



BEFORE YOU ARRIVE

Please, feel free to contact us with any questions at info@tzkids.org

Now that you've decided to volunteer with The Baobab Home in Bagamoyo, here is some helpful pre-departure information to assist you in your travel preparations and to know what to expect upon arrival. Additionally, you will receive a more detailed in country packet regarding specifics for a smooth transition into the Bagamoyo way of life. Please also bring this pre-arrival packet along for your reference. Another great resource that many volunteers have found very handy bring along is the Lonely Planet Swahili book. It contains very useful terms and phrases that will help you get assimilated into Bagamoyo with more ease.

We expect visitors will have varying degrees of difficulty adjusting, so we've put together some hints to get you started. Tanzania is not always an easy place to live and it is likely to be very different from your home country and even different from any other place you have been before. Open your mind, relax and have a look at the information below to see how you can make your volunteer time with us effective, helpful and enjoyable. You may experience culture shock, jet lag, and difficulty adjusting to the food and the hot, humid weather. On top of that you will be expected to jump in and deal with lots of strangers with varying degrees of English skills. Don't panic---just pitch in and have a good time.

We are a very flexible, small and informal organization so we ask for flexibility and patience above all from our volunteers. We want to help you get to know rural Tanzania and facilitate a valuable and enriching experience for you in exchange for your work. If you have any questions, suggestions or ideas please let us know.

Karibu!

Terri Place
Director

FREQUENTLY ASKED QUESTIONS

How will I get from the airport to Bagamoyo?

We are happy to collect you at the airport upon arrival. The cost for the driver is approximately \$60-80 US. Depending on the time of arrival, cheaper arrangements can be made upon request.

What will I be doing as a volunteer?

The Baobab Home is looking for people who are responsible, independent, patient, proactive and extremely flexible – but most of all DEDICATED! Tanzania is one of the poorest nations in the world. We need people who are willing to cope with the unexpected (e.g. unreliable water and electricity supplies and hot, humid weather) and who are proactive enough to jump in and work independently. Once we meet and get to know you, together we will determine the task best suited for you which will be most beneficial to everyone. We will of course take your interests, skills, and preferences into consideration. As a volunteer at the Baobab Home the most likely kind of work will involve a range of the following:

FARM BUILDING - If you conduct a fundraiser before you leave, you and a local builder can help build on the Baobab farm! It is exciting to have helping hands assist us to create our new home!

AGRICULTURE AND GARDEN - Baobab is making great strides in becoming self-sustainable and we are currently developing our own fruit and vegetable garden. We hope to reintroduce native produce into our children's' diet while also providing them with high quality nutrition from our own farm. We have made tremendous progress, yet individuals with experience and knowledge of gardening, farming, and agriculture in general are in great demand.

GRANT PROPOSAL WRITING - Escape a little heat, sit at a desk and put your writing skills to work! We always need people to help with grant applications to acquire needed funding.

STEVEN TITO ACADEMY - The Steven Tito Academy (STA) is a green, English Medium school that serves a very special population of students in Bagamoyo - those who have displayed a high aptitude for learning but who cannot afford tuition. Experienced teachers are greatly desired for STA in our current expansion phase. Additionally, individuals capable of managing groups of children and who are able to engage them in educational and developmental activities are needed.

STRONGER TOGETHER- HIV YOUTH GROUP - Stronger Together is a group of 23 HIV positive children ranging from 6-14 years of age. This intelligent, energetic, and amazingly strong group of kids meets a few times a week to share stories, sing, dance, and gain inspiration. This is a safe environment for the children to speak openly about their feelings, fears, and situations. They gain hope and guidance through various talks and speakers. Healthy habits are also emphasized. The aim is to marginalize the current stigma and disdain associated with individuals living with HIV/AIDS and to provide the children as safe and positive environment.

Depending on your experience in working with children we can organize a specific program or activity for the children that best utilizes your skills, e.g. Art classes, music classes, sport, etc. The Stronger Together kids love trips to the beach as well as just exchanging thoughts and ideas with the volunteers.

