



# AFRICA, I BELIEVE IN YOU



Africa Amini Alama

## Questions and answers Life as a volunteer in Momella at Africa Amini Alama in Tanzania



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## Table of contents

Before you continue reading.....	3
Step 1: Information before your application .....	4
Fields of application:.....	4
Requirements .....	4
Information about the application procedure .....	6
Application - what's next? .....	6
Background information to Tanzania .....	8
Communication in Tanzania .....	8
Clothes, Climate & Project Times .....	9
Volunteering or adventure? .....	10
Step 2: How do you plan your stay?.....	12
Information about costs and money .....	12
Flight.....	13
Visa .....	14
Insurance.....	14
Vaccinations & medication .....	14
What should I take with me? / What can I already do from here? .....	15
Step 3: Your stay in Momella .....	17
Arrival at the airport in Arusha (Kilimanjaro International Airport ) .....	17
Arrival in Momella .....	18
Your contact persons.....	19
Volunteer Village .....	21
Supply .....	22
Internet .....	24
Mobile phone .....	24
Electricity .....	24
Transport.....	25
Excursions, Travel, Safari.....	26
Advice from Volunteers for Volunteers.....	29
Step 4: Back home again .....	32
Keep track of your everyday life - Report .....	32
Rafiki - Become a Multiplier for Africa Amini Alama in Austria.....	32
Volunteer& Rafiki Meeting in Austria .....	33
Remember me - Photo reminder .....	33
Here are some emergency phone numbers for YOUR trip to Tanzania: .....	34





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## Before you continue reading...

**Before you apply, ask yourself the following questions and answer them honestly:**

1. Why do I want to spend some time as a volunteer at AAA?
2. What contribution would I like to make and what contribution can I make?
3. Which know-how and skills do I have to offer? Do they meet the AAA requirements?
4. Am I independent, well organized, resilient? Do I have my own dynamics, do I find my way in unexpected and unknown situations? Or do I need a detailed introduction to new tasks and frequently require support?
5. How do I deal with setbacks and frustration? How much time do I need to get back on track?
6. Am I an idea giver and creator or do I prefer to follow instructions?
7. How well do I get along with people of different mentalities, ages, backgrounds?
8. Am I interested in other cultures and am I willing to respect their differences from my own?





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## Step 1: Information before your application

### Fields of application:

We are looking for experienced, motivated, dedicated and skilled volunteers with professional expertise, work and life experience who are willing to share their knowledge with our local team and bring their contribution to the following areas:

- ❖ Hospital ward (doctors – only with a *Jus Practicandi* –, midwives etc.)
- ❖ Primary school (teachers, future teachers)
- ❖ Secondary School (teachers, future teachers)
- ❖ KinderVilla (kindergarten teachers, social workers)
- ❖ Fundi-Center (crafts centre for masons, mechanics and carpenters)
- ❖ Jewellery and tailors-shop
- ❖ In addition: management area, implementation of organisational structures and project submissions, IT area, tourism area (Africa Amini Maasai Lodge), and permaculture area.

Do your strengths lie in another area? Let your ideas convince us!

You can find more information about the individual areas in our [Share Point folder](#).

### Behind the Facts

Informiere dich im Vorfeld ausführlich über AAA und welche Tätigkeitsfelder es hier gibt. Überlege dir, welche von diesen Aufgaben zu deinem Know-How und Skills passen und bereite dich darauf vor. Das A-&O für eine gute Vorbereitung ist das Lesen dieses FAQ-Sheets. Er wird laufend aktualisiert und beinhaltet alle wichtigen Infos! Wenn es nach dem Lesen dieses Sheets noch immer Fragen gibt, kannst du uns dann natürlich gerne persönlich kontaktieren

### Requirements

- ❖ Minimum age 20 years
- ❖ Duration of stay: 3 months
- ❖ Very good skills of the English language
- ❖ Interest in respectful exchange at eye level
- ❖ Acceptance of simple living conditions
- ❖ Good physical health and mental resilience
- ❖ Positive overall attitude
- ❖ Independency, responsibility, motivation, team spirit, medical personnel require a specialist medical certificate or diploma

Do the above criteria apply for you?





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## Information about the application procedure

Did you already send us your written application including CV (please with photo) and letter of motivation? If not, please send us your application by e-mail to: [volunteer@africaaminialama.com](mailto:volunteer@africaaminialama.com)

Please also let us know which period would be suitable for you. Once we have received your documents, we would be delighted to hear from you personally, via Skype, telephone ([+43 677 637 484 42](tel:+4367763748442)) or you can stop by at one of our AAA meetings.

As soon as we have received the necessary information from you, we will consult our local team to determine whether there are any free volunteer accommodations and in what area we would be able to get you involved.

### Behind the Facts

The letter of motivation should, above all, state what motivates you personally to stay in Momella, what you can contribute and, above all, what areas you could work in based on your work experience.

