



THO MEDICAL VOLUNTEERS FAQ



www.thopportunities.org



Info@thopportunities.org



Dar Es salaam, Tanzania.

www.thopportunities.org

ABOUT US

WHO ARE WE



Tanzania Health Opportunities (THO), a Tanzanian NGO founded in November 2020 during the second COVID-19 wave, partners with local and global volunteers, especially medical students and healthcare volunteers to provide essential healthcare services and education in underserved communities. Its mission is to improve healthcare access, reduce disease incidence, and foster community development.

WHY CHOOSE US

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

Our motto

Local impact, Global impact.



SUMMARY



- 1 EXPENSES
- 2 ACCOMMODATION
- 3 GENERAL QUESTIONS
- 4 FREE TIME
- 5 SOME PHOTOS
- 6 CONTACT US



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EXPENSES



How much it cost to volunteer in Tanzania with THO hospital elective program?

The cost you should expect are:

- €100 paid once for organization administration and logistics on your time in Tanzania;
- €50 registration / donation fee at hospital, paid once for any number of days to one month duration. (Government regulations for all public hospitals for volunteer/ internship/ elective or learning purposes).
- €50 clinical supervision fees at the hospital.
- €30 per day (€210 per week) for meals, accommodation, water, internet, 24/7 in country support, pick up from airport and organizing your trip.



EXPENSES

What is included?

- Safe accommodation shared with other volunteers.
- Breakfast and dinner (Mon to Fri); full board on weekend and public holidays.
- Unlimited WiFi access at the accommodation.
- Organized daily activities and weekend recommendations by our in-country team.
- Hospital tour with staff and department introductions.
- Placement tailored to your interests with department choices.
- Supervised hospital placement with English-language mentorship.
- Community outreach opportunities (based on home country fundraise).
- Dedicated guide to help you prepare for your trip.
- Assistance with university documents and recommendation letter.
- 24/7 in-country support team of English-speaking.
- Airport pickup on arrival.
- 24/7 emergency support during your program.
- Program certificate upon completion.



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 also easily obtain the visa on arrival at the airport.
- It costs \$50, it is valid for three months and can be renewed for an extra month. If you plan to stay longer than four months you need to apply for a Resident Permit.
- You can apply for a visa online at: www.immigration.go.tz.



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 €210 weekly per person for accommodation

The accommodation costs €30 per day per person, which amounts to €210 per week.

This fee covers:

- Comfortable and secure volunteer house or local host family stay.
- Local host family support and daily cultural exchange opportunities.
- Breakfast and dinner provided Monday to Friday; full board on weekends and public holidays.
- WiFi access available throughout the house.
- Laundry service available on-site or nearby (small fee may apply).
- Common areas for relaxing, studying, or socializing with other volunteers.
- Access to kitchen facilities for personal use.
- In house drinking water provided.
- Electricity and running water.
- Fans provided in all rooms.
- Bed sheet changed regularly.
- Safe and friendly neighborhood, close to the beach, hospital and essential services.
- Local coordinator living nearby for assistance and support.



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.
- Due to exchange rate fluctuation, to ensure all volunteers pay the same, we use a fixed rate of 1€ = 3000 TZS.

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 families 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 four months before renew again.

I would like to volunteer in Tanzania but don't have anyone to come with. 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 medical mission?

- Yes, you can definitely fundraise for community outreach and medical missions! Many volunteers take the initiative to raise funds to support these programs, as they can be costly. In fact, most medical 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 program package.
- You will be required 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 your scrubs (any colour you would like), your medical tools to use in hospital like stethoscope, otoscopy, scissors etc.
- Take anti malaria prophylaxis and recommended vaccines which are Yellow fever, Hepatitis and Covid 19. 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. 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?

- During your free time after work you can explore the city, join an African dance class, go to the beach, city tour, cooking class, beach volleyball match etc.
- On weekend volunteers usually go to Safari or to Zanzibar (one hour and an half from homestay); Some explore Dar Es Salaam's islands which are beautiful and perfect for relaxing or go hiking.

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.

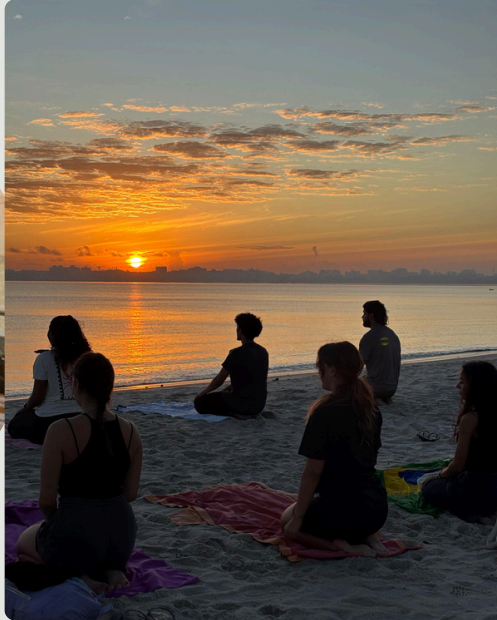
Can I go explore Zanzibar Island on my own?

- 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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