

# VOLUNTEER GUIDELINES

SKATE WORLD BETTER

DEAR ALL,

HERE YOU CAN FIND CONCISE GUIDELINES TO WHAT TO DO BEFORE LEAVING TO MOZAMBIQUE, WHAT TO EXPECT FROM US AND WHAT TO BE READY FOR.

IF YOU HAVE ANY QUESTION OR UNCERTAINTY THAN PLEASE CONTACT US ON AN EMAIL ADDRESS [INFO@SWB.DK](mailto:INFO@SWB.DK) OR VIA INSTAGRAM [@SKATEWORLDBETTER](https://www.instagram.com/skateworldbetter)

- 1) VISA
- 2) VACCINATION
- 3) BUYING TICKETS
- 4) WHAT TO EXPECT
- 5) WHAT SWB PROVIDES
- 6) WHAT SHOULD I PROVIDE FOR MYSELF
- 7) OTHER COMMENTS



# 1 - VISA

GETTING VISA TO MOZAMBIQUE IS ACTUALLY QUITE EASY. POSSIBLY, YOU'D BE ABLE TO OBTAIN VISA ON THE AIRPORT WHEN YOU LAND IN MAPUTO, BUT IT IS DEFINITELY SMARTER AND PRACTICAL TO BUY THEM ONLINE, PRIOR TO THE TRAVEL, YOU MIGHT NOT BE ABLE TO TAKE YOUR FLIGHT UNLESS YOU HAVE THE VISA. THEY NEED TO BE USED WITHIN TWO MONTHS AFTER BEING ISSUED, SO DON'T GET THEM TOO SOON.

THERE IS ONE **IMPORTANT** THING YOU CAN NOT AVOID. ONCE APPLYING, YOU WILL NEED TO EITHER PHYSICALLY VISIT THE MOZAMBIKAN EMBASSY (BERLIN, BRUXELLES, STOCKHOLM, LISBON) OR SEND YOUR PASSPORT, WHERE THEY STICK THE VISA MANUALLY. THERE IS NO WAY OF COPYING OR UPLOADING DETAILS FROM YOUR PASSPORT, THEY LITERALLY NEED TO HAVE THE PHYSICAL VERSION OF IT. THEY SENT YOU THE PASSPORT BACK ONCE IT IS DONE (OR YOU COLLECT IT PHYSICALLY) AND THE PROCESSING TIME VARIES DEPENDING ON YOUR URGENCY LEVEL (PRICE IS DERIVED FROM THAT).

THERE ARE TWO POSSIBLE VISAS FOR THE VOLUNTEERS DEPENDING ON THE DURATION OF THE STAY. FROM OUR EXPERIENCE, THERE IS ALWAYS A FORM TO BE FILLED ON THE WEBSITES OF PARTICULAR EMBASSIES (OF MOZAMBIQUE) AND WITH THE BANK DETAILS. CHECK CAREFULLY THE INSTRUCTIONS OF THE EMBASSIES, SEE THIS LINK AS AN EXAMPLE OF THE EMBASSY IN BERLIN.

[HTTP://WWW.EMBASSY-OF-MOZAMBIQUE.DE/INDEX.PHP/2015-10-08-06-52-19/VISAS](http://www.embassy-of-mozambique.de/index.php/2015-10-08-06-52-19/visas)

ONE LAST THING, EVERYBODY COMING OVER WILL NEED TO HAVE A INVITATION LETTER FROM US, OR RATHER FROM OUR PEERS IN MOZAMBIQUE, WHO WILL ISSUE THESE LETTERS FOR US. SO ONCE YOU

ARE IN THIS PROCESS, CONTACT US PRIOR TO ASKING FOR THE VISA, WE WILL PROVIDE YOU WITH THE LETTER THAT YOU ENCLOSE WITH THE APPLICATION FORM.

**THERE IS TWO OPTIONS:**

*OPTION ONE* - SINGLE ENTRY TOURIST VISA, WHICH IS VALID FOR 30 DAYS.

*OPTION TWO* - MULTIPLE ENTRY TOURIST VISA, WHICH IS VALID FOR 30 DAYS AND THAN NEEDS TO GO FOR A STAMP ON THE BORDER TO EXTEND YOUR STAY. IN THIS CASE IT IS JUST ABOUT VISITING REPUBLIC OF SOUTH AFRICA FOR A LITTLE TRIP AND COMING BACK LEGAL AGAIN. THIS OPTION IS OBVIOUSLY LITTLE MORE EXPENSIVE AND ONLY RECOMMENDED TO THOSE THAT INTEND TO STAY LONGER THAN A MONTH.

