



The Volunteer Info Pack and more about New Hope Waves and its active projects

It is a local non-profit organization working among children, youth and families based in Livingstone, Zambia, Africa, which was initiated to create hope and the future in the lives of children, young people and their families around the communities in Zambia.

Vision: ***New Hope and the Future for the People in Zambia***

Motto: ***“Changing People of Zambia to Change the Future of Africa”***

The Mission Statement: Empowering children, youth and their families with skills, knowledge, educational and talent enhancement opportunities for the upliftment of the community through improved living conditions for a hopeful future and protecting the environment

Activities at the moment

New Hope Waves is using education, sports and charity work to achieve the goals and to realize the vision of making an impact that will change and decrease the struggles in our vulnerable community around Livingstone and other surrounding areas.

We are running a Pre and Primary Education School situated at on Plot/Stand No. 370/2072, Natebe Road, Maramba, Livingstone, Zambia that is provide free education to vulnerable children from families that cannot affordable to pay school fees in both government and private schools so we have vulnerable children from most vulnerable communities mainly Ngwenya, Namatama, Zecco, Highlands andMaramba.

We have more than 178 children from the ages of 4- 15 years old from the preschool to grade 1-7 in a small rented house with 3 rooms we have morning and afternoon sessions to meet the needs of their education.



We have 5 local teachers that need assistant volunteers to assist in teaching and organize some more educational activities during their stay.

We are also running soccer academy for 50 vulnerable children and young people to develop talents and keep away from illicit activities in their communities so we need passionate trainers or assistant coaches as we only 2 local coaches, the football team is now officially playing in the semi-professional football league the Football Association of Zambia in Division 2 to keep the boys aspire and aim higher, the league involves other 17 football teams in the Southern Province of Zambia.

We also had been running skills development opportunities to develop young people and children to address social and development challenges to better their communities so these programs depends on the availabilities of such volunteers, interns and resources to do so thanks.

We endeavor to provide holistic activities and programs aimed at developing communities in Livingstone and surrounding areas.

The volunteer opportunities in our organization

1. Pre-School and Primary School teaching program

The school that we are running has more 178 children from the ages of 4-15 years coming from the most impoverished communities in Livingstone namely Ngwenya, Namatama, Zecco, Malota, Burton, Highlands, Maramba and Libuyu and most of the children are coming from poor families who cannot afford to take them to government and private school due to financial constraints. So we are providing affordable almost free education to the children in the communities to get them in school so that they will learn to read and write then excel to higher grades too.



The volunteer (s) will teach the children at our school in basic subject with the help with the local teacher mainly English, Maths, Arts and other creative subjects.

The volunteer (s) will choose whether he or she want to work with the pre grades or to teach the grades 1 up to 7th with different ages and learning abilities.

The school schedule is from 08 am to 12 am from Monday to Friday then you have free weekends for our personal activities and we have also optional session for school classes in the afternoon but to overwhelming tasks at school we strongly advise that you take morning sessions then prepare the next lessons for the next morning.

The school has 3 rooms for classes so due to the high number of children we have those session in the morning and afternoon to cover all the grades in the school.

2. Sports (soccer/football) coaching and life skills education program

The volunteer (s) will work with the children and young people from the ages of 10-25 years old about 50 boys participating in soccer/football the main sport for our vulnerable communities to keep the boys and yet to engage girls to stay away from drugs, illicit sex and other vices affecting our people such as HIV and Teen pregnancies.

The volunteer (s) will coach the boys in basic football skills, still willing to introduce other sports depending on the sport equipment available as football more accessible and requires less equipment as balls, jerseys and boots so the volunteers should not be a professional coach but to assist the local coaches etc.

The volunteer (s) can also assist in the administration of the sports program to organize activities locally and internationally to create partnerships with other sports organizations, individual and families that can collect some old but usable sports equipment such as balls,



jerseys/uniforms, boots/cleats as well as other fundraising to make the team make the football fixtures and travels, referees fees so forth so open minded to new ideas to better our programs.

