



DVP

Acceptance, Reference Pack

2015/2016

Contents

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Volunteer Checklist for the Dental Volunteer Programme

When	Action
After the Training and Interview Day (TAID) has been attended	
Now	<p>Please email the Visits Team: visits@bridge2aid.org or post to: Bridge2Aid, Well House, The Chipping, Wotton-Under-Edge, Glos. GL12 7AD:</p> <ul style="list-style-type: none"> ✓ Acceptance Pack Response (by email, or post) & travel insurer details ✓ A photocopy/scan of your passport details page (by email, or post) ✓ £250* Deposit preferably by: - BACS transfer to: Bridge2Aid – Lloyds Bank, Unit 44-45 George White Street, Cabot Circus, Bristol , BS1 3BA Sort Code 30-62-96, Account Number 78758768 <p>Please ensure you reference your name when making the payment. OR</p> <p>- please post a cheque.</p> <p>* If you have not already paid £100 towards the deposit then a deposit of £350 will be required</p> <ul style="list-style-type: none"> ✓ Acceptance reference pack
Up to 24 weeks before your trip	
	We will send your flight information and explain how to book and pay for your flight. Payment may be required in full or if numbers permit, there can be an option to reserve seats on a group booking and only pay a deposit.
14 weeks before your trip – certificates & final payment due	
	<p>Final Payment due</p> <ul style="list-style-type: none"> ✓ We will send you details of how to pay the final balance. You have 2 weeks to make this payment <p>Dentists only - we will send an email requesting documents to enable your professional registration in Tanzania. You will need to apply to the GDC for a Certificate of Current Professional Status using the forms we provide. You then bring this with you to Tanzania.</p> <ul style="list-style-type: none"> ✓ Within 2 weeks of the request, please either email scanned copies of the required documents to visits@bridge2aid.org, or post them to the Visits Team.
6 weeks before your trip – we will send you the Final Information Pack, containing;	
	<ul style="list-style-type: none"> • Visa Instructions - you apply for your visa in Tanzania, you do not need to apply before your trip. • Consular Registration Instructions (British Citizens) • Packing List, Accommodation Details, Team details, Airport Procedure, Clinical Training Documents
	<ul style="list-style-type: none"> ✓ Final Information Response – to be returned to the Visits team
NB	<ul style="list-style-type: none"> ✓ Dentists - you must bring your <u>original</u> Annual Practising Certificate, Indemnity Cover Certificate and Certificate of Current Professional Status WITH YOU TO TANZANIA.

Well Being & culture

Safety

On the whole, the areas we visit are fairly safe for westerners. Personal security should always be considered though, as there are always opportunist thieves around. You are perfectly safe in the rural areas provided you stay with the group. The hotels and restaurants we use all have 24hr security guards.

Insurance

You will need to show proof of comprehensive travel insurance before your visit. You will also need to provide us with details of your insurance company's emergency procedures for use should you be taken ill.

If you need to arrange insurance Banner Group can provide the cover required. We have an application process for them and details of this are also attached to the email. Please note blanket annual travel policies and bank account travel insurance policies should be checked to ensure they definitely cover – volunteering in East Africa and repatriation. We sometimes find this is not the case and additional cover is then required.

Immunisation & Medication

We advise that you contact your local doctor / travel clinic for specific advice. Many immunisations are required and some recommended. You will also need anti-malarial tablets. There are non branded options of this available now which can be a lot cheaper than the main brands. A volunteer has kindly supplied some details on this as in appendix 1. Please note that doctor's advice must be sought first as not all medications are suitable for all people.

A useful website that carries initial guidance on what immunisations will be required: [NHS Choices](#)

Health

Always wash your hands before eating.

If you are not well please let us know straight away so we can advise you early on.

Tanzania is an area affected by malaria carrying mosquitoes, please do remember to take your prophylaxis, use repellent and wear full-length clothes should you be outside after 6pm. **The best way to avoid malaria is to take precautions, rather than rely on your anti-malarials although it is highly recommended that you take them!**

Living in a tropical climate please remember to wear sunscreen, hats and sunglasses. Heat exhaustion and dehydration are hard to recover from, so be careful so that you can enjoy your entire time here in Tanzania. There are also various poisonous bugs and snakes to be careful of when out walking.

Only drink filtered or bottled water. Ice will probably not be made with safe water so don't use it. You should drink a minimum of 3 litres of water every day to stay hydrated, remember you are in a tropical climate, very close to the equator, so don't forget to drink. Brush your teeth with filtered/bottled water.

