

The Great Commission for Women and Children (TGCWC)

Volunteer/visitors information

About Tanzania

Tanzania, as one of the most diverse countries in Africa is full of natural riches and cultural wealth. Located on the eastern side of the continent, Tanzania is home to Africa's highest mountain, deepest lake, largest game preserve, most famous national park, and most abundant movement of wildlife. In addition to its many geographical gems, Tanzania is home to a cultural mosaic of more than 120 distinct ethnic groups. There are more than 158 local languages spoken in the country however Swahili is the national language that is widely spoken while English is the official language of education; administration and business.

Volunteers

Volunteers will support our centre located in Manyara outside of Arusha. As of today the center is a home to 4 children, ranging in age from 4yr-12yrs old.

Volunteers support the orphanage by providing an extra set of hands with the daily chores; cooking, meal preparation, washing clothes. Activities with the children including reading books, helping with homework, creating games, sports or coaching, teaching songs, dance or other past times. Volunteers should have a lot of patience, an open mind and a sense of adventure. We do recommend volunteers to learn a few words and phrases of Swahili, which will be very helpful with the children. Volunteer housing is provided at the centre.

You might also volunteer to other places affiliated with TGCWC like in churches, schools local offices, local hospitals etc...

Things to know when entering Tanzania (for Arusha and Moshi)

Which airport should I use? The nearest airport is Kilimanjaro International Airport (JRO). We can only arrange transport for airport pickup and drop-off from JRO. If you plan to fly to Nairobi or Dar E Salaam you will have to take a bus to Moshi/Arusha. It is very important that you communicate this information with us so that we can accommodate and advise you accordingly.

What happens when I arrive at the airport? Once your plane lands you will stand in line for a Visa and then go through security.

Which vaccinations should I get? Yellow Fever vaccination is legally required to enter the country. Malaria pills are highly recommended. Polio, Hep A, Hep B, Diphtheria/Tetanus, Typhoid, Tuberculosis and Cholera vaccinations are a good idea. Discuss with your local travel clinic for the most up to date list of required vaccinations.

Do I need a Visa or Work Permit? Yes. FYI: A Visa can be obtained upon arrival Kilimanjaro International Airport (JRO). The process takes a few minutes and is quite hassle free. The cost is \$100 for US nationals and \$50 for other nationalities. Check with the Tanzanian high commission in your own country for more details. Please note that a work permit is required to volunteer in Tanzania. The cost of the work permit is \$200 USD for every 3 months. The first day after your arrival, you will go to the immigration office to get your work permit. (recommended to bring cash US Dollars)

How much money will I need? Can I use a credit card? Credit cards can be used in most major towns, but volunteers must take caution with the safety of their valuables. You can get cash out in safe surroundings. Spending money will vary depending on the extra excursions and trips a volunteer would like to be involved in.

What is the national currency in Tanzania? National Currency is the Tanzanian Shilling (TZS). While U.S. dollars are accepted in Tanzania, local currency is often preferable. Volunteers may either exchange money through available bureau de change or use the ATM upon their arrival. 1\$ is approximate to 2,100 Tanzanian Shilings.

Do I need to know the host country language? You do not need to know the local language to volunteer. You will probably pick up some of the local language during your trip – children love to teach volunteers new words!

What is the weather like in Tanzania and best time to volunteer in Tanzania?

The climate in Tanzania varies considerably due to the large size of the country, from tropical along the coast to temperate in the highlands.

Main rainy season "Long rains" The main rainy season lasts from March until May and is defined by tropical downpours in the afternoon and flooding on the central plateau. The humidity is very high and the temperatures reach the low-mid 30s.

Long dry season From June until October, during the long dry season, rain is very unusual. The temperatures vary hugely with the altitude and location but usually the weather is clear and sunny and temperatures are between 20 and 30 degrees.

Rainy season "Short rains" From June until October, during the long dry season, rain is very unusual. The temperatures vary hugely with the altitude and location but usually the weather is clear and sunny and temperatures are between 20 and 30 degrees.

Short dry season In January and February, the weather clears up before the long rains and temperatures climb up slightly.

The wildebeest migration happens all year round and is independent from the seasons.

Will I be able to contact home? Yes, You will be able to contact home, On your arrival we recommend to buy a GSM SIM card that you can use to make calls and connect to 3G or 4G cellular network.

What happens in case of a medical emergency? Our team will try to ensure that you receive immediate medical assistance. In the event of a serious illness or accident, each volunteer will be covered by their insurance policy, which is why we require all volunteers to have adequate insurance which includes repatriation.

Is there any risk of contracting HIV, yellow fever or malaria? We advise volunteers to take all precautions necessary to ensure they don't get sick. This includes frequent hand washing, applying mosquito-repellent, and being careful about what you eat and drink. We recommend that volunteers travel with:

- *Pain killers – Paracetamol /Ibuprofen (also known as Tylenol/Advil)*
- *Hand sanitizes (a few small ones, keep one in your day pack,)*
- *Topical antihistamine*
- *Tummy tablets (such as: anti-diarrhea, anti-nausea).*