



VOLUNTEERS PACK

2013





VOLUNTEER PACK FOR EAA **NAZRET, ETHIOPIA 2013**



Congratulations on deciding to volunteer with the English Alive academy. We guarantee you will experience new things in Nazret! This pack contains everything we think you need to know to have a great time during your stay with us. However, if you do have any further questions, please do not hesitate to contact us by phone or email:

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Information about EAA can also be found online:

<http://englishaliveacademy.org>

<https://www.facebook.com/groups/16844515075/>

<http://englishaliveacademy.blogspot.co.uk/>

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Introduction to EAA, Ethiopia, culture and history

Ethiopia is a large country within Africa which has a population of approximately 92 million people. The English Alive Academy was set up in 2004 to cater to a more active and personalized education to the poor community in Addis Ababa, by 2013 it has relocated to Nazret and now caters to over 250 students on three campuses across the town. Stephanie and Dawit founded the organisation on the strong belief that education is the only way out of poverty and continue to run it today.



See Wikipedia for a more detailed description of Ethiopia <http://en.wikipedia.org/wiki/Ethiopia> and Nazret <http://en.wikipedia.org/wiki/Adama>.

Language:

There are 90 languages spoken in Ethiopia, but the main is Amharic, however Nazret region speak Oromifa and EAA encourages learning English as an additional language. The Lonely Planet has a comprehensive book for Tourist Amharic <http://shop.lonelyplanet.com/ethiopia/ethiopian-amharic-phrasebook-3/> and there are various other sites which can teach you some basic words. As the characters are different, Amharic is very challenging to read, however everyday words can be picked up over time to speak.

<http://amharicteacher.com/>

<http://www.omniglot.com/writing/amharic.htm>

<http://learn101.org/amharic.php>

<http://www.youtube.com/watch?v=512Y81UG71E>

Cultural Sensitivities

Ethiopian culture is very reserved and conservative. Clothes showing knees or shoulders for either gender is unacceptable. Smoking is absolutely not culturally acceptable in public. Drinking alcohol in public needs to be done conservatively especially for women.

Local food is shared and eaten with the right hand, not cutlery. It is therefore customary to wash your hands before eating and not eat in the street. It is culturally unacceptable to lick your fingers.



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Visas and Transport - getting to Ethiopia and around the country

VISA for Ethiopia

Tourist Visas are available on arrival at Addis Ababa airport. You join the queue prior to immigration and bag collection, and pay a fee of 20US\$ or euro equivalent in cash and receive a visa sticker in your passport.

Visas may also be obtained in your home country, see the Ethiopian Embassy website for details.

GETTING TO ETHIOPIA – BOLE INTERNATIONAL AIRPORT, ADDIS ABABA

- Major airlines fly in Addis Ababa (the capital of Ethiopia), some of which are linked below. It is best to research the best value and times for arrival and departure.
- <http://www.ethiopianairlines.com/en/booking/default.aspx>
- <http://www.emirates.com/et/English/>
- <https://www.egyptair.com/English/Pages/default.aspx>
- <http://www.turkishairlines.com/en-int/>
- <https://www.lufthansa.com/online/portal/lh/uk/homepage?l=en&cid=1000243>
- <http://www.skyscanner.net/>

GETTING TO NAZRET

- Upon arrival you will be met at the airport by Stephanie and Dawit or a member of their family and transported to Nazret by car – about a two hour drive (100km) out of Addis Ababa. The cost of fuel for this journey is 350 Birr each way.
- Volunteers can also travel back to Addis Ababa from Nazret on the local bus for approximately 22 Birr if they wish to experience a different kind of journey and explore the city!

TRAVELLING AROUND NAZRET

- Within Nazret there are various modes of transport; walking, horse and cart, motorcycle taxi and car/minivan plus the extensive basic bus service.
- It is always best to agree a price before starting on any journey.



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Healthcare, Safety & Annoyances

Basic clinics are widely available in Nazret. The cost of an appointment with a specialist doctor is approximately 50 Birr, 25 Birr for a general practitioner. Further tests and antibiotics cost between 15-700 Birr.

Pharmacies are abundant throughout the town and you do not require a prescription for most antibiotics. Paracetamol and panadol are available but aspirin, antiseptic cream and immodium are not.

If you know you are susceptible to any illnesses or allergies, please bring enough of your usual medication with you for the length of your stay.

Altitude sickness is common due to the geography of the area, and you may need something to help you with this.

Water in Ethiopia is not free from bacteria and should not be drunk or taken internally in its raw form. Filtered and bottled water is available for drinking and cleaning teeth. Once water is boiled, it is deemed safe to drink. If you should drink tap water by mistake, and develop illness from it, symptoms such as eggy belching and strange faeces should be reported to Stephanie and Dawit who will advise the local three day medication to clear up the illness.

