GIVE Trip Overview
Tanzania Excursion

The Roots of Change
# GIVE Excursion Overview Table of Contents

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GIVE Excursion Overview

During your GIVE volunteer excursion, you will be immersed in many new and unique environments that are different from the surroundings you are accustomed to at home. This amazing journey will take you clear across Tanzania and Zanzibar, from a remote community on the Eastern seaboard of the white sandy archipelago of Zanzibar Island to Tanzania's wild animal kingdom in the Northern national parks.

Throughout your trip you will volunteer alongside amazing people, both locals and your fellow volunteers, which will undoubtedly have a profound impact on everyone involved. You will be directly involved in innovative, eco-friendly, educational, and sustainable volunteer projects that will benefit the communities we work with for years to come.

This Excursion Overview includes important information about your upcoming excursion. Some of this material may appear familiar, but please read the entire overview as some information may have changed.

Preparation Reminders Prior to Departure

Passport:

Don’t forget to bring your passport and a colored copy of your passport to Tanzania! Our office should already have a colored copy of your passport, but it’s important that you always bring a color copy when traveling abroad.

Make sure that your passport is valid and does not expire within 6 months of your return travel date. For example, if you return home on January 1, 2018, your passport expiration date cannot be prior to June 2, 2018. If you have not yet ordered or received your passport, please contact us immediately by phone at +1 (206) 973-7991 or email at info@givevolunteers.org.

Visa:

By now you should already have organized your travel visa for Tanzania and provided our offices with a color copy of your visa. If you have not yet started the process, received your visa, or made alternative plans with GIVE, please contact us immediately by phone at +1 (206) 973-7991 or email at info@givevolunteers.org.

Vaccinations:

GIVE cannot provide you with a list of 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.
Although there are no vaccination requirements for travelers from the United States, United Kingdom, or Australia to enter into Tanzania, GIVE strongly recommends that you contact your doctor or visit an immunization 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 Zanzibar and the activities you plan to participate in so they can provide guidance. Note that GIVE cannot provide you with vaccinations before or during your trip.

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:**

GIVE is unable to provide you with a list of recommended medications for your excursion. It is your discretion with the recommendation of a doctor or travel clinic if you choose to take medications on your excursion.

You are responsible for providing your own over-the-counter or prescription medications throughout your excursion. This includes allergy medications, cold and flu 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, 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. If you make any changes within 15 days of your excursion, please notify us by email at 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:**

International travel inherently involves risk and we maintain a culture of comprehensive risk mitigation while carrying out our mission to inspire growth, empower global citizens, and encourage sustainable change worldwide. Our organization strives to minimize risk through proactive measures. We focus on providing you with an experience of a lifetime that is safe, educational, and inspiring.

Many international crime warnings regarding travel in Tanzania are centered around traveling alone or in pairs in unfamiliar, major cities. GIVE excursions are in small, rural areas where you will be with 30-40 other volunteers and at least two guides. We have strong relationships with community members and governments where we work. Additionally, we take necessary precautions and are prepared with resources, such as medical supplies and routes to local hospitals or clinics. In the event that unforeseen situations arise, we are prepared with a comprehensive risk management plan to respond to the incident(s).
To protect your general health in Tanzania, it is important that you take good care of yourself and are physically prepared to be a volunteer. We work outdoors daily engaged in strenuous building projects in a tropical environment. This means that you must be aware of your hydration, sun protection, and nutrition. In the event that 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:**

Prior to departure, check your flight departure time online or if you booked with Flight Center, contact an agent 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: you arrive into Dar Es Salaam International Airport (DAR) and depart from Kilimanjaro International Airport (JRO).

Flight itineraries route through specific airports to Dar Es Salaam International Airport (DAR) so you and other GIVE Volunteers departing from the same region can travel together. You can meet other GIVE volunteers in route to Tanzania during your layover(s) or on the plane. To make it easy to identify each other, tie a green ribbon or string to your carry-on bag. You can also make a GIVE sign to find other volunteers while in transit to Tanzania. 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:**

Since we arrange group flight itineraries, most of our volunteers arrive at the Dar Es Salaam International Airport (DAR) at the same time. 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. 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 “**Durban Hotel, Dar Es Salaam, Tanzania.**” Note: there is no formal address, so the name of the accommodations and city is sufficient as your destination in Tanzania.

The Dar Es Salaam International Airport is small. 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. There are multiple arrival desks, so line up with your passport and visa ready to hand to the immigration officer.

