

# VineTrust

Tanzania

Home-

Building

Expedition

Handbook

2017



## Who We Are

The Vine Trust is an international, interdenominational charity with a vision to see communities transformed.

Our work has two main focuses: vulnerable children and medical projects, with an emphasis on self-sustainability over charity.

Volunteering is a key part of our strategy, sending around 400 volunteers from the UK annually on work parties and medical teams to support our partners in Peru and Tanzania.



## Vulnerable Children's Project, Tanzania

The aim of the Vine Trust's children's projects in Tanzania is to provide an integrated programme to help orphans and street children to grow up in a safe and trusted environment; to have food, clothes and clean drinking water; to develop their self-esteem; in short, to have the basics in life that we so often take for granted. All this is done through building the capacity of our local partners.

# Connecting People to Change Lives

## What is a Home-Building Team?

Home-building expeditions help our local partners to build centres and individual family homes to provide some of the most vulnerable children with a home, an education and the opportunity, ultimately, of a vocation, a hope and a future.



Home-building expeditions are not a holiday! They do, however, offer the opportunity to see our children's projects first hand. Whether, young or old, a skilled construction worker or an enthusiastic volunteer, anyone who can pass bricks and buckets along a line and work as part of a team is welcome to apply. The important thing is enthusiasm and determination for the job in hand!



But it's not all physical labour! You will also have the opportunity to visit local communities and see other projects run by our partners, helping you to understand more about the difference which building homes can make to very vulnerable families. There's also the chance to visit local tourist attractions and to experience the beauty of Tanzania.

If you are aged between 18 and 70 at the time of the trip, you can be involved in this exciting project by coming to Tanzania with the Vine Trust and playing your part through direct practical help. You may also apply for a home-building team if you are 16 or 17 at the time of the trip, and your parent or guardian will also be part of the team. A guardian must be over the age of 25.

Due to the nature of Vine Trust's work, please note that accessibility to many of our locations is restricted and may be unsuitable for wheelchair users and those with

## Home-Building Expeditions Enable Volunteers To...

- **build good quality homes for vulnerable children**
- **connect with Vine Trust's work**
- **become ambassadors for the poor**
- **experience and learn from another culture**
- **express love in a practical way, through giving, serving and receiving**
- **have fun as part of a team**
- **connect people to change lives**



## Who Are Our Partners In Tanzania?

In 2010, Vine Trust began working in Tanzania, partnering with two organisations: the Evangelical Lutheran Church of Tanzania (ELCT), and Tanzania Women's Research Foundation (TAWREF)

[www.tanzaniawomenresearchfoundation.org](http://www.tanzaniawomenresearchfoundation.org)



Both of these organisations have extensive experience and an excellent reputation in providing social care and practical support to some of the poorest people in their communities.

The overall vision for Vine Trust and our partners is to provide a safe home, food, education and love for some of the most vulnerable children in the area, many of whom are orphans and/or abandoned street children, often losing their parents to HIV, AIDS, TB, malaria and other, often treatable, diseases.

Our partnership with ELCT and TAWREF involves Vine Trust funding the building of small village homes and larger orphanages for vulnerable children, whilst maintenance, on-going running costs and pastoral support are provided by local donors and members of the community.

## Where Do We Work?

We have been working with TAWREF and individual Lutheran parish churches in the Moshi area, a region in the Northeast of Tanzania by the slopes of Africa's tallest mountain, Kilimanjaro, and the border with Kenya.



Moshi itself is a bustling town with a population of around 184,000. It is popular with tourists who arrive in Moshi to attempt climbing Mount Kilimanjaro. Accommodation is based in Moshi, and all the projects Vine Trust work with are located within 1 hour of the town.

## Examples of Projects

During your time in Tanzania, you will have an opportunity to visit some of the communities where our local partners are working, and to be inspired by what can be achieved when we work together.

### Kimashuku

Kimashuku is a parish just outside Moshi. The church here had a vision to build a children's home. In 2011, with help from two Vine Trust work parties joining the local builders and great community involvement from parish volunteers, a home for 15 children was completed.

In 2014, a second larger home for 30 children was opened, built with help from Vine Trust school groups and work parties.



