

# GIVE Trip Overview

## Tanzania Excursion



*Growth International Volunteer Excursions*

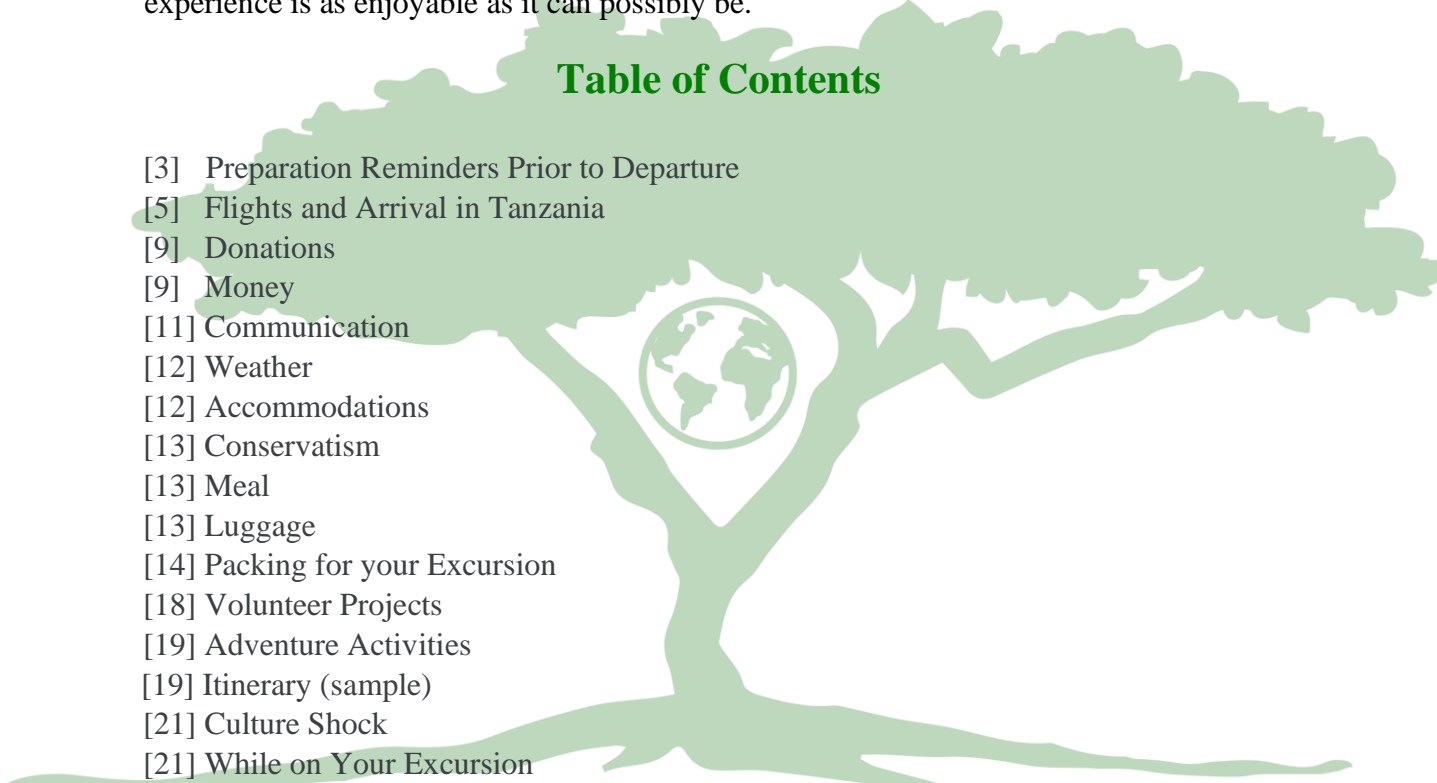
*Be the Roots of Change*

# GIVE Excursion Overview

Your GIVE excursion is coming up soon, so prepare yourself to be immersed in the culture of new and unique environments, to meet incredible people, and to broaden your perspectives of the world. This amazing journey will take you through Zanzibar and Tanzania, from a remote community on the Eastern seaboard of the white sandy archipelago of Zanzibar Island to Tanzania's wild animal kingdom in the Southern Circuit of national parks.

This Excursion Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed, and all the information is important to making sure your experience is as enjoyable as it can possibly be.

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## Preparation Reminders Prior to Departure

### Passport (Required):

Don't forget your passport! If you are traveling from another country, you must have a passport to travel to Tanzania and return to your home country. It is also required that your passport:

- Is a valid passport.
- **Does not expire for at least 6 months after you return from your host country**
  - For example, if you return home on January 10, 2024, your passport expiration date cannot be prior to July 10, 2024.
- Has sufficient pages for entry/exit stamps.

If you have not yet ordered or received your passport, please contact us immediately by phone at +1 (206) 973-7991 or email us at [info@givevolunteers.org](mailto:info@givevolunteers.org).

### International Medical & Traveler's Insurance (Required):

GIVE requires all participants to provide proof of traveler's insurance coverage. This ensures that you have coverage if unforeseen events arise such as baggage loss, travel delay, sickness, injury, etc.