After you pass through customs, you will be in baggage claim. Collect your baggage and exit baggage claim where your GIVE guide will greet you in a green GIVE shirt just outside the airport doors! ***Wait to use the ATM until you’ve found your guides.*** After you find your guides, use the ATM right outside the baggage claim to withdraw...
Tanzanian Shillings for your excursion or utilize the currency exchange to receive Tanzanian Shillings for other currency (i.e. USD, GBP). If you have questions withdrawing Tanzanian Shillings or exchanging currency, your guides will be happy to help.

After the group collects their baggage and uses the ATM, you will take our transportation to our accommodations in Dar Es Salaam, which is about 25 minutes from the airport.

**Airport Pickups:**

**There will be 2 airport pickups on your trip start date: one at 3pm and the second at 10pm.** We will email you confirming the pickup times one week before your departure date with additional details regarding your excursion. If you arrive before our airport pickup times, wait at the orange "Tasty Life" Restaurant right outside of arrivals and keep an eye out for your guide in a green GIVE shirt!

**Flight Delays or Cancellations:**

In the event of flight cancellations, unexpected delays, or changes, contact your booking agents or the airlines directly. If you booked through Flight Center or STA, contact an agent to assist you with rebooking your flight. Our agents may have access to alternative flights not provided by the ticketing agent at the airport.

Flight Center USA: +1 877 862 7051
Flight Centre AUS: +61 7 3170 7891
Flight Center UK: +44 203 056 7993
STA 24/7 support: +1 800 836 4115

Once your travel agent has rebooked your new flight, e-mail your updated itinerary to GIVE as well as post your updated itinerary on your GIVE group’s Facebook page! This way your guides will be able to make alternative arrangements for your pickup. Contact GIVE if you have any further questions at info@givevolunteers.org or call our offices at +1 (206) 973-7991.

If flight changes result in a layover of more than six hours, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances.

**Next Day Flight Arrival:**

If your flight is cancelled or delayed and you are unable to arrive to Dar es Salaam Airport on your trip start date, do not panic. Follow the above steps, contact your travel agent and update any itinerary changes on your group’s Facebook page as well as email your updated itinerary to GIVE at info@givevolunteers.org. *If your flight arrives after 5:30am on the 2nd day of the trip you will need to fly into Zanzibar*
Note that you will be responsible to pay for transportation to our accommodations to meet the group on Zanzibar Island. There is a $75 flat rate per car from ZNZ airport to our accommodations on Zanzibar Island. Make sure you have cash ready to give to driver when dropped off at accommodations. Reminder to keep receipts as your Travellers Insurance may reimburse you for costs incurred as a result of your flight delay or cancellation.

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. **Tell the representative that you will be traveling to Zanzibar the following day and your luggage needs to be sent to the Zanzibar Airport.**

Please give the representative your guide’s name and phone number to contact when your luggage arrives at Zanzibar Airport (you will receive an email with your guide’s contact information prior to departure). Your guide will arrange transportation to pick the luggage up at the Zanzibar Airport. If you do not specify to have it sent to Zanzibar, it will remain in Dar Es Salaam until we return 11 days later. Keep the copy of your lost luggage claim safe until you meet your guide outside the airport. Depending on the circumstances, your Traveler’s Insurance may reimburse you for each day that your bag is lost or delayed.

Donations

We suggest and encourage you to bring items to donate to the communities in Zanzibar. Our main focus this summer is the continued construction of our school so educational supplies are needed. **Please note:** we will update this list and share it with your FB group 2-3 weeks before the trip as required donations may change throughout the summer.

- Laptops to allow us to expand our computer classes to more students! The school is operating without a computer lab and our goal is to have one ready by the end of the summer. If you have any working laptops collecting dust in your garage or around your house to donate, it would have a significant impact on the students and teachers at the school
- Phones, Tablets, Kindles – any UNLOCKED tech that allows us to download English language apps which the students can then use to learn English
- Pre-primary School handwriting practice (abc) sheets/books.
- Composition notebooks - students in Zanzibar are only allowed to use these in school. They are NOT allowed to use spiral notebooks, so please do not bring those because we cannot put them to use.
- Swahili Reading Books for the school library (all ages, culturally sensitive)
- Chalkboard erasers
- Pencils (wooden not plastic!)
- Swahili-English dictionaries
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 travelling 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 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 2,300 TZS or £1 (GBP) to around 2,600 TZS. We encourage you to look up current exchange rates prior to your departure as rates fluctuate. It is often favorable to use Tanzanian Shillings if you plan on spending money shopping, eating, or engaging in other activities, although USD’s are very occasionally accepted. If you do bring USDs to exchange, you will have a better exchange rate with large bills (need to be more than $20. $50/$100 will provide you with a stronger rate). It is important to bring new (2007 until 2019) and crisp bills, as ripped or dirty bills will not be accepted.