### Njia Panda

This parish is located in a very dry area near the border with Kenya. The church is currently looking after between 250 and 300 children in their community.

Work has been completed on a home for 50 children, but this is only the beginning of addressing the need in this greatly impoverished area.



### Fuka

The local community originally began funding school places for a number of children, but due to the high costs of such a task decided that it would be cheaper if they started their own school – and that is exactly what they did! There are now over 400 children who attend their primary school.

A home for vulnerable children and orphans was recently completed and the first intake of children have moved in.



## TAWREF - Tanzanian Women Research Foundation

In addition to the larger children's centres which volunteers help to support, a home-building expedition also gives you the opportunity to be involved in building at least one smaller family house with TAWREF, helping to dig foundations and build up the walls to a three-roomed home. As you work alongside the local community, not only are you building a physical structure, but you are also building the self-esteem and confidence of vulnerable families.



For example, thirteen year-old Martin is delighted with his new home and positive about the future. Living with his widowed mother and siblings, Martin now dreams of being a doctor and is ambitious for what's next. His new-found enthusiasm is a far cry from the timid boy he was a few years ago, traumatised by his father's death and scared of sleeping at night because of break-ins to their old home. The new home, which Martin helped to build alongside the local community and Vine Trust volunteers, has provided much more than physical security for him and his family - it's given them all the emotional security they needed to break out of the cycle of poverty they found themselves in and to seize opportunities and invest in their future.





## Sample Itinerary

Please note the itinerary below is presented to give an indication of each day on the trip. The actual itinerary will vary depending on local factors.

### Day 1 & 2

Arrive in Kilimanjaro airport. A bus will take the group to Umoja Hostel in Moshi. Orientation and introductions.

### Day 3-11

Travel to the work sites each day, usually a 20-40 minute drive. Work with local builders and volunteers from the parish to help construct the homes. Visit other children's centres that are being supported by the Vine Trust. Opportunity to work in local schools and visit vocational training centres. Option to join local parish church on Sunday.

**Day 12** (optional Safari trip or continue building work with some relaxation and local tourism)

Depart from Moshi for Lake Manyara National Park or Tarangire National Park for game drive. After picnic lunch and more game drive, proceed to 'Eileen's Trees' Safari Camp and Lodge for overnight stay. Please note that the safari trip involves long days and a lot of driving.

**Day 13** (optional Safari trip or continue building work)

After early breakfast, depart to Ngorongoro Crater for game viewing. After lunch return to Moshi.

### Day 14

Last day in Moshi, final visits to worksites, shopping, feedback sessions and flight home

### Day 15

Arrive home

## Trip Costs

The cost for a two-week home-building team with Vine Trust is £1,400, plus flights.

This includes a minimum £400 fundraising donation to support the construction of homes for vulnerable children. Any additional fundraising which can be raised on top of the £1,400 will enable the homes to be completed more quickly and further homes to be started.



### **What the costs include:**

- All meals
- Accommodation
- In-country ground transportation
- Tours and activities (unless stated otherwise)
- Contribution towards building materials for the homes and local wages
- Vine Trust fee

### **What the costs do not include:**

- Flights. Prices may vary depending on the time of year and may be subject to fuel surcharges. Please note that the average cost of a flight is £825 but can vary between £600-£1,000 or more. Flights will be booked by Vine Trust.
- \$50 (US) visa fee (which can be purchased on arrival at Kilimanjaro Airport).
- Vaccinations and anti-malarial tablets
- Personal kit
- Personal spending money
- Optional three-day safari trip, around £350 depending on number of volunteers travelling. Safari payments are due separately, usually 6 weeks before departure

### **Payments are due in four instalments:**

1. £250 non-refundable deposit when you sign up
2. Cost of the flight in advance of it being booked by the Vine Trust (circa £825)
3. 50% of remaining trip costs 6 months before departure
4. Remaining trip costs 3 months before departure

NB: If you are applying for a trip less than 6 months before departure, all monies may be required in one instalment.

## Payment Options...

### Online Card Payments

To pay online for your trip, and to contribute additional fundraising, please visit <https://secure.vinetrust.org/pay> There is a 0.6% surcharge on debit card payments and a 1.95% surcharge for using credit cards. However, donations paid to online fundraising pages will not incur any surcharge.

