



RAEY CHILDREN AND FAMILY DEVELOPMENT ASSOCIATION
PO Box 57887, Addis Ababa, Ethiopia

Registration Body 0250 Federal Democratic Republic of Ethiopia Ministry of Justice,
Charities and Societies

VOLUNTEER PACK

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1 RAEY SCHOOL

1.1 An Overview

RAEY means “vision” in Ethiopia's native language Amharic. It is the name given to a community development project located in Yerer in Eastern Addis Ababa. The project has enabled the development of the RAEY community school for children whose families suffer from extreme poverty and illness. Many of these children have lost their parents to HIV/AIDS and without the support of RAEY these children would go without regular meals, education and support. We provide essential schooling in a supportive, protective and nurturing environment and attend to the health and nutritional needs of the children and their families.

RAEY is a Non Government Organization (NGO), which is strictly not for profit and adheres to the code of conduct for the DPPC (Disaster Prevention and Preparedness Commission) and Food Security Programme as per The Ethiopian Government and Ministries regulations. (See the end of this section for government registration details). It is funded solely through donations and sponsorship. Its services are supported by volunteers from all walks of life, which include local Ethiopian staff and administrators.

RAEY also receives significant assistance from the RAEY of Hope Charity in Australia.

Education is a well-recognised key to achieving the World Health Organization’s Millennium Goals to combat poverty, hunger, disease, illiteracy, environmental degradation, and discrimination against women. RAEY's ethos therefore extends beyond supporting individual children. The adults, (parents and guardians of orphans) also live in extreme poverty. Many are unskilled and illiterate. Access to food, clean water and medicine is limited. We believe that to support the children, one must support and educate the larger community as well. RAEY’S aim therefore, is to strengthen the capacity of the family and surrounding community through income generating projects and extensive educational programs.

1.2 Our History

Decades of conflict, displacement and poverty, together with the scourge of HIV/AIDS, has plunged Ethiopia, a culturally rich country of 105,074,902 people, into crisis. Children in Ethiopia are denied the fundamental life resources that many of us take for granted - food, shelter, and education and above all else... hope.

Ethiopia has one of the largest orphan populations in the world. Thirteen percent of children throughout the country are missing one or both parents, others are abandoned, some forced into child labour and many die of HIV/AIDS and preventable illnesses such as malnutrition and diarrhea. For those in extreme poverty a basic education is virtually impossible and early education is essentially non-existent in Ethiopia.



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In 2007, husband and wife, Mengesha and Frehiwot Gugsu, who are both teachers, decided to collect enough money to educate children in their community who had lost one or both parents to HIV/Aids. "These children were desperate," recalls Mengesha. "Many had no food. Some walked over 10 kilometers to get to school with nothing to eat but a piece of stale bread. Others didn't even have that. They would scurry across the dirt floor picking up the crumbs the other children dropped. In the beginning some were so traumatized they wouldn't even speak".

Frehiwot went on to explain the extent of the problem. "The districts in Ethiopia are divided into *kebeles* which are similar to suburbs. Our kebele covers kilometers and has a population of many thousands. The statistics in Ethiopia for births and deaths remain almost non-existent but the government is trying to establish a register of children who are at severe risk of death due to malnutrition. It was estimated that about 7000 children were deemed at risk in our kebele alone. We had to do something"

It is in this context that the RAEY foundation was born. Through their church group, Mengesha and Frehiwot were able to raise enough money to rent some sheds and employ a couple of teachers to provide schooling to the children of very poor families who, in one way or another, were victims of HIV/AIDS.

This small community school started with 38 children who were in poor health with infections and malnutrition. It immediately became apparent that medical aid would be a critical need for the fledgling school. Improved health was the greatest priority to ensure that these children could attend school and benefit from the learning. Carolyn Roesler, a medical doctor, who at the time was volunteering at an orphanage in Addis Ababa, was introduced to Mengesha and Frehiwot. As soon as Carolyn saw the conditions and the work that needed to be done, she put all her energy into RAEY. Out of these humble beginnings RAEY's vision was born.