We recommend that you bring the majority of your spending money in cash as it is much easier to exchange than use the ATM (they are often out of order).

Although uncommon, you may be able to exchange money at your local bank before you depart for Tanzania. Most banks do not carry Tanzanian Shillings and have to order the currency. If you order Tanzanian Shillings from your bank, make sure the bank orders Tanzanian Shillings, not Kenyan Shillings or a different currency. Even if you bring Tanzanian Shillings, be prepared to withdraw cash from the ATM during your trip if needed.

It’s important to take into consideration that you will only be able to use the ATM twice during your trip as there are no ATM’s close to our destinations. Because there are limited access to ATMs or banks in both Tanzania and Zanzibar, think about your spending habits when bringing money with you. Plan ahead so you are not left without cash. Your GIVE guides will let you know during the trip when there will be access to an ATM.

Make sure to plan ahead so you do not run out of money!
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 to $300 USD (£160-£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 – TZS10,000
- Painting with a local – TZS30,000-60,000 depending on size
- Henna & Hair-braiding by local women (TZS5000-40,000 depending on size)
- Souvenirs (personal choice)
- Daily snacks and snacks for bus ride and safari (TZS 30,000-100,000 depending on preferences)
- Optional Waterfall hike on departure day (TZS15 000)

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 as well as boost the local economy, expect to purchase a couple of meals or snacks yourself when the opportunities arise. In our experience volunteers prefer to buy a couple of meals themselves to broaden their adventure!

Money for Tips:

Tanzania has a tipping culture and it’s customary to leave a tip to show your appreciation for the service provided. Therefore, we have included $20 in your trip cost. We will give out the tip money during your stay (accommodation, chefs, safari drivers etc). *Note that if you are climbing Mt. Kilimanjaro after your excursion, there are specific tipping expectations included in your Kilimanjaro handbook.

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.

Communication

Adapters:

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.
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 have arrived safely in Tanzania. We will email your emergency contact after the entire group has arrived and settled in our accommodations. We will also post photos of the group on our Facebook page and other social media outlets throughout your excursion, so let your family and friends know to follow our Facebook page (www.facebook.com/givevolunteers)!

**An important aspect of traveling internationally is to “unplug” from your life back home and “plug in” to the surrounding environment. In order to have the best possible experience, we ask our volunteers to unplug from phones, social media, and contact with friends and family at home during their GIVE excursion to be fully immersed in the volunteer experience.** Keep in mind that Tanzania is a developing nation with limited infrastructure and it may pose a new challenge to not have daily access to electronics. Disconnecting from your daily life will allow you to plug into different parts of yourself and truly experience Tanzania.

Make sure to inform your family and friends that communication is limited and not to be expected. There will not be access to phone or Internet during your excursion. Do not plan to contact home daily. 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 offices at +1 (206) 973-7991 or email 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 offices. For time-sensitive emergencies only, your parents can contact your guides. You will be emailed these numbers in the near future.

GIVE will occasionally post photos of your excursion to our social media. Let your family and friends know they can follow your excursion on Facebook, Instagram, Twitter, and GIVE’s other social media sites. GIVE’s social media webpages can be accessed through the social media icons on our website at www.givevolunteers.org. Please inform your family we will do our best to post photos of your group throughout the trip!

**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 the majority of our time, is located 6 degrees South of the equator in a tropical climate. It 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.

The village of Kairo in Kiwengwa, is a remote village located in the North-Eastern seaboard of Zanzibar where we do the majority of our volunteer projects. It will be warm in Kiwengwa. The temperature ranges from mid 70's to mid 80's Fahrenheit or mid 20's to mid 30's Celsius. It will be very sunny where we spend the majority of our time, so it’s important to bring an adequate amount of sunscreen and a sunhat to protect you from the sun. We suggest that you bring 2 bottles of sunscreen with you on your excursion.

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 before returning to the volunteer worksite.

During our time in northern mainland Tanzania where we embark on two incredible safaris, temperatures are as high as 90 degrees Fahrenheit or 32 degrees Celsius while in the sun. Temperatures are cooler at night, as low as 45 degrees Fahrenheit or 7 degrees Celsius. 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, bathrooms, showers, beds with sheets, mosquito nets, etc. We provide fresh drinking water that is available 24/7.

