

United Planet Tanzania



Welcome Tanzania – The blessed country in Africa

National Profile 2019/2020

Karibu Tanzania!

The United Planet Tanzania Team



Acting Country Director – Hassan Pukey

I started to build my career in volunteer work at Tandale Youth Development Centre (TYDC) ten years ago under the umbrella of Pathfinder and Bill & Melinda Gates Foundation through AYA project in 2008. Since that time I have been worked with various national and international organizations.

I have enough experience in volunteering and youth programs, project management, social media, content creation, facilitation, community mobilization and networking with NGOs and Government departments in youth development and policy issues. I have experienced in working with United Planet Tanzania for three years now, I started in 2016 as a part-time volunteer lately I became a volunteer liaison and in 2018 I started to work as a Country Program Coordinator before to be appointed as an Acting Country Director. I hold a bachelor degree of Arts in Economics and Statistics from University of Dar es Salaam; and certificate in Leadership and Governance from Friedrich Ebert Stiftung. I am so passionate about learning from others through their cultures doing real practice on their best practices. I like music, football and sometimes watching movies.

Chair Board – Stephen Silvester Chihwallo

Stephen is a Chair of the Board of United Planet Tanzania for four years now. Recently, he works at the Embassy of Sweden in Tanzania (Swedish International Development Agency, SIDA). Also, he has experience of working with volunteering and youth programs at VSO as a National Program Officer and SPW currently known as Restless Development. Stephen dedicate his time to help UPTZ in-terms of advice, management & accountability for staffs, and supporting volunteers as much as he can to ensure that there are sustainable programs and development of the organization within and outside the country.



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Tanzania at a glance...

- **United Republic of Tanzania** in Swahili ‘Jamhuri ya Muungano wa Tanzania’
 - **Motto:** "Uhuru na Umoja" (Swahili) “Freedom and Unity”
 - **Anthem:** Mungu ibariki Afrika (God Bless Africa)
-
- **Capital city:** Dodoma
 - **Largest city/Business city:** Dar es Salaam
 - **Official languages:** Swahili and English
 - **Government:** Unitary Presidential Constitutional Republic
 - **The Current President:** Dr. John Pombe Magufuli,
 - **Prime Minister:** Hon. Kasim Majaliwa
 - **Legislature:** National Assembly
 - **Independence from the United Kingdom** – Tanganyika in the 9 December 1961, Unguja and Pemba (Zanzibar Revolution) in the 10 December 1963, Merger 6th April 1964 to form The Republic Union of Tanzania.
 - **Area:**Total 945,203 km² and 364,898 sq mi
 - **Water:** (%) 6.2
 - **Population:** 2012 census 44,929,002, **Currently estimation by UN:** 60 Million
 - **Density:** 46.3/km² (124th) 119.9/sq mi
 - **GDP (PPP):** 2012 estimate – Total \$73.859 billion
 - **GDP (nominal):** 2012 estimate – Total \$28.247 billion
 - **Currency:** Tanzanian shilling (TZS)
 - **Time zone:** EAT (UTC+3)
 - **Driving:** on the left
 - **Calling code:** +255

All you need to know

Geography:

Tanzania's geography is one of the most varied and unique in the world; it contains lakes, mountains and many natural parks.



The north-east of Tanzania is mountainous, and includes the highest mountain in Africa, the Mount Kilimanjaro and Mount Meru, both of which are active volcanoes. West of these is Serengeti National Park, famous for its annual migration of millions of wildebeest, as well as its abundance of lions, leopards, elephants, rhinoceroses, and buffalo. Further

west is Lake Victoria, on the Kenya–Uganda–Tanzania border. This is the largest lake in Africa and is traditionally named as the source of the Nile. Southwest of this, separating Tanzania from the Democratic Republic of the Congo, is Lake Tanganyika. This lake is estimated to be the second oldest (and second deepest) lake in the world after Lake Baikal in Siberia. On the coast of Tanzania you'll find the beautiful islands of Zanzibar, and an ocean rich in marine life.

