



We are TLM

CARING FOR CHILDREN WITH CANCER IN TANZANIA



10 YEARS OF LOVE, HOPE & COURAGE

WELCOME!

We wish to start by saying THANK YOU! As a volunteer your time, talent and knowledge is greatly appreciated. This is a guide to information that will assist in planning your time in TLM and Tanzania, if you are an international Volunteer. Please, do not hesitate to ask any questions you might have.

The Upendo & Tumaini Paediatric Oncology wards at Muhimbili National Hospital represent the first dedicated childhood cancer programme in Tanzania. The programme has made significant improvements in local childhood cancer survival rates, from roughly 5% in 2005 to upwards of 50-60% in 2019. With your support, we will continue to improve these numbers.

Thanks to regional early detection and cancer education programs conducted by the staff at the oncology ward, the number of children treated continues to grow in Tanzania. In 2019 alone, we received over 720 new children on the wards. With the increase in cases and early detection, the need for a dedicated team of supporters from Tanzania, and the world, are needed to care for the children.

OUR TEAM & PARTNERS

Muhimbili National Hospital (MNH), Dar es Salaam – The Children’s Cancer Programme is located on the campus of Muhimbili National Hospital. MNH is the country’s leading teaching and referral hospital. The hospital also has a cardiac center (JKCI), an orthopaedic and neurosurgical institute (MOI), HIV and TB treatment [centres/centers](#), Emergency and ICU departments, Renal Dialysis Unit, GI endoscopy suite, as well as surgical, medical, obstetric and general paediatric wards. The Muhimbili University of Health and Allied Sciences is located just beside the hospital.

Upendo (Love) and Tumaini (Hope) are the two children’s cancer wards. Upendo is the acute ward, while Tumaini is the step down ward. These are located in the Jengo La Watoto building (The Children’s Department), which also has paediatric medical and surgical wards, malnutrition and a diarrhea ward. In 2018-2019, TLM proudly built and handed over state of the art Paediatric and Neonatal Intensive care units and successfully oversaw our Clean and Safe drinking water plant for the entire children’s department – not just oncology! Ujasiri (Bravery) is TLM’s 22 bed home-away-from-home hostel for children and their carers who are stable, but cannot travel the distance home, to stay between treatments. This is also on the hospital grounds, and is well worth a visit.

Tumaini La Maisha (*‘Hope for Life’* TLM) – is our Tanzanian NGO who will be your official hosting organisation if non-medical or visiting from outside Tanzania. The process to acquire your contracts, visas requirements and paperwork will be guided by the Tumaini La Maisha. Founded in 2011 by a group of committed parents and supporters, Tumaini La Maisha manages a range of medical and non medical programmes and activities to directly support children with cancer and their families, as well as creating awareness of children’s cancer across Tanzania. This support includes welcoming dedicated volunteers like you! You will find that many of your colleagues on the ground in Tanzania will either work direct for Muhimbili National Hospital or Tumaini La Maisha.

Key Team Members

Dr Trish Scanlan – Founding Paediatric Oncologist MNH and CEO of TLM Tz.

Dr Jane Kajjage – Director of Clinical Services TLM and paediatric oncologist

Lilian Ndyetabula – COO TLM

[Magdalena JohnAlice Frank](#) – [Programme Officer/Outreach and Research Coordinator](#) TLM

[Jane ChegeniMeadhbh O’Rourke](#) – [Strategic Partnerships & Communications](#) – [Communications & events](#) Manager TLM

[Eliwangu MlakiAlex Kajjage](#) – CFO & Donor Manager TLM

Martha Kiula - Family Liaison Counselor TLM
 Dr. Rehema Laiti - Paediatric Haematology/Oncologist. Head of Unit MNH
 Dr Hadija Mwamtemi – Paediatric Oncologist MNH
 Dr Lulu Chirande – Paediatric Oncologist MNH
 Dr Regina Kabona – Paediatrician MNH
 Dr Lilian Bachuba – Paediatrician MNH
 Dr Monica Sikoki - Head of Paediatrics MNH
 Florida Subira & Asteria Henjewe – Nursing Team Leaders MNH
 Mariana Makanda – Nursing Block Manager MNH

BEFORE YOU START

All:

1. Provide all requested documents to janeinfo@wearetlm.org or magdalenaalice@wearetlm.org, read this booklet and return the signed child protection form to the Tumaini La Maisha office at Ujasiri House (MNH) or to the above email addresses. Familiarise yourself with Tumaini La Maisha programmes and staff members via www.wearetlm.org - also make sure to follow us on social media! We're active on [Instagram](#), [Facebook](#), [Twitter](#), [YouTube](#) and [LinkedIn](#).