1.3 Our Vision - Our Goals

In 2007 RAEY was created as a licensed entity, fully accredited to teach and support these children and their families. Our vision was:

"To create a school community where children and their families are nurtured and supported in a way that breaks the cycle of poverty and deprivation. We aim to lay a solid foundation for future success so that the children of RAEY achieve their potential and grow into healthy, educated adults".

Over the past decade our vision has been the guiding principle that has enabled RAEY to fulfill the following eight goals:



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- To provide early learning from the age of 3 (pre-kindergarten) to year 7 (10 years of education).
- To create a safe, healthy and nurturing school environment, where children are provided with a diverse education that enables improved skills in many areas and an opportunity for academic success.
- To provide each child with the basic resources to attend school (uniform, books, stationery etc.).
- To serve two nutritional and vitamin A rich meals a day to all children at RAEY.
- To facilitate regular medical and dental interventions for the entire RAEY community.
- To provide the parents, guardians and extended families with monthly food rations or hampers.
- To organise income generating projects through fundraising that provide resources and skills to the families so that they can ultimately become self-sufficient.
- To support the professional development of the teachers at RAEY so that they have the skills and resources to achieve the educational aims of RAEY.

As a registered NGO, recognized by the Ethiopian government, RAEY has a long waiting list. “For enrollment this academic year over 500 children applied,” says Mengesha. “We only have the means to take on another 40. Each time we can only choose the most desperate cases. I cry at having to turn the children away. The selection of the children is not a random but rather a very specific process. It is controlled at both council and governmental level with the Ministry of Women Affairs and the Food security projects involved.”

1.4 Our Success

“RAEY gives the children more than food, clothing, medical care and a safe place to learn. We give them, and their families, hope and love. In the beginning some were so traumatized they wouldn’t even speak. Now we have over 350 happy, thriving children. We recognize that to help the children we must also help their families and the community,” Frehiwot explains.

The real story behind the success of RAEY lies in the children whose lives have been changed forever. Every child has a story to tell. These are stories of poverty, desperation and survival. RAEY has given them all hope and a future. Here are a few of their stories. In accordance with the Ethiopian child protection law, photos of individual children cannot accompany the stories and surnames have to be omitted.

Eyerusalem Yenealem lives with her Mother in severely impoverished conditions. Her Mother, who was treated for tuberculosis 3 years ago and also suffers from a severe heart condition, has recently been diagnosed with lung disease. Her debilitating health has left her bed ridden and



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unable to earn an income or to care for her daughter. As a result Eyerusalem is very thin and under developed due to the lack of proper nutrition. They both rely heavily on RAEY to provide them with meals as well as other food parcels to maintain basic nutrition.

Dawit Elyas is 4 years old and an orphan. Both his parents died of Aids and he now lives with his elderly Grandmother. She works as a laborer, an extremely difficult job, especially at her age. She can barely make ends meet from her meager wage and as such they have been forced to live on the street.

Kalidan is in Year 2. Mother Wagaye Taruegn is a single parent with hearing loss. She washes clothes for a living. Her wage per month is 600 Birr and their rent is 600 Birr. Some of her customers help her with food otherwise they would have no way of feeding themselves.

Tewdros and Soloman Mesfin, 8 and 11 yrs. old, were orphaned 4 years ago. Their 12-year-old sister who attends the local Government School solely looks them after. The three siblings share a single mattress in a shed-like structure 3 meters x 3 meters struggling to keep their meager belongings dry due to the make shift roof. They rely on the RAEY project for their education, two meals per day at school and monthly provisions of rice and oil.



