



Peace House Academy Group Volunteering Overview and Guidelines

Peace House Academy welcomes groups to their Tanzania school site, and strives to provide opportunities for a meaningful experience by combining opportunities to interact with the students as well as provide assistance with the construction and organization of the school buildings and furnishings.

Please read over these guidelines carefully. There are specific requirements for volunteers to ensure the time spent is rewarding and productive for all involved. Groups must submit a proposal outlining their plans at least 9 months in advance. Submission of a proposal does not guarantee acceptance. Decisions are based in part on the availability of volunteer positions, current needs, and on-site housing. Each group member must complete a Group Member Volunteer Application, and sign a participation agreement.

PHA provides guest housing for all volunteers. The guest housing is in a separate area of the school campus, with outdoor areas for gathering and relaxing. PHA visitors and volunteers will be provided with a copy of the School Rules, which they will be expected to follow during their time on-site. The use of tobacco and alcohol will be regulated, and no drug use will be tolerated.

Group guidelines:

Activities

- Each visiting group is asked to indicate its members' interests and skills regarding volunteer tasks. Upon receiving the application, PHA staff will determine which activities and volunteer projects are possible. Because of the many considerations that must be taken into account (school calendar & schedule, weather, construction status, etc), PHA cannot guarantee any specific activity at any time.
- Transportation for off-site group activities is included in the Program Fee. Any individual trips into town or elsewhere must be arranged and paid for by the volunteer(s).
- Off-site cultural outings and safari experiences will require additional fees, varying as to season and choices selected. Exact amounts will be determined prior to the group's arrival in Tanzania.

Logistics

- The maximum group size that can be accommodated at PHA at one time is 20 volunteers + 1 leader. During most activities on-site, groups will be divided into smaller sections of six to ten people, to provide for the best possible experience.
- All group members must be 21 years of age or older. The only exception is Youth Groups (i.e., from a church) where youth between the ages of 16 and 21 may participate when the group adult-to-youth ratio is one-to-three.
- Guest housing is provided so that all volunteers can stay on-site.
- Breakfasts will be continental style, with coffee, juice, milk, cereal, bread and fruit provided.
- Lunches and tea breaks will be in the School Cafeteria with the students, and will consist of traditional and typical Tanzanian fare.
- Dinners will be pre-selected from a set menu. Groceries and recipes, as well as all cooking utensils, will be provided. Depending on the group's size, PHA cooking staff may assist in dinner preparation.
- Water, crackers and other staples will be available at all times. Volunteers *may* have opportunities to purchase other food items.
- Linens are provided (bed and bath) with fresh supplies weekly.
- No laundry services are available for volunteers staying 10 or fewer days, but volunteers are invited to launder their clothes Tanzanian-style: hand-washing in a sink or bucket, and drying on clothes lines outside. Laundry services are available for a small additional fee for volunteers staying longer than 10 days.
- Group volunteers will pay a Program Fee of \$50/day for their time at PHA.

Gifts and donations

- Volunteers are welcome to collect specified items to donate to the school. To ensure that all items brought are truly needed, a list of acceptable items will be provided to volunteers. Volunteers can obtain items by coordinating a collection at a church, school, community group, etc, or by getting donations from stores or companies, or by purchasing the items. Examples of acceptable items include athletic shorts & t-shirts, book bags, dictionaries, or sporting equipment. Please bring only those items listed as needed, as PHA is not able to accept any donations other than the items on that list. In some cases, volunteers may be asked to collect and bring funds to purchase items readily available in Tanzania.
- Volunteers are not permitted to bring gift items to be given directly to students. This includes candy, gum, pencils, money, or other small items. We ask that any such items be given to the PHA Director to be used at school-wide festivals or events throughout the year.

Sample group volunteer schedule

Following is a sample One Week Schedule. For groups staying longer than 7 days, the schedule would be expanded with similar activities to fill the number of days on-site. Exact daily activities will also vary depending on the day of the week. More student interaction opportunities exist on weekends and holidays. While groups are welcome to request specific activities or tasks, PHA cannot guarantee that such requests will be honored. PHA can honor requirements of level of physical activity (i.e., keeping construction-related tasks to no heavy lifting, etc). Due to the Tanzanian academic calendar and student requirements, the amount of time spent interacting with students may vary greatly.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	On-site Orientation led by PHF staff, including tour & introductions	Construction-related work. All physical work will be arranged for mornings or late afternoons to avoid the heat of mid-day	Road trip! Spend full day visiting other sites – schools and / or orphanages, or a nearby village	Repeat of Morning 2. Small groups will trade tasks so that all volunteers experience all opportunities	Free morning to sleep in, hike around site, journal, etc	Repeat of Morning 2	Departure Day – activity will depend on where and when group members are departing
Afternoon	Task Orientation: Explanation of tasks to be done while on-site, lessons on how to tutor, beginning work	After lunch and rest, continuation of construction-related work. For most tasks, volunteers will be divided into groups of 6-10	Exact options will vary based on dates and numbers. Lunch will be at a local restaurant	Repeat of Afternoon 2. Depending on availability and scheduling, work with students on English or other skills	Field Trip – a variety of cultural options, including shopping at local markets, visiting local parks, etc	Repeat of Afternoon 4	For those not extending into a safari excursion, a one-day safari to Arusha National Park is an option for this day
Evening	Gathering with students to practice conversational English, play sports, or learn what life is like for the students	Time for clean-up, then dinner in Arusha with local musicians providing entertainment	On-site after dinner activity – possibly African Drum lessons with local musicians and students	Repeat of Evening 1. Other activities with students include sports, crafts, assisting with homework	Repeat of Evening 4, or cultural event after dinner at the PHA site	Final Dinner – could be at Arusha restaurant or a special meal on-site. Guided discussion of how experience went, including evaluation for PHA staff to use in planning for future groups	Evening transportation to Kilimanjaro International Airport if needed