the impression that you're a newly arrived tourist. Duck into a shop if you need to get your bearings or look at a map and don't walk around any more than necessary with your luggage. While looking for a room, leave your bag with a friend or reliable hotel rather than walking around town with it. Buy your bus tickets a day in advance (without your luggage) and, when arriving in a new city, take a taxi from the bus station to your hotel. Be very wary of anyone who approaches you on the street, at the bus station or in your hotel offering safari deals, and never pay any money for a safari or trek in advance until you've thoroughly checked out the company.

In western Tanzania, along the Burundi border, there are sporadic outbursts of banditry and political unrest. Things are currently quiet, but it's worth getting an update from your embassy before travelling there.

A Few Tips

- Avoid external money pouches, dangling backpacks, camera bags, and leave jewellery, fancy watches, and fancy headphones at home. Carry your passport, money and other documents in a pouch against your skin, hidden under loose-fitting clothing. Or, better, store valuables in a hotel safe, if there's a reliable one, ideally inside a pouch with a lockable zip to prevent tampering. It never hurts to make a photocopy of your identification and cards and store it separately in another bag.

- Arriving for the first time at major bus stations can be a fairly stressful experience. You'll probably be hassled by touts as you get off the bus, all reaching to help you with your pack and trying to sell you a cheap hotel rate or safari.
- Have your luggage as consolidated as possible, with your valuables well hidden under your clothes. Try to spot the taxi area before disembarking and make a beeline for it. It's well worth a few extra dollars for the fare, rather than attempting to walk to your hotel with your luggage.
- Take requests for donations from 'refugees', 'students' or others with a grain of salt. Contributions to humanitarian causes are best done through an established agency or project.
- Keep the side windows up in vehicles when stopped in traffic and keep your bags out of sight (ie) on the floor behind your legs.
- When bargaining or discussing prices, don't have your money or wallet visible.

Water

Unless your intestines are well accustomed to Africa, don't drink water from the tap that hasn't been boiled, filtered or chemically disinfected (such as with iodine tablets). Also avoid drinking from streams, rivers and lakes unless you've purified the water first. The same goes for drinking from pumps and wells – some do bring pure water to the surface, but the presence of animals can still contaminate supplies.

Cultural Awareness

Tanzania is a peaceful, and scenic country, but the majority of the population speaks very minimal English. We encourage volunteers, planning to stay for 2 to 3 months or more, to consider learning essential words and phrases in the Tanzanian language in order to communicate better with the surrounding community. Female volunteers should be aware that in the towns and villages, it is normally respectful to have your knees and your midriff covered (and in some cases, your shoulders). Some practices in Tanzania are very different to what volunteers may be used to at home. Visitors to Tanzania do not have to agree with all the customs around them, but should respect them and endeavor to understand the complex cultural history that shaped them.

PLEASE NOTE: There is a **ZERO TOLERANCE** policy in place for alcohol consumption, during volunteer work hours, while on the project. The consumption of alcohol is looked negatively upon and even forbidden in certain countries and it is essential that you abide by this rule. We need to ensure that you are giving the project the right impression of Volunteers Without Borders during your stay. **If volunteers choose not to follow this policy, they will be removed from the project immediately, and no refund will be issued.**

SCHOOL TEACHING PROGRAM

Nursery, Primary, Secondary School (Private and Public)



Location: Karatu, Moshi, Dar es Salaam, Masaai land and Zanzibar

Volunteering is a very independent job. This means that the results are determined by how much time and effort each volunteer puts in the project. Volunteering is a character building experience. A volunteer who is enthusiastic and ready often reaps huge rewards from the team and the community he/she gets involved with. The schedule you work can often be tailored and allows you the opportunity to work with different people in different environments. While volunteering, you will gain valuable experience and learn how to overcome obstacles and everyday hurdles that are present not just in Tanzania but in most developing countries across Africa and the rest of the world. We guarantee that if you open your mind and give back as much as possible during the program, you will leave feeling immense satisfaction and will know you provided your project with what they needed and deserve. During the weekends, or before / after the project, volunteers will have free time to explore their surroundings. You can go to the beaches, visit the local markets, spend time with other volunteers, travel around the country to see other areas, or go on a safari in one of Tanzania's many wildlife game reserves. There are so many opportunities, here's how you can get involved:

NURSERY SCHOOL

The children attending Nursery Schools in Tanzania are mostly between the ages of 3 and 6. The majority of Nurseries are private, as few public Nurseries exist due to the government not being able to afford to establish them. Teachers that are dedicated to teach young children establish the Nurseries. These children may have to pay a small fee to cover the rent expenses and the teachers' salaries. Some children can afford it, but those who cannot often attend the classes for free. This means though that the schools have very limited resources. As a volunteer on this program, you will assist and teach Basic English and Math. This means for example, counting from 1 to 25 and the letters in the alphabet. Teaching the children nursery rhymes and games, as well as simply

providing them with some attention and affection will also be included in your activities. The Nurseries are usually open in the mornings from 8am - 12 pm.

