



DECALOGUE OF THE GOOD VOLUNTEER (from our point of view).

- ✓ Inform yourself about the Tanzanian society and its general characteristics beforehand. It will allow you get a general idea before arriving and resolve the prejudices and myths you might have. it will also help when it comes to how to dress, act, behave, etc.
- ✓ Be respectful of the local culture, its peculiarities and traditions. Try to understand the various situations and perspectives. Don't judge. Always keep your eyes wide open and your mind awake.
- ✓ Prevent imposing your personal ideas, beliefs and ways of thinking on others. Tanzania is a country rich in resources and deeply human, try to adapt your actions to their reality and be patient about it.
- ✓ It is of the utmost importance to collaborate with the locals. If we want to get to the community, we must listen to what they can bring into the table. Their opinion has priority if we want any project to succeed, because at the end of the day it is them who will get to take advantage of it.
- Be careful with the photographs. Tanzanians are really nice and open people but just like everyone else, they enjoy and have a right to privacy. Ask for permission if you are going to photograph people; try to not feed into pre-existing stereotypes and avoid 'narrate their day-to-day activities' in your social media. Don't take pictures of people in complicated situations. *Pay special attention to kids and other people in vulnerable situations*.
- Good intentions are indispensable, but they must come with a human quality, compromise and a strong preparation to the work you want to do.
- The volunteer is not an individual, but rather a collective force. Get support from the rest of the team. Work humbly and ask without fear all the questions that might pop into your mind. All input is an indispensable and valid contribution to the overall project.
- Be empathetic, creative and flexible at all moments; both within the project and in your free time. Expect the unexpected and you will rejoice in the expected. Most importantly: enjoy yourself!!!
- Try to add. It is never about substituting the locals in their duties, but to share out knowledge to make sure our collective actions are beneficial for everyone.
- Don't think of ourselves as rescuers or heroes, because we are not! We are only people collaborating and learning from each other.