## Application - what's next?

After we have given you a final OK, we will keep you informed about the next steps. Shortly before your stay you will receive the "Invitation letter" from Naki Jonas and reports from former volunteers from us. You have the possibility to come to our events regularly, to inform yourself about the project and pose all your questions to us. If this is not possible for you, we can also hold your initial interview via Skype, telephone or e-mail. If you have any questions, please do not hesitate to contact us. On our homepage and on Facebook you can keep up to date about upcoming events.

**Please sign our "Volunteer Contract", you will find it on our [Share Point folder](#). Please send us a scan!**

Medical volunteers will be required:

Medical Certificate & CV in English (official translation)! One copy is sufficient. Please email them to [volunteer@africaaminialama.com](mailto:volunteer@africaaminialama.com) and [naki@africaaminilife.com](mailto:naki@africaaminilife.com) and bring it with you to Momella.

### Behind the Facts:

We'll try to respond as soon as possible. Due to time limitations, the response can take **up to 2 weeks**, but don't worry, each application will receive a response. You can also send us a reminder email.





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## Background information to Tanzania

Tanzania is known for its incomparable nature and its friendly population. The months of April, May (rainy season) and July, August could be called "autumn or winter months". The country is among the politically most secure countries in Africa. The time difference is two hours compared to the European winter time and one hour in summer.

The main base of Africa Amini Alama is in Momella - a village situated at about 1,600 meters above sea level between Mount Meru and Mount Kilimanjaro. In addition to the hospital, we run three English primary schools, a secondary school and a vocational school, a KinderVilla, a restaurant, guest and volunteer accommodation, an office and a library.



## Communication in Tanzania

Most of the people you will be dealing with in and around Africa Amini Alama speak English. In larger towns and cities of the country you can also communicate in English, in the countryside it gets more difficult. The official language in Tanzania is Kiswahili, but there are about 125 different regional languages.

## Behind the Facts

A few important phrases in Swahili can be learned quickly on the spot, but if you want to get to know a few words beforehand, we recommend the gibberish dictionary.  
(ISBN: 978-3-8317-6426-6)





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## Clothes, Climate & Project Times

Momella is situated at an altitude of 1,600 m. Therefore, it usually cools down in the evening and at night. Long trousers, sweaters and rain jackets are a must. Solid shoes are highly recommended, both for numerous excursions or hikes into the surrounding area, as well as for the rough road conditions in rural areas.

**Important:** In Tanzania it is not usual for women to walk around with short trousers or miniskirts, it is necessary to cover your knees. Therefore, please have long or three-quarter long skirts or trousers with you. It is also not recommended to wear clothes that are too tight or too loose. The clothing should be durable and resistant to permanent sunlight and dust.

The holidays listed on the following page apply to both primary and secondary school as well as vocational schools (Fundi Center). The computer school is closed throughout December and over Easter time. When planning your stay, please be aware that the children are NOT in school during the holidays and the majority of the children in the KinderVilla and the team are spending their holidays with their families. (especially in December!) There can sometimes be deviations of school holidays, because the government sometimes changes them at short notice.

January	February	March	April	May	June
hottest month	hot	warm	cool big rainy season	cool big rainy season	coldest month
School	School	School	Two weeks holiday	School	Holidays
July	August	September	October	November	Dezember
cool	cool	warm	warm	warm small rainy season	hot small rainy season
School	School	One week holiday (End of month)	School	School	Holidays



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## Volunteering or adventure?

Would you like to discover Momella before volunteering? Do you want your family or friends to visit you during your volunteer assignment? Are you still too young to volunteer? Is it currently not possible for you to come for 3 months? But you still want to visit us?

Then come as a guest to Momella, together with friends and family you can explore Tanzania without any obligations and gain an impression of our project.

Further information can be found at [www.africaaminilife.com](http://www.africaaminilife.com)







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## Step 2: How do you plan your stay?

The key to good preparation is to read this FAQ sheet. It is updated regularly and contains all important information!!!

### Preparation for your assignment

It is very important to us that you are familiar with both AAA and the area you will be working in before you start your volunteering. Ask yourself the following questions, for example: What do I want to contribute to the project? What is my assignment area? Which experiences and which knowledge can I provide? What materials do I need (school books, games etc.)? What is achievable?

In order to be able to answer these and other questions before your stay in Momella it would be helpful to get in touch with other volunteers who have already been there or are currently on site. That's what our Facebook group, What's App group and our volunteer meetings are for. Take advantage of those opportunities! 😊

### Information about costs and money

It is our goal that AAA one day will be able to finance itself through its own income (tourism, restaurant, tailor-shop, workshop etc.) and will no longer be dependent on sponsoring. Therefore, all income benefits the project.

#### **Your contribution:**

We have to pay daily maintenance costs and at the end of the month we also pay the salaries. Unfortunately, we do not have enough financial resources to cover all that.

The necessary money for medical acute cases (caesarean sections, tumor removal etc.) is often missing. We therefore ask for your understanding that we have to charge for your accommodation and transfer. With your contribution for your accommodation and transfer it is possible for us to pay the costs for the maintenance of the house and the car; gas, solar, fuel tank as well as our watchmen and guides.

### **Behind the facts:**

We are aware that for many of you the costs are a hurdle.