PLEASE REMEMBER: Teaching is a highly appreciated job, and the teachers dress accordingly. Volunteers are expected to dress appropriately and should respect this and dress in clothes covering the shoulders and knees. As resources in Tanzanian schools are so limited, any kind of donations (pens, pencils, notebooks) to the children and the school during your stay is very welcome. Also, anything that you can bring with you that will aid teaching such as workbooks, arts and crafts materials, reading books and flashcards will prove useful to you during your time on the program

PRIMARY SCHOOL

Primary Schools consist of seven standards with students between the age of 7 and 14. The classes are usually quite large, with classes ranging from 30-80 students. Government schools; which are essentially free, still require students to pay for certain materials and uniforms, which is often too much for some families to pay. Therefore resources at the school are at a bare minimum. The language of instruction at most of the Primary Schools is Swahili. Our volunteers and interns teach English and sometimes Math to the Primary School students and volunteers who feel confident enough are encouraged to teach other subject such as geography, science, music or sports. If the school has a curriculum, the teachers will work with our volunteers and show what is expected of them. Some schools do not have any curriculum in place, therefore we encourage volunteers to come with lots of ideas on topics to teach. The teachers are also keen to learn methods of interactive teaching from the volunteers. Lessons usually begin at 8.00am and finish by 3.30pm from Monday to Friday. Volunteers will be teaching only certain subjects and will be given a timetable of lessons that they will be asked to attend.

PLEASE REMEMBER: Volunteers are expected to dress appropriately as teaching is a highly appreciated job in Tanzania. Any donations that volunteers may provide (books, teaching aids, sports equipment or paints) are greatly appreciated. It might also be useful to make some flashcards or wall displays to create a better learning environment as the schools are usually very plain and hardly decorated. Volunteering and assisting your teacher is a big help for the struggling education sector and a great experience that will change your life and you will not forget.

SECONDARY SCHOOL

The exact time frame will depend on which school you are working with. You will have breaks in between classes and you are free to have lunch at the school or back at the house. You can teach English, Mathematics, Computing Skills, Geography and/or Science.

However, classes in advance Mathematics and English language and literature are the most sought after. To teach at a secondary school requires a minimum stay of one month

EDUCATIONAL PROGRAM

This program supports over 100 community schools and education centers in Tanzania. Volunteers and interns work in Nursery, Primary and Secondary schools teaching mathematics, English and other subjects. Not only do they provide much needed support for the staff in the schools, but they also help to promote modern methods of education for the benefit of both students and teachers. Volunteers and interns also provide various adult education courses, including computer training and English. The education sector programs are run in Dar es Salaam, in Moshi in Kilimanjaro, Karatu and Masai land in N'gorongoro, in Bagamoyo, Madale, in Serengeti and in Zanzibar in Tanzania. We offer more than one hundred different kind of education sector volunteer and internship placements. The schools are mostly run jointly with local Tanzanian small partners or some schools we have been building. Sometimes the development effort is easy to see as for example at Masai land this program started a school under a big BaoBab tree (photo) and then slowly collected funds from the safari programs and constructed a nursery - primary school for the village. Teachers were also hired to ensure that Masai girls could attend the school as well. We are still intensively working with this project and at the moment and are lacking classrooms as so many Masai children are just hoping to get chance to get in the school. Volunteer or select your internship program to be in Africa and you will never forget the experience. So many are coming back to continue their work after the first Africa experience. Tanzania is the most beautiful African country to get the first touch to Africa.

VARIOUS COMMUNITY HEALTH PROGRAMS



Location: Karatu, Moshi, Dar es Salaam, Masaai land and Zanzibar

Our Community Development Projects in Tanzania give volunteers and interns great opportunities to develop their own skills and see the tangible benefits of their work in the local communities. Our projects rely upon the enthusiasm and experience of volunteers from across the world, working under the supervision of dedicated staff. Volunteers are needed to work in the following fields:

MEDICAL HEALTH

This program works with numerous community hospitals and clinics in Tanzania. Many of the local hospitals and clinics provide low cost medical care and are often busy and understaffed. Volunteers and interns support the staff and teach medical techniques used in other countries. Volunteers also provide community care, teaching and training in schools and villages. Our largest ongoing community schemes are the HIV awareness projects. In these, seminars are set up to provide information about the causes and prevention of HIV aids. These seminars include advice and counseling for people who have already contracted HIV. Nurses and doctors as well as medical students can volunteer and internship in medical sector programs at Dar es Salaam, Moshi and Arusha. We need about one month to make proper arrangement with the hospitals. Participating medical volunteering and internship programs in Africa helps you to understand the grass root problems the developing countries are facing in basic medical care.

