

Good Hope Orphanage and School Arusha, Tanzania



Volunteer Manual

Founding of Good Hope

Good Hope was founded by Mama Ash, a woman who was inspired to help the community after she found a child in the streets and took her in. Her name is Rayah, she had lost her parents and had no one to care for her. Mama Asha's daughter Fatma then became the foster parent of Rayah, and Mama Asha decided to do whatever she could to help more children in the community. She created an orphanage for children who have lost their parents due to disease or accident, or have a parent who is too sick or poor to take care of them.

For the first five years it was running, Good Hope had always rented a house for the children, staff and volunteers to live in. But thanks to a number of donations from around the world, Good Hope was able to build their own house on the School grounds in 2011. It is located in Ngusero Sombetini, a village area just a 20-minute car ride outside Arusha, Tanzania. The Orphanage is within 1-2 minute walking distance of the Good Hope Primary School.

Goal

Good Hope is dedicated to taking children off the streets and providing them with the basic necessities of life (food, education and shelter) as well as a whole lot of love.

Mission Statement

To see that no child in Tanzania goes hungry, unsheltered, unloved or uneducated.

The Orphanage

Thanks to a number of donations, Good Hope was able to build our own house on the school grounds so that we could finally move out of the deteriorating rented house they had previously resided in. The Orphanage is now situated in a large house with 10 orphan children ages three to ten (as of 2011), currently residing there. There are plans to expand once we are settled into our new home and have found ways to sustain ourselves for the

long term.

As of 2011 there are 5 boys (from left to right): Mohammed (7), Fredy (6), Amri (11), Living (8), and Swaif (11).



And five girls: Janet (9), Rayah (9), Mariam (6), Rachel (5) and Prisca (8).



The boys and girls each have a separate room with bunk beds, and separate toilets and showers. There is also a room for the matron, and volunteer rooms (separated by gender) that hold a number of bunk beds.

Good Hope provides a safe home, three meals per day, and clothing for the children. Meals include milk, tea, ugali/rice, beans/meat as well as fresh fruit and vegetables when available. It is completely funded through volunteers, sponsorships and donations provided by people who find it in their heart to help.

The Staff

The Good Hope team is made up of a number of people who work together to ensure the needs of the orphan children are met. Here is an introduction to the staff:



Mama Asha: Mama Asha is the founder and director of the Good Hope orphanage. She makes all final decisions about the orphanage, distributes donations and buys the necessary food/supplies/equipment required.



Ally M. Hussein: Ally is the Good Hope orphanage coordinator. He organizes and supports volunteers, donations and fundraising opportunities. If you have any concerns or need something you can call Ally and he will be there to help you.



Bibi Jamila: Bibi is the matron; her primary responsibility is to take care of the children. She gets them ready in the morning/evening, and helps with the preparation and cooking of the meals. Bibi only knows a few words in English, she speaks mainly Swahili.



Auntie Fatuma: Auntie's primary responsibility is to run the orphanage. She completes the orphanage duties and ensures that the orphanage is running smoothly. She works from 6 a.m. to 10 p.m. Auntie knows some basic words in English, she speaks mainly Swahili.

The part-time workers work at the orphanage Monday to Friday to help complete the orphanage duties. They help with washing the dishes, sweeping and washing the orphanage floors, sweeping outside, cooking and doing laundry. They work at the orphanage from 7:30 a.m. – 3:30 p.m. They know a few words in English, but speak mainly Swahili.

The School

The Good Hope Pre-school and Primary School provides the children from the orphanage and surrounding area with a proper education that they may not have been able to receive otherwise. It is currently a five classroom building that teaches Baby Class (ages 3-5), Middle Class (ages 5-6), and Classes 1-3 (ages 7-10). In the interim, while additional classrooms are waiting to be built, class 4 is temporarily taught in a storage room.

Classes follow a strict lesson plan that is approved by the government and are all taught in English. There are approximately 120 children and 5 teachers including the head master at the school.

The school helps with the tuition fees of children whose guardians cannot afford to pay for their school fees. These children would otherwise be uneducated due to poverty.

The School grounds were purchased by Mama Asha. Good Hope is attempting to use all of the space on the grounds. Construction is underway to expand the new Orphanage on the School grounds so Good Hope will be able to take in more orphans and/or children in need. They also plan to expand the Good Hope School to offer an education to more local children and to provide proper classrooms for grades 4-7.



VOLUNTEER OPPORTUNITIES

Here at Good Hope we welcome volunteers with open arms. Volunteers make an invaluable contribution to each and every child at Good Hope. We look for volunteers who are open-minded, passionate about helping others and who look forward to the experiences of living in a developing country. We welcome volunteers of all skills, education and experience levels from every continent. The children, the administrators of the Orphanage, the School teachers as well as the volunteers all share and learn a great amount from this unique opportunity.

There are a number of ways that you can volunteer while staying at Good Hope, these include:

Orphanage: assist the staff with the cooking, cleaning and taking care of the children. Play with the children, teach them new games, introduce various learning activities and help with the homework.



