Dear Volunteer,

First, I want to thank you for your interest in helping others and especially for your interest in our work. We have already made a difference in this small corner of Tanzania and your support means a great deal.

After reading all of the information in this package, we hope you’ll decide to join us. Why? Because, we need your help! The need here is so great and the hours of the day simply too short for us to accomplish all that needs to be done without your help. You will find that the entire staff of the Rift Valley Children’s Village is working hard from dawn till dusk. And there is still so much more to be done! We will make every effort to guide you through your first days here, but we won’t be able to hold your hand every step of the way. As a result, you will need to be independent, motivated and imaginative. Know that you will fall into bed each night exhausted and fulfilled. In short, being a volunteer is hard work and not a humanitarian holiday. If all of this makes you excited and eager to come, we can’t wait for your arrival!

Living and working with our children will be an experience unequalled in your life. I can think of no greater joy than giving kids “a chance in life”. Their laughter and cuddles will be your daily salary and their success in life will be your pension that is paid through the years to come. Prepare yourself for a life altering and heartwarming experience.

Karibu!

India Howell
Founder

The following packet is provided for you as a resource about your volunteer experience at the Rift Valley Children’s Village (RVCV). It will guide you as you prepare for this incredible journey and answer some of the questions you might have about what happens once you arrive. **If you are coming to volunteer with us, it is a requirement to read this packet.** Believe us; it WILL make your experience a better one.

In addition to the information in this packet, you can also find valuable information about RVCV on our website at [www.tanzanianchildrensfund.org](http://www.tanzanianchildrensfund.org), or by emailing our Volunteer Coordinator (VC) at Volunteer@tanzanianchildrensfund.org. They can also give you the contact information of past volunteers if you’re interested in speaking with them about their experience. Please keep in mind that the VC is located in Tanzania at RVCV where internet can be unreliable. If you do not receive a response within a week, please check your junk folder. If you still haven’t received a response, please reach out again or contact info@tanzanianchildrensfund.org.
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Daily Life at the Children’s Village

Volunteering here is hard work and not a “humanitarian vacation”. Most days you will be expected to be active from 6am–5pm (except Sundays) with a few breaks in between. We can promise, however, that you will fall into bed exhausted but fulfilled each day. Depending on whether you are living with our younger or older children your schedule may vary slightly but the activity schedule time will be the same. Your VC will let you know the age and schedule of the house that you have been assigned to before your arrival to RVCV. The following is the schedule for volunteers living with younger, primary school aged students.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Volunteer Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15 – 6:45 am</td>
<td>School Preparation &amp; Children’s Breakfast</td>
<td>Sit in the living room and check that kids have all parts of their uniform (sweater, striped socks, close toed school shoes) and school supplies (notebooks, pencil/pen, ruler).</td>
</tr>
<tr>
<td>6:45 – 7:15 am</td>
<td>Morning Meeting at the Office</td>
<td>Volunteers walk all kids to the office at 6:45 &amp; after the morning meeting; volunteers walk the kids to school.</td>
</tr>
<tr>
<td>7:30 – 8:00 am</td>
<td>Volunteer Breakfast</td>
<td>Eat in the Volunteer House.</td>
</tr>
<tr>
<td>8:00 – 8:30 am</td>
<td>Activity Preparation</td>
<td>Volunteers prepare activities and gather needed materials for morning classes.</td>
</tr>
<tr>
<td>8:30 -10:30 am</td>
<td>Morning Class</td>
<td>Volunteers lead class following the curriculum. Class is held in English for groups of 5 - 11 children.</td>
</tr>
<tr>
<td>10:30 – 11:00 am</td>
<td>Uji / *Volunteer Meeting</td>
<td>Volunteers walk kids from class to their respective houses.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*On Mondays and Thursdays, volunteers attend a volunteer meeting in the Volunteer House.</td>
</tr>
<tr>
<td>11:00 – 12:30 pm</td>
<td>Free Play</td>
<td>Volunteers supervise all children.</td>
</tr>
<tr>
<td>12:30 – 2:00 pm</td>
<td>Lunch</td>
<td>Volunteers walk kids home from free play. Attend lunch in the Volunteer House and then enjoy free time.</td>
</tr>
<tr>
<td>2:00 – 2:30 pm</td>
<td>Activity Preparation</td>
<td>Volunteers prepare activities and gather needed materials for afternoon classes.</td>
</tr>
<tr>
<td>2:30 – 3:15 pm</td>
<td>Afternoon Class</td>
<td>Volunteers lead 30 minutes of reading time. After reading, volunteers lead an engaging activity.</td>
</tr>
<tr>
<td>3:15 – 4:00 pm</td>
<td>Free Play</td>
<td>Volunteers supervise all children.</td>
</tr>
<tr>
<td>4:00 – 5:00 pm</td>
<td>Snack / Bath Time</td>
<td>Volunteers walk kids to their houses. Volunteers remain in the common space of the house for general supervision and help with homework if needed.</td>
</tr>
<tr>
<td>5:00 – 6:30 pm</td>
<td>Free Time</td>
<td>-</td>
</tr>
<tr>
<td>6:30 – 7:00 pm</td>
<td>Volunteer Dinner</td>
<td>Dinner served in the volunteer house.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*On Tuesdays and Thursdays, volunteers must eat in the kid’s houses.</td>
</tr>
<tr>
<td>7:00 – 10:00 pm</td>
<td>Free Time</td>
<td>Houses lock at 10:00 pm</td>
</tr>
</tbody>
</table>

**Weekends:** The schedule on Saturday is the same as weekdays, but only some of the children have morning classes at Gyetighi Primary School and the daycare students are not at RVCV. On Saturday night the kids can continue watching a movie after dinner and can stay up until **9:00pm**.

**On Sundays,** all volunteers have the day off and the kids are supervised by our student teachers. Volunteers have the choice of going off campus to a nearby lodge or national park if they choose.
Your New Home

We currently have three younger children’s houses, each with a family of 8–13 children, 2 Tanzanian mamas, and 1 student teacher. We also have two houses for young women and two houses for young men. In each of the children’s house the volunteers share a bedroom and their own bathroom with a shower, western toilet, and sink. Depending how many volunteers we have at any given time, you may be sharing a room and bathroom with 1–2 other people. There may not be hot water available every day.

Although there is solar power in the houses, it is for the mamas and is used sparingly. Therefore, you are not allowed to charge electronics in the houses. Should the power be used up in the house, there are solar lanterns as a back-up light source. If you would like to charge your electronics in your house, you will need to bring a portable charger. You can charge electronics in the VC’s office between 8am–5pm.

