



Sanyu Babies' Home

"Home of joy"

Hello,

Thank you for contacting Sanyu Babies' Home. The mission of the home is to provide Christ-like love to babies and children deprived of parental love, and to reintegrate them into the community through reuniting them with their families, fostering or adoption. Sanyu cares for children aged between 1 day and 4 years old and has the capacity to care for up to 50 children.

Sanyu is a charitable organisation that relies almost entirely on donations and on the support of volunteers like you, and general day to day visitors, to keep the home running successfully.



Volunteering Opportunities:

There are plenty of volunteer opportunities here at Sanyu, whatever your interests and prior experience. We welcome people who are trained in the fields of medicine, social work, construction and accounting, as well as general volunteers who can help within a variety of departments in the home. These include:

- Care Workers Department (feeding, changing and playing with the children)
- The Domestic Department (laundry and catering)
- The School
- Nursing Station
- Office & Administration
- General Compound



If you don't have any experience of handling babies, don't worry, we have staff on hand to assist you.

The children follow a regular timetable – during weekdays, the mornings are spent in class and afternoons are for playtime. At weekends, both the mornings and afternoons are for playtime. Volunteers are encouraged to help out in either mornings or afternoons or both, working alongside the Mamas. We particularly appreciate help with the midnight and 5am feeds for the babies.

Volunteer Working Hours:

Morning Shift – 7.30am – 1pm

Afternoon Shift – 3pm – 7pm

Volunteers are not expected to work full shifts every day. This is simply a guide as to when the children are awake and when there are tasks that need to be done around the home.

As you settle in, you may find that you work best starting at 9am and continuing to lunch time. Or you may find you prefer to do the early shift starting at 7.30am then have a mid-morning break before lunch time.

You will also work out as you settle in when you are most needed. On weekdays sometimes there are many local volunteers during the daytime, so you could do the early shift then come back at 5 and work till bedtime when the local volunteers have all gone.

(Guesthouse volunteers: you are encouraged to help **at least one night a week with the **5 am feed or midnight feed.**)**

We want to ensure that Sanyu offers you as much flexibility as possible for you to travel to surrounding areas, explore the city etc. Therefore, please note that you are not expected to work all day, every day. Please also note that we expect you to organise your time carefully including periods of rest; all of our staff work in shifts and we expect you to rest too.



Household Chores:

Alongside assisting with the care of the children we would also like you to assist the staff by helping with general chores. With 50 children, there are always many chores to be done and help is much appreciated.

In the Laundry Department the work includes washing clothes by hand, hanging clothes out to dry, taking clothes off the lines, folding sheets and sorting clothes.

In the Catering Department the work includes sorting beans, sorting rice, peeling potatoes and matooke and washing up bottles, cups and plates after mealtimes.

In the Sanitation Department the work includes cleaning the dining room, classrooms and sleeping areas, and sweeping the compound.

Other tasks include sorting and cleaning shoes, cleaning toys and mats, and making beds. There will be a clear timetable in the Guesthouse on the notice board to let you know where help is most needed. Please ask the staff for further guidance and clarification.



Weekends:

This is the time of the week when we require the most help from volunteers, as local class visits, university students and other helpers normally only come on weekdays. We therefore would ask you to be considerate of this fact and try, where possible, to plan any trips to visit other areas on weekdays.

Excursions:

Uganda is known as the Pearl of Africa and really is a beautiful country. There are many places to visit and activities to do while visiting the country. A popular activity for tourists is going on safari, another is white water rafting in Jinja. There are many companies who organise trips for a reasonable price, and you will find details of these in the Excursions booklet in the Guesthouse as well as other activities to consider. If you'd like to plan ahead, please get in touch with us and we can give you some tips.



Visa:

All tourists require a visa to enter Uganda. This can be obtained prior to arrival using the website <https://visas.immigration.go.ug/> Make sure to only use this website as there are many fakes ones that will take your money but not actually grant you a visa. If you have any problems with obtaining your visa or you require an invitation letter, please contact us and we can help you. The process can take some time so make sure to apply in advance. Check your 'Junk Email' folder if you do not hear anything as the emails from Immigration often end up there.