The volunteer (s) should be prepared with skills that will make our program more creative and engage the young people to address their own challenges through sport and education.

To keep our boys competitive and ambitious in life that the senior is playing the official league under Football Association of Zambia Division 2 cover the distance of 1,000 kilometres for away games during all the weekend of the season playing with 17 teams in the Southern Province of Zambia.

The training for soccer/football is from morning sessions 7:00 am to 9:00 am and Afternoon session are from 3:30 pm upto 5:30 pm from Monday to Friday then weekend are for the games (Saturday or Sunday at 3:00 pm normal time or early kick off 1:00 pm) depend on the team that we are playing.

3. Administration and fundraising program

The work is to be stationed at the NGO office with the organization mainly to plan, revise and strategy with the team on the operations of the organization as well as to work on the day to day operations of the organization.

The volunteer (s) will assist the organization working the team to look at the opportunities mainly on fundraising for the organization as the organization is still small and young organization needs finances and materials to meet most its goals through online fundraising platforms, grant writing and project proposal designing and finding the potential donors, partners and cooperating lead applicants for potential large grants and projects for any new and ongoing projects such as education, sports and the general operations of the organization.

The volunteer (s) to conduct with the team capacity building training, nonprofit operations skills, resource mobilizations and manage the social



media tools to create the publicity to increase our global present as well as design content for the organization videos, pictures and websites etc. The work schedule is flexible from 09:00 am to 1:00 pm from Monday to Friday free weekends and also you can have it done in any way that fits the volunteer in the program.

4. Girls and Women Empowerment program

This newly started community based activities are aimed at empowering the vulnerable girls and women and their families through sustainable education, training and skills development for them.

The program is working with vulnerable communities of Livingstone with girls and women who are affected by high unwanted pregnancies make teen mothers stay out of school and some end up to get married at a very tender age to stop school so we want to provide opportunities in primary, secondary even tertiary education, high levels of sexual transmitted diseases such as HIV etc, high level of poverty among the girls and women which make them to be prone to resort to sell their bodies as prostitutes. The volunteer (s) will assist the organization working them to look at the opportunities mainly provision of training in menstrual hygiene, prevention of sexual transmitted diseases, female oriented training in nutrition, family planning, economy training such as tailoring, knitting and food production, entrepreneurship and form cooperatives/support groups for them to support themselves after the training and provision of tools/equipment .

The volunteer (s) to conduct with the team capacity building training, design and implementation of proposals for possible funding raising or crowdfunding to provide tools and equipment for possible above training, resource mobilizations for girls and women empowerment activities and manage the social media tools to create the publicity to increase our global present as well as design content for the organization videos, pictures and websites etc.



The work schedule is flexible from 09:00 am to 1:00 pm from Monday to Friday free weekends and also you can have it done in any way that fits the volunteer in the program.

Location of the Volunteer House

The volunteer house is within local place where you will in Nottie Broddie situated at House No. 46, Gwembe Street, Nottie Broddie, Livingstone, Zambia but we meet and live with the local people, who would interact with you and rub shoulders with them to learn more about our culture, language Nyanja, Tonga as well as speak with the local people in English as it is the official Language (English) and you can also try our foods such as Nshima with Kapenta, Chibwabwa, Kalembula, you can also taste the local fish from the local river which is the Zambezi where the famous Victoria waterfalls and you have fish such as Tiger fish, Bottle fish, Bream and Babo fish etc.

Free time activities during the weekend

You will have a great experience interacting with the young people in Nottie Broaddie and Maramba - making new friends!

You also have the great opportunity to enjoy nature at its best at Victoria Falls just 10 km. away. Waterfalls, museums, markets, churches, wildlife parks for sightseeing and a lot of other places for free time activities!

If you are looking for bigger shops or cafés for coffee in the city center at Musi-oa-Tunya Square Shopping Mall (New Shoprite), you can grab a local taxi for which will take you to the city center of Livingstone. By bus it takes 10 minutes, on foot around 15 minutes. In Livingstone you find a lot to do, for example all the activities at Victoria Falls.