For USA residents and Canadian Residents: you can purchase insurance from the GIVE website under "Travel Details" in the navigation. You can find it directly at this link: go to <https://www.givevolunteers.org/prepping-trip/travel-details/#insurance>

- **Departure & Return Dates:** Be sure to include all travel days (for example, if you're taking a red-eye home, the return date is the day you land back home)
- **Trip Cost:** This is the total amount that you are insuring, which should equal your GIVE trip at a minimum.
  - We *strongly* recommend covering both the cost of your flights and GIVE trip. If you have not purchased flights yet, you can still purchase insurance and either estimate cost of flights or increase your coverage later.

Non-US Residents: Must provide proof of international travel insurance meeting our requirements and insuring your total trip cost (and flight, if preferred).

If you'd like to purchase from a different provider, then you must confirm you are aware of our coverage requirements and that your policy meets those requirements. **Note that your insurance coverage must include trip cancellation and interruption.**

## Visa:

A visa is required for most travelers to enter Tanzania. By now you should already have organized or applied for your travel visa for Tanzania and provided our office with an uploaded copy of your e-Visa PDF or you will have received your visa on Arrival instructions. **If you have not yet started the process, received your visa, or made alternative plans with GIVE, please contact us by phone at +1(206) 973-7991 or email at [info@givevolunteers.org](mailto:info@givevolunteers.org).**

Note: The [Tanzania Embassy website](#) is known to experience glitches. If you encounter an error, please continue trying and contact us if you're still having trouble as you can also purchase the visa upon arrival.

## Vaccinations:

GIVE is unable to provide you with a list of other recommended vaccinations for traveling in Tanzania. You can find a list of recommended vaccinations on the Center for Disease Control website: <http://wwwnc.cdc.gov/travel/destinations/list.htm>. Vaccinations and medical precautions are your discretion with the recommendations of your doctor or travel clinic.

GIVE recommends that you contact your doctor or visit an travel clinic to discuss vaccinations as soon as possible, as some vaccinations take time to take effect, or you may need a course of vaccinations. Inform your doctor that you are traveling to Tanzania and the activities you plan to participate in so they can provide guidance.

To learn about vaccination recommendations or to find a travel clinic near you, visit Centers for Disease Control at <http://wwwnc.cdc.gov/travel/destinations/list.htm>.

## Medications:

You are responsible for providing your own over the counter or prescription medications throughout your excursion. This includes allergy medications, anti-inflammatory medications, etc. Please discuss these concerns with your doctor before your excursion. If you have asthma (even mild), please do not forget to bring your inhaler! Also, it's a good idea to plan ahead and bring vitamins (Vitamin C) and over-the-counter medications in case you start to get sick.

If any changes to your health occur or have occurred, it is critical that you update your Traveler Information in your Volunteer Profile as soon as possible. You can access your Volunteer Profile from our website at [www.givevolunteers.org](http://www.givevolunteers.org). If you make any changes within 15 days of your excursion, please notify us by email at [info@givevolunteers.org](mailto:info@givevolunteers.org). If you plan to take medications on the trip, please bring the medication name and description to provide to your GIVE guides when you arrive in Tanzania.

## Safety and General Health Concerns:

There is inherent risk in GIVE's trips, but we maintain a culture of comprehensive risk mitigation throughout our trips. We aim to minimize risk by employing proactive safety measures and established emergency protocols. Our goal is to facilitate a life-changing experience that is safe, educational, and transformative.

In large part, the international crime warnings surrounding travel in Tanzania become an issue when traveling alone or with one other person in unfamiliar, large cities. Most of the time spent on our Tanzania excursion takes place in rural areas, where you will always be with a group of fellow volunteers and experienced GIVE guides with training in Wilderness First Aid, Risk Management, Emergency Response and Outdoor Leadership.

This is a group excursion, where individual volunteers will be following our planned itinerary throughout the duration of their excursion. Furthermore, we have forged strong relationships with local leaders, community members and emergency services over the last decade. Additionally, we take necessary precautions and are prepared with adequate resources, such as medical supplies and routes to local hospitals or clinics. We are prepared with a comprehensive risk management plan to respond to any incident(s).

To protect your general health, it is important that you take good care of your body, and that you are physically prepared to participate in the GIVE Tanzania trip. We work outdoors daily engaging in strenuous physical projects in a tropical environment. This means that you must be aware of your hydration, sun protection, and nutrition at all times. If you do become ill or need to seek medical attention, we can arrange for you to visit a local clinic or nearby hospital to receive care.

## Flights and Arrival in Tanzania

### Flights:

If you have not already, contact our flight agents at StudentUniverse to book your flight itinerary to Tanzania. You can find their contact information on our website under the "[Travel Details](#)" section of our menu.

Before departure, check your flight departure and arrival online to **ensure that your flight information has not changed**. If it has changed, contact GIVE immediately to provide us with the updated flight information.

GIVE's Tanzania excursion has an open jaw ticket: All volunteers will arrive to Abeid Amani Karume International Airport (aka Zanzibar International Airport or ZNZ).