SOCIAL CARE

Social sector or community volunteering and internship are simple to perform. You can select social sector Africa programs among orphanages, day care centers, nursery - primary and secondary schools, health and medical programs and HIV information and so on. At all our locations you can select a placement or make a combination of more than one task or we can tailor you the task. It all depends on your skills and aims. Social sector volunteers are welcome at any of our volunteering locations.

SPORTS COACHING

On this program you will be working with schools and clubs to provide free sports coaching for young people throughout Tanzania. Football is very popular in Tanzania and many young people have a passion and skill for football and other sports, which cannot always be fulfilled. Our sports coaching volunteers and Internship programs are designed to draw out these young players' potential, promote healthy living and give young people the confidence to work as a team. We organize a football tournament twice a year for schools in Dar es Salaam, Moshi, Karatu and Zanzibar. Both boys and girls teams are invited to attend. In addition to volunteers, we also require more funds for the tournament and are actively seeking donations from private companies and individuals. Most of the year we are lacking volunteers and interns to help in the sport sector placements and thus many schools are lacking much needed help to keep their programs going. You can volunteer and internship in the sports programs at all of our locations.

CONSTRUCTION & FURNITURE MANUFACTURING

This construction program is available for volunteers all around Tanzania. The main goal of the program is to renovate school classrooms, sometimes we build up brand new school facilities or schools or sanitation units etc. We have the machinery to make school furniture in Dar es Salaam, so carpenters and similar handy men are most welcome. Many individual construction programs are to thank individual volunteers who have been donating while their stay in Tanzania to renovate classrooms.

ENVIRONMENT & CONSERVATION

We offer a number of environment, conservation and ecological education projects in Tanzania, teaching the local population about sustainable fuels and renewable sources of energy, basics of conservation work and similar issues. The newest project site is at Bagamoyo where construction is underway to build a nursery - primary and secondary schools, art education center. The purpose of this building is to provide a model site to run operations eco-friendly. This program is also ideal place for the volunteers to implement their ideas from dry toilets to solar panels to organic farming. We are building up a tree-planting nursery at site to facilitate individual families to plant trees in Southern Tanzania. We run programs in Masai land at Manyara - N'gorongoro area. Masai land is badly deserted practically all trees cut. When you drive there during the dry season it is a sad sight. We have a program in planning table to start a tree nursery at our partner Masai village at Butti and thereon we start a large-scale tree-planting program together with the Masai villages all around the vast Masai land. We are hoping to get volunteers and interns in sustainable development, conservation, environmental, horticulture, gardening etc similar sectors to help us to plan, design, and implement these tasks.

MUSIC

You are welcome to participate as a musician, music studio producer, in music video production, African drum and dance programs, writing arts and music related articles to our Fiesta magazine and in related posts. We are presently developing music education

schemes for schools, generating income for the young musicians on the program and producing a high-class education curriculum for schools in Tanzania.

JOURNALISM

This program publishes a magazine called Fiesta Magazine, which covers topics related to youth, community and health, music and arts. The majority of the articles are written in Swahili in order to reach larger populations in Tanzania, however, there are also English articles. Volunteers on this project will help as journalists and graphic designers. This project is typically based in Dar Es Salaam as the magazine is printed there, but it is also possible to write articles based in other locations to cover issues and events that are taking place there. Volunteers who are interested in gaining experience in writing and photography are welcome in this program, along with marketing specialists and graphic designers.

ARTS & CRAFTS

This program offers art residencies and placements for artists seeking inspiration from African culture. These volunteering placements particularly suit people who are interested in such traditional African handicrafts as ebony carving, batik making and tinga tinga painting. Volunteers and interns work alongside Tanzanian artists, to produce work for both exhibition and sale, sharing ideas and cultural influences together. Volunteers and interns can also study African drumming and dance, as well as teaching performing arts on our school drama programs. Handicraft programs are very important to our women groups. Typically they can produce reasonable quality African batik clothing and other batik products. Volunteers and interns are needed for to help in design, quality matters and also to open marketing outlets whereby the Fair Trade Product Exports scheme is potentially the most effective channel. So the handicraft sector does not only need volunteers and interns for the manufacturing but also people to assist in marketing. Volunteering and internship in arts and handicraft programs in Africa is a great way for cultural exchange.