No experience necessary; English speaking preferred, experience with children beneficial.

School: assist the teachers with classes, mark homework and help them to enhance their lesson plans. Normally volunteers split their time between the Orphanage and School.

No experience necessary; teaching skills beneficial. English speaking required because lessons are

taught in English. Professional teachers are always an asset to help show teachers better ways of teaching and to enhance their learning.



Construction: assist contractors with some of the projects they are doing on the School grounds. Projects can include building the new orphanage, school classrooms, medical clinic, bakery, etc.

No experience necessary; construction background beneficial. English and/or Swahili speaking preferred to communicate with workers.

JustUsFriends Medical Clinic: in 2011 we will be working with Just Us Friends Inc in the USA to build a medical clinic on the school grounds. Once it is built we will be looking for doctors, nurses, medical students and other medical professionals to volunteer at the clinic. For more information you can visit www.justusfriends.us or email them at info@JustUsFriends.us

HIV/AIDS Awareness: when you are not working at the Orphanage/School, spend time working with the 'Fighting AIDS in Tanzania' organization to educate people about AIDS, and help those with the disease learn to better take care of themselves. This includes education on safe drinking water, nutrition, hygiene, health, etc.

No experience necessary; medical background, facilitation/teaching experience beneficial. English and/or Swahili speaking required for communication with locals and translators.

VOLUNTEER TASKS

The following is a list of duties we ask volunteers to participate in from Monday to Friday. An average work-day is 8 hours per day, so volunteers can choose which activities they want to participate in. Ideally volunteers should split their time between working at the orphanage and school (e.g. 2-3 times per week for each). However, prospective volunteers with specific skills, knowledge or experience can tailor their own program to bring unique contributions to the orphanage or school (e.g. construction).

Time	Work at Orphanage	Time	Work at School
6:30 – 7:00 am	<ul style="list-style-type: none"> • Help kids get dressed and ready for school • Uniforms, school books & back packs • Brush teeth, wash face hands & feet • Oil for face, head, feet & hands 	6:30 – 7:00 am	<ul style="list-style-type: none"> • Help kids get dressed and ready for school
7:00 – 7:30 am	<ul style="list-style-type: none"> • Breakfast • Bibi gives children bread and tea • Volunteer gives kids vitamin if available 	7:00 – 7:30 am	<ul style="list-style-type: none"> • Breakfast • Bibi gives children bread and tea • Vitamins
8:00 am – 12:00 pm	Orphanage duties <ul style="list-style-type: none"> • Sweep and wash orphanage floor • Wash breakfast dishes, clean kitchen • Tidy kid’s rooms/make beds/tie up mosquito net • Sweep outside courtyard • Pump water with manual pump if electricity is off • Prepare lunch 	8:00 am – 12:00 pm	Assist at school <ul style="list-style-type: none"> • Mark homework • Check class work • Assist teacher • Provide advice on activities to enhance learning • Type exams • Print tests
12:00 – 1:00	<ul style="list-style-type: none"> • Lunch 	12:00 – 1:00	<ul style="list-style-type: none"> • Lunch
1:00 – 3:00 pm	Orphanage duties <ul style="list-style-type: none"> • Wash lunch dishes • Assist with washing children’s clothes on Monday, Wednesday and Friday 	1:00 – 3:00 pm	Assist at school <ul style="list-style-type: none"> • Class finishes at 12:00 pm on Fridays • Sweep and wash school classroom floors on Fridays
3:00 – 5:00 pm	<ul style="list-style-type: none"> • Play outdoor activities with kids • Get some outdoor toys from shelf in volunteer room • Give kids snack (e.g. fruit, crackers, juice) • Help children take hot showers Saturday, Sunday, Wednesday, Friday 	3:00 – 5:00 pm	<ul style="list-style-type: none"> • Play outdoor activities with kids • Give kids snack (e.g. fruit, bread, juice) • Help children take hot showers Saturday, Sunday, Wednesday, Friday
5:00 – 6:00	<ul style="list-style-type: none"> • Assist kids with homework 	5:00 – 6:00	<ul style="list-style-type: none"> • Assist kids with homework
6:00 – 7:30	<ul style="list-style-type: none"> • Cook dinner 	6:00 – 7:30	<ul style="list-style-type: none"> • Cook dinner
7:30 – 8:00	<ul style="list-style-type: none"> • Dinner 	7:30 – 8:00	<ul style="list-style-type: none"> • Dinner
8:00-8:30	<ul style="list-style-type: none"> • Wash dinner dishes and clean kitchen • Put diapers on children who need them 	8:00-8:30	<ul style="list-style-type: none"> • Wash dinner dishes and clean kitchen • Put diapers on children who need them
8:00 – 10:00 pm	<ul style="list-style-type: none"> • Indoor activities with kids • Do homework if not yet completed • Board Games (from volunteer shelf) • Education Games (from volunteer shelf) • Read stories 	8:00 – 10:00 pm	<ul style="list-style-type: none"> • Indoor activities with kids • Do homework if not yet completed • Board Games (from volunteer shelf) • Education Games (from volunteer shelf) • Read story
9:00 - 10:00	<ul style="list-style-type: none"> • Kids go to bed 	9:00 - 10:00	<ul style="list-style-type: none"> • Kids go to bed