All volunteers eat their 3 daily meals in the Volunteer House, which is also the place for them to hang out, watch a movie, prepare projects, or take a break. On Tuesdays and Thursdays, volunteers eat dinner with the kids in their houses!

Keep in mind you are going to be living in a remote, rural area of Tanzania and it is important to remain flexible and understanding of the way things work (or don’t work) here. There will be times where you don’t have hot water for a shower, working service, or times when you really miss food from home. These things will not be what you remember about your time here. Prepare to live more simply and to appreciate the simple joys that your days with these kids will bring. Please remember that the RVCV staff are here to make your stay safe and meaningful, but that does not mean they can accommodate your every need or comfort.

Volunteer Days Off

Stays of one month or less: Volunteers with us for one month or less will be given one day off each week (Sunday). We encourage you to have a well-deserved break.

Stays of 2 months or more: Volunteers with us for 2 months or longer will be given one day off each week (Sundays) and 2 days off after every month. No matter how energetic, enthusiastic, or motivated you are, this extra time away is essential for maintaining your health and spirits. If you are volunteering for 6 months, in addition to your off days each month, you will be offered one week of vacation to be taken all at once (not spread out). You may plan this vacation in advance and let the VC know or you can plan it with them on arrival. Your vacation will be worked around the RVCV schedule and we ask that you not plan vacation for June or December as this is when we have the most children at the village. If your friends or family would like to visit during your stay, please inform the VC.

Things to do on days off: Although the village is in a remote and rural setting, there are a variety of ways to entertain yourself. There are miles of red clay paths excellent for running or walking. Just beware it is not wise to go before 7am or after 6pm as it is not unusual to catch a glimpse of a buffalo or elephant on the Crater slopes. On your day off, you can go into Karatu and spend the day walking around, eating local food, and visiting local businesses. When shopping in town it is a good idea to know what you are looking for as shops have a large variety of items and bargaining is essential. The majority of volunteers spend their Sunday at a safari lodge, where you can hang out by a pool, eat lunch, and access Wi-Fi. Our cars will drive you into Karatu or to a nearby safari lodge. They generally leave about 9am and will pick you up around 5pm. Volunteers can also book a day safari together. We can arrange this after you arrive with a local company who can take you to the Ngorongoro Crater, Tarangire Park, or Lake Manyara. Prices range from $75–500 per person, depending on where you go and the number of people. If you want to take a longer safari or have more “down time” during your stay in Tanzania, we recommend that you plan this for either before or after your volunteer commitment.
Safari Companies:

- **Asilia Africa** (high-end) – Contact: reservations@asiliaafrica.com; Website: [www.asiliaafrica.com](http://www.asiliaafrica.com)
- **Hoopoe Safaris** (mid-range) – Website: [www.hoopoesafaris.com](http://www.hoopoesafaris.com)
- **Wayo Africa** (off the beaten track, includes walking safaris) – Contact Jean Du Plessis: jean@wayoafrica.com; Website: [www.wayoafrica.com](http://www.wayoafrica.com)
- **Macho Halisi** (budget safari) – Contact Elirehema or Dawson: faru@kuducamp.com or info@machohalisi.com

**Frequently Asked Questions**

1. **How’s the food?**
   
   Great! RVCV has two cooks for volunteers/visitors and you can expect food similar to that which you might have at home. For breakfast we have pancakes, french toast, and eggs with toast. Yogurt, granola, and bananas are also available. For lunch we have soup, salad, sandwiches or pizza and for dinner we have beef, chicken, pasta, potatoes, rice, and vegetables. There is always peanut butter and jelly available if you would like it. You may also want to purchase personal snacks (e.g. trail mix, dried fruit, nuts, candy, protein bars, etc.) at home or in Arusha. **We cannot accommodate special dietary needs or requests. The village is not nut-free.**

2. **Can I drink the water?**
   
   You should not drink water directly from the tap. However, our staff filters and chemically purifies water every day for cooking and drinking. Please bring a re-usable water bottle to help you stay hydrated. You DO NOT need to buy bottled water unless you think it’s a necessity.

3. **What are the other volunteers like?**
   
   Most previous volunteers have come from all over the US, and around the world. Many have very different interests; however, all of them have an interest in Tanzania and children. When you arrive keep an open mind and try to get to know everyone you will be working with.

4. **How safe is it?**
   
   In general, Tanzania is one of the more stable African countries. That being said, petty crime (e.g. theft) is common in cities including Arusha so be aware and pay attention to your valuables. This does become less of a threat as you move away from the cities. RVCV is gated and the gates are locked each night. We also have “askaris” (guards) who patrol the property at night and keep a close eye on things for us.

5. **Will I be teaching a class? What if I have never taught before?**
   
   All volunteers will be asked to lead a morning (2 hours) & afternoon (45 minute) class for a group of our younger daycare kids. You can expect to be teaching a group of 5-11 kids who will be in the same grade, ranging in age from 3 to 11. The expectation with these classes is that they follow our Early Childhood Education Program’s curriculum, and are engaging and conducted in English. Many volunteers do art projects, read books, and practice English, math and writing skills with the kids.

   While there is time to prepare activities in the volunteer schedule each day, we strongly encourage volunteers to begin brainstorming ideas before getting to RVCV. Your VC will let you know in the final weeks before your arrival what age and size of group you will be working with, and the curriculum you will be following. The VC will also be helpful in coming up with larger projects and activities for the kids, as well as coordinating supplies and providing any resources that you may need to use at the village or before arriving.
Volunteer Costs

Summary of Costs

1. **$100 non-refundable Administrative Fee**
   Due as soon as volunteer dates have been confirmed with the VC. We are not able to guarantee your space until we have received this fee.

2. **Room and Board**
   Due three months (90 days) prior to your volunteer start date. Covers housing, 3 generous meals per day as well as some snacks, daily cleaning and laundry, and transport to and from Karatu every Sunday.
   - **3 to 8 weeks:** Room and Board $200/week
   - **9 weeks or more:** Room and Board $130/week

2. **Visas**
   Visa and permit laws are constantly changing. Please check with the VC for the up-to-date information for your length of stay. The current requirements are (January 2020):
   - **Volunteers staying between 1-12 weeks (90 days or less):** $250 Business Visa.
   - **Volunteers staying 3 months or more (more than 90 days):** $250 Business Visa + $1,100 Class C Residence Permit and Class D Labor Permit. Payment for permits is due three months (90 days) prior to your volunteer start date.

