

Experience



The Janada L. Batchelor Foundation for Children

Trip Handbook



2017

Dear Friends,

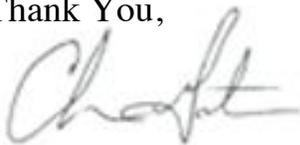
We are so glad that you are considering this once-in-a-lifetime experience in Tanzania! If you have always wanted to travel to Africa and see the work of JBFC in person, this is the perfect trip for you. JBFC is thrilled to offer three Experience JBFC Trips in 2017, a unique opportunity to travel with our staff to our campus in Tanzania. We know that you will walk away from this trip with a new perspective on the world and deeply meaningful and valuable relationships with our girls and students.

We want you to be fully immersed in the Tanzanian culture and daily life at JBFC. We'll be working together to achieve our mission: alleviating extreme rural poverty. The work can be hard, the living conditions are primitive, the food is sometimes foreign, but the memories and relationships will last a lifetime. The "working together" process is extremely important, as we are not working in Tanzania to simply implement our American ideas and processes. JBFC is an organization primarily run by Tanzanians for Tanzanians, and we believe this is central to our success and long-term sustainability.

We hope you will leave your mark on our campus, but we also hope our campus will leave its mark on you. Through your work at JBFC and conversations with our staff, we hope you will recognize your role as a global citizen – and the responsibility to others that comes along with it. We hope you will be engaged more deeply in the work of JBFC and able to share first-hand stories of the impact we have in our community and beyond.

This handbook is designed to educate you about JBFC and the experience ahead of you. We hope that it can answer many of your questions and alleviate any stress you might be feeling, while helping you to appropriately prepare for this trip. If you have any further questions about this guide or your trip, please do not hesitate to contact our Volunteer Coordinator, Diana Booren, at dbooren@jbfcc-online.org or 918-706-2268, ext 2. We are looking forward to working together to make a difference.

Thank You,



Chris Gates & The JBFC Family

What is an Experience JBFC Trip?

These trips are perfect for individuals, students, families and couples who want the chance to visit JBFC for themselves. It is an opportunity to travel with JBFC staff to our campus and learn about what we do, the children we serve and the ways we strive to alleviate poverty in East Africa. High school students who are not part of a school group that travels to JBFC may participate in one of these trips. We offer three Experience JBFC Trips each year.

2017 Trip Dates

February 26-March 8

May 22-June 1

July 19-July 29

These dates are the dates you would be on campus. Please plan 24-48 hours of travel on either side. You may choose to travel with JBFC staff from the U.S., or meet us in Tanzania. You may want to book a safari on either end of your trip. Students under 18 who are traveling without their parents must book an identical itinerary to JBFC staff.

Active supporters of JBFC may contact us about the possibility of visiting our campus at other times throughout the year.

Preparing for your Trip

Our U.S. Volunteer Coordinator, Diana Booren, will be your primary contact in preparing for your trip. Please feel free to contact her with any questions or concerns you may have.

Diana Booren
918-706-2268, ext 2
dbooren@jbfc-online.org

JBFC Background

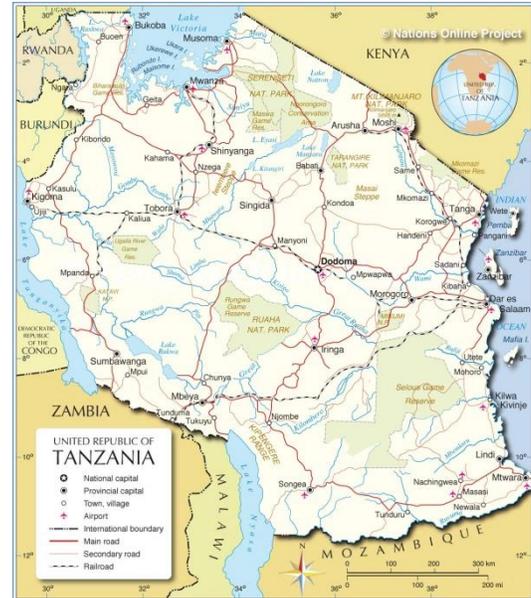
Founder, Chris Gates, dreamed of living in Tanzania as an exotic animal veterinarian in the Serengeti National Wildlife Park, at the age of 5. He made his grandmother, Janada L. Batchelor, promise that when he turned 16 she would take him to Tanzania on a safari. When it was almost time to go, she announced that he would first have to volunteer at a boys' home near the Serengeti. He was reluctant, but agreed in order to take



his dream safari.