Free Time

During your stay at Good Hope you will have the opportunity to experience many exciting things in Tanzania. For extra fees you can:



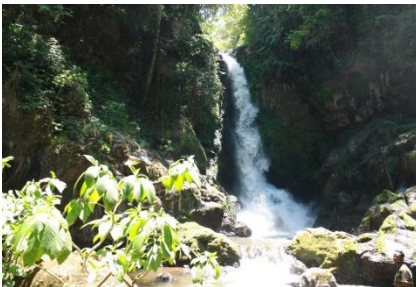
Climb Mt. Meru or Mt. Kilimanjaro



Go on a safari to Serengeti, Lake Manyara, and Ngorongoro Crater



Participate in a cultural tour to a Maasai village



Take a day trip to the waterfalls and caves in Moshi



Visit the popular snake park

Ask the Good Hope coordinator for more information about these excursions; they will be happy to organize anything you would like to participate in. They have many connections with tour operators who can offer you a great price for a variety of tours and safaris, and a small part of the fee will go towards maintaining the orphanage.

You can also choose to spend time in Arusha town to visit the local markets, internet cafes, U.N. International Criminal Tribunal for Rwanda, cinema, restaurants, etc. At night the volunteer coordinators can take you out to the local bars and nightclubs if you are interested.



And finally, you can make arrangements to take the children to the cinema, to town for shopping and/or ice-cream and swimming at the Arusha Hotel pool. Just make one of the coordinators aware of your plans and they will provide you with any assistance necessary.



SUSTAINABILITY OF GOOD HOPE

New Projects

Good Hope is a relatively new organization and greatly needs the assistance of volunteers to help organize and coordinate the orphanage and school. Good Hope does not receive any assistance from the government so we seek help from volunteers, donors and sponsors to fund the orphanage. We also look to volunteers to provide advice on the orphanage activities, administrative duties, and school lesson plans and to show us more innovative ways of doing things.

The Good Hope team is looking to build the future of the young children that we support both through the orphanage and the community. We aim to do our part in assisting the children of the school to gain an education and a brighter future, and to provide a proper home for the orphan children. Good Hope has big dreams to expand and build the following:

- **New Orphanage:** Finish building the girl's extension to the new orphanage building which will include a large girl's room, washrooms (3 toilets and 2 showers), and two more volunteer rooms. The girls are currently in a small temporary room until this wing is complete. They have currently broken ground and started on the foundation for this project. It will take approximately \$16,000 USD to finish.



- **Additional classrooms at the School for grades 4-7:** this will provide somewhere for the children to go to school before they are transitioned to secondary school. Total cost per classroom is approximately \$6,000 USD.
- **JustUsFriends Medical Clinic:** this will provide medical support and supplies to the School children who would not be able to receive it otherwise. Total cost is approximately \$15,000 USD.



- **Bakery:** this business will help the Orphanage create an income stream and allow it to rely less on donations from sponsors and volunteers. The Orphanage is currently in discussion with partners in the UK who are interested in teaching the Orphanage how to be successful in this project. Cost evaluations have yet to be established.

These projects all require much funding and volunteers can be a great help by providing financial donations, and reaching out to their friends, family and coworkers to raise money for Good Hope. In fact, many volunteers hold fundraisers before, during or after their trip so that they can contribute to projects and provide the Good Hope children with the necessary things of life.

Fundraising Opportunities

If you wish to help raise money for Good Hope, here are some fundraising suggestions:

- Climb Mt. Kilimanjaro or Mt. Meru for kids



- Distribute Good Hope's construction proposal to various organizations
- Organize holiday fundraising at work, or collect desk change for a month
- Host a party, dinner, dance, and/or karaoke night
- Distribute Good Hope's fundraising e-card and you tube video through email to friends and family

Give the Gift of Hope to Good Hope...
The gift of Shelter, Education, and Life to children in Tanzania, Africa

The Good Hope Orphanage

Since 2005 the orphanage has provided shelter, food and clothing to children who have no other means to survive. It is completely funded through volunteers, sponsorships and donations.

The children need a new orphanage building because the current building is deteriorating, too much money is needed on rent, water and electricity are unreliable and there is limited space so the number of children increases.

Through donations, Good Hope has bought some materials and laid the foundation of the new orphanage. They need another \$16,000 to complete the construction of the building.

The Good Hope Primary School

The school provides the children from the orphanage and other poor children in the area with primary education. It is currently a five classroom building that teaches up to grade three.

The school needs to add a classroom for grades 4-7 so that children can get the education they need before secondary school. Without it none of them will have an opportunity to go to secondary school.

