



Your commitment to us

1. I agree to think about what
 - a. poverty means to me and to people in developing countries
 - b. how poverty impacts on the day to day life;
 - c. the world is doing to tackle poverty;
 - d. what the term poor implies;
 - e. what it means to have volunteers from a foreign country come and visit and help you a short time and then go away again
 - f. the causes of the cultural differences that exist between both countries and how that might manifest itself.
2. I understand that while I am volunteering I am an ambassador for myself, my family, my culture, my country and for the Livingstone Tanzania Trust and that my actions will live in the memory long after I have left and will impact on how future visitors and the Livingstone Tanzania Trust will be treated.
3. I agree to respect the community, the Livingstone Tanzania Trust staff and other volunteers and always behave in a generous and patient fashion. I acknowledge that respect can also mean turning up on time for work, working hard and contributing equally.
4. I agree to respect myself by working at a pace that is comfortable to me and will not be detrimental to my mental or physical health.
5. I promise to openly and tactfully share all aspects of my trip, including what makes me nervous, what makes me happy, what I don't understand, what I might not approve of, if I are tired, sick, bored, liberated, enthused.
6. I promise to be patient, open minded, adaptable, energetic and enthusiastic.
7. I will accept instruction gracefully and act in a professional manner at all times.
8. I will work in accordance with health and safety guidelines
9. I will research what medication I need and I will take it as and when I need to and remind others to take theirs.
10. I acknowledge that I am fit and healthy and ought to have no problems doing manual work.
11. I will not put myself or others at risk of harm and I will consider the impact of my actions and words on others
12. I will consider forging a long term relationship with the community through the Livingstone Tanzania Trust because I understand that the needs of the community are bigger than can be addressed in a short visit. I will consider helping further by fundraising and telling people about the work being done.
13. When I shop I will consider buying more ethically or responsibly traded good and services.
14. I understand that the developing countries are likely to be affected first by global warming and will take steps to reduce and or combat my Carbon footprint.

Signed

Dated

Livingstone Tanzania Trust