You do not need to bring blankets or pillows. You will share sleeping quarters and bathrooms with your fellow volunteers, so practice the golden rule! If you’d like to room with a friend, please let your guide know upon arrival.

**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 to abstain from officially identifying with any particular religious majority. On Zanzibar about 98% are of Muslim faith and on the mainland, that percentage drops to around 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 stone town, we need to wear conservative and respectful clothing. Please pack
shirts that cover your shoulders and shorts, skirts, or pants that cover your knees for 6 days volunteering at the school. Also ensure that your conservative clothes are loose-fitting. At the construction site you 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, swim suits, etc.). Be aware that you will need to be respectfully covered when walking to the beach or to the school. Your GIVE guide will provide instructions when to dress conservatively.

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, ferry, van and, possibly, plane. For these reasons, it is best to pack light and plan to do laundry while on your excursion. Laundry services are inexpensive and convenient at both of our accommodations.

Your carry-on bag should be a small/average backpack for the overnight safari, excursion days, and useful to carry items to the worksites.

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.

Please be aware that if you plan on purchasing 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 change of clothes, a swimsuit and 2/3 pieces of underwear, as well as a small pack of toiletries in your carry-on bag in case your luggage is delayed. 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 belongs arrive safely to Tanzania.

Packing for Your Excursion
People tend to over pack while travelling and we suggest that you challenge yourself to only pack the necessities. Be realistic and ask yourself, “What do I really need to have?” Please adopt the motto “Travel Light!”

Generally, volunteers re-wear their work clothes daily, especially as they may stain with cement or dirt. You will have the option to have your clothes washed for about $4-5 USD (for a grocery bag size load). It is better to pack less and wash your clothes than over-pack.

While teaching at the school, you must wear conservative clothing covering your shoulders and knees. Plan on spending 6-8 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 host country’s culture. Again, this is mainly for the ladies and it means loose t-shirts that cover your shoulders, no V-necks, loose lightweight pants or long skirts (think baggy, light-weight and loose). Cover your shoulders and your knees. **Do not wear anything too tight or too short!**

Past volunteers rocking their conservative wear:
Construction Clothing:

When doing construction, you can wear exercise shorts (not too short! Measure this by standing with your arms by your side and where your fingertips reach, that’s the shortest acceptable level) and t-shirts. 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

- 1 lightweight raincoat/poncho (can start raining sporadically)
- 1 sweatshirt or lightweight jacket (can get cool at night)
- 1 pair of sweatpants or comfy pants (can get cool at night)
- *Men & Women* - 3/4 t-shirts for construction, 5 t-shirts for education (no sleeveless shirts)
- *Women* – 2-4 pairs of lightweight, loose-fitting conservative pants or skirts for education (there will be opportunities to buy conservative pants/dresses on Zanzibar)
- *Men* – 2-4 pairs of shorts for education
- *Men & Women* - 2-3 pairs of athletic shorts for construction – atleast length of fingertips (these will get dirty!)
- 1 outfit of beach attire (adventure day)
- Underwear and socks. Keep in mind that during the 6-8 full days of volunteer work you may need two pairs of socks daily (one for morning, one for evening) For ladies, full bottom underwear is suggested for the bright, lightweight Africa pants that you can buy!
☐ 1-2 swimsuits (you have the option to swim in the ocean every day, also on dolphin day)

☐ Pajamas or comfortable sleeping clothes (lightweight)

☐ 1-2 pairs of work gloves

☐ Sunglasses

☐ Hat for sun protection (wide-brimmed is suggested for construction/beach)

☐ 4-5 sport or athletic bras (females)

☐ 1-2 Sarongs or wraps for walking to the beach/construction and for adventure day (Girls – can be purchased in the local village)

☐ Safari outfit: You are going on a 2-day safari! Your guides like to wear as much animal print as possible 😊 *you do not need to dress conservatively on safari

**Shoes:**

☐ 1 pair of hiking/working boots or running shoes. Keep in mind that these will get dirty or covered with cement!