INTERNATIONAL VOLUNTEERS:

2. Ensure that your passport is up to date and will not expire within 6 months of the LAST day of your travel in Tanzania. It also must have 2 consecutive side-by-side blank pages. It is your responsibility to ensure that your passport meets any requirements specific to Tanzania.
3. Receive and print your request letter from Alice for your Visa. The cost of this can vary by country. Single entry visa is issued to a visitor for a period not exceeding three months for the purpose of holidays, business, health treatment, studies, leisure or any other activity legally recognized by the Law. This visa will be obtained on arrival at the airport, it cost \$50.
4. Check with your local Travel and Tropical Medicine Centre to ensure you have the appropriate vaccinations and anti-malarials for your trip. Your health and associated costs is your own responsibility. Please see the Centre of Disease control website for more information on their recommendations: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>
5. Ensure that your medical insurance will cover you abroad. We highly recommend international medical evacuation insurance, which will assist in safely returning you to your homeland in the event of illness or injury. This is not the same as travel insurance. Medical insurance is REQUIRED to volunteer with us and is your own responsibility. We will ask you for proof of this before you arrive.
6. Obtain travel insurance, which is recommended for all travelers in the event of lost luggage, unforeseen changes to travel or cancellation. The host organisation will not be liable for any lost expenses due to change or cancellation in travel schedule.
7. It is advisable to buy a good guidebook and/or check online travel advice given by the Dept. of Foreign Affairs or State Department for your country of origin.
8. Register with your countries embassy in Tanzania. Once you have your travel dates, it is advisable to go online to your home country embassy website in Tanzania and register to alert them that you will be in country and they can keep you informed of any travel advisories or events for citizens from your homeland.

FINANCIAL OBLIGATIONS

All: All travel, health, insurance, accommodation and expenses including daily volunteering needs (food, transport etc.) are your responsibility. While we wish we could pay for every visitor’s travel and accommodations, our financial resources are extremely limited.

International Volunteers: The following is an outline of estimated expenses you can expect to pay for your travel to Dar.

Flights	\$580-\$2,000 depending upon country of origin
Visa	Single entry 3 months visa costs 50 USD depending on nationality.

For more information see: <http://www.immigration.go.tz/index.php/en/services/visa-information>

Medical license	\$500 for international doctors, needed for doctors participating in clinical work only. Please fill the form online found at http://oas.mct.go.tz/register/form_register.php
Accommodations	\$15 - \$150 per day depending on your level of need. For recommendations and assistance please contact janeinfo@wearetlm.org
Meals	\$5-40 per day depending on whether you eat locally or at international restaurants

Transportation to airport	35-50,000Tsh - \$25 each way (depending on your skills at haggling. If you tell us in time we can arrange transport for you for the cheapest rate. For assistance with airport transfer please email janeinfo@wearetlm.org .
Transportation to hospital	\$2-10 per day depending where you stay
Vaccinations	Prices vary. Talk to your doctor or local center for disease control.
Malaria prophylaxis	These you need to source before you come. Atovaquone-proguanil (malarone), or doxycycline, or mefloquine are recommended. They are also available on arrival but for many you are supposed to begin the course before arrival.

VOLUNTEERING INFORMATION

All: We know that by volunteering you are generously donating your time, skills and efforts. You will be making a difference and hopefully enjoy meeting and making new friends. A volunteer environment is still a workplace, and as such, you have certain responsibilities that must be upheld. We hope you have a meaningful and interesting experience. Our volunteers are highly valued for their contribution to the cancer wards and organization at large. You are representing not just our organization but yourself, your hometown, your university, your family and your country. You're an ambassador -- a great responsibility and a great opportunity.

Overall guidelines

Respect the organisational culture at Tumaini La Maisha (TLM) and the hospital. The people working here have the experience with, and commitment to, the cancer programme. Share your ideas and feedback in a constructive manner. Treat the experience as a learning opportunity and a chance for personal growth as well as a team building activity. Although you may not see the immediate outcome of the service you perform, there will be value in every assigned task. Your presence as a volunteer is appreciated and essential to the people with whom you are working.

Remember that you are at the hospital to volunteer and some tasks may push you beyond your comfort zone. Be open to new experiences and challenges but be aware of your boundaries and voice any questions or concerns. If you are feeling uncertain about a situation, ask before you act. Practice common sense and don't be afraid to ask for clarification or help. It's okay to ask for help and if you are feeling overwhelmed please tell us. Saying 'I don't think I understand what I'm being asked to do' or 'I don't think I am able to do the task assigned' are perfectly acceptable things for you to say. The team want you to learn and grow not be afraid and find anything traumatic. Please speak up!