The construction of the additional classroom will only cost \$6,000 but they do not have the funds to build it. As some of the children are in grade 3 they are hoping to find some money to build soon.

For more information about Good Hope go to www.goodhopeorphanage.org and <http://www.youtube.com/watch?v=1F1a1c1f8g8>

DONATE TO THE GOOD HOPE ORPHANAGE/SCHOOL

You can transfer money into the following account in Tanzania:

Good Hope Orphanage Centre: Account No: 072203005* Beneficiary: EBANK: EMI BANK LTD * Dai-Er-Saban, Tanzania * EMI Bank Swift: EXIMTZ22

Please also complete the Donation Form and email it to goodhopeorphanage2007@yahoo.com. Thank you for your generous support.

- Ask friends and family to make donations to Good Hope in lieu of birthday or anniversary gifts
- Host a board game or poker tournament

- Sell chocolates, love-o-grams, etc. on Valentines' day



- Hold a bake sale and/or garage sale
- Sell Good Hope t-shirts and caps
- Hold a community car wash
- Collect money for Friday dress down days
- Collect beer/alcohol/pop bottles to deposit for money
- Shave your head for donations



- Run a marathon

Whatever you decide to do please let Good Hope know what we can do to help. We can send you information about Good Hope or some fundraising materials

Contact Past Volunteers

As the way of life here is quite different from other countries the culture, the people, and the temperature change can take some volunteers a bit of time to get use too. To help you learn more about Good Hope and the way of life in Africa, you have the opportunity to speak with one of our past volunteers. You may contact one of the following previous volunteers to have all of your questions answered:

Andrea Currie, Canada: acurrie@live.ca

Steph Wall, Canada: stephy_wall@hotmail.com

Danielle Sheerer, Canada:
danielle_sheerer@hotmail.com

Lisa Yamazaki, Canada: lisa.yamazaki@gmail.com

Lucy Eleanor Washburne, USA:
ewashburne@gmail.com

Charles Newton, Australia:
chaz_2_up@hotmail.com

Marie Errickson, Sweden:
marie_eriksson85@hotmail.com

Nikolas Hammermann, Germany:
hammermann.nikolas@gmail.com

Franziska Riedel, Germany: cool_lottchen@web.de

Visa

A visa is required for entry into Tanzania. Tourist visas can be easily obtained at Kilimanjaro airport, Dar Es Salaam airport or at the border crossing between Kenya and Tanzania upon payment of the required tourist visa fee. The tourist visa fee depends on your citizenship. Please check www.tanzania.go.tz/visa.html for the appropriate tourist visa fee which applies to you.

A tourist visa is valid for up to 90 days from your date of arrival. Please ensure that your passport is valid for a minimum of six months from your date of arrival.

As a volunteer, you should obtain a Class C volunteer work permit after you arrive in Arusha. The Class C permit can be obtained from the Immigration Office in Arusha upon payment of USD\$120 and a Good Hope volunteer coordinator will assist you in applying for the permit. This permit fee is in addition to the tourist visa fee and is valid for up to 90 days.

Both the tourist visa and Class C permit can be extended at the Immigration Office prior to its expiry upon payment of an extension fee.

If you are intending to volunteer in Tanzania longer than 90 days, you will need to apply for a residence permit through the Tanzanian Consulate or Embassy in your home country well in advance of your travel date. If time is not permitted, you can obtain the Class C permit upon arrival and then apply for a residence permit once you are here. This will cost you extra funds to obtain both permits so we only recommend this route if time is a constraint. Please contact Ally to make the necessary arrangements and obtain a sponsorship letter.

On your entry card, if you have obtained a residence or work permit, you should put Good Hope's address as your place of residence: Good Hope Orphanage, P.O. 16245, Arusha, Tanzania

If you are entering Tanzania from another African country or will be travelling between African countries, you may be required to show your yellow fever vaccination certificate. You may be denied entry or required to pay for and receive the vaccination at the point of entry into Tanzania if you do not have a yellow fever vaccination certificate on you. If you are entering Tanzania directly from Europe, North America or Australia or other countries where yellow fever is not endemic, you will not be required to show a yellow fever certificate.

Disease Prevention

Anti-malarial tablets are not 100% effective, therefore prevention of mosquito bites is the best way to ensure you remain malaria-free. At the orphanage, you will be provided with a mosquito net to sleep under. It is highly recommended you bring mosquito repellent containing at least 30% DEET. Mosquito repellent at the Shoprite in Arusha is about 15,000 shillings and often contains little or no DEET. Covering up as much as possible at night is also helpful.



While in Africa, you should not drink tap water unless it has been boiled or treated. Bottled water is widely available everywhere but you must make sure that the cap is sealed if you buy it in rural areas.

It is recommended for you to purchase medical insurance prior to your departure so that you are protected. Please provide the Good Hope coordinator with the insurance information and an emergency contact name and number in case we need to reach a family member back home or notify the insurance company of a medical emergency.