Remember to indicate fee designation and volunteer name in the memo portion of your checks. All checks should be payable to Tanzanian Children’s Fund and mailed to:

Tanzanian Children’s Fund  
2 Garden Street  
Cambridge, MA 02138

Business VISA & Residence Permit

In order for a *non-resident* to enter Tanzania, the government requires a Business Visa. A **Class C Residence Permit and Class D Labor Permit are required for any volunteer staying beyond 3 months.** Note: There have been many changes to the permit application process and requirements; please speak with VC for the most up-to-date information.

**Business Visa:** The cost for this visa is $250 for US citizens and should be paid directly to the granting agency. You can obtain this visa one of two ways: ahead of time online, or upon your arrival at the airport.

- **Option 1 (Highly encouraged):** To obtain your visa online, follow this link for further instructions: [https://eservices.immigration.go.tz/visa/](https://eservices.immigration.go.tz/visa/). You should obtain your visa within 7-10 days after completing the application. The VC has an instruction guide that should help you with the application upon request. The VC will also provide you with a letter from TCF stating the nature of your visit with us.
- **Option 2:** You can obtain a Business Visa at the airport/border in Tanzania. **This should only be done if you don’t have time to fill out the application online before your arrival.** You will need your passport, $250 US cash (all bills must be post-dated 2009) for citizens from all countries, a filled out entry card which you get upon arrival, and a letter from TCF stating the nature of your visit with us, to be provided by the VC. This option is not as ideal, as immigration can give you a hard time upon your arrival.
Immigration Entry Card Instructions
For both the Tourist and Business Visa you will need to complete an entry card at the border of Tanzania, you will complete the entry card with the following information;

- **Contact person in Tanzania:** Peter Mmassy
- **Address:** PO Box 1935, Arusha / Kiran Coffee Estate, Oldeani, Karatu District
- **Type of visa requested:** Business visa
- **Purpose of visit:** Technical Activities

**Class C Residence Permit and Labor Permit**
For volunteers staying beyond 3 months, you will be required to obtain both a work and residence permit to specify you volunteer status with Immigration. These permits will be applied for, by TCF, on your behalf. These permits usually take about a month to obtain, so it is best we apply for them ASAP. The VC will send you paperwork to fill out and we ask that you complete them (in capital letters) and return them back to the VC with the following documents as soon as you can:

- A color passport photo with a blue background (these can be difficult to obtain in the US; however, you can find a dark, cobalt blue piece of fabric or blanket and take your own photo)
- 1 color copy of your passport
- 1 copy of your resume
- 1 copy of your higher education transcript(s), unofficial copies are fine
- 1 copy of your higher education diploma(s)

When coming to Tanzania, please bring the following for our physical files:

- 2 color copies of your passport
- 2 copies of your resume
- 2 copies of your higher education transcripts, unofficial copies are fine
- 2 copies of your diplomas

*Passport Expiration:* You **must** have at least 6 months of validity on your passport after your intended departure date to travel internationally. You MUST get a new passport if it will expire while you are here. Additionally, please make sure that you have at least 6 empty pages in your passport, as some immigration officers have started requiring this.

**Preparing to come**

You should bring copies of your passport with you – it is a good idea to carry a copy with you when you go to town or on safari while leaving your original in the safe at the village; you will also need a separate copy if you wish to purchase a SIM card for your phone.

Foreigners living or traveling in Tanzania are encouraged to register with their home embassy – for the US Embassy: [https://travel.state.gov](https://travel.state.gov).
Contact Information

Important Phone Numbers: To call Tanzania from the US add 011-255 before each phone number. To call within Tanzania drop the +255 and add a 0 before the phone number.

Abbey Coughlan (Volunteer Coordinator): +255 689 241 314
Peter Leon (Co-Founder & Executive Director): +255 784 817 985

Mailing letters and packages: We do not recommend sending packages to Tanzania. Packages are frequently delayed, lost, and/or destroyed. In addition, we have to pay significant customs fees on everything received except books, videos, and magazines. If sending packages, they must be insured and we ask that you declare the value as low as possible. If you need something small/valuable sent to you (such as electronics or medication), please have it sent to the Boston office to be sent over with another volunteer or visitor. We prefer all donations be sent to the TCF office in MA so as to not incur hefty customs charges and ensure delivery.

US Office Mailing Address:
Tanzanian Children’s Fund
2 Garden Street
Cambridge, MA 02138

Location: Kiran Coffee Estate, Oldeani Village, Karatu, Tanzania. Do not send mail to this address.

Mailing address: Tanzanian Children’s Fund, PO Box 1935, Arusha, Tanzania
- Air Mail – this takes from 2 weeks to 3 months.
- Express Mail (called EMS) – fastest method, you can do this through the US Post office.
- FED EX, DHL, UPS – these are not recommended as we live in a remote area about 3 hours from Arusha which they will not deliver to and consequently the packages are often lost.

Traveling to Tanzania

There are a few airlines that travel to Kilimanjaro International Airport (JRO), close to Arusha, Tanzania, which will be your final destination before heading to RVCV. Ticket prices vary greatly depending on the season ($900–$2,300 round trip from the US).

- KLM/Delta flies out of most major cities to Amsterdam and then connects daily to JRO en route to Dar Es Salaam. KLM typically offers the best deal on return trip tickets and can often be purchased for reduced fares via a ticket consolidator, such as www.AirlineConsolidator.com.
- Turkish and Qatar Airlines are also good options though the arrival and departure times are less ideal.
- Ethiopian Airlines often offers better deals if booking a one-way ticket.
- Cheaper fares can also be found if you choose to fly into Nairobi. You can take a daily shuttle bus that runs from Nairobi to Arusha (about 8 hours), though you may have to spend the night in Nairobi or Arusha. This may be cheaper, but is less convenient, especially with baggage.

Once you arrive at JRO, you have multiple options of places to go, which are listed on the following pages. Unless you are arriving to JRO before noon, you should make a reservation at a lodge either near JRO or in Arusha for the night of your arrival. RVCV is located about 4-5 hours from JRO and it is not safe to travel in the dark. Your VC will be helpful in arranging this for you or providing additional recommendations if you’d prefer. When you have established travel plans, please let the VC know to arrange rides.
1. Stay at a lodge near JRO
2. Travel from Kilimanjaro Airport (JRO) to Arusha (about 1 hour) and stay at a lodge
3. Travel from JRO to RVCV (about 4-5 hours)
   a. RVCV is located past the town of Karatu up a 30-45 minute long and winding dirt road near the village of Oldeani; about 3–4 hours from Arusha by car.

**Transportation from JRO**

- **Hotel Shuttle:** Both KIA Lodge and Airport Planet Lodge offer complimentary shuttle pickups from JRO for guests staying at their hotels. Both are located about a 5 minute drive away from JRO. Le Jacaranda in Arusha offers a shuttle pick up for its guests for an additional $40.