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1.5 RAEY Contact Details

NAME	ROLE	EMAIL	PHONE	LOCATION
Mengesha Gebreves	RAEY Director & Founder	raiycfda@yahoo.com	+251 911639834	Addis Ababa, Ethiopia
Freiwhot Gugsa	RAEY Principal & Founder		+251 911181961	Addis Ababa, Ethiopia
Dr Carolyn Roesler	Board Member of RAEY of Hope	info@raeyofhope.com		Adelaide, Australia
Mila Tutor	Dubai Administration		+971 566037557	Dubai UAE
Claudia Roche	Sponsorship		+971 503497230	Dubai UAE

2 VOLUNTEERS

2.1 A little background

The Summer School Volunteer program began in 2010 because of the need to:

1. Continue the students learning by: teaching them topics they may not cover during the school year; revising work from the previous term; preparing them for their next school year and improving English for both students and teachers.
2. Provide two meals for the children. Without these meals, some of the children will go unfed and return to the new school year malnourished and unwell. Some children may disappear and not return to school.

2.2 Our hopes and your role

Our hopes:

We hope that you can:

- Count yourself in
- Bring your skills and knowledge of gifting/expertise/passion
- Realise volunteering is not about you
- Have fun!



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Roles when volunteering at RAEY include:

- Teaching specific year levels or multiple classes
- Teacher training
- Developing materials/curriculum for volunteers in the future
- Manual labour e.g. Building, painting, gardening
- Assisting with health checks
- Photography
- Cooking
- Cleaning / organizing storage areas

Topics:

A few suggested topics you can teach the Summer School children include:

- a) English / Maths (revision from previous years or layering on current knowledge)
- b) Space / Planets
- c) The Environment – the jungle
- d) The Human Body
- e) Transport
- f) Leadership / teamwork & Sports
- g) Nutrition / Hygiene
- h) Arts / Craft
- i) Music
- j) Morals / Values
- k) Select a topic you feel is appropriate or are passionate about.

A suggestion for when you are volunteering over Summer School is to select a theme for the week and build your activities around that theme.

It is suggested that you have between 3-6 hours of content that could also be repeated for different age groups. The children are 4 -11 years old.



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2.3 DO'S AND DON'TS AS A VOLUNTEER

Do's	Dont's
<ul style="list-style-type: none">• Use simple, clear & concise language• Use teaching aides to support your talking e.g. flash cards, tactile objects• Use whiteboard to support your talking e.g. My name is Bob. Step 1: Draw a circle. Step 2: Cut out your circle• Get a background brief from RAEY staff on each of the grades – ask questions• Use a variety in your lessons (writing, drawing, tactile objects e.g. Lego, working alone, in pairs, in small groups, presentations out the front, inside, outside)	<ul style="list-style-type: none">• Make assumptions on what the students can & can't do• Use lots of words

2.4 TIPS AND TRICKS TO HELP WITH STUDENT MOTIVATION AND ENGAGEMENT

- Story telling (using simple, clear English)
- Worksheets, Teaching aides like flip cards
- Art work e.g. paper plate masks, CD designs, paper Mache
- Tactile projects like Lego models or building towers with cards/straws & blu tac
- Videos, Songs, Reading
- Role plays, small group work (pairs, fours, etc.)
- Changing room layout – sit at desk, move tables and chairs and sit on the floor in a circle
- If appropriate, take outside (be aware of noise level for other classes)

2.5 WHAT TO BRING

For yourself

- Water (bottles readily available from local supermarkets)
- Snacks



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- Some of the Guest Houses may not offer dinner or be close to restaurants/supermarkets. recommend you bring packs of noodles or easy to prepare meals/snacks.
- Camera
- Wipes and hand sanitisers (running water not always available)
- Sunglasses, hat, sun cream, lip balm
- Computer/iPad
- Tissue packs (for bathroom use)

For the school

If you have any room in your luggage, feel free to collect donated shoes and clothes. Some other people travelling may have excess space for you.

JPS School Dubai has been kindly donating secondhand uniforms to RAEY for some time now. Volunteers from Dubai please contact Judy Hill (0502922659) to arrange collection. These are a priority before other donated clothing. We suggest you pack donated goods in suitcases to avoid any questions from Customs at Bole Airport.