Health:

Due to the number of children we take care of, there are often some with cold/flu like symptoms. Please practise good hand hygiene by washing hands often and using alcohol gel to prevent spread of infection as much as possible. Because of the close contact you will have with the children, you may well catch a cold at some point. The nurse will be on hand to give advice, and there is information in the Volunteer Handbook on medical facilities that practise medicine to an international standard.

Please speak to your Doctor at home *before travelling* to ensure you have all the necessary vaccinations and immunisations to visit Uganda. You must have a Yellow Fever Vaccination Certificate, or you will not be allowed to enter the country. You should also discuss with your Doctor preventative medication against Malaria. It is possible to purchase it here, but to be fully protected you need to begin taking the medication before you reach Uganda.

Some of our children are HIV Positive, so please wear gloves when changing nappies or coming into contact with any bodily fluids if you have an open wound on your hand. Their conditions are managed very well by our nurses, but please speak to the Nurse or the Director if you have any concerns.

Donating Items:

If you would like to donate items to the home, we are especially interested in

- baby formula milk (for babies 0-6 months old)
- disposable nappies
- baby wipes
- Milton sterilizing tablets
- disposable gloves
- plastic toys
- durable books
- shoes for the toddlers

If you have limited luggage space, please feel free to bring a monetary donation. We can then go to purchase the items you wish to donate *with you*, ensuring we get the best prices, and that we buy what we are most in need of at the time. Every donation, however big or small, helps to change the lives of the children, so thank you in anticipation.

Guesthouse:

The on-site guesthouse has accommodation available for volunteers. It can accommodate individuals or groups as large as 14, providing warm African hospitality and a full range of services to make your stay comfortable and relaxing as possible. The rates below include bed, breakfast, dinner and free Wi-Fi. Breakfast is self-service and includes fruits, bread, blue band spread, eggs, coffee and tea. Dinner is provided Monday through Saturday; there are many places around the city to go to for dinner on Sundays. There is information about them in the Welcome Pack you will receive when you arrive.

The guesthouse gets booked far in advance so to avoid disappointment, please book as soon as possible. **Most of the rooms are twin rooms so you may be required to share a room during busy periods.**

Items provided at the guesthouse:

- Mosquito nets
- Bedding
- Towels
- Iron & ironing board

Volunteers staying over 8 weeks = 45,000 Ugandan shillings per person per night.

Volunteers staying under 8 weeks = 50,000 Ugandan shillings per person per night.



Airport transfers

We can provide transfers to and from the airport for a fee of 70,000 Ugandan shillings per person. Additional people are charged at 35,000 per person. If you require this service, please be sure to let us know your flight details.

Further information about Ugandan transport, including contact numbers for reliable taxi drivers is contained in the Welcome Pack.

Useful information

- When you arrive please READ the Welcome Pack as it includes lots of useful information.
- ATM machines – you will be able to withdraw money from Asba (formally Barclays) or Stanbic, both a two-minute walk away. Most ATM machines have a small withdrawal charge. DFCU Bank has the smallest charge, so if you are able to find a DFCU ATM it would be good to withdraw from there where possible.
- You can bring US Dollars/ British Pounds/ Euros and exchange them into UGX here. Only use legitimate places; see Welcome Pack for where to go.
- Appropriate clothing must be worn when working in the home; no short skirts or revealing tops. Although long skirts are appreciated in Uganda, it is more practical to wear trousers while working in the babies' home. Any shorts must be knee length.
- It's useful to have a pair of slip on shoes like flip flops/sandals for use around the home as you are required to take your shoes off to enter class and when sitting on the mats with the babies.
- It is useful to bring hand sanitizer and disposable gloves for your own use.
- You cannot drink water straight from the tap in Uganda. You can either boil it or use water purification tablets (bring from home), or alternatively you can buy it from the Sanyu Shop at a reasonable price.
- It's useful to have a Ugandan Sim Card in your phone so you can call/text/buy data easily. Bring an unlocked phone to make that process easier.

Please fill in the Volunteer Application Form and return it to us with a copy of your Passport and a Criminal Clearance Report. A Criminal Clearance Report can also be known as a Background Check, a DBS, a CRB, a National Crime Check or Vulnerable Sector Check. You may already have one from a recent employer or charitable organisation. Alternatively you can search how to obtain a Criminal Clearance Report online for country specific instructions. You will also need to provide a copy of your Covid 19 Vaccination



Certificate as we require all volunteers to be fully vaccinated.