



Women's Empowerment Volunteer

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Project overview



What's included:

- 24/7 support in case of emergencies

Visit: <https://www.truexperiencetravel.co.uk> - Call us on: +44 (0) 1494 526163 or +44 (0) 7951 536023

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

Project itinerary

You will arrive on Sunday and have plenty of time to relax and be refreshed ahead of your exciting week as a Women's Empowerment Volunteer!

Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day to get accustomed to your surroundings. Your Women's Empowerment Volunteer programme will continue as usual from Tuesday onward throughout the rest of the week.

Orientation Day Schedule (Monday)

- Introduction meeting, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Tanzanian Do's and Don'ts, Culture introduction and country history and Intensive Swahili Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary.
- Lunch
- Excursion to local area sites (may include a local crater or nature walk)



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Weekly Schedule

Tuesday to Friday

- 7.00 am -8.00 am Breakfast at the volunteer accommodation
- 8.00 am Volunteering at the Women's Empowerment project
- 12.00 pm Lunch
- 13.00-15.00 pm Volunteering at the Women's Empowerment project
- 16.00 pm Evaluation
- 17.00-18.00 pm Dinner

Please note:

Cost of transport to locations is not included, but will usually be around £1.50 per day.

This schedule can be changed and/or amended depending on weather conditions, local conditions, and unforeseen circumstances.

Please also keep in mind that in the village things are done on an as-needed basis. This is just an example of what your week as a volunteer might look like during your homestay, but activities may change depending on weather, community needs, ceremonies, or other circumstances. Your flexibility and ability to adapt to changes in your new surroundings will be of great benefit during this amazing experience.

Evenings and Weekends

Once your day as a Women's Empowerment Volunteer is over, you can choose to explore the area or simply relax with new friends back at your accommodation. Many of our volunteers enjoy mixing with their new volunteer friends during the week and plan their weekend adventures together!

Places to Visit

Tanzania is a truly incredible place to visit, and you will need to plan ahead to fit in as much as you can! Here are our favourite areas ...

Ngorongoro Conservation Area

Expanding over plains, forests, and savannahs, you will find the world's largest crater here, where



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incredible wildlife coexists with the Maasai. This area is a must-see when in Tanzania.

Tarangire National Park

Tarangire is famous for its population of elephants and the symbolic Baobab tree. During the dry season, you will find zebras, giraffes, buffaloes, elephants, wildebeests and more! While not as common, you might be able to find a lion here as well if you are lucky!

Serengeti National Park

Serengeti is probably the most worldwide known National Park in the world. It is believed to hold the largest population of lions in the world! Aside from that, cheetahs, buffaloes, zebras, giraffes, rhinos, hippos live here. Make sure you allow yourself at least two days to visit and stay overnight in either a campsite or a lodge. Serengeti cannot be done in just one day!

Arusha National Park and Mount Meru

This is the home of Mount Meru, the second largest peak in Tanzania after Kilimanjaro, and the home of many species including giraffes, warthogs, Cape buffaloes, lions, elephants, flamingos and more! However, the main attractions here are the landscapes that line the park, including the Momelia Lakes, which vary in colour due to algae and are made even brighter by many different species of birds who love to swim in the water!

Lake Manyara National Park

During the wet season, pink flamingos brighten up the lake, which make it the go-to place for bird watchers. They do leave during the wet season, but Maasai Lions, Leopards, hippos, giraffes, zebras, elephants, blue monkeys, gazelles and cheetahs are here year-round!

Moshi and Mount Kilimanjaro

Moshi is about two and a half hours away from Monduli, easily reached from Monduli by taking a "dala dala" to Arusha and then another one to Moshi from there. This is a sleepy town with a Western vibe as it is the starting point of the Mount Kilimanjaro climb! On a clear day, you can get excellent views of the highest mountain in Africa (tip: head over to Moshi Train Station for a top-notch view).



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Kikuletwa Hot Springs

A lesser-known but still amazing attraction! Located between Arusha and Moshi are Kikuletwa Hot Springs. The water isn't actually hot, but its temperature is perfect for swimming and relaxing. Known as an oasis, the water here is so blue that you have to see it to believe it! It is a favourite go-to place for locals and ex-pats alike, and there is even a rope you can use to dive into the water with style!

Arusha

Arusha is one of the main cities of Tanzania and is easy to reach from Monduli in less than an hour and a half. From here, most safari companies depart to many of the national parks surrounding it, so it is your go-to place for wildlife! In Arusha, you find a myriad of things to do - from Maasai markets selling crafts to bring back home, to cinemas, shopping malls, Western food, and more!

Hiking Around Monduli

Monduli is set amidst lush mountains that are a great opportunity for hiking off-the-beaten-path. There are numerous trails, one of which leads to a gorgeous waterfall. Speak to our coordinator to arrange, as the government needs to grant you permission (for a fee) to visit beyond certain spots in order to conserve the area.

Iringa and Ruaha National Park

A great place to visit if you have the time after finishing our programme! Ruaha National Park is the largest National Park in Tanzania and boasts cheetahs, the second largest population of Leopards in Africa, buffalos, hippos, and more!

Zanzibar

Whilst a bit of a journey, it is possible to fly to Zanzibar for a weekend from Arusha airstrip, a small airport that operates domestic flights and is not too far from our centre! Don't miss Stone Town, a place that is emblematic for its mazes and spices (take a spice tour for sure!). Another must is a visit to Prison Island, where you can spot dolphins and marine life. Travel north or east of the island for some of the best and cleanest beaches in the world and enjoy the Indian Ocean at its best!



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APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?

To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)