Child Protection and Social Media

Strict policies are in place to protect the rights of children in all aspects of our programme. All volunteers must comply with TLM's Child Protection Policy and Social Media Policy. Written copies are provided by the ward administrator on your first day and must be read and signed before starting work. You should be aware that while you do not officially represent TLM or MNH or the cancer programme, your comments or behavior will nonetheless reflect on these entities. You must therefore refrain from posting any pictures or videos from the ward/hostel without prior seeking consent from TLM Management. Please refrain at all times from making any public comment on issues of political, cultural or religious sensitivity. This also includes refraining from making any public statements relating to the activities or interests of TLM and MNH without prior approval in writing. You may maintain personal websites and blogs to share your experiences while on placement; however, the content of these sites should in no way bring TLM or MNH or the cancer programme into disrepute. While we support volunteers in sharing their experiences and promoting the work of the cancer programme and its staff, please remember that everyone at TLM and MNH are extremely, and rightfully, proud of the incredible advancements that have been made to improve the quality of care for children in Tanzania. Negative comments about the hospital, conditions, programme, staff, or other, can greatly affect the morale and future growth and wellbeing of the programme, and **therefore the children.**

Working Hours

Medical Student volunteers are asked to commit to a minimum of 4 full weeks work. Less than this has been found to be disruptive to the ward and children and not very fulfilling or educational for the volunteers but can feel like medical tourism which is incompatible with our organizational ethos. The standard day is 8am -5pm Monday to Friday however there maybe occasions when you are asked to stay beyond these hours. Saturday and Sunday volunteers are expected to cover a few hours typically 9am-12pm and this can be organized amongst the group (if a group is present). (Hours may vary for non-medical volunteers). The names should be provided on Friday so the on-call team knows whom to expect. In the event there are only 2 people on the placement they work one weekend alternatively. Public holidays may occur during your placement, if so, it is still expected that you are at work but weekend hours may apply. Please speak with your supervisor to confirm. Volunteers are not able to accrue TOIL (Time off in Lieu) for any additional hours of work.

Leave

Please text/phone/email the ward administrator or your volunteer supervisor if you cannot attend work due to illness. No vacation leave is provided during the placement, if for any reason you require days off during the placement please inform your supervisor in advance of arrival so it can be discussed.

Assessment

If you have an assessment or volunteer verification documents that you need signed please provide the documents to Dr Trish Scanlan, Dr Jane Kaijage, Dr Rehema Laiti, Dr Lulu Chirande, [Magdalena JohnAlice-Frank](#) or Lilian Ndyetabula **when you arrive or at least 14 days before the last day of your volunteering.**

Research

We would be delighted if you are interested in being involved in research during your stay with us. There are always very interesting topics to explore. Please let us know in advance if this is something you would like to participate in during your stay and we will try our best to help formulate a study question. Ethics approval must be formally sought for any research study no matter how small – including simple chart reviews. You **may not** conduct any type of research unless prior approval has been sought and written permission is provided. You may undertake distance study, as long as it does not interfere with your work obligations. You may not publish research, including approved research, without permission. There are very strict National laws in Tanzania in this regard that we must all adhere to.

International Volunteers:

Cultural understanding

It is sometimes said that Tanzanian people are extremely polite and friendly but often indirect. This environment can be difficult to adjust to as many of us come from a cultural background where communication may typically be of a more direct nature. The challenge of navigating an unfamiliar cultural landscape can be difficult. However if you approach each interaction with the awareness that you are a visitor with a true respect for the individual person and the culture that you are dealing with, *this alone will get you far*. Listen and be guided by local advice and be flexible and open with your plans and expectations. As you are a guest in the country, it is important not to behave in a manner that could be deemed offensive. Local customs and ways of doing things may be difficult to understand but we must always remember that different does not equal wrong. People across the world simply do things differently.

Language barriers when volunteering

Although English is the language the files are kept in and spoken by the nursing and medical staff, be aware that your accent may cause some challenges for you to be understood. Very few of the parents or children will speak any significant amounts of English. It is unlikely that you have the time to learn Kiswahili to the degree that you can communicate effectively in it – so be sympathetic to people who have put the effort in to learn your language. Many people may speak English as a second, third or even fourth language. The challenge is using English in a way that is easy to understand. The intelligence of the listener is not the problem in most communication issues, it is the inadvertent inability of the speaker to communicate effectively. Modifying your delivery to be clear, avoiding long sentence structure and just saying things simply are usually the best methods. Avoid metaphors and idioms that you may not even realise are throughout the English language. Check out the Kiswahili Lesson and key phrases on page 10 of this booklet to get started!

