

Experience  
**Main Springs**  
THE JANADA L. BATCHELOR FOUNDATION FOR CHILDREN

# Trip Handbook



2019

Dear Friends,

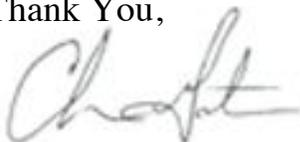
We are so glad that you are considering this once-in-a-lifetime experience in Tanzania! If you have always wanted to travel to Africa and see the work of Mainsprings in person, this is the perfect trip for you. Mainsprings is thrilled to an Experience Mainsprings trip, a unique opportunity to travel 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 Mainsprings. We'll be working together to achieve our mission: alleviating extreme rural poverty. The work can be hard, the living conditions a bit different than what you're used to, and the food 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. Mainsprings 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 Mainsprings 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 Mainsprings 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 Mainsprings 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, Katelyn Jackson, at **[kjackson@mainsprings.org](mailto:kjackson@mainsprings.org)** or 918-706-2268. We are looking forward to working together to make a difference.

Thank You,



Chris Gates & The Mainsprings Family

## What is an Experience Mainsprings Trip?

These trips are perfect for individuals, students, families and couples who want the chance to visit Mainsprings for themselves. It is an opportunity to travel with Mainsprings 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. We currently offer one Experience Mainsprings Trip each year in June and possibly one in December.

### STUDENTS

Students who are not part of a school group that travels to Mainsprings may participate in one of these trips. However, there is an application process, as there are limited spots on each trip for students traveling without a parent. **Students should apply at the following link by January 15<sup>th</sup>.** We expect our students spots to be full for summer trips and will notify you in January if you have been accepted

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

### 2019 Trip Dates

Experience Mainsprings : June 6 –June 17, December: TBD

Please plan up to 24-48 hours of travel on either side of these dates. You may choose to travel with Mainsprings staff from the U.S., or meet us in Tanzania. You may want to book a safari on either end of your trip. Alternatively, you can participate in a one-day safari during your stay. Students under 18 who are traveling without their parents must book an identical itinerary to Mainsprings staff.

*Active supporters of Mainsprings may contact us about the possibility of visiting our campus at other times throughout the year. However, we are unable to accommodate long term volunteer trips outside of our three available college internships each summer.*

## Preparing for your Trip

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

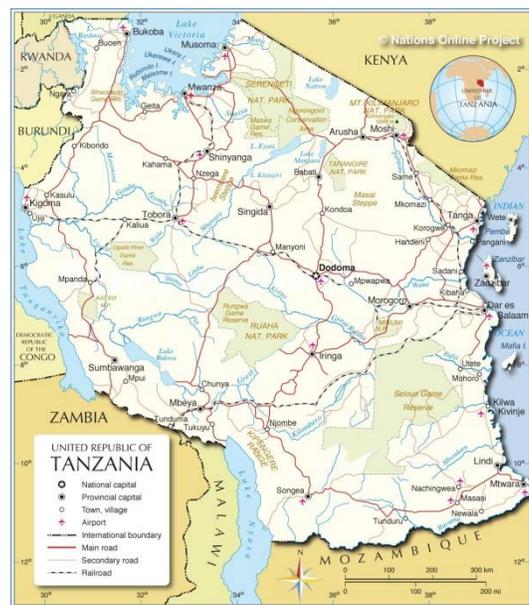
Katelyn Jackson  
918-706-2268  
katelyn@mainsprings.org

## Mainsprings 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 Mainsprings as the Janada Batchelor Foundation for Children (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, Mainsprings has grown into a 70-acre holistic care campus on the southern shores of Lake Victoria in a rural village called Kitongo. Mainsprings 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. Mainsprings now employs more than 70 people, the vast majority of them are Tanzanian, and has broken ground on a second campus.



## 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 Mainsprings' 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.

**Mainsprings' 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. Mainsprings' 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 Mainsprings staff for your entire itinerary or book your own travel itinerary. If you would like to travel with Mainsprings staff the entire time, we will book your tickets and invoice you for the cost so that you are part of the group booking should any flights change. 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 Mainsprings Trip date window. It will not be possible for you to arrive early or stay longer.

While you may use any agent to book your travel, Mainsprings 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, Tanzania.

Mainsprings recommends Alan Martin at Rennert Travel. He can be reached at [advgroup@ctptravelservices.com](mailto:advgroup@ctptravelservices.com) or (877) 524-3330.

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

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 nearly \$100).



## Visas

In accordance with Tanzanian immigration laws, all visitors who are volunteering in any way must obtain a Business Pass Visa in order to interact with the girls and students on our campus. In the past, a tourist visa was acceptable to volunteer at Mainsprings, but this is no longer the case. The Business Pass Visa can be obtained when you enter Tanzania at the airport. Alternatively, you may choose to get one ahead of time using a visa processing service. Please indicate your preference on your trip forms and we will send you the necessary documentation and information. The cost is \$250 per person upon entry or \$345 per person ahead of time. Please allow 6 weeks to process visas ahead of time.

## Consider Registering your trip with the State Department

Mainsprings 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

Mainsprings' 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. Mainsprings' campus is located about 30 miles east of Mwanza city.



## What to Expect

The flagship Mainsprings 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 Mainsprings is located in a remote village.

## Food

Many of your meals will be eaten with the Mainsprings 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 Mainsprings guest house. The rooms are separated by gender and consist of bunk beds. Sheets will be provided, but make sure to bring your own 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. **Mainsprings 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 Mainsprings staff and the families who host Village Night have been trained in proper food and water safety.

## Medical Emergencies and Travel Insurance

Mainsprings 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 Mainsprings' fees and applies to each volunteer.



## Safety

Mainsprings' campus is considered quite safe. Mainsprings 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 also have a clinic on campus for minor injuries. 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.

## Mainsprings 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 volunteers help on the farm, some at the dining hall, and some in the school. After experiencing all of Mainsprings' four pillars you'll work with staff and trip leaders to break out into small groups to complete volunteer projects based on your interests.



## Reading Buddies

Each volunteer will be paired with a Mainsprings 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 Mainsprings 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 Mainsprings 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 Mainsprings, its history, and Tanzania. This will give you an opportunity to process everything you have seen and learn more about Mainsprings.

**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 or LifeStraw water bottle.

**Time with the girls**

A special part of each trip is meeting the residential girls who live at Mainsprings. They are excited to welcome you to Tanzania and share their culture with you, and the relationships that form during these trips are special ones. However, it is important to remember that this is their home. They have school, homework, chores and need downtime each day. Please be aware that in many ways your presence disrupts their normal routine. Be considerate of this and come with the expectation that the girls will need downtime and to keep some semblance of their routine while volunteers are on campus.

**Safari**

Mainsprings 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 the Mainsprings 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. All safaris are guided by an experience guide in safari cars outfitted with seatbelts for all passengers and water and soft drinks. Enjoy a picnic lunch and return to Mainsprings 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 or the Mainsprings campus.

## Meals

Many of your meals will be eaten with the Mainsprings 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 Mainsprings girls in the residential dining hall.

**Lunch:** Volunteers will help Mainsprings 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:** One evening 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 Mainsprings girls takes place. Mainsprings' restaurant, Papa's Café, is open seven days a week and helps support Mainsprings' 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**

Mainsprings 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:**

Mainsprings 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. Volunteers must adhere to the dress code outlined below while on campus.

#### **Men**

Working on Mainsprings' 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 Mainsprings' 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 Mainsprings 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.

\*\*\*An exception to this dress code is during sports where pants or long shorts (basketball style) may be worn to participate.

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 Mainsprings 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**

**Week #1**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8-9 am		Arrival	Breakfast at Guest House	Breakfast at Guest House	Breakfast at Guest House	Breakfast at Guest House	Breakfast at Guest House	
9-10 am			Orientation & Tour	Volunteer Rotation #1	Volunteer Rotation #2	Volunteer Rotation #3	Village Walk	
10-11 am				Break	Break	Break	Break	
11-12 pm			Lunch at School Dining Hall	Lunch at Papa's	Lunch at School Dining Hall	Lunch at School Dining Hall	Lunch at Guest House	
12-1 pm			Swahili Lesson	Swahili Lesson	Permaculture Seminar	Volunteer Rotation #4	Time with the Girls	
1-2 pm			Break	Clubs	Swahili Lesson		Reading Buddies	Clubs
2-3 pm			Reading Buddies		Prayer	Prayer		
3-4 pm			Prayer	Dinner at Girl's Dining Hall				
4-5 pm								
5-6 pm								
6-7 pm								
7-8 pm								