Chris fell in love with Tanzania -- its people, animals, culture, and land. He began volunteering at the Tanzanian Children's Rescue Center (TCRC), a boys' orphanage, during his high school summers. He noticed during his time that there was not much being done to help girls and felt called to provide these girls with a safe, loving home where they could become empowered, educated, contributing members of society.

Chris started JBFC before his freshman year at New York University and was able to oversee operations and development of the center while at college. Starting in 2007 with only seven girls in one house, JBFC has grown into a 70-acre holistic care campus on the southern shores of Lake Victoria in a rural village called Kitongo. JBFC takes a comprehensive approach to alleviating extreme rural poverty by providing refuge for over 50 girls ages 6-19, primary, secondary, and vocational education for hundreds of boys and girls, access to quality healthcare, and economic development through agriculture. JBFC now employs more than 70 people, the vast majority of them are Tanzanian.



Tanzania Background

Geography: Tanzania is bordered by Kenya and Uganda in the north, Zambia, Malawi and Mozambique to the south, The Democratic Republic of the Congo, Burundi and Rwanda to the west, and the Indian Ocean to the east.

Climate: Tanzania has a tropical climate. Located near the equator, it can be warm and humid. But temperatures on JBFC's campus tend to run in the mid- to upper 80s (Fahrenheit) year-round. During rainy season, November through May, temperatures may drop as low as 60 degrees.

JBFC's Home: The main campus is in a remote village in the Mwanza Region, which is in the northwestern part of the country - we have a spectacular view of Lake Victoria, Africa's largest freshwater lake.

Mwanza, Tanzania: Mwanza is the second largest city in Tanzania. Mwanza is home to a large fishing industry and is said to be where the earliest 18th Century explorers went to look for the source of the Nile. JBFC's campus is located about 30 miles east of Mwanza city. **Language:** Tanzania has two official languages, Swahili and English.

Fun Historical Fact: Tanzania is probably one of the oldest continuously inhabited places

on the planet. Human fossils have been found there dating back two million years.

Education: The literacy, since the 1980s has been on a steady decline and currently hovers just under 70%, meaning many of the rural citizens cannot read or write.

Children: There are more than 1,000,000 children orphaned in Tanzania. Approximately, another million are forced to live on the streets because of extreme poverty and neglect.

Travel

You are welcome to travel with JBFC staff for your entire itinerary, meet up with them en route or book your own travel itinerary. If you would like to travel with JBFC staff the entire time, we would be glad to book your tickets and invoice you for the cost. If you would like a different itinerary, we ask that you arrange your own travel. Please be aware that you must arrive and depart from campus within the Experience JBFC Trip window. It will not be possible for you to arrive early or stay longer.

2017 Dates:

February 26-March 8

May 22-June 1

July 19-July 29

While you may use any agent to book your travel, JBFC strongly encourages you to use our preferred agent so that we can stay up to date on any unexpected changes in your itinerary. You'll need to fly in and out of Mwanza.

JBFC recommends World Travel. Our agent is Diana Hitchcock and can be reached below. Please mention that you're traveling with JBFC.

World Travel

Diana Hitchcock

918-743-8856

dhitchcock@worldtvl.com

After Hours Emergency Service: 877.431.0911

Provide Agency Code H3W0 (zero)

JBFC provides transportation to and from the Mwanza Airport. If you are traveling separately from JBFC staff, you will be met by a JBFC staff person upon your arrival in Mwanza and transported to campus. The cost of this transportation is included in the cost of your trip.

If you would like to travel with JBFC staff from Tulsa, we would be glad to book your

travel for you and invoice you for the cost. If your itinerary will differ from JBFC staff's, you will need to make your own arrangements.