Advice for the medical volunteers on the ward

- There is detailed information specific for the ward in the Supportive Care Handbook. Please ask for the 'app' copy in advance of your arrival or locate a copy on day 1, load it to your phone and use it to guide you through any difficult clinical situations if a specialist is not immediately available.
- Volunteers usually arrive at 8am and join the ward round on Upendo. The first few days can be difficult due to language and cultural barriers, try to familiarize yourself initially with the patients and their diagnoses, and the day to day running of the ward. The ward round and notes are maintained through English, although the majority of patients will only speak Kiswahili as mentioned above.
- Doctors rotate between Upendo and Tumaini wards and procedures and outpatient clinics, which run every day.
- Procedures such as IT chemotherapy, bone marrow aspirates and tissue biopsies are generally done each day.
- Tumour Board takes place at 1pm every Tuesday and lunch is supplied.
- Neuro-oncology tumor board takes place every Tuesday at 8am in MOI (ask the team for the location).
- Retinoblastoma Tumor board takes place at 8 am every other Wednesday morning. This alternates with a Morbidity & Mortality meeting.
- Blood bank- to obtain blood products, a group (& crossmatch) form and sample should be sent to the lab, and is then valid for 7 days. The forms are kept in a tray or folder in the lab. You will have to look for the form and then request the product you need. A transfusion book is kept on Upendo ward to keep track of who needs what and who received what.
- The "Jobs Book" is used on the Upendo ward round. It is useful to keep a list of which patients are for procedures i.e. biopsies/IT, who is for discussion at Tumour Board and what biopsy results are pending. This needs to be discussed daily to results are being followed up promptly and duties are performed.
- Blood samples are drawn on the ward once you fill in the request form and give it to the parents. For all routine bloods please make sure the forms are completed and given to the parent **the day before** to speed up the process as requested on the ward round. The result can take up to 24hours to come back. If you require an urgent result you should fill in the form, take the sample yourself, book it on the computer and bring it directly to

the lab or speak directly to the phlebotomy team and ask them to follow up urgently with a sample. Once at the lab you need to bring it to “pre lab” to get stickers for the form and sample and then you can bring it directly to haematology/biochemistry.

- All laboratory results are available on the ward computer system. Please ask one of the junior doctors to show you how to access them and please ensure that all blood results from the previous day are available for the ward round the following morning at the very latest.
- Interns are newly qualified doctors, and rotate across all wards in the hospital. They usually will spend only 1 week on the oncology ward. *It is important to remember that they have limited experience, particularly from an oncology point of view, so will need support and patience.* They are often the only doctors overnight, with senior support from home, so if there is a patient you are worried about, please highlight them to the senior doctor on call.

Advise for non-medical volunteers at Ujasiri House

- **There is always something to do!** Although the non-medical TLM team is a smaller than its’ medical sibling, it is strong and vibrant with everyone wearing several different hats and with flexibility and adaptability as guiding principals throughout our many programmes.
- **You will always be under the supervision and guidance of a staff member, but there will be times when you will be matched with a list of different and varied tasks that will require creative problem solving and intuition.** This is a great opportunity to sharpen your skills and determine where your own individual strengths may be. Over 90% of current TLM staff members volunteered at some point, and many of our programmes and annual events were started or inspired by volunteer ideas or initiatives.
- **The children are our number one priority, respect and protect them as you would your own.** You will read and sign a child protection form on your first day as a volunteer. You may be tasked with capturing content for our social media channels and website which would include taking photographs, videos, editing material and drafting social media posts. By signing the child protection form, you agree never to share any of these images in any capacity that is personal or not otherwise approved by your volunteer supervisor. Parents of the children we treat choose whether or not to consent to the use of their child’s photo for the promotion of childhood cancer awareness in Tanzania or TLM’s childhood cancer treatment services. To use photos of the children in treatment in any other capacity, would mean violating the consent of their parents and TLM’s child protection code. Failure to adhere to these principals will result in immediate termination of the volunteer agreement.
- **Be creative, say yes and think outside the box.** A vibrant volunteer programme is central to the TLM DNA and we look forward to welcoming a diverse and international team of volunteers each year. Volunteering with TLM can be challenging, fulfilling, formative and fun: no two days are ever the same! Your volunteer supervisor will guide you through our various programmes and you will have plenty of room to learn and grow your skills. As a volunteer, you are representing TLM, yourself, your country and your institution where applicable. The standard workplace attire and working hour guidelines above apply.

YOUR PERSONAL AND MEDICAL SAFETY RESPONSIBILITIES

International:

Pharmacy

Most medications (e.g.: ciprofloxacin, paracetamol, loperamide etc.) can be purchased in Tanzania a lot cheaper than Ireland, UK or US with no prescription needed although Malarone is not easily available. You can buy mosquito spray and sun cream although these are best brought from home as they are **hugely** expensive (e.g. 20 euro for a small bottle of factor 50). There are three pharmacies near the hospital gates, they are very easy to find.

Valuables while in public should be looked after closely at all time. Bag snatching is a common crime in Dar es Salaam like in most other large cities so it is better, when possible, to keep wallets/phones etc. in your pockets or in a concealed bag. If you have a purse or bag, do not leave it unattended and best to take a registered taxi (these all have white registration plates) as opposed to walking or a Bajaj (tuktuk). **If you choose to walk during the day, leave all bags and jewelry behind.**

DO NOT WALK ANY DISTANCE AT NIGHT.

All: Your safety is primarily your responsibility. TLM insists that you always exercise caution in regard to all aspects of your personal safety and the security of your possessions.

