



EDUCATION FOR MADAGASCAR



Volunteers Handbook 2022

Education breeds confidence.
Confidence breeds hope.
Hope breeds peace.

Confucius

quotefancy

quotesmania

Confucius

Thank you for volunteering with Education For Madagascar. You will usually be given a volunteer agreement that explains your mission. This volunteer handbook is updated every year. It sets out how you can make your support to the Charity as efficient as possible. It doesn't form a contract between you and the organisation.

This guidance gives you details on :

- the level of supervision and support you'll get
- what training you'll get
- whether you're covered under the organisation's employer or public liability insurance
- health and safety issues
- any expenses the organisation will cover
- Visas and passports requirements
- communication
- How to stay in contact with your family

1. Supervision and support

Exchange with the other members of the organization

You already have the skills to fit the level of service you could offer to the organisation. However, to help you to perform on your task and give the best of yourself and improve your personal achievement, we encourage you to discuss with the other members of the organisation as often as possible.

Our Database

We have a database available to volunteers according to their positions, this database is a compilation of resources, dedicated to education in general. Feel free to open and help yourself.

DBS

The organization needs to check your criminal record for voluntary work with children. By the law, in England, Criminal Records Bureau (CRB) checks are now called Disclosure and Barring Service (DBS) checks. You also need to supply the “casier judiciaire” from French Administration if you are living in France.

If your voluntary work is not in direct contact with children, CRB and DBS are not required.



2. Insurance

We have a duty to protect our volunteers from harm. At the meantime, there is a responsibility to our volunteers to follow “health and safety procedures” especially during their travel abroad. Our organization includes :

- the provision and maintenance of safe premises

- Volunteers are not employees. They are not considered as ‘third party’ for the purpose of Public Liability Insurance. Therefore, Employers Liability Insurance will cover actions they carry out for the Organisation.

3 Expenses the organisation will cover

Accommodation

During the time you help the association, you will be assigned a room within a gated private house located within the site in Antananarivo Madagascar. We might offer single or double rooms upon request and availability. Accommodation for volunteers who are teaching or giving a healthcare to our children, will be free of charge, when they are travelling from Europe to Madagascar. Upon agreement and according to our availability, you may have the use of our guest room within the Headquarter in London.

<https://www.google.co.uk/maps/place/Education+For+Madagascar/@-18.8860272,47.5715544,17z/data=!3m1!4b1!4m5!3m4!1s0x21f0817b7f022485:0x432b3618e9266969!8m2!3d-18.8860189!4d47.5737552?authuser=0>

Overheads and expenses authorization

Our aim is to ensure that the Charity overheads and administration costs don't exceed 10% of the money fundraised from the donators, in 2021.

Mainly, Overheads include :

- expenses not directly used for the kids and/or educational purposes
- eg, insurance, travel
- fundraising expenses.

Over the years, we may adjust the split of these expenses according to the global revenues of the Charity.

NB : No financial commitment can be authorized before formal approval by the Charity monthly Steering committee.



4. Health and safety issues

(from Lonely Planet Travel Guide)

As long as you stay up to date with your vaccinations and take some basic preventive measures, you'd have to be pretty unlucky to succumb to any serious health hazards while in Madagascar.

Before You Go

Get a check-up with your dentist and your doctor six to eight weeks before coming to Madagascar to ensure you are up to date with immunisations, to discuss malaria prophylaxis, and to make sure tooth decay won't turn into an abscess while you're away.

Insurance

Find out in advance whether your insurance plan will make payments directly to providers or will reimburse you later for overseas health expenditures (most medical facilities and doctors in Madagascar expect payment upfront).

It's vital to confirm that your travel insurance will cover the emergency transport required to get you to a good hospital – in South Africa or Réunion, or all the way home – by air and with a medical attendant if necessary. Not all insurance plans cover this, so check the contract carefully.

We recommande CFE Caisse des Français pour les Etrangers for french citizen



Medical Checklist

It's a good idea to carry a medical and first-aid kit with you. Following is a list of items you should consider packing. Contact-lens wearers should also make sure they have spares and plenty of lens solution.

