



11th - 18th  
APRIL 2019

# VOLUNTEER IN WEST AFRICA

## INFORMATION PACK

An unmissable, hands-on opportunity of a life time to work with our schools and visit other projects abroad in The Gambia and Senegal.



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*Volunteering abroad can be quite daunting when you are going out on your own, however if anyone is thinking of doing it, I urge you to do it! I have been extremely fortunate to have been part of a genuinely brilliant group of people... It has honestly been a truly memorable experience, and I hope that I have an opportunity to return again in the future.*

- Munira Gheewala,  
participant of Volunteer  
in West Africa 2018

Our volunteers are an adventurous bunch. From trekking Mount Snowdon or skydiving 13,000 in the air to braving the cold with our 5-mile Winter Walk, you guys have taken on some unforgettable challenges over the years.

However, there is nothing quite like seeing our work first hand. After the success of our volunteer trips to Pakistan, Kashmir and Malawi, this spring, we are bringing you a truly hands-on experience in The Gambia and Senegal. Working with our field office and the local community, you will get involved with the Muslim Hands School of Excellence and get an insight into our other local projects.

The placement will give volunteers incredible opportunities to work directly with underprivileged and orphaned children while raising funds to support their educational needs, so you will be making a positive impact in so many ways.

This pack will provide you with all the information you need about the trip, but if you have any questions please contact us on [muslimhands.org.uk/events](https://muslimhands.org.uk/events) or call us on **0115 911 7222**.

## INTRODUCTION





## ABOUT MUSLIM HANDS

In 1993, a community in Nottingham, moved by the devastation of the Bosnian war, sprang into action and began collecting money, clothes and medicine for the people of Bosnia.

Muslim Hands, an international aid agency and NGO, grew from this grass roots movement and since these first efforts, we have responded to countless more emergencies, as well as establishing long term projects such as schools, healthcare clinics and livelihood programmes worldwide.

We are working in over 50 countries and have field offices in over 30 of these. By working closely with our partners and offices on the ground, we are able to distribute aid in an effective, efficient, transparent and wholly accountable manner and to make a lasting difference to the communities we work with.

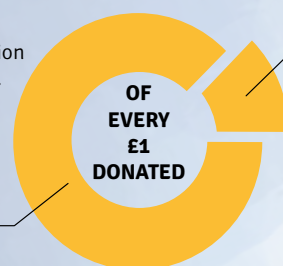
### Donation Policy

At Muslim Hands, we deliver your money in an efficient and wholly accountable way.

Transparency is important to you and to us. We do everything we can to reduce the costs of delivering our projects so that at least 90% of your donation will benefit communities directly.

0p\* of your donation is spent on admin.

90p\* is used for relief and development work.



10p\* is used to generate further funds.

\*Based on 2018 data, 2019 expected to be similar

## The Children of Senegal

Senegal is one of the poorest countries in the world, with 37% of children between the ages of five and 14 involved in some form of work in Senegal, according to UNICEF. **Many children drop out of education** in their early years due to pressures of employment to provide for their families. Other contributing factors include lack of schools and general facilities.

At Muslim Hands, we firmly believe education is a **doorway out of poverty** as it empowers people to build a better future for themselves and their families. **In 2010, the Muslim Hands School of Excellence in Senegal was established**, which has been providing a free, accessible education to orphaned and needy children. There are currently over 250 students enrolled at the school.

With the funds raised through Volunteer in West Africa, we aim to improve the existing school facilities such as:

- 1. Renovate the School's Masjid:** With the current infrastructure deteriorating, there is urgent need to renew the Masjid, from fixing the ceiling, to plastering and painting the walls as well as waterproofing the structure.
- 2. Build a boundary wall:** Safety and security of our students is vital. By constructing a fencing around the school perimeter, will ensure they are protected and secured within school grounds.
- 3. Invest in the future of children by ensuring school fees are covered** and children are given textbooks, stationary and uniforms.
- 4. Each child will be given daily nutritious meals** ensuring that hunger does not stop them from getting the most out of their school day.
- 5. Each child will receive regular medical check-ups** to ensure they are in the best of health.
- 6. Free transport** will be provided to all the students at our School of Excellence.
- 7. State of the art facilities** will be provided including computer labs, audio and visual aids to optimise learning.
- 8. Hire and train teachers** to ensure they are enthusiastic about the work they do and always feel inspired to learn and be better.





# ACTIVITIES ON THE GROUND

We want you to experience the most you can during your time in The Gambia and Senegal, by getting involved in a range of activities that gives you a real insight into the work behind the projects we run abroad.

These activities include:

## 1. Construction Work

Get hands-on with the building work required to renovate the School's Masjid, with fixing the ceiling, plastering the walls and bringing it all together with a touch of paint. Some work will also be required for facilities within the School.

## 2. Children Workshops

If you are dedicated, upbeat and energetic with great leadership and organisational skills, this will be a great opportunity for you to run workshops with the students. Whether it's arts and craft or sports, you could help inspire the next generation.

## 3. Visit Other Muslim Hands Projects

Alongside our education-based projects, we run several other developments to support the local community, which include: Clean Water schemes, Livelihood programmes and building Community Masjids.







## TESTIMONIALS

Over the past three years, over 60 Muslim Hands volunteers from across the UK have visited our schools and local projects in Pakistan, Kashmir, West Africa and Malawi. Hailing from a diverse range of backgrounds, each of our participants offered their unique skills and talents to help local communities, seeing the benefit of their support first-hand.