☐ 2 pair of sandals or beach shoes (flip flops are great to wear at all times except during construction)

☐ Water shoes (optional but suggested – can be useful when exploring the ocean to protect your feet from sea urchins)

**Other Gear:**

☐ 1 bath towel (a microfiber towel is recommended for quick dry purposes) (optional – you will be provided with a bath towel at your accommodation in Zanzibar and Arusha. There will be no towels available for the 1 night safari)

☐ 1 beach towel (for using at the beach, on sailing day, and on dolphin day)

☐ Toiletries: shampoo/conditioner, face wipes, toothbrush and toothpaste, soap (biodegradable)

☐ 1-2 large bottles of sunscreen (30spf or higher)

☐ 1-2 bottles of insect repellent

☐ 1-2 bottles of hand sanitizer

☐ Laundry bag for dirty clothes

☐ Face wipes / baby wipes

☐ A few grocery bags, garbage bags or reusable bags (miscellaneous use)

☐ **Refillable Water bottle**

☐ Large Ziploc Baggies (these are good to protect cameras and other valuables from getting wet especially on sailing day and dolphin day)
Flashlight or headlamp
Cough drops, vitamins, cold and flu meds
Rehydration/electrolyte tablets
Vaccination Card
1 good book for reading during travel
Camera and charger / extra batteries (you will be able to charge your electronics)
English/Swahili dictionary (optional)
Deck of cards or other games (optional, for hanging out at night)
Speaker (optional)
Notebook with pens and pencils to write about your excursions/take notes during optional Swahili classes (optional)
Money belt (optional)
Snacks (recommended - limited options for purchasing snacks)
1 or 2 headbands or bandanas (great for construction and windy truck rides)
Leave-in conditioner (great for after ocean swim)

Money: Tanzanian Shillings (TZS) are necessary to purchase snacks, souvenirs, etc. in Tanzania and Zanzibar.

- **Spending Money:** $200-$300 USD / £160-£250 GBP of crisp/clean spending money for souvenirs, snacks, and other opportunities. **You will receive a MUCH better exchange rate for TZS with larger bills; $50 and $100.** We suggest you bring dollars/pounds with you as you will be able to exchange it when you arrive in Tanzania and there is very limited access to ATMs throughout the trip. Bring sufficient cash based on your spending habits.

Donations: Again, we suggest and encourage you to bring items to donate to the school in Zanzibar (Refer to Donations, pg 8). Additionally, we will update the donations needed on the group’s Facebook page.

IMPORTANT! Don’t forget to pack your passport!!!

- Passport
- Color copy of your passport
- Copy of your return flight itinerary

**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.

**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. Our future goals are to complete more classrooms as well as a science and computer laboratory, tutoring classrooms, teacher’s staffroom and have them fully operational within two years. You will play a pivotal role in turning this dream into a reality!

**Educational Programs:**

Education in these remote communities is inadequate with a handful of teachers struggling to manage numerous age groups and subjects while several of the English teachers don’t actually speak English.

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 their abilities 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:**

This year will be starting a Permaculture Garden! We will be designing, planting and nourishing the garden in order to grow food at school and provide nutritional meals for the school children as well as environmental education.

**Kairo Fresh Water Project:**

Prior to our January – February 2013 volunteer projects, the remote coastal community of Kairo had no fresh running water. The community previously relied on vendors for fresh drinking and bathing water putting financial strain on local families.

GIVE volunteers worked in conjunction with local community members to develop a fresh running water system supplied by deep-water caves 3km from the village. GIVE recycled thousands of plastic bottles to build a water tank with community members. In
February 2013, we successfully pumped fresh water into the water tank to provide water for Kairo and nearby communities!

You may be involved in some final tasks to expand this project during your excursion, continuing our GIVE Volunteer alumni’s legacy!

**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 swim with 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!

Here is a list of activities you will have the chance to do while in Tanzania and Zanzibar:

- Sailing and snorkeling
- Beach bonfires
- Swimming with dolphins
- Shopping and experiencing local markets
- Volleyball, soccer, and other sports with locals
- Learning how to paint from a local artist (not included in program cost)
- Swahili classes taught by the locals in Kairo (not included in program cost)
- 2-day African Safari

**Itinerary (Sample)**

This is a sample itinerary and will be modified/changed during your excursion. Travelling abroad requires flexibility based on weather, wellness of the group, and other factors. We appreciate your understanding and adaptability with the itinerary

**Day 1 – Arrive in Tanzania:**

Trip Start: Become acquainted with other GIVErs on the flight! You will travel with your fellow GIVErs through customs together. Our guides will meet your group after you’ve cleared customs, picked up your baggage, etc. After we rally everyone together, we will drive to our accommodations in Dar Es Salaam and begin getting to know your fellow volunteers and guides!