Suggested resources to bring include:

- Resources to make things (paper plates, beading, sharpened pencils etc.)
- Pictures that can be coloured in.
- Work sheets
- Hair accessories (the girls love them)
- Any teaching aides, e.g. flip cards
- Blu tac
- Blank CDs

Please do not take any sweets for the children, as they don't have regular access to water or dental products.

Stationary items such as paper can be purchased in Addis Ababa. The school has limited supplies.



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DRAFT LESSON PLAN

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DATE:

TOPIC:

TIME FRAME:

GRADE:

OBJECTIVE/S:

CONTENT:

METHODS OF PRESENTATION (Aim: Motivating and engaging):

RESOURCES NEEDED:

2.6 BUDGETING FOR A VISIT

In terms of budgeting a lot depends on your preferences. However below is a guide we hope assists with your planning:

- a) Accommodation: USD60.00 to USD270-00 per night (see accommodation options)
- b) Transport: USD5-00 to USD20-00 a day (shared taxi is USD50-00 a day - depends on numbers)
- c) Food: Many hotels include breakfast and dinner from USD25-00 per person.
- d) Contribution for RAEY lunch: Approx USD10.00 to USD 20.00 a week. We sometimes get the school driver to take us to the fruit/veg market and we buy lots of food for a staff lunch. This is a good way to interact with the locals.

Cash machines are available and larger hotels take credit cards. We recommend that volunteers take USD and budget to take more so you aren't left short on cash.

2.7 YOUR INVOLVEMENT AFTER VOLUNTEERING (E.G. SPONSORSHIP / FUNDRAISING)

If after visiting RAEY, you would like to commit to staying involved, below are a few ways to do this. To find out more please see our website - www.raeyfoundation.org

- Sponsor a child / One off donation
- Bring a friend
- Tell your story
- Direct friends/family to our website
- Create community events to fundraise and/or collect clothes, books



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2.8 FAQs

Do I need a visa?

You can get your visa by application either in your country or on arrival in Ethiopia. It costs USD50-00 per person on arrival.

Can I take photos?

While the scenic beauty of Ethiopia makes it a photographer's paradise, photographs should not be taken of military or strategic buildings including airports. Before photographing any person, religious festival or rural homestead, it is courteous to ask permission. While film is readily available in most towns, we recommend that visitors bring plenty of film with them. Commercial photographers require a permit from the ministry of information. Certain tourist sites charge for video photography.

What is the currency?

The Ethiopian Birr is the national Currency and, while visitors may bring in as foreign currency as they wish. However, it should be declared on arrival to ensure there is no confusion when they depart. Credit cards are not widely accepted outside the major establishments in the cities. USD is the easiest currency to change.

Can I drink the tap water?

No. Please watch what you drink- the water can make you sick. It is important to remember to only drink bottled water. There are many brands to choose from (Ambo, Real, Highland but Aqua Safe brand is the most trusted). ALWAYS check the plastic seal on all bottles before paying any vendor. Most travellers should be warned against eating vegetables such as those in salads that may have been washed in water. Try limiting fruits and vegetables to those you "peel" such as oranges, mangos, etc.

What is the official language of Ethiopia?

With its distinctive alphabets, Amharic is the official language of Ethiopia. The second official language, English, is very well understood in most hotels and major towns. Italian, Arabic and French are also widely understood.

What electrical power cords do I need?

Electrical supply is generally 220 volts 50 cycles AC. Same plug as in the UK and/or Dubai.

Please help me understand the Ethiopian time?

Ethiopia is 3 hours ahead of GMT. However, apart from using the Julian calendar, Ethiopia reckons the day is two 12-hour cycles (as in much of East Africa).



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For example, if an American, Emirati or Aussie says school starts at 8:30am, it would be 2.30 in Ethiopian time (add 6 hours), another two examples: 10am would be 4pm and 3pm would be 9pm.

What do I wear?