The volunteers can enjoy nature with waterfalls and wildlife, spend time in Livingstone; having a coffee, blogging, sightseeing, river rafting, bungee jumping, Victoria falls tours, safaris, game viewing, whitewater rafting, museums, and with all touristic activities we recommend some local



companies just contact to Auldridge the host. Local transports, mini buses and taxis, are available at a very minimal fee for booking or shared taxis

Normal schedules for school and soccer trainings.

School class sessions

When you arrive we will sit down and schedule your day at your request. We are very flexible. Normally, the volunteers will start working at 08:00 to 12:00 in the morning where they will be teaching in some community schools such where you will be teaching Math, English, Art and General Knowledge that making an impact in the lives of the young students through education, songs, drama, arts and so forth.

Soccer training sessions

The volunteers interested in sport will conduct soccer trainings from 3:30 pm up to 5:30 pm or introduce any other sport of their choice during that time. Here they will contribute with their sport skills, play with the boys from the age of 14-25 years who are so passionate with football and you can hang out with them if you are not football interest and you find something to do making some teaching in life skills, or general environmental- and health lessons etc.

So we need volunteers who have the passion and experience in coaching sport, playing with the boys, teaching at our school, fundraising activities for the school and football activities, others that can also introduce our activities/projects and creative arts, administrative work and community.

Other helps that you might consider doing

We also need volunteers that also assist to raise funds or materials for our projects in education such as books, teaching materials, tools and funds to



support operations of the school pay teachers and staff as the school is depends on unstable donations.

We need support with sport equipment for soccer team such as used balls, boots/cleats, jerseys, fundraising for our operations of the soccer team for travelling (transport for official match games as the academy has no bus to ferry the players) of our team to the fulfil their fixtures in the seasons and pay referees, meals for the boys and basic incentives.

The Soccer academy is available for any possible partnerships with local and international NGOs, Football Clubs, Associations and Philanthropists to enable it to improve lives and empower the boys with a brighter future to reach their professional levels to earn a living through talent as well as the soccer academy to raise higher leagues. We also need materials for our skills development such as art materials, creative games, computers for ICT activities for children and young people, leadership training and gender equality and environmental matters to develop the community in more holistic ways.

The Accommodation Arrangements

The accommodation is a compound where you will be staying - perhaps with other volunteers. You will also be spending time with the local boy(s) staying and working in the house with you to provide local support during your stay with us. You will be staying at this rented house with your shared bedrooms with bunker beds for same sex male and females in their own room and bathroom and shared kitchen with utensils such as plates, pots and stoves but you buy own food with a basic living room with chairs , TV and we do not have washing machine so you do hand washing for your laundry.

The volunteer you need to pay your accommodation in cash (US\$150 per month which is US\$5 per day) upon arrival as agreed (paid up front month towards bills rents for the house, bills for electricity, running water to bath, toilet use, washing and cooking, not for drinking as it is not safe to



consume but need to buy bottled water from supermarkets etc) as agreed as our organization does not own accommodation facilities but you will be accommodated at local volunteer house which is rented and we are not able to provide for free food to volunteers during their stay with us in our programs so the volunteers need to provide your own food. You will provide your own food, which can be bought at Shopping Mall in town center, 10-15 minutes' walk from the volunteers house, and can be storage both fridge and freezer in the house and prepared in our kitchen. You will prepare your own meals, breakfast at 07:00 am to 07:30 am lunch after 12.00 am and those interested in afternoon soccer sessions at 3:30 to 5:30 PM , Meals are flexible in the evening whatever suits you - we are very flexible!

The volunteer house has no Wi-Fi but we advise the volunteers to buy a local SIM cards then get the internet bundle plan of their choice for WhatsApp, Emails and so forth.