**Week #2**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8-9 am	Breakfast at Girl's Dining Hall	Breakfast at Guest House	Optional 1 day safari	Breakfast at Guest House	Breakfast at Guest House	Departure		
9-10 am	Church (Optional)	Volunteer Projects		Volunteer Projects	Volunteer Projects			
10-11 am				Break	Break			
11-12 pm	Lunch at Girl's Dining Hall	Lunch at School Dining Hall		Lunch at School Dining Hall	Lunch at School Dining Hall			
12-1 pm	Time with the Girls	Special Activity or project		Special Activity or project	Pack			
1-2 pm	Reading Buddies			Clubs	Reading Buddies			
2-3 pm	Prayer	Prayer		Prayer	Prayer			
3-4 pm	Dinner at Girl's Dining	Director's Dinner		Dinner at Girl's Dining Hall	Village Night			Dinner at Girl's Dining Hall
4-5 pm								
5-6 pm								
6-7 pm								
7-8 pm								

## **Mainsprings Policies**

### **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 Mainsprings. 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 Mainsprings trip who are 21 years of age or older may choose to consume alcohol at our Papa's restaurant. No alcohol is allowed at the guest house at any time. 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. Mainsprings 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. Mainsprings 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:**

Mainsprings staff are contractually prohibited from engaging in any sort of romantic encounter or relationship with Mainsprings 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 Mainsprings girls and Tanzanian staff.

## Gift-Giving:

Since Mainsprings 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 Mainsprings children or Mainsprings local staff members (with the exception of the housekeeper) are allowed in the guest house. Mainsprings 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. If you are bringing snacks, please also bring a large Ziploc or container to store them.
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 Mainsprings Trip is \$1500 per person. This covers accommodations in our guest house and all meals, including some meals at Papa's Café as well as insurance and transportation to and from Mwanza. 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 online at

**<https://mainsprings.salsalabs.org/volunteertravel/index.html>**

or by calling (918)706-2268. Checks should be made payable to Mainsprings and may be mailed to Mainsprings, PO Box 4541, Tulsa, OK 74159

## **Refunds for Cancellation or Withdrawal Cancellation by Mainsprings**

At any time prior to the Program start date, Mainsprings 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 Mainsprings by Volunteer for that program will be refunded. Other than in such circumstance, Mainsprings 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 Mainsprings in writing. Such withdrawal will not be effective until received in writing by Mainsprings at its offices (PO Box 4541, Tulsa, OK 74133). Mainsprings incurs substantial costs with respect to each Program. Therefore, if Volunteer voluntarily withdraws from the Program, funds paid by Volunteer to Mainsprings will not be refunded. In the case of some extreme emergencies, exception may be granted by the CEO.

## **Alterations to Program**

Mainsprings 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. Mainsprings 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 and will gladly send you our most updated list of needs.

## **Trip Forms**

Mainsprings requires medical and liability waivers as well as background checks for all volunteers. All of Mainsprings' 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 Mainsprings, as well as all of our volunteers, Mainsprings 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 Mainsprings, 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.

Mainsprings 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 have them contact

Katelyn Jackson, Volunteer Coordinator  
Office: (918) 706-2268  
Email: [katelyn@mainsprings.org](mailto:katelyn@mainsprings.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 Mainsprings Trip? Please be aware that space on these trips is quite limited.

*If you're a student* (traveling unaccompanied under 21), you'll need to submit an application here

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

Decisions will be made January 15<sup>th</sup>.

*If you are an individual over 21 or a family*, please contact us to make sure there is space on your desired trip. Then, visit the link below to fill out your forms

**<https://www.jotform.com/dbooren/experiencemainspringsform>**

You will be asked to upload a copy of your passport. Passports must be valid for 6 months **after** your trip.

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. On trips that are full, a deposit may be required to hold your spot. Payment is due in full 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 Mainsprings after you complete your trip forms**

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

## Your To-Do List

- ✓ Complete your trip forms and background check
- ✓ Visit your doctor for immunizations and Malaria medication
- ✓ Book your flights (if not traveling with Mainsprings staff)
- ✓ Pay trip invoice

## 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 2006.

### 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)



## ON SAFARI

Most

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
- 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)
- Small host gift if participating in Village Night (please see pg 10)

## 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.

## Notes:

US currency is accepted nearly everywhere if bills are issued after 2006.

No electrical converters are needed to charge electronics on campus.