- **Taxi:** A taxi from the airport into Arusha costs $40-50 US (you may be able to bargain for less!) and they will drop you off at your hotel. Make sure to have your hotel’s address with the correct spelling and its phone number in case the driver doesn’t know it.

- **Impala Shuttle:** You can make a reservation via impala@cybernet.co.tz. The cost will be $15 for a one-way ticket if you are arriving or departing on the KLM flight, or around the same time. It is $50 to hire a private shuttle if your flights do not align with their shuttle times. You will need to tell the driver which hotel you wish to be dropped at.

- **Safari Company:** Arrangements for airport transfer, hotel, and transfer to RVCV can all be made through safari companies such as Safari Makers, safarimakers@habari.co.tz. This is more expensive, but many of our volunteers choose it because they are a reliable tour operator.

**Hotel Options**

**Lodges close to JRO**

- **KIA Lodge** - $72/night for a single. Located 5 minutes from JRO airport and provides free airport transfers. Contact reservations@moivaro.com
- **Airport Planet Lodge** – $135/night for a single. Located 5 miles from JRO airport, and provides free airport transfers. Contact: bookings@Planet-Lodges.com.

**Lodges in Arusha:** There are many hotels in Arusha; you can find some suggestions below.

- **The Jacaranda** – About $115/night for a single, $120/night for a double depending on the season. They will also provide a shuttle from JRO for $40. Contact Marc: jacaranda@tz2000.com.
- **African Tulip** – $131.50/night for a single, $173/night for a double. They also offer airport transfers between JRO for $80. Contact Anuj: gm@theafricantulip.com or info@theafricantulip.com.
- **Outpost Lodge** – $70/night for a single. Contact: reservations@outpost-lodge.com or www.outposttanzania.com.
- **Impala Hotel** – $90/night for a single, $110/night for a double. They also have a shuttle for transport to and from JRO for an additional cost (see above). Contact: impala@impalahotel.com or www.impalahotel.com.
- **Pamoja Expeditions Lodge** – About 70,000 TZS/night. This lodge is owned by one of RVCV’s employee’s parents, and is located in Arusha. Call +255 754 371 759 or +255 754 724 252 for reservations. Or email pamojalodge@yahoo.com.
• **Kibo Palace** – About $110-150/night depending on the season. You can make a reservation through Safari Makers. They can also help arrange transport to and from JRO for an additional cost. Contact Victor: [safarimakers@habari.co.tz](mailto:safarimakers@habari.co.tz).

• **Arusha Backpackers Hotel** – Very basic accommodations, popular with young backpackers. $10–12/night for a single room, $18–20/night for a double room. Contact: [www.arushbackpackers.co.tz](http://www.arushbackpackers.co.tz).

• **Hotel Flamingo** – Basic and clean in central Arusha near the bus station (note it is near two mosques and the call to prayer takes place 5 times daily including one at 5am). 30,000 TZS/night for a single room, 35,000 TZS/night for a double. Contact Ian: [flamingoarusha@yahoo.com](mailto:flamingoarusha@yahoo.com).

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**Transportation to RVCV**

**Option 1: RVCV’s driver connection (recommended):**

If you want the VC to arrange one of our trusted drivers to pick you up at your hotel or JRO airport and bring you to RVCV, please email at least 2 weeks in advance. All of our drivers have worked with RVCV for a long time, speak moderate English and will make stops along the way for no additional charge. You should pay the driver directly in cash once you have arrived at RVCV. The rates our driver charges are as follows:

- From Kilimanjaro airport (JRO) or Airport Planet/KIA Lodge to RVCV: $115 USD
- From Kilimanjaro airport (JRO) or Airport Planet/KIA Lodge to Arusha: $40 USD
- From Kilimanjaro airport (JRO) or Airport Planet/KIA Lodge to Karatu: $95 USD
- From Arusha to RVCV: $70 USD

**Option 2: Safari Makers or another safari company (most convenient/most expensive):**

You can hire a car and driver for $150–300 each way to bring you from JRO airport or Arusha to RVCV. This option gives you more freedom with timing, and is the most comfortable and safe way to travel. The cost is for the car and not determined by how many passengers you have. You can contact Safari Makers at [safarimakers@habari.co.tz](mailto:safarimakers@habari.co.tz), though there are many other companies you could choose.

**Option 3: Speed Taxi: (most affordable/least convenient):**

These are minivans that you can find at the central bus stand in Arusha; your hotel can direct you there. Ask for the speed taxi or NOAH that is going to Karatu. Speed taxis hold 9 passengers. The cost per seat is 7,000 TZS ($4 US). If you have lots of luggage, they will likely charge you for an extra seat. They wait until the taxi is filled, so be prepared for a wait up to 1 hour. Our suggestion is to purchase an extra seat or two per person to speed up the wait and have more space. The car will bring you to Karatu, the nearest town to Oldeani Village. Ask the driver to drop you off at [Lilac Cafe](http://www.lilaccafe.com) (by the Exim Bank). You will need to arrive **by 4pm** for our drivers to meet you and bring you the rest of the way to RVCV. Please let the VC know the day and time you will arrive. **This option is not recommended for your first time in the country or if you have more than one piece of luggage.**
Money in Tanzania

**Money:** Tanzania is a "cash economy." There are very few places that accept traveler’s checks or credit cards (even in Arusha) – those that do pass on a 7% service fee. The money here is the Tanzanian Shilling (TSH or TZS). The exchange rate to the dollar changes frequently and is usually around 2,300 TZS to $1 US. It is not traded outside Tanzania so you will not be able to get shillings before arrival.

**ATMs:** There is an ATM at JRO, multiple exchange bureaus and ATMs in Arusha; as well as a few ATMs in Karatu. They will only dispense shillings and typically give out a maximum of 400,000 TZS ($170–$190) depending on the exchange rate per transaction. The ATMs in Tanzania require a 4-digit pin number, not a 6-digit pin. Be prepared for ATMs to run out of money or be out of service. You should notify your bank/credit card companies of your travel plans so they do not freeze your cards when activity appears in another country. Ask if your bank partners with any in Tanzania. If they do you may not be charged international transaction fees. The ATM will charge you a fee on top of any fees that your bank charges you.

**Cash:** There are times you are required to pay in USD. We recommend bringing more than you think you’ll need in cash. You will need $250 for a business visa. USD is preferred at nice safari lodges and for climbs and tours, but you can use TZS for all purchases at shops, restaurants, safari lodges, and hotels.

**NOTE:** Banks and businesses, including safari companies, will NOT accept US dollar bills issued before the year 2009, so please make sure your bills are dated 2009 or later.