MISCELLANEOUS WORK - The jobs above are far from exhaustive in terms of Baobab's needs. We welcome any individuals who can bring new skills, ideas, and energy. Anyone who is dedicated, a self-starter, and open minded is more than welcome to help Baobab grow and develop!

Some tasks that we may ask of you could include taking children to the hospital for routine visits, taking pictures for various causes, sporadically working with some of the many other individuals in the community whom we support, help with organization, blogging/social media updates, etc.

What will my stay cost? (Accommodation/Food/Transport)

A voluntary position is unpaid. Baobab will provide meals. You will be required to raise or pay airfare (assistance with fundraising can be provided), travel insurance (including health insurance), visa costs (\$50/\$100 US, depending on your country) and residence permit application fee (\$550 US). You will also have to provide your own living space. In special circumstances, very basic accommodation at the farm can be negotiated.

LODGING OPTIONS - Many different accommodations are available for you to choose from depending on your budget and other preferences. Below are two guest houses where many of our volunteers stay. Both have proven to be affordable, safe, clean, and inviting environments. There are many beach hotels in Bagamoyo as well and we are happy to assist you in determining which option may be best suited for your needs. Another option that is available to you, is camping on the farm at the Baobab Home. We wish to welcome any qualified volunteers regardless of finances, so we are happy to offer space on our farm to accommodate any budget.

Moyo Mmoja - Comfortable guest house in a quiet area of town where most volunteers choose to stay. A full kitchen is available for your use. Depending on the duration of your stay and your room type, rates range from \$15-35 USD per night.

For booking, contact Whiti at questhouse@moyommoja.org

Mary's Nice Place - Located in the same neighborhood as Moyo Mmoja. The guesthouse includes a small complimentary breakfast, option to purchase additional meals, and some air-conditioned rooms.

Prices are negotiable depending on length of stay and other whims of the hotel management. However, a rough approximation of nightly rates for a non-air conditioned room is \$25USD and \$40 USD if you prefer air condition.

For more information, visit

www.southtravels.com/africa/tanzania/marysniceplacelodge/index.html

For booking contact Terri at info@tzkids.org

FOOD EXTERNAL TO BAOBAB - Local fare, including rice and beans, chips and mayai (eggs and French fries), can be purchased around town for approximately \$2 a meal. Global fare can be found at multiple hotels where meals go for between \$3-25.

TRANSPORTATION - Depending on your preferred mode of transportation, please be prepared to spend around \$4-10 USD per day if you stay outside of the farm.

ENTERTAINMENT - Bagamoyo is a very lively town with many attractions and some nightlife. We encourage you to embrace the culture and people. Please come prepared with extra spending money to take advantage of all our area has to offer.

What time of the year is best to visit?

If you don't like rain, it is best to avoid March to May.

DECEMBER TO MARCH (KASKAZI) - HOT Pineapples and mangos are your consolation prize

MARCH TO MAY (MASIKA) - Rainy and cooler, still some hot days, but not as hot. Fruits are Oranges and papaya

JUNE TO AUGUST (KIPUPWE) - Oranges still in season. Pleasant weather.

SEPTEMBER TO NOVEMBER (VULI) - The season of the short rains, getting hotter. Papayas in season.

Any advice on travel in Tanzania?

ZANZIBAR - An independent trip to Zanzibar Island (which is a short boat ride from Dar es Salaam). Boat travel to Zanzibar costs between \$35-45 each way, plus accommodation depending on your budget; but \$15 and up. A fifteen minute plane ride is \$75 each way. Below are numbers of English speaking contacts that can assist you in arranging travel.

Ferry Tickets: John- 0713 613 612

Pyramids Hotel: Sabiah- 0777 425 668

SAFARIS – Baobab can assist in arranging safari's in Selous, Mikumi or Serengeti.

Is there anything that I can bring for the children?

