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## ORPHAN CARE PROJECT MOZAMBIQUE



Project Web link

<http://www.alloutafrica.com/volunteer/community/2/orphan-care/48>

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## Fast Facts

<b>Location:</b>	Beach town of Inhambane, southern Mozambique
<b>Accommodation:</b>	Comfortable volunteer beach house, dorm rooms & communal bath rooms
<b>Meals:</b>	All meals included, volunteers help cook
<b>Dates:</b>	Arrive 1 <sup>st</sup> Monday of every month
<b>Age Limit:</b>	Between 18 and 70 years old
<b>How to book:</b>	visit link above, click "book now" and complete the form

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## OVERVIEW

### Project overview

Volunteer to help care for orphaned and vulnerable children in Mozambique. Emerging from being one of the world's poorest countries after decades of civil war, many of Mozambique's children have lost their parents and thus face food shortages, lack of adequate shelter and care, and most of all lack of attention and love. Volunteer on this project and you will be able to assist these vulnerable children. Based at an orphanage you may help with hands-on teaching, organizing of activities, caring for the children, arranging food, assessing needs, developing life skills, helping with administration of the center and more.



The project involves working at one of 2 orphanages in Inhambane, Mozambique- one of the orphanages caters to disabled children, children transitioning from a home (similar to foster care) and children of parents who are in prison. The second orphanage caters to long term orphans who have no home to return to and is designed in a way to provide a home like living and learning environment.

The aims of the orphanages are to provide orphaned and vulnerable children with basic shelter, para-parental guidance, food, care and education. Food is often grown in local gardens and some is donated. The centres is relatively well organised and can accommodate approximately 150 children usually between the ages of 1 and 9 years, although some may be older- up to 18. There are basic education classes at both orphanages and one even is attached to a primary school. Volunteers are needed to assist the care givers, social workers, teachers and other staff in looking after the children.

In the afternoons you may also have the chance to tutor the children at these orphanages or work at a local school teaching English or Math.

### Volunteer role

As a volunteer on the Orphan Care Project you will be working in the orphanage to assist the care givers, social workers, teachers and other staff in looking after the orphaned and vulnerable children at the center. Volunteers may move from one house-unit to another on a day to day basis or be stationed at one house-unit assisting the



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house mothers or guardians with caring for the children. This may include helping to bath and clean the younger children, prepare food, teach the children basic life-skills, arrange games and fun activities for the children, teach at the pre-school or primary school or any other activities associated with the day to day care of the children. You may also be involved in helping with the administration and development of the center. You will be encouraged to use your skills to help meet the needs of the center under the guidance of our project co-ordinator and the center staff.

### **What's included**

- All accommodation throughout your programme
- All meals
- Orientation upon arrival including Barra beach tour
- Airport transfer on set arrival and departure days
- Daily transport from Tofo to Inhambane and back
- Full support and daily guidance from the project coordinator
- Project materials
- Backup support from All Out Africa's head office and administrative staff



### **What's not included**

- Personal travel insurance for the duration of your placement
- All flights
- Airport transfers not on set arrival and departure days
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Telephone, internet, extra food and drinks, weekend activities
- Visas
- Any excursions over and above your planned itinerary

### **Dates**

The arrival date is the first Monday of the month:

2011: 7-Nov

2012: 2-Jan, 6-Feb, 5-Mar, 2-Apr, 7-May, 4-Jun, 2-Jul, 6-Aug, 3-Sep, 1-Oct, 5-Nov



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## Booking process

Booking a place on the project is a simple 3 step process:

- 1) make a booking request by either visiting the project webpage <http://www.alloutafrica.com/volunteer/community/2/orphan-care/48> selecting "book now" then completing the online booking form, or emailing [bookings@alloutafrica.com](mailto:bookings@alloutafrica.com) requesting a booking form, complete this and submit it to the same address.
- 2) Depending on availability, your booking application will then be accepted and you will be sent a deposit invoice which you should pay by bank transfer or by manual credit card payment.
- 3) Upon receipt of the deposit, your booking will be confirmed and you will be assisted to make the necessary arrangements to start your project.



## THE PROJECT

### Project activities

The Orphan Care Project involves working at an orphanage in Inhambane to assist orphaned and vulnerable children in a number of different ways; by giving them shelter, a quasi-family structure to grow up in, basic education, transferring skills, providing meals, helping to guide and care for the children, while giving them love and adult support. These children either have no parents, are abandoned or are vulnerable and have no suitable support structure and cannot afford to attend school and their hope for a bright future lies in the support of the orphanage. With high unemployment (50%) and limited state welfare, many of these children's needs cannot be met without this support and volunteer involvement is needed at the orphanage.