Once you get here, there isn't much to spend money on at RVCV. However, volunteers often head to Karatu on Sundays for Wi-Fi, shopping, or to have lunch at a local safari lodge (usually $15–30; you can pay in USD or TZS). You will also need to pay in TZS to top up your phone or internet stick at RVCV (See section on "Cell Phone, Computer, Internet").

**Tipping:** It is absolutely not essential that you tip anyone at RVCV. We understand many volunteers come at great personal cost and we do not want you to feel you have to spend more money. However, if you are pleased with the level of care you have received, you can leave a tip behind for the local staff. As a guideline, you can consider giving $5–25/week of your stay. Please give this to the VC and NOT to the Tanzanian staff directly.

Purchases in Tanzania

Before you head to the village, you can ask your driver to take you to an ATM or money exchange to get TZS. They can also take you to the Village Supermarket, a popular “western style” supermarket in Arusha, to pick up toiletries or snacks, as well as the Airtel store to get SIM card(s) for your phone and/or laptop. Many things are available in Karatu, but supplies are not consistent and everything costs a bit more. We can order you beer, wine, soda, juice, or some teas from Karatu on your behalf once you arrive at RVCV.
Cell Phone, Computer, Internet

Using a cell phone: Internet/Wi-Fi are not provided to RVCV volunteers. It is highly recommended that you stop in Arusha to get a SIM card for your phone at the Airtel store. If you would like, you can use your personal phone such as an iPhone; however, it must be internationally compatible (unlocked and able to use another carrier’s SIM card). Many carriers will unlock your phone for free if you contact them in advance. This can take several days or weeks or may not be possible depending on your phone and/or contract. If your phone cannot be unlocked, you can still use it with Wi-Fi at lodges/hotels on Sundays. It is very difficult to obtain a SIM card in Karatu, so if you plan to use your phone while at the village, you MUST stop in Arusha to set everything up.

Most staff/volunteers text and call home through free services such as Skype, Viber, and WhatsApp (can be used with Wi-Fi at lodges or with a Tanzanian SIM card loaded with a data plan at the village). While the connection varies by the day, it still usually works if you are patient or can locate a spot with good reception in the village. Your friends and family can also purchase phone cards to call your Tanzanian number directly. There are phone bundles available to call the US/Canada and a few other countries which your VC can help purchase and install for you once you are on site.

Airtel Internet Prices:
- USB modem stick: 40,000 TZS ($20 USD)
- SIM card (which can be used for phone or computer): 5,000 TZS ($2.50 USD)
- Credit/Vouchers: A data package must be purchased after having your Tanzanian SIM installed. To avoid overpaying at the Airtel store, make sure to ask for a 24 hour basic data package for no more than 2,000 TZS (less than $1 USD) and your VC will help you install more data at a much more cost effective rate once you arrive on site.

Computer/Internet: Computers and internet/Wi-Fi are not provided to RVCV volunteers. Due to limited Wi-Fi and internet capabilities, volunteers are not permitted to use the office Wi-Fi network or any staff computers. However, we can help you get set up with internet access at your own expense. If you wish to be able to access internet on your personal computer, you will need to make sure that you bring a laptop or tablet that has a USB port or a place to insert a SIM card (if it’s an iPad for example). It is encouraged not to bring a laptop or purchase the USB Modem, and to live “off the grid” during your visit.

As an RVCV volunteer you must respect our program schedule and reserve internet use only for times when you are on break from your volunteer responsibilities. Note that all internet in Tanzania is inconsistent, including Wi-Fi at hotels/lodges. There will be days the internet does not work. It will be frustrating when trying to send work emails or call family/friends.
What to Bring

Luggage/Donations: We receive a great number of donated goods in the US that are critical to our operations at RVCV. The best way to get these materials is to have volunteers carry them over on their flight. As each international passenger (from the US) is allowed two 50 lb. checked bags (three on Turkish Airlines), we kindly request that you take one of our 50-pound duffels if at all possible. You will need to contact your airline directly for any specific luggage guidelines. To confirm you can bring a pre-packed duffel, please e-mail our Boston office at info@tanzanianchildrensfund.org as soon as possible so we can mail it to you well before your departure.

Otherwise, if you intend to bring personal donations for RVCV, please ask the VC what is needed. Airlines charge fees for a third bag so we don’t ask volunteers to carry one unless it is an emergency. Additionally, stopovers of a day or more in Amsterdam will eliminate your two bags free allotment. We will only pay for extra baggage fees incurred if you have received confirmation from TCF prior to departure. We truly appreciate your offer to carry over much-needed donations!

Note: A few volunteers experience requests for money at JRO or the border in order to bring their donation duffels into the country. They are simply asking for bribes; you are not doing anything wrong. If this happens, refer them to the itemized list and declaration letter included in the duffle and/or encourage them to call Peter, India, or Abbey (numbers included in this packet as well as on the donation letter in the duffel) and ask them for a receipt. This will stop any requests for bribes. You should NOT pay anyone at the airport any money (besides purchasing your visa).

Weather: At over one mile above sea level, RVCV is much cooler than other parts of the country. There are three seasons in this part of Tanzania: the dry but cold season (July–October), the warmer time of short rains (November–February) and the long and typically mild rainy season (March–June). Keep in mind, in any season (especially May–September) it can feel very cold at night and temperatures can be as low as 40 F. We can also get rains at any time. Most volunteers wish they would have packed rain boots, a raincoat, and warmer clothing —even wool socks, long underwear, and a coat! While it can be cold, it is also important to keep in mind that we are located very close to the equator so the sun is much more intense. Bring and use sunscreen!

Because we want to be respectful of Tanzanian culture and adults are usually covered in long sleeves and pants and/or traditional wraps, please make sure all your clothing is modest. Do not bring shorts or skirts above the knee, tank tops (even for exercise) or tight or revealing clothing (please note if you are going to wear tight pants or leggings it is only ok so long as you wear a long shirt). This does not mean you need to purchase a new wardrobe. Basic clothes you can mix/match and that can be easily washed are best. Depending on the weather, laundry can take several days to dry, so take this into account when determining the amount to bring. Your clothes will get very dirty and endure some rough hand-washing so don’t bring anything you would be upset about if it was accidently damaged or lost. You may also want to consider bringing clothes to leave behind for the older children.
Packing List

Clothing & Shoes: Feel free to check with the VC if you have more questions about what to pack.

