

HOPE RIFT VALLEY

Information for Gap year
and Short term volunteers

Rift Valley Hope is a project based in the Diocese of the Rift Valley, Tanzania. The diocese is in the Singida region, central Tanzania. This is one of the driest and poorest parts of Tanzania with many opportunities for you to bring love, life and laughter into it. When you come to Rift Valley Hope you will be based at St. John's Seminary Kilimatinde, which is a; Nursery, Primary and Secondary school along with a vocational college and bible college. From there you may find other opportunities to serve within the Diocese.

Getting here:

You need to book your flight into Dar es Salaam international airport. If you would like we can meet you at the airport and help you travel by coach to Kilimatinde. The journey takes approximately 11 hours and you will most probably need to stay one night in Dar es Salaam first. We will make all hotel and bus and taxi bookings on your behalf.

Accommodation:

You will stay in the St. John's volunteer's house and your accommodation will be on a full board basis with a local person cooking, cleaning for you. There may be exceptions to this rule depending on the nature of your stay but these will be clearly outlined, discussed and agreed with you before you leave the UK.

Getting around locally:

Travel around the local area will mostly be done by public transport. Locals travel by daladala which is a small people carrier that acts as a bus. There are daily opportunities to travel between Kilimatinde and Manyoni in local cars called Noah's. You may wish to try out using a motorbike style taxi also.

You may like to consider getting an international driving licence before you come, available from main UK post offices for £5 at last check. You may not have an opportunity to use a car but it could come in handy.

Accessing finances:

You can use most ATM's if you have a VISA debit card. The nearest ones to Kilimatinde are in Manyoni, Dodoma and Singida. For accommodation costs you may like to do a bank transfer before you come. English pounds can be exchanged at most banks as can US dollars, Tanzanian shillings cannot be taken in or out of the country. We recommend that you come with a money belt and we will help you if you come with a large amount of cash to care for it safely. Traveller's cheques are not easy to use in Tanzania. The bureau de change at Dar es Salaam airport offer fair and average exchange rates and so you will be able exchange money as soon as you arrive if needed.

Medical:

You will need to speak to your doctor before you come to get your anti-malarial prescription – very important. As well as this you will need an appointment with your local travel nurse to arrange the inoculations that you will require. It is advised to start this process early as some of the drugs come at a price that will need to be budgeted for and some of the jabs are given in a course of 3 over a period of weeks/months. You do not need Yellow Fever for Tanzania anymore but you do for Zanzibar, inoculations against Rabbits or Cholera are not essential but up to your own personal choice.

Malaria – is prevalent in Tanzania but with just a few precautions you can keep yourself well protected against the pesky mosquitos. Take an anaphylaxis. Come equipped with insect repellent or buy it on arrival and wear it as soon as dusk arrives. Always sleep under a mosquito net.

Sun tan lotion - a big must and you need a high factor rating.

Keeping clean – it is possible to buy soap and shampoo locally (conditioner is more tricky) but we recommend if you are coming for 6 months or less that you bring enough from home to see you through as the prices are high and the kind you want probably won't be available. Ladies sanitary items are available in towel form but tampons are hard to find.

Hospital – Kilimatinde hospital is good the head doctor is very skilled and experienced. There are no doctor's surgeries so any health matter goes direct to the local hospital. In the case of any medical concern before arrival or once you are in Tanzania please contact Grace Kanungha, the earlier the better.

Internet access/communicating home:

The nearest internet cafes are in Manyoni town, internet access within Kilimatinde is limited but can be accessed using a smart phone or a dongle plugged into your laptop. There is no WIFI. We recommend that you come with an unlocked mobile phone and buy a Tanzanian SIM card upon arrival. This will be helpful for communication with others in the project. SKYPE, WhatsApp call and Facebook call can work in Kilimatinde but sometimes it is hard to get a good connection.

Everyone loves post! Surface mail takes about 2 weeks to come over from the UK but can be longer if a parcel is sent. The postal service is about 75% reliable – this means most but not all post makes it! Give out the below address to those who want to keep in touch with you by post:

St. John's Seminary, PO BOX 104, Manyoni, Tanzania

Language learning:

Swahili lessons are available with a variable fee depending on the course option you choose. Email us for more information.

There are some free online resources you can look at before you come especially one called 'Before you know it'. Swahili is a language that sounds like it spells so even if you don't know the meaning of a word you can probably pronounce it. It is important to remember that Kenyan Swahili and Tanzania Swahili have many differences for example it is common for a Kenyan to say "jambo?" as a greeting whereas a Tanzanian would say "hujambo?" following the stricter rules of grammar.

Cultural tips:

Smile and be friendly! This is the key to making friendships and fitting in, in Tanzania. Initial greetings when you meet someone whether for the first time or the one hundredth time are extremely important and much time and emphasis is given over to this – even if you can't speak the language yet!

Clothing: Tanzanians take great pride in their appearance and therefore you will need a mixture of smart and casual clothes. At 'work' you will be expected to dress smartly unless you are doing a dirty task.

Men: Bring T-shirts and shirts, a couple of ties, light weight trousers both smart and casual. Men don't wear shorts unless they are playing sport or doing heavy or dirty work (little boys wear shorts). Vest style T-shirts are rarely worn. You will need smart shoes as well as sandals and trainers.

Women: Skirts and dresses are the most appropriate, nothing shorter than mid-calf in length. Trousers and cut offs are fine. Shorts can only be worn in the privacy of your accommodation – hot pants are a definite no no. Thick strapped vest tops can be worn but nothing revealing. Women in Tanzania keep well covered. Shoulders must be covered for any formal activity such as work, church etc.

What will you be doing?

Your programme and activities will be arranged for you and with you after discussion with you about what you feel you can offer/do and what your interests, gifts and skills are. Rift Valley Hope will take into consideration your comments on the information form.

Supervision:

Your local supervisor will be Grace Kanungha. She will be your 'go to' person and will make sure you regularly catch up and assess how things are going. She will also be the one to arrange with the local community/institutions the work that you will take on and will liaise with them on your behalf. Grace will be your first port of call at any time in any situation.

Sightseeing opportunities:

Tanzania has many tourist opportunities from Safari parks to sandy beaches and the big Kilimanjaro. Anything touristy comes at a high price so we recommend you do your research before you come if you are interested in doing any tourist activities. You can chat to Grace Kanungha before you come if you want to book something before you come with regards to fitting it into your time and the work you will be doing. It is possible to arrange trips once you have arrived but we especially recommend any trips up Kilimanjaro should be organised in advance and you must check with your travel insurance that you will have the right cover for such an activity.

The golden rule:

Communication! Before you come we want to get to know you as well as we can so that we can fit you into the best type of placement AND we really encourage you to ask us questions no matter how daft you may think they are so that you can be the best equipped you can be before you come out to us.