

TRIP TIMELINE

Four to Five months (120-150 days) prior to departure date:

- Application form is to be sent to D4L Executive Director for formal approval. If trip application is not accepted by the Board of Directors of D4L, notification will be sent immediately.
- Make application for passport if you do not already have one.
- Begin immunization process

Three months (90 days) prior to departure date:

- Payment due for 50% of the volunteer fee.

Two months (60 days) prior to departure date:

- Payment due for the balance of the trip.
- Medical Release Form (signed by your personal physician) due to be turned in.

TRIP COSTS

Payment in full is due 60 days prior to departure. The total cost includes accommodation, ground transportation from and to airport, meals, volunteer visa application and miscellaneous expense. Total cost ranges from \$2,000 to \$5,000 depending on the duration of your stay.

In case of cancellation after the contract has been signed, D4L will refund the volunteer fee except for 15%.

The volunteer fee is currently 175\$ per week.

D4L OVERVIEW

D4L (Dreams For Life company ltd) is a Tanzanian based, non-profit organization that is committed to ongoing work for children's education. Tanzanian born Dotto Gabriel Sangwa, a committed Christian started by helping neighbors and family putting their children to school. After the marriage with D. Johnny Olafsen they founded D4L together with Else Linga, Anne Reinertsen and Henny Olafsen to be an organization with a goal to provide education for the weakest in the Tanzanian society.

D4L MISSION, VISION AND VALUE

D4Ls VISION: Develop a long lasting support for educating children in Tanzania.

D4Ls MISSION: Changing lives through Christian literature.

D4Ls VALUES: Christ, Compassion, Caring, Commitment, Change

EDUCATIONAL

D4L raises funds through national and international helpers to provide scholarships for children of poor families and children without family relations. D4L have a goal of providing 1000 or more scholarships annually.

Primary school costs approximately \$300 – \$450 per year. With the average annual income being approximately \$750, and the average family size being six children. This limits the number of children who have access to education. Lots of children drop out after primary school, both due to cost and family problems. This can be the need for work in the family fields or other needs of the family.

D4L want to create lasting opportunities all the way through education in all levels. Primary and secondary levels are the most important, but we also want to give scholarships for higher education based on grades and performance. Family income and capability is also a key factor when scholarships for higher education is in question.

These children have demonstrated a great desire to learn and better their lives – they simply need the opportunity. That is where D4L comes in. D4L is trying to give them that chance. D4L has a waiting list of students hoping for a scholarship. The students are selected based on financial need. D4L has identified several schools in different regions who have agreed to cooperate with this endeavor. The students are responsible for maintaining their grades at an appropriate level. Many D4L volunteers have had the wonderful opportunity to visit these schools and meet with the sponsored students and their parents. Their gratitude is truly inspiring.

Both volunteers and our sponsors are highly welcomed to visit and in that way see the progress and line of work for themselves.

ORPHANS

Tanzania has an estimated 1.5 million orphans due to the AIDS epidemic and also the influx of refugees. D4L also do projects at orphanages where the need is the greatest. There are excellent orphanages run by our partners, and we support them regarding scholarships

GEOGRAPHY

A quarter of the land surface of Tanzania is protected as a wildlife reserve or as an indigenous forest, which has created vast wilderness areas. Tanzania has Mt. Kilimanjaro, Africa's highest point, rain forests, rivers and lakes, floodplains and deltas, woodlands and plains, and a stunning coastline with islands of unexplored coral reefs. Tanzania offers an incomparable diversity of wildlife and scenery. D4L volunteers have traveled to different regions and cities on each mission trip. Some of the cities teams have worked out of are:

Arusha This is the third largest city in Tanzania. The climate in Arusha is somewhat cool due to the elevation. Many of the schools that D4L students attend are in Arusha. Also D4L volunteers have worked and done projects in several Arusha orphanages.

Mwanza This is the second largest city in Tanzania. It is located on the south shore of Lake Victoria. There are many D4L students in the Mwanza area.

Dar es Salaam This is the defacto capital of Tanzania. The city sits on the beautiful Indian Ocean. It is usually warm here throughout the year. Dar is the political and economic capital while the legislature and seat of government is Dodoma.