### Vine Trust Fundraising Page

You can set up your own fundraising page through the Vine Trust website [www.vinetrust.org/fundraise](http://www.vinetrust.org/fundraise) and pay your instalments through this online facility. Please note that we prefer not to take payments through sites such as Just Giving due to the fees that you will be charged against your fundraising. If you chose this option, fees will be deducted from your page's fundraising total.

### Cheque

Please send any cheques (made payable to Vine Trust) to:

Vine Trust Finance, Vine Trust Barge, Prince of Wales Dock, Edinburgh, EH6 7DX.

Please enclose full details of your name, address, trip reference number and dates of the trip with your cheque.

### Bank Transfers

If you wish to make a bank transfer, please contact the Vine Trust finance office on: 0131 555 5598 or [finance@vinetrust.org](mailto:finance@vinetrust.org)

Please note that we do not accept CAF payments.

### Gift Aid

We encourage everyone who is a UK tax payer and contributing to the charitable activities of Vine Trust to sign a Gift Aid declaration which helps support the wider development of the Trust's charitable work. Gift Aid does not allow any personal benefit and is not credited towards trip costs, but makes a huge difference in the Trust's overall work. We appreciate everyone's support in promoting Gift Aid-giving amongst their friends, colleagues and families.



## Fundraising

From treasure hunts to tea parties, and ceilidhs to car-washing, there are loads of creative ways for you to reach your fundraising goal.

Check out [www.vinetrust.org/give/fundraising](http://www.vinetrust.org/give/fundraising) for further suggestions and to download the Vine Trust's fundraising pack.

**If you are using fundraising to cover your personal trip costs, it is essential that you make it clear to your sponsors and during fundraising events that you are raising funds to enable you personally to go.**

Anything you raise over and above your personal costs will directly fund the construction of the homes for vulnerable children. Your trip costs include a donation of £370 to construction costs but the more additional money each team raises, the more building work we can achieve whilst you are in Tanzania.

## Insurance

The Vine Trust takes out a group insurance policy with Keegan and Pennykid Insurance Brokers that covers all members of the home-building team and is included in the cost of your trip. The insurance ensures that all volunteers are provided with 24 hour medical cover and security assistance should it be required. Please note that claims cannot normally be made for pre-existing medical conditions.

Vine Trust's overseas volunteering opportunities are provided by the Trust, working in partnership with organisations on the ground to help build their capacity and long-term sustainability. Third party groups may be brought in to arrange excursions, such as a safari or cultural/historical visit. Such excursions will be covered by Vine Trust's insurance. However, any excursions organised outwith the jurisdiction of Vine Trust's itinerary will not be covered or supervised. If a team member wishes to participate in an activity outside the jurisdiction of the Vine Trust during the expedition, this must be agreed in advance, in writing, by the participant and Vine





## Carbon Offset Contribution and Responsible Travel

As part of Vine Trust's work to promote active global citizenship, we would encourage you to be a responsible volunteer, thinking carefully about how you use resources in Tanzania, especially water. It can be hard to dispose of waste, so leave any excess packaging at home. You may also like to give a donation towards a tree planting and carbon footprint project through 'Kilimanjaro Climate Change and Biodiversity Conservation Organisation'.

All aspects of the Vine Trust's work in Tanzania help to support local communities. We employ local guides, use local transport, accommodation and foods, and enable you to visit vocational projects where you can purchase gifts direct from the producer.



# Important Information

## Health & Safety

Tanzania is a very friendly and stable country to visit and you will receive a great welcome! However, your safety and security are paramount to the Vine Trust, and we ask that you take sensible precautions to protect yourself and those around you. This includes not acting in a way that attracts attention to yourself, and never travelling alone, especially at night. Look after your bags carefully, especially in crowded places, and keep valuables and jewellery hidden and to a minimum. Please also think carefully about whom you share your contact details with. We would advise not revealing personal addresses and phone numbers.



To help minimise risk, volunteers are expected to be actively engaged in taking care of themselves and others on the work sites; to follow instructions from team leaders; to bring concerns about safety, health and well-being to the attention of the team leader; and to comply with the code of conduct.