Climate:

The climate of Tanzania ranges from hot and humid on the coast, to a more temperate climate in the elevated centre of the country. Tanzania has two rainy seasons; a long heavy one from March to May, and a shorter, lighter one from November to January.

History:

Tanzania is sometimes called the cradle of man-kind, as some of the oldest remains of human kind having been found at Olduvai Gorge, Northern Tanzania. The inhabitants of Tanzania are historically Bantu, while the migrants from other parts of Africa arrived in East Africa as early as 1000BC.

Tanzania has been a trading post with other countries starting as early as 400BC (first the Greeks, later Persia and Arabic traders). The Portuguese Vasco da Gama was the first European to reach East Africa in 1498.

Missionaries and explorers began to penetrate the Tanzanian mainland from the mid-19th century. Among them were Richard Francis Burton and John Henning Speke around 1857, searching for the source of the river Nile. Shortly after then missionary-explorer David Livingstone and the journalist Henry Morton Stanley made their way into the interior of Tanzania.

The Germans were able to create German East Africa in 1891, consisting of the Tanzanian mainland. The Zanzibar Archipelago remained a British protectorate. The Germans were unpopular and numerous measures by the German administration eventually led to the Maji Maji rebellion from 1905 to 1907, which decimated much of Southern Tanzania and is considered to contain the first seeds of Tanzanian nationalism

Tanganyika became independent on 9 December 1961 and was established as a republic exactly one year later, with Nyerere as its first president. Zanzibar gained independence in 1963. In 1964 Zanzibar and Tanganyika signed an act of union and became the United Republic of Tanganyika (later renamed the United Republic of Tanzania).

With the Arusha Declaration of 1967, Tanzania entered an era of *Ujamaa and Kujitegemea* (socialism and self-reliance). The Tanzanian experience of this policy is that it proved successful for nation building, and it is credited with unifying the country, bridging ethnic and religious divisions, and expanding education and health care. Economically, however, the consensus is that it failed.

Population & People:

Tanzania has an estimated population of 45 million inhabitants according to the census of 2012, although currently Tanzania approximated to have 60 million people. The mainland is comprised of about 120 tribal groups. Most of

these are small, and as a result, no tribe has succeeded dominating politically or culturally. About 95 percent of Tanzanians are of Bantu origin. The largest tribes include the Sukuma, Nyamwezi, Makonde, Haya and Chagga. The Maasai and several smaller groups are of Nilo-Hamitic or Nilotic origin. Average life expectancy is 57 years for men and 59 years for women, according to statistics by the UN.



Politeness, respect and modesty are highly valued attributes in Tanzania's traditional society. Pleasantries are very important and people often spend several minutes at the beginning of a conversation simply greeting each other. It is considered impolite to launch directly into questions without these formalities. Knowing a few basic greetings, such as *habari* (meaning 'news') and then accompanying responses before switching to English will be much appreciated. Along with greetings, handshakes are also an important part of social interactions. People often continue to hold hands for several minutes after meeting, or even throughout the whole conversation. In some areas you will see people touching their left hand to their right elbow as they shake hands as a sign of respect.

Politics:

The United Republic of Tanzania is a young multiparty democracy. Executive power rests with the President and the ruling party CCM. The President and members of the National Assembly are elected by direct popular vote for five year terms. The Prime Minister, who functions as the head of the National Assembly, is appointed by the President. Cabinet members are selected by the President from among national assembly members. Apparently, Tanzania is reviewing the constitution and wanting it to change to fit with changes that happening in the country.

Economy:

Tanzania is in the bottom ten percent of the world's economies in terms of per capita income. The economy depends heavily on agriculture, which accounts for more than 40% of GDP, provides 85% of exports, and employs 80% of the work force. Topography and climatic conditions, however, limit cultivated crops to only 4% of the land area. The World Bank, the IMF, and bilateral donors have continually provided funds to rehabilitate Tanzania's out-of-date economic infrastructure and to alleviate poverty. Industrial production and a substantial increase in output of minerals, especially gold, have contributed to economic growth. Recent banking reforms have helped increase private-sector growth and investment. Continued donor assistance and solid macroeconomic policies supported real GDP growth of 7.1% in recent years.

