



Tanzania is home to some of the most famous of East Africa's attractions – from Africa's highest mountain, the snow-capped Mount Kilimanjaro to the incredible Serengeti National Park and the Ngorogoro Crater, which hold some of the largest concentrations of wildlife on the continent. It has a magnificent coastline and coral reef and includes the exotic islands of Zanzibar and Pemba. Tanzania is now one of East Africa's top travel destinations, however, away from these tourist areas there is very different side to the country. Education is a priority in Tanzania and primary education is both free and compulsory. By the late 1980s the country's literacy rate was one of the highest in Africa but much of this initial success has been lost. Schools lack furniture, textbooks, sports' equipment, stationery and class sizes grow bigger and bigger. Our gap year projects and volunteering opportunities are based in both primary and secondary schools around Arusha and Machame (near Moshi). This is Maasai country, a tribe known for their beautiful clothing and beaded jewellery. You will gain an understanding of everyday life, away from the luxury beach hotels and safari camps; and contribute directly to a community, making a big difference on a small scale.

Project Summary

Departs: January

How long? 20 weeks

Accommodation: Self catered AV Houses

Project Work: Teaching, Sports Coaching, Art, Music, Drama, Community Work

Explore Further: Beaches, Safari, Rafting, Bungee Jumping, Trekking



Project Overview

Orientation + Briefing (5 days)	Orientation course at the L'Oasis Hotel in Arusha. A chance to get to know your fellow AV group whilst learning basic Swahili and attending briefings on teaching, keeping safe, staying healthy and Tanzanian history and culture.
Project Work (Approx 14 weeks)	Living and working in rural villages on the outskirts of Arusha and Moshi. AV volunteers teach in classrooms, coach sports, get involved in extra curricular clubs or work in the wider community. Together with fellow AVs you will live in local houses, with a high level of independence. Spending significant time in one place lets you become fully involved and gain a sense of achievement.
Independent Travel (4 weeks)	Explore East Africa further using the confidence and local knowledge gained on your project to make the most of your travels. Take advantage of adventure activities on offer, relax on the white sandy beaches or go on safari. You choose what you do, but we are still on hand to help.

+44(0)1380 729009

www.aventure.co.uk

info@aventure.co.uk

Detailed Itinerary

ARRIVING IN TANZANIA

The group flight departs from London Heathrow and will be seen off by one of the AV team. You will fly into Jomo Kenyatta International Airport, Nairobi from where you will take a connecting flight to Kilimanjaro Airport in Northern Tanzania. Here your AV representative will meet you on arrival and take you to the L'Oasis Hotel on the outskirts of Arusha – the base for your orientation course.

BRIEFING AND ORIENTATION

A chance to settle in, unwind after the hectic few days leading up to your departure and get to know your AV group. The orientation course is important to make sure you are fully prepared when you arrive at school. The course will be led by the AV in country representative, giving you a chance to get to know them too, and will cover the following:

- History, customs and culture of Tanzania and its people
- Safety, health and security
- Teaching techniques, lesson planning and practice
- Some language training in Swahili
- The education system in Tanzania

The orientation course for the Tanzania Venture takes place at The L'Oasis Hotel, situated in private grounds on the outskirts of the town on Arusha, facing Mount Meru. You will stay in dormitory accommodation with your fellow AVs and have all your meals cooked for you. In between briefings you will have the chance to relax, explore Arusha and settle into your new surroundings

At the end of the orientation course you will be taken to your AV houses, ready to start your project for real. Here the AV representative will leave you to settle into your new home, but remember they're never more than a phone call away if needed!

THE PROJECT

What you do each day is partly down to you and what you have chosen to do; rarely are two days on AV the same!

In the classroom all lessons are taught in English. The schools appreciate help in English, maths, science, art, drama, music and computers (if they have them). You may spend time with students who are struggling, giving them help with reading, writing and speaking English. You can teach with you partner, or on your own, and on average will have at least 12 academic and PE/games lessons every week. Class sizes vary but can be over 100 students. Outside of this you will spend time planning for lessons and may have homework to mark!

For those doing sports coaching you will run all the PE lessons and arrange sports clubs. PE lessons may involve big classes and little equipment; they are a good test of you initiative and resourcefulness. Games such as tag or duck, duck goose are great for their simplicity and mass participation. Sports clubs involving football, rugby, athletics, rounders, volley ball, cricket and netball are all actively encouraged.

There is also the option of teaching new games which you might know. Many AVs arrange fixtures or tournaments between the different AV schools or an inter school sports day.

In addition to working in the classroom, or on the sports' field, AVs make a big impact by running school clubs – these include debating, reading, French, modern dance, art, music or drama; AV volunteers have run talent shows, produced school newsletters and magazines or started a choir. Many AVs choose to brighten up classrooms by painting them or decorating the walls with educational murals from the alphabet and numbers to world maps and the solar system - let your imagination run wild and leave your mark!

Each day you will spend time socialising in the staff room, usually over a cup of chai (sweet tea) or lunch. This is a great chance to get to know your fellow teachers and learn more about them. They will be keen to talk about where you are from, your family and life at home whilst you can practice your Swahili! The teachers will be on hand to show you round and advise where to shop, the nearest internet café etc. They will also be a good link to other work within the community, with the potential for helping at orphanages, medical clinics or community centres depending on where you are and how much you want to do outside your responsibilities in the school.

At weekends and public holidays you can stay at home or travel further afield. You may want to continue work on projects you have started, such as painting a classroom or run an inter school sports competition. Alternatively you can go to the local town to do some shopping, check emails, catch up on news from home, or meet up with other AVs, visit their schools and travel to different parts of the country such as the Ngorogoro Crater. Tanzania has the longest school terms of all the Africa Ventures, often broken up with a 'half term' in the middle. Many AVs use this to climb Mount Kilimanjaro or head to Zanzibar.

To find out what a typical day on project might be like take a look at our ['Day in the life of an AV'](#) feature, written by AVs who have been there and done it themselves!

Food + Accommodation

You will live in designated AV houses with fellow volunteers, either within the school grounds or nearby. An important part of the AV experience is living in local accommodation, shopping at markets, being invited to fellow teachers' houses as well as entertaining the staff and fellow AVs. Depending on the school and size of house you may be living with between two -six AVs. Other AVs from your group will be in schools nearby, clustered around Arusha and Machame and there will often be a chance to meet up. Arusha is one of Tanzania's most developed and fastest growing towns at the base of Mount Meru. It is the gateway to Serengeti, Lake Manyara, Tarangire and Arusha National Parks. Machame is a small village about 20 kilometres from Moshi in the foothills of Mount Kilimanjaro and one of the starting points for trekking the mountain. Both towns have access to internet cafés and banks for exchanging currency.

The house will probably have a bedroom(s), a communal/cooking area and somewhere to wash. Electricity is intermittent at best, you may not have running water or flushing lavatories. Instead there will be an outside pit latrine or 'long drop'. You will need to collect water from a local source using jerry

cans, or buckets, just like everyone else. You will quickly get into a routine of sterilising the water by boiling it. Whatever house you get, you will grow to love it and soon feel very much at home!

We encourage independence and so you won't have someone cooking and looking after you – it's a chance to step up and take responsibility for yourself. You will be given a daily food allowance and will be expected to shop at and cook for yourself. This is the best way of getting to know people, being involved in the community and gaining an understanding of living there – you are not a bystander watching from afar.

The AV representative is never far away and there whenever needed. They can be contacted by phone 24/7 and will visit you during your project.

Independent Travel

As your project comes to an end it is not quite time to say goodbye... AV includes approximately four weeks of independent travel at the end of the venture, to ensure a good balance of volunteering and adventure. Tanzania and other parts of East Africa have lots of exciting and beautiful places to explore which you won't get a chance to do in your weekends or half term alone. Many AVs want to stay on and travel but don't know if others on the project will too. Therefore we include this extra time to ensure that you experience as much as possible and know that you will have people to travel with. From our experience, travelling is often when problems occur, from lost passports to getting ill – that's why we have the motto, 'Once an AV, always an AV' – we will still be there to help you, even though your project has finished.

Different travel options Tanzania AVs have done in the past include: travelling down to Zambia to visit the famous Victoria Falls at Livingstone; going on a wildlife safari; trekking Mount Kenya or Mount Kilimanjaro; rafting the source of the Nile in Uganda or bungee jumping over it; gorilla trekking in the Bwindi Impenetrable Forest or visiting the beautiful beaches of Kenya or Zanzibar where lots of water sports activities or sunbathing time awaits! You will need to finish in Nairobi for your return flight home but until then it's up to you. The only rule is that you don't travel by yourself.

If 4 weeks isn't enough and you are staying on a bit longer in Africa, don't worry because "Once an AV, always an AV!" We can store luggage for you in Nairobi and help out if you have difficulties.

Dates + Costs

For current AV departure dates + costs please visit the website – www.aventure.co.uk

AV PROJECT COSTS INCLUDE:

Before departure:

- Pre-departure information, support and advice
- A nominated member of the UK volunteer support team
- One-to-one face to face briefing for UK applicants

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info@aventure.co.uk

- Telephone briefing for non-UK applicants
- References taken up
- Comprehensive online health check
- Advice on group flight booking or individual flight arrangements
- Briefing for group departure from London airport

In-country:

- In-country representative
- 24/7 in-country backup
- Meet and greet at airport (if arriving with the group)
- Airport transfer (if arriving with group)
- In-country induction course
- Transfer from induction course to school/project
- Accommodation (except during independent travel)
- Food allowance (except during independent travel)
- Management of emergencies, including lost passport, illness, etc. whilst in-country

Upon returning home:

- Returning home advice
- Full telephone debriefing

AV PROJECT COSTS DO NOT INCLUDE

- Flights
- Travel Insurance
- Country visas
- Meeting of non-group arrivals
- Accommodation for early/late arrivals
- Medical expenses, e.g. inoculations, malaria prophylactics
- In-country medical expenses
- Drinks
- Tips/gratuities - No tips/gratuities for AV staff are necessary or expected
- Spending money
- Extra activities that you choose to do
- Food, transport and accommodation on independent travel

Still got questions? We're here to answer them and remember if you want to talk to an AV volunteer who has been there and done it just let us know and we'd be happy to put you in touch! Contact the AV office on +44(0)1380 729009 or info@aventure.co.uk