In particular, please take care when crossing roads as you may find some vehicles driving at speed. There are also many motorcyclists around Moshi, not all of whom drive on the correct side of the road! Wherever possible, Vine Trust will use private vehicles which have seatbelts and meet the criteria set out in the Trust's driving policy. However, in some circumstances this may not be possible, such as on local service buses where passengers may be required to stand for short journeys.

Whilst working on the construction sites, please be alert to trip hazards and also injuries that could be caused through repetitive tasks. Take regular breaks, drink plenty of water and protect yourself from the sun by wearing a wide-brimmed hat and high-factor sun cream at all times. Always look out for each other and do not work alone.

During the venture, there may be times of indirect supervision (such as for shopping/relaxing). This will take place during a specific period of time and in a specific location where team leaders will always be nearby. Volunteers will all have emergency contact numbers and an agreed meeting point and time to return by.

Please consult the Foreign Office website for the latest travel advice on Tanzania [www.gov.uk/foreign-travel-advice/tanzania](http://www.gov.uk/foreign-travel-advice/tanzania) Further details and reminders regarding HSE will be covered during orientation sessions, both before travel and whilst in Tanzania, as well as being found in your final preparation pack. A summary of Vine Trust's incident and emergency response plan is also available on request.



### **Giving Gifts and Second Hand Items**

You are asked not to give gifts to any individual children or staff members whilst in Tanzania. If you do bring gifts (which is entirely OPTIONAL), please give them to a leader at the centre and they will be distributed where the need is greatest. Such gifts might include children's clothing, basic school stationery and simple equipment for games such as skipping ropes, balls, parachute etc. We ask that you do not go out and buy new items, but source GOOD QUALITY second-hand donations, so that all money can be put to our core purpose of building homes for vulnerable children. Please note that Vine Trust does not have the capacity to store, or transport, any extra items you may wish to donate.

### **Alcohol and Drugs**

Please be aware that the children we support through our local Tanzanian partners may associate both drink and drugs with abuse they have received in the past, and use in their presence could be most upsetting. You are therefore asked to refrain from drinking alcohol while you are in the company of our partner organisations, and from taking recreational drugs and illegal substances at all times. You will find that many Tanzanians are much more conservative in their attitude towards alcohol, drugs and smoking, so please be respectful of this. For cultural and health and safety







## Health Advice

You will need to be physically and mentally ready for long days, and prepared for the unexpected! There are simple precautions you can take, both before you travel and once you are in Tanzania, to keep yourself well. Please read the following information carefully.

### Immunisations and Vaccinations

*At least two months before travel, you must consult your GP or Travel Clinic for advice on the immunisations you will need for your trip and to ensure that you are fit to travel and work in Tanzania. Please note that there may be a charge for some vaccinations, and there can sometimes be a shortage of the vaccines, so it's important you leave plenty of time before your home-building expedition to get advice from your GP.*

Your GP should also talk you through general health and safety precautions overseas, including staying safe in the sun, insect and animal bite avoidance, food and water precautions, sexual health and risks associated with tropical diseases. Failure to follow the advice of your GP could invalidate your insurance, as well as put fellow team members at risk.

As a minimum, your immunisation schedule must be up-to-date for life in the UK. This includes **Polio, Tetanus and Diphtheria** and may also include **Meningitis C, Measles, Mumps and Rubella (MMR)** depending on your age. You must also have the **Hepatitis A and Typhoid** vaccinations.

**Yellow Fever** is also required for those volunteers arriving from countries with risk of yellow fever transmission—a yellow fever certificate will be required to be shown on arrival at Kilimanjaro Airport. This includes those volunteers travelling via Nairobi airport who may be potentially delayed for more than 12 hours in transit.

Please also seek advice from your GP about the **Rabies** vaccination. As rabies is spread through infected animal bites and scratches, we recommend that you stay away from all animals, especially dogs, monkeys, bats and cats, however cute they may look! Although some of the areas where you may be working might be in rural villages, you are unlikely to be more than one or two hours away from a hospital to receive any necessary treatment, should you be bitten.