We will need a copy of your flight itinerary (from the airlines or travel agent with confirmation numbers included). We will track any delays regarding your arrival into Mwanza and plan accordingly. However, if an earlier leg of your travel is delayed, canceled or a flight missed, please contact our U.S. Volunteer Coordinator. If you are already in Tanzania, please contact our Tanzanian Volunteer Coordinator, if at all possible. Contact numbers and emails are listed at the end of this handbook.

Weight Restrictions

All international airlines have different limits on the weight of your checked baggage. Look online, at the carriers' website, to avoid paying additional fees for overweight baggage. For all Tanzanian domestic flights, the weight limit for checked baggage is different than international air carriers. Be prepared to pay a fee for excess weight (it can be upwards of \$100).



Visas

In accordance with Tanzanian immigration laws, all visitors who are volunteering in any way must obtain a Business Pass Visa (different from a Business Visa) in order stay in the country. In the past, a tourist visa was acceptable to volunteer at JBFC, but this is no longer the case. The Business Pass Visa is only available upon entry into Tanzania (and would be obtained at the airport in Dar Es Salaam). The cost is \$250 per person. JBFC will send a letter of invitation as well as instructions for obtaining these visas for your group once we receive your final list of volunteers.

Consider Registering your trip with the State Department

JBFC staff in Tanzania receive any updates from the State Department and are registered with the U.S Embassy in Tanzania should any sort of emergency arise that would require an evacuation of American citizens. However, you may want to consider registering your trip with the State Department's Smart Traveler program. This will allow your group to be registered with the State Department as American citizens in Tanzania as well. This is entirely optional, but you may visit <https://step.state.gov/step/> to register.

The Campus

JBFC's main campus is in the Mwanza Region, which is in the northwestern part of the country - we have a spectacular view of Lake Victoria, Africa's largest freshwater lake. Mwanza is the second largest city in Tanzania. JBFC's campus is located about 30 miles east of Mwanza city.



What to Expect

JBFC's campus is located in rural Tanzania. There is running water and regular, though quite limited electricity. However, it is important to keep in mind that JBFC is located in a remote village.

Food

Many of your meals will be eaten with the JBFC residential girls and often consist of rice, vegetables and beans. You will be given a continental breakfast each morning and more American style cuisine at the Director's Dinner, but please be aware that many of your meals will be traditional Tanzanian dishes. You may want to bring some high protein snacks like nuts, peanut butter, or energy bars.

Accommodations

Most volunteers stay in the JBFC guest house. The rooms are separated by gender and consist of bunk beds. Sheets will be provided, but make sure to bring your own pillow and towel. There is a large communal restroom that has separated toilet stalls and shower stalls for privacy. There is a small kitchen for basic needs and drinking water is provided. Each volunteer receives a mosquito net for sleeping. The dining hall and guest house are pictured below.



Families or couples may choose to stay in one of our two Bungalows. These are private accommodations that can sleep four. Please contact us for pricing and availability.

**Health in Tanzania**

Since information is always changing about health and disease prevention in Tanzania, we encourage you to read the CDC (Centers for Disease Control and Prevention) website at:

<http://wwwnc.cdc.gov/travel/destinations/tanzania.aspx>. There, you will find up-to-date information on vaccinations, malaria prophylaxis, and other important health considerations while traveling. JBFC requires all guests to bring a general antibiotic and a malaria prophylaxis for their stay in Tanzania.

Volunteers will be provided filtered water. Please do not drink from the tap. All JBFC staff and the families who host Village Night have been trained in proper food and water safety.

Medical Emergencies and Travel Insurance

JBFC has a comprehensive foreign travel accident and sickness insurance policy through WorldSource, which is a member of AIG. While you are free to add your own personal policy, this policy is part of JBFC's fees and applies to each volunteer. JBFC will follow your school's protocol for contacting parents or guardians in case of an emergency.



