

Volunteer packages at Tikondane, Zambia



www.tikondane.org

Tikondane is a vibrant grassroots community centre run for and by the people of Katete. Our mission is to fight poverty in Katete through better education, health and entrepreneurship; helping people to help themselves while maintaining their traditional values.

What we do

We provide early childhood playgroups, primary **education** in the lively community school, and literacy, English lessons, and GCE upgrade courses for parents and adults.

We promote better **health** through HIV/Aids testing and counselling, health workshops and training, education on a balanced diet, prevention of infections, farming, and home-based carers.

We run **income generating activities (IGAs)** for staff to learn practical skills whilst developing an independent source of income for themselves and Tiko.



We **promote traditional culture** of caring for your neighbours and family, generosity and the vibrant drumming, singing and dancing of Zambia.

Volunteering details:

Duration: 2 weeks minimum

Cost: ZK 2000/week (equivalent to US\$ 200/week at the current exchange rate)

Includes 3 meals a day and accommodation at Tiko.

The standard package includes all meals, but if volunteers stay longer and decide they prefer to self-cater, the price will be reduced for accommodation only.

NOT INCLUDED: Drinks, transfers, accommodation in Lusaka, and tourist activities

Longer stays:

The longer you stay, the more you will get out of your volunteering experience as you get to know people and make more of an impact on projects. There are lots of rolling activities, but depending on when you come there may be one-off projects also running.

Volunteer activities and projects

1. Education

- Classroom assistant
- Support learning with smaller groups in English, Maths, Science
- Reading and story club
- Organise an art, music, drama, sports club or workshop
- Help with adult education and English practice
- Teach computer skills
- Work with the drama group
- Weekly Nyanja lessons



2. Health

- Visit home-based carers to learn what they do
- Attend a positive livers' (outed aids patients) workshop
- Attend and assist with home-based care seminar or workshop
- Create new educational tools for school, home-based carers, HIV/AIDS centre
- Organise a workshop on nutrition or hygiene at Tiko or in the village

3. Agriculture and permaculture activities

- Learn about permaculture
- Learn to make a:
 - bag garden
 - compost heap
 - pigeon kraal
 - mud stove
- Make a demo leaflet about permaculture for the Tiko crew and villagers
- Keep a volunteer garden patch as a permaculture model challenge. This could be passed onto future volunteers with a garden log to follow up from.
- Deliver a workshop or demonstration on a method of permaculture as refresher training.



4. Income generating activities (IGA's) & new skills

- Learn a skill:
 - Soap making
 - Make peanut butter
 - Weaving/Mat making
 - Animal husbandry
 - Mud stoves
 - Traditional Zambian cooking
 - African drumming
- Teach a new dish to the kitchen
- Deliver computer training to interns



5. Marketing

- Maintain Facebook page
- Update website
- Explore tourism marketing and advertising opportunities
- Research CBO funding opportunities
- Apply for funding opportunities

6. Projects for volunteers to run independently

- Plan and make a radio show with Tiko children
- Design and carry out research on a chosen topic or something that would help Tiko to develop and better understand our community:

Health/living conditions/attitudes to farming/permaculture/family planning

Research could be carried out with support of interns for capacity building too.

- Make some short films about Tiko life.



Free time and entertainment

Katete is a quiet town so you won't be out partying every night. On the flip side, you experience life in a small rural town as many people in Zambia live, and get to spend time working with Zambians that you probably won't find in a city or typical gap year package. And there are activities and places to visit nearby and in the surrounding area!

- Katete market for local food
- Cultural safari to Kachipu village US\$26 – walk round a Zambian village with a guide, have a vegetarian feast, and watch a traditional girls' initiation dancing ceremony, Chinamwali.

Depending on availability Gule wamkulu, the Nyau ghost dance is sometimes also performed in nearby villages, and recognized by UN Heritage. When dancing, the

men are believed to be spirits with magical powers and no longer mortals. An intriguing and invigorating insight into local culture and tradition.

- Bike ride with Tiko bikes
- Visit St Francis Hospital or Hike up Mphangwe mountain
- Walk to Chimbalu
- Katete nightclub – maybe not for everyone or every week but worth a visit for the experience!
- Film afternoon on Saturday and Sunday
- Table tennis
- Trip to Msoro cathedral – worst road ever but an adventure to a cathedral build by the first missionaries arriving in Zambia.
- South Luangwa National Park (3 hours)



Accommodation

Accommodation is in the lodge at the community centre. Rooms are simple twin or double rooms, most with ensuite bucket bath and toilet. Volunteers will have their own room unless they prefer to share.

You can also go to a nearby village and spent the night with a family in a traditional hut.

Communication

Telephone: We recommend you buy a Zambian SIM card for your mobile if you're here longer than a couple of weeks. They are very cheap, just remember to get your phone unlocked before you leave!

Internet: We offer 2 hours a week free internet access for keeping in touch with home. If you find you need more than this, there is a computer centre onsite where you can buy additional access. Remember this is Africa; it works, but it can be a bit wobbly sometimes!

Volunteer criteria:

Volunteers can be students or professionals with more experience. Preferably minimum 18 years of age. We ask only that you come with an open mind, are willing to get stuck in and help in any way you can, and bring a sense of humour.

Arrival and transfers

It takes around 7 hours to get to Tiko from Lusaka, so we recommend spending the night there and setting off early in the morning.

(Please contact us for information on getting here from Lilongwe, Malawi which is also around 6 hours away)

Lusaka airport transfer: Taxis can be found outside the airport and cost around US\$30 to most central backpackers.

Lusaka accommodation: There are a few options for budget accommodation in Lusaka.

Lusaka Backpackers, Mulombwa Close: Dorm US\$15. Used to be called Chachacha, you might need to tell the taxi driver this!

Online booking through website or hostelworld.com

Website: www.lusakabackpackers.com

Email: info@lusakabackpackers.com

Telephone: +260 977 805483

Kalulu Backpackers, Broads Road: Dorm US\$12

Online booking through website

Website: www.backpacklusaka.com

Email: info@backpacklusaka.com

Telephone: +260 (0)211 231486/ +260 (0)955 761544

Broads backpackers, Broads Road: Dorm US\$10

Elke's recommendation, but not sure if they have a website/online booking as they are a bit smaller so booking may have to go through Elke for special treatment!

Flintstones Backpacker, Makanta Close: Dorm US\$7

Mobile Number: +26 0976-221060

Office Number: +26 0211-221060

Email: info@flintstonesbackpackers.com

Website: www.flintstonesbackpackers.com

Lusaka to Tiko transfer:

Bus to Tiko is ZK 150 one way from Lusaka Intercity Bus station and takes about 7 hours.

Payment and money

Payment at Tiko is in cash Zambian Kwacha. There is a Barclays ATM in Katete which accepts Visa and Mastercard.