There is the possibility to apply for funding for your volunteer work and to set up your own private support group. Africa Amini Alama cannot offer any support due to the lack of financial and time resources. Please inform yourself on the internet! You are also welcome to tell us about the information found in order to facilitate the search for future volunteers.

**Volunteers receive reduced prices! You can find an overview of the costs here:**

#### **"Volunteer Prices" (on Share Point)**

Bring dollars or euros in cash! Exchange rate as a reference (September 2019):

1 € = approx. 2.400TSH

1 \$ = approx. 2.200 TSH





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It is much cheaper to exchange locally than in Austria. Large notes (50, 100, 200, 500 bills) have a better exchange rate than small ones. In Tanzania it is not yet common to pay with credit cards. In Arusha or Moshi, the closest two larger cities, foreign currency can be exchanged for Tanzanian shillings (TSH), but that's 1.5-2 hours away. There are also cash machines; TSH be withdrawn there. You can withdraw and change money upon your arrival at the airport, although the exchange rate is not very good there. Dollars are generally easier to exchange. Smaller amounts can also be exchanged in our office. Accommodations etc. at AAA are paid in dollars or TSH.

## Flight

Your final destination is Kilimanjaro International Airport (JRO) near Arusha. KLM (via Amsterdam), Turkish Airlines (via Istanbul), Ethiopia Airlines (via Addis Ababa) or Qatar Airlines (via Doha) are the most popular airlines. If you still have space in your luggage, please contact Susi in Vienna in time ([susi@africaaminialama.com](mailto:susi@africaaminialama.com)) you may be able to help us to bring urgently needed things to Momella. From the airport we can organize a transport for you for 75 dollars, you will then be picked up in front of the arrival hall by one of our staff members.

Please inform Naki Jonas at [naki@africaaminilife.com](mailto:naki@africaaminilife.com) about your flight dates so that she can organize your transport. Please make sure that the day and time of your arrival at Kilimanjaro Airport is clearly stated in your E-mail.



Furthermore: In Tanzania, plastic bags may no longer be imported, exported, manufactured, sold or used. Private users of plastic bags could therefore be punished with 30,000 shillings (about 12 Euros/Dollars) or two weeks in prison. The use of plastic in medicine, agriculture or the construction industry is exempt from the ban.



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## Visa

To volunteer at Africa Amini Alama you will need a business visa for \$250, please apply for your work visa online, all information can be found in the Visa Information sheet. You will need a letter of invitation from us which you will receive via email. This letter will confirm your stay at Africa Amini Alama, avoiding any complications when entering the country. Your passport must be valid for at least 6 months after leaving Tanzania. To obtain the visa, please enter the following address:

Africa Amini Alama (AAA)  
PO BOX 733 Usa River.  
In Momella Village  
Ngare Nanuki Ward  
Arumeru District

At the airport, an arrival/departure declaration form must be completed upon arrival and departure. This form can be obtained directly at the airport.

## Insurance

There are various options for travel, health and general insurance:

Credit card (if the trip was paid for by credit card) - When booking the trip - various European travel insurances - ÖAMTC travel insurance - health insurances

Please decide for yourself which insurance is best for you. In any case, it is always advisable to read the details.

## Vaccinations & medication

The Tropical Institute and your doctor will certainly provide you with useful information on vaccinations and the composition of a first-aid kit. The first-aid kit should be designed for your personal use. The following vaccinations are recommended by most tropical institutes:

- Hepatitis A + B (nice to have, but not absolutely necessary.)
- Rabies (nice to have, but not absolutely necessary.)
- Yellow fever is usually checked upon arrival, but if you point out that you have arrived from Europe, you do not need the vaccination. The vaccination is only necessary if you are entering Tanzania cross-country. This also applies for Zanzibar.
- Malaria: For malaria prevention, you should take adequate medication such as Malarone or Atovaquon/Proguanil with you, just in case. In case of symptoms please contact Cornelia or Christine. However, this is rarely the case, because there **is no malaria in Momella**, but in some national parks and other areas of Tanzania.
- Other: tetanus, diphtheria, polio, typhus

**We ask you to inform yourself well about vaccinations before your departure.**





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## What should I take with me?

### ***Recommendations for scarce and usable goods:***

cords, Swiss army knife, bottle opener, corkscrew, tape + textile tape, scissors, writing paper + pens, paper tissues, mosquito repellent, sunscreen, flashlight with spare batteries, headlamp, clothespins, Ethernet adapter (if your laptop has no WLAN connection), power bars, spider plug, lavender or peppermint oil against spiders, sweets, parmesan, pesto, salami, feminine hygiene articles, sharpener, insulating tape, duct tape, ...

Please don't take plastic bags with you!! There exists a plastic bag ban!

## What can I already do from here?

### **Donations in kind**

Donations in kind often take up a lot of space in your suitcase and most things like clothes, office supplies, toys etc. can be purchased directly at the local market and do not have to be brought from Europe. But sometimes we have to transport important things, which are not available locally, to Tanzania.

