

PROGRAMME

VOLUNTEERING 2022

Do you want to volunteer in Kigoma, Tanzania?



In this dossier you will find all the information you need to know in order to come and volunteer with us at Kigoma,

and if you are interested, please send us an email to karibia.org@gmail.com, with the following information:

- tell us very briefly about yourself,
- attach your CV and that of the other participants (if applicable)
- specify the approximate dates (month and number of weeks) that you would like to come to volunteer
- and if you have any doubts or questions, please let us know.

We will contact you as soon as possible!

We look forward to hearing from you!
The KARIBIA team

REQUIREMENTS

Volunteering can be carried out from May 2022 to October 2022, with a minimum of 2 weeks and a maximum of 4 weeks.

Capacity is limited so KARIBIA will prioritise those applications whose profiles best fit the needs of the projects where we collaborate.

General requirements:

- Be over 18 years old
- Autonomy to travel and move around
- Ability to work individually and in groups and in a multicultural environment.
- Ability to give up comforts
- Acceptance of simple living conditions
- Intermediate/advanced English

COST OF PROGRAMME

The main objective of our volunteer programme in the field is to provide greater support to the beneficiary communities of the projects in which we are involved in all areas of development and to strengthen the structure and future sustainability of KARIBIA.

For this reason, the volunteer or his/her sponsors have to bear the costs of your stay in Kigoma: transport to Kigoma, visa, your travel insurance and the participation fee.

The participation fee is used to cover the management, structure and administration costs of KARIBIA and the costs of your stay in Kigoma.

What does the participation fee include?

- Pick up from Kigoma airport.
- Accommodation for the duration of your stay in a Lodge on the shores of Lake Tanganyika and 100m from KARIBIA headquarters, in a single room with en-suite bathroom or shared double room with bathroom (subject to availability). Kimba Lodge is a small, banded lodge with a garden area and private beach. It also has a bar and restaurant and dining area. Bed linen and towels are provided. Laundry service is available.
- Meals (breakfast, lunch and dinner, Monday to Friday. Saturdays and Sundays, breakfast only).
- Support and guidance during your volunteering in the country by KARIBIA staff.

What does the participation fee NOT include?

- Travel costs: international airfare, transport from Dar es Salaam to Kigoma*, entry visa for humanitarian activities, COVID tests and corresponding vaccinations.
- Travel, accident and health insurance
- Weekend lunches and dinners
- Daily transport cost to and from the LearnN'Play project (approx. 2€ depending on the number of people)
- Return transport to Kigoma airport

*Transport Dar es Salaam to Kigoma (round trip):

- by plane approx. 200€, 2.5h trip with only one daily flight (except Tuesdays).
- by bus, approx. €45, journey time 30h with overnight stop near Tabora
- by train, approx. 55€, 48h trip, in a shared sleeper car

Cost of the participation fee:

IN A DOUBLE ROOM WITH BATHROOM: **€150 PER WEEK per person**
IN A SINGLE ROOM WITH BATHROOM: **180€ PER WEEK**

PROJECTS & ACTIVITIES

WHERE CAN YOU PARTICIPATE?

BANGWE SHELTERED HOME FOR CHILDREN WITH DISABILITIES

Day centre for 30 children, with boarding facilities only for children with intellectual disabilities of different ages, run by the Brothers of Charity organisation with which KARIBIA has a close relationship.

The centre is a 10-minute walk from the volunteers' accommodation in the Bangwe neighbourhood.

Some of the activities that can be carried out depending on the profile and willingness of the volunteers are:

- All those activities according to the profile and/or speciality of the volunteer after an identification of the needs and priorities of the centre.
- Workshops for children, centre staff and families (training, educational, informative).
- Complementary support to the centre's activities:
 1. Individual activities: Specific work on hygiene, health, education, stimulation, games, etc., and support in a more comprehensive way their social, cognitive, sensory, perceptive, affective and communicative development (rotating with the different children).
 2. Group activities: recreational/recreational activities, games, crafts, etc. and support their social, cognitive, sensory, perceptive, affective and communicative group development.
- Excursions, group outings and sports.

The programme of activities mainly takes place from Monday to Thursday from 9am to 1pm and from 4pm to 6pm, and on Fridays from 9am to 1pm.

LEARN'PLAY NURSERY SCHOOL FOR CHILDREN FROM 3 TO 6 YEARS OLD

LearnN'Play Nursery school is a nursery school that KARIBIA is building to provide access to early childhood education for children between 3 and 6 years old from poor families in the Kichangachui neighbourhood. There are currently two classrooms built and equipped for a total of 60 children and the third classroom is planned to be built in 2022. The school is located 20 minutes by bajaji from the volunteers' place of accommodation.

Some of the activities that can be carried out include:

- Supporting Maria and Caston, the teachers, in classes and in doing and revising homework.
- English language immersion support
- Arts and crafts
- Play activities and gross motor games
- Sports activities and competitions
- Support during recess, during the canteen service and during the daily closing and cleaning of the classrooms.

The programme of activities takes place mainly from Monday to Thursday from 8am to 1pm and on Fridays from 8am to 10am.

COMPLEMENTARY ACTIVITIES

If during your stay you would like to take advantage of the weekends to visit some of the natural scenery and animal life that the area has to offer, we can organise it for you as soon as you arrive in Kigoma:

- 3 days/2 nights safari tour to KATAVI National Park, which with an area of 4.471km², is the third largest park in Tanzania and one of the least visited, making it a truly untouched wildlife paradise. You will also visit the Nkondwe Waterfall.
- 1 day tour to visit Gombe National Park, a two hour boat ride from Kigoma, a truly wild place with a very significant representation of the few remaining free-ranging Chimpanzees and a fascinating story started in the 1960's by the world famous Dr. Jane Goodall.