As a volunteer you may get involved in many of the following activities depending on the needs at the time and your particular skills:

- Care – give adult care, support and love to the children helping them feel wanted;
- Cleaning and daily chores – cleaning the children and teaching them basic hygiene;
- Games – organise games and playing activities for the children, help arrange and take them on educational outings such as visiting the beach;



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- Teaching – helping to teach simple English, math and basic life skills;
- Feeding programs – activities like developing trench gardens, helping to source food donations, helping to feed children;
- House management – helping to improve basic needs for the children in their house-units;
- Outreach and needs identification – visit homesteads to help find vulnerable children and develop profiles for them and identify their needs;
- Fundraising – organising communication and events to raise awareness and funds to help meet specific needs for vulnerable children.

### **Itinerary**

There is no structured set itinerary for the project but the following is a general guide:

Day 1-2 – arrival and orientation,

First or second weekend orientation tour of Barra beach

Weekdays – 8am to 4.30pm at the orphanage

Weekends – free time

The last day at your project will wrap-up and can organize a farewell activity for the children.



### **Orientation**

Your orientation will start with being settled in to your accommodation. You will then get a presentation by the project co-ordinator to prepare you for your project, after which you will be shown around Tofo and Inhambane. You will then be introduced to your project and settled into your role there to focus on the project activities. In your second week you will do a tour to Barra beach where you will visit one of the local communities and get to know a slightly different area.

### **A day in the life of a volunteer**

Although day to day activities vary on the Orphan Care Project a typical day in the life of a volunteer working on the Project might be:

- 07:00 – wake up and have breakfast
- 07:30 – catch a local taxi/chappa to the orphanage in Inhambane (about 30min)
- 08:00 – carry out your morning activities helping to care for orphaned children at the center.
- 12:30 – Lunch



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- 13:30 – rest, help get the children to sleep.
- 14:30 – afternoon activities helping to arrange games or basic chores for the children;
- 16:30 – finish up and catch a local taxi/chappa back to Tofo

### **Project staff**

The following are the on-site project staff who would work with you on a day to day basis:

Messias Antonio- Social Project Co-ordinator, Tofo, Mozambique

A tourism practitioner from Inhambane, Mozambique, who studies philosophy, has managed a restaurant before and is passionate about assisting people.

Katie Reeve-Arnold - Whaleshark Marine Conservation Project Co-ordinator, Tofo, Mozambique

Katie is a zoologist with an honours degree in zoology from Trinity College Dublin. She has worked on tropical butterfly assemblages in indonesia, habitat mapping of the irish sea and designation of lakes for conservation in Ireland. She has a masters in medical genetics and an interest in the reliable use of volunteer data collection for scientific research

For a list of other support staff see: <http://www.alloutafrica.com/about/staff/4>

### **Contact details:**

Project Coordinator: +258-884-088-978 / +258-844-088-978

ALL OUT Office: +268-2416-2260

After Hours Phone: +268-7653-5886

## **DESTINATION**

### **Country fact file**



Mozambique is one of Africa's up-and-coming hot-spots, with stunning beaches, excellent diving and magical offshore islands. For almost two decades, many of its attractions were inaccessible due to a guerrilla war. Now dark times are in the past, and



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Mozambique is one of Africa’s rising stars, with an upbeat atmosphere, overflowing markets and a 2500km coastline waiting to be discovered. Sunshine, blue skies and temperatures averaging between 24°C and 27°C along the coast are the norm, except during the rainy summer season from about December/January through to April when everything gets soggy and sticky, and temperatures exceed 30°C in some areas.

Although forest covers nearly a quarter of the country, Mozambique has little tropical forest coverage. Nevertheless, deforestation rates are quite low—only 3.7 percent of the country's forest cover was lost between 1990 and 2005—and have not increased significantly in the past five years. Mozambique's large protected area is Limpopo National Park.

The country has an excess of mortality due to AIDS and this can result in lower life expectancy, higher infant mortality, higher death rates, lower population growth rates, and changes in the distribution of population by age and sex.

Location	Southern Africa
Area	801,590 sq km
Border Countries	Tanzania is to the north; Malawi, Zambia, and Zimbabwe to the west; and South Africa and Swaziland to the south.
Climate	tropical to subtropical
Terrain	The country is generally a low-lying plateau broken up by 25 sizable rivers that flow into the Indian Ocean
Natural Hazards	Severe droughts; devastating cyclones and floods occur in central and southern provinces
Physical Features	Lake Malawi/Nyasa (22,490 km <sup>2</sup> ), mostly coastal lowlands, uplands in center, high plateaus in northwest, mountains in west
Natural Resources	Coal, titanium, natural gas, hydropower, tantalum, graphite
Environmental Issues	Limited supplies of potable water; wildlife populations being depleted because of excessive hunting or over-fishing; soil degradation; soil erosion.
Population	21,284,701 (2008 Est)
Life expectancy	41
Ethnic Groups	Indigenous tribal groups 99.66% (Shangaan, Chokwe, Manyika, Sena, Makua, and others), Europeans 0.06%, Euro-Africans 0.2%, Indians 0.08%
Religions	Mozambique 24%, Islam 18%, Zionist Christian 18%, none 23%
Languages	Portuguese 9% (official; second language of 27%), Emakhuwa 26%, Xichangana 11%, Elomwe 8%, Cisena 7%, Echuwabo 6%,
Government	Multiparty republic
President	Armando Guebuza (2005)
Prime Minister	Luisa Diogo (2004)
Capital	Maputo



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Independence Day      June 25 from Portugal  
Currency                Metical  
Time                      GMT +2

### **Accommodation & meals**

Volunteers are accommodated in a volunteer house (electricity and running water) sharing dorm rooms. Bed, mattress, sheet and pillows will be provided (a sleeping bag is needed during winter i.e. May-August). There are communal toilet and shower facilities. You will do your own laundry by hand. The house is a 5 minute walk from the beach. There are very basic shops, a few restaurants and bars and a number of beach activities available.

Breakfast, lunch and dinner are all included in your programme price. For breakfast, lunch and dinner you will be provided with food and will take turns in preparing meals under the co-ordination of our project co-ordinator. Breakfast will generally consist of cereal and toast, lunch will usually be sandwiches and your evening meal will usually be a cooked meal. Dietary preferences will be catered for where possible but you should bear in mind that the meals are basic and Tofo has limited choice for food so please be understanding of the efforts of those who have prepared the meal. Please check with us prior if you have a specific dietary need to see if we can cater for it.



### **Getting there & departing**

Volunteers should fly to Inhambane in Mozambique. You may do this by flying to Johannesburg in South Africa then take a connecting flight to Inhambane. Please make sure you arrange a valid visa for Mozambique prior to flying- if staying longer than 30 days be sure to get a single entry (not a multiple entry) visa or a visa that allows you to stay longer than one month. On arrival at the airport we will meet and take you to Tofo using local public transport and settle you in to your accommodation. We will then



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arrange an orientation for you in Tofo and will give you a presentation on the Whale Shark Conservation Project and what to expect, before getting you going on the project.

## FURTHER INFORMATION

### Free time

During weekends you will be free to travel and explore as you choose. Various activities are available including horse riding, kayaking, surfing, kite surfing, snorkelling, scuba diving or just relaxing on the beach. Where possible long weekends may be arranged and expeditions to Vilanculos and the Bazaruto Archipelago, Kruger National Park and Swaziland may be available and can be booked prior. These activities are optional and extra though as a volunteer you would be given a special reduced rate. Inquire at [tours@alloutafrica.com](mailto:tours@alloutafrica.com) if you would like more details.

Volunteers need to abide by the following:

- Be considerate of the local people and environment.
- Cook for and clean up after yourselves.
- Abide by the laws of the country and rules of the place.
- Pay for any services not indicated as included above (e.g. telephone, internet, weekend activities).
- Do not drive any vehicle without the permission of the project co-ordinator.

**Malaria** – Tofo and Mozambique in general is a malaria area. It is advisable to take anti-malarial preventatives and you should consult a doctor prior to departure.



### Kit list

In addition to your everyday clothing, it is recommended that you include the following:

#### General

- Sleeping bag (suitable for the season in which you are travelling – Summer (September – April) / Winter (May - August))
- Sleeping bag liner: for hot nights or as an extra layer to your sleeping bag
- Small torch (head torch is preferable)
- Toiletries (you can easily buy toiletries on arrival)



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- Sunglasses
- Sun cream (a range of factors)
- Hat
- Camera and accessories
- Water bottle
- Day pack
- Mobile phone with roaming (or buy local network SIM on arrival)
- Pocket knife

### **Clothing**

- Outdoor cotton clothes for warm days and cold night (winter)
- Fleece or jumper
- Clothes for Project work should cover shoulders and go down to the knees.
- Trainers and sandals
- Casual clothes for the weekends
- Swimwear
- Light waterproof jacket (rainy season Nov – April)

### **First Aid Kit**

- Mosquito repellent
- Anti-malarial tablets
- First Aid Kit
- Hand sanitizer
- Personal medication
- If you suffer from seasickness bring tablets for the ocean safari.

Note: Please pack as lightly and compactly as possible as space and weight is limited. Ideally you should not have more than 22kg of luggage and should be able to fit everything into a 60 litre backpack plus one small day pack.

It is easy to buy toiletries in Inhambane and this can reduce the amount of weight you have to travel with.

Currency: Metical (some places also accept Rands)  
MasterCard & ATM card can be used in inhambane

Visa: If staying for longer than 30 days please arrange a single entry visa for your duration prior to arrival. A standard 30 day tourist visa is obtainable on entry into the country and a 30 day extension to this can be arranged in the nearby town of Maxixe (but this will be an inconvenience and an added expense for you).

### **Latest news**

Please visit our facebook page to find more latest news and see the feedback of others:  
<https://www.facebook.com/home.php#!/pages/All-Out-Africa/418750600192>



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### **Ratings and feedback**

Visit our website to see how some of our past volunteers felt about their experiences:

For more feedback visit: <http://www.alloutafrica.com/about/feedback/3>