



..... caring to make a difference

INFORMATION FOR VOLUNTEERS



CASAS DE ESPERANCA
ASSOCIACAO MISSAO MOCAMBIQUE

INTRODUCTION

Associacao Missao Mocambique (MiMo) is a humanitarian organisation based in Mozambique. It's main objective is to operate and support the Casas de Esperanca project, a home for orphaned and vulnerable children based in Katembe.

MiMo's vision is to provide a safe and caring family environment for the many children whose lives have been affected by HIV and AIDS – and to enable them to learn and develop into capable and responsible adults who will be able to lead fulfilling lives.

Working with vulnerable children can be an enriching experience and our aim is for the experience to positively benefit the children and the volunteers.

MOZAMBIQUE SNAPSHOT

Mozambique is a member of the British Commonwealth – the only member not to have been ruled by the British and which was accepted following a request to join.

Flying in to Mozambique's main airport, Maputo International, is very similar to flying into any airport. Driving through Maputo is a different experience. Cars are driven haphazardly, indicators are rarely used, several lanes come together in different directions and traffic police are very eager.

Maputo, the capital city, is one of the fastest growing cities in Africa. There is constant building work, new modern buildings next to crumbling art deco mansions, broken pavements and brand new shopping centres.

Mozambicans are very friendly, speak Portuguese and some speak a little English. Like all capital cities throughout the world there are areas to avoid – common sense should prevail, don't flash cash and keep your cards, phones and anything of value out of sight. After dark it makes sense not to walk around the city or along the beach alone.

There is a café culture in Maputo and plenty of local bars and restaurants.

Always carry your passport or ID papers as you are likely to be stopped by the police and asked for your identity papers.

Meeting people for the first time is a long process – lots of handshakes, hello, how are you, are you well, I am, thank you. It is a ritual and to try and cut it short is insulting.

You will see things in Mozambique that you won't like – don't judge and keep an open mind.

DOCUMENTATION

CRIMINAL RECORD CHECK It is **essential** that you provide a current Criminal Record Check and two recent references, which have contact details, before completing your application. Failure to do this will result in your application being refused.

PASSPORT A 10 year passport is needed with at least two spare pages for your Visa.

VISA You will need a visa to enter Mozambique. This can be obtained from the Mozambique High Commission. Full details can be found on their website www.mozambiquehighcommission.org.uk

Before applying for a visa you will need a Letter of Invitation which we will provide for you. If you are planning to visit any other African country during your stay please ensure to buy a multiple entry visa. All costs for visas and visa renewals are the responsibility of the volunteer applicant. You will also need a letter confirming your accommodation for the duration of your stay which will be provided.

CURRENCY

The local currency is the Mozambique Metical, currently 79 to £1 (as at 17.01.2018). There are cash points at the airport and throughout the city and there is now a small BCI Bank in Catembe and a Barclays cash point. Don't rely on the Catembe bank as they often run out of money! Some shops in Maputo take South African Rand and US Dollars.

HEALTH & SAFETY

WATER Drink only bottled or boiled water, **NEVER** drink tap water. Only use bottled water for brushing your teeth. Bottled water is available to buy in Catembe in the roadside shops and in the supermarkets.

MALARIA Mozambique is an endemic malarial area – use anti-malarial sprays/cream and start a course of anti-malarial tablets prior to arrival and continue for one week after departure. Mosquito nets are provided and windows and doors in your accommodation will have protective netting. **This doesn't mean you won't get bitten.** Signs of malaria are headaches, fever, vomiting – if you have been bitten by a mosquito and think you may have malaria go straight to the Sommerschild Clinic in Maputo to seek medical advice and be tested. If you need more anti-malaria tablets go to the Pharmacy in the Rovuma Hotel complex in the city.

HIV/AIDS 28% of adults between 15 and 49 years living in the Maputo province of Mozambique have the HIV virus or full AIDS. Most of the children in the Casas de Esperanca are there because they have been affected by the virus, close relatives ie parents/grandparents have died or they have been infected. All of the children are checked on a regular basis and those with the virus live normal lives taking long term medication. When dealing with day to day cuts and grazes use protective gloves and dispose of any dressings. If you form a relationship whilst staying in Mozambique please use your **COMMON SENSE**.

