

## **Volunteering in Tanzania**

AMANI HOSTEL organizes volunteer work stays in Tanzania directly in collaboration with project. Intern ships are also possible. Volunteering in Tanzania is a unique way to explore yourself, discover a country, its culture and people while doing a meaningful job.

You must be at least 18 years old, independent, outgoing and have a sincere desire to do volunteer work.

You should expect the unexpected, be adaptable, flexible and enthusiastic. These are probably the qualities that made you contact AMANI HOSTEL in the first place. This is not a holiday or a guided tour. It is a unique experience to learn, make new friends and also make a difference with your volunteer work.

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Programs start every 1st and 3rd Monday of each month, with arrival Sunday prior to the program start at Kilimanjaro International Airport. Upon arrival you will be picked up at the airport and driven to your accommodation. During the first 1-3 days, you will get an orientation in town and some Swahili lessons, while the coordinator organizes your work permit.

### **Women Legal Aid and Human Rights Centre**

International human rights include the right to work, to an adequate standard of living, to participate in cultural and political life, to education and to freedom of religion. Even though Tanzania has ratified some human rights conventions, they are far from complying with them all in practice.

This Human Rights Centre in Arusha is run by a small, private NGO that aims to provide legal aid and counselling services to poor and disadvantaged women and children in both rural and urban areas. It operates by conducting seminars, workshops, camps and conferences, organizes legal aid, socio-economic support and Human Rights education, both at the centre and in the media. The Centre strives to help as many people as possible but focuses primarily on women.

If you have a relevant academic background and wish to volunteer or be an Intern, you can work in this Centre for Human Rights. Depending on your experience, education and interests, you will be involved in different activities like:

- Visiting widows and get a better understanding of the legal and human rights problems they have to deal with
- Conducting research on policies and laws affecting women and children with the aim of using the findings as a basis for lobbying and advocating to advance gender equality
- Encouraging and supporting poor women in establishing self-help groups or projects that will help them to generate an income

- Building a joint network with other NGOs and government bodies with activities relating to the Centres' aims, within and outside Tanzania

As a volunteer you will work on grass root level alongside experienced people to make a difference in the local community.

The longer you stay, the more interesting your task will be.

### **Food and accommodation during volunteering**

Most volunteers prefer to stay at the "House for Volunteers" in Arusha with: TV-room, showers and sanitary facilities. There's a guard and a cook who prepares 2-3 meals a day. Here it is possible to have more of a social life with other volunteers. The coordinator – who also arranges Safari Trips – has his office in the house. From here, you will be picked up and transported to and from work.

If you prefer more authentic surroundings, you can choose to live with a local host family instead, where you also will have 3 meals a day. Here you will share all facilities with the family members, of whom at least one speaks English.

Tanzanian food includes a little meat, chicken or fish with rice and some fruit. Showers do not always have hot water. Don't expect luxury!

Below you will find descriptions of the voluntary work places. Tasks and working hours differ from place to place.

#### **Amani Hostel**

**P.O Box** 1, 4950, Arusha, Tanzania.

**Email:** info@amanihostel.net

**Skype;** Amani hostel

**Face book;** Amani Hostel

**Mobile No;** +255784 707 352

**Whats App No.** +255 767707352

**Email;** info@amanihostel.net

**Web:** <http://www.amanihostel.net>