- **If you are NOT participating in the Mount Kilimanjaro Add-On** you will depart from Julius Nyerere International Airport (DAR).
- **If you are participating in the Mount Kilimanjaro Add-On** you will depart from Kilimanjaro International Airport (JRO) after your climb.

\*All volunteers should have a one-way domestic ticket from ZNZ-DAR on **Day 11** of their trip. This is a group flight.

\*Volunteers climbing Mount Kilimanjaro should have the above flight AND an additional one-way flight from DAR-JRO on the date the volunteer portion of their trip ends. This is a group flight for the Kilimanjaro climbers.

Flight itineraries route through specific airports to Zanzibar International Airport (ZNZ) so you and other GIVE Volunteers departing from the same region can travel together or linkup during travel. To make it easy to identify each other, tie a **green** ribbon or string to your carry-on bag if you would like. Make sure you have a printed copy of your flight itinerary with you as you will need a copy for your departure from Tanzania.

## **Arrival in Tanzania:**

### **\*\*Read before flying, important visa information\*\***

You will arrive to Zanzibar International Airport (ZNZ). It's a very small airport, so you will go through customs with the other volunteers arriving on your flight.

You will receive an immigration form on the airplane or upon arrival. It will need to be completed and provided to a Tanzanian customs agent upon your arrival. The form will ask you to provide an address of where you're staying in Tanzania. Please write "**Kairo Kiwengwa Hotel**" *Note: there is no formal address, so the name of the accommodations and city is sufficient as your destination in Tanzania.*

After you exit the plane, you will enter the airport into the Arrivals Hall. This is where you will go through Tanzanian immigration with your customs form and e-Visa document. There are multiple arrival desks, so line up with your passport and visa ready to hand to the immigration officer.

**\*If you are getting a Visa on arrival in Zanzibar,** you will stop at the immigration desk where you will get your application form. We suggest you grab it and fill it out in line to help speed up the process. The immigration officers will ask for your completed application form, your customs form, your passport, and \$100 USD *CASH*. It may take some time for them to process your visa and hand your passport back to you. When they do hand back your passport, you will then continue to baggage claim.

Below is the information you will fill-in on your application:

- Name of Travel Agent/Tour Operator: Growth International Volunteer Excursions
- Contact Person in Tanzania: David Chogo
- Address: Arusha, Tanzania
- Phone: +255 716 174 776
- Date of Entry and Departure Dates: Write in your GIVE trip dates/the dates you arrive and depart Tanzania
- Duration of Stay: Write in the number of days you will be in Tanzania

- Type of Visa Requested: Travel/Tourist Visa
- Purpose of Visit: Leisure, Holiday
- Requested Number of Entries: Multiple
- In Case of Transit: Do you have an entry permit? No. (You are obtaining a Travel Visa, not a Transit Visa, so answer no)
- Budget Available for Your Stay: \$2,995
- Accommodations in Tanzania: Hotel-Lazy Beach House Kiwengwa, Zanzibar, Tanzania.

After you pass through customs, you will be in baggage claim. Collect your bag(s) and exit baggage claim where **your GIVE guide will greet you in a green GIVE shirt** just outside the airport doors. You will be emailed their contact information closer to the trip if you have questions upon arrival. **After you find your guides**, they will help you with exchanging your money so that you are able to get the best rates possible.

### **Airport Pickups:**

**There will be multiple airport pickups on your trip start date: the times for these pickups will be sent to you via email 1 week before arrival and will be posted in your groups Facebook page along with other important details from your guides.** If your flight arrives early, you can wait just outside the baggage claim area and your guides will be there shortly to get you. Keep an eye out for your **GIVE guides in a green GIVE shirt!**

### **Flight Delays or Cancellations:**

When traveling, unforeseen events can occur and travel may not be exactly how you planned. Just remember, it's all part of the experience! If you experience flight delays, cancellations, or other travel-related issues on your trip, don't panic. You have several resources to help get you rebooked and on the next flight.

**We will email you a few days before you depart with a list of resources and FAQ's to help you navigate any travel-related issues. Please print this document and/or save it to your phone to easily reference in the event of a travel-related issue.**

In the event of flight cancellations, unexpected delays, or changes, here's what to do:

1. Go straight to the gate agent at the airport. They will be the best resource to assist you to rebook your flight. If you're not yet at the airport, skip to step 2.
2. While waiting to speak to the gate agent or if you're not at the airport, call your booking agents or the airlines directly. If you booked through **Student Universe**, the numbers are below for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.

**Student Universe: +1-844-985-4117**

\*If there are other GIVE volunteers, work together and choose one point person to  
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Speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE.** Make sure to include the airline, number, arrival time, and names of other GIVE volunteers with you.
4. Your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees.**
5. If flight changes result in a layover of more than six hours or if you must pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances. **Make sure to keep all receipts!**

**Talking to gate agents at the airport and calling your flight agents/the airlines are the best resources to rebook your ticket.**

### **Late Flight Arrival:**

If your flight is cancelled or delayed and you are unable to arrive to the Zanzibar Airport on your trip start date, do not panic. 1) **Follow the above steps to contact your travel agent and rebook your flights.** 2) Email your updated itinerary to GIVE at [info@givevolunteers.org](mailto:info@givevolunteers.org). Your guides will arrange for private transportation to pick you up.