Religion:

Christianity and Islam are the main religions of Tanzania. About 40-45% of the population practice Christianity and about 35-40% practice Islam. The rest of the population follows traditional beliefs, which usually centers on ancestor worship and nature-based animism. Most Christians live on the mainland, where missionary stations and schools reach deep into the continent. Islam is the major religion of the coastal areas but is also practiced further inland along the old caravan routes.

Religion plays a large part in the daily life of Tanzanians. Easter and Christmas are major events in Tanzania, with services and celebrations often extending far into the day and night. The lunar month of Ramadan is an important time for Muslims around the country, who fast from food and drink from sunrise to sunset. After Ramadan comes the Eid, a time of feasting and festivity for the whole community. Tanzania's Asian religious minority includes Hindus, Sikhs, and Ismailia.

Education:

Tanzania's educational system is loosely based on that of Britain. There are seven years of primary school which are, at least in theory, compulsory, and four years of secondary school, with an additional two years required for university entrance. Primary schooling is in Swahili. Secondary school and

university are in English. There has been a lack of resources for additional teachers, classrooms and books. There are also reports of children not attending school because of poorly paid teachers demanding enrollment money from them. There are private primary schools where tuition varies quite a bit and many are in English (as opposed to Swahili taught in government primary schools).

Language:

Swahili and English are the official languages in Tanzania. English is widely spoken in cities and larger towns, however in rural areas English is spoken less. It is useful for any visitor to know at least a few basic Swahili phrases. Besides Swahili, there are also numerous other languages spoken in Tanzania, reflecting the country's ethnic diversity.

Environment:

Tanzania has exceptionally rich and varied ecosystems. While most foreigners are only aware of the large mammal wildlife population, there is much more to Tanzania than just that. The country has several forests and lakes hosting among the highest biodiversity of flora and fauna in Africa. In order to protect this natural wealth, the government has set aside about 25% of Tanzania's land as protected parks, game and forest reserves and marine parks.

Food:

Almost each of the 120 tribes has preferred cuisine and drink types. Along the coast, rice and green vegetables (mchicha) or sea food or meat is the popular staple food. In the interior of Tanzania, people eat cooked or steamed green bananas (matoke) or maize and millet meal eaten with relish such as beans, fish or meat relish. Relish for maize meal or rice is normally cooked with coconut stew obtained by grating the coconut and squeezing the fatty juice.

Maize cooked with beans or meat (makande) is also the staple food of several tribes especially the Pare tribe of Kilimanjaro Region. Instruments for peeling maize, millet or rice are usually a wooden mortar and thick stick. Peeling is achieved by pounding the grain in the wooden mortar using the stick. Maize, millet or dry cassava is also pounded to flour and cooked into hard porridge or

dough known as "ugali". To eat, one makes a ball, dips into the relish broth and then into the mouth.



United Planet Tanzania:

- United Planet Tanzania is a volunteer-powered organization that strives to foment a deeper connection between Tanzania and other countries by engaging and leveraging volunteers, partner organizations and local communities. Our mission is to facilitate a greater cross-cultural understanding and to foster a long-lasting impact within societies by running cultural exchange programmes that can benefit all the participants involved.
- We became a partner of International Cultural Youth Exchange (www.icye.org) in 2009, as a local Tanzanian-based and non-profit UPTZ is decided to bridging the cultural gap between Tanzania and other countries. Through volunteer, community-based assistance, cultural exchange visits and homestays with local families, greater cross-cultural understanding and long-lasting impact within communities is forested.
- As the exclusive volunteer-powered organization, over the past five years UPTZ has placed 400+ volunteers and youth development consultants at

different work projects in Tanzania, positively impacting communities throughout the country.

- We offer authentic and immersive volunteering opportunities, which enable our participants to make a difference and to experience a world outside of the ordinary without feeling like tourists. Volunteers can engage deeply with Tanzania by working and collaborating with local communities and by living with local host families.
- UPTZ works in five regions of Tanzania Mainland with more than twenty projects partners' includes; - Orphanage centres, community organizations, health care centre & hospitals, and education centre.