Safety

JBFC's campus is considered quite safe. JBFC monitors any State Department recommendations that apply to Tanzania, and has a relationship with the U.S. Embassy there. We have campus security on staff monitoring the campus 24/7. We have a clinic on campus staffed by a full time nurse. The nearest hospital is in Mwanza, about 45 minutes away. We do ask volunteers to be mindful of any valuables (and to bring as few as possible). However, we do provide a safe for any valuables and passports to be stored while on campus.

Schedule

During the day, volunteers will help with a variety of activities on our campus including helping on our farm, assisting with meals in our school cafeteria, tutoring students, and spending time with our residential girls as well as experiencing a variety of cultural activities on campus and in the nearby village of Kitongo.

JBFC Volunteer Rotation

In the mornings, volunteers will be split into groups of 3-5 to help with a variety of activities on campus. Generally, some students help on the farm, some at the dining hall, and some in the school.

Reading Buddies

Each volunteer will be paired with a JBFC residential girl to practice reading several times per week. This helps with fluency and comprehension, but also is a wonderful way to build a special one on one relationship.



Prayer Time

Each evening before dinner the JBFC girls have Prayer Time. This is a time of singing and prayer, but also a time to share announcements, joys, welcome visitors and connect together as a family. Volunteers are invited to prayer time each evening, and strongly encouraged to be part of this special time as a JBFC family.

Director's Dinner

Once or twice a week, you will be invited for a more "Western" style dinner at the Director's house. Each dinner will have a topic of focus so that you can learn more about JBFC, its history, and Tanzania. This will give you an opportunity to process everything you have seen and learn more about JBFC.

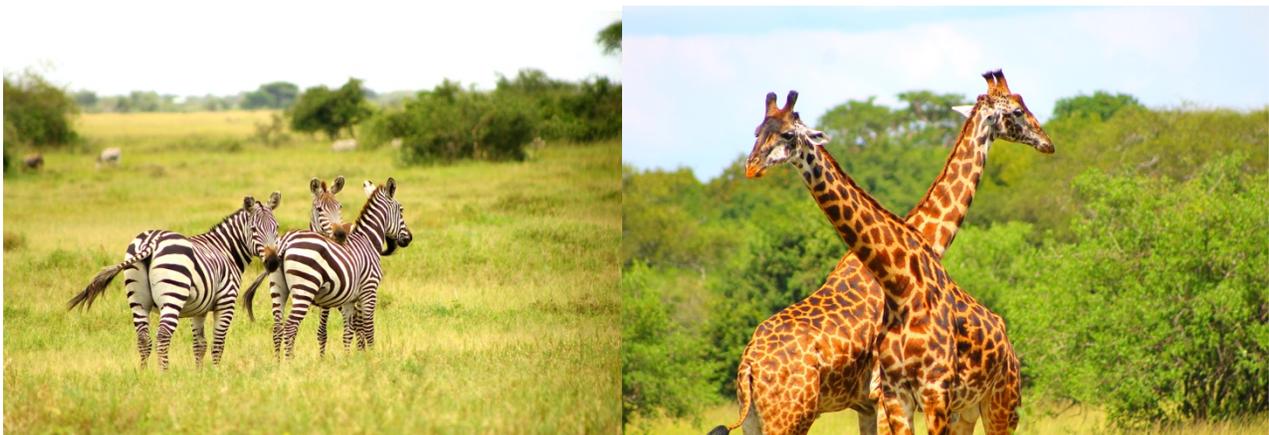
Village Night

Visit a family home within the village in small groups one evening to enjoy a specially prepared dinner as a guest in someone's home. Learn about traditional culture and food of the area, and experience village life in Tanzania. It is kind to bring a small host gift such as a kitchen item.

Safari

JBFC will be glad to arrange a 1-day safari during one of the days you are on campus. You wouldn't want to come all the way to Tanzania and miss experiencing the incredible Serengeti. Leave JBFC campus around 6:00 AM and enter Serengeti National Park by 8-9 am. Take a full day game drive in the Serengeti, the site of two World Heritage Sites and two Biosphere Reserves. Groups will travel in two cars, outfitted with seatbelts for all passengers and water and soft drinks. Enjoy a picnic lunch and return to JBFC by dinner.