Passports, Visas, & Currency

Passport:

While overseas, your passport is your ultimate proof of identity. It is probably the most important document you will have in your possession. Make sure you have plenty of blank pages in your passport if you plan on traveling outside the country (before or after your time in Zambia). Before you leave, you should make multiple photocopies of your passport. You should leave one of these copies with someone you trust at home. You should retain a few copies for yourself, too. In the event that you lose your passport, these copies will help the Embassy in Zambia issue you a new one in a quick and efficient manner.

Visa:

A Zambian visa is required to enter the country and we strongly advised that you get a tourist visa at the airport upon arrival which is extendable up to 90 days. You can also purchase a visa for \$25 single when entering



through immigration desk at the airport or point of entry in the country, then will apply for the extension at the local immigration office before you exceed your 30 days extendable to 90 days if you wish to stay longer. N.B some countries are exempted from paying for visa so you can consult the immigration officers at the airport if your countries is part of that agreement with our country.

Currency:

The official currency of Zambia is the Zambian Kwacha (ZMW). You should change your money and conduct transactions with the legal/registered banks, bureau de change and avoid to buying from the illegal street dealers. Upon arrival there are ATMs at the Livingstone airport and more in town where you can get the local currency.

Health and Safety

Staying Healthy in Zambia:

In general, experts suggest eating foods that have been cooked and fruits that have been washed with purified water and/or peeled. Livingstone is tourist-oriented and most restaurants are hyper-vigilant about food preparation. We would recommend staying away from “street” food (prepared or sold on the street) and as with anything, use your best judgment. Always drink only bottled water and carry a supply of Pepto-Bismol or Imodium in case something does not hit your system just right. Some travelers carry a prescription of Cipro (an antibiotic) with them in case they contract a bacterial infection. Bring the usual “just in case” items you normally pack when traveling (pain reliever, bandages, Kleenex, etc.) plus pack something for diarrhea.

Health Safety:

Please note that this section is only a brief introduction to health and safety in Zambia and is not intended as professional medical advice. It is your responsibility to discuss your medical situation with medical professionals,



including your physician and other travel clinic advisors, before traveling. Ask your health insurance company about international coverage and, if necessary, either purchase a rider or buy a separate limited-term policy. The following are a list of recommended Vaccines/prophylaxes:

- Routine Vaccinations (Recommended or Mandatory):
- Covid19 Vaccination (Mandatory)
- The Fully Vaccinated you do not need a Negative PCR test to enter into Zambia.
- The Unvaccinated you need a Negative PCR Test Certificate Mandatory taken within 72 hours before arrival)
- Malaria (Recommended)
- Hepatitis A (Recommended)
- Hepatitis B (Optional)
- Typhoid (Recommended)
- Yellow Fever (Optional)
- Rabies (Optional)

The following are names of doctors or medical care professionals nearby (within 1 km) that are trusted and would recommend for giving medical advice or care

- Dr. Shafiki Hospital too close to the volunteer house. You should not forget to carry your skin creams all the times, take Malaria prevention pills, sleep under a treated anti-mosquito net and the contact of the local hospital will be always a call away from you.

Personal Safety:

Livingstone is fairly safe at all times of the day. However, it is advised to walk with another volunteer and to take a taxi directly to the gate of the accommodations after dark. Consult the host before you engage yourself in the business with the locals, buy from recognized shops, walk most of the time in teams of two and do not forget to keep all your durables safe. The



accommodation is guarded by security 24/7, which allows for valuables to be kept there.

Additionally Safety Tips:

- Do not make obvious displays of large amounts of cash or expensive items (jewelry, cameras, electronic devices, etc.)
- Only carry the things you will need with you for that day
- Walk in groups of two or more when possible
- If you are returning from a restaurant in the evening/after dark, take a taxi
- Be aware of the people around you
- Bring two copies of your passport with you (notarized as being authentic copies of the original, if possible), and carry a copy – instead of your passport
- Keep wallets, pocketbooks, backpacks, etc., in front of you and close to your body
- Store money and credit cards in different locations, and carry only what you need
- Relax and enjoy – vigilance is better than paranoia

Getting Ready for Livingstone

Weather:

Temperatures are generally in the 80s/90s Celsius during the day and the 50s/60's at night depending on the season. Regardless of the season, you'll want to bring a jacket or sweater for the cool evenings and early mornings.