It is also recommended for you to visit a travel clinic at least four weeks before you depart to Tanzania. Frequent vaccinations volunteers receive at home before coming to Tanzania are for yellow fever, typhoid, and hepatitis A & B. It is not common for volunteers to contract these diseases here but it is better to be safe than sorry. Also, as mentioned above when travelling through Africa you may be required to show your vaccination certificate at the border.



Also bring medicine for headaches, colds, diarrhea and any other regular medication. Most medications are available in Duka (store/pharmacy) la Dawa (medicine) in Arusha. Sanitary items for women are available at the Shoprite but expensive so you should consider bringing enough for your whole stay.



WHEN YOU ARRIVE

Accommodations

If you choose to volunteer with Good Hope, you will be staying at the orphanage with the children.



The orphanage has running water and electricity. Power or water outages are common. It is recommended that you bring a headlamp or torch (flashlight) as well as extra batteries with you in case of power outages at night. Batteries are available but expensive in Arusha.



The volunteers stay in outside rooms that have bunk beds with an ensuite bathroom that has a toilet, sink and shower. Pillows, sheets, and mosquito nets are included.

Buckets and clotheslines are available for washing clothes by hand. You can purchase large bags of laundry soap at Shoprite in Arusha, or smaller bags in the Ngusero Sombetini village. You can also ask Fatuma or Zakia to wash your clothes for approximately \$2-\$3 US.



In the kitchen there is a fridge, countertops, sinks, and cupboards for storage. For cooking there is a coal stove and kerosene stove. They also use a fire hut for cooking. There are plenty of pots, dishes, and cutlery that you are more than welcome to use at any time, and a space on the shelves where you can put any special food you purchase.

For safety we lock all the doors at night and have a security guard on the grounds. It is a relatively safe neighborhood but we do not recommend you walking around the streets after dark without someone to escort you.



Electricity

Power sockets are of the British 3-pin square pronged variety, so volunteers from other countries should bring converters to use their own electric devices. The voltage is 240, so keep that in mind when deciding which electronics to bring with you. Outlets here normally accept 2 types of plugs:



Three round pins arranged in a triangle



Two parallel flat pins with ground pin

Language and Culture

Ally and the other Good Hope coordinators speak English fluently. Mama Asha's English is mediocre but improving daily and Bibi and Fatuma can speak a few words of English. Posted on the wall of the orphanage is a list of common Swahili words you can use to communicate with Bibi and Fatuma, or you may have one of the coordinators or the children translate for you. The children's lessons in school are all taught in English so they speak English very well.

Swahili is the official language of Tanzania. English is widely spoken in Arusha as there is a large tourist industry for Safari and Trekking companies. You may want to learn a few Swahili phrases before you arrive, but you will find that you pick up on the most useful phrases very quickly.

People tend to dress very conservatively in Tanzania. It is a sign of respect if you dress the same. Women should try not to dress in what the local people might interpret as provocative which includes short skirts and shorts or revealing tops. Tanzanian women very rarely show their knees. You will find local men rarely wear shorts or sleeveless shirts.

Here is an example of how local women and men dress:

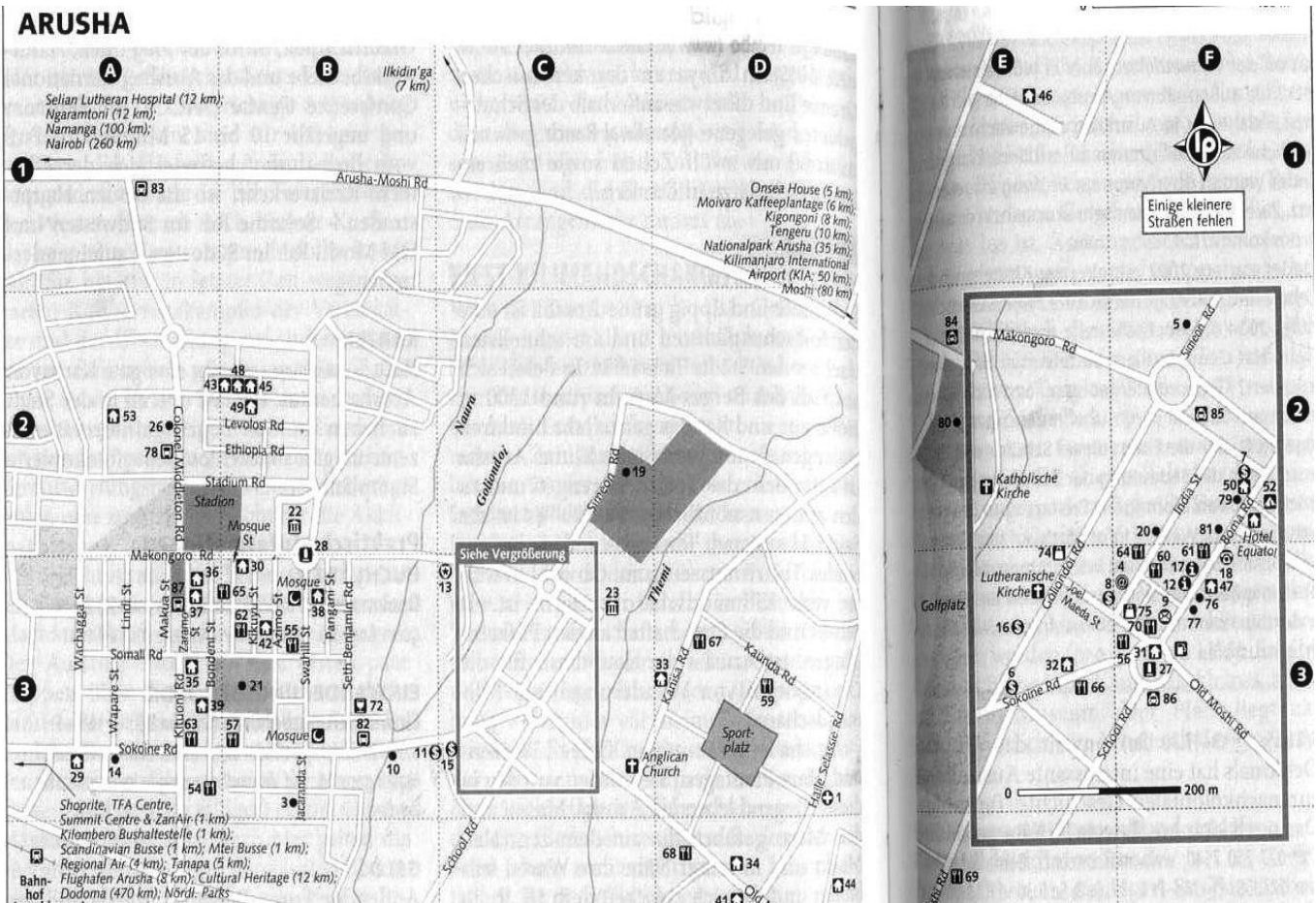


Tanzania does not have any formal customs for greetings but are typically very friendly and will likely greet you on the street or in the dala dala. Shaking hands is a common practice when meeting a new person. Many Tanzanians will hold hands as they walk down the street regardless of gender. Do not worry too much about offending people as you will learn the basics from other volunteers or the Good Hope coordinators very quickly.

Getting to Know the Place

When you arrive at the airport or bus/train station, you will be greeted by the Good Hope coordinator. There is a \$50 USD charge for airport pickup and \$10 charge for bus pickup. The Coordinator will take you back to the Orphanage where you will have your room and a warm meal prepared for you.

In the next few days upon your arrival, the Good Hope coordinator will accompany you to Arusha to have a tour of town. He will point out the banks, post office, Shoprite (grocery store), internet cafes, where to purchase SIM cards for your cell phone, and any other place you may need to go during your stay. He will answer any questions you may have and help you feel comfortable.



Getting Around

The cheapest way to get to and around Arusha is to take the dala dala (a small mini bus with 15 seats that actually fits upwards of 25 people). A dala dala from Ngusero Sombetini to Arusha town takes approximately 20-30 minutes and costs 300 shillings (25 cents USD).



You can also pay someone a small fee to take you on a pikipiki (motorbike) but they can be dangerous on the unpaved roads.

Ally or someone else will always ride with you until you are comfortable taking it alone. Dala dalas pass every 2-3 minutes.

Some volunteers who are planning on climbing Kilimanjaro or Meru sometimes walk to and from town which takes around 1 hour.

Taxis can be taken around town and be hired/flagged down. They cost around 5,000 – 10,000 shillings. From the night clubs back to the orphanage costs 10,000 - 20,000 shillings. If you are sick, a private taxi can be called in from town to the orphanage and will cost about 20,000 for the whole trip.

Food and Shopping

The staple foods in Tanzania are ugali (typically made from maize or corn flour and water) and rice (wali). The orphanage normally serves rice or spaghetti noodles to you with another food for lunch and dinner. Some common accompaniments are potatoes, mchicha spinach like vegetable), beans, lentils, and occasionally meat like chicken, fish, or beef.

Typically one meal every day will be accompanied by fruit such as oranges, avocados, or bananas. Occasionally Bibi or Fatuma will make chapatti which is similar to Indian Naan bread. It is made from oil, wheat flour, and water and fried in a pan. It is sometimes served instead of rice or ugali.



Fatuma is an excellent cook who makes a variety of traditional Tanzanian dishes. She can also easily accommodate vegetarians. She makes volunteers three meals per day of breakfast, lunch and dinner.

Breakfast and tea time (4:30pm) typically consist of tea and slices of white bread with margarine, peanut butter or fruit.

Other food items such as fresh fruits and vegetables, bread, coffee, sugar, flour, and water can be purchased locally in small shops. There is also a market in Arusha where you may bargain for fruits and vegetables. The Shoprite is a Western grocery store with fixed prices and some foods you may miss from home. Here you will find fruits like strawberries and apples and also snack foods as well as toiletries and just about anything else you could possibly need.