FUNDRAISING & MARKETING

This organization is quickly expanding and has various programs that need to be run completely on a self-sustainable basis. Projects like teaching teachers, sanitation and various school construction tasks among other need outside financing. We are hoping to establish funding programs to apply to various funds for these tasks as well as to market our core operations to get more volunteers and interns to participate and to deliver us both funds and much needed man power. We also have specific ongoing marketing and promotion tasks to develop a Fair Trade Product package. This organizations helps in producing products like gem stones, batiks etc that would qualify for fair trade products. Our various women groups produce various other products also eligible for fair trade markets. Another specific task is to market volunteering, internships and safari tours. The more participants we have the more we can deliver at the community field. Our expanding music program needs marketing as well as our bands need to be taken to

overseas festivals. Local Tanzanian marketing tasks include marketing of our Fiesta Magazine as well as to develop the advertisement income for the program. You are welcome to come to assist us in financial sector volunteering and internship programs at any time of the year.

IT TRAINING

Unemployment is growing in Tanzania, specifically in towns and cities like Dar es Salaam. This IT training projects teach young job seekers computer skills to equip them for the workplace, beginning with the basics of Excel, Word and simple accounting, before demonstrating how to use the internet, both as an office tool and as a means of marketing their skills and connecting with potential clients. You will teach basic computer literacy, and can also lead your own classes based around your own specific IT skills. As a volunteer, we encourage you to help develop a teaching IT program where we teach the Tanzanian teachers as well as young generation computer skills and to perform as a computer teacher in the classrooms. We are going to need numerous volunteers and interns to run this program.

ARUSHA COMMUNITY DEVELOPMENT

Construction & Community Involvement



Location: Arusha (Northern Tanzania)

CONSTRUCTION & DEVELOPMENT

Working with local tradesmen, you'll be building classrooms, renovating schools and improving local infrastructure. It's hard, rewarding physical work that'll leave you with a great sense of achievement. From bricklaying to painting, the skills aren't hard to pick up if you don't know how already, and you'll be rubbing shoulders with members of the local community, making friends and improving the surroundings. You'll learn new skills, and contribute to the building of village pharmacies, orphanages and schools that may well stand for generations. **Please Note:** this program will require an additional \$100 CAD to help cover building material costs and requires a minimum commitment of 2 weeks.

ORPHANAGE CARE PROGRAM

Volunteering in the orphanage is quite similar to the teaching projects in the day. You'll be helping the teachers conduct their lessons, helping with drawings, sports, games and pupil learning. However there is an added dimension- you'll be assisting with the general care of the orphans in the orphanage. Duties include cleaning the dormitories, organizing/washing clothes, assisting with the cooking of meals for the children, as well as playing with and entertaining them. It's a fuller but more demanding role than that of school volunteering, as you will be building emotional bonds of care with the children and providing pastoral support. You can become very attached to some of the children you work with, and we'd look to help you maintain that attachment by sponsoring one of the children on your return home, should you wish to continue with such a relationship.

WORK WITH DISABLED CHILDREN PROGRAM

The special need centre lack the skilled personnel and relevant equipment to deliver the special care and attention needed to provide these children with a stimulating environment. Volunteers help with education and providing one on one stimulus and motivation to the disabled kids. Volunteers may also be required to help with motion, lifting and handling, personal hygiene and other day-to-day tasks that the children simply cannot perform on their own. It is quite an intense volunteer experience, but one that will ultimately be rewarding. Much like the orphanage project, we'd look to help you sponsor a any child you'd become close to on when you return home, should you wish to.

GENERAL TEACHING & EDUCATION PROGRAM

Children are at the heart of every community in Tanzania. Education of these children is incredibly important, and Tanzanian families are becoming aware of the social mobility that can be achieved through education. However, there are many problems standing between a child and his or her education in Tanzania. The majority of the schools we place volunteers at are constantly understaffed and are always in need of teaching support. Individual children suffer from a lack of personal support and attention, and their education falters as a result. It's clear that classroom volunteers can provide much needed assistance with large class sizes, and help provide exposure to fluent native English. Working with teachers, you'll help improve children's education not only in English, but subjects like Math and Geography are universal as well, and you'll be looking to help out the pupils' development in all areas. Working with other volunteers and resident teachers, you'll build on the work of previous volunteers to help the children progress in all areas of the curriculum, through traditional teaching methods, and fun activities such as games, art and physical activity. Working with children is enormous fun anywhere in the world, and it is a great privilege to help a child towards a brighter future, one we'd like to share with all our volunteers.