Therefore, it is possible that Susi will contact you before your departure. If you have some space left in your luggage and you absolutely want to bring something to Momella, you can choose something from the following list - or medical items and medication after consulting Cornelia:

- solid sneakers (for children between 7-15 years)
- backpacks for School
- Baby clothes for our maternity ward (0-1years)
- Laptops (not older than 3 years, functional and complete - especially the battery and charger).
- English books and DVDs for our Secondary School

Please note that you are not allowed to carry expired items, like medicine or sweets. Under no circumstances you are allowed to bring plastic bags to Tanzania. At the airport there are always strict controls. If you want to send something to Momella, please also contact Susi. (susi@africaaminialama.com)



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## **Donations/sponsorships**

With money donations you can buy directly at the local market what is needed most urgently. E.g. rice & sugar for a family, a goat, a pair of shoes or also pencils.... If you or friends of yours would like to support our project for a longer period of time, we would be happy if you take over a sponsorship.



For more information about the children who are still looking for a sponsor, please contact Johanna at [patenschaften@africaaminialama.com](mailto:patenschaften@africaaminialama.com) or Susi at [susi@africaaminialama.com](mailto:susi@africaaminialama.com). In Momella you can contact Mike and Jesca with questions about sponsorships.







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## 3. Your stay in Momella

### Behind the Facts:

#### What awaits you with AAA in Momella?

- ❖ The accommodation you booked in advance. So a roof over your head, bed, shower (possibly only with cold water), a simple kitchen and whatever else you need for life.... and from now on your self-initiative is required.
- ❖ Other helpers, whom you can ask the following:
  - how the organisation works
  - where you can get stuff
  - who is responsible for and for what
  - where you can find the appropriate people
  - etc.
- ❖ Many nice people who are happy to welcome you here as a newcomer. Have no fear of making contact and approach the people you meet.
- ❖ You realize that you have to organize yourself. There is no welcoming program, no "being taken by the hand". Surely it takes a few days until you have settled in and nothing seems strange or new to you. Don't be scared off, that's part of it!

### Arrival at the airport in Arusha (Kilimanjaro International Airport )

One of our guides is waiting for you at the airport with a sign with your name on it. Don't worry if your flight is delayed or you are stuck in a long queue waiting for your entry. The guides are used to that and will of course wait for you! Now you are about two hours away from Momella.





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## Behind the Facts

From the day of arrival until Friday (market day in Ngare Nanyuki) you usually have a few days to cover, so it is advisable to buy the most important things on the way from the airport to Momella in the supermarket (water!). The guide who will pick you up knows his way around. When shopping, please bear in mind that you must bring everything with you. Also think of detergents etc... Possibly arrange this in advance with Volunteer who are already on site. Maybe they need something from Arusha urgently or they can already buy food for you at the market.

## Arrival in Momella

Our guide will take you to your accommodation and answer any general questions you may have.

Naki will also organize a tour through the project with one of our guides for you. You can get a first overview of the project. Please pay your accommodation right at the beginning of your stay. You can usually find Naki in the office. If you arrive in Momella in the night/evening, you can do it the next day.

A good address for general questions is the office in the library, someone will certainly be able to help you. You will quickly get to know the people you will be working closely with during the next few months.



It can happen that your suitcases look like this after your arrival in Momella ;-)

## Behind the Facts

Why don't you organize a welcome-cooking party for new arrivals?

*Many volunteers and helpers await you in Momella!*







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## Your contact persons

At [volunteer@africaaminilama.com](mailto:volunteer@africaaminilama.com) we are always reachable and will try to support you as much as possible from Vienna. Former volunteers also provide information and are available to answer your questions. We are happy to enable an exchange! Especially the What's App Group can be used for that. As a volunteer, your main contact in Momella is mainly Naki Jonas. 😊

## In Momella you can of course also contact the following persons:

You can always address Christine and Cornelia if you have any questions, especially in the medical field.



Naki Jonas will be happy to answer your questions about excursions, accommodation and finances. She can also store your valuables in a safe. If you are asked by someone to finance a private person's project/object, please first consult with Cornelia, Christine. You can reach Naki at [naki@africaaminilife.com](mailto:naki@africaaminilife.com) or visit them in their office in the library. Heavenlight is responsible for any other general AAA businesses.

## Our guides (Charles, Remtula, Josef, Lameck etc.)

They are not only our best drivers, but also the most important guides we have. They will pick you up at the airport, can answer all your questions about nature & wildlife and have an answer to almost every other question.

## Professional contact persons:

Heavenlight (medical field), Elias (children's villa), Robert (schools in general), Maasai Vision (Beatrice), Woresg Vision (Bhoke), Simba Vision (Imelda), Pamoja Secondary School (John), Fundi Center: (Mechanic teacher: Frank, Carpenter teacher: Peter, Bricklayer teacher: Albert) If you are looking for something, the restaurant and office is always a good first port of call. In the restaurant you can contact Lasteli or Karankira.



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## Behind the Facts

You don't feel well, but you don't know who to turn to? Just get in touch with us, we are happy to assist you. Many misunderstandings could be avoided by talking to us.