RABIES You will see dogs wandering around looking homeless in Catembe, despite their visual appearance they normally belong to someone. **DON'T** stroke them just in case.

SUNBURN The temperature in Mozambique is normally in the high 20s. April to September is winter so you may see more rain and the nights are cooler. The sun is very strong, please use **SUNSCREEN & COMMON SENSE** even when it is cloudy.

WILDLIFE You won't see elephants and lions wandering around but you will see lizards, bats, cockroaches, giant beetles and the odd snake. If you go to the beach or in the sea you may see jelly fish – **DON'T STAND ON THEM**. You will see and hear all sorts of birds, bee-eaters, tiny kingfishers, herons etc.

FIRST AID KIT Bring your own First Aid kit, antiseptic wipes/cream, needles/syringe, Elastoplast, diarrhoea remedies, pain killers. There are two pharmacies in Catembe which sell the basics. If you feel unwell at any time it is best to get over to Maputo, the local hospital isn't well equipped and doesn't have an ambulance.

INSURANCE Please make sure you have an adequate worldwide health insurance policy.

VACCINATIONS It is essential that you have the recommended vaccinations – Hepatitis A & B, Typhoid, Tetanus, Diptheria, Polio and Rabies. Check with your medical centre well in advance of your trip as some of these vaccinations are in two parts.

TRANSPORT Currently there are no direct services from the UK into Mozambique. Turkish Airlines offer reasonable fares from most UK airports to Maputo via Istanbul with good connection times. Qatar Airways offer flights via Doha and TAP via Lisbon. Air France also have competitive fares from the UK via Paris and Johannesburg. When booking your flight make sure your arrival time is during the day to enable you to get across to Catembe.

Taxis are yellow and green and are available at the airport and in the city. Fares from the airport to the city are around 800 metacais. To travel to Catembe you will need to take a boat from the Ponte – there are small passenger boats which cost 15 metacais each way or the large car ferries which cost 10 metacais each way. Don't expect comfort or safety procedures – the boats are crammed but they work and are available throughout the day from around 5am to 10pm.

Other forms of transport in the city are the Chappas, small minibus or vans always crammed full of locals, or Chapellas (tuk-tuks). When you arrive from the boat in Catembe there are Chappas and private vehicles acting as taxis. Don't be surprised to find seats or windows missing. If you're lucky enough to have a seatbelt, wear it, not just for safety but for the police who will fine you if you don't!

ACCOMMODATION We will provide accommodation in the Volunteer House which is situated on the Casas de Esperanca site. The house has two bedrooms (one twin & one single), shower room, sitting room and open kitchen. Bed linen and kitchen utensils are provided and there is a fridge. microwave and gas cooker. Electricity is connected but

can be intermittent so a good torch is useful. Wifi is available in the Volunteer House. There is no washing machine and no air conditioning and although we have our own water supply it is not particularly powerful. Plug fittings are two pin. Volunteers are expected to keep the house clean and on departure to leave their room ready for the next volunteer. There is a garden around the house, please keep it tidy and feel free to enjoy whatever is growing. Security of your personal belongings while staying in the Volunteer House is your own responsibility. When you leave the house always make sure to lock the internal and external doors, and put mobile phones, computers, credit/bank cards, cash out of sight.

You will be sharing the House with the Volunteer Project Co-ordinator and will be expected to assist with the cleaning and cooking.

CLOTHING Light cotton/linen – trousers, shorts, dresses are all acceptable. Trousers at night if you tend to get bitten. We would recommend sleeping in long sleeved cotton pyjamas even though you will be under a mosquito net. There will probably be government visits during your stay so something modest on those days would be helpful. The grounds are sand or uneven concrete – flat shoes or sandals/flip flops are recommended. Please respect the Mozambique culture – it is not acceptable to wear shorts and vest tops in the churches, mosques, shops or in the city. If you are visiting Government departments business dress or modest attire is essential.