Many of our guests offer to bring gifts or donated goods for the children. PLEASE don't buy new items. Things get so much wear and tear here that a trip to your local thrift store is more than enough. If you are interested in bringing things, please let us know. Check the wish list and with Terri about current needs. We can all work together to help you determine their distribution. To avoid extra charges, be sure to comply with all of your airline's weight limits, especially if you have any European stopovers.

Waste removal is not common in our area and landfills are prevalent. In keeping with our ecofriendly aim, we ask that you minimize the amount of plastic and other non-biodegradable materials you bring to the farm. Some suggested and very welcome items include, but are of course not limited to wooden toys, art supplies, beads, books, flash drives with movies, and sports items. Typically, toys with many small parts do not tend to be conducive to our environment with so many small children; however, if the item serves a specific purpose (i.e. beads for jewelry making etc.), we welcome anything with which you use your discretion.

YOUR FUNDRAISER - An activity even more helpful than bringing donated items is the organization of small fundraising activities before you leave your home country for Tanzania. We ask volunteers if they can throw a small fundraiser (such as a hunger banquet, bake sale, yard sale or other activity). If you need any help in coming up with ideas for fundraising activities, check our web site (www.tzkids.org) or let us know---we are happy to help you! We can also send you our logo to use for flyers, or help design a flyer for you. Please view our video on youtube and please send us your address, if you'd like us to send you one DVD or more. We have found that fundraising works best when done before you come out for your volunteer period---that way you and your donors can see exactly where your money is going. If you have conducted a fundraiser, please talk to Terri (before leaving your home country if possible) about how best to transfer and track money. There is no minimum donation!

We understand that raising funds for a specific item or intention is more appealing and we gladly work with you to allocate the funds towards your particular goal. Most of the time, this is not a problem and we successfully carry out your goal. We must make you aware, however that there are some infrequent circumstances where more pressing needs such as food and water must supersede any supplemental goal. We ask that you be understanding if this unlikely event takes place with the funds you raised, but please know that the money is being utilized in the most beneficial way possible.

Do I need any vaccinations?

Please see a travel doctor (at least a month in advance) for up to date advice. The most commonly recommended vaccinations your doctor may suggest are:

- Hepatitis A and B
- Yellow fever
- Polio booster (oral)
- Diphtheria
- Tetanus
- Typhoid
- Meningococcal disease
- Measles, Mumps, Rubella (combination vaccine)

The Yellow Fever vaccine is required for travel between African countries and proof of the vaccination must be presented at the border.

Do I need to take malaria prevention?

Your travel doctor will provide the most up-to-date information about this issue. Some people choose to take it and others don't, depending on how long you choose to stay in Africa. For short stays it is advisable to take anti-malaria medication.

No malaria prevention is 100 per cent effective. The best prevention is to avoid mosquito bites by using insect repellent and wearing long clothing at night. Check your windows and doors and any gaps in floor boards to see whether the room is secure against mosquitoes. If it is not, then it is very important to sleep under a mosquito net (make sure there are no holes in it!). Malaria is prolific in Tanzania, including Dar es Salaam. You do NOT need to buy a mosquito net before leaving your home country.

Do I need a Visa to enter Tanzania?

Yes, you will need to obtain a visa to enter Tanzania and another to legally volunteer with us, neither of which need to be arranged prior to your departure. You may obtain the entrance visa at the airport upon arrival; however, if you wish, this can also be sent away for in the months prior.

For stays longer than 3 months, we will work with you to arrange for your volunteer visa once you arrive. Please be aware that this visa costs \$550 US and is valid for two years, allows for multiple entries, and grants discounted travel to Zanzibar. We understand this is very expensive for a volunteer budget, but this is unfortunately out of our hands as we oblige by all laws. In the event that you will be volunteering with us for less than two months, there is a POSSIBILITY that we may be able to work to get you a CTA visa which costs \$200 US. This is only a possibility and you must still be prepared to pay the full \$550 as immigration does not always allow us to obtain such permits.