Visa:

Volunteers staying for less than 3 months (90 days) can apply for a Carrying on Temporary Assignment (CTA or 'Business Visa') visa upon arrival in Tanzania and it cost 250 USD. Volunteers will receive a welcome letter from United Planet Tanzania in advance, which should be printed and carried in the hand luggage to be shown to immigration officers upon arrival. Application forms are available upon arrival, but UPTZ will send a copy by email in advance. Volunteers staying longer than 3 months (90 days) are required to apply for a 'Class C residence permit', which needs to be processed in Tanzania by UPTZ, it costs 550 USD. An outline with the requirements will be sent to the sending country office.

Transport:

Transport for the volunteer is provided by UPTZ from the airport (upon arrival) to the lodge in town, from town to the host family and from the host family to the airport at the end of the volunteer experience. The volunteer is responsible for his/her own transport costs for any other outings, i.e. trips to town. The most



common and affordable form of transport is the dala-dala (local mini-bus). Normally is used by the volunteers to go the workplace and back home.

Health:

Although you are provided with travel insurance through your volunteer agreement with ICYE, it is your responsibility to check that you have all the necessary vaccinations required. Please also inform the United Planet Tanzania office of any pre-existing medical conditions that we should be aware of.

Arrival and Departure Information:

Our United Planet Tanzania coordinator or Volunteer liaison will meet you upon your arrival at the airport. If your flight is delayed or your arrival information changes for any reason, please contact the on-site coordinator in Tanzania:

Hassan – Acting Country Director Email tzdirecto@unitedplanet.org

Telephone. **+255 784 828 382** Or **Stephen – Chair Board +255 757 807 564.**

You will be provided with a transfer back to the airport on the day of your departure. Please discuss your needs with the coordinator/Acting Director.

Please book your tickets so that you arrive on the first or third Thursday of the month so that you can go through orientation with other volunteers arriving at the same time. If this is not possible, book your ticket so that you arrive and leave on a week day, between 9 am and 9pm. If you choose to arrive or leave on a weekend day or before 9am or after 9pm we cannot always guarantee pick up by United Planet Staff. On the weekends the office is closed and there are no orientations.

Accommodation during the first night:

Depending on the project that you stay with and what time you arrive in Dar es Salaam, you will spend your first night in a hotel or go to your host family in Dar es Salaam. Depending on the time you arrive we will give you an orientation the day of your arrival, or otherwise the next morning. The next day the country coordinator will pick you up from the hotel, and if your program is in Dar es Salaam, you will be taken to your host family and your project. If you

volunteer outside Dar es Salaam the country coordinator will bring you to the bus station. You will be picked up by a project coordinator of the volunteer project at your destination.

Insurance:

All volunteers are insured while they are on the programme and will receive information regarding the insurance cover from your sending country as well as during your orientation in Tanzania.

Travel/tickets:

We advise all volunteers to write down the contact information of your embassy prior to arrival in Tanzania. Some embassies have an online registration option. All volunteers who need to change their return flight date home must do so on their own and at their own expense. If you want United Planet Tanzania to keep a copy of important papers, such as your passport, please make sure to email us a copy before your arrival in Tanzania.

Contract between volunteer and United Planet Tanzania

All volunteers are required to sign a contract with United Planet Tanzania. The contract can be found on the last pages of this document. Please sign the document, scan it and send it to us via the ICYE office in your home country.

Suggested Reading

The following books can make your experience in Tanzania even better. We highly recommend the first three books to all volunteers, while the last book is more for those who would like to get a deeper understanding of the country and its people.