Your guides will help arrange transportation to meet you at the airport when your flight arrives on day two or beyond. **You will be responsible to pay \$75 USD for transportation to our accommodations in Kiwengwa, Zanzibar.** Make sure you have cash ready to give the driver when dropped off at our accommodations. *Remember to keep receipts for all the expenses you incur due to the delay. Your Travelers Insurance may reimburse you after you return home and submit a claim.*

### **Lost or Delayed Baggage:**

If your baggage does not arrive at the airport, do not panic. Go to the lost luggage counter to make a lost luggage claim. While you're in line, you can contact your guides so they can assist in the process. Tell the representative that you are traveling to **Kiwengwa and you need your bag to be brought to Lazy Beach House Kiwengwa, Zanzibar, Tanzania.** Provide them with your guides contact information **that will be posted in your groups Whatsapp and a detailed description of your bag!**

**\*Take a picture of your bags after packing them!!!** This can help your guides and the airport staff locate your bag quicker incase it is delayed.

**\*\*Your guide will arrange transportation to pick the luggage up at the Zanzibar Airport and deliver it to our accommodations. You will be able to file this receipt back through your traveler's insurance.**



## Important Note:

**Any travel expenses outside of the GIVE excursion itinerary are the responsibility of the volunteer to pay out-of-pocket, including costs associated with delayed and/or interrupted travel to and from the host location.** We require all volunteers to have International Travel Insurance that may provide reimbursement for costs if they are within the policy coverage.

## Donations

We encourage you to bring items to donate to the communities in Zanzibar. Our focus this summer is education so school supplies will likely be the thing we need.

**Two weeks before your trip the GIVE Tanzania Education Coordinator will post in your Whatsapp Group (invitation link sent via email) with an updated list of donations.** If you do choose to bring any donations, we ask that you please only bring items that they include in the Facebook post. We do not want to create any additional waste by receiving things the school doesn't plan on using.

Note: Please remove any unnecessary packaging from donations before leaving home. Zanzibar has very poor waste management services and we try to avoid adding any unnecessary waste to the problem. Try your best to Leave No Trace!

## Money

### Notify Your Local Bank Before Departure (Important!):

Prior to your departure, inform your bank that you are traveling to Tanzania and Zanzibar. This is important so that your bank does not put a hold on your account for irregular transactions. If your bank does put a hold on your account, you will not be able to access your money and it could take days to be able to use your card or access money from your bank. It only takes a quick phone call to your bank (or you can likely do it online/through an app) prior to your departure to inform them of your destination and length of travel to eliminate any potential problems!

### Currency and Exchange Rates:

The national currency in Tanzania is the Tanzanian Shilling (TZS).

The average exchange rate is \$1 US dollars (USD) to around 2,400 TZS or £1 (GBP) to around 2,900 TZS. For spending money, **we recommend bringing your money as cash and exchanging it here.** It is best to exchange with **NEW \$50 or \$100 USD notes** for the best rate. We will use withdrawing money from the ATM as a last resort if you need more. It is important to bring **new (2009 or newer) and crisp bills**, as ripped or dirty

bills will not be accepted. You will have 2-3 opportunities to exchange dollars to shillings during your stay.

\*We recommend that you bring **your spending money in cash** as it is much easier to exchange than using your debit card for ATM (they are often out of order).

## Money Recommendations During Your Excursion:

Since spending habits vary from person to person, please plan according to yours! GIVE suggests planning to spend Tanzanian currency equivalent to \$200 - \$300 USD (£150-£250) for purchasing snacks, souvenirs, gifts, drinks, etc. You can always ask your GIVE guide for help translating and calculating exchange rates while shopping or purchasing souvenirs.

Here are some things that you may want to spend your money on during the trip:

- Swahili Class (TZS15,000 or about \$7)
- Hand weaving with local women (TZS15,000 or about \$7)
- Henna & Hair-braiding by local women (TZS10,000-40,000 or about \$5-\$20 depending on size)
- Souvenirs (personal choice)
- Snacks for downtime, bus rides and safari (TZS 30,000-100,000 or about \$15-\$50 depending on preferences)

All water and three meals a day are included during your GIVE excursion. Since we encourage you to experience purchasing and tasting the delicious local cuisine, you will have the option to purchase a couple extra meals or snacks yourself when the opportunities arise.

## Money for Tips:

Tanzania has a tipping culture and it's customary to leave a tip to show your appreciation for the service provided. We suggest you bring \$20USD (equivalent to about 40,000 Tanzanian Shillings (TZS)) to use for tips during your trip for providers such as safari guides, accommodation staff, local tour guides, bus drivers, etc. Your GIVE Guide will let you know throughout the trip when tip money would be appropriate if you want to participate. Note that if you are climbing Mt. Kilimanjaro after your excursion, there are specific tipping expectations included in your Kilimanjaro handbook.