During the week Christine also has office hours from 3pm-5pm. She is looking forward to you visiting her in her practice. Since she also has patients during that time, you may have to wait a little.

## Evening activities

Organize a campfire at one of the fire camp sites (maybe with music & guitar). The Watchmen will also help you to safely collect wood for a campfire and are happy to be invited for a soda. And how about a game night at the Volunteer Village?



## Volunteer & Rafiki meetings

It would be nice if you organize a Volunteer & Rafiki meeting once a month in Momella. Invite all volunteers as well as Christine and Cornelia to a get-together at the campfire or in the restaurant, our AAA-living room. A good opportunity to exchange ideas with all volunteers, to ask and resolve questions, to work out solutions and to eliminate any uncertainties. Report about your experiences and impressions and have a nice evening. 😊





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## Volunteer Village

Most helper accommodations are located near the Health Center grounds or at the KinderVilla in Momella. Only Pamoja room 1 and Pamoja room 2 are located at the Maasai area Ngabobo (45 min ride by car away from Momella). Depending on how many volunteers are on site at the same time, there is the possibility of accommodation in a room or a small house. In all volunteer accommodations there is a kitchen with a basic supply of kitchenware and a gas stove (bottled gas), a toilet and a shower with cold water. For hygienic reasons, please bring slippers with you. If you need cosmetics or toiletries, please buy them yourself (soap etc. can be bought in the small shops on the spot). There are plastic tubs and bowls to wash the laundry. You will find buckets for washing laundry in the kitchen of helper house 1 and 2. Laundry ropes are also available. In case of skin intolerances, it is advisable to bring your own washing powder. There are mosquito nets above the beds. We will provide you with towels and bed linen. These are washed by our employee Anna. Your own clothes can either be washed for an extra charge by Anna or you can do the hand washing yourself.

Twice a week Anna comes to check the accommodations, fills up the toilet paper and changes the bed linen from time to time. If you lack toilet paper, please ask Anna. If the gas in the kitchen is low, please ask at the restaurant. At Pamoja School please ask Ropert or other teachers. For the gas you pay a one-time fee of \$12.50, and it will be refilled for free. The grass around the accommodations will be mowed regularly. However, we only have one gardener for it, so it can sometimes take a while.

## Behind the Facts

Create the Volunteer Village. In 2018, for example, the children's villa had the motto "Home is where you feel good," organized by Volunteers. Other volunteers took care of waste disposal in Momella or collected plastic waste lying around with the children.



Hotelini 1 & 2



KinderVilla 1 & 2



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*Helper House 1 & 2*



*Helper-House 3*



*Pamoja Room 1 & 2*



*Axel House*

## Supply

There is the possibility of self-supply in the volunteer accommodations, since a kitchen is available. In the nearby village of Ngare Nanyuki (approx. 15 minutes by car or 40 minutes by foot) and in Momella there are a number of small shops where you can buy everything you need for your daily life. Every Friday is a market day where you can buy fresh fruit and vegetables and many other things. The water from the faucet can only be drunk after it has been boiled (not for children under 10 years of age, because of the fluorine). During a stay of 3 months the amounts of fluorine are medically harmless. You have to pay for your own drinking water supply. Water bottles are available at the market and most of the time you can also buy them from Karankira, you can normally find him at the AAA-restaurant.

## Behind the Facts

A backpack is ideal for transportation, as the weekly portion can be heavy.





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## Behind the Facts

If you don't want to cook yourself, the restaurant is at your disposal 7 days a week from breakfast to dinner. In addition to delicious food, it is often the meeting place for volunteers and guests.

We would be very happy if you dine at our restaurant. Reason for this is that every single meal consumed there is financing the meal of one of our patients who cannot pay for food. The restaurant serves meals for patients and therefore offers African food. Special attention is paid to cleanliness and quality, so that it is also suitable for guests from Europe. It gets prepared with local products from gardens of the neighborhood. On request, the team is happy to cook European food (pizza, quiche, meat loaf, spaghetti), but please let us know in time (e.g. lunch for dinner). You can order white bread and dark bread.



## Behind the Facts

Gather at the restaurant, our AAA living room for everyone, for Chai. There's a TV usually all the seats are already taken. If you like, you can bring your favourite recipe with you to teach our team how to prepare it or learn to cook your own Tanzanian dishes.



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## Internet

Some days there is internet access in the library, but only during office hours of Georgina and Naki. All in all, the Internet is very, very slow here. Mails with large attachments are often not downloadable. So, before you leave, please ask your friends and family not to send any mails with attachments larger than 1 MB. Uploading, e.g. large photos, is also very difficult or almost impossible here.

With your own laptop you can buy an internet stick for about 20 Euro from the different telephone providers in Tanzania (Vodacom, Airtel).

The data volume for one-month costs 35.000 TSH for 10GB or for one-week 20000 TSH for 10GB. If you have a MAC, it is strongly recommended to purchase an Ethernet connection to access the Internet. Since drivers often have to be installed, it is better to buy the port directly from Apple, as it is then not necessary to download additional drivers. Occasionally it is possible to borrow a laptop from our office, always after consulting Naki or Georgina.