LANGUAGE

Tanzania's diversity encompasses more than 100 different tribal groups. Each tribe has its own distinct dialect. However, the country's official language is Swahili. Some English is spoken in larger cities and tourist areas; however volunteers will want to look at the provided list of Swahili words and phrases. English is taught in most secondary schools.

RELIGION

Traditional beliefs are evident in everyday life. Islam and Hindu have a very strong presence in Tanzania. Christian missions have led to a dramatic growth in memberships of the Lutheran, Catholic, Baptist, and other mainline Christian churches.

WEATHER

There are two rainy seasons in Tanzania. The long rains are from March through May, while the shorter rains are from October through December.

The summer trips (usually July/August) are warm and dry. This is Tanzania's winter so the temperatures are usually in the 70's and 80's in the Arusha area. Evenings can be very cool, so be sure to bring warm clothing. In Dar and Mwanza the temperatures can be in the 90's.

The winter trip (usually January/February) is usually hot and dry. This is Tanzania's summer so the temperatures are usually in the 80's inland and can be in the 100's in the Mwanza and Dar areas. Tanzania is about 4 degrees south of the equator with elevations of 4,000 to 5,000 feet. This is more UV rays than most Americans and Europeans are accustomed to, so even if one does not usually burn in the sun, plenty of sunscreen and lip protection is advised.

CURRENCY

The national currency is the Tanzanian shilling. It is best to exchange money while in Tanzania. There is a better exchange rate for larger bills like 50's and 100's. Traveler's checks often have a lower exchange rate. ATMs are now a common sight, so using your normal VISA and MASTERCARD is very possible.

TRANSPORTATION

The road system is quite chaotic and the quality of the roads is very poor. D4L contracts with a commercial company to provide transportation for the team. Because of the quality of the roads, breakdowns and flat tires happen. Be prepared!

HOUSING

Accommodations will vary from trip to trip. Typically the team stays in guest houses (Tanzanian style of bed and breakfast). Be prepared for extremely modest conditions. Electricity is sporadic. Usually running water and showers are available, but toilet seats may be lacking. IT IS IMPORTANT TO REMEMBER THAT VOLUNTEERS ARE THERE TO SERVE, NOT TO BE SERVED. Special request can be arranged for at additional cost.

LAUNDRY

Depending on how long the team is in one place, there is usually a local person available to do laundry. Lighter fabrics that dry quickly are best. A mesh laundry bag comes in handy to separate clothes. Clothes should be marked since many times everyone's laundry is done at the same time.

TRIP PREPARATION

This trip will be different from any other travel one may have experienced in the past. Volunteers will transcend cultural boundaries, arriving in a world where the rules are different and where Western habits or practices may be inappropriate. The team typically arrives in Tanzania after a long journey, deprived of normal sleep patterns.

Therefore patience and understanding are required in spite of one's feelings. Unfortunately customs, immigration, and health formalities can be tedious and taxing. It is important to try to relax, keep an open mind and recognize each of these officials have a job to perform. Also, they are all important in the context of the Third World hierarchies and it would be a serious mistake to offend them.

Be prepared for the unexpected. If it can happen, it almost always will. Many volunteer expectations are not easily met in third World nations. Every effort is made to plan an efficient schedule, but things **CAN** and **DO** change. It is very important to have an optimistic mindset **WHEN** these things happen. To Tanzanians, time is a relatively irrelevant element except as it relates to seasons or as a distance measurement. Leave the need for rigid schedules at home.

Volunteers will be exposed to different cultures, different ways of life and different policies. The East African people are by nature friendly, courteous and hospitable. Their culture is one in which respect for elders and visitors is ingrained. Tanzanians are friendly and accommodating as long as they are treated with the same respect and dignity as they give their guests. **Remember the Golden Rule!** Learn as much as you can beforehand about the country, culture and people!

COMMON DISEASES IN TANZANIA

Cholera: Cholera is a serious infection of the intestine. The infection is usually caused through drinking contaminated water. The symptoms are a sudden, watery diarrhea, which very rapidly dehydrates the body.

Yellow Fever: Yellow Fever is an infection caused by a virus carried by monkeys, transmitted through mosquitoes that carry the virus from the monkey to the human. The symptoms are a short, mild fever often leading to jaundice, failure of the liver and kidneys, then death.