Cost: \$275 per person



You may choose to book your own safari either during your stay on campus or before or after. If you choose to do this, you'll need to arrange transportation to and from Mwanza.



Meals

Many of your meals will be eaten with the JBFC residential girls and often consist of rice, vegetables and beans. You will be given a continental breakfast each morning, and more Western style cuisine at the Director's Dinners, but please be aware that many of your meals will be traditional Tanzanian dishes. These meals often have less protein than you may be used to. You may want to bring some high protein snacks like nuts, peanut butter, or energy bars to supplement this car-rich diet.

Breakfast: Breakfast will be served to you in the guesthouse Monday through Saturday. A typical breakfast could include eggs, toast, pancakes, chapati (African flat bread), mandazi (African doughnuts) with tea and/or coffee. Breakfast on Sunday will be with the JBFC girls in the residential dining hall.

Lunch: Volunteers will help JBFC Matrons prepare and serve the school lunch, when school is in session. All volunteers will eat once the students have finished. School lunches consist of anything from rice, corn and beans to ugali (a local dish made from corn flour). This will be a great opportunity for you to become more familiar with our student body.

Dinner: Most dinners will be eaten with our girls and matrons, in the dining hall, and will feature traditional Tanzanian dishes.

Dinner with the Director: Several times during your stay, you will be invited for a more "western" style dinner at the Director's house or Papa's Café.

Village Night: Once, during your stay, you will be invited to eat with a Tanzanian family in Kitongo. It is important that you respect the family and eat what these families have given you so that you do not offend your hosts. They have been instructed to only prepare safe food, so do not be afraid that you will be given something unsanitary.

We strongly encourage you to participate in all the meals, even if you are not hungry, because this is when much of the bonding with the JBFC girls takes place. JBFC's restaurant, Papa's Café, is open seven days a week and helps support JBFC's operational

costs for the girls' home. You are welcome to dine there as well during your stay. Papa's Café meals run from \$12-\$15.

Cultural Sensitivities

JBFC operates in East Africa, where cultural standards and social morays are very conservative. Volunteers should be sensitive to the ways that their behavior may be understood and perceived differently by different peoples with different customs.

Dress:

JBFC values and respects the community where we work. Therefore, our standards for dress and appearance try to include sensitivity to the cultural values of Tanzania, which are much more modest and conservative than volunteers may be accustomed to following in America. Volunteer must adhere to the dress code outlined below while on campus.

Men

Working on JBFC's Tanzania campus can be very physically demanding, therefore T-shirts and knee-length shorts are appropriate. Traditionally, men in East Africa do not wear short pants, therefore when male volunteers leave JBFC's campus, they should wear long pants (denim or khakis). Tank tops are prohibited.

Women

In Tanzanian culture, women dress very conservatively. Females are encouraged to cover up and not show too much skin. Traditionally, women do not wear pants in Tanzanian society. Although the practice is beginning to relax, female volunteers should wear long skirts or dresses while on campus or representing JBFC off campus. Pants can be worn in your residence or during recreational visits to the city. All skirts and dresses must cover the knees, when sitting. No thigh or upper leg should be exposed.

Tank tops with at least a 1.5-inch strap are acceptable, as long as they are not low-cut or revealing. Spaghetti straps and any tops or dresses exposing cleavage are prohibited. Backless tops are not acceptable. Backs below the shoulder blades should be covered. Please make sure your garments are not see-through or the material is not so thin that undergarments are visible. Even though the dress for females may seem sexist, it is important to recognize this as a very important aspect of Tanzanian culture, and must be respected.

Religion:

We request that, despite your own personal beliefs, you respect that JBFC's residential

girls, students, and many of the villagers in the surrounding area are Christian. Their faith is an extremely important part of their culture. We ask that you be tolerant and respectful of other people’s beliefs and views, even if they differ from your own.

Village Night:

If you attend Village Night, please be extremely considerate of the families hosting you. When you are welcomed into the home of a Kitongo villager, it is important that you eat anything given to you. These families are extremely gracious to host our volunteers, and it would be considered extremely rude if you did not try to eat as much as you can.

