



## International Volunteering - Arusha, Tanzania

### Date del programma

Periodi di 3 o 4 settimane con partenze nelle seguenti date:

- 15 luglio
- 22 luglio
- 29 luglio
- 5 agosto
- 19 agosto
- 2 settembre

### Chiusura iscrizioni

Prima chiusura iscrizioni: 12 febbraio 2019

Seconda chiusura iscrizioni: 2 maggio 2019

Ciascuno studente potrà decidere entro quale scadenza completare la propria candidatura, tenendo presente che, optando per la prima scadenza, si riceverà prima la conferma relativa al progetto di volontariato e sarà quindi possibile acquistare il biglietto aereo con maggiore anticipo.

### Costo

- 3 settimane: € 1.955
- 4 settimane: € 2.275

Il costo del programma comprende:

- orientamento e supporto in fase di iscrizione al progetto di volontariato
- assistenza nella fase prima della partenza
- numero di emergenza attivo 24/7 durante la permanenza all'estero
- assistenza referente locale
- servizio di pick-up all'arrivo all'aeroporto la domenica precedente l'inizio dell'attività di volontariato
- attività di volontariato per 20 o 30 ore alla settimana
- alloggio presso dorm (stanze singole disponibili a un costo aggiuntivo)
- vitto completo, tre pasti al giorno
- corso di lingua Swahili di 15 ore
- assicurazione sanitaria per la durata del programma
- attestazione di partecipazione e descrizione dell'attività

svolta

Sono invece esclusi dal costo:

- viaggio A/R
- eventuali spese relative all'ottenimento del visto
- eventuali spese relative a vaccini
- tutto quanto non espressamente specificato al paragrafo precedente

### Accommodation

Alloggio presso Residence o appartamenti in condivisione con altri volontari

### The destination

The city of Arusha is located in mountainous northern Tanzania, right under Mount Meru. Once a backwater and center of colonial administration, Arusha is now a thriving city and a popular starting point for trips to Serengeti National Park, the Ngorongoro Crater, and Mount Kilimanjaro. It's also an important diplomatic center, as the East African Community of Tanzania, Kenya, and Uganda is headquartered here. Coffee, wheat, and maize are grown in the nearby countryside and can be found for sale in the city's busy marketplace. On their time off, volunteers can sample the city's varied restaurants, offering Tanzanian, Ethiopian, Western, Indian, and Chinese food; and on weekends, it's easy venture out to explore the area's natural wonders or take a trip to the storied island city of Zanzibar.

### Projects

#### Teaching & Childcare

Teaching & Childcare volunteers have a direct impact on their host communities by interacting daily with local students and educators. Whether they work with primary students, secondary students, or adults, teaching volunteers contribute their enthusiasm and skills to address some of the most pressing needs of their host communities. Those who volunteer with childcare and orphanage assistance serve as role models for underprivileged children in

communities around the world. The children that volunteers work with may be orphans, children whose parents are unable to care for them, or participants in day tutoring and care programs for low-income children

Volunteers can be involved in:

- › Assisting teachers in the classroom
- › Writing lesson plans
- › Teaching lessons and classes
- › Leading after-school activities
- › Assisting Staff with cleaning, meal preparation, and laundry

### Health Education & Healthcare

Volunteer projects in health education & Healthcare promote public health initiatives around the world and aim to support health clinics and hospitals in communities that lack access to adequate healthcare. Health education volunteers partner with local nonprofits, government agencies, or healthcare providers to help community members become active agents in pursuit of their own health and the health of their families. Volunteers provide support and services, including record-keeping, helping patients to and from procedures, making beds, sanitation, and helping to keep long-term pediatric patients occupied and active. Whether raising awareness about preventing diseases like malaria and AIDS, providing education outreach about drug use, volunteers who choose a health education project through World Endeavors make a direct and lasting impact on the lives of the populations they serve.

### Sports Coaching

World Endeavors Sports Coaching volunteers projects share their passion for sports while making a difference in the lives of local youth.

### Women's Development

Participants in women's development programs dedicate their time to helping women and leave a lasting impact on the community they serve. Volunteers work with women's groups, local organizations that primarily serve the local female population, and social work agencies who assist women and families to empower women and support their efforts in recovery, education, and/or economic independence.

Volunteering in the field of women's development is a unique way to form close connections with community members, while providing help and friendship to women in difficult situations. In addition to their valuable contributions at project sites, volunteers learn about the challenges that women face around the world and bring this knowledge home with them, shedding light on an important issue and learning how to create needed change.

Volunteers can be involved in:

- › Helping women recover from exploitation and abuse
- › Teaching job skills at a women's development cooperative

- › Helping women who are suffering the effects of alcoholism, poverty, depression
- › Assisting with meal preparation at shelters