



# HOPE & WONDER

## VOLUNTARY WORK

Information about a voluntary, unpaid engagement  
with HOPE&WONDER

Your unforgettable commitment to wonderful disabled children.



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# Framework

## **1. Are there any professional requirements for this engagement?**

We are looking for motivated, flexible, adaptable, communicative and proactive volunteers. This is important because we do not have time to "babysit" volunteers. Therefore, a lot of initiative is required from you. Experience working with children with disabilities is very helpful, but not required. It is very important however, that you are aware of us taking care of children with severe disabilities. All children are fully dependent on our help and cannot walk, talk or eat by themselves.

We do not require any professional skills. We will find a suitable placement for anyone who wants to help. Tell us your qualifications, strengths and interests and we will try to take them into account as much as possible.

## **2. Is there a minimum age?**

You should be at least 18 years old.

## **3. Is a minimum length of stay required?**

In order to make a sustainable impact we ask you to stay at least one month. Exceptions apply for visitors who pay for accommodation (see 7.).

Note: If you want to stay longer than 3 months you are of course very welcome. However, the visa process will be much more complicated.

## **4. Does HOPE&WONDER charge a fee for this engagement?**

No. We think that you already invest a lot and we are very grateful if we can count on your active support.

Exception: Those who stay with us for less than one month are counted as visitors and pay \$8/day for board and lodging. This also applies in case of early termination (except in serious cases such as illness, death in the family or similar).

To cover this we ask for a registration fee/deposit of 100 Euro/Dollar, which will be fully refunded at the end of the fixed stay if there are no further debts to HOPE&WONDER.

## **5. What costs should I expect?**

Costs for insurance, vaccinations, visa, flight, airport transfer, internet, leisure activities as well as accommodation and meals outside the HOPE&WONDER area are to be borne by the participants themselves.

## **6. How many hours a day am I expected to help?**

We hope that you will show interest in our daily routine, participate in it and be flexible in supporting us. After a period of settling in on site, we will sit down and discuss your specific responsibilities and hours of service. Usually volunteers take part in the normal daily routine and help us about **6 to 8 hours a day, 5 days a week**. Thank you so much!

## **7. What do I get in return for my efforts?**

We will cover food and accommodation on our premises. Breakfast, lunch and dinner are included and are usually eaten together with our staff. If you want to eat and stay outside of our compound, you are responsible for these costs.

## **8. Are there official starting dates for volunteering?**

You can start anytime. There are no specific starting dates. Since we can only host two volunteers at a time, we kindly ask you to contact us as soon as possible in order to schedule your stay with us.

## **9. Your individual preparation workshop**

Have you never been to Africa and are you interested in personal preparation for your assignment with us in Tanzania? Would you to know how the country works, how the local people live and get a glimpse into everyday situations?

We noticed that good preparation makes it much easier for the volunteers to settle in and stay here. That's why we want you to prepare yourself professionally for your stay here with us.

Elke Dieterich, the founder of "Manager für Menschen", has developed an extensive online workshop based on three modules for HOPE&WONDER. In this workshop you will be individually prepared for your stay in Tanzania, get to know the culture, possible challenges and stumbling blocks beforehand and thus enable you to join us in the best possible way. The cost of the workshop is EURO 199.

Elke is German and has been in Tanzania regularly since 2009. She knows Tanzania and also our home very well.

More information about Elke and her organization:

<https://www.managerfuermenschen.com/en/about-us/>



## 10. What will I be able/allowed to do as a volunteer?

The tasks are varied and strongly depend on your commitment, skills and interests. The children need around-the-clock care as they have the most severe physical and mental disabilities.

- You will help the team with everyday employment and care tasks: Playing, entertaining the kids, working with them, going for walks, feeding them, changing positions and moving (physical therapy is very welcome) or going to the beach/pool with them.
- There is plenty of work in and around the house and craft and DIY skills are highly appreciated.

We have a "Volunteer Book" where ideas, developments, experiences and tips from previous volunteers have been recorded. You can use this document as a source of inspiration at any time. As you can see there is a lot to do. At the end of the day it is up to you how your volunteer activities will look like. And you are the one who is creating the framework for your support. We try to use the individual strengths of each volunteer and arrange your assignment individually.

## 11. Before you send us your application, ask yourself the following questions:

- For what reasons do I want to spend some time as a volunteer at HOPE&WONDER?
- What contribution do I want to and can I make?
- What know-how and skills do I have to offer?
- Am I independent, well organized, able to work under pressure?
- Do I have momentum, am I comfortable in unexpected and unfamiliar situations?
- Do I need extensive introduction to new tasks?
- Do I often request assistance or do I feel more comfortable to work independently?
- Am I somebody who is crating own ideas or do I prefer to execute according to instructions?
- How do I deal with setbacks and frustration? After a frustrating situation how much time do I need to get back on track in a positive way?
- How well do I get along with people of diverse attitudes, ages, backgrounds?
- Do I have an interest in other cultures and am I willing to respect their difference from my own?

# Visa

## 12. What kind of visa do I need?

If you have decided to volunteer with us and have sent us your motivation letter and CV (see [Application process](#)), we will be happy to provide you with further information on the visa process.



# Accommodation

## 13. What is the accommodation like?

You will share your room with another volunteer. The bedroom is located in the house where the children are accommodated. There is a bathroom only for volunteers.

Please keep in mind: Our house is "upscale" for Tanzania. However, compared to European standards it is very simple and you have to be prepared that not everything works all the time.

There are also many animals and you cannot compare it to a hotel with European comfort.



# Health & Safety

## 14. Is volunteering in Tanzania safe?

As everywhere in the world, it is important to be vigilant and to go through life with common sense.

In general, it can be said that Tanzania is one of the safest East African countries due to its political stability. But of course, due to the widespread poverty, there are also security gaps such as thefts and robberies. We have compiled a code of conduct to help you behave appropriately and safely in Tanzania. We will send this document to you after your final registration.

# Application process

Have we sparked your interest?

Below you will find the administrative process for a possible upcoming assignment with HOPE&WONDER.

1. Send the application form to [thayssa@hopeandwonder.org](mailto:thayssa@hopeandwonder.org). You will find the form on <https://hopeandwonder.org/volunteering/>
2. We make an appointment for a non-binding job interview (via WhatsApp, Zoom or similar) and discuss the availability of free places, your compatibility with HOPE&WONER and a possible preparatory workshop.
3. Online preparation workshop with Elke Dieterich.
4. We will send you a binding registration form, which you promptly return to [thayssa@hopeandwonder.org](mailto:thayssa@hopeandwonder.org). Only at this point your place is definitely reserved for you.
5. We welcome you personally in Tanzania – Karibu sana!

# Contact

Thayssa is happy to answer any questions you may have regarding volunteering. Please contact her by e-mail-

Thayssa Pelli – Volunteer Coordinator. [thayssa@hopeandwonder.org](mailto:thayssa@hopeandwonder.org)

More info and impressions on:

<https://hopeandwonder.org>

<https://www.facebook.com/hopeandwonder1>