Emergencies

In the event of an emergency we have a tried and tested medical plan that we will activate if at all necessary and we work closely with local medical teams to ensure your situation is managed well. There are air strips and a well developed medivac network in the area should you require this.

Culturally Sensitive Behaviour and Dress

Tanzania is a very different place from the UK. There are certain types of behaviour and dress that we in the UK accept as perfectly respectable and acceptable, which would cause great offence in Tanzania, particularly in the rural areas. We have worked very hard to build positive working relationships with the authorities and community here, and our work and staff are well respected. This reputation can easily be compromised by unwise actions by our volunteers, and for this reason we ask you to read and respect the cultural advice given below, and in particular the advice we will give you at orientation in Tanzania.

One of the conditions of volunteering with us is that you recognise that people in Tanzania will regard you as a representative of Bridge2Aid. Clothing in particular is an important issue – please do dress respectfully using the guidance at all times. You should also note that smoking or drinking alcohol is not permitted during working hours.

Dress – important please note

We need to be respectful in the way that we dress. Women should wear loose fitting clothes, trousers or skirts and dresses (preferred) to a length that covers the knees. **Shorts & skirts above knee level are not acceptable.** Men can wear knee length shorts for relaxing but trousers when working. There are opportunities for swimming in some of the Lake Zone hotels - costumes/trunks are acceptable, **but not bikinis.**

Security

It is best to keep passports with you and to leave valuables out of obvious view. Whilst out walking on the streets personal security must be considered, there are always opportunists around so carry as little of value with you as possible. Because we are so close to the equator, darkness comes very quickly and by 7pm it is dark. **We advise you not to be on the streets after dark and to take taxis from one location to another.**

Walking around the streets during daylight is fine, take a map with you just in case you become disorientated. Please do not give your UK address to anyone. On the whole, the towns are fairly safe for westerners. Personal security should always be considered though, as there are always opportunist thieves around. You are perfectly safe in the rural areas provided you stay with the group. The hotel and restaurants all have 24hr security guards.

Mobile phones

By all means bring your mobile phone with you to stay in touch with home. Provided it has been activated to roam on Tanzania's networks, it will probably work. Please be aware of expensive international charges (typically £1+ a minute). Even calls within the country will be expensive. **Texting is cheaper.** Check with your network before you leave for costs and international roaming activation. Protect your phone and SIM card against theft at all times – a thief could run up several hundred pounds of calls before you are aware of the loss.

Power

Tanzania uses UK type 3 pin plugs.

Food

A basic breakfast each day is provided at your accommodation. Lunch on workdays will be provided on site. We will give you a cash allowance to use for lunch on other days, and dinner every day to spend as you wish in one of the restaurants in the vicinity but we suggest that a buffet at your hotel is the best option. Please be aware that the food may be basic and can often be repetitive but there will be plenty of it! Details of good places to eat will be provided on arrival.

You may experience traveller's diarrhoea just because the food is different for you. Imodium is not a cure; it merely buys time if you are in an awkward situation! It is best to stay away from fruit juice and salads in restaurants where you cannot be sure that safe water has been used. Generally (but not always), if you can peel food or it has been cooked it is safe to eat. **It is a good idea to bring plenty of familiar snacks (cereal bars, savoury & sweet biscuits etc) as a back-up and to keep your strength up should the food not agree with you. If you are a vegetarian/vegan, then please make sure you have notified us.** You may find a fairly restricted choice in restaurants. If you eat fish then you will find it relatively easy, but if you are a complete vegetarian, please call us to discuss your food options whilst on the visit.

Giving

Tips - in restaurants it is acceptable to add 10% as a tip to your waiter. Generally - You will be approached on the street by children and adults begging for money or help with school fees. Please do not give cash in these circumstances or make any promise of help, instead greet the person politely and reply that you have no money 'sina hela, samahani'. If you wish to give to the street community please let our B2A team know and they will find a reputable organization to pass the money onto.

Money

Tanzanian Shillings cannot be purchased in the UK. The airports will take dollars for refreshments. We recommend you bring large denomination notes of US dollars in cash, which are easy to change. You will get a much better rate for larger denominations. **Please note that all US Dollars notes must be dated year 2006 and later to be accepted here.** Dollars cash are recommended, and can be changed for you by us if you don't have the opportunity to do so.

