



WWH

INTERNATIONAL VOLUNTEERING

volunteers Booklet





HI THERE!

Thank you for choosing WWH International Volunteering as your partner in making a difference in the lives of Tanzanian communities. This booklet will provide essential information and guidelines for a meaningful and successful volunteering experience.

WWH International Volunteering is a non-governmental organization dedicated to promoting global volunteering opportunities that positively impact communities worldwide, including those in Tanzania.

Our mission is to empower individuals from diverse backgrounds to contribute their skills, time, and resources toward creating lasting change in disadvantaged communities through various volunteer programs.





PROGRAMS OVERVIEW

- **Teaching Programs**

The volunteer gain teaching experience by leading classes or help other local teachers with lesson in a range of school subject as a teaching volunteer will be based in English medium schools or government school.

- **Health Programs**

In Tanzania, access to quality healthcare can be limited in certain areas. By joining our health program as a volunteer, you become an essential part of the effort to improve healthcare services and empower local communities towards better well-being.

- **Construction and Renovation**

Our volunteer programs in construction and building offer an incredibly meaningful opportunity to contribute your expertise while transforming lives in Tanzania.



PROGRAMS OVERVIEW

- **Child Care Programs**

In Tanzania, many children face challenging circumstances and lack access to proper care and education. By joining our child care program, you become part of a dedicated team working tirelessly to provide love, support, and educational opportunities for these children.

- **Environment Conservation**

Volunteering on environment conservation programs in Tanzania offers a unique opportunity to contribute your skills and efforts towards sustainable development and ecological preservation.

- **Construction and Renovation**

Volunteering on a women empowerment program provides an incredible opportunity to make a meaningful impact by supporting and uplifting women in need.



WHY VOLUNTEERING WITH US

- **Make a Lasting Impact**

Through education, empower Tanzanian children with knowledge and skills that can positively shape their futures.

- **Personal Growth**

Enhance your leadership, communication, and problem-solving skills while gaining valuable cross-cultural experience.

- **Memorable Experience**

Create unforgettable memories by exploring Tanzania's breathtaking landscapes such as Mount Kilimanjaro or Serengeti National Park during weekends or breaks from volunteering.

- **Cultural Exchange**

Immerse yourself in the rich Tanzanian culture while forging meaningful connections with local communities.

LIVING ARRANGEMENTS AND ACCOMMODATION

WWH International Volunteering will arrange suitable accommodation near project locations for all volunteers. Our accommodations aim to provide comfort while immersing you in the local environment.

Accommodations may vary but usually include shared rooms (based on gender), common areas for relaxation/socializing/cooking facilities (if applicable), access to electricity/water supply (although intermittent outages may occur), and basic amenities.

PROGRAMS DURATION

At WWH International Volunteering, we offer a range of program durations to accommodate the availability and preferences of our volunteers. The duration of our programs can vary depending on the specific project. Here's some information about program durations:

1. **Minimum Duration:** Our volunteer programs typically have a minimum duration starting from 1 week. This allows volunteers to make a meaningful contribution even with limited time availability.
2. **Flexible Options:** We understand that volunteers may have different schedules and commitments, which is why we offer flexible options for longer durations as well. Depending on the project, you can choose to volunteer for several weeks or even several months.
3. **Project Requirements:** Some projects may require a minimum commitment due to their nature or specific needs of the community being served. For example, teaching programs often benefit from longer-term commitments in order to provide continuity in education.

PREPARING FOR YOUR TRIP:

To ensure a smooth and enriching experience, it is important to prepare adequately. Here are some key areas to consider:

- **Travel Documents and Visa Requirements:** Familiarize yourself with the necessary travel documents required, Check visa requirements well in advance.
- **Health and Safety Tips:** Consult with healthcare professionals about vaccinations, malaria prophylaxis, and any other health precautions needed during your trip.
- **Packing List Suggestions:** We provide a suggested packing list of essential items based on your program type and destination climate.

CULTURAL ETIQUETTE AND SENSITIVITY:

Respecting local customs, traditions, and cultural norms is crucial. Familiarize yourself with the host country's etiquette guidelines regarding dress code, greetings, and appropriate behavior in different settings.

GUIDELINES FOR RESPONSIBLE VOLUNTEERING:

We prioritize responsible volunteering practices that create positive impact while respecting local communities. Here are some essential guidelines we expect our volunteers to follow:

- Be respectful towards locals, their culture, and way of life.
- Follow instructions from project coordinators and adhere to safety protocols at all times.
- Engage in sustainable practices and respect wildlife habitats during conservation projects.

COMMON SWAHILI PHRASES

Here are some common Swahili phrases that you may find helpful:

1. Jambo - Hello
2. Asante - Thank you
3. Karibu - You're welcome
4. Tafadhali - Please
5. Ndiyo - Yes
6. Hapana - No
7. Samahani - Excuse me/I'm sorry
8. .Pole pole- Slowly, take it easy
9. Habari gani?- How are you?
10. Lala salama-Goodnight

Feel free to use these phrases when communicating with locals in Tanzania or other Swahili-speaking countries!



THANK YOU

We are excited that you have chosen WWH International Volunteering as your partner on this journey of making a difference! Thank you for joining us in creating positive change in the world.

If you have any specific questions regarding program duration or need further guidance, please don't hesitate to reach out to our team. We are here to assist you in finding the perfect volunteering opportunity that suits your needs and desired level of commitment.

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