

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 see 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.”

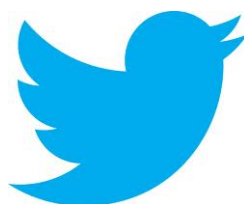
~ Kevin Francis

President & Founder of VWB



Website:
Email:

www.vwbinternational.org
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ZIMBABWE



Zimbabwe is home to the Majestic 'Victoria Falls', which is known by the locals as "Mosi Oya Tunya". It is a country that has a warm climate year round and local Zimbabweans are very friendly, peaceful, loving, warm and some of the most hospitable people in Africa. Zimbabwe is a country that has a rich history and heritage that has helped to define how our people came to be what they are today. Along with the spectacular sight of Victoria Falls, there are also ancient ruins known as 'The Great Zimbabwe'. It is a massive fortress built thousands of years ago of granite blocks with no mortar or adhesive. It has captured the interest of both local and international architects as well as historians.

Zimbabwe also is a country in Africa that has pristine wildlife and nature and is in the top 40 of the most beautiful habitats in the world. The eastern highlands, which borders Mozambique, is mountainous and are believed to be filled with the voices of the ancestors and the waters that flow within the plains are said to contain healing powers and sooth the body. The mythical Kariba and the mighty Zambezi, the home of Nyaminyami the serpent god of the Tonga people. As you can probably imagine, this country is more untouched than most countries in Southern Africa but if you choose to come here, It will leave you with a captivating experience you will never forget.

Currency Advice

The currency accepted in Zimbabwe is **South African Rand (ZAR)** or USD. In some places, prices can be high in Zimbabwe, and credit cards are frequently not accepted, even at many up market hotels. Where they are accepted, it's often only with steep commissions, which means that you will need to rely here more heavily on cash, ATMs and (in major centers) travelers checks. 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.

Travel Document Information

With a few exceptions, travellers of all countries require visas. They can be obtained at your point of entry. Single-entry/double-entry visas cost \$30/45 CAD (and can be issued upon arrival) and multiple-entry visas (valid for six months) cost \$55 CAD, but are only issued at Zimbabwean diplomatic missions. The following neighboring countries have Zimbabwean representation: Botswana, Malawi, Mozambique, South Africa and Zambia. British citizens pay \$55/70 CAD for single/double entry.

A good website for checking changes in requirements and other immigration news is Safe Migration Zimbabwe (www.safemigrationzimbabwe.com).

Dangers and Annoyances

Zimbabwe is a more challenging country to travel to but the locals are very genuine and interested to get the opportunity to talk to you since they haven't seen a lot of tourism over the past few decades. It's not all that uncommon to find yourself being hassled in public areas or bus terminals. We encourage you 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 belongs 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 like Victoria Falls, Harare, or Bulawayo, 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.

A Few Tips

- Avoid external money pouches, dangling backpacks, camera bags, and leave jewelry, 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.
- When bargaining or discussing prices, don’t do so with your money or wallet in your hand.

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

Zimbabwe is a relatively safe 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 Zimbabwean 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 mid-riff covered (and in some cases, your shoulders). Some practices in Zimbabwe are very different to what volunteers may be used to at home. Visitors to Zimbabwe 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.**

THE BULAWAYO COMMUNITY IMPACT PROGRAM

OUTDOOR EDUCATION, EDU CARE, AGRICULTURE, SPORTS OUTREACH, HIV/AIDS



Location: Bulawayo and surrounding area (Southern region of Zimbabwe)

This Captivating and Inspiring project was founded in 2008 with a vision to make the lives of children affected and infected by HIV and AIDS more hopeful and successful. Since 2008, this organization has helped over 1000 children in Africa through various events and programs. One of the main objectives of this project is to provide sponsorship to less privileged children to help them go to school and get the best education possible. The children that get sponsored are supplied with school uniforms, school supplies and payment of school fees and tuition.

While volunteering on this program, you will be given plenty of opportunity to help organize and coordinate sports tournaments for students in urban and rural schools. One of the main purposes of getting everything together is to help raise awareness with various issues concerning HIV and AIDS that affect their daily lives. The long-term goal of this project is to build a sports academy by 2020. By establishing a sports academy program, it will greatly enhance the community and give teachers the opportunity to train, develop and equip young athletes with various sports and education skills to help them become more successful in life.

SINCE THIS PROGRAM WAS ESTABLISHED, IT HAS BEEN ABLE TO CONTRIBUTE TO THE COMMUNITY IN THE FOLLOWING WAYS:

- Sponsor 500 children infected and affected by HIV and AIDS
- Impact over 1000 athletes through sports outreach programs
- Start a poultry and commercial crop farm to feed the children
- Develop Micro-Financing projects in Africa
- Starting a program specifically for HIV positive children that provides medical attention, counseling and nutritious meals
- Donate sports equipment, school supplies, clothes, school fees, toothbrushes, toothpaste and food to orphans and vulnerable children in Zimbabwe.

AS A VOLUNTEER ON THIS PROGRAM, HERE'S HOW YOU CAN GET INVOLVED:

Outdoor Education Camps

Smile for Africa also holds camps for orphans and vulnerable children. The camps have different themes and the children attend the camps for free, thanks to our donors. The children are taught basic religion, life skills, play games, go hiking, swimming and many more. Our goal is to host twelve camps a year for 500 children, train them to be hardworking, and committed with everything they encounter in life, equip them with life skills, offer psycho-socio support and many more.

Edu – Care Program

Education is vital to the future of the children and is a powerful tool in changing the world and breaking the cycle of poverty. Through donations received, it provides school fees and school supplies to orphans and vulnerable children in Africa. Currently there are 500 children in the program. Anyone can sponsor a child from Zimbabwe for \$20 USD/month or more by contacting us and donating online. A profile of the child will be provided to anyone who chooses to sponsor a child.

Chicken Farming

This program has a 350 acre farmland, which will eventually help to feed, educate and support 500 orphans and vulnerable children in Zimbabwe for their entire childhood (5 years or more). Commercial crops like corn, potatoes and peanuts will also be grown at the farm to feed the children.

Sports Outreach

Sports are a powerful tool for bringing communities together and promoting peace. This program helps us provide motivation and leadership to young athletes in Africa. Through this program we get to train hundreds of young people, donate sports equipment and educate locals about HIV and AIDS. Sporting activities include soccer, volleyball, basketball and netball. We hold up to 6 tournaments a year, which attract over 1000 athletes.

Thrive: HIV and AIDS

This program works with children that are infected and affected by HIV and AIDS. Some of the children are HIV positive and contracted the virus at birth. Some of the children are orphans and lost their parents to HIV and AIDS. The children on anti-viral drugs require nutritious meals everyday in order for the drugs to work; otherwise they become a toxin to the body. This program helps to provide nutritious meals to the children and provides counseling for them.

Online education for Africa

Education is the best way to change the world. This program will provide an online interactive school that will offer various high school and college level courses in partnership with Liberty University.

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, meals during volunteer program period, in-country 24/7 volunteer support and in-country administration costs. Our program fees include food and transport but do NOT include accommodation. If you prefer to stay in a hotel it is approximately \$20 - \$30 CAD per night. If a hotel is not preferred or cost is an issue, alternative arrangement can also be made to stay at the directors home or camp outside in a tent.

WHAT ADDITIONAL COSTS WILL I HAVE?

- 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!