**Cholera and Hepatitis B** are not normally necessary for a 2-week expedition, but please follow the advice of your GP on this. Other vaccines may be advised by your GP, based on a risk assessment of your health.

## **Malaria Prevention**

There is a considerable risk of malaria in Tanzania. You cannot be vaccinated against malaria, but you can take steps to reduce the risk.

### **Anti-malarials**

There are a range of anti-malarials available, including Doxycycline, Atovaquone/Proguanil and Mefloquine. Discuss with your GP which one would be most suitable for you, bearing in mind the varying schedules, costs and side-effects which the drugs have. Take careful note of when you should start taking the tablets, and how many weeks you should continue the dose after leaving Tanzania.

Please note that anti-malarials do not provide you with 100% protection and must be used in conjunction with the following other preventative measures:

Cover up with long-sleeved clothing between dusk and dawn.

Use tropical strength insect repellent containing at least 50% DEET. Reapply every 3-4 hours.

Always use your mosquito net at night, tucking the net carefully into your mattress to avoid any gaps. The hostel we use provides mosquito nets. However, Vine Trust will not be held responsible for the state of the mosquito net, so you may want to bring your own as a back-up.

Avoid stagnant or slow-running water where mosquitos like to breed.

Where possible, use unperfumed toiletries.

There is also a risk of Dengue Fever. This is caused by a virus spread by mosquitos which bite mainly during the day. Follow the above precautions to help reduce the risk of being bitten.

### **Travellers' Diarrhoea**

One of the most common illnesses affecting travellers is sickness and diarrhoea. You can minimise the risk of this with good hand-hygiene by washing hands thoroughly with soap and water and using anti-bacterial gel, especially before eating and after using the toilet. Avoid eating salad, ice cream and using ice cubes, unless you have asked and know they have been safely prepared. Never eat food purchased from street stalls. Only drink bottled water and check the seal is not broken before using. Also use bottled water for cleaning your teeth and be careful not to swallow too much water in the shower! If you know that you are prone to upset stomachs, speak to your GP before travel about additional precautions you can take.



## **Swimming Policy**

Vine Trust has a no swimming policy in lakes and rivers. This also includes no paddling. There is considerable risk of picking up infections such as Schistosomiasis (Bilharzia), as well as the risk of dangerous animals, and being affected by strong underwater currents. Swimming is only allowed in chlorinated swimming pools, although this is at the volunteer's own risk as the quality of the water cannot be guaranteed and there is unlikely to be a lifeguard on duty.

## **Personal Medication**

Plan ahead to ensure that you have enough supplies of any personal medication to last you throughout your time in Tanzania. It can be very difficult to source additional supplies once you are in the country. Ensure that prescription medicines are carried in their original container with accompanying prescription details.

If you are carrying medical equipment, such as needles, ensure that you have an accompanying letter from your doctor and/or a copy of the prescription to show that you have a medical reason for carrying the items. This will be particularly relevant if you are carrying these items in your hand luggage in order for you to pass through airport security.

## **Deep Vein Thrombosis**

Because of the long flight times to Tanzania, there is a risk of DVT. Throughout the flight, take regular walks around the plane and carry out simple stretching exercises in your seat. Keep well hydrated by drinking plenty of water, and limit your intake of alcoholic and caffeinated drinks. You may also want to consider wearing flight compression socks to help with circulation.

## **Emergency Procedures**

All Vine Trust leaders are First Aid trained and carry several comprehensive First Aid kits. There are several good clinics and hospitals in the Moshi area which would be used should someone be taken ill. Vine Trust also has comprehensive emergency response procedures in place in the case of an emergency. All volunteers are provided with emergency contact numbers and emergency procedures before travel and reminded of these again during in-country orientation.

## **BS8848**

Following an independent assessment, we are pleased to say that Vine Trust's expeditions are BS 8848 compliant, meeting the rigorous standards required by the

British Standard for 'organising and managing visits, fieldwork, expeditions and adventurous activities outside the UK'. The award highlights our commitment to putting health and safety first in all aspects of our work.

### **Fit For Travel**

For further advice about staying safe whilst travelling overseas, see the NHS 'Fit For Travel' website [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) In particular, it has useful tips on preventing, and dealing with, travellers' diarrhoea.