## Mobile phone

The Austrian network does not work here in most cases, with the exception of A1. You can take a mobile phone without SIMlock with you or buy a mobile phone locally (starting at 20,000 TSH). In Tanzania there are companies such as Vodacom, Airtel, Tigo and Zantel. A SIM card costs approx. 10,000 TSH cellphone credit (value card/ voucher) can be bought in the village of Ngare Nanyuki or you ask Karankira, you normally can find him at the Africa Amini Alama restaurant. The local call charges are very cheap with one of the local SIM cards. In addition, the above companies offer low flat rates. Almost everyone here owns a mobile phone and it is the best and easiest way to communicate locally. With the local SIM card, you can also make calls to Germany or Austria, but this costs about 1,000 TSH per minute.

## Behind the Facts

On the market you can also get Tanzanian SIM cards for your mobile phone if you want to get a Tanzanian phone number. You can also use it to buy Internet access. Expect at least one hour for this process. Everything is a bit slower here - pole pole ;) Don't forget to take your passport or copy of it with you, it's needed for registration.

## Electricity

In Momella there are no power lines for the volunteer accommodations. All facilities and accommodations are equipped with their own solar panel. These solar systems are sufficient for lighting, charging the mobile phones or the batteries of cameras and laptops. Hairdryers, irons or electric kettles cannot be used. It is advisable to take a British adapter and a power cable with distribution plug with you.





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## Transport

### AAA Transport

The costs for the trips with AAA cars and guides are charged for each car. With your contributions for the transfer we are able to pay the costs of maintaining the cars, tanks and our guides. You can find more information in our rate sheet.

Project trips within AAA, which AAA assigns to you, are covered by AAA. Also the trip to the market on Friday (Ngare Nanyuki) is free of charge.



During the week, the school bus also drives our AAA team to Ngare Nanyuki. If there are any free seats, you are welcome to ride along. For more information please contact Naki at the office.

### Public bus to Arusha/Moshi

The public bus - Firmer Urrio Safari - leaves Ngare Nanyuki at about 6:45 am. Volunteers and tourists have to take the long route to Arusha, otherwise you have to pay the entrance fee to Arusha National Park. At the bus stations in Arusha and Moshi there is usually a lot going on, many tour operators who want to persuade you to drive with their company. The best thing is to get out of the hustle and bustle and get oriented afterwards. To return the bus departs at about 3:00 pm. Please check with Naki for exact times. They can always change.

Costs for one trip: ~ TSH 4,000; duration: 3-5h

### Pikipiki to Ngare Nanyuki

Pikipiki - small motorcycle - costs 2,000 TSH per person from Momella to Ngare Nanyuki. You can ask at the restaurant or office if someone can order a Pikipiki for you.



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Excursions, Travel, Safari



We help you to organize leisure activities and excursions. E.g Momella Seen, Mt. Meru, Arusha National Park, Mt. Mkuru, Serengeti National Park, Kilimanjaro National Park, Tarangire National Park, Lake Manyara

You can find more information in the document "excursion possibilities". As the prices (e.g. entrance fees to national parks) change from season to season, please contact Naki or Georgina. They can give you more detailed information about costs. In coordination with the team you can take 1 to 2 weeks off as a volunteer during your 3 months for leisure activities.

## Behind the facts

Spend an afternoon at our Maasai Lodge, we have a pool and great food!  
[@https://www.instagram.com/maasailodge/](https://www.instagram.com/maasailodge/)