- Adhesive or paper tape
- Antibacterial ointment for cuts and abrasions
- Antibiotics (if travelling off the beaten track)
- Antidiarrhoeal drugs (eg Imodium, loperamide) (1)
- Antihistamines (for hay fever and allergic reactions)
- Anti-inflammatory drugs (eg ibuprofen)
- Antimalaria pills
- Bandages, gauze and gauze rolls
- Insect repellent for the skin
- Insect spray for clothing, tents and bed nets
- Iodine tablets (for water purification)
- Oral rehydration salts
- Paracetamol (acetaminophen) or aspirin
- Scissors, tweezers and safety pins
- Steroid cream or hydrocortisone cream (for rashes)
- Sunblock (very difficult to find in Madagascar)
- Syringes and sterile needles (if travelling off the beaten track)
- Thermometer

(1) be careful with self-medication

Required & Recommended Vaccinations

The **World Health Organization** (www.who.int) recommends the following vaccinations as routine (many are administered as part of standard childhood immunisation programs in developed countries, but adults may need a booster):

- BCG (tuberculosis)
- Diphtheria, tetanus and pertussis (DTP)
- Haemophilus influenzae type b (HIB) – this is the leading cause of bacterial meningitis
- Hepatitis B
- HPV
- Measles, mumps and rubella (MMR)
- Pneumococcal disease
- Polio
- Rotavirus

Vaccinations for the following are also recommended for Madagascar:

- Hepatitis A
- Typhoid
- Covid19

Tap water

Madagascar's water is not safe to drink from the taps anywhere in the country – including the most expensive hotels. Bottled water (Ar1800 to Ar4000) is available throughout the country. If you can get clear water from a tap or well, water-purifying tablets are a good option.

If you're planning to get off the beaten track, consider investing in a portable water filter/steriliser such as SteriPen (about US\$100) or LifeStraw (about US\$30).

Avoid ice in drinks without first asking if it's been made from filtered water.

Traveller's Diarrhoea

Although it's not inevitable that you will get diarrhoea while travelling in Madagascar, it's certainly very likely. Diarrhoea is the most common travel-related illness: figures suggest that at least half of all travellers to Africa will get diarrhoea at some stage. Sometimes dietary changes, such as increased spices or oils, are the cause. To avoid diarrhoea, eat fresh fruits and vegetables only if they have cooked or peeled, and be wary of dairy products that might contain unpasteurised milk. Although freshly cooked food can often be a safe option, plates or serving utensils might be dirty, so you should be highly selective when eating food from street vendors (and make sure that cooked food is piping hot all the way through).

If you develop diarrhoea, drink plenty of fluids, preferably an oral rehydration solution containing lots of salt and sugar. A few loose stools don't require treatment, but if you start having more than four or five loose stools a day for more than a couple of days, you could start taking an antibiotic (usually a quinoline drug, such as ciprofloxacin or norfloxacin). If diarrhoea is bloody, persists for more than 72 hours or is accompanied by fever, shaking chills or severe abdominal pain, you should seek medical attention.

Pharmacies

For minor problems such as cuts, bites, upset stomachs or colds, pharmacies should be your first port of call in Madagascar. Pharmacists are, on the whole, well trained, the pharmacies are clean and well stocked, and there is an efficient on-call rotation in most towns and cities (generally displayed in the window). Most drugs and bandages cost the same or a little less than in developed countries (generic drugs are used more widely).

Medical centres & hospitals

For more serious conditions, you will need to go to a medical centre or a hospital. Public hospitals are, on the whole, poorly equipped and underfunded, but they are sometimes the

only option available (note that patients often have to buy medicine, sterile dressings, intravenous fluids etc from the local pharmacy). There are good medical centres in touristy areas such as Nosy Be, and good private facilities in Antananarivo. For anything serious, however, you will need to be evacuated to Réunion (a French territory) or South Africa.

Standards

Health care standards vary a lot from one practitioner to another and from one hospital to the next: standards are pretty good in Antananarivo, but patchy outside the capital. If you find yourself in need of medical assistance, contact your embassy or consulate for a list of recommended practitioners or establishments in your area. Your insurance company may also have advice.

Malaria

Spread through Bite of the female Anopheles mosquito.

Symptoms & effects The early stages of malaria include headaches, fever, generalised aches and pains, and malaise, which could be mistaken for flu. Other symptoms can include abdominal pain, diarrhoea and a cough. If not treated, the disease can progress to jaundice, reduced consciousness and coma, followed by death.