Books can be purchased on the street (and bargained down) for about 8000-15000 shillings. There are also stationary stores and bookstores that import books from the UK which can be extremely costly. They run about 15000-30000 shillings for a new book. Often times you can find just what you are looking for from a vendor on the side of the road, but there are always shops that sell what you want as well.

Money

The Tanzanian shilling generally cannot be bought and sold outside of the country, although you may be able to find it in neighboring countries, such as Kenya or Uganda. In Arusha, at present (December 2010), the Tanzanian shilling is worth around 1440 - 1510/= to the US dollar.

Credit and debit cards are not generally accepted in shops although the European Visa (with pin) is accepted at the Shoprite. Previous volunteers have found the easiest way to access money while in Arusha is to use the ATM terminals. You will need an ATM card that has VISA access (although there are a couple of ATMs with MasterCard and Cirrus access). There are a number of ATM's in Arusha that display a VISA logo, and nine times out of ten these will work. Past volunteers have had luck with their debit cards at the ATM at the Standard Chartered Bank, the Tembo Card Machine, Twiga Bank, Barclays, and NBC. There are, of course, fees associated with this, approximately \$5 US per transaction. You should check with your bank for the exact amount before you depart.

It is also advisable to notify your bank of foreign travel so they do not suspend your card for unusual activity.

Communication

Mobile phones are widely used in Arusha, and you should have no difficulty in getting an appropriate SIM card for you unlocked phone while you are here. This is a much cheaper option than international roaming. If for some reason your phone does not work, buying a local cell phone costs less than 50,000Tsh. A Tanzanian SIM card costs 500-2000 shillings. Text messages are between \$0.05-0.20USD, incoming calls are free, and outgoing local calls are around \$0.60USD per minute. Volunteers who have used the local cellular network can be called internationally by their family and friends (expensive, but easy), but it cannot be guaranteed that text messages will work internationally.

International phone cards can also be purchased for use at pay phones and usually cost \$2-5USD per minute, depending on what country you are calling.

There are a number of internet cafes in Arusha, some providing faster service than others. Rates are between 1000 shillings per hour for the slow and virus invested computers to 2000 shillings per hour for the nicer computers, but with still slow dial up internet. The Patisserie seems to have the speediest and most reliable internet at 2000 Tsh per hour.

Orphanage Rules

Because the Orphanage is a place where we care for children, we need our volunteers to abide by the following rules:

- No alcohol or drugs on the premises
- No smoking on the grounds
- No inappropriate behavior in front of children
- No late night visitors in the volunteer rooms

Failure to abide by these rules can lead to termination of volunteer agreement.

Personal Security

Unfortunately, to many Africans white skin translates to "lots of money". Not only does this lead to many people asking you for monetary assistance, but can also lead to crimes such as theft and pick-pocketing. Although it is not something to be overly concerned about in Tanzania, it is better to be safe than sorry. Do not display wallets or purses full of cash. Carry bags across your body, preferably with the container itself in front of your body rather than on your back. Ideally use bags with clips, zips or other fasteners to keep them closed. It is also not a wise idea to keep cash, wallets, phones or cameras in pockets. Large sums of money and passports should be kept in a cotton money belt tied next to your body and covered by clothes, and it not advisable for anyone to walk alone after dark.

The most common areas for pick-pocketing are the crowded areas such as in and around the central market area, dala dala, the clock tower, and the Maasai Tourist Market – but not to the extent of becoming paranoid and refusing to visit them.



Locals are as concerned about your safety and security as you are and in many cases will warn you about people they perceive as being a threat to you.

Your possessions at the orphanage are kept safe. If you go on weekend trips, you can lock the door to your room for extra precaution.

Medical Facilities

The following are two places that you can visit in Arusha for any medical emergency:

Private Clinic:

AAR Clinic

Haile Selassie Road, Arusha

Telephone: +255-27-250-1594

Government-run Hospital:

Mount Meru Hospital

Box 3059, Arusha

Telephone:+255-250-3352

Health and emergency hotlines: Dial 112 for police, fire and ambulance.

Fees

We ask for a minimum fee of \$480USD per month or \$120USD per week from each volunteer. This covers your accommodation, food, water, electricity and security expenses, and is also a donation to the orphanage. For volunteers who are coming with a volunteer organization your fees are included in what you paid the organization.

We ask you to provide us with a deposit via Western Union when processing your application, and then full payment to be made upon arrival. We will provide you with a receipt if requested

Weather in Arusha

The climate is very mild. Arusha is in a mountainous area and thus the temperatures are much cooler than stereotypical Africa. It is typically hot from 12 pm to 6 pm when the sun is out, but can get rather chilly in the mornings and evenings when the sun is down. The temperatures range from about 10-15C at night to 27C during the day. Typically volunteers wear long pants and long shirts during morning/evening and t-shirts, shorts, capris during the day.