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## Behind the facts

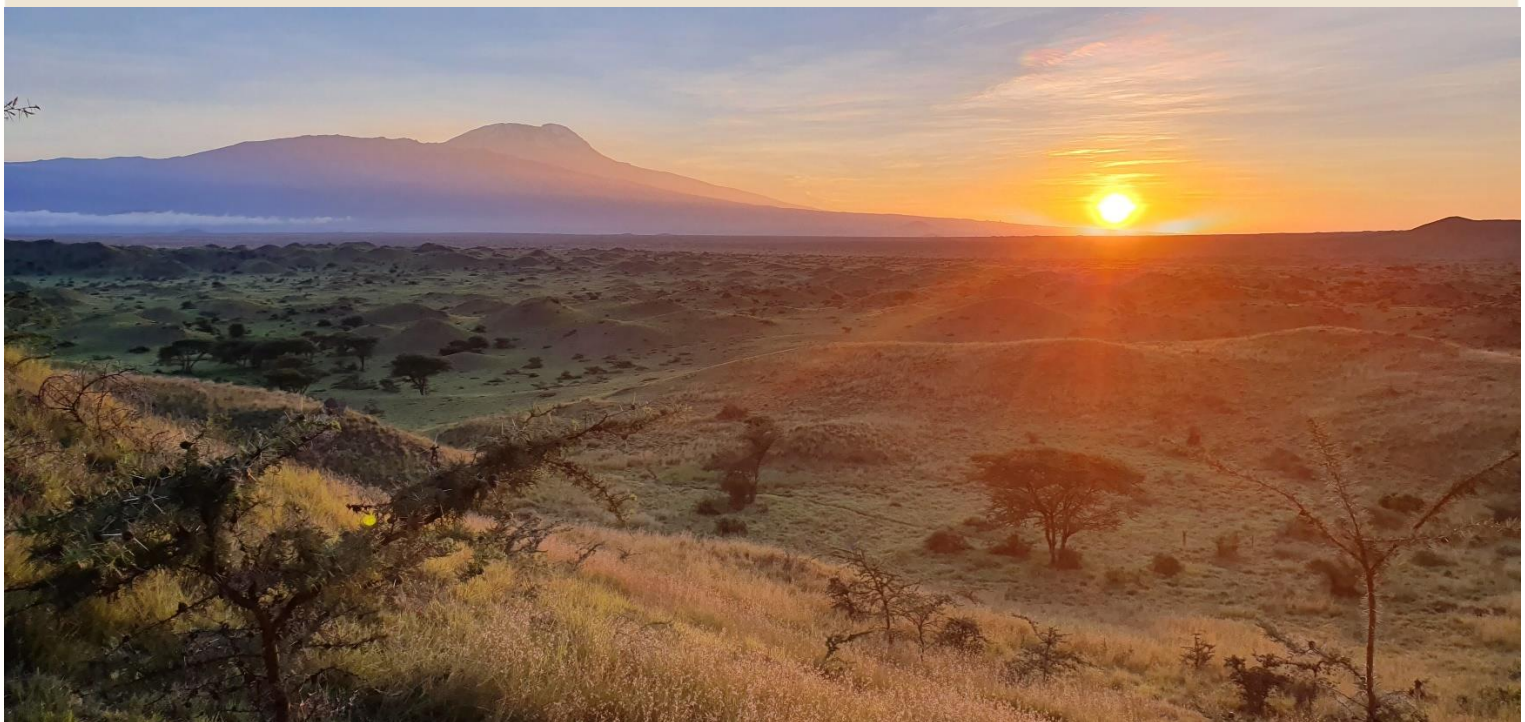
The following tips for Arusha and Moshi come from volunteers, so AAA does not take any responsibility for them!

### Trip to Arusha

- ❖ Accommodation: Raha Leo Hotel, near the bus station in Stadium Street
- ❖ Njiro Complex: take minibus/Dalla Dalla from the Clocktower towards Atomic Energy; there are restaurants, ATMs, hairdresser etc.
- ❖ Supermarkets: Pick'n'Pay - Strasser on from Njiro Complex - or Nakumatt
- ❖ Restaurants: Africafe, Fifi (both near Clocktower)

### Trip to Moshi

- ❖ Accommodation: A and A Hill Street or Lutheran Umoja Hostel (both within walking distance from the bus station)
- ❖ Restaurants: Union Café or Coffee Shop
- ❖ Supermarkets: Rafiki or Nakumatt







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## Advice from Volunteers for Volunteers

You don't know what your duties are? You have the feeling there are no tasks for you? There is no such thing! ;) There is always something to do, just ask us.



- ❖ Write letters with the children to their godparents, spend time with 5 or 6 children and try to express their thoughts together with them.
- ❖ Paint with the children at school and in their free time. With the paintings you can decorate classrooms, have the children take them home or send us a photo of them for their godparents.
- ❖ Start your own blog and share your experiences with us.
- ❖ Start photo or video campaigns for our homepage.
- ❖ Visit a family together with Mike and Jesca, bring them beans, sugar and tea. Make nice reports about your experiences.





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- ❖ Organize sports, music, games or reading events
- ❖ Maybe a child needs tutoring or just a person to talk to? E.g. Mathayo. He is a very nice and charming boy who lives since years with the teachers in Worseg Vision, without his parents. Get to know him! 😊
- ❖ Exchange ideas with others, approach others...there is a lot to see and do!
- ❖ Make a small visit to our store, there is often a small mess here.
- ❖ Show the children in the children's villa and at school a few guitar chords.
- ❖ Visit our patients at the Ward. Maybe there is someone here who would be happy about an open ear and a little time.
- ❖ There are a lot of books in the library, also for education.
- ❖ For example, organize a film or reading evening, or a game afternoon. The Community Center, the library or the covered area at the Pamoja School are good places to do so.
- ❖ Get lots of clothes sewn in our tailor's shop, you can't get around it anyway. ;)
- ❖ Create Information Sheets. For example, for future volunteers?
- ❖ There are no limits to your creativity!
- ❖ We would only ask you to inform Cornelia, Christine and/or us in advance about planned projects. Often, we have helpful information for you. Sometimes there are good reasons why something can't be done or can't be done at the moment.

## Behind the Facts

And the most important thing is: Have fun!