Hepatitis A: Hepatitis A, also called infectious hepatitis, is basically an inflammation of the liver caused by Hepatitis Virus A. The virus is picked up from contaminated food and water. The symptoms are a slight febrile episode, loss of appetite and jaundice. Almost everyone recovers without about two months. Precautions include immunization and avoiding salads, unpeeled fruits, and sharing cutlery and crockery.

Malaria: Malaria is transmitted by the bite of an infected female mosquito. Symptoms include fever and chills.

Polio: Polio or poliomyelitis is an infection caused by a virus. It affects the motor neuron cells in the spinal cord. The symptoms are fever, headache, progressive weakness in groups of muscles, then widespread paralysis.

Tetanus: Tetanus, also known as lockjaw, is a disease caused by infection with the clostridium tetani bacteria. This bacterium is present in soil and in the intestines of humans and animals. Infection can enter the body via cuts after which the bacteria produces a toxin affecting the motor nerve cells in the spinal cord. This is followed by convulsions, muscle spasms and death.

Typhoid: Typhoid or enteric fever, is caused by infection by salmonella typhi. The infection is passed from infected

water, milk, food, or by infected people preparing food and drink. Symptoms include rapidly fluctuating temperature,

drowsiness, diarrhea, abdominal rash, delirium and coma.

HIV/AIDS: HIV/AIDS is short for acquired immune deficiency syndrome. AIDS is a disease that slowly destroys the

body's immune system. Without these important defenses, a person with AIDS cannot fight off germs and cancers. HIV is the virus that causes AIDS. It kills an important kind of blood cell – the CD4 T lymphocyte or T-cell. As these T-cells die off, the body becomes more and more vulnerable to other diseases. Usually it takes many years for HIV to weaken the body's immune system to the point of AIDS. There is no cure for AIDS, but anti-HIV drugs help treat HIV.

Unfortunately, 95% of the world's HIV infected people cannot afford these drugs.

Tuberculosis: TB is a bacterial infection that can spread through the lymph nodes and bloodstream to any organ in the body, but it is usually found in the lungs. Most people who are exposed to TB actually never develop symptoms. The bacteria can live in an inactive form in the body. Medication is given to help get rid of the inactive bacteria. However, if the immune system weakens, such as in people with HIV or as we age, the bacteria can become active. TB bacteria causes death of the tissue in the infected organs, possibly resulting in death.

Because the bacteria that causes TB is transmitted through the air, the disease can be quite contagious. However, it is nearly impossible to catch TB by passing an infected person on the street. To be at risk, one must be exposed to the organisms constantly by living or working in close quarters with someone who has the active disease.

HEALTH AND HYGIENE

Larger restaurants are usually safe. However team members are urged to use every precaution. Do NOT buy food, fruit or vegetables from street vendors unless it can be peeled. If in doubt, do not eat it. Packaged foods are usually safe to eat.

Tanzania water is unsafe to drink. Volunteers will have access to bottled water while they are there. In some cases water can be boiled which makes it safe to drink. Avoid ice cubes as they may be made with unsafe water. Also, bottled water is to be used for brushing teeth.

Meals may be prepared by the hosts of the lodging facility. Other meals are in restaurants. Tanzania's staples are rice, corn and beans.

Volunteers are advised to bring some of their own food if they have special needs.. It is recommended that all food items be individually wrapped or in some type of container.

FIRST AID KIT

Each volunteer is responsible for his/her own personal medications.

SUN/HEAT

Tanzania is four degrees off the equator with elevations of 4,000 – 5,000 feet in the Arusha area, which are more UV rays than most Americans and Europeans are accustomed to. Even if one does not burn easily, it is recommended that each person bring plenty of sunscreen and lip protection with SPF 15 or higher. Do not forget sunglasses and a hat. To prevent dehydration, drink plenty of water.

CONTACT LENSES

Contact lenses will be more difficult to care for than glasses. Many areas will be dry and dusty. If one does bring

contacts, also bring an extra pair and a pair of glasses. It is also a good idea to include one's prescription when packing.

WATERLESS SOAP/ANTIBACTERIAL WIPES

It is convenient to use when there is no water for hand washing. One must keep clean if one is to stay healthy. Always clean hands before eating anything. Always keep them on your person. It is possible to buy in some supermarkets, but if you are used to a certain brand, bring it.