Tourists need to have light cotton clothing with sunglasses and a hat in the warm lowlands, while in the highlands medium-weight clothing, cap, gloves and warm jacket are appropriate. During the rainy season a light raincoat and umbrella are essential, and a sweater is best for chilly evenings. The sun can be very strong in high altitudes, so a strong sunscreen is important.

What is the telephone country code?

Telephone Country code 251; international access code 00

This is my first trip to Africa, will I be overwhelmed?

Your emotions are real, so it's okay to feel overwhelmed if you have not experienced this type of cultural difference before. Some people would say that if you are not affected by the poverty, then there is something wrong. When dealing with the locals, please feel the freedom to ask questions. However, be sensitive and polite, rather than intrusive.

Are there any traditional courtesies I need to be aware of?

A handshake greeting is normal, with a pleasant discussion on personal matters before getting down to business. The offer of tea or coffee is normal and time is not that important. Smoking is not popular amongst traditional people or in front of priests. Shoes are often taken off on entering churches and always on entering mosques.

Should I be worried about my health and safety?

Compared to many African countries, violent crime is rare - against travelers it's extremely rare. Petty theft is common in Addis Ababa, but is less common elsewhere. There are no issues about traveling and a respect of their culture especially with photography is a sensible and safe practice.

Ethiopia is a mountainous country and the high altitude may cause health problems, even for healthy travelers. Addis Ababa is the third highest capital city in the world, at an altitude of 8,300 feet. Travelers may experience shortness of breath, fatigue. A simple panadol and adequate hydration usually gets rid of headaches.

Ethiopia has endemic outbreaks of acute watery diarrhea, some cholera, typhoid, and other bacterial diarrhea. However safe hygiene practices go a long way to preventing contracting these diseases. We emphasize the necessity of strict hygiene measures.

RAEY has toilets which are sanitation pits with no operating flush. These are not stagnant nor are they a disease risk if hands are washed. There are wash basins in the bathrooms but the water connection doesn't always work. Strict adherence to personal hygiene, hand washing with soap



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and water before handling or eating food should be a daily routine. The cleanest hotels can carry the worst bacteria so it's up to individuals. At RAEY bottled water and sanitary wash is used for hands.

When it comes to food we recommend eating food that is cooked and served hot. Avoid fruits and vegetables unless they have been personally peeled and soaked in a bleach-treated solution before eating.

Are their medical facilities available?

All visitors must be in possession of valid vaccination certificates against Yellow Fever, and vaccinations against Hepatitis, Tetanus, Meningitis, Polio, Typhoid, Diphtheria, are recommended. Malaria precautions should be taken before visiting the lowlands. Please visit your local Travellers Clinic for updates on recommended vaccinations.

There are 2 DHA Travellers Clinics in Dubai:

1. Al Mankhool (the suburb behind Burjuman) which provides comprehensive medical counseling and requisite vaccinations to people who travel abroad.
2. New Primary Healthcare Centre in Al Barsha (opposite Al Barsha Mall). When you ring, tell reception that the traveller clinic is not picking up and they will put you through. Contact number: 04 502-1200 or 04 398-7333. Timings: 7:30pm to 1:30pm and 3:30pm to 8:30pm, might differ as per location.

Please note: You will need: PASSPORT and EMIRATES IDENTITY CARD, DRIVING LICENSE or DHA HEALTH CARD & VACCINATION BOOK. Cost is AED150 (cash only) for consultation and vaccinations extra.



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3 ACCOMMODATION, TRANSPORT and CONTACTS

There is quite a variety of Hotels and Guesthouses to choose from in Addis Ababa from basic to 5 star. Your choice depends on your budget and the level of comfort required.