And don't forget to give yourself a break every now and then! ;)







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## A few more points that are very important to us:

- ❖ Out of respect for the local culture, we ask you to avoid excessive alcohol consumption! Furthermore, especially for the protection of children and patients, there is a strict ban of alcohol during working hours. Especially as a woman in Tanzania, alcohol, drugs and cigarettes create a very controversial image of oneself, which can be dangerous. For your own protection we ask you to refrain from alcohol, drugs and cigarettes during your voluntary period.
- ❖ In Tanzania it is not common for women to walk around in shorts or miniskirts, knees must be covered. Therefore, please bring long or three-quarter length skirts or trousers. Clothing that is too tight or too loose is also not appreciated.
- ❖ Loyalty to AAA is important to us. Of course we are happy if you establish trust and friendships in Tanzania, but we still ask you to report any misconduct of employees to Christine and Cornelia.
- ❖ The whole AAA-team is in an employment relationship with AAA and like in big organisations we cannot tolerate any kind of misbehaviour. This serves mainly to protect our children and patients. Therefore, regular reports and constructive feedback are very welcome. However, we ask you not to start any rumours, but rather contact Christine and Cornelia directly with any problems, questions or criticism.
- ❖ For your own protection: **No night walks! Danger of buffalos, snakes and hyenas! Please always ask the Watchmen.**





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## Step 4: Back home again

**Tip:** On request we can issue a confirmation of your stay!

### Keep track of your everyday life - Report

Of course, for you personally, but also for us and future volunteers. Future volunteers will certainly appreciate your tips.

Which dishes can I cook there? Recipes? Where can I shop good and inexpensive? The most beautiful excursion destinations? What should I take with me?

You can include all your ideas in our report, which we will send you after your stay. We are also happy if you send us photos, videos and documents you have created during your stay. You can talk about your experiences at our Volunteer & Rafiki meetings or share your experiences with other volunteers in our Volunteer Facebook group. Share your impressions and experiences! To be documented: Highlights, challenges, materials used, tasks, what has been done, recommendations for future volunteers etc., so that a handover to following volunteers is possible.

### Behind the Facts

#### Last but not least your input

If you have decided to work for AAA and your time here is already coming to an end, please write a report for your follow-ups what you have done and what the next steps might look like. Prepare the handover in time.

Record your everyday life in a diary or something similar for yourself, in a few years you will be able to read about your time in Momella and maybe come back to visit Momella? 😊

### Dear Volunteers from Germany

You can claim a part of the costs you encountered during your voluntary work for AAA (in 2017, 2018, 2019, 2020 etc.) as a donation via your annual tax declaration at your tax office. Therefore you need a donation receipt from Michael Peters, he is a member of the board of AAA Germany e.V. You can reach him under: [aaa.d@gmx.org](mailto:aaa.d@gmx.org). Further information can be found in the separate info sheet "reimbursement of costs" at Share Point.

### Rafiki - Become a Multiplier for Africa Amini Alama in Austria

Not only your help on site in Tanzania, but also here in Austria is a valuable support for us. As a representative of the AAA team you can use your skills such as distributing and picking up donation boxes and event coordination (e.g. taking care of information stands). In return for an agreed number of hours you will receive an internship confirmation. If you are interested in becoming a Rafiki after your stay in Momella, please contact: [volunteer@africaaminialama.com](mailto:volunteer@africaaminialama.com)

Because: Lots of different people in many places who do many small things can change this world.





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## **Volunteer& Rafiki Meeting in Austria**

Volunteer & Rafiki meetings take place regularly in Vienna. We would be very happy to welcome you there. You can use this opportunity to exchange ideas with other volunteers, reflect on your voluntary work and contribute your ideas. Friends, family or other interested people are welcome to join us.

Do you have ideas for your own small project, event or raising funds? We are happy to support you!

## **Remember me - Photo reminder**

Send us your favorite photo from your stay in Momella or take a laminated photo of yourself directly to Momella.

**Now all we can do is say:**

# Karibu sana - Welcome to Momella!





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**Here are some emergency phone numbers for YOUR trip to Tanzania:**

1. Naki Jonas: +255 759970245
2. Georgina Ruu: +255 759 970 245
3. Cornelia Wallner-Frisee: +255 764 903 769
4. Christine Wallner: +255 753 68 30 86
5. Noemi Glaser: +43 677 637 484 42

## Behind the Facts

Would you like to gain a little insight in advance? Visit us on Facebook, Instagram, YouTube and on our homepage. You can already travel to Momella virtually: [www.africaaminilife.com/360-tour](http://www.africaaminilife.com/360-tour)

All further information about becoming a volunteer in Momella and about the project can be found under the following link on Share Point: [https://africaamini.sharepoint.com/:f:/s/AAA/EvcuaE7RN4FHvk4WQsSX-xcBXtRBkGZE1-soYWLm\\_BLhfQ?e=ShpzCz](https://africaamini.sharepoint.com/:f:/s/AAA/EvcuaE7RN4FHvk4WQsSX-xcBXtRBkGZE1-soYWLm_BLhfQ?e=ShpzCz) The folder will be updated continuously!

You can keep up to date with Momella's progress on our homepage, Facebook and Instagram.

Love,  
Noemi

AFRICA AMINI ALAMA - Support Association - Röntgengasse 3a/3, 1170 Vienna - ZVR number: 517623687





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A few more impressions:







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