Occasionally there are cashpoints in the bigger towns which accept Visa and Mastercard, however due to work commitments we cannot guarantee that you would have the opportunity to use these. You do not need to bring huge quantities of cash. You will need to buy only a couple of meals while you are here, as well as any drinks and water over and above the 2 litres we provide each day, however please bear in mind that alcoholic drinks can vary considerably in price from place to place. The only other money you need is for souvenirs, but again they are inexpensive compared to the UK.

Due to the nature of exchange rates and price fluctuations we can only give you a very rough estimate of how much money to bring. With this in mind we would suggest US\$200 for your trip to cover day to day expenses (for drinks each day and any extra costs incurred at meals). If you want to purchase souvenirs then we recommend around \$100.

Shopping

Hopefully there will be an opportunity to go to the local market and shops on the last day of your trip. Make yourself familiar with the local currency beforehand and organise the money well in your wallet/pocket. People will expect you to haggle for a price, it's fun so don't be afraid to try. Start by halving the price given, judge the vendor's reaction and then work your way up from there, you will enjoy the experience!

General background of the people of Tanzania

Tanzania is a very male dominated society; the men are the leaders of the home, community and church.

Greetings

Greeting people is very important for all tribes in Tanzania. Take the time to greet people in Swahili, shake hands (always with your right hand) and find out about their home/work. Don't worry about correct pronunciation, just have a go; people will appreciate the effort you put into learning their language. (See separate vocabulary sheet).

Physical contact

Hugs or physical contact with members of the opposite sex are not acceptable, even among husbands and wives! Holding hands, men with men, ladies with ladies is very common and a sign of friendship. Please do shake hands with everyone and be friendly, smiles go a long way.

Be aware that pointing with your fingers can be seen as rude, like gesturing to an animal. If you would like someone to accompany you call them with your hand like this; hand facing down, waving with all of your fingers together towards you, they will know what this means and come to you.

Taking pictures

You are not allowed to take any pictures of government buildings, and as these are not always clearly marked it's difficult to discern what you can take pictures of. If you are taking pictures of people please be polite, ask their permission first, and be ready for them to say no. Do not pay anyone for a picture; this creates a difficult long-term principle. Don't spend so much time trying to get the 'National Geographic' photo that you miss the real experience. If you are part of a volunteer team we will document the trip in photographs and provide you with copies afterwards, so don't worry about photos while you are working.

Accommodation

We will try to provide you with a single room wherever possible. However, as we often go to towns where there are few hotels we sometimes have to ask volunteers to share due to a lack of rooms. If you are not prepared to share please can you let the Visits team know asap so that they can ensure this is taken into account. If the only option available is a twin room and you do not want to share then a supplement may have to be charged. We would confirm this with you before you went.

Clinical Briefing Sheet- DVP

Clinical aspects of the trip

We have hopefully explained clearly at interview the sort of work you will be involved in. However, it is worth reiterating that the trip will be very hard work, with long days in hot and difficult working conditions. You will need a fair amount of stamina and be able to adapt to the situation you find.

Each day involves an early departure from the accommodation with a 90-120 minute drive to the health centres. We will brief you on arrival on aspects of the setup and how the rooms will be laid out. The rooms at the health centres are very basic and **often** have no electricity and running water. We usually operate a central sterilisation room where the nurses will work from. The Clinical Training area may be one large room or multiple smaller rooms with at least 2 dentists working in each room, depending on the size of the centre. If you'd like to hear more about the programme, you can find our Video in the movie section at www.bridge2aid.org.

Nursing Role

In the nursing role, your primary aim will be to keep the flow of sterilised instruments going to the dentists working on site, and to organise the clinical environment. You will also be involved in assisting the dentist, and the COs. We operate a ratio of approximately 1 nurse to 2 dentists. You will need to work effectively as a team in a very organised way to keep things ticking over. Sterilisation will take place using kerosene stoves and non-electric steam autoclaves supplied by Prestige Medical.

Another key role for the nurses is to teach the Clinical officers some basic Oral Health Education and the sterilization process, therefore covering the importance of cross infection control. We supply a few basic teaching aids for this.

Clinical Officers (COs)

The COs have a good level of English, and also a good level of dental anatomical knowledge. Some of them will have extracted teeth on a regular basis, some will have never picked up a pair of forceps. They receive three years' basic medical training to diploma standard, and work in rural dispensaries providing a basic level of medical care.

