Volunteer Placement Profile

Health and Hygiene Volunteer

Helping Hands Development Center
Arusha, Tanzania
**Job Description**

Helping Hands Development Center is looking for health and hygiene volunteers. Either individuals or groups, to help them fulfill their mission to bring health care awareness, as well as treatment of minor conditions to the people in rural communities of Tanzania, in the Kilimanjaro Region.

Helping Hands Development Center is a center and school for orphaned children, as well as low income families children who can not afford to pay school fees for their education. The center also teaches public health issues and treats minor conditions. Medical centers are not usually located in rural areas.

The organization has been struggling to help this community but hasn't been able to obtain people with the knowledge to assist in teaching health care awareness issues and/or attend to any minor health problems. Most of the time people with such expertises demand payment for services rendered and are not willing to work for free. The organization can't afford to hire them as it is a non-profit organization, depending on donations from individuals, non governmental organizations and private companies. Therefore, they are without any guaranteed steady income.

A health and hygiene volunteer or a group of volunteers in this field would be a great support to the organization. The volunteers would be expected to assist in health care awareness projects in rural areas, preparing different kinds of health care presentations according to the specific needs in each community. The volunteers may also be required to attend to minor medical conditions. The volunteers at the same time would be required to give basic hygiene training to the children who live at the center.

Some of the topics that would be covered during this project are: -HIV/AIDS awareness -Malaria -First-aid training -Hygiene -Infectious diseases, starting with the most common diseases in the area.

Health and hygiene volunteers are not required to have medical training but should have: educated themselves regarding infectious diseases common in Tanzania, be knowledgeable about all aspects of HIV/AIDS and Malaria. They should also have taken a certificate first-aid course, as well as come to the placement prepared to teach health and hygiene topics to young children in an entertaining manner.

[www.volunteerbasecamp.com](http://www.volunteerbasecamp.com)
Volunteer Tasks Required

Prepare Presentations

A health and hygiene volunteer, with the support of the organization's staff, may be asked to prepare presentations on flip charts. The presentations may include a variety of health topics, depending on the age of the group and the community targeted. The presentations will be delivered in English and translated to Swahili, the local language if necessary by local staff.

Health and Hygiene Lectures

Health and hygiene volunteers would be expected to teach basic health topics to the children at the center. The volunteers should take the time to develop lectures that would be entertaining for the children to catch their attention and help them to remember the important points.

Write Reports

A health and hygiene volunteer may be asked to assist in keeping accurate records on all projects done by the organization. These records would help to increase the credibility of the organization to the government when they seek permits to run public health programs.

Health Files

Health and hygiene volunteers may be asked to assist in the care of minor treatments of the children at the center. Volunteers may also be asked to create a medical file for any child which could be used for future reference.
Organization Details

Helping Hands Academy is a nursery/primary school where staff are committed to providing an education to the children in the surrounding very low income community of Arusha. They also have a number of kids studying for free from other areas who's parents can't afford to pay the monthly contribution for an academic education for their children.

The founder and director of the school is a teacher named Nancy who had a passion for helping the Arusha community by utilizing her own knowledge as a teacher to establish a school for children from low income families. Previous to the development of the Helping Hands Academy there were only schools in this area that required tuition fees that most low income families could not afford and so the children did not receive an academic education.

The school was first started with only five students, two girls and three boys but quickly grew and at the present time has approximately fifty children in attendance. The director, Nancy was the only teacher at the beginning but now she has hired 2 other teachers. Helping Hands Academy conducts schoolroom classes only at the nursery grade level at present but hopes to expand to conduct classes up to and including grade seven in future years. VISION: To provide education in the poor communities where most families can’t afford to send their children to school due to financial problems.

MISSION: To improve access to education for families in poor communities who's school fees would be geared to the standard of living in said communities.

When the Organization was Founded

Helping Hands Academy was founded in 2012 by a teacher named Nancy, who is the director of the school. She realized that in low income areas of Arusha many of the children did not receive an academic education due to lack of monetary funds. The only schools available at the time were too expensive for people with low incomes to send their children to.

The school was started with only five students but has since grown to fifty students
and hopes to expand much more in future years to help to accommodate the need.

**How the Organization is Funded**

Helping Hands Academy is mainly funded by small monthly contributions from the families of the students who attend the school. It is also funded by the director herself. Private donors and volunteers sometimes contribute donations.
Placement Location Information

The Helping Hands Academy is located in a local poor area in Ilboru, which is mostly inhabited by lower income families.

The area is highly populated and there are services available nearby like local shops and restaurants. Its only a 5 minutes walk to the main road and 25 minutes away from the city center of Arusha where you can find any necessary services from internet cafes, shopping centers, hotels, airlines offices and much more.

They have one building that is divided into two classrooms, (nursery class and baby class), as well as an office. There are very limited teaching supplies so it would be very helpful if volunteers could bring their own.

City Description

The city of Arusha has an estimated population of around one million people and sits at the foot of Mount Meru. Mount Meru is the fifth highest peak in Africa; it is a few hundred meters shorter than Kilimanjaro which is the highest mountain in Africa and encompasses three volcanic cones; Kibo, Mawenzi, and Shira (don't worry, they're not active!)