NAME	TELEPHONE	WEBSITE	EMAIL
Radisson Blu	+25111 515 7600 +25111 515 7400 Hotline: +251 922 72 8575	www.radissonblu.com/hotel-addisababa	info.addisababa@radissonblu.com
Sheraton Addis	+251115171717	www.sheratonaddis.com	reservations.addisethiopia@luxurycollection.com
Hilton	+251115518400	http://www3.hilton.com/en/index.html	
Nexus Hotel	+25111667 0043 / 85	www.nexusaddis.com	Info@nexusaddis.com
Impress Hotel	+251 16 674470	www.impresshoteladdis.com	info@impresshoteladdis.com
DHM Guest House	+251 116 676262	www.dhmguesthouse.com	Located close to RAEY.
Yeka Guest House	+251911 342494 +251911 608782	www.yeka-guesthouse.com	yekaguesthouse@yahoo.com
Afro Land Lodge	+25111466 9228, +25111 466 9213	www.afrolandlodge.com	manager@afrolandlodge.com
Arequ Guest House	+251 118963843, +251911215438 +251911528138	www.arequbandb.com	info@arequbandb.com
Green Valley	+251 11246 000	None.	greenvalley@yahoo.com



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3.1 AIRPORT TRANSFERS AND GENERAL TRANSPORT

As the school bus picks up / drops off volunteers to RAEY School, it's recommended that volunteers stay in the same accommodation or close to each other. A donation to the petrol cost is always greatly appreciated.

Below is a driver we recommend for travel outside of school hours. The cost is approximately USD50-00 per day. Any shorter duration trips will be between you and the driver.

NAME	EMAIL	PHONE	LOCATION
Abbey	abeymesh@yahoo.com	+251 911871365	Addis Ababa
David		+251913399785	Addis Ababa

Airport

Bole Airport, only 7 km from the center of Addis Ababa, is Ethiopia's main airport with international links to most parts of the world. Most tourist sites can also be reached by domestic flights.

Entry Requirements

A valid passport and a visa are required for all foreign visitors, except for citizens of Kenya, Djibouti, Sudan and Eritrea. Visas may be obtained by application to the nearest Ethiopian diplomatic mission, by applying to the Ministry of Foreign Affairs in Addis Ababa or for some nationalities. Visas are available on arrival. Everyone thinking of travelling to Ethiopia needs to check the rules for their nationality.

Customs

Personal effects are admitted free, and a duty-free allowance of one liter of alcohol, 200 cigarettes and ½ liter of perfume is permitted. Video cameras, computers and major electrical items should be declared on arrival.

3.2 THINGS TO SEE AND DO IN ADDIS ABABA & CONTACTS

Food

Ethiopian food can be summed up in 3 words: meat, injera and coffee.

Meat is king here. Most dishes involve a base of injera laid out on a plate (injera a spongy pancake like bread) topped with meat in a spicy sauce. Raw meat is also quite popular, although we don't have the courage or the stomach to try it. All of this is eaten by hand, using the injera as a utensil. Ethiopia is also where coffee originated, and it's delicious here. Especially delicious are the



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macchiatos, which are similar to cafe au lait. There is a real cafe culture here, probably the only one in sub Saharan Africa.

Cultural dinners

Yod Abyssinia Restaurant or Totot Traditional Restaurant

Tours

A tour of Addis Ababa includes the National Museum where you can see the 3.5 million year old skeleton of Lucy, “Dinknesh”, Ethnological Museum, and Trinity Cathedral.

Markets

Mt. Entoto and the Grand Market “Merkato” is one of the biggest open markets of its kind in all of Africa. In Merkato, one can find anything that money can buy - a great variety of handicrafts and other products.

Weekend Away

<http://www.kurifturesortspa.com/> - Beautiful resort south of Addis Ababa

NAME	ROLE	ORGANISATION	EMAIL	PHONE	LOCATION
Pamela Robbie	Travel Agent	Destination Ethiopia	ethiopamela@gmail.com ethio.gobaz@gmail.com	+2510913195 854	Addis Ababa Ethiopia
Feven Haddis	Tourism Manager	Tour4reason	info@tour4reason.com	+251 911 64 64 92	Addis Ababa Ethiopia

Other

- Teklu Desta Jewelry +251 111562797 Family business makes beautiful jewelry all authentic.
- Salem’s Ethiopia provides authentic Ethiopian jewelry, home accessories, and gifts
+251 911 645 619