

**YOUTH IN ACTION AGAINST POVERTY AND HIV/AIDS. (YAAPHA)**  
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**PROGRAM NAME: HEALTH AND HYGIENE ASSISTANCE.**

A health and hygiene assistance volunteer at this placement is required to help out with raising awareness about the causes, effects and prevention of HIV/AIDS and the transmission and treatment of HIV/AIDS.

Health and hygiene assistance volunteers will assist with the education, as well as the care of youth who are affected by the HIV/AIDS pandemic through "home based care" and conducting public youth group educational sessions. A health and hygiene assistance volunteer is expected to provide support for the most vulnerable children (MVC) who have been affected by the HIV/AIDS pandemic through the organization's foster parent programs, sponsorship for schools, counselling, tutoring and assisting to obtain monetary funds for basic needs.

Health and hygiene assistance volunteers may be asked to assist in the organization's endeavor to educate citizens on important issues such as human rights and gender based violence. YAAPHA also offers legal counselling for people experiencing human rights violations.

A health and hygiene assistance volunteer does not need to have had previous experience related to this illness but they must have good communication skills and a sincere desire to help in the fight against AIDS. Volunteers should have previously researched and educated themselves in respect to the different aspects of the illness so that they can make a meaningful contribution during their volunteering commitment at this placement. Health and hygiene assistance volunteers must be mature individuals who have the emotional fortitude to be able to work in sometimes stressful situations and project a positive attitude.

***Activity Description for this project are as follows:***

**1. Counselling**

Counselling is one of the tasks that a health and hygiene assistance volunteer would be expected to participate in with the assistance of staff. Therefore, all volunteers for this placement must have educated themselves in regards to all aspects of HIV/AIDS. This should include knowledge about current medications and treatments available.

**2. Outreach Program**

A health and hygiene assistance volunteer may be asked to assist in the outreach work, where the organizational staff with a volunteer would conduct trips to the streets and schools, reaching out to youth who are infected and/or who are at risk of being infected with HIV/AIDS.

**3. Sports & Events**

A health and hygiene assistance volunteer would be required to help in organizing sports and events for the youth groups that they work with. This is an important endeavor as it provides for these young people an enjoyable outlet to their often stressful situations.

**4. Document of Projects**

After a HIV/AIDS project has been completed (or perhaps during the said project) the health and hygiene assistance volunteer may be asked to assist the local staff in all necessary documentation. The data is filed in the organization's office for future reference, if or when required.

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## **ACCOMMODATION**

All volunteers will stay in a volunteer house. Volunteers can expect to share a room with 1 to 4 other volunteers of the same gender. The volunteer house can accommodate up to 45 volunteers at one time.

Rooms have a lot of space and are of high quality. We have hot showers and permanent water supply, electricity and security 24/7. Wi-Fi and Satellite TV are available.

Bedding and towels will be provided. Housekeeping and laundry are offered 3 times a week.

Our accommodation is located in Moshi Town, 10 minutes away from the City Center, and 500 meters away from public transportation.

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## **MEALS**

We provide 3 meals per day: Breakfast, Lunch, and Dinner.

Breakfast usually consists of toast, eggs, noodles, tea, or coffee. Lunch includes local or western foods and dinner often includes chicken curry, pasta, noodles etc. We provide bottled drinking water for the whole duration of the trip (3 liters per day/per person).

If you have any special dietary requirements, please let us know so we can make arrangements for you. We will do our best to see that you are well taken care of, but as a volunteer, there is a need to be flexible.

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## **HERE'S HOW YOUR TYPICAL DAY WOULD LOOK:**

**7 am to 7:30 am:** Breakfast

**7:30 am:** Organized Transport to your placement

**8 am to 12 pm:** Volunteer Work at schools

**12 pm to 1 pm:** Lunch at Volunteer house

**1 pm to 2 pm:** Break

**2 pm to 4 pm:** Volunteer Work at school.

**4 pm to 5 pm:** Break

**5 pm to 6 pm:** Swahili Class for all of our volunteers

**6 pm to 7 pm:** Break

**7 pm:** Dinner

*\*Volunteers have the weekends off*

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## **LOCAL EXCURSIONS AND SIGHTSEEING**

We provide a free excursion to the local waterfalls. {Ngoro Waterfall in Marangu- under the roof of mount Kilimanjaro}

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## **SUPPORT**

- Volunteers will get a free local SIM card so they can keep in touch with us and their family.
  - We provide support and assistance to our volunteers 24/7 while they are here.
  - The hospital is 15 minutes away from the volunteer house, and 25 minutes away from the placement.
  - We have our own vehicle and will provide service to the hospital if needed.
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## **WHAT'S INCLUDED IN THE FEE?**

Accommodation  
3 Meals a Day  
Orientation  
Local Excursions  
Pick Up/Drop Off  
Hospital Transport  
Wifi & Satellite

## **WHAT'S NOT INCLUDED IN THE FEE?**

**The following is not included in the fee:**

- Flights
  - Insurance: participants are encouraged to consult a travel clinic and/or their personal physician to discuss recommended immunizations for Tanzania
  - Visa, if needed
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