



All The Facts & Things You Must Know!


Introduction

 We have done a bit of thinking and with the feedback gained from our volunteers, ground staff & our knowledge of the field have put together a fact and information sheet for people wishing to give their services abroad. Sub Saharan Volunteers & Adventures believes the most important thing volunteers are looking for when they go on placement with us is value for money. We believe this is the case, not only for the volunteer but for the sponsors, fundraisers and everyone else involved getting you out here. Time and time again we see volunteers achieve such wonderful achievements within their project placements and the local communities. Why shouldn't you be the same?!

Deciding Which Project Is For You!

 Sub Saharan offers a wide variety of choice when it comes to projects. You need to really think about what it is you want to do and how you can best put your skills to use. Whether it's teaching you're interested in or maybe caring for AIDS/HIV Orphans or maybe you're a journalist. Whatever it is you are interested in you will more than likely find that field of work through Sub Saharan. You will find many different combination types of projects on our website so choose one you think will benefit you and you feel you have something to offer. That's the hard decision made! Now you have the fun task of picking which country and location you would like to explore whether it is the hustle and bustle of Nairobi's busy streets or a more relaxed time spending it on a beach in Dar es Salaam. Feel free to [contact us](#) for any further details of any project you may have seen on the website.

Participating In a Project

 We feel the most important aspect of a project is that it is self sustainable and the help is going to the people it should be. As much as some of the teachers at the schools and

carers in the care homes need help remember you are there to help the children so you have to get your priorities right to being with. Remember why you signed up for the project and keep that thought in your mind throughout your stay at your placement. Stick to the rules and regulations of the project and you like many others will have the experience of a lifetime.

If you are kind enough to donate to a project please let one of our ground coordinators know and they will advise and help you with your decision. A money donation is usually a 'No No' as it usually goes missing so we opt for tangible products whether it is school desks or more chalk or maize flour for an orphanage feeding program. Whichever it is you decide to donate the project and Sub Saharan will be truly thankful.

Money



Funnily enough money seems to be the most profound problem when it comes to visiting some of these poorer countries. There are many scams that you should be aware of before you become victim to one of them. The problem is when some African's see white people (Muzungu), as they are locally known they automatically assume that you are a walking ATM machine. This can pose a real problem especially in some of the poorer communities. We would like to offer you a few tips on how to keep your money and personal possessions secure whilst in Africa;

- Always keep your money and personal possessions under lock & key (just to be on the safe side)
- A good lesson to learn is to carry only the necessary money you need on you
- A tried and tested method is to separate your money all over your body, this makes life very difficult for pick-pockets
- DO NOT flash your money, cameras or any other expensive item around
- DO NOT discuss money issues with people you do not know.

It's not all doom and gloom on the money front though. Haggling or bartering are methods most commonly used on a day to day basis buying goods, curios, gifts, food & fruits. The idea is to purchase the item at the lowest price possible. Chances are when they see you coming they will try and 'rip you off'. You need to half their suggested price to get good value and then you can work it out to what seems reasonable from there. It is good to do some research into the cost of items and transport so you know roughly what you should be paying. Do not hesitate to ask one of our coordinators on the ground in your chosen country as they will only be too happy to help.

The Way of Life



Africa is very different from the western world. We cannot emphasise this point enough. There is a lot more poverty which isn't hidden, you will see it all over the place, in the streets even in rural settlements. It's something that you will get used to after time. Obviously being in Africa means the weather is a lot hotter. However this entirely depends on where you are. Generally if you are situated in land for example Nairobi, or Lilongwe the temperatures are much more comfortable day and night in comparison to Mombasa, Dar es Salaam and Northern Kenya where temperatures can soar to 40°C. As you can imagine it becomes very difficult to work in such temperatures so locals tend to work a lot earlier in the mornings and break for the midday sun and resume again in the late afternoon.

The way of life in Africa is also very relaxed unlike most of the western world. Things get done when they get done and there is not much anyone can do about it. One thing you will need to take to Africa with you is a bag full of patience to be able to calmly deal with lengthy delays, activities, transport and people not on time. It's called 'African Time', be aware of this.

Project Donation Ideas



If you feel you want to make a donation to a project please contact one of our ground coordinators and discuss with them your ideas. Below is a list of donations volunteers have previously given to various projects;

- Have new school work benches made.
- Purchase any cleaning equipment needed by the project
- New text/exercise books are always in high demand.
- Donate a laptop or a desktop computer
- Buy sports equipment for use at the project
- Purchase school uniforms
- Buy a sewing machine to help with all those torn clothes

"To stay in Kenya for 6 months was definitely one of the best decisions I've ever made in my life...It was such an inspiring, precious and life changing experience.. It gave me the opportunity to get a proper insight into the Kenyan culture and their way of life..."

Celine Santschi, 2009