LUGGAGE

Try to pack as minimally as possible. Read the rules for the particular airline you are using. Luggage rules differ between the companies.

CLOTHING

Many of the Tanzanians are not very "westernized". Their culture dress code is different from ours. Women, for instance, almost always wear skirts or dresses. Men seldom wear shorts. When the volunteers are in public places or doing work of any kind, they are expected to dress appropriately. Out of respect for our Tanzanian brothers and sisters and their perspective on Christianity, volunteers are expected to comply with their standards. Volunteers are ambassadors and guests.. When in doubt, choose the culturally sensitive, conservative approach toward clothing so as not to offend our Tanzanian brothers and sisters.

Men's Clothing Suggestions:

- Lightweight work pants or slacks (Jeans are acceptable)
- Short sleeve shirts
- Shoes should be comfortable for walking – they may/will not come back in good condition
- Church clothes
- Never go shirtless anywhere, except to swim
- No shorts unless on safari
- Conservative sleepwear
- Jacket or sweatshirt, as it can get quite cool during night.

Women's Clothing Suggestions

- Slacks are acceptable for most occasions except for formal meetings and going to church. In those situations a skirt would be most appropriate. Skirts must cover the knee; mid-calf or longer is best. Take care to wear a slip, if needed.
- No tank tops
- Blouses, shirts
- Church clothes
- Shoes should be comfortable for walking – they may/will not come back in good condition
- No shorts unless on safari
- Conservative sleepwear
- Jacket or sweatshirt, as it does get quite cool – especially in July
- Modest make-up

Medical Personnel Suggestions:

- Scrubs
- Comfortable closed toe shoes

IMMUNIZATIONS

Vaccinations can be obtained from the public health departments. For further information each volunteer should contact his/her family physician. **The fees for these immunizations are not included in the price of the trip.**

The public health department will issue a yellow immunization record booklet. It is recommended that you keep this immunization record on you with your passport. Your local vaccination office will give you the vaccination necessary based on the current situation in Tanzania.

PHYSICAL EXAM

Volunteers will need to submit a current (within the last year) physical form signed by his/her family doctor stating

that the team member is healthy and able to participate in the program.

PASSPORT

Passport is mandatory for travels to other countries, and the application for a passport MUST be presented to the local issuer in proper time before the leave. Issuing a passport can sometimes take several weeks!

It is very important to check the expiration date of your passport. If it is within six months of the date of the trip, it must be renewed. Passports that expire close to the trip dates will not be accepted. Fee for the passport is not included in the trip package.

VISA APPLICATION

A tourist visa is obtained at the airport, and current cost is \$50. The volunteer pays for this visa.

Visa as a volunteer is proceeded once the volunteer is accommodated, and have to be done in the country.

D4L arrange for the application and contact with the immigration authorities regarding this. The cost of this visa application is currently 500\$.

TRAVEL TIPS

*Always keep your money tucked away in a concealed necklace pouch or a concealed fanny pack. Be aware of your surroundings whenever taking out your money.

*Do NOT hand out money to anyone there. This will cause mass chaos and people will literally come out of nowhere asking you for money as well.

*Remember to be FLEXIBLE! This is so important because things CAN and WILL change on a moments notice in

Tanzania. Their culture is so much more "relaxed" than our ways. Time is irrelevant there.

*Do not make promises to anyone there unless it is a promise you are certain to keep. If you tell someone there you

MIGHT do something, they will often interpret that as you WILL do it. This can become very difficult if this is someone needing help. If you want to help someone, talk with the D4L about how to do it in a controlled setting.

*Do not hand out candy or gum to kids unless it is in a controlled setting and unless you are certain you have enough for all the kids. At the orphanage, this is ok as long as you know for a fact you have enough for ALL. Handing out candy on the streets is not a good idea.

*Try to sleep on the flight!

*If you are ever to a point where you feel totally exhausted and need more rest or don't feel well, please let the D4L know.

*Be prepared that you will see and witness things you will never see happen at home. Some things may be disturbing to you. For example, seeing the street kids etc. If you find this bothering you, please talk to D4L about it.