## Communication

### Adapters & Electronics:

You will be able to charge your cameras and other electronic devices in Tanzania and Zanzibar. You will need a 230V Adapter, Plugs D and G to charge your electronics. Getting a **universal travel adapter** is always a good investment. It can be used for this trip and any others you take in the future.

Note that our accommodations often run on generators so the electricity will shut off occasionally, however you will have sufficient time to charge your electronics during the day.

## Contacting Home:

We understand that your family would like to know you arrived safely in Tanzania. We will email your emergency contact **after the entire group has arrived and settled in our accommodations.**

An important aspect of traveling internationally is to “unplug” from your life back home and “plug in” to the surrounding environment. It is very important for your mental health to find some time and take a break from tech and social media. This trip is the perfect opportunity to disconnect and be present since everything is taken care of for you. There will be plenty of time to post photos after your trip. We hope you choose to unplug so you can enjoy your trip to the fullest.

Make sure to inform your family that **communication is limited** and not to be expected. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to call or email home.

## Home Contacting You:

It is important to let your family know **NOT to expect to have communication with you.**

For status updates or general questions, your family can contact the GIVE office at +1 (206) 973-7991 or email [info@givevolunteers.org](mailto:info@givevolunteers.org) while you are on your excursion. Our GIVE team will relay any messages to you and your guides.

For emergencies or non-emergencies, your family can contact the GIVE office. For time sensitive emergencies **only**, your parents can contact your guides. You will be emailed these numbers in the near future.

## Weather

Come prepared for hot and humid weather as well as physical activity in the heat. Please see our suggested packing list below for recommendations on what to pack.

Zanzibar, where we will be spending most of our time, is located 6 degrees South of the equator in a tropical, hot climate. Rather than having 4 seasons, Zanzibar has two main weather seasons: dry and wet. The dry season is from January to February and June to October and the wet season is from March to May and November to December.

Kiwengwa is a remote region located in the mid-Eastern seaboard of Zanzibar where we do the majority of our volunteer projects. It will be comfortably warm in Kiwengwa. The temperature ranges from mid 70's to low 90's Fahrenheit or mid 20's to mid 30's Celsius. We will be spending many hours in bright sun and high heat. It is very important to bring

long sleeve sun shirts or hoodies, sunglasses, a hat, and plenty of sunscreen. See packing list (below) and Facebook posts for more info on this!

We take a break from our volunteer projects in the early afternoon because it is the hottest part of the day. You will have time during this break to take a refreshing swim in the Indian Ocean right outside of our accommodations or return to the accommodation to chill out in the shade before getting back to work.

During our time on the mainland of Tanzania, where we embark on our 2-day safari, temperatures can range from the mid 90's Fahrenheit (30's Celsius) during the day and drop down to 60 Fahrenheit (15 Celsius) at night. Please come prepared with a hat and sunscreen to avoid sunburn and make sure you bring a warmer outfit for the cooler nights on safari!

## Accommodations

Our accommodations are comfortable and equipped with necessary amenities, such as electricity, running water, fans (no AC), bathrooms, showers, beds with sheets, pillows and mosquito nets. All accommodations are locally owned properties and are inspected regularly to meet safety requirements. We also provide fresh drinking water that is available 24/7. Embrace the Beach Life and being sandy as we stay about 30 meters from the beautiful Indian Ocean.

You do not need to bring blankets or pillows. You will be sleeping in your own bunk bed while sharing a room with other volunteers of the same gender. Your guides will be living on-site with you in a room nearby. If you'd like to room with a friend, please let your guides know upon arrival.

Please remember that you will be staying in rural communities on a tropical island, which means you will encounter different weather conditions and insects than you are likely accustomed to at home. If you have any questions about what to expect in order to pack accordingly, you are highly encouraged to contact the office to ensure that you feel as prepared as possible prior to your arrival. **Most importantly, arrive with an open mind and desire to push yourself beyond your comfort zone.**

## Conservatism

Zanzibar Island is a melting pot of modern and ancient cultures and traditions. People are typically religious, though due to cultural diversity, acceptance, and sensitivity, there is a desire for the nation to abstain from officially identifying with any particular religious majority. On Zanzibar about 95% of the population is of Muslim faith and on the mainland, the population is approximately 35% Muslim, 30% Christian and 35% indigenous beliefs.

Because of the considerable diversity of traditions and beliefs, **it is important that we remain culturally aware as guests to the island.** Ladies, it is very important to dress modestly. When teaching at the school, tutoring locals, hanging out in the village or

visiting the town, we need to wear conservative and respectful clothing. Please pack shirts that cover your shoulders and skirts or pants that cover your knees. Also ensure that your conservative clothes are **loose-fitting**. At the construction site you will need to keep your shoulders covered (loose fitting shirt). You can wear shorts however they cannot be too short - an easy way to measure this is to stand with your arms by your side and where your fingertips reach, that's the shortest acceptable level.

There is no particular concern over dress code where we sleep and swim in Kiwengwa. In these locations please dress comfortably and modestly (shirts, shorts, swimsuits, etc.). Be aware that you will need to be respectfully covered when walking to the beach or to the school. Your GIVE guides will provide instructions when to dress conservatively.