Sample Itinerary

	Day 1	Day 2	Day 3	Day 4	Day 5
Time	Sunday	Monday	Tuesday	Wednesday	Thursday
8:00-9:00 am	Arrival	Breakfast at Guest House	Breakfast at Guest House	Breakfast at Guest House	Breakfast at Guest House
9:00-11:00 am		JBFC Orientation and Tour	JBFC Volunteer Rotation	JBFC Volunteer Rotation	JBFC Volunteer Rotation
11:00-12pm		Break (optional)		Swahili lesson	JBFC Volunteer Rotation
12:00-1:00 pm			Lunch at School Dining Hall	Lunch at Guest House Directors Discussion	
1:00-2:00 pm		Break	Permaculture Seminar	JBFC Volunteer Rotation	Education at JBFC presentation
2:00-4:00 pm				Break	Girls Clubs
4:00-5:00 pm		Reading Buddies	Reading Buddies	Prayer	
5:00-6:00 pm		Prayer	Prayer		
6:00-6:30 pm		Director's Dinner at Chris House	Dinner at Girls Dining Hall		Dinner at Girls Dining Hall
7:00-8:00 pm					

	Day 6	Day 7	Day 8	Day 9	Day 10	
Time	Friday	Saturday	Sunday	Monday	Tuesday	
8:00-9:00 am	Breakfast at Guest House	Breakfast at Guest House	Safari	Breakfast at Guest House	Breakfast at Guest House	
9:00-11:00 am	JBFC Volunteer Rotation	Village Walk		JBFC Volunteer Rotation	JBFC Volunteer Rotation	
11:00-12pm		Hang out with girls		Break (optional)	JBFC Volunteer Rotation	
12:00-1:00 pm	Lunch at School Dining Hall					Lunch at Guest House Directors Discussion
1:00-2:00 pm	JBFC Volunteer Rotation	Swahili lesson by girls		JBFC Volunteer Rotation	Pack	
2:00-4:00 pm		Break		Break	Break	Break
4:00-5:00 pm	Sukuma Dancers	Girls Clubs		Prayer	Reading Buddies	Reading Buddies
5:00-6:00 pm		Prayer			Prayer	Prayer
6:00-6:30 pm	Dinner at Girls Dining Hall	Dinner at Girls Dining Hall		Dinner at Girls Dining Hall	Director's Dinner at Chris House	Dinner at Girls Dining Hall
7:00-8:00 pm						

Cigarettes & Drugs:

Use of cigarettes (including e-cigarettes), tobacco products, illegal drugs, or abuse of prescription drugs will not be tolerated, while you are volunteering with JBFC.

Individuals found to be using or in possession of cigarettes will be disciplined, including the possibility of being sent home. Those found using or in possession of illegal drugs will be sent home immediately. If a volunteer is asked to leave, the individual and/or their family will be responsible for fees associated with returning home early.

Alcohol:

Volunteers on an Experience JBFC trip who are 21 years of age and older may choose to consume alcohol at our Papa's restaurant. No alcohol is allowed at the guest house. We recognize that the drinking age in Tanzania is 18, but have decided to use the U.S. age of 21 as our standard for volunteers.

Electronics:

We strongly discourage you from bringing personal electronics other than cell phones (for travel purposes) and cameras. All other equipment you bring at your own risk, and should remain in your room while you are on campus. JBFC is not liable for the loss or damage of your personal electronic equipment. We do not allow volunteers to carry personal electronics with them around campus (other than cameras) because they distract from the experience on our campus and flaunt affluence in an area of extreme poverty. Cell phones should not be used outside the guest house at any time.

Profanity/Language:

Volunteers should be mindful that we are working with children in a very conservative environment, where many people know English. JBFC and its staff do not tolerate the use of profanity. Furthermore, there are several taboo conversations including: sex, alcohol, and drugs. Recognizing the histories of many of the girls in our care, there should be no sexualized language or cat-calling at any time.

Relationships:

JBFC staff are contractually prohibited from engaging in any sort of romantic encounter or relationship with JBFC guests or volunteers. Please respect this expectation. Additionally, being respectful of the culture, please refrain from public displays of affection between volunteers in romantic relationships in front of JBFC girls and Tanzanian staff.

