

## MEDIUM TERM VOLUNTEER (MTV) INFORMATION SHEET

**Project Code:** TZ-UV. 427

**Title:** Development through sports Project

**Location:** Msufini- TEMEKE

**Arrival date:** First Monday of any month

Dear Volunteer!

We welcome you to participate in this volunteer project aiming to contribute to the development the in community. The staff and hosting organization are looking forward to work, learn and share with you. Kindly let us know if you need more information.

**Project Activities** The project intends to offer and promote health, Social development and understanding among young people in the community. This includes their social, physical, emotional and cognitive abilities to experience leadership, achievements, enjoyment, friendship and recognition.

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**Main Task:** Volunteers are expected to participate in the following activities:-To promote and facilitate fitness activities for various groups in the community, e.g. Children, Youth and Women, Organize debates on Gender, Environment and health involving Youth and Students in the community, Liaise with the neighboring fitness Centre to involve more youth in the projects, Documenting and recording project activities using video, photos, text etc. for monitoring and evaluation purpose. Depending on creativity of the volunteer, interest and availability of resources, there is a big possibility to have extra activities for the children in the community like sports, games, and other recreational and extra curricula activities.

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**Free time activities:** The project provides you with an opportunity to enjoy what nature and Tanzanian landscape offer. Options close to this project are Mikumi, Udzungungwa Mountain National Parks, Variety of eco and cultural tourism activities, Swimming – Indian Ocean etc. We are working with our tour operator to prepare a good package for you and it should be presented during the orientation. This activity will be financed by the volunteers themselves. More options are available depending on the interest and financial positions of the volunteers. Please note that, you can only do this on weekends, Public holidays, your free time or at the end of the project.

**Accommodation:** Volunteers will be hosted UVIKIUTA Youth center or host families around the Eco village. Volunteers will be sharing rooms; you will have access to Water. Electricity will be available though not reliable.

**Food:** Food will be provided to the volunteers throughout the project while in the Project. Volunteers might share cooking in turns with a support of a local kitchen staff or host family if stay with family. Volunteers with meals restrictions should inform the camp leaders on arrival for prior arrangements. Vegetarian meals will be available.

**Language:** Kiswahili is the National language spoken by most Tanzanians. Knowing a few words and phrases of Kiswahili is highly appreciated by the locals. In the projects people will be able to communicate in English. A large number of people in Tanzania are able to conduct a basic conversation in English. It is very important that volunteers can communicate at least Basic English in order to benefit from the project activities.

**Skills/ Requirements for this project:** This project is suitable for volunteers who are:-

- 18 Years and above
- Interest in books, information and reading
- Open minded and independent
- Good team players
- Able to work under limited resources and less supervision
- Have basic English Language skills

### Project Finances

Participation Fee: Volunteers are expected to pay 400€ as participation fee for the first month and then €300 for each additional month. The fee is non-refundable and should be paid on arrival day. The duration of stay should be confirmed early enough during the application. The fee does not cover the following costs:-

- a) Cost of visas, Permits, or any expenses related to immigration or official procedures
- b) Cost pocket money, holidays, and other free time activities
- c) Cost of transport from volunteers' home community to the project and return
- d) Cost of any medical services, Food and accommodation before or after the project agreed dates

- e) Food and accommodation outside the designated place of the project unless planned and approved by UVIKIUTA.
- Airport Pick up: 20Euro – One way trip pick up from the Airport to the orientation place. Volunteers need to inform us if drop off is needed for another extra fee.

**Meeting point:** Volunteers will be picked up at Julius Nyeere International Airport on their arrival. Please inform us at least seven days before arrival, exactly arrival date, time and flight number so that we can arrange pick up.

<p><b>Things to bring with you</b></p>	<p>Do not bring anything you cannot carry yourself. Restrict yourself to one bag and one small day-pack that can hold your camera, Swahili phrasebook, water bottle, lunch, sunglasses, sunscreen, a small first-aid kit, and any extra articles of clothing you might need to handle changes in weather.</p>
<p><b>Clothing:</b> Modest cotton clothing (not tight, flashy, ripped or displaying potentially offensive inscriptions or illustrations) is the most appropriate. Military wear are strictly illegal and thus will not be accepted.</p>	<ul style="list-style-type: none"> <li>▪ Cool summer clothes</li> <li>▪ Few nice clothes for parties, ceremonies and special occasions</li> <li>▪ Long pants and long sleeved shirts</li> <li>▪ Shorts (not short shorts) and T-shirts that cover shoulders.</li> <li>▪ Rain wear and folding umbrella</li> <li>▪ Sandals and walking shoes</li> <li>▪ Work shoes and gloves (See type of work)</li> <li>▪ Pajamas</li> <li>▪ Bandana, sun hat or scarf</li> <li>▪ Bed sheet and Mosquito net</li> <li>▪ sports wear</li> </ul>
<p><b>Toiletries:</b> Non-scented items are preferable, since they do not attract insects.</p>	<ul style="list-style-type: none"> <li>▪ Zip-lock bags</li> <li>▪ Soap, soap dish and shampoo</li> <li>▪ Sunscreen</li> <li>▪ Toothbrush and toothpaste</li> <li>▪ Comb and /or brush</li> <li>▪ Nail clippers</li> <li>▪ For women, sanitary napkins or tampons</li> <li>▪ For men, razor, shaving cream and blades</li> </ul>

<p><b>Personal first-aid kit:</b> Best to be stored in a strong plastic bag, to keep it dry and clean.</p>	<ul style="list-style-type: none"> <li>▪ Small supply of: disinfectant, Band-Aids, gauze and adhesive tape, calamine lotion, insect repellent, throat lozenges, pain killer, anti-acid, and any on-going medication</li> <li>▪ You may wish to check with your doctor about what kind of vaccinations you may need</li> </ul>
<p><b>Miscellaneous</b> Add any of these items to your list according to your own personal preference</p>	<ul style="list-style-type: none"> <li>▪ Small day-pack</li> <li>▪ Camera</li> <li>▪ Water bottle</li> <li>▪ Pocket English-Swahili dictionary/phrasebook</li> <li>▪ Flash light (torch) and batteries</li> <li>▪ Notebook and pens for personal diary</li> <li>▪ Sewing kit with needle and thread</li> <li>▪ Sunglasses</li> <li>▪ Extra pair of prescription glasses, if applicable</li> <li>▪ Music instruments, CD player, playing cards, various games that you would like to share</li> <li>▪ Souvenirs, recipes and other items you may need for cultural exchange/ cultural evening</li> <li>▪ Two passport size photographs (please hand these photos on during the registration of volunteers on arrival).</li> <li>▪ Bed sheet and mosquito net</li> </ul>
<p><b>Donation?</b> Sometimes we are asked by volunteers, if they can bring some stuff to donate and what is useful for them to bring.</p>	<p>Yes, some people will be in need of materials you want to bring; e.g. those living in poverty, widows, seniors, orphans, vulnerable children's etc. Some donations can go to the project. You may want to bring the following items, but to do not feel obliged to do so;</p> <ul style="list-style-type: none"> <li>▪ English language books for children and for secondary schools</li> <li>▪ Pencils, colors, Exercise books and other educational aid</li> <li>▪ Sports stuff (Balls, wears, equipment's etc.)</li> <li>▪ Children and adult cloths</li> <li>▪ Posters, materials and any other resources related to the project theme</li> <li>▪ <b>Do not bring:</b> Medicines or food stuff including sweets for donation!!</li> </ul>