There is a low risk of malaria as Nazret & Addis Ababa lie at high altitude. **Mosquitoes tend to come out at sunset so volunteers should take precautions against being bitten by using mosquito repellent in the evenings, closing doors and windows at dusk** and sleeping under mosquito bed nets where provided. However, your doctors will still recommend that you take malaria prophylaxis (doxycycline or mefloquine) throughout your time here, whose advice is subject to your own discretion.

There are various other insects that may bite or sting you during your stay in Ethiopia, such as the black widow spider, wasps and ants. **Be vigilant and dispose of any unwanted creatures appropriately. Insect spray is available!**

Pick-pocketing is the most common crime in Nazret so be aware of expensive belongings on your person in public. If you are approached or harassed by somebody, make a lot of noise and other local people will come running to your rescue – Ethiopians are very proud of their country and the visitors that come are made to feel safe and welcome.

Street Sellers are common in the towns and cities. They will offer you all sorts of things and may follow you around trying to get your attention and a sale. Be polite but firm if you don't want to buy anything try to ignore them.

Children and mothers with babies may also approach you on the street to ask for money, this is not encouraged as many of them are sent out by elder persons to bring back cash and don't see the benefit of the exchange.



Accommodation – UNDER CONSTRUCTION

There is a wide range of accommodation available in Nazret – from guest houses to hotel suites which vary in price and quality.

A few choices close to school and Stephanie & Dawit house are listed below but it is best to decide on arrival as hotels/guest houses do not take long term bookings and accommodation is always down to personal preference. Prices can also be negotiated dependent on length of stay.

Guest Houses

1. **Solomon Guest House – 2 minute walk from Stephanie and Dawit’s house. Cleaned daily, en suite, double bed, enclosed patio, internet, hot water shower and laundry service available. 220 Birr per night**
2. **Guest house 150 Birr per night**
3. **Guest House UNDER CONSTRUCTION**

Hotels

1. **Dire International Hotel – 5 minute walk from Stephanie and Dawit’s house. . Cleaned daily, en suite, double bed, hot water shower, internet and laundry service available. (318 Birr night)**
2. **Executive Hotel – 5 minutes walk from Stephanie and Dawit’s house. . Cleaned daily, en suite, double bed, hot water shower, internet and laundry service available, breakfast included and outdoor pool. (570 Birr per night)**
3. **UNDER CONSTRUCTION**

Photographs of rooms (taken by volunteers):

Solomon’s Guest House:





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Food & Drink

Local food in Ethiopia is inexpensive but without wide variety. Foreign foods can be bought in supermarkets and shops, but cost more due to importing. There are a variety of hotels and cafes to eat and drink at within Nazret.

Short term volunteers (up to one month) can make a contribution (approx. 380Birr per week) for local food which is provided at Stephanie and Dawit's house. In order for their family to have privacy they prefer for longer term volunteers to stay at an alternative location which has a café next door that can provide all meals at a weekly rate of 580 Birr.

Local lunch is provided at Stephanie and Dawit's house for 120 Birr per week if you are not eating dinner and breakfast there.

Approximate costs of eating out in Nazret:

Burger and fries at local restaurant	40-60 Birr
Pizza at a local restaurant	80 Birr upwards dependent on topping
Injera & Shiro at a local restaurant	25 Birr
Fries & Chicken at Sodere	120 Birr
Steak Meal at RAS Hotel	60 Birr
Coffee at a local cafe	4 – 6 Birr

Approximate costs of food and drink items bought locally are as follows:

<u>FOOD</u>	<u>DRINK</u>
Milk – 500ml fresh-12 Birr - Powered 400mg – 100Birr	Bottle of Coke – 7 Birr
Local Cheese - 100g – 16 Birr	2l Bottle of Water – 12 Birr
Chocolate Spread – 400g – 110 Birr	Small Bottle of Beer – 13 Birr
Local Jam – 50 Birr	Fruit Juice – 1l – 55 Birr
Local Bread – 2Birr per roll	Loose Black tea – small packet – 5Birr
Small pack of biscuits – 3 Birr	Fresh un-ground coffee beans – 1kg – 80 birr
Eggs – 2.50 Birr per Egg	
Bananas – 1kg – 12 Birr	Local Sparkling water – 7 Birr
Avocados, Mangos, Oranges – 15 Birr per kilo	Bottle of Wine – 40 Birr

Local Food

Injera with a side dish or two is the local staple dish. It is a sour pancake made locally from a plant called Teff. Side dishes could be Shiro (paste made from ground peas), Tibs (chopped beef and oil), Lentils and Spinach. Ful (paste made from ground beans) is eaten for breakfast with bread. All dishes are heavily seasoned with onion, garlic and berebere (local hot spice).