Valuables while in the hospital like cash/phones are best to keep with you on your person. A waist belt bag or a small purse is ideal. Stethoscopes can be locked in one of the offices overnight, or brought home. Valuables left unattended, may go missing and are your sole responsibility. If carrying a personal laptop you may choose to leave it in one of the offices during the day, but it is best to bring it home at nighttime. You are personally responsible for your belongings at all times.

All volunteers are responsible for being aware of, and adhering to, the laws of Tanzania. Laws relating to the consumption, supply, trafficking, or cultivation of drugs – including alcohol and tobacco – vary from country to country. Similarly, penalties for breaking local laws vary from minor fines to much more serious punishment. International volunteers should

be aware that in almost all cases, penalties relating to drug use are more severe in Tanzania than in other countries. For this reason, the use of illegal drugs will result in the **immediate termination** of your assignment.

GENERAL INFORMATION ABOUT TANZANIA

International Travel Advice:

About Tanzania

Tanzania has often attracted attention as an exemplary African nation because of its peacefulness and stability. Unlike the largely rhetorical radicalism of other developing countries, Tanzania's policies for change have been put into practice. Since independence, significant progress has been made in social services, though problems in the country's economic development have kept Tanzania's political and economical goals from full realization. Tanzania's political environment is more stable than in many African nations. Dodoma is the administrative capital; Dar es Salaam is the commercial capital and home to most political offices.

Area & Population

945,087 km, 362,340 square miles. It is the largest East African country. Tanzania is made up of the mainland known as Tanganyika and the islands of Zanzibar, Pemba and Mafia. The population is 60 million with 10 million residing in Dar es Salaam. Dar es Salaam is the 3rd fastest growing city in Africa and the 9th fastest growing city in the world.

Language

Kiswahili and English are the official languages. There are 126 different languages spoken in Tanzania – with Bantu, Nilo-Hamitic Khoisan and Arabic routes. .

Government & Religion

Tanzania is a multi-party democracy. Christian 45%, Muslim 35% and indigenous traditional beliefs 20% make up the religions.

Geography

Bordered by Uganda and Kenya to the north; Zambia, Mozambique and Malawi to the south; Rwanda, Burundi and Zaire to the west; and the Indian Ocean to the east. The mainland has several distinct geographical divisions: the Coastal Plains, whose width varies from 16 to 64km and whose vegetation is luxuriant and tropical; the Masai steppe: the north side 213-1067m , 698-3500ft above sea level; the high plateau, located in the south towards Zambia, and Lake Nyasa.

Time in Tanzania

Tanzania is Eastern Africa Time Zone and does not have 'day-light saving'.

Climate

Tropical and coastal areas like Dar es Salaam are hot and humid, with the rainy season lasting from March to May. Temps can range between 19-31 Celsius or 66-90 Fahrenheit.

January – hottest and dry
February – hottest and dry
March - rain
April - rain
May - rain
June – cooler
July - cooler
August - cooler
September - hot
October – hot and rain
November – hottest and dry
December– hottest and dry

MONEY

There are ATM's at the airport on arrival, the hospital and all over the city where you can take out Tanzanian shillings, the local currency. Not all ATM's accept all cards so do not be surprised if your card is rejected at a few places and many machines can run out of cash. It is advisable to have cash with you (dollars is fine) in case of

emergency when you arrive. We recommend you consider signing up for a Revolut card to avoid fees.

Tanzanian Shillings (Tsh) – accepted everywhere and necessary for taxis, meals and shopping. 400,000 is the maximum withdrawal from most ATM's and is equal to €150 or \$180. 10,000 is the largest note and is equal to €3.50 or \$4.30.

Dollars – required for visa entry, CTA and medical council (as required). ALL bills you bring must be newer than 2012 and is good shape (no tears, wrinkles, etc.) or they may not be accepted. US dollars are preferred for any safari or coastal holidays. US

dollars are also accepted in most transactions but exchange rates may vary widely.

Euros – are accepted but not as widely as dollars. They can be converted to shillings if necessary.
Credit Card – accepted some places like restaurants and large grocers or supermarkets. If using when traveling on safari or coast, you will expect to pay a service fee or added percentage to your bill.

ATM - There are ATMs in most cities and all throughout Dar es Salaam but only about \$250 can be drawn at any one time. They dispense cash in Tsh.

Managing your money Online banking is a great way to manage your finances during voluntary work abroad. However, be aware that a reliable internet connection is not always readily available, so plan

ahead for any important transactions. Check with your bank that your card will work in Tanzania and let them know the dates you will be there. You may also wish to insure your card and/or lower the daily limit in case it goes missing or is stolen.

Tiping

Tiping in Tanzania is widely unexpected but 5-10% of a bill is reasonable if you wish. Taxi drivers are not tipped - bargain before hand and stick to the agreed price.

Approximate costs for popular items in Tanzania.