- 5–7 pairs of socks (if here between June–September you may want wool socks)
- 7–10 pairs of underwear
- 2–4 pairs of casual pants or jeans (not tight)
- 2–4 pairs of shorts or skirts (below the knees and not tight)
- 2–3 long-sleeved shirts
- 4–7 T-shirts (no tank tops)
- 1 or more slightly dressy outfit for holidays, RVCV cocktail parties, etc.
  - (for girls: a dress or skirt and top covering the knees and shoulders; for boys: nice pants and a button up shirt)
- Fleece or jacket
  - (if here between June–September, it can get as low as 40 F)
- 1–2 sweaters/sweatshirts
- 1–2 pairs comfortable sweatpants, yoga pants (not tight), or below the knee shorts for lounging
- 2–3 outfits of exercise apparel if you like to run/walk (no short shorts, or tank tops – leggings are okay with long shirts worn over them)
- A bathing suit wrap/shorts to wear by the pool when visiting the nearby tourist lodges
- Bathing suit (there are local safari lodges that have pools and bikini style is ok there)
- Rain jacket and rain boots (even when it’s not rainy season we can get rain)
- Flip flops or sandals
- Crocs or slip-on shoes you can wear with socks (it’s polite to take off your shoes inside)
- Slippers (we have cement floors and it can get cold)
- Sneakers (mud-friendly if you come in the rainy season)
- Hiking boots (if you plan to hike Mt. Kili, not necessary for hikes around RVCV)
- Hat (baseball cap or sun hat)

Other Essentials

- A headlamp or flashlight (these are available at camping stores)
- A rechargeable battery
- Sturdy watch for keeping to your daily schedule at RVCV
- Travel alarm clock or a watch with an alarm
- Sunglasses
- Reusable water bottle (it’s important to stay hydrated)
- Sunscreen minimum SPF 30 (Tanzania is located very close to the equator so the sun is very strong)

Toiletries: You can buy toothpaste, toothbrushes, shampoo/conditioner, and other toiletries here, but they most likely will NOT be the brands you use at home. Be sure to bring enough toiletries for your stay.

Optional Recommendations

- Powdered Gatorade (we live at a high altitude and it is very easy to get dehydrated)
- Wash Cloths (we have bath towels for you)
- Nail/foot brush (many volunteers arrive without this and regret it – your feet will get very dirty!)
- Earplugs (these can be a helpful sleeping tool)
- Swahili-English dictionary, instructional book, and/or Swahili phrase book
- Day-pack, such as a small backpack or messenger bag
- Bug repellant with Deet (at RVCV we get few mosquitos)
Electricity and Entertainment:
Our electricity is solar powered and we try to conserve this energy and limit use to evenings only. On cloudy days we may not have any solar power. **You will only be able to charge electronics in the VC’s office between 8am–5pm. If you would like to charge in your house, you will need to bring an external charger.** We have power strips with converters, but if you are traveling elsewhere, bring an appropriate converter (220V). We cannot handle the electronic needs of hair dryers, curling irons, etc., and ask you do not bring them.

- Outlet converter (220V)
- Books to read (we have a lot of books on hand but be sure to bring any must-reads)
- Games (we have scrabble, monopoly, cards—but we’re always looking for new games)
- Binoculars (if you intend to go on safari)
- Camera
- Batteries (due to the altitude batteries do not last long and TZ batteries are expensive and less effective—we recommend bringing more than you think you’ll need)
- I-pod/headphones or some other source of music
- Journal, stationary items, and pens (there are postcards and stamps to buy here)
- Laptop (**please note the RVCV internet policy – we do not have computers/internet available for volunteers**)

**Valuables:** While traveling and at the village you will need to watch your belongings—we cannot ensure the safety of your valuables with 200+ staff/kids. There is a safe in the VC’s office where you can keep all valuables.

**Food (optional):** RVCV provides 3 generous meals a day and some desserts. Most volunteers never find themselves hungry! If you want snacks we advise that you bring (or buy in TZ) your own. Snack purchases can be made in Arusha at the Village Supermarket before you come to RVCV or in Karatu, the closest town to RVCV, but it has fewer options. A lot of snack foods you are used to having are not available here. Some suggestions are: granola bars, cereal, chocolate bars, dried fruit, nuts (cashews and peanuts are readily found in TZ, almonds are not), Nutella, crackers, juice.

**Activities for kids (optional):** We encourage you to spend some time thinking of activities to do with the kids once you arrive and if there are supplies that will be needed for them. We recommend asking the VC first if the materials may already be on site. If not, you are welcome to bring materials, books, DVD’s, games, craft supplies, soccer balls, etc. to use with your house, morning class, or at playtimes. Please check with the VC about the most appropriate time to use these items. We have many resources here including paper, crayons, colored pencils, watercolors, Legos, etc. For other supplies, you will be amazed at how resourceful you will become—get creative!

**Goodies for the Volunteer House (optional):** You will be instantly popular if you bring any of the following for long-term staff and volunteers: chocolate chips, hot sauce, Nutella, candy, cheese, chips, etc.

**Gifts for Children:** We host around 150 volunteers and visitors each year and **cannot allow gifts or candy/soda to be handed out at random to children.** These items are reserved for birthdays, Christmas, and special occasions as we do not want our children to become spoiled or to expect gifts from visitors. Please respect this policy and help us take care of our children in this way!

**Donations and Fundraising:** We encourage (but absolutely do not require) volunteers to fundraise for the Tanzanian Children’s Fund as part of their experience. You will be amazed at how anxious your friends and family will be to support something so important to you. Some volunteers prefer to do this after they return, which allows them to use pictures and stories from their stay. If you are interested in fundraising, please contact our Managing Director at ali@tanzanianchildrensfund.org to discuss options and the most appropriate language to use when talking about the village. Additionally, if you are planning to keep a blog of your time here, our Communication Coordinator sponsor@tanzanianchildrensfund.org, would love to hear about it and can share some of your posts with our network.
Healthcare

A. PRE-TRAVEL HEALTHCARE PREPARATION

Pre-departure medical exams are strongly recommended for everyone regardless of health status.

Immunizations: In addition to travel vaccines, please ensure you are up to date on routine vaccinations as you may be exposed to measles, mumps and varicella (chicken pox) while at RVCV. Please review the list of recommended vaccines below and discuss with your local healthcare facility or travel clinic. Based on your health history, length of stay and travel itinerary and level of adventure while in Africa, you may need some or all of these vaccines. Keep in mind, you may need to start immunizations between 6 months to 6 weeks before you leave.