Etiquette:

You are ambassadors for your country and for those that come after you. Leave the people you meet with a favorable impression for future travelers. Be gracious, lower your voice, have patience, be flexible, and have fun! Be patient and courteous at all times. Keep in mind that Africans tend to be



more relaxed about time. Africans are not as tied to schedules as many of us are, so meeting times arranged by your hosts may be approximate.

Dress Code:

Dress conservatively. You will see many people in shorts and crop tops, but dress on the side of caution and respect. When volunteering make sure knees and shoulders are covered. Dress for the weather, but be respectful. Carry a light sweatshirt for as nights and early mornings are always cool.

Cultural Difference:

Some important things to note:

- Men are sometimes rude and yell “compliments” or whistle to women on the streets. Try your best to not turn around and pay attention to this

Credit/Debit Card Preparation:

Call your bank to confirm that your credit/debit card can be used internationally and at ATM machines. Also ask about any additional charges they add to use the card internationally. Your card must have a 4 digit pin # to work in Zambia ATM machines.

There are exchange bureaus where you can change your money, and ATMs accepting international debit and credit cards are widely available throughout Livingstone. Our recommendation is to take a small amount of cash for “emergencies” but ideally take a debit or credit card (such as MasterCard or Visa) and withdraw money from ATMs as needed. This is the easiest and most cost effective way of withdrawing money and safer than bringing a large amount of cash with you to Livingstone.

Airport Pickup/Off

When you arrive at Livingstone International Airport (Harry Mwaanga Nkumbula International Airport) we can arrange with you a local taxi with



one of our staff to pick you up from the airport to the volunteers` house which is about 7 kilometers and the cost for the local taxi is \$10 for pickups from the airport to the volunteers house and another \$10 dollars for drop offs from the volunteers `house to the airport.

What to Bring

Proper Attire

Casual, conservative clothing is both proper and practical. African women usually wear skirts and dress pants, and men wear long trousers. Capri pants, jeans and skirts are common. Comfortable flat shoes are recommended. Livingstone has dirt streets and other areas have uneven walking surfaces. Athletic shoes/sneakers are even better than flat shoes. Local women do not wear sleeveless blouses or dresses. While it is okay to wear such clothing, bring along a sweater or shawl to cover your shoulders when in public, especially if entering a church or visiting a local family. Sunglasses and sunscreen are a must. Please find a full list of what you should prepare to bring below:

- Clothing:
 - Jeans / capri/khaki pants / t-shirts / dress shirt (optional) / bathing suit /shorts / pajamas / socks / underwear / sneakers or flat soled shoes / sandals /flip-flops / rain jacket or poncho / hat / sunglasses and if you wish your own bed sheets
- Documents:
 - Passports / copy of passports / driver`s license / flight itinerary / medical info / copy of document numbers (credit cards, license, passports...)
- Money:
 - Spending money and debit/credit card
 - Volunteers in Livingstone generally find \$100 to be sufficient for weekly expenses. You will need to budget more for additional activities (i.e. optional off day activities). Please also be sure to budget for additional



souvenirs if you are interested in shopping in the markets.

- Misc. Items:

- Flashlight/camera with extra memory cards and battery (+ your cords)/ backpack or day pack / water bottle / towel / bed sheets or beddings.

- Personal Items/Toiletries:

- Sunscreen / shampoo / conditioner / bug spray / toothbrush / toothpaste deodorant / prescription medicines (in original bottles) / anti-diarrheal medications / feminine products / pain medications (tylenol, advil) / Pepto Bismol / soap / wet wipes or no-rinse hand sanitizer (like Purell) / tissues and/or travel packs of toilet paper / pens and paper for notes

- Luggage:

- We recommends that you take as little as possible and leave room in your luggage to purchase souvenirs.

- Check with your airline to find out carry on and checked bag fees

If you have any doubt or concerns let us;

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