

Volunteering in Tanzania 2024/2025

AMANI HOSTEL organizes volunteer work stays in Tanzania directly local NGOs. Internships 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, Internships are also possible in Arusha, Tanzania.

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 our accommodation. During the first 1-3 days, you will get an orientation in town and some Swahili lessons, while our coordinator organizes your work permit.

The Projects in Tanzania

In the project descriptions below you can learn about the different volunteer possibilities in Tanzania. Hopefully you can find the right project to full fill your aims and skills !

Volunteering in Orphanages in Tanzania
Gardening and Agriculture in Tanzania
Pamoja Project in Tanzania
Women Legal Aid and Human Rights Centre
Medical/Healthcare Programme in Tanzania
Volunteer teaching in Tanzania
Training center for disadvantaged teenage girls
Help to Self Help Center in Tanzania
Vocational School in Tanzania
Environmental project in Tanzania
Construction work in Tanzania

Medical/Healthcare Programme in Tanzania

Most clinics and hospitals only accept certified professionals in the medical/healthcare sector, or interns.

If you are looking for valuable hands-on medical experience, there are possibilities in the hospitals in Arusha. You will also be able to work at rural health posts and community clinics. Participants spend the majority of their internship/work period

working as an assistant to a doctor/healthcare professional. Work responsibilities vary with your education, skills, and previous experience. Interns must have health care certification, such as an ID as a medical student, EMT or paramedic certification, or nursing or physician's credentials.

Medical interns without credentials are not allowed to work in this programme because of the potential liability risk. Job responsibilities of interns vary with education, skills, experience and qualifications. Interns measure blood pressure, temperature, height, weight, as well as assist doctors. Interns may also help in health camps, distribute medication, advise patients about health, nutrition and sanitation as well as counsel patients and possibly participate in the treatment of minor injuries and wounds or maintain journals.

Work is from 20-30 hours per week. On the first working day you will meet a coordinator, who will explain your role as a volunteer/intern. An individual timetable will be worked out for you based on how much time you want to commit.

Please note: the programme supervisor DOES NOT DEVELOP intern ships; instead you will select a particular area of interest and explore the issue further with the help of an assigned supervisor. It is up to the interns to get as much as possible out of their stays.

Medical elective program cost in Arusha, Tanzania and in Zanzibar.

Weeks	Fees
4	675
5	700
6	725
7	735
8	840
9	945
10	1,050
11	1155
12	1260

What's included?

- Accommodation (volunteer house)
- Free Airport pick up and drop off (24hrs)
- Food (Breakfast and Dinner in a day)
- 1-2days of In country program Orientation and
- Induction session to know the culture, people and city places.
- In-country support
- Free T-shirt and a cap
- Free bottled water 1.5ltrs per day provided in your room.
- Free Wi-Fi use in the house.

- Free day trip to Tarangire National park/ Lake Manyara for a volunteer stay longer than 9-weeks and this also includes Free visit to Maasai Village and Waterfalls)
- Pre-departure support from your Program Manager
- Personalized project and Pre-departure information
- Certificate of completion

IMPORTANT THINGS TO NOTE

- A 5% international banking fee is added at point of payment.
- The Medical project has an additional surcharge of US\$50 per week for additional supervision, materials, and logistics involved.
- Independent volunteers under the age of 18 will have an additional cost of US\$80 per week added to their program fee to cover extra logistical support provided by the local team.
- Additional things to budget for include: Visa, flights, travel insurance (mandatory), vaccinations, criminal background check, public transport to and from your placement each day and return to the airport when your program finishes.
- Recommended spending money: Volunteers in Tanzania generally find US\$75-100 per week to be sufficient for expenses.

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