## 2 - VACCINATION

HERE, EACH OF YOU NEEDS TO DECIDE ON HIS OWN ABOUT HOW MUCH DO YOU WANT TO BE PROTECTED, OR HOW MUCH ARE YOU WILLING TO PUT IN YOUR BODY. YOUR DECISION SHOULD BE BASED UPON THE DURATION OF YOUR STAY PRIMARILY, AS SOME VACCINES ARE OBLIGATORY AND SOME ARE ONLY RECOMMENDED TO AVOID THE RISKS IF YOU STAY FOR AN EXTENDED PERIOD. USUALLY IT IS RECOMMENDED TO TAKE MAXIMUM TWO DIFFERENT VACCINES AT A TIME AND SOME OF THEM NEED SOME TIME BEFORE THEY START WORKING SO WE RECOMMEND YOU TO PLAN YOUR VACCINATION IN ADVANCE. IT IS IMPORTANT THAT YOU GET ALL THE APPLIED VACCINES MARKED IN AN INTERNATIONAL CERTIFICATE OF VACCINATION AND THAT YOU BRING THAT

DOCUMENTATION WITH YOU. THE PRICES OF THE VACCINES WILL VARY DEPENDING ON WHERE YOU TAKE THEM.

HERE IS A LIST OF VACCINES WITH AN APPROXIMATE PRICE AND IMPORTANCE:

- YELLOW FEVER - YOU NEED TO TAKE IT, OTHERWISE YOU ARE DENIED ACCESS TO MOZAMBIQUE. IT LASTS FOREVER ONCE YOU TAKE IT, BUT NEEDS A MONTH BEFORE STARTS FULLY WORKING.
- TYPHOID - IT IS CERTAINLY REALLY RECOMMENDED TO EVERYONE, NO MATTER THE DURATION OF YOUR STAY. IT LASTS FOR 3 YEARS ONCE YOU TAKE IT.
- HEPATITIS A AND B - IT IS DEFINITELY RECOMMENDED TO EVERYONE AGAIN AND ITS RECOMMENDED ANYWHERE ON OUR PLANET. IT LASTS FOREVER ONCE YOU TAKE IT AND IN MANY COUNTRIES IT IS OBLIGATORY SO YOU MIGHT ALREADY HAVE IT.
- MENINGOKOK - IT IS EPIDEMIC, SO IT IS UP TO YOUR CONSIDERATION IF YOU WANT IT, BUT IT IS CERTAINLY RECOMMENDED TO THOSE WHO WILL STAY LONGER. IT LASTS 5 YEARS AND IS APPLIED IN ONE VACCINE. YOU NEED 4 DOSES THAT CAN BE APPLIED IN PERIODS OR ALL AT ONCE, BUT NOT WITH OTHER VACCINES.
- CHOLERA - YOU APPLY THIS VACCINE BY DRINKING IT SO YOU CAN TAKE IT ANY TIME. CHOLERA IS NORMALLY NOT ACTIVELY PRESENT IN MOZAMBIQUE, BUT THE FLOODS MIGHT HAVE CHANGED THE SITUATION A LITTLE BUT. IT IS REALLY GOOD AGAINST ALL KINDS OF DIARRHEA, SO IT SAVES YOU FROM BOTH CHOLERA AND DIGESTIVE PROBLEMS.
- RABIES - YOU NEED TO TAKE THREE DOSES. ONE, THAN WEEK LATER AND THAN TWO WEEKS LATER. RABIES ARE A DEADLY PROBLEM ANYWHERE IN THE WORLD SO IT IS NOT A BAD THING TO HAVE IT ALTHOUGH YOU CAN ONLY GET INFECTED IF YOU ARE BIT BY A LOCAL ANIMAL

THAT MIGHT BE INFECTED ITSELF. THE DANGER CAN DEFINITELY BE AVOIDED BY NOT BEING IN CONTACT WITH ANIMALS, BUT THAT IS NOT ALWAYS 100% EASY.

WE SWB TEAM WILL LIKELY GET ALL THE VACCINES, MAYBE EXCEPT THE LAST ONE OVER WHICH WE STILL NEED TO DECIDE, BUT WE ONLY DO SO BECAUSE WE KNOW WE WILL STAY FOR AT LEAST THREE MONTHS. IT IS ALWAYS BEST TO CONTACT YOUR OWN DOCTOR FOR MORE INFORMATION.