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Packing List

Clothes

Please note that Ethiopia is a conservative country. As such, shorts (for either gender) are unacceptable, shoulders must be covered and slogans on t-shirts need to be inoffensive. The following are recommended:

- Sunhat
- Long skirts or trousers (shorts are not culturally acceptable)
- Cotton shirts or tops (it is unacceptable to show your shoulders although elbows are fine)
- Sandals (Nazret is very dusty and hot)
- Cardigan / jumper (for Addis)

Toiletries

The following toiletries are available: toothpaste, toothbrush, shampoo, conditioner, soap, nail polish and nail polish remover. Thus, it is recommended that you bring the following:

- Sun lotion
- Tampons (hard to find and expensive)
- Deodorant
- Antiseptic cream
- Vitamins
- Painkiller tablets
- Mosquito repellent
- Imodium (for diarrhoea)

Miscellaneous

- Any special foods that you may find comforting e.g. marmite / chocolate / sweets
- Sunglasses
- Swimming costume
- Pocket torch (power is intermittent) and batteries
- Water Bottle

Mobile/Cellular Phones

A local mobile phone card can be easily purchased (30 Birr) so please bring with you a cheap, unlocked mobile phone for daily use. With the card you will be able to call within Ethiopia as well as receive text messages / phone calls from home.

Reading Material

The house has a small mixed library of books, which you are free to borrow.



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Volunteering Information

Volunteers are invited to stay for as long or short as they like (Visas are from 1-3 months). Typically volunteers complete 1-2 weeks or 1-3 months. We also invite day visitors and the longest a volunteer has stayed was 6 months!

Requirements for Volunteers:

- Fluent English
- Good Health
- Age between 21-70

School Information

The school day for staff members is as follows: 8.00 am – 4.00 pm

There are 4 schools – 2 kindergarten schools and 2 grade schools and we are currently in the process of setting up an autism unit. They are located:

- Central kindergarten – about a 10 minute walk from the centre of the town
- Central grade – in the centre of the town
- Far kindergarten / far grade – situated in one large compound on the very outskirts of the town.
- Autism unit – situated in the large compound

Volunteer teachers can choose which of these compounds to work out according to their personal interests and can be just one or a combination. Volunteer teachers are given plans for all lessons, although it should be noted that these plans can be extended and developed as desired with the insertion of games and additional activities etc. The normal class teacher stays with the volunteer teacher in the classroom, helping with translation and explanation in a kind of team teaching role. Basic equipment is available although it is limited. Photocopying and printing is very expensive and thus is extremely limited. Volunteers are expected to spend their time in the classroom team teaching at the EAA campuses and running after school clubs. All children have basic English, computers and sports lessons which volunteers can assist with, as well as all of the other subjects including Science, Music, Maths and Art.

The school terms are approximately from mid September to the end of January, Second week of February to the end of June. Summer school runs for six weeks during July and August.

Volunteers are advised to come at least two weeks after the start of term. Volunteers are expected to come into school for full days, from 8-4pm Monday to Friday.

School Uniform – Volunteers are expected to dress conservatively for school. Most volunteers wear smart polo-shirts/shirts and trousers/jeans/skirts.



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A typical timetable for a week volunteering at EAA

SUNDAY	Arrival, check-in and Nazret orientation/exploration.
MONDAY	Visit the Central Grade School for the day, team teaching and/or activities with the children
TUESDAY	Visit the Far School (Campus No.2) for the day, team teaching and/or activities with the children
WEDNESDAY	Visit the Central KG School for the day, team teaching and/or activities with the children
THURSDAY	Volunteer at a school of your choice after visiting all of them.
FRIDAY	Volunteer at a school of your choice and visiting all of them.
SATURDAY	Travel to Addis to explore and prepare for departure

Approximate Cost Of Volunteering At EAA:

EXPENSE	PRICE IN BIRR
Return flight from home country	LDN to ADD 15000
Visa on Arrival	600
Transport from and to Airport	700
Accommodation Per day	220
Food and Drink Per Day	55
Transport around Nazret per day	20
Snacks and drinks per day	20
Souvenirs e.g. Ethiopian Football Shirt	100
Return flight to Northern Ethiopia from Addis Ababa	7000
AVERAGE TOTAL COST FOR 1 WEEK	18605
AVERAGE TOTAL COST FOR 2 WEEKS	20810
AVERAGE TOTAL COSTS FOR 1 MONTH	25220
AVERAGE TOTAL COSTS FOR 3 MONTHS	42860

Additional expenses you may want to account for are gifts and other luxurious items such as the souvenirs and internal flights.