Gift-Giving:

Since JBFC is one big family, we do everything together. Please do not give any gifts to

one child. This creates favoritism and jealousy. However, we do welcome donations. If you are interested in bringing donations, please contact us for a list of our most needed items.

Guest House Rules

1. No JBFC children or JBFC local staff members (with the exception of the housekeeper) are allowed in the guest house. JBFC children should remain on the porch, when visiting.
2. The rooms are separated by gender for a reason, so please keep it that way.
3. Food should be kept in airtight containers and in the kitchen for sanitary purposes.
4. All electronics must stay inside your room with the exception of cameras.
5. Be respectful of other people's belongings and do not borrow them without their permission.
6. No illegal drugs or alcohol.



Cost

The cost of an Experience JBFC Trip is \$1500 per person. This covers accommodations in our guest house and all meals, including some meals at Papa's Café. Please be aware that this does not include the visa cost, flights or baggage overages, or a safari. We will generate an invoice for you after we receive your trip forms. Payment is due 60 days before arrival on campus.

Payment Policy

Payments may be made by check, credit cards through our website (www.jbfc-online.org) or by calling (918)706-2268. Checks should be made payable to JBFC and may be mailed to PO Box 4541, Tulsa, OK 74159

Refunds for Cancellation or Withdrawal Cancellation by JBFC

At any time prior to the Program start date, JBFC may, at its sole discretion, cancel a Volunteer's registration, or cancel the Program in which Volunteer is scheduled to participate. In the unlikely event of such a cancellation, the total amount paid to JBFC by Volunteer for that program will be refunded. Other than in such circumstance, JBFC will

not be responsible to the Volunteer for any other refund, costs, interest, liability, losses, or damages of any kind.

Withdrawal by Volunteer

If Volunteer withdraws for any reason, Volunteer must notify JBFC in writing. Such withdrawal will not be effective until received in writing by JBFC at its offices (PO Box 4541, Tulsa, OK 74133). JBFC incurs substantial costs with respect to each Program. Therefore, if Volunteer voluntarily withdraws from the Program, funds paid by Volunteer to JBFC will not be refunded. In the case of some extreme emergencies, exception may be granted by the CEO.

Alterations to Program

JBFC reserves the right to change the Program due to severe weather, acts of war or terrorism, or other causes beyond our control. In such cases we will make our best effort to offer alternative dates for travel. JBFC will not be responsible for any additional costs associated with such circumstances. If Volunteer withdraws from the Program due to such causes, the same withdrawal policy as above will remain in effect.

Donations

We are glad to receive donations of supplies from our school groups and are grateful for the extreme generosity shown in the past. Please let us know if you or some of your students would like to bring donations and we will send you our most updated list of needs.

Trip Forms

JBFC requires liability waivers, volunteer contracts, and medical information for all volunteers. All of JBFC's forms are online. We suggest that you print a copy of your forms before submitting, but we will also be glad to send you a copy of your completed forms for your records.

Background Checks

For the safety of the children and staff at JBFC, as well as all of our volunteers, JBFC requires that any volunteer visiting our campus complete a background check prior to their trip. This has become a standard practice across the industry for non-profits that have volunteers who work directly with children. We want to make sure that the children at JBFC, as well as, all of our volunteers are as safe as possible. You'll be directed to fill out a background check when you submit your registration forms.

JBFC reserves the right to refuse a volunteer based on the results of the background

check. We take utmost care to protect any sensitive material, and you have the right to obtain a copy of this report, as well as dispute any information you feel is incorrect. We will contact you if there is any issue with your background check. If you do not hear from us, the check was clear.

Emergency contact

In case of an emergency in which someone in the U.S. needs to reach you, please contact

Diana Booren, Volunteer Coordinator
Office: (918) 706-2268, ext 2
Email: volunteer@jafc-online.org

Contact in Tanzania: Once you arrive in Tanzania, please use this contact as needed
Seth Diamond, COO Tanzania
(+255-(0)717-781-323) or
(+255-(0)682-275-577)



Next Steps

Ready to sign up for an Experience JBFC Trip? Please be aware that space on these trips is quite limited.