## Meals

You will be provided with drinking water and 3 balanced nutritional meals per day throughout your trip. We can accommodate most dietary requirements, including vegans, vegetarians, gluten free, etc.

**Please make sure to inform us of any dietary requirements prior to your trip. If you have not done so already, please inform us ASAP ([info@givevolunteers.org](mailto:info@givevolunteers.org)).** Finally, remember that you are in a different country with (likely) different types of food than you're used to at home. Prepare to get out of your comfort zone a bit, sample lots of delicious new cuisine and be respectful to our local chefs and the local food culture.

## Luggage

We encourage you to pack as light as possible in bags convenient for in-country travel, such as travel backpacks or duffle bags. **Please do not bring boxy, rolling suitcases!** We stay in two different locations, Tanzania and Zanzibar, and travel by bus, plane, and van. For these reasons, it is best to pack light and plan to do laundry while on your excursion. Laundry services are inexpensive (15,000 Tsh or about \$7) and convenient at our accommodations.

For volunteers hiking Mt. Kilimanjaro after the GIVE trip, you will need to pack those clothes in your bag as well. **See the Kilimanjaro manual for more info. Remember you will be able to leave things behind when you climb and repack them before traveling home.**

Your carry-on bag should be a small/average backpack that you can use for out excursion days and to carry items to the worksite and school for volunteering.

As for your luggage from your home city to Tanzania, check the baggage rules and regulations for your specific airlines. Generally, for international flights, the airlines allow you to bring one personal item (45 in/111cm), one carry-on bag (62 in/158cm), and one checked bag (50lbs/23kgs). It is important to remember that you cannot have any liquids that exceed 3.4 ounces or 100ml in your carry-on bags. Please refer to TSA

website for more detailed information about baggage regulations at <http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>.

For your domestic flight from ZNZ to DAR you are permitted to travel with the following: 1 checked bag (50lbs/23kg) and 1 carry-on bag (15lbs/7kg). If you have more luggage than this, you will need to pay the airline for extra baggage fees.

Please be aware that if you plan on purchasing many souvenirs, airline weight restrictions may incur charges.

### **Important Note Regarding Valuables:**

**When packing your luggage do not put anything valuable in your checked bag.** This includes electronics, copies of your passport, expensive clothing, hiking boots, etc. It is best to pack all valuables in your carry-on bag.

**Pack at least one full change of clothes and a small pack of toiletries in your carry-on bag in case your luggage is delayed.**

You can put luggage locks on your checked bag as a safety precaution. With many connecting flights and traveling such a long distance it is important to take all precautions to be sure your belongings arrive safely and in one piece to Tanzania.

### **Packing for Your Excursion**

People tend to over pack while traveling and we suggest that you challenge yourself to only pack the necessities. Be realistic and ask yourself, “What do I really need to have?” Generally, volunteers re-wear their work clothes daily, especially as they may stain with cement or dirt. It is better to pack less and wash your clothes than over-pack.

While teaching at the school, **ladies must wear conservative clothing covering your shoulders and knees.** Plan on spending 6 days at the school as well as re-wearing or washing these clothes.

### **Packing Checklist of Recommended Items:**

#### **Clothing:**

Each day you will do **both** education and construction for volunteer work. There will be a volunteer session in the morning and then again in the afternoon during the volunteering portion of your trip.

#### **Conservative Clothing:**

Dress conservatively when working on education initiatives, walking through the village, or playing with children. We want to be respectful of the Zanzibari culture. This means loose t-shirts that cover your shoulders, no V-necks, loose lightweight pants, or long

skirts (think baggy, lightweight and loose). Cover your shoulders and your knees. **Do not wear anything too tight or too short.**



### **Construction Clothing:**

When doing construction, you can wear exercise shorts (not too short). Make sure that any clothes or shoes that you bring for construction you are prepared to get them dirty or ruined with cement. Please bring a pair of closed toed tennis shoes or work boots for construction. These could also be your Mt. Kilimanjaro hiking boots if you don't mind them getting dirty! *Construction clothes do not need to be as conservative as when you're teaching at the school, but keep in mind that you are still interacting with the community so please still be respectful.*

### **Suggested Packing List**

#### **Tops**

- 4 T-shirts for construction (will get dirty)
- 5 T-shirts for education (no low cut or sleeveless shirts)
- 1-2 UV protection long-sleeve sun shirts for full-sun days, snorkeling, or construction site (**highly recommended**)
- 1-2 tank top for sleeping or safari days

#### **Bottoms**

- *Women* – 3-5 pairs of lightweight, loose-fitting conservative flowy pants or skirts for education (or wait to buy these pants/dresses in Zanzibar!)
- *Men* – 3-5 pairs of shorts for education
- *Everyone* - 3-4 pairs of athletic shorts for construction – at least length of fingertips (these will get dirty!)
- 1 pair of sweatpants or comfy pants (can get cool at night. To save space you can wear them on your travels to Zanzibar)
- 1-2 sarongs or wraps for walking to the beach/construction and for adventure day (can be purchased in the local village)

