



INTERNATIONAL SERVICE LEARNING

TRAVEL • SERVE • LEARN

March 2024

Welcome University of Maine Volunteers!

My name is Teddy Chuwa and I will be the ISL Team Leader for your Trip to Tanzania. I would like to thank you in advance for visiting our beautiful country.

Here are some things to keep in mind while you prepare to travel:

- Make sure you have read all the informational documents provided in your MY ISL.
- Laundry services will be available for a small fee, so don't over-pack.
- Don't forget to bring a hat/cap, sunglasses, insect repellent, sunscreen, enough scrubs for each workday and hand sanitizer. Purified water will be provided, but please bring a **reusable water bottle**.
- Global Health/Nursing volunteers need to bring a stethoscope, otoscope (or otolite), and blood pressure cuff. These are a must.

If you would like to bring donations, these are the items that are most needed:

- Urine analysis strips
- Reading Glasses
- Clotrimazole or any antifungal cream
- Vaginal infection treatment
- Antifungal Shampoo
- Rehydration solution (sachets)
- Brufen
- Acetaminophen
- Mask
- Gloves
- Tums
- Vitamins

Here are your arrival instructions:

- Upon arrival at the airport, go through Immigration, then Customs; when doing so go through the “**Nothing to Declare**” line, as any meds you bring with you are donations for community projects and not “for sale” items.
- At the airport you will be asked to pay \$100 USD cash for a visa.
- After exiting Customs, I will be waiting, holding a round, blue “ISL”  sign. You will see me at the arrival gate.

My phone number is below. Keep it handy!

See you soon!



Contact Information

Name: Stella Maris Lodge -+255 743663244

Phone: +255 743663244

Address: P O Box 3041, Stella Maris Lodge, Mailisita-Weruweru-Moshi

Email: Info@stellamarislodge.com

Team Leader: Teddy Chuwa

Phone: +255 715 01 83 02

Volunteer Experience Coordinator: Deb Reetz

Phone: 612-230-7716

Email: Deb@islonline.org

US Director: Diane Márquez

Phone: 816-392-7817

Email: diane@islonline.org



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University of Maine

#UMaineTANZ050824

Tanzania - 13 days

May 08 -20, 2024

This itinerary is subject to change

Goal: To learn about global health issues, provide acute care to populations with little or no access, experience Tanzania culture, and gain perspective on the global landscape.

May 08 Wed: Arrival

Meet ISL staff at the Kilimanjaro airport; settle into Stella Maris Hotel. This hotel is located just 50 minutes from the airport.

Dinner provided by ISL.

May 09 Thu: General and Medical Orientations

Morning: "Welcome to the Tanzania ISL Program"- the ISL staff will share about the programming and how the service experience will work.

Afternoon: Professional orientation by a local physician; practice taking vital signs and patient histories, patient examinations.

Evening: discuss tomorrow's agenda.

Breakfast & lunch & dinner provided by ISL.

May 10 Fri: House visits in Karansi Community

Morning/Afternoon: Volunteers split into small groups and visit homes in an ISL partner community letting them know that we are providing free health care, assessing living conditions and selecting people with acute problems that can be treated in our clinics. Common health concerns include scabies, intestinal parasites, diarrhea, malaria, pneumonia, and acute childhood illnesses. This will allow volunteers to also correlate lifestyle with disease.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 11 Sat: Clinic in Karansi Community

Morning/Afternoon: Set up field clinic. Volunteers work in small groups and rotate performing patient interviews, taking vitals. They will also have the opportunity to observe the examination/diagnosis/treatment process where appropriate under the supervision of a local professional.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 12 Sun: Clinic in Karansi Community

Morning/Afternoon: Set up field clinic. Volunteers work in small groups and rotate performing patient interviews, taking vitals. They will also have the opportunity to observe the examination/diagnosis/treatment process where appropriate under the supervision of a local professional.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 13 Mon: Maasai Village Trip / Hot Springs

Morning/Afternoon: tour to Maasai Village and hot springs.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 14 Tue House Visits in Mtakuja Community

Morning/Afternoon: Volunteers split into small groups and visit homes in an ISL partner community letting them know that we are providing free health care, assessing living conditions and selecting people with acute problems that can be treated in our clinics. Common health concerns include scabies, intestinal parasites, diarrhea, malaria, pneumonia, and acute childhood illnesses. This will allow volunteers to also correlate lifestyle with disease.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 15 Wed: Clinic in Mtakuja Community

Continue serving in the community.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 16 Thus: Clinic in Mtakuja Community

Continue serving in the community.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers

May 17 Fri: Clinic in Mtakuja Community

Continue serving in the community.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast & lunch provided by ISL; dinner paid by volunteers

May 18 Sut: Visit the Kibosho Hospital / Moshi City Tour & Souvenir Shopping

Morning: Visit the Kibosho hospital, located an hour's drive away. Tour the hospital facilities. Afternoon: Tour of Moshi. Visit some of the main curio shops, where you will have the opportunity to purchase souvenirs.

Evening: Group reflection; discuss tomorrow's agenda.

Breakfast provided by ISL; lunch & dinner paid by volunteers.

May 19 Sun: Full Recreation Day

We will be having a full day of driving to Tarangire National Park; game drive and evening drive back to the Stella Maris Lodge.

Evening: Dinner and review the time for the volunteers to fly back.

Breakfast & lunch provided by ISL; dinner paid by volunteers.

May 20 Mon: Last Day

School tour in the morning Stella Maris School (optional)/Packing!

Breakfast & lunch provided by ISL; dinner paid by volunteers.

Travel home

Price range of meals \$7-9

Lodging Place: Hotel Stella Maris Ph: 255 68 666 3244 www.stellamarislodge.com

Volunteer Experience Coordinator: Deb Reetz

Cell: 612-230-7716 Email: deb@islonline.org

US Director: Diane Márquez.

Cell: 816-392-7817 Email: diane@islonline.org

Country Coordinator TANZ: Teddy Chuwa

Ph: 255 68 666 3244; 255 75 401 8302