### **Disclaimer**

Please note that in signing up for a Vine Trust expedition, you are declaring that you are fit and well to participate in the team; that you will take the required anti-malarials and vaccinations recommended by your GP; that all answers given in your Vine Trust medical questionnaire are accurate; that you will inform Vine Trust of any updates to your medical circumstances before travel and follow the Trust's HSE procedures while in-country. All volunteers take part in a Vine Trust expedition at





## Kit List

This list is not exhaustive, but covers some of the essential items you should start to source now in preparation for your trip. A more comprehensive kit list will be sent out to volunteers a few weeks before departure.

- Passport (& photocopy of photo page), with at least 6 months' validity remaining at the time of your scheduled return from Tanzania, plus spare pages for visa, entry and exit stamps.
- Copy of flight E-Ticket. Where possible, check-in online before arrival at airport
- Yellow Fever vaccination certificate, plus spare photocopy
- \$50 visa entry fee (visas can be acquired by UK nationals on arrival at Kilimanjaro Airport)
- Copy of insurance policy
- Luggage labels with your name, destination and home address
- Emergency contact numbers and names
- Tropical strength mosquito repellent
- Anti-malaria tablets
- Antihistamines for insect bites
- Personal medication-- it can be very hard to source extra medication in Tanzania, so ensure you have sufficient for your 2 week trip
- Immodium/Diocalm
- Rehydration salts
- Anti-bacterial hand gel
- Personal First Aid Kit
- High factor sunscreen
- Wide-brimmed sun hat (essential for working outdoors)
- Sunglasses
- Sturdy walking boots or steel-capped work boots for work sites-- ankle support is essential
- Old work clothes, including 3/4 length trousers and T-shirts. For cultural reasons please wear clothing that covers your knees and shoulders, with no low necklines

- Work gloves (several pairs and spares to share with local community)
- Dust masks
- Eye protection/goggles
- Smarter clothes for meetings and eating out (eg smart shirt & trousers/long skirt)
- Jacket or sweatshirt for cooler evenings
- Lightweight waterproof jacket or poncho
- Jogging clothes & trainers (for optional morning jogs!)
- A good torch and spare batteries
- Waist/bum bag (for security for travel documents and money)
- Small rucksack/day bag
- Baby wipes
- Personal toiletries (try to use unperfumed products to help repel mosquitos)
- Ear plugs
- Travel wash & travel washing line for washing underwear. Larger items can be washed by the laundry service at the accommodation
- Padlock for suitcase
- Camera, charger/batteries and memory cards
- Mobile phone and charger
- Toys, games and activities to play with children
- Swahili phrases

*Please keep expensive valuables and items of sentiment to a minimum*

### **Hand luggage:**

Your hand luggage should contain a change of clothes and other essentials (including personal medication) in case your main bag goes missing. It is advisable to travel in your work boots to ensure you have good footwear for the worksite. Check your airline's website to find out about the latest restrictions on luggage allowance and on volume of liquids allowed. For example, do not pack large bottles of sun cream or mosquito repellent in your hand luggage as this will be confiscated before you've even left the UK. Always have copies of all your travel documents and emergency contact numbers in your hand luggage, and keep these with you in your day bag throughout your trip.

## Tanzania Overview



The stunning wilderness and wildlife of Serengeti National Park...

The soft, white, palm-fringed sands of Zanzibar... The challenging trekking of Africa's highest peak, Mt Kilimanjaro...

Tanzania lays claim to an astonishing number of Africa's most iconic and alluring places. However, despite its idyllic tourist image, Tanzania is one of the poorest countries in the world, ranking 151 out of 188 countries in the UN Human Development Index.

Life expectancy is 62 years of age, and from a population of over 50 million, there are over 3 million orphans in the country. Only about 24% of children will attend secondary school (UNDP Stats, 2015). It is against this backdrop that Vine Trust is working with ELCT and TAWREF to 'Connect People to Change Lives'.



## Fast Facts

### Capital

Dodoma-- administrative capital

Dar es Salaam-- business capital

### Location

Largest country in East Africa, sharing its borders with Uganda, DR Congo, Zambia, Burundi, Kenya, Malawi, Mozambique and Rwanda.