First, you'll need to submit an application here

<https://form.jotform.com/dbooren/jbfc-volunteer-application>

Applicants for an Experience JBFC Trip are accepted on a rolling basis as space is available. Once your application has been accepted, you'll need to fill out your trip forms.

Visit here to fill out your forms

<https://www.jotform.com/dbooren/jbfc-trip-form>

If you are under 18, you will need a parent to complete the forms with you. Additionally, you will be asked to upload a copy of your passport.

Completed forms serve as your official sign up for a trip and guarantee your spot. You'll receive an invoice after you submit your forms. Payment is due 60 days before your trip. If you have any questions, please feel free to contact our Volunteer Coordinator at any time.

You'll receive the following from JBFC after you complete your trip forms

- ✓ Visa letter and instructions
- ✓ Invoice
- ✓ Important reminders leading up to your trip
- ✓ Flight itinerary if you would like JBFC to book your flights with our staff

Packing Guide for Tanzania

ESSENTIALS

- Passport (valid for at least six months after departure)
- Copy of Passport (also leave a copy or electronic copy with someone in the U.S)
- Malaria Prophylaxis
- General Antibiotic (Consult your doctor)
- Bring a carry-on bag with enough essentials for 2-3 days in case your baggage is lost. This can happen, so avoid disappointment, and be prepared! Lost baggage is typically returned within a few days.
- Money for baggage fees, souvenirs, snacks and food at Papa's café. NOTE: All US currency should be new bills in good condition issued after 2004.

CLOTHING

Girls should never wear pants or shorts while on campus, unless they are under a kanga or skirt. Modesty is imperative. The skirt should cover the knees and tops should have a wide shoulder and SHOULD NOT be revealing or low cut. Please, no see-through clothing. Girls, if you plan on participating in any athletic activities, please bring a pair of athletic shorts that cover your knees. You can wear these under a kanga or skirt and still move comfortably. Please be considerate and mindful of the rural Tanzanian culture as you pack, and don't bring any expensive or flashy clothing.

- 7-10 pairs underwear
- 1 regular bra, 2-3 sports bras (girls)
- 3-4 pairs of socks
- 2-3 skirts or kangas (girls)
- 2 pairs jeans/work pants (guys)
- 1 pair shorts
- 4-5 shirts (no spaghetti straps or deep v-necks)
- Comfortable sandals or flip flops
- Athletic shoes
- Work gloves (optional)
- Hat and/or bandana
- Hoodie or Pullover
- Light long sleeve shirt
- Light rain jacket



- Pajamas (Pants are fine)

SERENGETI

Most groups will go on a safari in the Serengeti. This is a tourist destination and dress is less strict (please be mindful of African culture and standards of modesty). However, you'll most likely want to cover up to prevent sunburn and mosquito bites. You might want to avoid blue and black, because those colors attract Tse Tse flies which can carry tropical diseases like malaria.

TOILETRIES

- Toothbrush and toothpaste
 - Shampoo and soap
 - Insect Repellent (at least 30% deet)
 - Tampons or sanitary napkins
 - Hand sanitizer/hand wipes
 - Sunscreen
 - Deodorant
 - Towels/washcloths
- Note: please try to use unscented and eco-friendly products

OTHER ITEMS

- Pillow (we'd appreciate you donating your pillow and leaving it behind upon departure)
- Camera and batteries
- Wristwatch (you may be used to telling time on your cell phone, but it may not be accessible)
- Flashlight/headlamp (solar is recommended)
- Water bottle
- Journal
- Books
- Sunglasses
- Day bag (sling purse, backpack, or bag)
- Extra glasses or contacts (if needed)

Weight Restrictions

In addition, all international airlines have different limits on the weight of your checked baggage. Look online, at the carriers' website, to avoid paying additional fees for overweight baggage. For all Tanzanian domestic flights, the weight limit for checked baggage is different than international air carriers. Be prepared to pay a fee for excess weight (it can be upwards of \$100). You can pay in US dollars or Tanzanian shillings.