1. **Culture Smart! Tanzania** Author: Quintin Winks –ISBN 978 1 85733 4838
2. **The Lonely Planet or the Rough Guide Tanzania**
3. **Swahili Phrasebook (Lonely Planet)-** Martin Benjamin
4. **Tanzania: The Land and Its People** – John Ndembwike

Packing Guidelines

• Clothing and Accessories

Most Tanzanians dress modestly, covering knees and shoulders, and often not wearing clothes that are very tight. This is more the case in rural areas than in urban areas. Tanzanians value dressing smartly and even the poorest try to keep their clothes clean and ironed if they can and you should do the same out of respect. While spaghetti –strap tops are generally not seen, it is ok to bring shirts that show part of the shoulder – provided the top is modest. Short shorts are looked upon as funny for women, and to some extent also for men – in Tanzania you usually only see school boys wearing shorts, or people working on the farm land. This said, for foreign men it is acceptable to wear shorts (though not too short). For women skirts of knee length are acceptable. It is fine for women to wear jeans/ pants, although especially in rural areas it is better to not wear pants that are too tight. In Dar es Salaam it does never get cold, and you should only bring one long sleeve in case you come in the summer (June – August) months, as the nights get slightly cooler then. In Ilula/ Iringa area the climate is a bit cooler, and nights can be cold.

- Suitable work clothing
- Work shoes (boots, old sneakers for mud in the rainy season)
- Informal clothes for time spent in the village, travelling, or at your accommodation, i.e. t-shirts, long sleeve shirts, shorts, skirts, lightweight pants
- A more formal outfit for a nice meal or for visiting sacred/ religious locations. Skirts longer than the knee are recommended.
- Sandals and/ or non-work sneakers. Shoes, indoor slippers or shoes
- Lightweight raincoat/ shell
- Lightweight sweater
- Socks, underwear
- Sleepwear
- A towel

- A small day pack
- Wide-brimmed hat
- Water bottle
- Small flashlight

Toiletries and First Aid

- **Most of the items below can be found in Tanzania, but mostly in Western supermarkets in large cities only. You therefore may want to bring them from home:**
 - Personal hygiene products (shampoo, conditioner, body/ facial soap, deodorant, toothbrush, toothpaste, feminine products, dental floss, shaving cream, contact lens cleaning solutions, mosquito repellent, etc)
 - Anti-diarrheal medicine (over the counter and/ or prescription)
 - Paracetamol, aspirin etc
 - Prescription medications (consult your travel clinic and physician)
 - Glasses or contacts (bring extra pairs and/ or prescription)
 - Antibacterial hand sanitizer
 - First aid antiseptic
 - Band aids

Documents and Money

- Passport
- Welcome letter for Tanzanian immigration
- Return plane ticket and itinerary
- Photocopy of your passport, credit cards (be sure to have the phone number for your credit card issuer) and other important papers, kept separate from the originals.
- ATM/ Credit card. If your bank card has Visa, Master, Maestro or Plus on it you will be able to use it at several banks (ATM) in Tanzania. Credit cards are not widely used unless in large upscale hotels.
- Medical insurance information

- Personal spending money. If you bring dollars or euros, it is best to bring large bills, as the exchange rate is better for large bills than for small bills.

Important note please make sure to bring US Dollars no older than the year 2003 if you want to exchange money in Tanzania

- If for some reason you do not have enough money for your stay you will be able to use Western Union Money Transfer and ask your family or friends to send you extra money.

- **Miscellaneous/ optional**

- Sun block, good UV protection for your eyes and lip balm
- Camera, film and extra batteries
- Electricity converter (Tanzania uses 220V, and UK sockets)



- Notebook/journal/sketchbook/pens/pencils
- Swahili – English dictionary
- Travel alarm clock/ watch
- Pictures of your family/ home to show to your host family or Tanzanian friends
- Gifts for your host family or friends that you make in Tanzania (suggestions are postcards of your town, t-shirts, picture books, unique foods)
- Some people (vegetarians) might want to bring dried food, although in urban areas there are supermarkets where you can find all you need.

- **Maximum Luggage Allowance**

Depending on airline regulations, a passenger can have between 20 and 40 kg free of charge to be checked in and one carry on item. Any additional weight will incur an added charge. Keep in mind that will most likely be returning with more items. Be sure to check your airline for maximum luggage allowance

We look forward to having you here- KARIBU TANZANIA – WELCOME TANZANIA

Postal Address:

**United Planet Tanzania
P.O Box 106045
Dar es Salaam
Tanzania**

Physical Address:

**Plot no 228, Kijitonyama, Block 47,
Kinondoni, Dar es Salaam - Tanzania.**

Acting Country Director Contacts:

Tel; +255 (0) 784 828 382/+255 659 435 550 (available 24/7)

Email: tzdirector@unitedplanet.org





Contract between Volunteer and United Planet Tanzania

1) Understanding of the nature of the program

I _____, as a UNITED PLANET TANZANIA Volunteer, clearly understand the voluntary nature of the program. Consequently, I clearly understand that this program purpose is neither for employment nor higher studies. I also clearly understand that earning money is prohibited and that I could be deported and my involvement in the program be terminated for contravening UNITED PLANET TANZANIA and government rules.