MEDICAL CARE PROGRAM - (HOSPITAL, NURSERY, MIDWIFERY)

Students/professionals that are studying/working in the relevant field can volunteer in a local hospital working closely with Tanzanian professionals providing care to some of the

people who need it most in the world. In Tanzania there is no such thing as a national health service and often people suffer from conditions and disease that would be routinely treated in the UK. By devoting your time you can improve the quality of care that they receive and make their time in hospital, whether that be for child birth, HIV clinics, or treatment of general morbidity more comfortable.

PHYSICAL EDUCATION & SPORTS TEACHING PROGRAM

As we know, sports and games are very important for proper learning and understanding of a child in class, improving concentration, teamwork and physical fitness. We place volunteers in schools where they can teach the children sports and physical education. Football is a huge passion in Tanzania and you'll find most premiership games on at bars in towns and villages and there is a huge enthusiasm for learning how to play the game better and setting up competitive teams. Other sports such as netball and athletics are popular too, and often won't be taught formally to children. This is an amazing opportunity to share your passion for sport to teach and train groups of children who may never have received formal sports training before.

HIV & AIDS AWARENESS PROGRAM

According to UNICEF, there are 1.4 million people living with HIV in Tanzania. Furthermore, there are 1.3 million children who have been orphaned by AIDS. However, it has been proven time and time again that by running educational programs and communicating with at risk groups; the young, the less well educated about the dangers of the disease and how to prevent transmission of it, the tide can be turned against it. So working with local practitioners, you'll help deliver the message of AIDS prevention in and around Arusha through presentations and talks, and working with local community groups. You'll get to meet women's groups that live with HIV/AIDS; talk to them, share ideas and get to help them. Also you'll be given the opportunity to work and play with HIV/AIDS orphans. It's rich and rewarding work, and you'll get to see a lot of the local surrounding communities plus be immersed in the culture and language of Tanzania whilst making a difference for the future.

HERE ARE THE STEPS TO COMPLETE OUR ENROLLMENT PROCESS

Step 1) - Review this information package and decide which country you want to volunteer in and what program you are most interested to volunteer on. Once you have done that, please fill out the online application form available on our website and click submit. Please make sure to include the necessary required information.

Step 2) Once we receive the application form, we will send you a temporary confirmation for your desired program. If you need to make any changes, please feel free to email us and let us know. If we do not receive any further correspondence from you, we will send you the program fee payment request via Paypal within 3 business days.

Please note: A \$225 CAD one-time registration/enrollment fee will also be added to your program fee.

Step 3) - When we receive confirmation that your program fee has been paid, you will receive a confirmation email from us. In this email, there will be a waiver/release form that will be required to fill out and send back to us at your earliest convenience. You are also encouraged to book your flights at this time. Once you have done so, please send us a copy of your flight itinerary so that airport pickup/transfer (if available) can be arranged for you upon arrival.

Step 4) - After we receive your waiver/release form, we will confirm your placement on the program and detailed program specific information will be provided to you at this point.

IMPORTANT INFORMATION

Our enrolment and registration process begins by applying online. Once you have filled out and submitted the online application form, you will receive a confirmation email. To continue on in our enrolment process, all volunteers will be required to pay a Registration Fee of \$225 CAD, which will be added to the Program Fee. This fee helps to cover the administration and processing costs. Once we receive your payment, we will send you a confirmation email with the program details and encourage you to book your flight at that time. Our team will be readily available to correspond with you and answer any questions you might have from the time you apply until you reach the project. If you have any further questions or concerns please don't hesitate to contact us at: **info@vwbinternational.org**

OUR PROGRAM FEES INCLUDE THE FOLLOWING:

- **Registration Fee** - (refundable if you choose not to go), ongoing support from VWB staff, program marketing costs, information pack, administration costs, travel costs to develop and ongoing costs to sustain programs and communication costs with volunteers.
- **Program Fee** – airport pick-up, orientation, program supervision, accommodation (private or dormitory style depending on location) and meals during volunteer program period, in-country 24/7 volunteer support and in-country administration costs.

WHAT ADDITIONAL COSTS WILL I HAVE?

- To volunteer in Tanzania, the Government requires you to pay their **Permit and Participation Fee**. The cost is: \$220 CAD.
- Visa, flights, travel insurance (mandatory), immunizations / vaccinations, in-country trips or tours, transfer to other areas of the country, and spending money.



During this entire process, we will always be available to correspond with you to answer any other questions you might have from now until you reach the program. Thank you for choosing **Volunteers Without Borders**.

We can assure you that you've come to the right place!