Arusha is surrounded by some of the most beautiful landscape on the planet. With easy access to the Arusha National Park, Serengeti, Lake Manyara and Tarangire National Park there is never a shortage of things to do!

Arusha is considered to be one of the best African cities when it comes to great weather and tourism combined.

Arusha is a busy industrial and administrative centre. Some of the main manufacture products include textiles, beverages, processed foods, plastics and electronic equipment. It is well known for the African Congress Centre and the International Tribunal for the Rwandan Genocide.

Points of Interest
The city of Arusha was settled by German colonists in the early 1900’s. Many of the historical buildings from this period have been left behind or converted, including the German Military Base Boma which is now a Natural History Museum located in the centre of the city. The city also features the Arusha Declaration Museum which displays the history of Arusha and Tanzania in general.

There are a number of markets in Arusha, located in the centre of the city. These include the Central Market of Arusha which is the biggest market in the city, as well as the Maasai Market, (curio and craft market), which is the biggest souvenir market in Tanzania.

Weather in the Area

Despite its closeness to the equator, Arusha's elevation of 1400 mm on the southern slopes of Mount Meru keeps temperatures down and alleviates humidity. Cool dry air is prevalent for the majority of the year. The temperature ranges between 13 and 30 degrees Celsius with an average of around 25 degrees.

Arusha has distinct wet and dry seasons and experiences an eastern prevailing wind from the Indian Ocean, a couple of hundred miles east. Highest average rainfall occurs in March, April and May.

Transportation From BaseCamp

From the BaseCamp hostel walk down to the main road and catch a public transport to the city center. Get off at the clock tower and from there walk north for about 20 minutes until you see the traffic light. Turn left and walk alongside the highway for about 5 minutes then turn right on Ilboru Road. From there it takes about a 5 minute walk before you see the sign for the school on your right hand-side.
Accommodation and Meals

All of our volunteers begin their stay in Tanzania at our BaseCamp Center in Ngaramtoni - Arusha. Given that this placement is less than a 1 hour and 15 minute commute from BaseCamp, volunteers working here will have the option of living with us at BaseCamp or living with a host family.

The following information outlines a brief description of life at BaseCamp and also what someone can expect living with a host family in Tanzania. Once you have completed our application, you can let our staff know if you would prefer to live with a host family. Otherwise, your application will default to having you live with us at BaseCamp.

If you have any questions about the difference between life at BaseCamp or life with a host family in Tanzania you can always give us a call or send us an email. Our contact details are listed in the footer of every page of the site.
BaseCamp Tanzania is located in the Kijenge area of Arusha. The centre is located just a few minutes from the famous Clock-Tower and many amenities such as banks, internet cafes and international calling centres. You can also find some great local markets selling everything from fresh fruit and fish, to beautiful wooden carvings and amazing East African paintings! Arusha is a comfortable place to live with many of the conveniences of home, while still allowing travellers to experience the African way of life.

BaseCamp Tanzania is set up with a number of dormitory style rooms. Pillows, sheets and blankets are provided. The house has a large covered balcony on the main floor with a spectacular view! There is also a large common room on the lower level with a small resource centre containing books, magazines, movies, games and

BaseCamp Tanzania Address
Nelson Mandela Road
Kijenge Ya Chini Mt. Meru Gas Station
Ngaramtoni - Arusha, Tanzania

Contact Details
Tel: 255 719 177 084
Tel: 255 754 683 347

www.volunteerbasecamp.com
other African publications. Outside is a beautiful lawn and garden that overlooks the city and is an ideal setting to catch up on email, review some Swahili or just enjoy a quiet afternoon. Wireless internet access is available throughout the house, making it easy to stay in touch with friends and family back home.

The meal plan at BaseCamp is a 14 day rotating schedule of a variety of traditional dishes from around the country. This allows volunteers to try a wide range of Tanzanian dishes and to gain some knowledge of the food served and meal etiquette before living with a host family. For those who stay on in BaseCamp, the 14 day schedule allows for lots of variety.

BaseCamp Tanzania is also the training and orientation centre. Each day volunteers will spend part of the day in lectures or workshops at BaseCamp and part of the day exploring the city and learning how to get around comfortably on their own.
Living with a host family in Tanzania is a fantastic way to gain a deep understanding of and appreciation for the people and customs of the country. Each home-stay will provide a bed and three meals per day for our volunteers. The majority of host families offer private rooms with only one or two volunteers living with the family.

Living with a host family can greatly enhance your performance at your placement. For one, it will have a huge influence on the speed with which you gain familiarity with the local language. This, along with your deeper understanding of cultural practices and beliefs that you are likely to gain in this environment, can go a long way to improving or strengthening your relationships with your team mates at work. Furthermore, a significant percentage of our host families are closely affiliated with the organizations with which our volunteers work. As such, even the evening meal or hanging out around the house can become valuable time during which volunteers can share their ideas and continue their support of their host organization.