- COVID-19 (Mandatory)
- Hepatitis A (two dose series given at least 6 months apart)
- Hepatitis B (three dose series on a 0,1, and 6 month schedule)
- Influenza (risks exists through the year, peak activity is Dec-Feb)
- Measles, Mumps and Rubella (two dose series separated by at least 28 days)
- Varicella (two dose series separated by at least 28 days)
- Rabies (three dose series given over 28 days)
- Typhoid fever
- Yellow fever***

***Yellow Fever: Officially, Yellow fever (YF) vaccination is not required upon entry to Tanzania. However, if you are visiting or coming from countries with risk of YF transmission such as Kenya or Ethiopia (this includes airport layovers longer than 12 hours), Tanzania officially requires proof of YF vaccine. Unofficially, proof of YF vaccination or a YF exemption letter is often requested from travelers transiting (regardless of duration) from countries with risk of YF transmission and can be uncommonly requested from all travelers entering Zanzibar or from travelers coming directly from Europe by air, despite Tanzania’s published declaration to the contrary under its International Health Regulations. Payment of a fine may be required from those lacking either proof of YF vaccination or an YF exemption letter. To avoid this hassle, consider 1) receiving the YF vaccine (as an added incentive as, one dose of the YF vaccine is now valid for life) or 2) obtain an YF exemption letter from your healthcare provider.

Determine blood type: Knowledge of your blood type is helpful in case of any medical emergencies.

Pre-departure dental exams are advised. Dental care in Tanzania is difficult to find and usually not up to the same standards as in the U.S. Be sure you complete a routine dental exam and take care of any dental cavity fillings, tooth extractions, or root canal procedures prior to traveling.

Prescription medications and supplies should be procured for the full journey. Prior authorization from your health insurance may be needed in order to obtain this longer supply of prescription medications.

Travel health and evacuation insurance should be arranged even when traveling for short trips. Tanzanian healthcare facilities usually do not bill your health insurance directly and some US health insurance companies will not cover medical care outside the US. Emergencies can happen and because of the lack of infrastructure, some people may need to be medically evacuated out of the country. Most US health insurances do not cover this high cost in their basic plans. We encourage volunteers to purchase travel health insurance that specifically includes emergency medical evacuation. Ensure all preexisting medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the contact details recorded and accessible at all times during travel. See below for list of resources (note, TCF does not endorse any one in particular).
## Insurance and Health Resources Abroad

<table>
<thead>
<tr>
<th>Company</th>
<th>Website</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>International SOS</td>
<td><a href="http://www.internationalsos.com">www.internationalsos.com</a></td>
<td>Overseas assistance, insurance and evacuation. Many regional/help centers; well established</td>
</tr>
<tr>
<td>Medjet Assist</td>
<td><a href="http://www.medjetassist.com">www.medjetassist.com</a></td>
<td>Membership program for business or pleasure travel in the US and/or abroad</td>
</tr>
<tr>
<td>The Flying Doctors Service (part of AMREF)</td>
<td><a href="http://www.flydoc.org">www.flydoc.org</a> or <a href="http://www.amref.org">www.amref.org</a></td>
<td>One of the most comprehensive air ambulance services in Africa</td>
</tr>
<tr>
<td>World Nomads Travel Insurance</td>
<td><a href="http://www.worldnomads.com">www.worldnomads.com</a></td>
<td>Worldwide coverage to travelers from 150 countries; buy, extend or claim online, even while traveling</td>
</tr>
<tr>
<td>International Association for Medical Assistance to Travelers (Canada)</td>
<td><a href="http://www.iamat.org">www.iamat.org</a></td>
<td>Nonprofit organization with international physician directory; English/French website language options; not insurance</td>
</tr>
<tr>
<td>Europ Assistance (France)</td>
<td><a href="http://www.europ-assistance.com">www.europ-assistance.com</a></td>
<td>Overseas assistance, insurance and evacuation services</td>
</tr>
<tr>
<td>AIG</td>
<td><a href="http://www.travelguard.com">www.travelguard.com</a></td>
<td>Insurance company with specialized services for travelers including medical and evacuation</td>
</tr>
<tr>
<td>Cega Group (UK)</td>
<td><a href="http://www.cega-aviation.co.uk">www.cega-aviation.co.uk</a></td>
<td>Medical assistance, insurance and evacuation</td>
</tr>
<tr>
<td>World Clinic (USA)</td>
<td><a href="http://www.worldclinic.com">www.worldclinic.com</a></td>
<td>24/7 private healthcare that includes identifying local medical risks and resources when traveling; annual membership required</td>
</tr>
<tr>
<td>MEDEX Assistance (USA)</td>
<td><a href="http://www.medexassist.com">www.medexassist.com</a></td>
<td>Travel medical insurance and evacuation programs; short and long-term options available</td>
</tr>
<tr>
<td>Traveler’s Emergency Network “TEN” (USA)</td>
<td><a href="http://www.tenweb.com">www.tenweb.com</a></td>
<td>Overseas assistance and coordination of evacuation; reasonably priced individual and family annual memberships</td>
</tr>
<tr>
<td>HTH Worldwide</td>
<td><a href="http://www.hthworldwide.com">www.hthworldwide.com</a></td>
<td>Overseas assistance, international physician directory, insurance and evacuation</td>
</tr>
<tr>
<td>Quote Wright</td>
<td><a href="http://www.quotewright.com">www.quotewright.com</a></td>
<td>Compares all major travel insurance plans available on the internet</td>
</tr>
</tbody>
</table>

**Last updated Jan 2021**

### B. SUGGESTED MEDICATION AND SUPPLY PACKING LIST

**Strongly Recommended**

- **Adequate** supplies of any prescription and/or over-the-counter medications for the **full duration** of your stay.
  - These medications should be securely packaged in their original containers and carried in multiple places, including a decent supply in your carry-on in case your checked luggage is lost. Consider including a letter from your healthcare provider, stating the medical condition and the medications and/or medical supplies being carried. Carry all prescription medicines in labeled prescription bottles.
- Medical alert identification tags (bracelet, necklace, or medallion).
• A list of contact information for hometown medical providers, health insurance carriers, and a medical assistance company, keep this accessible at all times
• A list of medical conditions, allergies, and medication with dosages.
• If you have cardiac disease, please carry a copy of a recent electrocardiogram on a portable USB drive.
• Emergency medications such as epi-pens or Benadryl
• Stand-by treatment such as Ciprofloxacin or Azithromycin for Traveler’s Diarrhea
• Malaria prophylaxis unless you choose to forego taking it (please discuss with your healthcare provider)
• Insect repellent for exposed, non-sensitive areas of the body. Travel with repellent creams or spray pumps (avoid aerosol cans). Examples include:
  o DEET (30-35%) products such as Repel, Ben’s, or Ultrathon
  o Picardin (or Icaridin) (>20%) products such as Natrapel or Sawyer
• Insecticide spray for the hikers or more adventurous travelers
• Permethrin clothing spray to treat outer clothing. The treatment is good for 6 washes.
• Eyewear if applicable: spare pair of eyeglasses or contact lenses and adequate cleansing solution. Bring a photocopy of your prescription with you.

