



RECOMMENDATIONS FOR VOLUNTEERS

1. Documents (ID, passport, ticket and insurance policy) can be scanned into the computer and carry with. Usually, we also scan medication permissions of the Ministry of Health, donated material lists and other writings made by the Foundation as it is a humanitarian mission.
2. The medication requires authorization from the Ministry of Health (in Spain) to leave the country. It is managed by a service of a hospital pharmacy, you need the signature of a pharmacist who confirmed that this is an order that meets current legislation, and that drugs are suitable for the mission to be performed. It is worth carrying at least two copies of the authorizations if they are asked at the airport of origin and destination (they have already been reviewed in some occasions). Keep in mind that conventional medication authorizations and drugs are different and in all missions, we carry with us both ones.
3. The Foundation makes justifying paper (certificate) that the material and medication carried are for a humanitarian mission. It is worthwhile taking two copies of this information and, if possible, you carry it scanned into the computer.
4. En **Kenia** se solicita permiso de trabajo antes del viaje (en caso de que se vaya a viajar a ese país). Es el Dr. Qureshi (moody_qureshi@yahoo.com) el que nos proporciona los documentos a cumplimentar. Si se va a viajar a ése país habrá que llevar como documentos **fotocopias compulsadas del título de licenciado en Medicina y Cirugía y/o el de especialista**.
5. Es aconsejable inscribirse **como viajero** en la Página web del Ministerio de Asuntos Exteriores y Cooperación. Por su hubiera algún problema que conste que estamos en el País en las fechas establecidas.
6. Travel insurance: the Foundation provides it, as long as you travel from Spain to the destination country.
7. **Relevant vaccinations by destination country**. Currently, it is required yellow fever vaccination record at the entrance to Zanzibar.



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8. In the bags and boxes of material we put a badge with a plastic bag or sticky label showing that the material own NED for a humanitarian mission ("**NED Foundation. Humanitarian Mission**"). It is a quick and easy way to identify all the packages.
9. It may help us carry **cellophane or brown tape** and / or **American tape**. It will not be a bad idea to bring **bridles** ... just in case.
10. Scrubs, cups, masks, safety goggles, clogs, ... fronts
11. **Currency:** In Tanzania, the currency is Tanzanian Shilling (TZS); 1 Euro = 2.214,300 TZS approx. In Kenya, it is the Kenyan Shilling (KES); 1 Euro= 117,049 KES
12. **Dólares** (de cabeza grande), no aceptan los de cabeza pequeña. Este detalle, puede parecer una tontería, pero para ellos es importante, si no, no te los aceptan o valen menos. Puedes llevar euros o dólares, y cambiar allí (mejor en las casas de cambio de Stone Town que en el aeropuerto). El cambio es mejor, porque en el aeropuerto se aprovechan un poco más. *En principio, ellos prefieren dólares, y el cambio suele ser mejor.*
13. **U.S. Dollars** (big head), they do not accept small head. This particular may seem silly, but it is important for them; if not, they cannot accept them or worth less. You can take Euros or Dollars, and change there; but it is better exchange houses in Stone Town Airport because the change is often better.
14. To enter Tanzania, the **visa** costs approx. \$ 50 (large head).
15. **Electrical Outlets and / or multiple sockets. African plug adapter.**
16. **Hands Alcohol o clean-hands without soap**
17. **Extra-strong Relec and Malarone** ... prevention is better than **Fortasec** (it would not be amiss, just in case) and a stomach protector.
18. Please remember that it use to be internet there. If those who will carry their computer, they will install Skype (Free) to speak with ... family.
19. **CLIMATE:** Zanzibar archipelago is subject to an equatorial climate characterized by two rainy seasons: the major (masika) develops from March to May and the smallest (vuli) from mid-October to December. Between them, there is a dry season, mainly from June



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to October. February is the warmest and the coldest month is August. Islands, although they are very close Ecuador, are not subject to the passage of the cyclone

20. **Kenya** enjoys a tropical climate. It is hot and humid at the coast, temperate inland and very dry in the north and northeast parts of the country. The average annual temperature for the coastal town of Mombasa is 30°C maximum and 22° C minimum, the capital city, Nairobi 25°C maximum and 13° C minimum. There is plenty of sunshine all the year round and summer clothes are worn throughout the year. However, it is usually cool at night and early in the morning. The long rains occur from April to June and short rains from October to December. The rainfall is sometimes heavy and when it does come, it often falls in the afternoons and evenings. The hottest period is from February to March and coldest in July to August.
21. **VESTIMENTA:** En general hace calor y bastante humedad. Solo en los meses “más fríos” con temperaturas que oscilan entre 20 y 28 grados. Por lo que interesa ropa de algodón, calzado cómodo y algo de abrigo ligero para los meses más fríos.
22. **CLOTHING:** It generally is hot and quite damp (only in the "cooler" months the temperatures ranging between 20 and 28 degrees). For this reason, it is interesting to wear cotton clothing, comfortable shoes and some light jacket for cooler months.
23. **LANGUAGES:** English (not everywhere) and Swahili (official)