Taxi - \$2.50-30 for anything from local transport to airport transport
Bajaj to local places - \$2-\$5
Coffee/Tea - \$2
Soft drinks - \$1 - 2
Beer - \$3-5
Lunch - \$6-10
3-course international Dinner - \$18-25

LOCAL LIFE, EXERCISE

Dar Es Salaam is the biggest city in Tanzania. The airport is 30-40 minutes from the city. "The peninsula", which centres around the Halle Selassie Road, is the main tourist/expat area with restaurants, western supermarkets and bars. The city centre also has a number of restaurants, banks, ATMs and the main post office.

Areas of town

Upanga – location of hospital (See location of [Hospital in Google Map](#))

Oysterbay – location of Oysterbay Shopping Market, Trinita, Salt and Coco Beach.

Msasani Peninsula, Masaki – location of most up-market bars and restaurants and hotels

City Centre – restaurants, ferry to Zanzibar, cheap hostels, shopping, cultural attractions.

Exercise

There is a staff yoga session offered every Friday – ask Eliza for more details.

Mukti Yoga wellness centre offers a range of yoga, pilates and mindfulness courses which are great and affordable.

It is safe to walk or run during the daytime, although it can be very warm. Slipway offers yoga/pilates and dance classes. There are some gyms e.g. Colosseum that will offer short-term memberships. Some

hotels will have gyms. These tend to be very expensive.

Team Tanzania, is a group on Facebook which is a good source of information for the latest news on events, new shops, music and happenings in town.

ACCOMODATION SUGGESTIONS

Contact info@wearetm.org for advice and help sourcing accommodation in Dar es Salaam. Use caution when booking Airbnbs and be sure to prioritize super hosts and those with majority positive feedback. Tried and tested hosts by volunteers generally charge between \$15 to \$50 per night depending on the location and amenities.

Meadhbh has experience and contacts with many of the hosts and is happy to help you navigate this.

YMCA/YWCA-Some of the cheapest options and in city centre The Slow leopard and Teddy's hostel are also good options.

FOOD & DRINK

It might sound like obvious volunteer advice, but be careful what you eat and drink. Try to make sure that the food you eat is freshly prepared and thoroughly cooked and drink bottled water only. There's nothing worse than being ill in the middle of your voluntary work! Tanzania has a hot climate where activities can become really draining. Dehydration can make you tired and even ill so make sure you drink plenty of water and stay hydrated while volunteering.

Food in the hospital

There are many small shops in the hospital, one at the entrance and one near Jengo La Watoto, which sell soft drinks, water, popcorn, nuts and cakes/samosas, as well as some deep dried foods at local prices. There are lots of fruit sellers outside the hospital gates but fruit should be washed and peeled before

consuming. They will usually do this for you, find a vendor you like and who practices good hygiene. An avocado cost about \$1 and is a great healthy snack alternative to most of the fried food vendors. There are several canteens located around the hospital and near the university, the nearest are the at the back of the JKCI – cardiac building and near the MOI building; there's also a student canteen and a staff canteen, which both serve local cuisine at MUHAS. It is best to bring your own snacks/foods if you have dietary preferences or a sensitive stomach. Cereal bars and western style snacks are expensive to buy in Dar and so are handy to bring, especially for the first few days while you are finding your feet.

Supermarkets

- Shoppers Plaza- one branch in Masaki and one in Mikocheni, which are both on the peninsula. Both have ATM's outside. Most western foods are sold here like meat, vegetables, milk, cereals and snacks. All toiletries are available here, shampoos, soaps, sanitary items, razors etc. Most things are more expensive than you would assume.
- Shrijees – scattered throughout the Peninsula, a little cheaper than Shoppers.
- The Village Supermarket on the Peninsula – more expensive than Shoppers, you can get fresh baked breads, scones and cakes plus regular groceries and toiletries.
- Foodlovers – a South African supermarket chain is also on the peninsula – it is expensive!

Restaurants

- Capetown Fish Café (peninsula) – open air, by the sea. Fresh seafood and cocktail
- Thai Kani (peninsula) – very good quality and tasty Thai food
- Shooters (peninsula) – rooftop bar and restaurant. Great food, lovely view
- Addis in Dar – open air roof top Ethiopian restaurant
- Waterfront – at Slipway. Great for a pizza (about \$10) on the water followed by a gelato next store.

- SALT café – Oyster bay shopping centre – Western style café and restaurant.
- Karambizi Café, Sea Cliff Hotel – best view in Dar, open air café overlooking the sea.
- Alexanders Hotel.
- The Oriental at the Hyatt

All three are pricier but well worth it for a special occasion.

- The badminton club – in town cheap and delicious.
- The Indian quarter in town – lots and lots of on the street options with Indian and barbecue options – most very cheap and good quality.