All of this being said, living with a host family is not for everyone. It is very important for volunteers to honor the house rules in their host family and to be punctual. Also,
depending on how remote your placement location, host families can be very rustic. Our staff in country can give you a better idea of what exactly you can expect from a host family in any particular community. However, in general, if these things sound like they might pose a challenge for you, we strongly suggest that you look at a placement within commuting distance from BaseCamp Tanzania.
How the Program Works

Our program structure and costing is completely flexible which lets our volunteers ensure that they only pay for exactly the degree of support that they want.

Option 1 - Free Services

Some volunteers prefer to coordinate their own accommodation, meals and other support while overseas.

Anyone is welcome to use our volunteer placement search tool to help in finding a placement that is well suited to their interests. Once someone finds a placement that they wish to work with, they are welcome to make all the rest of their arrangements on their own.

As well, our team of staff overseas are often able to offer a few helpful pointers for volunteers 'doing it on their own'. Just send us an email with your questions and we will put you in touch with our team abroad. We only ask that you keep your requests fairly general, as this type of advice is exactly how our team earn their living. :)

Option 2 - Placement Support - 250 USD

Other volunteers would like assistance in selecting and confirming their placement, but they plan to manage their own accommodation and other expenses on their own.

These volunteers have the option of choosing to only have our assistance with selecting and confirming their placement. This option also includes ongoing placement support while abroad, so a volunteer would be able to ask our team for help if things at their placement were not working out.

In providing Placement Support, our team works with each volunteer through email, telephone and either Skype or Google Hangouts, to ensure that each volunteer has a clear understanding of their placement options. Our in-country staff will put together a custom list of placement options for each volunteer that they believe are the most appropriate matches with the volunteer's background, skills and interests.
Then each volunteer can work with our team both in Canada and abroad to go through each of the options and narrow-down their selection.

**Option 3 - Full Program Support**

For most volunteers who are volunteering for less than a year, they are looking for an option that includes their accommodation, meals, airport reception, country and program orientation and placement support. This is what our Program Fees are designed for.

We are proud of how over the years we have ensured that our program fees are amongst the most reasonable of any program in the world while we continue to provide exceptional volunteer support both at home and abroad.

Our Program Fees and listings of what these do and do not include are listed below:
## Program Fees Tanzania

<table>
<thead>
<tr>
<th>Registration Fee</th>
<th>250</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Week</td>
<td>395</td>
</tr>
<tr>
<td>2 Weeks</td>
<td>505</td>
</tr>
<tr>
<td>3 Weeks</td>
<td>615</td>
</tr>
<tr>
<td>4 Weeks</td>
<td>725</td>
</tr>
<tr>
<td>5 Weeks</td>
<td>830</td>
</tr>
<tr>
<td>6 Weeks</td>
<td>935</td>
</tr>
<tr>
<td>7 Weeks</td>
<td>1,040</td>
</tr>
<tr>
<td>8 Weeks</td>
<td>1,145</td>
</tr>
</tbody>
</table>

Additional Weeks 100

All program fees are listed in US Dollars.
Inclusions & Exclusions

What is Included

- Pre-Departure support
- Placement consultation
- Airport reception & transfer
- 2 Day orientation
- Accommodation (BaseCamp or host family)
- Breakfast and dinner
- Emergency & placement support

What is Not Included

Before Departure

- International flight
- Travel medical insurance
- Visa costs where required
- Work permits where required

While Overseas

- Daily transportation to and from placement
- Transport to airport on departure
- Placement fees if required
Program Dates

Our regularly scheduled program start dates are the first Friday of each month, every month of the year. We strongly recommend beginning your program on one of these dates as this will allow you to go through our orientation alongside other international volunteers.

If you would prefer, our application will also allow you to select a custom start date for your program. Keep in mind that there is an additional fee for a custom start date which ranges from 50 to 75 USD.

<table>
<thead>
<tr>
<th>Dec 06, 2019</th>
<th>Jan 03, 2020</th>
<th>Feb 07, 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 06, 2020</td>
<td>Apr 03, 2020</td>
<td>May 01, 2020</td>
</tr>
<tr>
<td>Jun 05, 2020</td>
<td>Jul 03, 2020</td>
<td>Aug 07, 2020</td>
</tr>
<tr>
<td>Sep 04, 2020</td>
<td>Oct 02, 2020</td>
<td>Nov 06, 2020</td>
</tr>
<tr>
<td>Dec 04, 2020</td>
<td>Jan 01, 2021</td>
<td>Feb 05, 2021</td>
</tr>
<tr>
<td>Mar 05, 2021</td>
<td>Apr 02, 2021</td>
<td>May 07, 2021</td>
</tr>
<tr>
<td>Jun 04, 2021</td>
<td>Jul 02, 2021</td>
<td>Aug 06, 2021</td>
</tr>
<tr>
<td>Sep 03, 2021</td>
<td>Oct 01, 2021</td>
<td>Nov 05, 2021</td>
</tr>
</tbody>
</table>

PLEASE NOTE:

These dates are the day that volunteers should plan to arrive on the ground in country. We can accommodate arrivals in-country at any time day or night on these dates.