*Remember you are going to SERVE and not to be served.

*Remember, things will not always be "comfortable" there. For example, traveling in a vehicle over extremely bumpy roads, differences in food, or bathrooms etc.

*Keeping a daily journal is optional, but encouraged. This is a great tool for helping to keep the experience relevant and alive well into the future.

*What is considered to be one of the most important things is to remember to savor every single moment!!!! Hopefully you will have that same experience. You are embarking on the journey of a lifetime. It is up to you what you make of it. God bless you all.

COMMON SWAHILI WORDS AND PHRASES

ENGLISH SWAHILI

Hello Hallo-Jambo

How are you?- Habari Gani

I am fine- Sijambo

Welcome- Karibu

Thank You- Asante

Very much -Sana

Thank you very much- Asante sana

Friend- Rafiki

My -Yangu, wangu

My Friend- Rafiki yangu

Greetings to elders -Shikamoo

and they respond-Marahaba

Good- Nzuri

Grandmother- Bibi

Very good- Nzuri sana

Grandfather- Babu

I'm happy- Nafurahi

What's your name?- Jina lako nani

My name is -Jina langu ni (Mary)

Child/kid -Motto

Children/kids- Watoto

Father/dad- Baba

Mother/mom- Mama

Play/dance -Cheza, kucheza

Sing -Imba

I am doing -Mimi nina

Home -Myumba. Nyumbani

Chicken -Kuku

Brother- Kaka

Yes- Ndiyo

Bathroom- Cho

Please -Tafadhali

Wapi -Where

Nzuri -Good

Kwaheri -Goodbye

Me/I -Mimi

I am singing- Mimi ninaimba

You -Wewe

Excuse me -Samahani

Bus/van Dala dala

Sister- Dada

So sorry- Polesana

Candy- Pee pee

Food -Chakula

No- Hapana

Sawa -OK

Samahani- Sorry/Excuse Me

COUNTING NUMBERS

In Swahili counting, you start with one, two, etc. and when you reach ten, you start with ten, and

then mention the gain as you will see below. Same for twenty, etc.

ENGLISH SWAHILI

One -Moja

Two- Mbili

Three -Tatu

Four- Nne

Five -Tano

Six -Sita

Seven- Saba

Eight -Nane

Nine -Tisa

Ten -Kumi

Eleven- Kumi na moja

Twelve- Kumi na mbili

Thirteen- Kumi na tatu

Twenty- Ishirini

Twenty one -Ishirini na moja

Twenty two -Ishirini na mbili

TRIP COVENANT

In order to have a safe and life-changing volunteer experience, clear expectations are needed between all who are involved. We desire to serve communities without bringing them any harm, as a result, we ask all participants of D4L trips, to agree to the following expectations in accordance with the purpose of the mission trip. The goal of the covenant is to ensure the knowledge of D4L trip policies, solidify your commitment to your group and demonstrate your respect of the community you will be serving.

- Because I want to truly help others, I agree to bring a servant, joyful attitude. I understand that I

I am on the trip to help a community, build new relationships and learn new things. I agree to come prepared to do so.

- Because I am aware that my actions have consequences beyond myself, I agree to obey all local laws and ordinances pertaining to use of drugs and alcohol by minors. I will not bring or use illegal substances during my stay.
- Because I want nothing to distract me in this short time of serving others and because valuables are more susceptible to theft in a foreign country, I understand that I am not to bring valuables (expensive jewelry, watches, etc.) to the country.
- Because I know that how I treat people's things makes a statement, I agree that I will respect the property of all participants, and the housing site in which we stay. I will conduct myself as a representative of D4L at all times, remembering the purpose of the trip and my responsibility as a witness to the community.
- Because I know that my family and leaders care about my well-being, and because I want to be safe, I agree to stay within the designated D4L boundaries, stay in groups of three or more, respect gender specific areas and communicate with my group.
- Because I know that I am representing D4L and want to respect the people around me, I agree to follow the clothing policy. I understand that the way I dress can affect my work and I will respect the community and myself by dressing modestly.

I agree to follow all of the above expectations because I desire to represent D4L in a

positive manner at all times.

Trip Participant Signature Date

Parent or Guardian Signature (if trip participant under the age of 21) Date