I clearly understand that I may work up to 35-40 hours a week in voluntary work placement.

I clearly understand that, I will stay in the project I am assigned to during the agreed period of time. Since I will be a Volunteer, I will not leave my project or place of work without the permission of UNITED PLANET TANZANIA.

I clearly understand that the projects represented on the website change constantly based on the evolving needs of the communities worldwide. I clearly understand that UNITED PLANET TANZANIA cannot guarantee specific volunteer work placements and requests flexibility, open-mindedness, and tolerance, from all volunteers.

I clearly understand that the work ethic and cultural difference vary greatly worldwide. I will therefore maintain a tolerant, flexible and respectable attitude of the local people and customs during my volunteer service.

2) Travel information and Health Insurance

I understand that I will STRICTLY have to abide by the regulations of the local government and the government of my country in respect of foreign travel and my visit abroad.

I clearly understand and agree that UNITED PLANET TANZANIA will NOT arrange or pay for my International travel plans, tickets and flight schedules, and that I have to fully arrange and pay for my own visas and airfares.

I clearly understand that United Planet Tanzania has recommended that I purchase a changeable and/or refundable airline ticket in case circumstances should require me to change my departure or return dates. I clearly understand that I am solely responsible for the inherent risks, uncertainties, and expenses associated with international travel, and that under no circumstances will United Planet be responsible for refunding airline tickets or charges for airline ticket changes for any reason, even if due to program changes or cancellations by United Planet Tanzania or partners of United Planet Tanzania. I clearly understand that the issuance of the necessary visa for my travel and stay in the host country is the prerogative of the concerned governmental authorities and that there may be a delay in obtaining the aforesaid visa. When required, I fully agree to cooperate with UNITED PLANET TANZANIA with regard to visa matters. To avoid possible travel disruptions, I understand it is safer to travel with my passport at all times.

Health Requirements – I clearly understand I am solely responsible for taking all appropriate medical precautions, being in satisfactory health and having sufficient mobility to participate in the UNITED PLANET TANZANIA volunteer program to which I apply.

3) Rules

I understand and I will abide by the rules of UNITED PLANET TANZANIA, the local hosting organizations, hosting projects, and local housing placements.

I clearly understand that I will have to refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of my duties.

I clearly understand that I will not be allowed to drive without a valid driving licence or permit. I also clearly understand that hitchhiking is STRICTLY prohibited in the Host Country.

I clearly understand that the use of narcotics, drugs or any illegal substances, and the involvement with persons peddling drugs of any kind, are STRICTLY prohibited and will cause the IMMEDIATE withdrawal of the volunteer program as well as the report to the local authorities and to the competent government authorities.

I clearly understand that I will not consume excess of alcohol, indulge in smoking, inhale any drug or any other substance that would cause loss of presence of mind. I am also aware that underage drinking is STRICTLY forbidden and will result in the same consequences as mentioned in the previous provision.

I clearly understand that I will not indulge in any kind of criminal activities, violence, vandalism, or larceny that is against the rules of the hosting country.

I affirm that I have read the UNITED PLANET TANZANIA Code of Conduct mentioned below: "UNITED PLANET TANZANIA requests five things of you: Flexibility, Courage, Open-mindedness, Tolerance, and Compassion. Volunteer and educational travel around the world is often filled with unpredictable surprises, such as transportation delays, local holidays, etc. Cultures vary greatly. Some things may appear shocking and you might feel outside of your comfort zone in some situations. You might also experience disturbing poverty or suffering in certain areas. People, including the local population and fellow volunteers, might have vastly different religious, ideological, racial, linguistic, and cultural backgrounds. In short, you will be challenged and stimulated in ways that you may not be able to currently imagine. If you remember the UNITED PLANET TANZANIA code and maintain flexibility, courage, open-mindedness, tolerance, and compassion, you will build greater bonds with the people around you, attain a rich cultural understanding, and truly experience "the ultimate educational adventure" of a UNITED PLANET TANZANIA volunteer program."