### 3 - BUYING TICKETS

THERE IS MULTIPLE WAYS OF HOW TO GET TO MAPUTO, DEPENDING MOSTLY ON WHERE YOU ARE FROM. WE MET WITH A FRIEND OF OURS, WHO IS FROM MAPUTO AND TRAVELS IN BETWEEN MOZAMBIQUE AND DENMARK REGULARLY AND HE GAVE US THESE TIPS ABOUT HOW TO TRAVEL FROM EUROPE:

#### *TRAVELLING FROM EUROPE*

**ANYWHERE - LISBON - MAPUTO** = IS THE MOST DIRECT ROUTE, BUT THE PRICE VARIES.

THAT CONNECTION IS USUALLY PROVIDED BY TAP PORTUGAL AND THEY HAVE PRETTY GOOD SERVICES

**ANYWHERE - ISTANBUL - MAPUTO/JOHANNESBURG** = USUALLY A CHEAPER WAY THAN THE PREVIOUS, ESPECIALLY IF YOU FLY TO JOHANNESBURG, BUT THAN ALSO CONSIDER THE BUS DRIVE (WHICH IS PRETTY REGULAR).

THAT WAY IS PROVIDED BY TURKISH AIRLINES, AGAIN THEIR SERVICE IS PRETTY SOLID.

**ANYWHERE - DOHA - MAPUTO/JOHANNESBURG** = THE BEST OPTION ACCORDING TO OUR FRIEND KJELD. AGAIN IF FLYING TO JOHANNESBURG, CONSIDER THE BUS.

THAT WAY IS PROVIDED BY QATAR AIRWAYS, AGAIN THEIR SERVICE IS PRETTY SOLID, ALLEGEDLY THE BEST OUT THERE.

## *TRAVELLING FROM ELSEWHERE*

WE ARE NOT THAT WELL INFORMED ABOUT THE OPTIONS HERE, BUT WE WOULD RECOMMEND FINDING A CONNECTION TO LISBON. FROM USA PREFERABLY FROM NYC AS TAP PORTUGAL HAS A GOOD CONNECTING OPTIONS.

## 4 - WHAT TO EXPECT

I GUESS THERE IS NO NEED TO DESCRIBE OUR PROJECT IN DETAIL SINCE YOU HAVE COME THIS FAR. YOU ALL KNOW WHAT IS OUR MISSION AND HOW DO WE GET TO A SUCCESSFUL ENDING. AS WE COMMUNICATE, ALSO THE IDEA OF WHAT TO EXPECT WILL BE BECOMING MORE CLEAR, BUT FOR NOW WE CAN SAY THIS:

YOU CAN EXPECT THAT WE PICK YOU UP ON THE AIRPORT AND DRIVE YOU TO OUR HOUSE. WE WILL PROBABLY COME UP WITH A REPETITIVE SCHEDULE FOR THE DURATION OF THE CONSTRUCTION, OBVIOUSLY DEPENDING ON THE WEATHER AND THE SITUATION. WE WANT TO BUILD PROBABLY SIX DAYS A WEEK TO HAVE THIS ONE DAY OF RELAX, TRAVELLING AND DEBATING ABOUT FUTURE ADVANCING. WE CAN BE LEAVING OUR STUFF IN THE HOUSE, THAT WILL BE GUARDED AND WE CAN ALL RELY ON A SHOWER, KITCHEN AND A SOURCE OF ELECTRICITY. WE HAVE FRIENDS AMONG LOCAL PEOPLE, SO WE CAN EXPECT TO BE SHOWN SOME OF THE REAL MOZAMBIQUE. IF YOU ARE A BUILDER OR IF YOU ARE COMING TO VOLUNTEER IN ANY OTHER WAY, YOU CAN EXPECT, THAT WE WILL BE FAMILIAR WITH THE SITUATION DOWN THERE AND WE WILL TRY TO BE AS HELPFUL AS POSSIBLE. LASTLY, DURING THE BUILDING, WE WILL HAVE SOME EXPERIENCED BUILDERS AMONG OUR TEAM, WHO WILL GIVE INSTRUCTIONS SO THAT THE WE ADVANCE COHERENTLY.