Before each DVP, the COs are given one days' classroom training to bring their level of theory up to a baseline standard, and also to teach the theoretical aspects of the syllabus. This will continue during the DVP too.

Dental Equipment

The field kit used during the training is comprised of basic instruments and materials. If you wish to bring things with you to donate to Bridge2Aid, please ask the office for an up to date list. Please don't bring things that aren't on the list – unfortunately we spend many hours each year sorting through materials, equipment and other items which are of no use to us. Also please note that any donations you bring must fit within your 20KG baggage allowance.

The instrument kit we use is based on that which is allocated to the COs for them to use after qualification. There is also a Backup Kit should you need it.

- Non-electric steam Autoclave
- Range of Forceps & Elevators
- Local Anaesthetic
- Disposable Needles
- Surgical Instruments
- Atraumatic Restorative Technique instruments & materials
- Consumables (e.g. gloves, masks, gauze)

Please bring eye protection and protective clothing - scrubs. We also recommend that you bring your preferred gloves and masks. We have a range of donated gloves of various sizes and quality! If you have a strong preference, we recommend bringing a couple of boxes.

Instrument Kit Supplied

DVPer Extraction Kit	No. per kit	DVPer Extraction Kit	No. per Kit
Metal Dental Mirrors	10	Lower Premolar	2
Right Angled Probes	10	Straight elevators	6
Periodontal Probe	1	Hand Scaler (moon shaped)	1
Upper Molar Right	2	Tweezers	4
Upper Molar Left	2	Scissors	1
Upper Premolar	1	Needle Holder type Hegar	1
Lower Molar	3		

Dental Registration

Dentists will need to be temporarily registered with the Tanganyika Medical Council (TMC) in order to be able to practice dentistry whilst on the DVP. The UK Visits team will email you with further details of what is required for registration, nearer to your departure date.

Support Provided

We aim to give you all the support you need to work effectively and adjust to working in a different culture. The UK Bridge2Aid office is available to answer queries relating to your trip by email or phone. On arrival in Tanzania, our staff will host a comprehensive local orientation day. During the visit, there will be a debriefing at the end of each day. At other times the Tanzania team is available by mobile phone to discuss any issues that may arise.

Your Clinical Lead will also contact you before the programme and introduce you to other team members. If this does not happen please contact the visits team who can put you in touch with the right person.

If you would like to speak to someone who has been before and help answer any questions please also contact the visits team and they can put you in touch with a previous nurse or dentist.

We would also encourage you to attend the training day in the UK to meet other DVP'ers and also find out more about what you'll be doing.

For any of the above please contact visits@bridge2aid.org and someone will be in touch

Payments Details

Payments to Bridge2Aid

Your full deposit payment is now due and then the Final Payment will be invoiced at 14 weeks and due 12 weeks before departure.

Deposit - £350

This represents a £350 registration fee to Bridge2Aid. This helps cover the costs of arranging the interviews, planning and support we give you in the UK before travel and securing your place on the DVP. This is non-refundable.

Final Payments

Your final payment will cover the non-flight costs of your DVP and will be £950 in total. This covers your hotel, transfers, food and accommodation whilst on the programme.

Please note your payments do not include: the cost of your Visas \$250, your safari, where booked, (both payable on arrival in Tanzania) your spending money, inoculations, anti-malarials or insurance. Visas, the safari and spending money should all be in US \$ dated 2006 or sooner.

Flight payments

Flights are booked with Wotton Travel (WTL) and you will be sent details in your information pack of how to book these. Costs are likely to be a maximum of £950 if booked within plenty of time.

If you are fundraising for your DVP and for your flights too, as long as you make your supporters aware of this we can allocate the funds against your flight costs. If this is the case please contact visits@bridge2Aaid.org so that we can make the travel agent aware of this.

Summary of essential payments:

1. £350 deposit to B2A
2. £600 final payment to B2A
3. £950 (approx) to WTL for flight
4. \$250 Visas

Approx. total = £1900 plus \$250 USD (further details provided below)

Fundraising

Important Note if You Intend to Raise Funds to Pay for Your Visit

We encourage fundraising to help you cover the costs of your trip, and will support you in whatever way possible. Our website has lots of useful fundraising tips and information. If you would like a printed version please email Visits@bridge2aid.org who will forward this to you. If, at any point, you would like help with fundraising ideas or setting up Just Giving please email fundraising@bridge2aid.org.