Visas must be paid for in USD, so please bring appropriate dollars to avoid a loss in exchange.

It is also very important to register with your country's embassy in Tanzania for up to date travel advisories and general safety purposes.

What is the best way to organize my finances?

It is very handy to have some US dollars or Euros when you arrive. It is very important to note that US Dollars printed prior to 2004 are **NOT** accepted in Tanzania. These can be easily exchanged for Tanzanian shillings at the airport upon arrival, banks in Dar es Salaam, as well as the CRDB bank in Bagamoyo. Best to check the exchange rate online before you go so you can budget.

While there are two banks in Bagamoyo, CRDB is the more trusted and reliable option. You may exchange cash inside or utilize the ATM. Please note, there are times when the ATM is out of order, so please be prepared with cash to exchange in the event you are unable to use the ATM.

If you are heading off on safari or Zanzibar, make sure you have enough cash with you – a combination of US dollars and TZ shillings would be best. If your safari is arranged well in advance it may be possible for you to pay in advance via credit card.

In the more touristy areas of town in Dar es Salaam it is likely that touts offering money exchange in the street will approach you. It is advisable not to use this system, as it can often be a scam. There is no real black money market in Tanzania.

What kind of clothes should I bring?

Dar es Salaam and Bagamoyo are quite hot, and the surrounds of the Baobab Home are dusty. We recommend you bring comfortable, light clothing that you don't mind getting dirty. Around 50% of the population in Tanzania is Muslim and women generally dress fairly conservatively (no shorts, no short skirts in public etc). Women will feel more at home in long or three-quarter length trousers or loose dresses/skirts although you should also bring a pair of shorts for casual wear in your hotel room. T-shirts or buttoned cotton shirts are best. It is recommended that you bring a couple of long sleeved shirts to cover up from mosquitoes at night. Don't forget to bring a swimsuit as you will very likely wish to enjoy one or more of the beaches here or in Zanzibar. A pair of plastic flip flops (sandals) can be purchased cheaply here and are great for the beach, the bathroom and casual wear. Sturdy shoes are also recommended.

The local dress for women is called the Khanga and it is much like a sarong. They are sold in pairs for about \$8. They are very comfortable and people appreciate it when foreigners wear them.

How can I communicate with my family back home?

If you have a mobile phone with a SIM card you should consider bringing it! If you are coming from Europe, you will only need to buy a new SIM card (around \$1) and you will be all set. If you are coming from America, you will need to have your phone unlocked once you arrive (around \$15) as well as get a new SIM card. An easier option is to purchase a simple phone upon arrival in Dar es Salaam which will cost approximately USD\$30 on the lower end. You will then get a Tanzanian phone number which will allow your family back home to call you. Many of our volunteers have been able to send text messages to their family and friends this way. It also helps a lot with communicating within Tanzania. Additionally, portable internet modems can be purchased, which can be used for Skype/Viber. Be sure to bring your own laptop if you would like to make use of this option.

How safe is Tanzania?

We do understand that warnings have been issued regarding terrorist threats in East Africa. It is up to the individual to check with their country's travel advisory about travel to Tanzania. From our experience, Tanzania is a safe and gentle nation – especially compared with other African nations and even compared to many American cities. More than half of the country is Muslim and the rest are various denominations of Christianity. There are few animists. There is very little fundamentalism and a lot of religious tolerance. There are a few areas in Dar es Salaam that are not safe (more for reasons of poverty related crime rather than for religious or political reasons). Non-violent theft such as pick-pocketing is common, and some see all wazungu (white people) as wealthy targets. Again this tends to occur more out of desperation and poverty than malice. It is ultimately up to individual volunteers to practice common sense and a reasonable degree of caution. Please understand that while we will take every precaution to ensure your safety and enjoyment of your Tanzanian experience, we do not - and can not - accept any responsibility for safety issues that may arise during the time you are working with the Baobab Home.