SECURITY Our security is carried out by g4s who are on site throughout the day and night. If you are planning an external overnight stay please advise the guards so that they don't start an unnecessary search.

WORK PROGRAMME A specific programme will be put together for each volunteer depending on their skills and particular interests. Practical activities such as painting and repairing the houses or gardening will take place in the morning with the afternoons and weekends concentrating on the children. Volunteers will be expected to work 5 days each week, 0800 – 1700, hours may vary dependant on the work/activities. A report, confirming your stay and detailing the work carried out will be sent to you after your stay. You will be asked to complete a Feedback Form prior to your departure – this will help us develop and improve our Volunteer programme.

CONCLUSION Associacao Missao Mocambique will be delighted to welcome volunteers to the Casas de Esperanca. We want everyone to enjoy the experience - staff, volunteers and children. Please remember these children are vulnerable, they may have been abused and it will take time for them to trust you – don't let them down. We expect our volunteers to respect the staff on site and work within the guidelines given – if, during your stay, you feel that this experience isn't for you – please tell us.

USEFUL CONTACT DETAILS

Sue Underwood	82 432 9282 (Moz) 0044 7766 503935(UK)	missionmozambique52@gmail.com
Project General Manager Anabela Felipe	84 726 2859	missionmozambique72@gmail.com
Project Care Supervisor Lili Gervasio	84 125 8146	missionmozambique19@gmail.com
Project Maintenance Supervisor Jorge Nhamutoro	84 413 5331	missionmozambique77@gmail.com
Volunteer Project Co-ordinator Katy Cooke	84 568 0438	missionmozambique15@gmail.com
British High Commission	21 35 6000	
Sommerschild Clinic	21 49 3924/5	



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VOLUNTEER APPLICATION

PERSONAL DETAILS

NAME:

ADDRESS:

LANGUAGES SPOKEN:.....

CONTACT DETAILS:.....

EMPLOYMENT/FURTHER EDUCATION:.....

PASSPORT/ID NUMBER:.....

SKILLS: Teaching/Medical/Musical/Sports/Languages/DIY/Other

.....

REFEREES

NAME:.....

ADDRESS:.....

CONTACT DETAILS:.....

NAME:.....

ADDRESS:.....

CONTACT DETAILS:.....

CRIMINAL RECORD CHECK

DATE:.....

ISSUING AUTHORITY:.....

DETAILS:.....

COPY ATTACHED: YES / NO



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VOLUNTEER GUIDELINES

- Make yourself familiar with the rules and regulations in Mozambique
- Treat the Mozambican people with respect – you are a guest in their country
- Whilst working with the children do not consume alcohol, smoke or take drugs
- If you are planning to use social media to talk about your experience please bear in mind that you are working in an area with vulnerable children – don't compromise them by divulging personal information including names or posting pictures
- You have asked to visit as a volunteer – please don't treat your stay as a holiday
- Our Project General Manager and Volunteer Project Co-ordinator will be there to support you – they also have full-time positions so try not to add to their workload
- If we are unhappy with your commitment or attitude or your actions result in unsettling the staff or the children we will have no hesitation in asking you to leave. Likewise if you are unhappy please tell us. This experience is not for everyone!
- Common sense, hard work, fun and a caring attitude will result in you getting the most out of your experience



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DISCLAIMER

- All volunteers wishing to work at the Casas de Esperanca in Catembe, Mozambique do so at their own risk.
- Associacao Missao Mocambique (MiMo) will not be held responsible under any circumstances, including negligence, for any accidents, illnesses or injuries sustained during the volunteering period or during the travel to and from the Casas de Esperanca in Catembe.
- Associacao Missao Mocambique (MiMo) will not be held responsible for any loss of personal items belonging to the volunteer during the volunteering period or during the travel to and from the Casas de Esperanca in Catembe.

Name of Volunteer:

Signature of Volunteer:

Date:

