

ST. LUCIA COMMUNITY HEALTHCARE

COMPREHENSIVE COMMUNITY BASED PROGRAMS

FOR PEOPLE WITH CHRONIC DISEASES INCLUDING HIV/AIDS AND THE ASSOCIATED STIGMA SINCE 2002

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

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

Be sure to communicate with the Director 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
- Do you garden? Are you good at arts and crafts? Can you paint wall murals?
- Have you done carpentry?
- Do you like to clean and organize? There's always the need for a medication inventory and all the children's clothes need to be reorganized
- Are you a good writer?
- Are you a health care professional?
- Do you have exceptional computer skills?
- Are you a photographer?

Also, it is important to discuss with the Director potential dates to be volunteering at St Lucia PRIOR to making final travel arrangements. The purpose of 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 wait in line at the airport after a long flight. You must apply AFTER you have booked a plane ticket as immigration will want to know your flight schedule.

Google Tanzanian Embassy passport requirements for the list of items that you must submit.

Try to accomplish this 6 weeks prior to your departure so that you can avoid paying for expedited services.

Email St Lucia's Director requesting a formal letter of invitation to accompany your passport, photos and other items. Communicate your desired dates so that there is mutual agreement.

Retain a copy of the letter of invitation to submit when you register as a volunteer in Arusha.

If you are volunteering under the auspices of an organization, they will often do this on your

behalf. If not, you need to do this very shortly after your arrival. The cost is \$120 US. St Lucia, as the host organization, as well as you, the volunteer, will get into trouble with immigration if this is not done.

CURRENCY NEEDED IN TANZANIA

The simplest, most convenient way to obtain money while in Tanzania is to use a debit card from which you will receive Tanzanian shillings.

Bring some US currency

It costs \$14 US for a 1- way bus ticket from Kilimanjaro Airport to the Impala Hotel in Arusha from which you can easily get a taxi to wherever you will be living or it's an easy place to be met and picked up

If you are bringing US currency, 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 currency exchange offices around the Clock Tower in Arusha. Hotels take a very large commission, so if you have an alternative, it is best not to use them.
- If you are going on safari, US currency is very often required. You can always use your debit card, get Tanzanian shillings and then convert them to US currency, but you lose money with each conversion.

IMMUNIZATIONS AND PROPHYLACTIC MEDICATIONS

For the most current travel vaccine and medication recommendations

- Center for Disease and Prevention (USA) www.cdc.gov
- Department of Health (UK) 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 011 255 784 957 611 (from the USA)

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 TO BRING

Many US, British, Australian and South African 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 it doesn't matter to you, then you need only to 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 some store locations).

- Rubber gloves to use when bathing and diapering children
- Sunscreen
- A headlamp and another flashlight (electricity is an on again off again happening in some areas of Arusha and being near the equator means long hours of darkness)
- Hand sanitizer
- A day pack is 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 with bare chests
- Buying new and used clothing and having Tanzanian style two piece outfits made is very easy to accomplish
- Flip flops to wear inside after taking off your shoes
- Small first aide kit including antibiotic ointment, Imodium and electrolyte supplement packages (just in case)