

# ST. LUCIA HOSPICE AND ORPHANAGE

*Fighting the Stigma of AIDS since 2002*

## IN PREPARATION FOR YOUR JOURNEY TO TANZANIA AND FOR YOUR VOLUNTEER TIME AT ST. LUCIA

### COMMUNICATION WITH DIRECTOR ABOUT YOUR EXPERTISE, SPECIAL SKILLS AND INTERESTS, PREFERRED ARRIVAL AND LENGTH OF STAY

Be sure to communicate with Winfrida about your special skills, areas of expertise and preferences in order to match St. Lucia's needs and your talents and interests.

Don't be modest think creatively. Have you done carpentry?  
Do you garden? Are you good at arts and crafts? Can you paint?  
Do you especially enjoy young kids?  
Are you are healthcare professional?  
Do you love to clean and organize things?  
Are you a good writer? Do you have exceptional computer skills?  
Are you a photographer? A writer?

Also, be sure to discuss with Winfrida potential dates to be volunteering at St. Lucia **prior** to making your final arrangements. This is to ensure that there are not too many volunteers at any one time.

### PASSPORT AND VISA REQUIREMENTS

- If you are a US citizen, the expiration date of your passport must not be less than 6 months from your return to USA date or you need to apply for a new passport.
- It is very convenient, though not essential, to have already received your Tanzanian visa prior to arrival in Tanzania. It saves a long, hot waiting line at the airport after a long flight. Apply after you have booked a plane.
- Google Tanzanian Embassy, passport requirements for the list of items that you must submit.
- Try to do this 6 weeks prior to your departure so you can avoid paying for expedited services.

- Email St. Lucia's Executive Director requesting a formal letter of invitation to accompany your passport, photos and other items. Communicate your desired dates to Director so that there is mutual agreement.
- Retain a copy of her letter to submit when you register as a volunteer in Arusha.
- Try to register as a volunteer when you request your visa. If you are volunteering through an organization, they will have accomplished this on your behalf. If not you need to do this either before you travel or very soon after your arrival. The cost in the US is \$ 120. St. Lucia, as the host organization, will get into trouble with immigration if this is not done.

### **CURRENCY NEEDED IN TANZANIA**

- The simplest way to obtain money while in Tanzania is to use a debit card from which you will receive Tanzanian shillings.
- Bring some US currency
  - \$14 US for a 1 way ticket for the bus from Kilimanjaro Airport to the Impala Hotel in Arusha from which you can get a taxi to wherever you will be living or an easy place to be met and picked up.

You can of course use Tanzanian shillings too, however, they are not easily obtainable outside the country.

- If you are bringing in US dollars, please be aware of the following:
  - Currency change offices only accept US currency dated year 2000 or later
  - \$ 100 US bills receive the best exchange rate
  - There are numerous bureaus de change around the Clock Tower in Arusha. Hotels take a large commission, so it is preferable not to use them.
  - If you are going on safari, US currency is very often required. You can always use a debit card, get Tanzanian shillings and then convert it to US currency but, you lose money with each conversion.

### **IMMUNIZATIONS AND PROPHYLAXIC MEDICATIONS**

- For the most current travel vaccine and medication recommendations contact:
  - Center for Disease and Prevention (USA) [www.cdc.gov](http://www.cdc.gov).
  - Department of Health (UK) [www.doh.gov.uk/traveladvice](http://www.doh.gov.uk/traveladvice)

- It is important to visit your doctor at least 6 weeks prior to your departure date to allow the immunizations to take effect.

### **CONTACT INFORMATION**

- You may wish to leave family Winfrida Mwashala's phone # to have in case of emergency  
255.784.611.892
- Time Difference
  - Arusha is 8 hours ahead of Eastern Standard time in the USA (7 hours during daylight savings time)
  - Arusha is 3 hours ahead of London (2 hours during daylight savings time)

### **WHAT IS BRING**

Many US, British, Australian and South Africa products are now available in stores in Arusha. They may not be your preferred brands and they may be more expensive than back home. However, if that doesn't matter to you then you need only bring a weeks' supply of personal items like shampoo, tooth paste and soap, as you will be able to replenish them during your first days in Arusha (see Volunteer Handbook, section Some Helpful Hints about Arusha for store locations).

- Rubber gloves to use at the Orphanage when bathing and diapering children
- Sunscreen
- A headlamp, and another flashlight (electricity is an on again off again happening) in some areas of Arusha)
- Hand sanitizer
- A day pack will be useful
- Women need to be sensitive to the large percentage of Muslims when choosing clothes to bring: avoid bare tummies, showing cleavage, miniskirts and see through materials.
- Men need to wear shirts or t-shirts and not go around bare chested (Buying new and used clothing and having Tanzanian style 2 piece outfits made is very easy to accomplish).
- Flip flops or shoes to wear inside and a nail brush.
- Small 1<sup>st</sup> aide kit including antibiotic ointment, Imodium and electrolyte supplement packages (just in case)