Lunch/Coffee

- Epidor (peninsula)– bakery and restaurant. Nice place for breakfast. Does falafel, hummus, salads and good sandwiches as well as evening meals.
- [Bean ThereNews](#) Café – good for brunch, sandwiches, salads, coffees
- Kahawa café – upstairs in Shoppers plaza, [Masaki](#)

TRANSPORT

Taxis are usually easy to find. They can be hailed on the street or picked up at taxi ranks, airports and at the ports quite easily. Taxis are white with green stripes along the side and a TAXI light on the roof. It is a good idea to get an estimated price from somebody prior to your journey. It is also worth bargaining. If you find a driver that you trust and will be in Dar Es Salaam for a while it is a good idea to get a phone number to arrange [pick-ups](#) ahead of time.

UBER is in Dar es Salaam. And is relatively reliable. Sometimes the prices seems a little too low to be fare so not a bad idea to offer a tip as well as the fare.

Bajajs are small covered vehicles similar to a 'tuktuk' in Asia. They are everywhere. These are cheaper than taxis and will get you to your destination faster when traffic is bad. They are generally safe during the day (although some of the driving tactics are questionable) but are not advised at nighttime as they do not have doors.

Transport to and from the hospital:

It is safe to walk during daylight hours, but it is best not to carry a bag and certainly no valuables such as a laptop. It is better to take a taxi if it is dark or you are carrying cash or valuables, or wear a money belt under your clothes. The taxis at the rear entrance to the hospital are reliable although they might charge slightly more. If you want to take a bajaj, there are usually some at the front entrance to the hospital.

Estimated Taxi and Bajaj Pricing. Every driver will be different, be prepared to agree to a price ahead of time.

Taxi Airport to Dar: Tsh 30,000 - 45,000

Taxi Peninsula to Hospital: Tsh 15,000

Bajaj Peninsula to Hospital: Tsh 7,000 – 10,000

Taxi within Peninsular: Tsh5-10,000

Bajaj within Peninsula: Tsh 3,000-5,000

COMMUNICATION/ELECTRONICS

The local electricity supply is 220 volts. Sockets are the same as those from UK/Ireland. You will need to supply your own international standard adapter for your electrical appliances. It is best to bring both the European "two prong" and British "3 prong" adapters for devices as you're never sure which type of outlet you'll encounter.

For cell phones, check with your phone company about roaming and network coverage if you plan to stick with your home plan. Vodacom and Airtel are the two major networks in Tanzania that you can use with a local SIM card as long as your phone has been unlocked (check with your phone provider). There are stalls at the entrance to the university, where you can buy and register SIM cards; you will need a copy of your passport to do this. They will also cut a SIM card if needed

for a smart phone. Credit is available in most shops. There are good call bundles available for internet, calls and texts that range from \$5 - \$20 for a week to a month and can be replenished easily if you run out of data. Internet cafes are difficult to find but some hotels/cafes such as Kahawa Café in Shoppers [Masaki](#) and News Cafe have free WiFi.

For internet on your computer, a portable internet modems (USB type) can be bought for \$20 at the airport and a range of packages can be prepaid eg 5GB for 30days is \$15. A computer is not provided and internet cafes are hard to come by. If you do not have a computer and need access to one, most hotels have business centers that you may be able to use for a fee.

PACKING LIST

Attire

Tanzanians generally dress more conservatively than Americans/Irish/Europeans do. During your volunteer work, you will be expected to dress professionally. Remember that Dar es Salaam is hot and many areas of the hospital do not have air conditioning so lightweight loose clothing is ideal. Resident doctors dress smartly and conservatively. For women, three quarter length trousers, light blouses, dresses are acceptable but shoulders and knees MUST be covered. Male doctors usually wear long trousers (not jeans) and short sleeve collared shirts; ties are not expected. Scrubs are acceptable attire. Comfortable close toed flat shoes, such as pumps or light trainers are best.

Daily Essentials on the oncology ward:

- Stethoscope
- Pen torch
- Good supply of pens
- Pocket size alcohol gel (sanitizer)
- Calculator (or phone)
- Water bottle (e.g., Nalgene) for drinking water
- Snacks

General Clothing

- Comfortable pants or khakis

- Shirts (short sleeved collar shirts are acceptable for men)
- Sleepwear
- One or two long-sleeved shirts
- Windbreaker or rain jacket
- Dresses or skirts (below the knee or longer)
- Socks (Tanzanian women generally do not wear pantyhose)
- Underwear
- Casual short-sleeved T-shirts, shorts for evenings or weekends
- Swimsuit for beach or pool

Shoes

- One pair of nice but comfortable shoes or closed-toe shoes (to wear with professional clothes)
- Sandals for evenings and weekends
- One pair of sneakers or running shoes

Miscellaneous & Toiletries

Most toiletries are readily available in Tanzania, but you may not find your favorite brand.