**Day 2 – Travel to Zanzibar Island and Orientation:**
See more of the country on a 2-hour ferry ride from Dar Es Salaam to Zanzibar Island. Spend the afternoon getting an orientation of the volunteer initiatives, community, schedule and everything else you need to know to maximize your trip! We’ll have an educational orientation and meet and greet with students, community members, and staff. Then, we’ll continue with an orientation at the construction site. 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. (*Note you will be doing both construction & education). For the construction projects, we will continue building the Nursery and Primary Schools in Kairo village – the first school of its kind in the area. For the education projects, you will 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 Swahili. In the afternoon, continue construction, teaching, and organizing micro projects in the community. After volunteering, explore Zanzibar and it’s amazing beaches, culture, and wildlife. 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**

Rise early to depart for the Southern tip of the island to search for Bottlenose dolphins in the Indian Ocean. After spending the morning on the ocean we will have lunch on the beach and then head to Stone town, a cultural melting pot where you can explore the labyrinth of winding alleys, street markets, incredible architecture and gilded mosques in a UNESCO world heritage site. End the night with a delectable dinner at our accommodations, enjoy some music and good vibes with your fellow volunteers and local friends.

Our second adventure day will be setting sail to the northern tip of Zanzibar on a local sailboat (Dhow). Soak up the sun while the wind carries you towards Mnemba Island, then grab your mask and snorkel to explore the vibrant coral reefs, home to over 600 species of fish. After snorkeling, sail to Matemwe beach to enjoy fresh authentic cuisine provided by our local chefs. Finish off the day heading back home just in time to catch the local sunset.

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

Wake up before sunrise to say your goodbyes to our friends on Zanzibar Island. We will then depart for Arusha, which is at the base of Mt. Kilimanjaro in the heartland of wild Africa. Travel by ferry to Dar es Salaam then bus through the beautiful countryside to arrive in Arusha in the late evening.

**Day 12– Arusha Culture Day**
Explore Arusha and its vibrant culture. Spend some time working with an amazing women’s coop where you will be helping with agricultural developments as well as microfinance projects. Discover the neighboring coffee plantation while learning about the local eco-systems. Finish off the day with a delicious cup of coffee that you picked and ground yourself!

**Day 13 – Safari Day:**

Time to embark on our 2-day safari! Get picked up in our safari trucks with our safari drivers after breakfast at the accommodations. Visit Lake Manyara National Park and spend the day searching for lions and herds of giraffe and elephants. In the evening, glamp (fancy camping) outside the national park and enjoy a delicious dinner and bonfire at our campground.

**Day 14 – Safari Day:**

Begin the day with an early breakfast at camp and then depart for jaw dropping Tarangiri National Park. Keep your eyes peeled for some of the Big Five: you could spot leopard, lion, elephant and buffalo! Drive past local Masaai tribal villages on the way home and enjoy your last night of celebration and reflection with your fellow GIVErs!

**Day 15 – 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. Or, if you are climbing Mt. Kilimanjaro, rest for the day and have a Kilimanjaro orientation before beginning your Mt. Kilimanjaro ascent with other participating GIVErs the following day!

**Culture Shock**

Culture shock is a strange feeling many of us will face when we are travelling in a country that is culturally different from our own. Knowledge about symptoms of culture shock can help us identify and work through the shock as we continue to be involved with the community and culture. Below is a list of symptoms of culture shock that you may experience while travelling in a different country. Do not be worried about culture shock as it is a normal part of the travel process. If you experience culture shock, your guides will assist you to work through your feelings and experience.

**Symptoms:**

- Preoccupation with health
- Trying too hard to absorb everything in the new culture or country
- Insomnia, desire to sleep too much or too little
- Changes in temperament, depression
- Developing stereotypes about the new culture
- Feeling vulnerable, feeling powerless
- Irritability, resentment, unwillingness to interact with others
• Identifying with the old culture or idealizing the old country
• Loss of identity
• Melancholy, loneliness, sadness
• Lack of confidence and feelings of insecurity
• Developing obsessions with over-cleanliness
• Longing for family
• Feelings of being lost and overlooked

If you experience any of the above, please reach out to your GIVE guides and they will provide you with support. Your guides will help you decipher your feelings and cope with these symptoms.

**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! We want you to work hard and enjoy this experience to the fullest! GIVE is dedicated to inspire growth, empower the marginalized, and encourage sustainable change worldwide. With your help, we can make this goal a reality!

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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!