Suggested
• Simple first aid supplies including band-aids, gauze, and anti-biotic ointment
• Fever-reducing agents or pain relief medications (Tylenol or Ibuprofen)
• Cough and cold remedies (important when interacting with small children while at RVCV)
• Multi-vitamins
• Allergy over-the-counter medications such as Claritin or Zyrtec (because the climate and flora are different from the US, some may experience more than their usual environmental allergies)
• Chewable Pepto-Bismol, TUMS tablets, or over-the-counter heartburn relief (Pepcid AC, Zantac)
• Hydrocortisone cream
• Anti-fungal creams
• Sun protection: hats, sunglasses and sunscreen lotions
• Feminine hygiene products (those on birth control or who are peri-menopausal may experience changes to their cycle—with more bleeding or almost none. Even if you are not scheduled for menses during your stay, please bring a supply of pads and/or tampons as these are difficult to procure in country)
• Yeast infection self-treatment, especially if prone
• Prescription for urinary tract infection, especially if prone
• Hand sanitizer and/or handi-wipes
• Footbrush to remove the dirt from feet when bathing

C. HEALTHCARE WHILE IN TANZANIA:
After arriving at RVCV, you will receive a full health orientation. RVCV’s medical clinic hosts a full-time Tanzanian Clinical Officer who takes care of minor illnesses and injuries. For more serious health issues or concerns needing diagnostic services, you will be referred to FAME clinic (www.fameafrica.org) located in Karatu, 45 minutes away. FAME is operated by Dr. Frank, an American physician. We send a car to FAME every day.

Dehydration: Due to the high altitude and active days, dehydration is common. Consider a supply of Gatorade powder, Pedialyte powder sachets or rehydration tablets.

Traveler’s Diarrhea: Despite precautions (hand hygiene, careful food and beverage selection, etc.) some volunteers will still experience Traveler’s Diarrhea.

Stand-by treatment: Azithromycin or Ciprofloxacin is commonly used. Taken for loose stools AND either fever, abdominal cramps, or blood in stool, these anti-biotics can be useful in reducing the course of illness, often to less than 12 hours. Consult with your healthcare provider to obtain a short course of therapy.
Bismuth subsalicylate (Pepto-Bismol): Two tablets taken four times daily or two tablets taken 30 minutes before a questionable meal can reduce Traveler’s Diarrhea up to 65%. Adverse effects include darkening of stool and tongue. Do not take with aspirin allergies, renal disease, gout, or if on anticoagulants.

Anti-motility drugs (Imodium AD): While these provide symptomatic relief, they should ONLY be used in addition to antibiotic therapy.

Insect Precautions: Wear clothing that covers as much skin as possible. Apply insect repellent to exposed non-sensitive areas of the body. Daytime insect precautions for chikungunya (Zanzibar), dengue (Dar es Salaam and Zanzibar), and for women of child-bearing age, zika (although no epidemiological data currently exist in country)
- Evening insect precautions for malaria:
  - While malaria is rare at RVCV, malaria is prevalent in certain areas of Tanzania especially along the coast. Transmission occurs throughout the year and is highest during the rainy season from November through May. Malaria can be avoided by taking appropriate precautions.
  - Some volunteers and staff choose not to take malaria medication, but please consult your healthcare provider to make an informed decision. The choice of which medication to use is based upon your health, current medications, age, past malaria medication experience, travel itinerary, cost, and personal preference.

Other concerns (especially for volunteers visiting areas outside of RVCV):
- Schistosomiasis: Avoid freshwater exposure especially in areas surrounding Malawi and in northeastern areas along the Indian Ocean
- Rickettsial infections: tick precautions are recommended for hikers and safari participants. Note DEET’s effectiveness against the tick that transmits this disease wanes after 2 hours. Preform a full body check at least once a day in areas where tickborne disease is a risk.
- African trypanosomiasis: Risk exists around the northern national parks. Conventional insect repellents are ineffective. Light-colored (not blue or black) heavyweight clothing is recommended.
- Brucellosis: Avoid consumption of unpasteurized dairy products
- Helminths: Intestinal worms occur at a higher risk in the smaller neighboring villages surrounding RVCV. Follow strict food and beverage precautions when visiting surrounding villages, wear appropriate footwear, use a foot-brush to remove dirt when bathing.

C. POST-TRAVEL HEALTHCARE NEEDS
In the event you fall ill after returning home, please make sure to mention your travel history. Any fevers, rashes, gastrointestinal symptoms, etc. which occur post-travel should be reported to your healthcare provider. In particular, one should report a fever or influenza-like illness for up to three months after traveling in a malaria risk area.
Volunteer Checklist

**Upon Acceptance** (Once your volunteer dates have been confirmed with the VC):
- Send in your $100 non-refundable administrative fee to the Boston office.

**3–6 months prior to departure:**
- Schedule an appointment for vaccinations if you will need any boosters or vaccines, some of which you will need to begin at least 6 weeks prior to departure. You may also want a prescription for antimalarial medication.
- Buy your plane ticket! Most volunteers fly into Kilimanjaro (JRO) airport via KLM/Delta, Ethiopian Airlines, Qatar, or Turkish airways.
- If staying 3 months or more, submit residency permit documents to the VC: color passport, color passport photo with blue background, highest education transcript(s), higher education diploma(s), resume; the VC will also send you documents to sign and return.

**3 months prior to departure:**
- Submit your Room and Board Fee and Class C Residence Permit and Class D Labor Permit fee (if applicable).
- Purchase your Business visa from the Tanzanian Embassy ($250 for US citizens) via [https://eservices.immigration.go.tz/visa/](https://eservices.immigration.go.tz/visa/) (About a 7-10 day turnaround time)

**1 month prior to departure:**
- If interested, purchase travel insurance and medical evacuation insurance.
- Make hotel reservations in Arusha for your first night in Tanzania (if applicable).
- Arrange for transport to and from RVCV. If this is your first time coming to us we recommend hiring a safari car for the trip or asking the VC to assist you with setting up your transportation.
- Confirm with the U.S. office at info@tanzanianchildrensfund.org, if you are able to bring a duffel bag of donations. We will send it to you prior to your departure.

**2 weeks prior to departure:**
- Review packing checklist; make sure you have all the needed clothing, medicine and personal items. Bring one or two copies of your passport (one to carry and one for a SIM card if desired).
- Confirm with the VC with your final travel plans including how you will be getting to RVCV as well as the age and size of group that you will be teaching once you arrive on site. Begin to brainstorm and prepare a few activity ideas-ask the VC if required supplies are available.