Rainy season can be very rainy, so bringing a rain coat, rain boots and umbrella is recommended if you are here from November to May. The roads in Ngusero are unpaved so after a heavy downpour you can find yourself standing in a lot of mud. The sun can be quite strong as Arusha is near the equator. Sunscreen is very expensive in town, so if you are sensitive to the sun (or are taking Doxycycline as your anti-malarial medicine), you may want to bring your own sunscreen.

On the following page you can see the average temperature in Arusha for a year.

Arusha, Tanzania												
Temperature (Fahrenheit)												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
High	84	84	80	77	71	69	69	71	75	80	80	80
Low	50	51	53	57	51	48	48	48	46	51	51	50
Precipitation												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Inch	2.3	3.3	7.0	14.5	8.3	1.3	0.6	0.8	0.8	1.4	4.4	4.0
Humidity												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
%	82	84	95	95	-	-	-	-	-	94	98	91

Suggested Items to Pack

- Camera
- Mobile phone if it has a SIM card
- Sleeping bag & travel pillow
- Insect repellents with at least 30% DEET
- General medicine (headache, dehydration, vomiting, diarrhea, malaria pills)
- Flash light with spare batteries
- Electricity adapter/converter
- Footwear (for work and travel)
- Seasonal clothes, towel
- Hand disinfectant and cleansing wipes
- First-aid kit
- Sun-block

Items for the Orphanage/School (updated frequently)

If you have extra room in your backpack or suitcase you might like to bring some things from home for the children as presents, or to use for games or lessons.

Here is a list of things you could bring for the children:

- Clothes, shoes, underwear, socks, pajamas (see Orphanage section for age)

- Diapers/pull-ups (size: ages 3 and 5)
- Single bed mattress covers that protect against wetting the bed
- Mosquito nets for single bunk beds
- Floor mats for children to sit on
- Toothpaste, tooth brushes, soap
- Vaseline, bandages, rubbing alcohol, first aid cream
- Teaching supplies (e.g. flash cards, school supplies, pencils, erasers and sharpeners)
- School notebooks, chalk, tape, printer paper
- Children’s vitamins
- Art supplies (colouring books, crayons, paint, construction paper, white drawing paper)
- Children’s movies
- Sporting equipment (balls, skipping ropes, Frisbees)
- Puzzles, Lego, building blocks, games
- Cars and dolls that are difficult to break
- Outdoor toys
- Sporting equipment (balls, skipping ropes, Frisbees)

Note: If you would like to send packages to Good Hope please contact the coordinator for more information about package and TRA fees.

Here are some items that the orphanage needs but you can purchase for a low price when you are in Arusha:

- Storage bins and water buckets
- Kitchen utensils
- Extra long water hose
- Storage/shelves for kid's rooms
- Bookshelves for each classroom
- Kleenex, toilet paper, cleaning supplies (dish soap, laundry soap)
- Wheat flour, mace flour, cooking oil, rice and sugar

Price Guide for Everyday Items in Tanzanian Shillings (as of December 2010)

Exchange rate: 1500/= to the US dollar

Transport (one-way):

- Orphanage to town by dala dala 250/=
- Orphanage to town by taxi 10000/=

Locally Bought Items:

- Bottled water (1.5 liters) 1000/=
- Soda/Pop (350ml) 600/=
- Beer (500ml) – bought locally 1500/=
- Eggs (each) 200/=
- Assorted Beef (1kg) 3000/=
- Steak Meat (1 kg) 6000/=
- Loaf of bread 1000/=
- Rice (1kg) 1200/=
- Sugar (1kg) 1200/=
- Toilet paper roll 300/=
- Margarine (250g) 1500/=
- Powdered milk (400g) 6000/=
- Toothpaste (100g) 2000/=

Entertainment and Eating Out:

- Drinks at Maasai Camp or Colobus nightclubs 5000/= (Beer is slightly less)
- Average meal Hotels 10000/=

- Average cost of beer/wine 2500/=
- Meal at Everest Chinese 8000/=
- Meal at Empire Restaurant 8000 – 10000/=
- Meal at local Tanzanian café in Arusha 2500/=
- Entry to Museum 2000/=

Fruit and Vegetables:

- Pineapple 1500/=
- Bananas (small) 70/=
- Bananas (big) 100/=
- Mangos 200 – 1000/= (depends on season)
- Cucumber 200/=
- Tomatoes 500/= (for six)
- Onions 50 - 100/=
- Oranges 50 – 250/= (depends on season)

Supermarket Items:

- Jam/Marmalade 2200/=
- Peanut Butter (400g) 2500/=
- Spaghetti (500g) 900/=
- 2 minute noodles 800/=
- Sardines 1450/=
- Tea bags (50) 2000/=
- Instant coffee (100g) 2900/=
- Juice 3500 – 4500/=

Computer Services

- Internet access (1 hour) 1000 -2000/=
- Black & White Printing (1 page) 800/=
- Coloured Printing (1 page) 1000/=
- Photocopy (1 page) 100/=

Contact Information

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