### Time

GMT +3

### Religions

Mainland Tanzania: Christian 40 %, Muslim 40 %, indigenous beliefs 20%

Zanzibar: more than 99% Muslim

### Currency

Tanzanian Shilling (TZS) £1= roughly 2,500 TZS. \$1 = roughly 1,600 TZS. American dollars are also widely used, especially in tourist areas. You can easily change British pounds (only Bank of England notes accepted), Euros and American dollars whilst in Tanzania.

### Climate

The weather is becoming more unpredictable in Tanzania, but generally the rainy season is March-May and the dry season June-October. November and December may also be wet, followed by drier periods in the new year. In the Moshi area where Vine Trust are working, daytime temperatures range between 25-35 degrees, dropping to around 15 degrees at night.

### Communication

There is a good comprehensive mobile phone network in Tanzania. Check before leaving the UK that you are able to use your phone in Tanzania. Tanzanian SIM cards and 'airtime credit' are very cheap to buy, so if your phone is not locked to a particular network, this might be a cheaper way to contact home. There are also several cafes and hotels around Moshi where you can get WiFi access, including at Umoja Hostel where teams stay; however, the connection is not always reliable so make sure friends and family know you may not be in touch regularly.





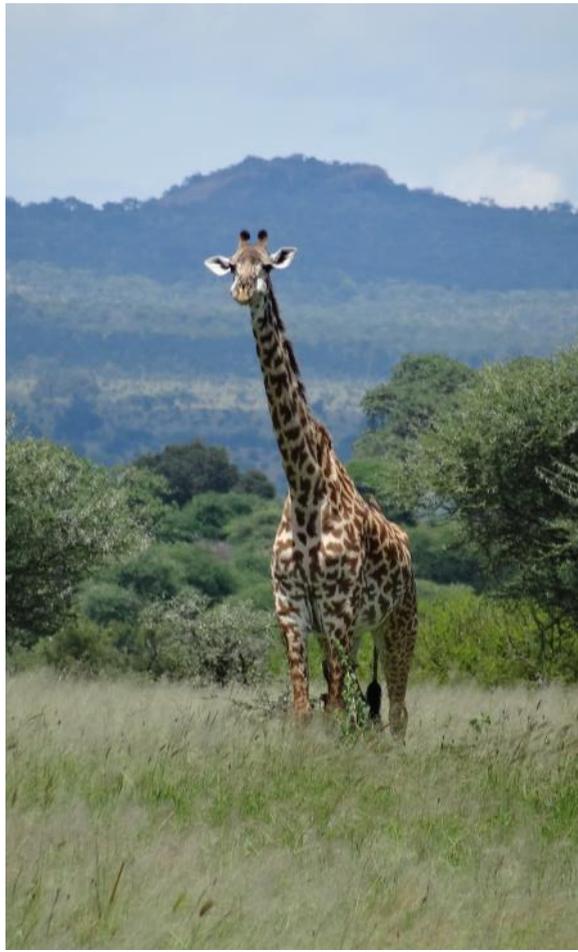
## Language

Over 100 different languages are spoken across Tanzania, although English and Swahili are the official languages, with Swahili regarded as the national language.

You will create a great impression if you make an effort to learn some of the local language. It is also a great way to build relationships with people by asking them to help you learn a few basic phrases.

Some phrases to get you started:

Hello (formal expression and used with elders)	<b>Shikamoo</b>
Response to Shikamoo	<b>Marahaba</b>
Hi!	<b>Jambo!</b>
Greetings/How are you?	<b>Habari?</b>
Fine	<b>Nzuri</b>
Goodbye	<b>Kwaheri</b>
Please	<b>Tafadahali</b>
Excuse me	<b>Samahani</b>
Thank you very much	<b>Asante sana</b>
Yes	<b>Ndiyo</b>
No	<b>Hapana</b>
No problem	<b>Hakuna matata</b>
Slowly	<b>Pole pole</b>
Sorry	<b>Pole</b>
Friend	<b>Rafiki</b>
A little	<b>Kidogo</b>