#### **Outwear**

- 1 lightweight raincoat/poncho
- 1 sweatshirt or lightweight jacket (can get cool at night)
- **1-2 pairs of work gloves**

## Underwear

- Underwear and socks. Bring more than you think you need; you will be sweating a lot!
- Full-bottom underwear is suggested for the bright, lightweight African pants that you can buy.
- 4-5 sports or athletic bras

## Sleep and Swim

- 2-3 swimsuits (you have the option to swim in the ocean every day)
- Snorkel mask if you have one you really like (optional)
- Pajamas or comfortable sleeping clothes (lightweight - it can be hot in the room at night)
- Eye Mask (if you use one at home you may want to use one here)

## Headwear

- **1-2 Sunglasses (Polarized shades are highly recommended** to see things in the water and maximize eye protection from the strong sun and glare)
- Hat(s) for sun protection (wide-brimmed is suggested for construction/beach)
- Headband, buff, or bandana (for windy, dusty bus rides and on the worksite)

## Shoes:

- 1-2 pairs of hiking/work boots or running shoes
  - Keep in mind that these will get dirty or covered with cement! **Wear in before arriving** to avoid blisters. (Kili hikers are recommended to use the same boots for construction and climbing)
- 1 pair of sandals (flip flops or slides are perfect)
- Water shoes (optional but suggested – can be useful when exploring the ocean to protect your feet from sea urchins)

## Toiletries + Bathroom Items:

- **1-3 large bottles of sunscreen lotion (30SPF or higher, Reef safe)**
- **1 face sunscreen or zinc**
- **1 bottle of insect repellent**
- 1 towel for the beach is recommended (you will be provided with a bath towel at your accommodation in Zanzibar)
- Toiletries: shampoo/conditioner, face wipes, toothbrush and toothpaste, soap (biodegradable)
- Leave-in conditioner or detangler w/ small brush (optional - great for after ocean swims)
- Laundry bag for dirty clothes (no plastic bags)

## Snacks, Hydration + Medications:

- **Electrolyte tablets or packets** (bring more than you think you'll need)
- Snacks (recommended)
- **Refillable Water bottle (THIS IS A MUST!)**



- Cough drops, vitamins, cold and flu meds
- Rash cream (a good brand is Deep Heat)

### **Carry On Items**

- 1 bottle of hand sanitizer
- **1-2 outfits in case bags get lost (shirt, pants/shorts, underwear & socks)**
- 1 good book
- Notebook with pen/pencil to write about your excursions/take notes during optional Swahili classes (optional)
- Face wipes/baby wipes
- **Refillable Water bottle**
- Phone Charger + Power bank

### **Electronics**

- Adapters! Type G + D (best to get a universal adapter, easy to find on amazon)
- Camera w/ charger
- Extra phone charger
- Power bank
- Speaker (optional)

### **Miscellaneous**

- A few reusable bags
- 5L - 10L Waterproof Drybag (these are good to protect cameras and other valuables from getting wet, especially on our adventure days)
- English/Swahili dictionary (optional)
- Deck of cards or other games (optional, for hanging out at night)
- Face mask/buff for the construction site

### **IMPORTANT! Don't forget to pack your passport!!!**

- Passport
- Color copy of your passport
- Copy of your return flight itinerary
- Copy of your traveler's insurance
- **Money:** refer to the **money** section above
- **Donations:** refer to the **donations** section above

## **Volunteer Projects**

You will be directly involved in groundbreaking projects intended to maximize our positive impact on multiple communities throughout Tanzania and, more specifically, Zanzibar Island. Below is an outline of some of our main projects in Zanzibar. Please note that our projects are constantly evolving to meet the community's needs. We thank you in advance for understanding and being flexible.

### **Primary and Secondary School Construction:**

In the remote island village of Kairo, you will work alongside local fundis (construction workers) to refurbish a school and build additional classrooms with a septic tank as well as a library, benefiting several underserved communities.

We opened the first three classrooms in July 2016 and the local government has already supplied staff and teachers to manage the school. Since then, we have opened another 2 classrooms as well as a library. So far, the school has over 170 students who now have the opportunity to study with qualified teachers for years to come. There is also a computer laboratory and tutoring classrooms and have them fully operational for two years. You will play a pivotal role in turning this dream into a reality!

### **Educational Programs:**

In the village of Kairo, there are very limited education opportunities. We have developed a community education tutoring program that focuses on English, computer literacy and other subjects that will increase opportunities to stay in school or improve their employment opportunities. The program provides education to a wide variety of community members ranging from children to adults and is facilitated by both local and foreign GIVE educational staff. Staying in touch with your students even after our volunteers return home provides for continued reading and writing practice.

### **Permaculture Garden:**

We will be designing, planting, and nourishing the garden in order to grow food at the school and provide nutritional meals for the students as well as environmental education.

### **Adventure Activities**

A tremendous amount of effort and energy will be poured into our volunteer projects and we encourage you to continue your adventure after your volunteer work! This is your time to explore and broaden your horizons!