## 5 - WHAT SWB WILL PROVIDE

AS A VOLUNTEER ON THIS PROJECT SWB WILL PROVIDE YOU WITH THE FOLLOWING:

- A SAFE PLACE TO STAY, NICE PLACE TO SLEEP, HOT SHOWER, INTERNET CONNECTION, PLACE TO CHARGE YOUR BATTERIES, PLACE TO LEAVE YOUR STUFF AND PLACE TO RELAX AND ENJOY TIME TOGETHER. ALL THAT IN A VILLA THAT SWB WILL SECURE.
- TRANSPORTATION TO AND FROM THE PROJECT SITE, BUT ALSO GROCERY STORES AND NECESSARY DAILY MISSIONS. FOR THAT SWB WILL OBTAIN A VAN/SUV THAT WILL BE AVAILABLE FOR USE.
- LUNCH AT THE WORKSITE. EVERY DAY OF THE BUILDING WE WILL TAKE SHIFTS TO HAVE LUNCH AT ONE OF THE NEIGHBOURS PLACE AT COSTA DO SOL. SWB HAS ALREADY SPREAD THE WORD AROUND THROUGH OUR MOZAMBICAN CONTACT ISARD SO ALL THE VOLUNTEERS CAN LOOK FORWARD TO EXPERIENCING THE MOST GENUINE MOZAMBICAN CUISINE IN THE MOST GENUINE MOZAMBICAN SETTING.
- REGULAR SUNDAY DINNERS AT THE VILLA. SWB WANTS TO TREAT ALL OUR VOLUNTEERS AS PRINCESSES, SO SUNDAY EVENINGS WILL ALWAYS BE WITHIN AN ATMOSPHERE OF CHILLIN' AND GRILLIN' AND TALKING ABOUT THE WEEK AHEAD. SWB WILL PROVIDE EVERYTHING WE PUT ON THE GRILL AND BEERS.
- SMALL REFRESHMENTS ON THE SITE THAT ANYONE CAN TAKE THROUGHOUT THE DAY. WE ARE TALKING WATER, SODAS, SOME BEERS, FRUIT AND SO ON.

- HARD TO MAKE PROMISES ABOUT THAT NOW, BUT IF TIME ALLOWS US TO, WE WILL ORGANIZE IRREGULAR TRIPS TO SURROUNDING BEACHES AND NATIONAL PARKS AND YOU CAN COUNT ON THE FREE TRANSPORT AND SOME BEERS ALONG THE WAY.

## 6 - WHAT SHOULD I PROVIDE FOR MYSELF

- YOU WILL HAVE TO PROVIDE YOUR OWN TICKETS TO AND FROM MOZAMBIQUE.
- YOU WILL HAVE TO PROVIDE YOUR OWN VISA.
- YOU WILL HAVE TO TAKE CARE OF YOUR OWN VACCINATION.
- YOU WILL HAVE TO HAVE SOME BUDGET ON YOUR OWN FOR DINNERS, YOUR OWN TRAVELLING AND LITTLE THINGS YOU BUY DAILY.
- YOU WILL HAVE TO TAKE CARE OF YOUR OWN INSURANCE.
- YOU CERTAINLY NEED TO TAKE EVERYTHING YOU WILL NEED WITH YOU, INCLUDING YOUR OWN FIRST-AID KIT, SUN PROTECTION, MOSQUITO REPELLENT (!!!!), WARM AND PROTECTIVE CLOTHES, GOOD SHOES.
- IF YOU WANT TO DRIVE THERE, AND WE COULD AS WELL USE YOU AS A DRIVER, YOU WILL NEED INTERNATIONAL DRIVING LICENSE.

## 7 - OTHER COMMENTS

AS MUCH AS THIS PROJECT IS COMPLETELY DIY, THINGS AND SITUATIONS MIGHT CHANGE A LITTLE BIT AS WE MOVE. ESPECIALLY THE CHAPTER "WHAT TO EXPECT" AND FURTHER "WHAT WE WILL PROVIDE" CAN VARY DEPENDING ON DIFFICULTIES THAT MIGHT OCCUR (THIS IS AFRICA RIGHT) AND FURTHER ON THE SUCCESS OF THE CROWDFUNDING CAMPAIGN AND ON OUR SPONSORS. THE IMPACT OF THESE

MENTIONED WILL THOUGH ONLY BE VISIBLE ON THE QUALITY OF OUR LIVING AND QUALITY OF OUR DRIVING.

THE TIME OF THE BUILDING MIGHT ALSO VARY DEPENDING ON HOW MUCH WE CAN DO IN A DAY AND HOW MUCH IS THE HEAT, OR THE WEATHER IN GENERAL, IN OUR FAVOR.

AS MUCH AS THIS GUIDANCE SHOULD HELP YOU PREPARE FOR THE TRIP, WE WILL DEFINITELY STAY IN CLOSER CONTACT WHEN YOU ARE PREPARING AND WE WILL ALSO SHARE WITH YOU THIS DOCUMENT, SHOULD IT BE ANYHOW UPDATED.

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