# Terms and Conditions

1. You are not guaranteed a place on a Vine Trust team until your medical and PVG disclosure have all been checked. Your deposit will be refunded if you are not accepted on the team.
2. By applying for a Vine Trust expedition you agree to pay all costs in full 90 days prior to departure. Failure to do so may result in cancellation.
3. To take part you must be aged between 18 and 70 at the time of the trip (unless accompanied by a parent/guardian, in which case you may be 16 or older.)
4. Accommodation is basic single-sex dormitories and twin rooms. Showers may be cold and food basic.
5. All flights, timings, itinerary and arrangements are subject to change by airlines. You will be notified of such changes. Vine Trust will endeavour to give volunteers as much notice as possible when changes are made.
6. If you wish to extend your stay for private travel after your time on a home-building expedition, the Vine Trust will, wherever possible, meet such requests. However, volunteers must be aware that this will result in additional costs and the request must be made in writing along with your application.
7. We are unable to alter pre-booked tickets.
8. Your passport must be valid, with at least six months' validity remaining at the time of your scheduled return from Tanzania. It is a volunteer's own responsibility to check if they require a Visa before travel.
9. You will be responsible for providing your own personal equipment and kit in line with the recommended kit list in the Home-Building Handbook.
10. Travel insurance covering you for a home-building expedition is compulsory. This will be organised by Vine Trust. If you wish to extend your stay, or take part in activities which are not part of the Vine Trust's organised programme, it is your responsibility to check that you will be covered, and top up any premium where necessary.
11. All volunteers must be physically and mentally fit for the expedition and must complete a confidential medical questionnaire and submit it with the initial application. Volunteers must inform the VT office if there is any change to the medical questionnaire before departure. You may be required to work in hot, humid or rainy conditions on challenging terrain.
12. It is the responsibility of participants to ensure they comply with passport and visa requirements and health formalities required for the journey and the stay.
13. The Vine Trust reserves the right to cancel the expedition if there are fewer than the minimum required number of participants, or if the UK Foreign and Commonwealth

14. All participants are taken to give their consent for their picture to be reproduced and published and distributed within promotional material of the Trust. It is not possible to give remuneration for any image or other material that is used.
15. If a volunteer passes on their own images or written contributions to the Vine Trust we receive it on the understanding that it can be used on the same terms outlined in clause 14.
16. The Code of Conduct, the Health and Safety Guidance, and financial requirements which are all outlined in the Home-Building Handbook and application pack are part of the terms and conditions, and must be adhered to.
17. As part of the application process, all volunteers are required to sign a code of conduct which sets out behaviour and expectations. Disciplinary action will be taken if the code of conduct is breached. All costs incurred as a result of imposing sanctions will be met by the volunteer, including the costs of repatriation where necessary.
18. Deposits are non-refundable unless the trip is cancelled by the Vine Trust, in which case deposits will be refunded in full. Refunds on other costs will depend on what the Vine Trust is able to claim back. Cancellations within 6 weeks of the trip will not be eligible for any refund.
19. Volunteers are encouraged to complete a feedback form at the end of their volunteering expedition. There are also formal procedures for making a complaint or compliment—details available on request.
20. Prices are correct at time of going to print, but additional costs may be incurred due to unforeseen circumstances such as accommodation price increases, significant changes in exchange rates and inflation, or enforced government taxes and visa fees. There may be an additional charge for optional tourist excursions and for any additional nights required due to flight schedules.
21. There will be several team orientation meetings before the trip to Tanzania. Volunteers must make every effort to go to these meetings and attendance is expected. Team meetings are an opportunity to get to know others going on the trip, to find out what to expect whilst you are there, and to ensure you prepare effectively for the trip, including covering expectation and important HSE and cultural issues.
22. In order to protect the children that the project works with, all participants will be required to submit a completed PVG disclosure form for checking by the appropriate government disclosure agency.
23. In the event that a venture leader is unable to fulfil their function, Vine Trust will do everything possible to find an alternative leader, but this may require the venture to be restructured or, in rare cases, curtailed.
24. Volunteers take part in a Vine Trust expedition at their own risk.

For full terms and conditions please visit <https://vinetrust.box.com/ExpeditionTsCs>

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Patron: HRH THE PRINCESS ROYAL

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