

**VOLUNTEER ABROAD WITH UCE
SUMMER PROJECT PROPOSAL.**



PROJECT INFORMATION:

Country/Region	Kilimanjaro Region-North Tanzania, East Africa
Name of the Project	UCE Internship/ Volunteering/Tourism
Name and the address of the organization	Umoja Cultural Experience, UCE TANZANIA P O BOX 3041 Moshi - Kilimanjaro
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Number of the project	
Project duration	2025/2026

PROJECT ABSTRACT

Based on the positive impact on community development linked to Global volunteering, and the mutual benefits between International Volunteers and specific communities; Umoja Culture Experience (a volunteering organization based in Tanzania) is here by offering a unique volunteering program, in which students (or individual) of various department and those who wish to enroll for Internship programs abroad can participate in accordance with their Interests and professionalism.

This program gives participants opportunity to share their skills and experience in different fields such as : Academics, Health, Environment, Social work, working with Vulnerable children ie (orphans, street children, kids with disabilities)

In this program, volunteers will also have an opportunity to learn about native cultures during cultural exchange sessions which include; native language, dressing, traditional food and traditional dance as well as exploring specific historical sites, where they will be taken back in time to learn about native history. (Water falls, Chagga Caves, traditional and the historical Blacksmith Iron making site). Another learning experience is found in Art (Painting, tingatinga and Batik) in which, volunteers will be guided on how to sketch simple paintings which reflects a life in Africa.

During the weekend, after a week full of learning experience, interacting with natives, our volunteers will get a chance to explore exotic Safari experience, visiting Tanzania adorable wildlife in game reserves and nation parks. Volunteers will be amazed on seeing the endless plains of Serengeti, which is the largest national Parks in Tanzania and many other destination and guaranteed to take pictures of the Big 5 animals! Picture this: you will have the closest range vies of Giant African Elephants, Leopard, Buffalo, Rhino and Simba the king of the Jungle, (Simba is a Swahili name for the Lion)

As you go across Moshi town, and on your way to your placement, you will be astonished by the beautiful view of Mt Kilimanjaro, the African rooftop, the tallest mountain in Africa and the tallest free standing mountain in the word 58,700ft above the see level. This experience will build up your curiosity and during weekend, you might arrange for Mt Kilimanjaro day tripe or two days exploration! However, this will not take you to the top, for it takes 5 to 7 days to get to the summit.

1.0 INTRODUCTION

1.1 Background and context

60% Tanzanians live below the poverty line, a number almost unchanged over the last decade. A significant proportion of the population also hover just above the poverty line, and have very limited access to health care, quality education, and decent standard of living. Under nutrition remain one of the largest threats to human development in Tanzania and hits children the hardest

by hindering their long term physical and intellectual development. As a volunteer , you have the power to bring positive socioeconomic change across abroad range of fundamental aspects that constitute the overall welfare of a community.

Join UCE in Tanzania as we work to ensure children can reach their full potential. Universal primary education has drastically increased enrollment with more than 70% of primary school age children attending, yet the quality of education offered and the increasing student dropout rates are a huge concern. Our volunteering work focuses on girls and boys from preschool to teenage years to maximize their education as a pathway out of poverty.

2.0 NEED ASSESSMENT

Volunteering abroad has been found to be one of the most fulfilling program, which enable individual volunteers to share meaningful knowledge, skills and experience directly to communities thereby impacting specific communities in various aspects of life aiming on capacity building. To others, volunteering abroad program provides a media for self discovery, self fulfillment and increased global awareness which includes Social-Cultural Experience.

Umoja Cultural Experience, is therefore set out to provide professional platform, and to bridge the gap between volunteers and local communities in Tanzania, while at the same time ensuring the safety of the volunteers from their arrival to their departure.

3.0 PROJECT DESCRIPTION

3.1 GOAL

Our goal is to bridge international volunteers into Tanzanian society, enabling participants to offer meaningful support in the local communities and to contribute in the creation of a sustainable community.

3.2 OBJECTIVES

- i To create a platform for mutual learning experience between volunteers and natives
- ii To expose participants into cultural diversity and help them see other dimensions of life
- iii To guide and help volunteers setting their individual/group objectives and facilitating satisfaction and realization of such objectives during the program.

3.3 BENEFICIARIES

The primary beneficiaries of this project will be the volunteers enrolled with UCE Programs/Projects, and the communities where the volunteers will be volunteering at.

