



# THO EDUCATION VOLUNTEERS FAQ



[www.thoportunities.org](http://www.thoportunities.org)



[Info@thoportunities.org](mailto:Info@thoportunities.org)



Dar Es salaam, Tanzania.

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## ABOUT US

## WHO ARE WE



Tanzania Health Opportunities (THO), a Tanzanian NGO founded in 2020, partners with local and international volunteers to provide education and essential services in underserved communities. THO's programs focus on empowering students through subjects like English, Mathematics, Science, and Sports, while also bringing medical professionals, such as psychologists, to support students' mental health and well-being.

# WHY CHOOSE US

Consider Tanzania Health Opportunities (THO) for a fulfilling experience, learning how health and education is provided in low resource countries, helping communities, and exploring Tanzania's diverse beauty during your free time.

**Our motto**

*Local impact, Global impact.*

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# EXPENSES



## How much it cost to volunteer in Tanzania with THO education program?

The cost you should expect are:

- €50 paid once for organization administration and logistics on your time in Tanzania (from 01.01.2025);
- €100 registration / donation fee for the school, paid once.
- €22 per day (€154 per week) for meals, accommodation, water, internet, in country support, pick up from airport and organizing your trip.



# EXPENSES



## What visa do I need? And how much it cost?

- To volunteer in Tanzania, you will need an ordinary visa for the purposes of humanitarian and charity activities. Most countries can easily obtain the visa on arrival at the airport.
- It costs \$50, it is valid for three months and can be renewed once. If you plan to stay longer than six months you need to apply for a Resident Permit.
- You can apply for a visa online at: [www.immigration.go.tz](http://www.immigration.go.tz).

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# EXPENSES



## Are there any other anticipated expenses?

- Other expenses to consider include in-country transportation from the host family to the hospital, which costs approximately \$2 one way. This cost can be split among a maximum of three people if there are other volunteers during your stay.
- Additionally, any personal expenses for outings or nearby travel should be budgeted.



# ACCOMMODATION

## Confirmation of €154 weekly per person for accommodation

The accommodation cost €22 per day per person, which amounts to €154 per week.

This fee covers:

- Accommodation of private or shared room with other volunteers. For shared room is volunteers of the same gender with private bed each.
- Three meals everyday.
- Airport pick up.
- Organization T-shirt, Organization certificate at end of your placement, get together dinner.
- Water, security, unlimited internet (WiFi), and laundry machine service.



# ACCOMMODATION



## How can i pay for the program fees?

- We use Remitly or WorldRemit as a payment system. Both ways make the world a bit better by helping to make the financial system fair and easy to send money.
- They offer the lowest cost, instant and fairest way of transferring money internationally. Because they don't add any hidden cost like Banks as you will Transfer money overseas up to 8x cheaper than banks.
- We believe in transparency and keeping a volunteer program as affordable as possible for our volunteers.

# ACCOMMODATION

## Is there any Wifi at the volunteer house?

- Yes, there is free unlimited WiFi.

## I am vegetarian/ vegan or have allergies. Is this a problem?

- Our host family cook a balanced diet and there is always a vegetarian/vegan option. And our host families can cater for any dietary restrictions too. In the registration form please inform us if you have any allergies, and we will take care of your requirements.





# GENERAL QUESTIONS



## What's the minimum/maximum time I can participate in a project?

- The minimum stay is two weeks. But it will take a few days to settle in and learn about your project and the best way you can support. The longer you work in a project, the more you and the project will benefit. Due to visa regulations the maximum time you can spend as a volunteer or intern in Tanzania is three months before renew again.

## I would like to volunteer in Tanzania but don't have anyone to come with me. Is it possible to come alone?

- Yes, you can absolutely volunteer in Tanzania alone! Most volunteers come on their own and quickly become part of a supportive community. You'll meet other volunteers, locals, and host families, so you won't feel alone. It's a great opportunity to make new connections while contributing to meaningful work.



# GENERAL QUESTIONS



## Can I start a fundraiser for community outreach and the school?

- Yes, you can definitely fundraise! Many volunteers take the initiative to raise funds to support these programs, as they can be costly. In fact, most outreach programs are funded fully by volunteers. Your efforts can make a significant impact by providing necessary resources for underserved communities. We encourage fundraising and can help guide you on how to maximize your efforts to make a real difference. Just let us know, and we'll help you plan a successful fundraising!



# GENERAL QUESTIONS



## How can I get from the airport to my host family?

- We are available 24/7 to pick our volunteers up. Pick up is included in our accommodation package.
- You will require you to share your flight ticket with us so that we can arrange your pick up.



# GENERAL QUESTIONS



## What most should I pack to come with in Tanzania?

- Bring comfortable and modest clothing suitable for teaching, such as lightweight trousers, skirts, and shirts. Pack any teaching materials you'd like to use, such as notebooks, pens, flashcards, or other tools to engage students. Don't forget comfortable shoes, as you may be on your feet a lot, and items like a reusable water bottle.
- Take anti malaria prophylaxis and recommended vaccines which are Yellow fever and covid. Bring a mosquitos repellent as well.



# GENERAL QUESTIONS



## Which airport do I have to fly to?

- Julius Nyerere International Airport (JNIA) in Dar es salaam (DAR) is an international airport. You can often find cheaper flights to. We will pick you up at any time, day or night, so please send us the details of your flight for arrangement of pick up.



## What is the safest and recommended way to navigate in the city?

- Dont worry, when you arrive we will give you all the tips you need to know on how to stay safe, but all volunteers are recommended to use UBER or BOLT for all rides in the city.



## FREE TIME



### What activities can I do on my free time?

- Free time after work, you can explore the city, go to the beach, city tour, museums etc.
- On weekend volunteers go to Safari or to Zanzibar island (one hour and an half from homestay), some go to explore Dar Es Salaam's islands which are beautiful and perfect for relaxing.

### Do most places accept credit card payments?

- Yes, you can always use your card for any payment in restaurants and you can always withdraw money from most ATMs in the city.





## FREE TIME



### How much it cost to go safari as a volunteer?

- Going on safari can be expensive, but when volunteers go in a group, it is always affordable for most of our volunteers. For 350€ per person, you can experience a two-days, one-night safari at Mikumi National Park, where you can see all the animals from an open-roof car.
- This includes pick-up from the volunteer house, entrance fees, accommodation, meals, and drop-off at the volunteer house.

### Can I go explore Zanzibar Island on my own?

- Yes, most volunteer go themselves, but if you would like to have organized trip you can inform our team and will help you organize this.





# SOME PHOTOS





# SOME PHOTOS



# CONTACT US



+255 716 264 985



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