- A small current converter (if you bring small appliances like a shaver, etc.)
- Adapters for electronics (see section on communication and electronics)
- Books – just bring one or two. Plenty of shops carry books and sell used ones as well.
- Multi-purpose knife (handy but not necessary)
- Flashlight/headlamp and batteries (Note that AAA batteries are hard to come by)
- Money belt (advisable for traveling on public transport)
- Travel alarm clock
- Day pack
- Journal or diary
- Travel mug for coffee
- Tupperware or plastic container to bring lunch to work
- Snacks
- Toiletries: toothbrush, toothpaste, small face

towel, baby powder, hand sanitizer

- Sunscreen (plenty, it is expensive here) and bug-spray for evenings
- Wet wipes are also a luxury we recommend
- Hair brush
- Razor
- Bandana- it can get very hot at the hospital, it is nice to carry one.
- Travel tissues
- Personal First Aid and Drug Kit
- Spare Eyeglasses and Sunglasses
- Hat
- Waist belt for money
- Note that if you plan to travel to the beach or safari, 15 kg is the limit for bag allowance for in country flights. Bring a duffle bag that you can take with you and leave your large cases behind in Dar.
- Zip Ties or combination locks for your bags in transit
- Donations for the ward – it is best to liaise beforehand with us to see if anything specific needs to be brought over. Useful things to bring are pens, gloves (sterile), oxygen/nebulizer masks, tape, toys/colouring books for the children (stickers and bubbles go down particularly well!).

KISWAHILI LANGUAGE LESSON

The language is Kiswahili. Even if you are only on the ward for a short time, the staff, parents and children will really appreciate if you try to learn a few words, and it will enhance your experience. It is pronounced more or less how it is written.

Mambo = hello/how are you; answer is 'Poa' (cool, good)

Jambo = hello; answer 'Jambo'

Habari = how are you; answer 'Nzuri' (good)

Asante (sana) = thank you (very much)

Karibu (sana) = you are welcome (very much)

Kwaheri = goodbye

Pole (sana) = (very) sorry

Jina lako ni nani? = what is your name ?

Mzungu = foreigner

Rafiki = friend

One = moja

Two = mbili

Three = tatu

Ana homa? = does he/she have a fever

Ana mumivu? = does he/she have pain

Kutapika = vomiting

Kuharisha = diarrhoea

Ana kula ?= is he/she eating

Ana kahoo? = is he/she coughing

Ana pata choo? = has he/she passed stool

Lala = lie down/sleeping (useful if you want to examine a child's abdomen)

Dawa = medication

Mama = mother

Baba = father

Bibi = grandmother

Babu = grandfather

Mtoto = child, Watoto = children

Asubuhi = morning

Mchana = afternoon

Jioni = evening

Leo= today

Kesho = tomorrow

Jana = yesterday

WEEKEND GETAWAYS

Slipway: this is a large waterfront development on the peninsula with shops, restaurants and a hotel. There are a number of market stalls, where you can buy everything from Tanzanian football jerseys to ornaments, local crafts, paintings, and clothes. Prices are reasonable but don't forget to bargain and shop around as many places sell similar crafts. There is also the Waterfront restaurant with good reasonably priced food and nice views of the sunset, as well as the more expensive 'Terrace'. **You can also scuba dive from here.**

Golden Tulip Hotel: lovely pool, with a fantastic view of the bay. It is a nice place to relax for a day at the weekend; 20,000TSH for the day, poolside snacks are available for additional fees.

Beaches near Dar

Although Dar is on the sea, and there are some beaches in the city, it is not considered safe to swim here. There are several beautiful beaches to go nearby just out of the city, which are good for a day trip or to stay the night.

- Bongoyo Island: Boats go from Slipway and take approx. one hour, starting from 9.30am. They are not that frequent so check the times before you go. Cost is approx. 36,000 TSH per person for a return trip. There are bandas and chairs for hire, and a restaurant, which sells drinks and simple BBQ fish and meats.
- Mbudya Island: The boat to Mbudya goes from the White Sands hotel all day and is quite cheap. However, you will need to a taxi / bajaj to get out there and back which costs around 20,000 TSH.
- South Beach: You should take a bajaj or taxi to the Kunduchi car ferry and then a daladala on the other side of the ferry to the beach. A great day out.

EXPLORING TANZANIA – EXTENDED STAYS

Tanzania is one of the most beautiful countries to visit in the world and offer a variety of weekend or extended stay excursions from the white sands of exotic Zanzibar to the vast plains of the Serengeti. Options include safaris, coast excursions, city tours and more. Safaris can be pricey due to park fees. Most places prefer US cash dollars for payment. Best to bring this with you when you come. Tanzanian shillings can be used but exchange rates can vary widely. Some places accept credit cards but additional service fees will apply. The current top rated Safari company on Trip Advisor have the following options https://www.tripadvisor.com/Attraction_Review-g297913-d2460326-Reviews-Easy_Travel_Tours_Ltd-Arusha_Arusha_Region.html . Budget options and group deals can be sought by shopping around and grouping up with others via Team Tanzania or through networking while you are here.