



Dear Future Development Instructor!

You are about to leave your home, your country, your family and friends for a period of time – to come to be with your team and with all of us here at the College. Before you leave your home it is very good to get documents and pictures done and get your health checked.

Sometimes it is for free to get certain vaccinations and blood tests in your home country.

Here is a list of “things to do”:

- Visit your doctor and tell him you are going to Africa or India – maybe he can give you some vaccinations for free or cheaply
- Get your teeth examined before departure
- Get a general health check by your own doctor, and extra medicine if you have special needs
- If there is any doubt re. pregnancy, please check it
- If you wear glasses, bring an extra pair

For your visa application for the project period, normally you will need to bring the following documents:

- Passport valid for your whole time in the programme + 6 months extra
- 8 passport photographs (can be taken in UK)
- Copies of the most important Educational Certificates (can be sent to the College).
- Later you may need: Police clearance certificate, stating that you have not been convicted of any crimes. This is only valid for 3 – 6 months, and only needed for Angolan visas, so arrange to get this later.

It is best to get as much as possible organised before you come to start at CICD, and arrange that the rest can be sent to you here at the college.

Regarding your health condition

1. You must know your own blood type
3. You need vaccination against tuberculosis and written evidence of this vaccination.
4. You need a medical certificate from your doctor, stating that you are not suffering from any physical or mental illnesses and also stating your HIV status. If you have any health issues, you must inform us about it.
5. You need records of the vaccinations you have taken (“the yellow card”)

Please look at this, and if you have any questions or problems, please contact me on marie@cicd-volunteerinfrica.org



What to bring....

Here is a list of things that are very useful to bring, when you come to start the programme:

1. Sleeping bag.
2. Large backpack for use when we go on tours, trips...(not necessary, but very useful!)
3. Small backpack for daily use when we are leafleting or selling newspapers or go on short trips.
4. Money belt - or other similar small bag to carry money and travel documents.
5. Towel and toiletries
6. Clothes such as:
 - Sport clothes - for indoors as well as outdoors, + swimsuit
 - Warm clothes - it gets very cold here during the winter
 - Rain clothes - England is famous for its rainy weather!
 - Working clothes
 - Clothes for daily use as well as a set of nice clothes for special occasions!
7. If you have: Drivers Licence/ International Drivers Licence, music instruments, colour pens and papers for painting and drawing....or stuff for other activities depending on your interests.
8. The area around us is very good for biking so if you who have the opportunity - bring your bike!
9. Alarm clock and flash light.

Look at the map of Great Britain, and you will see that Winestead Hall is close to the coast and that we live in the country side.

And - remember if you come from abroad - here we drive on the "wrong side" of the road ☺ (or at least the left side).....

Which means that you must be **very careful** when you arrive to the UK!

Below you find a list of the vaccinations that we recommend when you travel to Southern Africa or India.

Good luck with preparations!

All the best - and see you soon!

Marie Forell, CICD

Necessary vaccinations for Southern Africa and India:

(Check also with your own doctor what he recommends)

Typhoid Fever
Hepatitis A+B

You must also take medicine to prevent malaria: mostly used is Doxycycline

Often recommended vaccinations for Southern Africa and India:

Yellow Fever
Cholera
Diphtheria
Tetanus
Polio