Prevention Malaria is present throughout Madagascar, although the risks of contracting the disease are higher on the coast (particularly in the east) than in the highlands. It is recommended that all travellers take prophylaxis: there is a variety of drugs available nowadays, ranging in price, regime and secondary effects. Atovaquone/proguanil (Malarone), doxycycline and mefloquine (Lariam) seem to be the most commonly prescribed – discuss your options with a medical professional. It is essential you seek medical help if you suffer from a persistent high fever during your stay or in the six weeks afterwards, as hospital treatment is essential.

Environmental Hazards

Insect Bites & Stings

Causes Mosquitoes, fleas, scorpions, bedbugs and spiders.

Symptoms & effects Aside from the fact that some bugs can transmit diseases, insect bites or stings can cause irritation, infections, blisters and pain. Scorpion stings can be very nasty (fever is common), and sometimes fatal in people with heart conditions, so seek medical help if you're stung.

Prevention & treatment Avoiding getting bitten or stung is obviously the best way to go: wear trousers and long sleeves in the evenings as well as insect repellent. Where sand bugs can be an issue, such as the 'mokafui' at Andilana Beach on Nosy Be, sunscreen with insect repellent is a good idea. Don't walk bare foot on the sand/soil except in some five stars hotel beach. In Ankarana, where scorpions are rife, don't sit on large rocks or logs, and if you camp, check your shoes in the morning and take great care when folding your tent. Antihistamine or steroid creams can help relieve itching from the more benign bites.

Painkillers can be effective in dealing with painful bites. If you have a severe allergy (anaphylaxis) to bee or wasp stings, carry an adrenaline injection or similar with you as you won't find any outside of major cities.

Private Doctor

* Docteur Aina Andriarimalala (Medical Student preparing the thesis)

* +261 32 21 603 35

aina@educationformadagascar.org

* Docteur Suzy Ratsimbazafy (Doctor volunteering to Education For Madagascar)

* +261 34 08 782 68

r.su@live.fr

See the list attached

5. Visas and passport required by EU passengers

To enter Madagascar, a passport valid for six months after the date of entry is required.

Visas for Madagascar are required. You can obtain a visa valid for 30 days upon arrival in Madagascar. You must pay cash with US dollars or Euros.

Short stay tourists visa : €35 (up to 30 days)

6. More about Safety

Crime

Insecurity has increased in Antananarivo since the 2009, so **never travel at night** and watch out for pickpockets, especially around Avenue de l'Indépendance. Don't wear jewelers in town.

Natural Disasters

Cyclone season runs from December to March. The east coast is the most affected but cyclones can also hit the west coast. Heed local warnings and seek advice at the time for transport and activities.

Robbery

Vehicles travelling at night have been subject to attacks over the past few years. Taxis-brousses are now therefore required to travel in convoy at night, but private vehicles should avoid being on the road after dark (many drivers will, in fact, refuse to drive at night).

Read more: <http://www.lonelyplanet.com/madagascar/safety#ixzz4MuLNTSmU>

*** Don't be trapped and involved in sexual harassment

Malagasy people are very warm and welcoming. This makes your trip so pleasant and you will fall in love with Madagascar for that. However, you have to be aware about the boundary of the relationship you could have with individuals, Please don't stay alone with a child / a young person you don't know enough, in a room (classroom / bedroom / hotel room) even if you are invited to do so.

Too much bad experience are now on the news and the consequence could be serious for you, for your family and for the Organisation.

Of course, we expect you have an exemplary attitude while volunteering for Education For Madagascar

7. Communication

- We have a target of a weekly update of Facebook / Blog website

<https://www.facebook.com/educationformadagascar/>

www.educationformadagascar.org

- A steering committee on a **monthly** basis, (skype - google hangout or Messenger)
- Face to face, at least one hour once a quarter with a written minute (can be facetime or skype via video, but preferably with meeting)
- An approbation of your communication on social media involving children of our organization by the Founder or Steering committee is required.

8. How to stay in contact with your family in Europe.

- Use (bring from Europe) an unblocked smartphone. You will need to buy local sim card (with a local phone number) to avoid very expensive roaming. <http://www.telma.mg/postpaye/internet/offres/telma-net-4g.html>
- We have a Fiber Optic connection in the Office and room (Antananarivo)

**ALWAYS LOOK AT THE SOLUTION,
NOT THE PROBLEM. LEARN TO FOCUS
ON WHAT WILL GIVE RESULTS.**

£21

£28

£33

£38

- THANK YOU FOR YOUR TIME AND COMMITMENT