We asked a few of them to tell us about their experiences:

‘The experience was phenomenal. I cannot express in words the impact this trip has had on my life. To be surrounded by beautiful children who have gone through so much in their lives has been a great honour’.

– Hazera Begum, participant of Volunteer in West Africa 2018 (pictured left)

*This was my first trip to one of our projects abroad and I don't think I will ever be able to forget it. The kids, the teachers, MH staff on the ground welcomed us with open arms and smiles on their faces. One thing I have learnt on this trip is that the simpler things in life are what matters the most. Always keep smiling and be grateful in every situation.*

– Farhal Ahmad, participant of Volunteer in West Africa 2018 (pictured right)



## ITINERARY

### DAY 1. Travel from the UK to Banjul, The Gambia.

All participants will meet at the specified airport, 3 hours prior to departure. Upon arrival in The Gambia, there will be a brief introduction from the field office team followed by travel to the accommodation in Senegal, where the group will rest for the remainder of the day.

### DAY 2 TO 6.

Participants will take part in a variety of activities at the Muslim Hands School of Excellence, the School's Masjid and visit other local projects supporting the community. These activities will run from the morning until early evening. More details will be provided in the final itinerary.

Other local projects will include water-well installations, other Masjid projects, Livelihood programmes and more.

### DAY 7. Travel back to the UK from Banjul, The Gambia.

All participants will leave Senegal and travel to Banjul airport, to travel back to the UK. Upon arrival to the specified airport in the UK, participants will make their own ways home.

*Please note: this is only a brief itinerary and is subject to change. A detailed itinerary will be provided in due course, along with information on flights and accommodation.*



# REGISTRATION REQUIREMENTS

- Must be at least 18 years old.
- Have adequate level of health and fitness.
- Complete the fundraising element of Volunteer in West Africa.
- Read and agree to all terms and conditions.
- Hold a passport with a minimum of 10 months' validity from 11/04/2019.
- Must have and gain a Yellow Fever Vaccination in time for the trip.

How to secure space:  
Pay the **£300 registration fee**.

There are **only 25 spaces**.  
Spaces will be allocated on a  
first come, first serve basis.

## Fundraising Deadline: 1st April 2019

All participants are required to reach  
the fundraising target by this date.

FUNDRAISING  
TARGET:  
**£2,500**  
PER PERSON

# ADDITIONAL INFORMATION

## What is included in this trip:

- Flights from UK to Banjul, Gambia airport with return.
- Luggage transfers.
- UK departure tax.
- Local overseas departure taxes.
- Transport on the ground as per the itinerary.
- Safe and basic accommodation (shared rooms).
- All meals throughout the trip.
- Support from Muslim Hands staff from the UK and abroad during the trip.

## What is not included in this trip:

- Travel insurance.
- Visa (if required).
- Vaccinations – Yellow Fever is essential for this trip.
- Telephone, internet communication.
- Excess luggage costs.
- External travel arrangements and costs.
- External accommodation arrangements and costs.
- Personal trips throughout the duration of the trip.
- Travel to and from the airport in the UK.

## What to bring for the trip:

- ☐ Casual, comfortable clothing.
- ☐ Appropriate footwear for outdoors and indoors.
- ☐ Toiletries, towels and shower essentials.
- ☐ Plenty of sun protection - it will be hot!
- ☐ Insect repellent, relevant medication and first aid equipment.
- ☐ Power socket adapters.
- ☐ Yellow Fever vaccination certificate.

Please pack according to the activities on the itinerary (once provided) and remain within the stated luggage allowance. On the ground you will be asked to wear a Muslim Hands t-shirt/hi-vis jacket, which will be provided to you on arrival.





## FAQS

### Where will the group be travelling to?

The trip will take place in both The Gambia and Senegal. Participants will be taking part in a number of activities at the School of Excellence in Senegal and residing here for majority of the trip. The group will also visit various projects in The Gambia as well.

### What will the weather be like?

In April, temperatures in The Gambia are around 25°C during the day, with highs of 31°C in the peak of the afternoon and lows of 19°C at night. In Senegal it is expected to be similar.

### What food arrangements will be made?

Participants will be provided with breakfast, lunch and dinner, that will be made up of traditional, local food. All food will be free of alcohol and halal. Please inform the event lead of any special dietary requirements and note this in your registration form.

### Where will the group be staying?

Exact accommodation arrangements will be communicated to you by the event lead. Rooms will be allocated on a shared basis (usually twin share), with separate rooms and facilities for males and females.

### What vaccinations are required?

Every participant must get Yellow Fever vaccination and bring their certificate, otherwise they will not be allowed to travel. Please consult your GP/travel clinic for all other relevant vaccinations, boosters and medications, such as Hepatitis A, Tetanus, Typhoid, Diphtheria and Malaria tablets.

### What if I fall ill?

To ensure health and safety of the highest standard, all participants will be accompanied by a Muslim Hands representative at all times and in any such cases, the relevant medical support will be provided.

### Can I visit family and friends during my stay?

Strictly no personal trips and visits can be made throughout the duration of the trip, as the group must follow the itinerary at all times. However, you may extend your trip for personal trips.

### Can I extend my stay?

If you wish to extend your stay, please get in touch the event lead. You must cover any additional costs incurred, if any.

**muslimhands.org.uk/events | 0115 911 7222**



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FUNDRAISING  
REGULATOR



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