4.0 PROJECT TIMELINE

S/N	ACTIVITY	MONTH	REMARK
01	Proposal Submission		
02	Enrollment of Volunteers		
03	Arrival		
04	Departure		

5.0 PROJECT FACILITATION

This project will be facilitated by the UCE Staff, (working closely with the head of students department/ supervisor) and closely monitored by the Country Director and the program manager. Some activities will be facilitated by native professions of different faculties such as Education, Health, Law and Environment.

6.0 PROJECT COSTS

The program fee will cover accommodation, all meals, transport to and from the airport during arrival/departure, transportation to and from the placements/work place, town trips (2 days per week), and any other cultural learning exploration with the exclusion of personal Safari arrangements/Weekend Safaries.

S/N	Item
01	Accommodation
01	Meals
02	Transportation
03	Cultural activities

BELLOW IS A BRIEF DESCRIPTION OF SOME OF THE VOLUNTEERING PLACEMENTS

NB: THE LISTED PLACEMENTS GIVES AN OVERVIEW OF OTHER PLACEMENTS WITH SIMILAR CHARACTERISTICS.

VOLUNTEERING IN NURSERY SCHOOL

This is specifically for the Volunteers who have shown interest working with students at Nursery Level; Early Childhood Education from age 3 to 5 and Primary pupils

Volunteering as a teacher in a school abroad is a unique and enriching experience. It allows volunteers to share their experience with children, while also learning from them. Volunteers may assist in the classroom by helping the students with their assignments, planning lessons, or teaching new subjects. They may also lead extracurricular activities, such as sports, musics, or art.

This opportunity not only provides an enriching experience for the children, but also help volunteers develop their communication, leadership, and cultural awareness skills. Volunteering in a daycare school provides an opportunity to experience different culture, learn a new language, and connect with local families.

Working with children requires patience, the experience enhance volunteer's creativity, and the ability to work with diverse groups of people. These are valuable skills that can be applied to many aspects of life.

The classroom structure might include an ideal number of 20 to 30 kids and the Volunteer will work with a local teacher from the school. An In country Volunteer maybe assigned to work with the Volunteer especially where language barrier apply. The Nursery school session commence from 8am to 11:30 am.



An illustration of the classroom environment

VOLUNTEERING ACTIVITIES

- Teach reading, writing, and basic mathematics (counting, addition)
- Facilitate extra-curriculum activities; sports, games, songs, and arts and crafts
- Assess the development and the progress of the students by helping to create testing procedures and standards

Organize and prepare lesson plans

Work with the teacher to develop pre-school activities and materials to use throughout the year

What to Wear

Your clothing should be conservative (not revealing or low-cut), yet comfortable, with no rips or tears. Khakis, trousers, skirts, and dresses (below knee) with short-sleeved, polo, or knit-top shirts are appropriate with tennis shoes or sandals. Refrain from wearing jewelry.

EDUCATION EXCHANGE SESSIONS

We all understand that education is the foundation of our society and is essential for personal and economic development. During the education talk session, volunteers will have an opportunity to have a close look at the structure and content of Tanzanian Education System, as well as its approach to teaching and assessment.

The session will also take a close look at the challengers and opportunities that exists within the current system; and a discussion of any recent or ongoing education reforms or initiatives.

UCE volunteers will be exposed into Education System offered by the Government of the United Republic of Tanzania. Through Education Talk and Education Exchange Program, volunteers will learn different levels of education offered; Pre-school, Primary Education, Secondary Education and Collage/University level facilitated by Education expertise.

During Education Exchange Program, UCE volunteers will have an opportunity to interact with local students at the collage lever through moderated dialog. This session focus on brief learning on similarities, difference, strengths and weaknesses of both Education Systems; Tanzania Education System In comparison with Education System of the volunteers country of Origin.

VOLUNTEERING AT THE HEALTH SECTOR

This is best for the Health Practitioner Volunteers, and students enrolled in any health related studies, such as medical students, nurses, public health, nutritionists and any other interns or persons with experience in health provision services.

Our goal is to improve the health of vulnerable populations in Tanzania Communities by providing Health Education, we recognize that health is a basic human right, and we are committed into making a positive impact in communities where access to healthcare is limited. Whether its providing technical assistance, teaching basic hygiene practices, or offering health screenings, every volunteer makes a unique difference.

Our program brings volunteers from diverse backgrounds, creating a global community of care; together, we can address health issues that affect millions of people in Tanzania, such as Malaria, HIV/AIDS and Malnutrition.

In addition to improving the health of the community, our program also provides volunteers with a unique opportunity to learn about different cultures and gain valuable life experience. By joining this program, you will not only be helping others but also embarking on a journey of personal growth and self-discovery.



VOLUNTEERING ACTIVITIES;

Offering health education; teach basic hygiene practices, nutrition and preventive measures

Assist in health clinics; work alongside local healthcare professionals to provide basic medical care such as taking vital signs and treating common illnesses

Conducting Health Screenings; Screen community members for conditions like diabetes, hypertension, or HIV/AIDS

Administer vaccines; Help vaccinate children and adults to prevent diseases such as polio, measles, and tetanus

Other activities may include Out-rich volunteering, attending seminars and workshops and data entry

TANZANIAN HEALTH TALK

Under this session, UCE Volunteers will have an opportunity to learn about Tanzanian Health System, from Health centers, referral hospitals/ regional hospitals to national hospitals.

During health talk sessions UCE will invite qualified medical personnel, who will give an overview of the health system in Tanzania; UCE might as well organize for an exchange program, where the volunteers Interact with local collage/university students pursuing different health professions.

CLIMATE ACTION PROGRAM

Climate change is one of the most pressing issues of our time, with far-reaching consequences for our planet and our future. While Government policies and corporate action are crucial in addressing this global challenge, individual efforts also play a significant role.

Our modern world is now experiencing a gradual increase in the average temperature of the Earth's atmosphere and oceans; mostly caused by a build-up of greenhouse gases, from burning fossil fuels like coal, oil and natural gases. Raising sea levels, extreme weather, loss of natural habitats and loss of human lives are just a few consequences.

Climate change volunteering is an intervention effort, providing people from all walks of life with an opportunity to make positive impact. Whether it is helping with reforestation projects, raising awareness about climate change in a community, or supporting research and innovation, every small step counts.

UCE offers a special placement for volunteers who have shown interest for environmental conservation programs, passionate about Environmental Sustainability and Global Climate Action.

During your volunteering period in Tanzania, you will learn about local climate, weather patterns, environmental issues that affect the area and natural disasters. During this sessions, you will learn about Government Sustainability efforts to reduce emissions, protect natural resources and promote renewable energy. You will also learn about political and economical factors; understanding how politics and economics impact climate change, including any environmental policies or initiatives in the area.



VOLUNTEERING ACTIVITIES

Planting trees

Participate in clean-up campaigns in the local community

Maintaining/improving water catchment areas

Educating community about climate change by leading workshops and giving presentations

Sensitize communities about Environmental pollution ie Smoke and plastic materials

VOLUNTEERING AT THE ORPHANAGE, CENTERS FOR STREET CHILDREN AND THE DISABILITIES

Volunteering abroad in orphanages and with vulnerable children can be eye-opening experience. It offers you the opportunity to make a difference in the lives of those who need it most and to gain a deeper understanding of the world.

By volunteering, you can provide emotional support, educational assistance, and basic needs such as food and shelter to children who have lost their parents or are living on the streets. You can also learn about the culture and the society of Tanzanian people, which can help you broaden your perspective on life.

Imagine if you were a child and you had no home to sleep in, and maybe no family to protect you. It would be difficult to obtain your daily necessities without guidance, and even more difficult to obtain education or enjoy being young.

Many children around the world run away from home, are abandoned, orphaned or live in desolate area. Some have special needs or disabilities without any access to rehabilitation. Some just need someone to play with and give them love and care and you, as an International

Volunteer, you have the opportunity to extend love to them through this program.



VOLUNTEERING ACTIVITIES

Providing Educational Support; Teaching basic English and reading books

Offering Emotional Support; Spending time with the children, playing games, art and listening to their stories

Guidance and Counseling, Moral guidance/manners and good behavior

NB: Other Volunteering Placements not mentioned above;

1. Women/Youths empowerment
2. Volunteer with RED CROSS Tanzania (Northern Zone)
3. Social work Volunteer Program
4. Rehabilitation Centers

CULTURAL AND LEARNING ACTIVITIES

Volunteering with Umoja Cultural Experience gives an opportunity for volunteers not just to assist in community projects, but also to immerse oneself in the local culture.

Volunteering in a foreign country is not just about the work you do, it is also about the chance to fully engage with the community and learn about their culture, traditions, customs, and way of life. Whether it is by attending local festivals, visiting historical sites, or simply sharing traditional meals with the locals, these cultural experiences help volunteers gain a deeper understanding of the place and the people they are working with. Volunteers will have a chance to learn basic Swahili language (as part of cultural activity) to help you communicate with natives since the majority speaks only Basic English.

Learning a different Culture can be a life changing experience for the volunteers, and its something that can enrich a volunteer's time abroad I countless ways;

Below is a list of some cultural and learning activities for the UCE volunteers

Traditional dance;



Let the rhythm of Tanzania's heartbeat guide you as you join us in a dance for culture exchange, where the spirit of Africa's rich heritage meets the beauty of a new friendship. Let's sway to the melodies of our ancestors, and let our moves speak the language of unity. Together, we will weave a tapestry of movements and laughter, as we celebrate the vibrant traditions of our land. Be our guest, and let's dance beneath the starry skies of Tanzania.

Traditional food;



Savor the flavors of Tanzania's soul, as we gather around the table to share a feast of love and learning. Taste the spices of our home land, and let the aromas transport you to a world of warmth and hospitality. Join us for a meal that's more than just food – it's a celebration of our heritage, a bridge between cultures, and a testament to the power of community. Let's feast on the beauty of Tanzanian hospitality and nourish both body and soul in the spirit of Tanzanian culture.

Historical sited;



Tanzania is indeed a culturally rich country, with over 120 ethnic groups, each with their own distinct traditions, language and customs, the Maasai and the Chagga are just a few examples of the many tribes that contribute to Tanzanians diverse cultural landscape. It's amazing to see how these groups have maintained their unique identities despite the influence of modernization and globalization.

We invite you to step into the ancient world of the Chagga and Maasai, let their timeless customs and captivating stories enchant you. Witness the resilience of the Chagga mountain farming and the Maasai harmonious coexistence with nature. Join on a journey to unravel the mysteries of these iconic Tanzanian tribes.

The list of the cultural learning activities can go on and on, Swahili language, Blacksmith tour, traditional clothing, batik painting and traditional coffee processing tour is on the list.

HOME STAY PROGRAM

At UCE we also offer a home stay program where a volunteer may have an option to live with a local family; this is mainly for the volunteers who may want to have a more in-depth cultural experience and to form a deeper relationship with the locals.

Home stay option is a fantastic way to learn a culture from the inside out. The volunteer gets to experience daily life, make friends with locals, and even participate in family traditions that might not otherwise be exposed to as a tourist. Plus you will have a built-in support system and a place to practice the language. Imagine living with a family in Tanzania, helping them with different activities, learning about country's rich history and traditions, and even joining them in the traditional celebrations such as weddings!! How amazing would that be?

We proudly believe that we, at Umoja Cultural Experience, provide the perfect mix of quality volunteering work, cultural immersion, adventures and relaxation, all while having access to great support from UCE staff.

TANZANIA SAFARIES

Tanzania is divided into several tourism circuits, each offering unique experience. The main circuits are;

Northern Circuit; Includes popular parks like Serengeti, Ngorongoro and Tarangire, known for the great migration and wildlife reviewing.

Southern Circuit; this part of the country features parks like Selous and Ruaha, ideal for off-the-beaten-path safaris.

Western Circuit; Focuses on Chimpanzee tracking in Mhale Mountains and Gombe Stream.

Eastern/Costal Circuit; Combines beach relaxation on Zanzibar with historical sites like Stone Town and cultural experiences.

Each circuit caters to different interests and travel styles, ensuring there is something for everyone in Tanzania



The Northern Circuit is a popular tourist destination, known for its stunning landscapes, diverse wildlife, and rich cultural heritage. It includes iconic places like the Serengeti National Park, Ngorongoro Conservation Area, Mount Kilimanjaro, and Lake Manyara. Visitors can enjoy safaris, trekking and cultural experience making it a fantastic choice for travelers seeking adventure and unforgettable memories.



The Northern Circuit in Tanzania is a treasure trove of natural wonders and cultural experience; beyond the Serengeti and Ngorongoro, you can explore Tarangire National Park with its baobab trees and elephant herds, or visit like Manyara for flamingos and trees climbing lions. Mount Kilimanjaro offers breathtaking hikes, while cultural encounters with the Maasai and other tribes enrich your journey. The Northern Circuit truly embodies Tanzanians essence.

Tourists who embark on a Tanzanian safari and cultural experience are left with lasting memories. They witness breathtaking landscapes, diverse wildlife, and rich cultural tradition. From the vibrant colors of Maasai attire to the warm hospitality of local communities, every moment is a chance to connect with Tanzanian soul. As they return home, they carry a piece of Tanzania's magic, cherishing the unforgettable encounters and the lessons learned along the way.

Tanzania unforgettable.

Tanzania hakuna matata.