4) Payment

For **those volunteers staying longer than 12 weeks**: I clearly understand that a non-refundable fee of 550Euro for a Class C Resident Permit is required upon approval of my acceptance in the program, along with a copy of my application and a signed copy of this agreement. Upon acceptance, I agree to submit this payment at least 90 days or more before departure. I clearly understand that any registrations without full payment of this fee may be subject to cancellation without notice.

5) Waiver and Release of Claims

I acknowledge that I am voluntarily participating in a UNITED PLANET TANZANIA volunteer program. I also acknowledge that my participation may expose me to significant risks, including but not limited to terrorism, war, serious bodily injury or death, property damage, and other risks that may not be foreseeable. I understand that UNITED PLANET TANZANIA is NOT responsible for my safety and I assume full responsibility for all risks associated with my travel. I understand that UNITED PLANET TANZANIA will NOT provide

any additional funding or financial aid of any kind.

I am well aware that I am NOT required or encouraged to travel after the end of my volunteer service.

I understand that conditions in my destination(s) may change rapidly and I will need to stay informed of current events on a frequent basis by obtaining security and health information from the nearest Embassy or Consulate General. I will register with my home country's Embassy or Consulate and get updated information from my home country's Embassies or Consulates.

I understand that I am solely responsible for any damages caused to the host family, host organization in which I volunteer, and any other third parties and I understand that United Planet Tanzania is not responsible for any such damages caused by me.

I understand that if I am removed from, due to any non-compliance with this agreement, or leave my volunteer program under any circumstances, my program fee is completely non-refundable under any circumstances.

I AFFIRM THAT I HAVE READ AND AGREED WITH ALL TERMS & CONDITIONS OF THE VOLUNTEER PROGRAM AS DESCRIBED IN THIS AGREEMENT. I AFFIRM THAT I CLEARLY UNDERSTAND THE ABOVE SAID POINTS AND THEIR IMPLICATIONS, AND FULLY AGREE TO HONOR THEM.

CONSEQUENTLY, I HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE UNITED PLANET TANZANIA, ANY OF ITS SUBSIDIARY OR AFFILIATED PROGRAMS OR ORGANIZATIONS ABROAD OR ANY OF ITS IN-COUNTRY PARTNERS OR IN-COUNTRY COORDINATORS, OR ANY OF THEIR RESPECTIVE EMPLOYEES (HEREINAFTER REFERRED TO AS "RELEASEES") FROM ANY AND ALL LIABILITY CLAIMS, DEMANDS, ACTIONS, AND CAUSES OF ACTION WHATSOEVER ARISING OUT OR RELATING TO ANY LOSS, DAMAGE OR INJURY, INCLUDING DEATH, THAT MAY BE SUSTAINED BY ME OR ANY LOSS OR DAMAGE TO PROPERTY OWNED BY ME, AS A RESULT OF MY PARTICIPATION IN THE VOLUNTEER PROGRAM OR MY TRAVELING TO OTHER DESTINATIONS. I FURTHER HEREBY AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS THE RELEASEES AND EACH OF THEM FROM ANY LOSS, LIABILITY, DAMAGE OR COSTS THEY MAY INCUR AS A RESULT OF MY TRAVELS. IT IS MY EXPRESS INTENT THAT THIS RELEASE SHALL BIND MEMBERS OF MY FAMILY AND SPOUSE, IF I AM ALIVE, AND MY HEIRS, ASSIGNS AND PERSONAL REPRESENTATIVES, IF I AM DECEASED, AND SHALL BE DEEMED AS A RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE THE ABOVE NAMED RELEASEES.

Date: ____/____/____ Participant's Signature: _____