On Zanzibar, you will have free time during lunch and some afternoons to enjoy many of the fun and exciting activities available on the island. You can explore, shop, paint, snorkel, and more! We will also take a day trip to look for wild dolphins, visit stone town and other exciting activities!

On our return to mainland Tanzania, you will spend most of your time on safaris amongst amazing animals!

### **Itinerary (Sample)**

This is a sample itinerary of GIVE's Tanzania Excursion, and, as such, will be modified during your excursion. Traveling abroad **requires flexibility** based on weather, wellness of the group, and other important factors. We appreciate your understanding and adaptability with the itinerary.

## **Day 1: Arrive in Tanzania/Zanzibar & Orientation**

Trip Start: Become acquainted with other GIVERs on the flight! You will travel with your fellow GIVERs through customs together and your guides will meet the group after you've cleared customs, picked up your baggage, etc. We will head back to our accommodation in Stone Town for the night where you will get a chance to rest and relax before we have all have lunch together. We will spend some time in the afternoon exploring the beautiful city and culture within it. After dinner you can grab an ice cream and get to know your fellow volunteers and guides before settling down for the night.

## **Day 2: Museum tour and Orientation**

We will start the day with a delicious breakfast, tea, and coffee at our accommodation before heading out to explore Stone Town for the morning. We will learn a bit about the history of the island during our walking tour and then go to a local museum to learn about slavery in East Africa and its impact on the island of Zanzibar. After the museum we will drive east to Kiwengwa and settle into our new home!

After a quick lunch, spend the afternoon getting an orientation of the volunteer initiatives, community, schedule and everything else you need to know to maximize your trip! After orientation we will spend the evening exploring and settling into our accommodations on the beach in the heart of a small community on the East coast of Zanzibar.

## **Days 3 – 10: Typical day Volunteering on Zanzibar Island**

Each day, following an early morning breakfast, head to volunteer either at the construction site or teach English to local children and adults. For the construction projects, we will continue building the Nursery, Primary and Secondary Schools in Kairo village – the first school of its kind in the area. For the education projects, you will lesson plan with our education staff and help teach English classes to students of all ages.

After volunteering in the morning, enjoy a delicious lunch at our accommodations, take a dip in the Indian Ocean and learn some crafts. In the afternoon, continue construction, teaching, and organizing micro projects in the community. After volunteering you can take a dip in the ocean, get to know the local staff, and explore Kairo's amazing beaches and culture.

Each night, enjoy a home-cooked dinner from our private chefs on the beach! Spend time relaxing with your fellow volunteers and enjoy discussions on culture, the projects, and the reasons we are in Zanzibar.

## **Adventure**

Depart for the Northeastern tip of the island, take a boat past the break into the Indian Ocean and search for pods of wild dolphins! We'll spend the rest of the morning snorkeling at Mnemba Atoll and enjoying fresh fruit on the boat. In the afternoon, we'll have a local BBQ, play soccer on the beach, and swim in the turquoise waters before heading home.

## **Day 11: Depart Zanzibar Island for Mainland Tanzania**

Say your goodbyes to our friends in Kiwengwa as we head off on our final Zanzibar adventure. Explore the beauty of the African Spice Islands as we visit a local spice farm to learn where foods' amazing flavors come from and enjoy a delicious farm-to-table lunch. We will depart Zanzibar in the afternoon for Dar Es Salaam as we prepare for our 2-day African safari.

## **Days 12 – 13: Safari**

Time to embark on our 2-day safari! Get picked up early at our accommodations and take the 6-hour drive inland to Nyerere National Park. After we arrive to the park and settle into our campsite, we will set off on an evening river adventure in search of hippos, crocodiles and over 100 species of birds!

On our second day of Safari, we will head off into the African savanna in search of the “Big Five” – lions, elephants, rhinos, buffalo and leopards! Enjoy your last night of celebration and reflection with your fellow GIVERs under the stars! We will slowly start to pack up our things as we prepare to depart the next morning back to the airport for flights home and flights onward to Kilimanjaro for those going to climb.

## **Day 14: Say Your Goodbyes**

Trip End: Today we depart for the airport. Soak up your final hours in Africa, say goodbye to your new friends and begin your journey home.

Kilimanjaro climbers will catch a group flight from Dar es Salaam to Kilimanjaro where they will meet up with Green Paw Adventures and begin their epic adventure to the roof of Africa!

Those departing for home may have some time to explore a bit of Dar es Salaam with their guides before being dropped at the airport in plenty of time to check in and relax before your flights back home.

## **Culture Shock**

Culture shock is a strange feeling many of us face when we are traveling in a country that is culturally different from our own. You do not have to be worried if you experience some sense culture shock as it is a normal part of the travel process and you likely won't be alone in your feelings. If you experience culture shock, your guides will assist you to work through your feelings and experience.

## **While on Your Excursion**

Do not hesitate to let your GIVE guides know what you need while on your excursion. We are here for you! If there is anything you think your guides should know, whether you listed it on your volunteer profile or not, please feel comfortable sharing. Our guides are fully trained and want to help you make this experience as safe and fun as possible.

## GIVE Contact Information

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Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Tanzania!

