



Umoja center

Volunteer handbook

Table of Contents

Welcome Message	03
Our Vision / Our Mission	04
Project	05
Our Youth	08
Our Team On The Field	10
Your Impact	11
Accomodation	12
Tanzania	13
What to Do	14
Contact	16



Welcome

→ Message

UMOJA

"Unity - being as one"



We are very satisfied and happy to welcome you to our team, to work as a volunteer. We really thank you for choosing us and to join our organization.

In this handbook you can find further information about Umoja and Tanzania in general which will help you to get started.

We are eagerly waiting to meet you and share your ideas.

We welcome you once again to our organization and hope your contribution will help greatly in the success of our project.



04

Our Vision

Umoja's vision is to increase the opportunities for self-reliance, in actively contributing to educational development by offering a qualitative education and coaching to local youth with a mental disability.

Our Mission

Our mission is to enable greater independence and opportunity for youth with a mental disability in Tanzania, through the design and provision of qualitative self-reliance, therapeutic services and training.

Greenhouse / Garden

05



We have two Rooms in our Greenhouse to grow plants in. We use it to grow vegetables in it, for example Zucchini, Tomatoes, Peppers, Onions, Beet Root, Egg Plants etc. Some of the vegetables, we take to cook the food for the children in the center. What we don't need in the center, we sell to have a little income from it.

The Greenhouse is mainly managed by our gardeners but with the help of some of our youth.

Our Project



Animals

06



At Umoja Center are living different kinds of animals, including chickens, goats and rabbits. For the future, we planned to have ducks too.

At the moment, we are expanding our rabbit cages. We want to grow the amount of rabbits we have and sell them to generate income for Umoja Center. Furthermore, we lately bought nine more chickens and a cock and we plan to buy more soon.



Our Project



Youth program

The well being of the children is the priority of Umoja. We want to provide them as much help as possible to live a good life. Therefore, we have the "Youth Program". We teach them for example knitting and sewing, handcrafting, farming, gardening and compost, how to keep animals and how to cook. Furthermore, they learn how to clean and personal hygiene. And of course, there is time to play, sing and dance together.



Our Project

Our Youth



Fidelis



Swity



Amiri



Dorcas



Theresia



Neema



Priscus



Godlisten



Said



Godfrey



Pauli



Francis

Our Youth



Angel



Epi



Habibu



Francis



Patricia



Ester



Shabiri



Christian

Our Team

On The Field



Henny Schuurmans
project consultant



Maisori Nyambura Pia
cook / practical teacher



Bibiana Lucas
cook



Edward Mgala
project manager



Mary Mashanda
field manager



Adam
driver



Wilson
watcher / gardener



Serena Kohls
website manager

How You can help

11

- Farm work, especially in the Greenhouse (seeding, preparing, planting, harvesting...)
- Managing our water bottles project
- Support in the Youth Program (sewing, sports, creative work...)
- Knowledge and experience with disabled persons
- Teaching children ecological gardening in an understanding way
- Checking the conditions of plants and animals Improving the project organisation

Your
Impact



Accommodation

The D-lodge

You can stay at the D-lodge which is located only a 15min walk from the city center. There are 4 rooms with a private bathroom. Sheets and towels are included.

Price: 175.000 TZS for a week including breakfast.

Dinner: 5000 TZS per day.

Transportation to / from the airport ::
140.000 TZS

Transportation



Tanzania

13



General

Tanzania is a dream for all those who love nature and culture. Despite that people talk about “Beautiful Tanzania”, the population is faced daily with various social problems such as poverty, poor health services and limited healthcare. Tanzania is in the east of Africa and is surrounded by various countries including Uganda, Kenya, Rwanda and Zambia. The official capital is Dodoma and from there Moshi is eight- or nine-hours’ travel. It is here at the foot of Mount Kilimanjaro that the Umoja project is active.

Moshi city

Moshi is a lively city with its own unique charm. One of which is Mount Kilimanjaro (also known as “the shy mountain”. The mountain appears aloof at first but slowly reveals its natural beauty.

You can enjoy local dishes such as rice, cooked bananas, beans, fish, chapati and ugali. A visit to the local market is truly worthwhile. As well as the rich variety of activities in and around Moshi, there is much to discover in the city itself. In the local vegetable and fruit markets you can have great conversations with the locals and take the opportunity to buy some great souvenirs. Unfortunately, Tanzania is not just a country of natural and cultural charm but suffers from many social problems. This is why Umoja is standing on the side of those least able to endure the hardships in and around Moshi.

Culture

In Africa, Tanzania is one of the most diverse countries in terms of culture. Although there are many languages, Swahili is the common language and helps to create a national identity. Along with many languages there are also many religions – among which are Christianity and Islam. The main tribal groups are the Sukuma, the Chagga, the Haya, and the Masai. Apart from nature and culture Tanzania is a heaven for coffee-lovers. It is the second largest coffee producer in Africa. Freshly roasted local coffee beans are the secret for perfect coffee.

Finally, Tanzania has an extensive culinary culture to make your mouth water. You can enjoy delicious recipes with rice, cooked bananas, beans, fish, chapati and ugali. Despite the broad choice, poor members of society are unable to enjoy it and struggle to achieve a single meal per day for the whole family.

Wildlife

Tanzania is rich in wildlife in all its forms. There are many opportunities to discover the spectacular nature of Tanzania. There are many national parks where wild animals can be spotted. Furthermore, there is the chance to experience the fauna and flora during walks, mountain-bike tours, public transport or private excursions. You will experience immense lakes, savannas, mountains displaying all the natural beauty of the country.

What to do

14



Materuni Waterfall & Coffe tour

Materuni waterfalls are less than an hour's walk from the nearby village. With a height of 150 m, it is considered to be the highest waterfall in the Kilimanjaro region. If you want to swim in chilly waters, don't forget to bring a swimsuit as the lagoon is safe to swim in

You can continue with a visit to the local village lying in the coffee plantations. The villagers will demonstrate the process of coffee farming and guide you through the preparation of coffee from a bean to a cup. Sing and dance along with the Chaga people as they are grinding, roasting and boiling the beans.

40.000 TZS



Chemka Hotsprings

If you want to escape the crowds in Moshi, the Kikuletwa hot springs are the best place to hide. One of the rare places that looks exactly like in the internet photos. The lagoon has warm water that is pleasant to swim in and small fish that will nibble on your toes.

10.000 TZS

What to do

15



Rau Forest & Rice Fields

Rau Forest Reserve boasts a diverse array of butterflies, birds, trees, and other wildlife. You can spot blue monkeys and black-and-white colobus monkeys chattering in the branches. Learn about sacred 200 year-old trees and their significance to local communities. Watch colorful water birds in the rice fields at the edge of the forest and, if weather permits, view of Mount Kilimanjaro!

20.000 TZS



Safari Tarangire & Ngorongoro

Visiting Tarangire and Ngorongoro crater makes your wildlife dreams of seeing the African top 5 complete.

Contact number Whatsapp: +255 755 218 062

Price: €300 / 320 USD

Including: Pickup early in the morning in Arusha. All meals. One night sleeping at camping place. Bringing back to Arusha.

Other

Safari Serengeti, Safari Lake Manyara, Kilimanjaro Climb, Mount Meru Climb, Visiting island Zanzibar, Visiting cities Arusha and Dar As Salaam, ...

Contact Us



henny.schuurmans@umoja-center.com

www.umoja-center.com

+255 745 696 301 (Henny Schuurmans)