When fundraising, please note the following points:

Clarity – you must make it clear in your fundraising posters and any other materials that you are raising funds to help cover the costs of your trip, rather than directly for Bridge2Aid. Raising funds to cover your costs is quite legitimate, but the distinction must be made as this is a Charities Commission requirement. You should also state that any excess will be donated to Bridge2Aid. Money from fundraising cannot be used to cover the costs of your safari or weekend.

Cut Off Date – 12 weeks before your trip, you must pay for your flights with WTL and trip costs to B2A in full. All fundraising must be sent to us to arrive before that date, and if there is a shortfall, you will need to make up the difference yourself. Funds raised after this date cannot be refunded to you, so please start your fundraising activities as soon as possible. Any funds you receive after this date also cannot be put towards future trips as we operate a ‘per trip’ policy on fundraising. This means that each one is treated in isolation by us, so funds cannot be carried forward.

As mentioned, if your fundraising has exceeded the £950 and it has been clearly stated that funds will be used for your DVP costs it may be possible to use these extra funds to help cover your other costs such as your flight. Details of what you can use your funds raised for are provided below. Please contact visits@bridge2aid.org if this does apply to you.

Carry over – if you raise more money than you need to for your trip – congratulations! We will put these funds to good use, but they cannot be carried forward to cover the costs of future trips.

DVP COSTS 2016

The approximate likely cost of the DVP will be £2255 or £2670 if you want to do the safari at the end. Of this total, you can fundraise £1900 towards the costs of the flight and the Bridge2Aid costs as shown below. All other costs will need to be covered by you.

COSTS OF DVP FOR WHICH YOU CAN FUNDRAISE		Due when?
£950	Bridge2Aid non flight costs - including accommodation (confirmed costs)	<ul style="list-style-type: none"> • £100 of £350 deposit within 2 weeks of reserving space. • £250 deposit due at the latest 6 months before DVP • £600 due 12 weeks before DVP
£950	Flight costs (an indicator, may vary due to flight dates, surcharges and taxes),	<ul style="list-style-type: none"> • At time of booking flight - 6 months before DVP
£1,900	TOTAL COSTS WHICH YOU CAN FUNDRAISE*	
* If you manage to raise more than this total, then that is fantastic and the extra funds will be put towards the ongoing work of Bridge2Aid.		

COSTS OF DVP FOR WHICH YOU CANNOT FUNDRAISE AND ARE THEREFORE RESPONSIBLE		
£170	Visas (Paid in US \$ in Tanzania - \$250)**	Payable on arrival in Tz
£415	Safari (Paid in US \$ in Tanzania - \$620) **	Payable on arrival in Tz
£150	Spending money (take in US \$200 (adequate) or \$300 if you prefer)**	For Tz
£35	Approximate cost of travel insurance ** (depending on medical circumstances. We can recommend an insurer that provides the correct cover for volunteering abroad)	Recommended to take out at time of booking flight
£355	APPROX TOTAL COSTS YOU CANNOT FUNDRAISE FOR (WITHOUT THE SAFARI)**	
£770	APPROX TOTAL COSTS YOU CANNOT FUNDRAISE FOR (WITH THE SAFARI)**	
** Other costs will include inoculations and anti malarial tablets.		

Bridge2Aid Payments

Payments can be made either by **BACS** or by cheque:

- 1) To make a BACS payment: Lloyds Bank, Unit 44-45 George White street, Cabot Circus, Bristol, BS1 3BA
Sort Code 30-62-96, Account Number 78758768. **Please ensure you include your name as a reference**
- 2) Send a cheque made payable to 'Bridge2Aid' to: Bridge2Aid, Well House, The Chipping, Wotton-Under-Edge, Glos. GL12 7AD.