Please use a currency convertor (www.xe.com) from Birr to your local currency.

English alive Academy does not charge a fee to visit or volunteer as we are grateful for your continuing support and that the children experience a wide variety of people at school.



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What to do before you arrive

English Alive Academy is a registered UK charity (no. 1140681) and not for profit organisation. It provides an education for some of the poorest children in and around Nazret. You can help the schools by holding a fundraising event, promoting our charity online to encourage donations and/or bringing some items out for the schools to use. You are not required to bring any items for school although these would be very much appreciated! In particular we need the following although please be aware that this is not an exhaustive list and all items are most welcome.

- Small plastic boxes (to put jigsaws and small games in)
- Whiteboard markers
- Black paper / card
- Powder paint
- Books – particularly reference books
- Flashcards
- Children's DVD's
- Children's song CD's
- Poker chips (for counting activities)
- Children's scissors
- Plastic sieves (for pipe cleaner activities for very young pupils)
- Plain metal baking trays (for small magnetic letters etc)
- Push pins

THINK ABOUT YOUR SKILLS

Everyone has special talents and all are welcome at EAA! If you can play/teach a musical instrument please bring it along to entertain/inspire the children at school. In the past we have had a drama student/teacher, rugby specialist and clown – all of which the students thoroughly enjoyed! If you have never taught before but have another skill, such as wood/metal work – email Dawit to see if you can help out fixing or building new equipment for the school! You may need to bring special equipment to show off your skill, which needs to be taken into account when packing and checking in luggage.

PLAN YOUR TRIP

Ethiopia is an exciting place to explore so please research, plan and book your trip before you arrive. Be sure to let us know in advance if you are going to take a long weekend etc so that the class teacher can adjust their plans accordingly if you are scheduled to team teach.

VISIT YOUR DOCTOR

It is best to visit your doctor to enquire about any medical vaccinations you may need to get before you come, try to do this as early as possible, as some vaccinations are staggered over a month.



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Frequently Asked Questions

Are ATM machines available?

There is now a new ATM machine in Nazret where money can be withdrawn. There are numerous ATM machines in Addis Ababa.

Can I access the Internet in Nazret?

Various hotels and guest houses have access to the internet. If your accommodation does not, you can walk down to a local hotel, buy a drink and enjoy the Wi-Fi. Internet speeds are not fast but they are reliable, when the power is on!

What type of electrical plug sockets are used in Nazret?

European Two Pin Plug Sockets are used in Ethiopia, please buy the appropriate adapter to be able to use the power here.

What do other volunteers have to say about their experiences in Nazret?



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Things to see and do in Nazret & Ethiopia

THINGS TO SEE AND DO IN AND AROUND NAZRET

Nazret is a busy town which you can enjoy walking around and interacting with people doing their various jobs. There are supermarkets, little shops, market stalls and street sellers, as well as restaurants and cafes to keep you entertained! You'll also see plenty of horses, donkey's and goats wandering about amongst the traffic. Enjoy watching the world go by!

Most of the large hotels have swimming pools, which you can pay a small fee to use, they also have internet! (Pool use 40-70 Birr)

Sodere Resort on the outskirts of town boast an Olympic sized swimming pool, restaurant and seating area where you can spend the day watching the monkey's steal food, swimming and enjoying an ice-cream, cold drinks and western food. (Bus to Sodere 15 Birr each way, Entrance Fee 40 Birr, food and drink 150 Birr)

Hyenas and Baboons roam freely and you can see them around the town. There are also specialist excursions to feed hyenas if you so wish.

THINGS TO SEE AND DO IN ETHIOPIA

Addis Ababa is the capital city and has various interesting things to see and do. Most famous for the hominoid 'Lucy' in the National museum, there is also an Ethnological Museum and large open-air market. Addis Ababa has cinemas, a bath house and a much wider variety of shopping and dining out establishments than Nazret.

Check out trip advisor for more tips: http://www.tripadvisor.com/Attractions-g293791-Activities-Addis_Ababa.html

Check out these online guides for more itineraries of what to do in Ethiopia:

<http://www.lonelyplanet.com/ethiopia/things-to-do>

<http://wanderingtrader.com/ethiopia/best-things-to-do-in-ethiopia-tourist-attractions/>

<http://www.worldtravelguide.net/ethiopia/things-to-do>

http://www.virtualtourist.com/travel/Africa/Ethiopia/Things_To_Do-Ethiopia-TG-C-1.html