Swahili Phrases

English	Pronunciation	Kiswahili
Greeting and answer	Ha-ba-ri (answer – n-zur-i)	Habari (nzuri)
Greeting with Respect and answer	Shi-ka-mo (answer – ma-ra-ba)	Shikamo, (marahaba)
Yes	ndee-yo	ndiyo
No	Ha-pa-na	hapana
Please	taf-a-daa-li	tafadhali
Welcome, you're welcome	ka-ree-boo (s), ka-ree-boo-nee (pl)	karibu (s), karibuni (pl)
Thank you (very much)	a-sant-e (saa-na)	asante (sana)
Excuse me	saa-maa-haa-nee	samahani
Fine/OK	n-zu-ri/ sa-wa	Nzuri/ sawa
Good morning	ha-ba-ree za a-soo-boo-hee	Habari za asabui
Good day	see-koo-nje-ma	siku njemi
See you later	too-ta-o-na-na ba-a-da-ye	tutaonana baadaye
I don't know	Si-ju-hi	Sijui
My name is	jee-na la-ngoo-nee	jina langu ni
What is your name?	jee-na la-ko nee na-nee	jina lako ni nani?
Welcome, have a seat here	ka-ree-boo nda-nee oo-ka-e ha-pa	karibu ndani ukae hapa
Where do you have pain?	oo-na-maa-oo-mee-vo-o wa-pi?	una maumivu wapi?
Where do you have a problem?	oo-na-ma-ta-ti-so wa-pi?	Una matatizo wapi?
You have a bad tooth here	oo-no-jee-no m-bo-vo-o ha-pa	una jino mbovu hapa
Open your mouth	foon- g ooa m-domo	fungua mdomo
Close your mouth	foon- g a m-domo	fungua mdomo
Wait please	oo-soo-beeli kee-do-go taf-a-daa-li	usubili kidogo tafadhali
Bite	oo-ma	uma
Bite hard for 30 minutes	oo-ma kwa ng-oo-vo-o da-kee-ka thel-a-thi-ni	uma kwa nguvu dakika thelathini
Spit/Don't spit	te-me/oo-see-te-me	teme/usiteme
Stop	a-ch-a	acha
Relax	too-lee-ya	tulia
Don't worry	u-see-lee-way na wa-see wa-see	Usiliwe na wasi wasi
Finished	tay-aree	Tayari (all prepared in literal trans)
Tooth (teeth)	jee-no (me-no)	jino (meno)
Gum/gums	fi-zi /u-fi-zi	fizi /ufizi
Root/roots	m-zi-zi/mi-zi-zi	mzizi/mizizi
Push	soo-koo-ma	sukuma
Numbness/anaesthetic	ga-nzi	ganzi

Appendix 1

(please note we are only offering this as a suggestion from a previous volunteer and not as a Bridge2Aid recommended anti-malarial)

Information sent in from a volunteer:

MIMS have just announced that a Malarone generic has been released and I thought it might be useful to let DVP folk know that if they get the generic prescribed for them it's much cheaper at just over £2.00/tablet.

Details below

DRUG NAME:	ATOVAQUONE + PROGUANIL
Legal Class:	POM
Drug Class:	Antimalarials
How Supplied:	Atovaquone/proguanil hydrochlor.
Price:	250mg/100mg, 12=£25.21.
Indications:	Prophylaxis and treatment of acute, uncomplicated <i>P. falciparum</i> malaria particularly where there is likely to be resistance.
Adults:	Prophylaxis, 1 daily starting 24 hrs before entering endemic area or on day of arrival, continuing during stay and for 7 days after leaving area. Not recommended for prophylaxis in patients <40kg. Treatment, 4 tabs once daily for 3 days. Tabs should be taken with food or a milky drink at same time each day.

Appendix 2 Lake Zone safari

(see appendix 3 for Manyara safari)



Special Bridge2Aid Safari Deal

\$620 per person

Safari includes:

*Full Board (breakfast, lunch, dinner) in Kijereshi
Single or Double self-contained accommodation
2 days in the Serengeti National Park
4x4 Safari cars with pop-up viewing roofs
A trained Safari Guide*

Accommodation will be at Kijereshi Tented Camp- 2 nights full board

Payment needs to be made in Mwanza before the safari commences.
We accept Tanzanian Shillings or USD notes. (USD notes must be dated year 2004
or later.) If you
wish to pay in GBP please let us know, the price is subject to change
depending on the current exchange rate.

E-mail: safaris@fortes-africa.com

Tel: +255 28 2500561

Mobile: +255 767 520550 / +255 784 520550

www.fortes-africa.com

Appendix 3 – Manyara Region safari



Special Bridge2Aid Safari Deal

\$620-\$680 per person

Safari includes:

*Full Board (breakfast, lunch, dinner) at Lake Burunge Tented Camp Double sharing accommodation \$620 or single room \$680
2 days in the Tarangire National Park
2 nights overnight stay at Lake Burunge
4x4 Safari cars with pop-up viewing roofs
A trained Safari Guide*

Payment needs to be made in Mwanza before the safari commences. We accept Tanzanian Shillings or USD notes. (USD notes must be dated year 2004 or later.) If you wish to pay in GBP please let us know, the price is subject to change depending on the current exchange rate.

E-mail: safaris@fortes-africa.com

Tel: +255 28 2500561

Mobile: +255 767520 550 / +255 784 520550

www.fortes-africa.com

SAFARI INFORMATION TO FOLLOW FOR THE NEW REGIONS

Bridge2Aid Dental Volunteer Programme

Participant Conditions

**please sign and return the set of terms and conditions at the end of the
Acceptance Response form**

These Participant Conditions are made between (i) Bridge2Aid (UK registered charity No. 1092481), and (ii) the applicant who has signed these Participant Conditions below ('I').

- 1) I agree to pay Bridge2Aid a £100 refundable deposit to reserve my place. I will then attend a Training and Interview Day and following this and on having my place confirmed will pay a further £250 within 2 weeks of being offered a place in writing. I understand the deposit is then non refundable and not transferable to future trips.
- 2) If accepted:
 - a) I agree to pay Bridge2Aid the balance of the cost of my trip as notified in writing (to cover accommodation, travel, food etc) no later than 12 weeks before departure. If then unpaid, I understand that Bridge2Aid may withdraw my place, and that the deposit will be retained by Bridge2Aid. I also understand that the total cost of my trip is estimated to be £950 (including the non-refundable deposit), but that the cost may vary by up to 15% more or less than this sum, dependant on the exchange rate
 - b) I understand that I will be required to book my own flight once notified of the flight route and will need to do this within the timeframe provided.
 - c) I understand that I am liable for 50% of my costs if I cancel less than 12 weeks and more than 6 weeks before departure, and confirm that I will have travel insurance in place to cover this at least 12 weeks before departure.
 - d) I understand that if I withdraw from the trip 6 weeks or less before departure no amount of the monies paid to Bridge2Aid will be repaid, and that any monies paid are not transferrable to future trips.
 - e) I understand that any notice of cancellation must be given in writing to Bridge2Aid at Well House, The Chipping, Wotton-Under-Edge, Gloucestershire. GL12 7AD marked for the attention of Brian Strotton.
- 3) I confirm that:
 - a) I will be at least 18 years old on the date of departure.
 - b) I will have adequate and valid travel insurance that will cover me for the specific activities I will be undertaking, including, without limitation, emergency repatriation and repatriation of my remains. If I do not provide proof of adequate and valid travel insurance by no later than 10 weeks prior to departure, Bridge2Aid may withdraw my place. I acknowledge that Bridge2Aid may withdraw my place or oblige me to obtain further insurance if Bridge2Aid believes that my insurance cover is inadequate.
 - c) I will arrange adequate and valid indemnity insurance to practise in my professional capacity in Tanzania. If I do not provide proof of this at least 10 weeks prior to departure Bridge2Aid may withdraw my place. I acknowledge that Bridge2Aid may withdraw my place or oblige me to obtain further insurance if Bridge2Aid believes that my insurance cover is inadequate.
 - d) I do not suffer from alcohol or drug dependency, or from any chronic condition, which might become acute during my trip.
 - e) I do not have any criminal convictions and I hereby give my consent Bridge2Aid making a Criminal Records Bureau search.
- 4) I understand that:
 - a) In the event that any of the statements set out in paragraph 3 above are found to be untrue, Bridge2Aid shall be entitled to cancel my trip and any sums paid to Bridge2Aid prior to cancellation shall be retained by Bridge2Aid. In the event of such

cancellation, I shall reimburse to Bridge2Aid any reasonable costs, losses or expenses which Bridge2Aid may incur or suffer as a result. Bridge2Aid will not be responsible for (and I agree to indemnify Bridge2Aid against) any costs, claims, losses and expenses arising including costs of repatriation e.g. flights and legal expenses.

b) Bridge2Aid shall not be liable for any changes to itineraries, schedules and accommodation.

c) I participate at my own risk and Bridge2Aid shall have no liability for any loss or damage incurred by me, however arising, or for cancellation of the visit for any reason outside its control. This exclusion of liability does not apply to liability arising in connection with death or personal injury resulting from Bridge2Aid's negligence, or from Bridge2Aid's fraud or wilful default.

d) My passport must have at least six months to run from the date I return to the UK.

e) If I am refused passage and/or entry/exit to or from Tanzania, any additional costs incurred are my responsibility.

f) Bridge2Aid may, at its sole discretion, withdraw places on the visit. In the event that my place is withdrawn by Bridge2Aid, other than in accordance with paragraphs 3 b) or c) or paragraph 4 a) or as a result of a failure to comply with my obligations under these Participant Conditions, I understand that Bridge2Aid will refund my payments other than the non-refundable registration fee and flight deposit paid under paragraph 1. above.

5) I undertake that:

a) I will specify in my fundraising posters and any other materials used in connection with fundraising that I am raising funds to help cover the costs of my trip, rather than directly for Bridge2Aid. Raising funds to cover my costs is quite legitimate, but the distinction must be made as this is a Charities Commission requirement. I will also state in all fundraising posters and other materials used in connection with fundraising that any excess funds raised will be donated to Bridge2Aid.

Money from fundraising cannot be used to cover the costs of my safari or weekend. I acknowledge that Bridge2Aid is not responsible or liable for the provision of my safari, or for arranging any excursions or other tours or for anything that happens during the course of its provision.

b) I will pay the full balance of the cost of my trip no later than 12 weeks before the start of my trip. I acknowledge that all funds raised must be sent to Bridge2Aid to arrive before that date, and I undertake to pay an amount equal to any shortfall. I acknowledge that any funds raised less than 12 weeks before my trip cannot be refunded to me. Any funds received less than 12 weeks before my trip also cannot be put towards future trips as Bridge2Aid operate a 'per trip' policy on fundraising and therefore funds cannot be carried forward.

6) If I raise more money than I need to meet the costs of my trip (other than personal costs such as my safari or other tours), I understand that these funds will be used in pursuit of Bridge2Aid's aims but they cannot be carried forward to cover the costs of future trips.

7) I agree to uphold the highest standards of professional and ethical behaviour at all times as detailed in the Code of Conduct Appendix. I will adhere to Bridge2Aid's guidance on appropriate cultural behaviour and dress during the visit, and understand that failure to do so may lead to my being excluded from activities during the visit at Bridge2Aid's discretion, as normally exercised by the General Director or Team Leader.

8) I consent to all information provided to Bridge2Aid being passed on to Bridge2Aid's suppliers, agents, sub-contractors, employees or volunteers, whether based inside or outside the European Economic Area, for the purposes of my trip.

9) If any of these Participant Conditions is found by any Court or other competent authority to be wholly or partly unfair or unenforceable the validity of the rest of the Participant Conditions and the rest of the condition in question shall not be affected and shall remain valid and enforceable to the full extent permitted by law.

10) These Participant Conditions are governed by English law and I irrevocably submit to the non-exclusive jurisdiction of the English courts.

I apply to take part in the Bridge2Aid Dental Volunteer Programme, and agree to abide by the above Participant Conditions.

I confirm that my general state of health and fitness is good and I take full responsibility for my fitness to take part. I have read the Volunteer Policy and have complied with the medical advice including necessary inoculations and malaria prophylaxis.

This is your copy. Please sign and return the copy attached to the acceptance response form.

Applicant Signature

Date

Appendix: Bridge2Aid Code of Conduct

Tanzania is a very different place to the UK. There are certain types of behaviour and dress that are perfectly respectable and acceptable in the UK, which can cause great offence in Tanzania. B2A have worked very hard to build positive working relationships with the authorities and community in Mwanza, and its work and staff are well respected. This reputation can easily be compromised by unwise actions by staff and/or volunteers, and for this reason all personnel must adhere to the cultural advice given before and during visits, and agree to abide by this Code of Conduct.

You should recognise that you represent Bridge2Aid at all times, and as such must not behave in such a way that brings the charity into disrepute.

You should be aware at all times of conduct that is culturally and religiously inappropriate and/or offensive. In particular, you should:

- not engage in sexually inappropriate behaviour
- not drink alcohol to excess or engage in drunken behaviour
- not use foul or abusive language
- not act in a violent or aggressive way
- not take illegal drugs

You should always:

- maintain high standards of ethical integrity
- dress in a culturally sensitive way
- maintain high standards of personal hygiene
- show respect for everyone you encounter, regardless of colour, race or religion.

Smoking or drinking are not permitted during working hours.

Gross misconduct may result in immediate termination of your employment/placement and return to the UK.