NAVAJO NATION
NAVAJO NATION: Tuba City, Arizona
PROGRAM HANDBOOK

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Introduction
This Handbook was written to provide you with useful information regarding your participation in an Amizade sponsored program. It answers many of the frequently asked questions by previous participants. We encourage your feedback on how it can be improved for future participants. Please read this entire handbook carefully and contact our office if you have any questions.

Amizade’s Mission & Vision
Amizade encourages intercultural exploration and understanding through community-driven service-learning courses and volunteer programs. Amizade imagines a world in which all people have the opportunity to explore and grow, realize their ability to make change, and embrace their responsibility to build a better world.

Amizade’s Commitment
At the heart of Amizade is the sincere belief that intercultural understanding & the development of global citizens is essential to our increasingly connected global world. We are committed to providing you with an intercultural experience that allows you to make concrete contributions to a community resulting in a deeper understanding of your role in the global community.

Approach to Service

Ethic of Service
Amizade strives to promote an “ethic of service” on all our programs. This means that we envision the entire experience as one of service to our fellow human beings. There will be scheduled time for completing service projects on each program but we also encourage you to carry your ethic of service with you throughout the program. You can do this by volunteering to help with food preparation, cleaning, or various other daily tasks.

Volunteer Opportunities
In the Navajo Nation, Amizade partners with the Tuba City Boarding School. Volunteers will work to help tutor children at the school in classes ranging from Pre Kindergarten up through grade eight. Volunteers will be assigned to a class, possibly with another volunteer. Volunteers will find that classes are extremely overcrowded and many children need extra tutoring to stay on track. Tutors in all subjects will experience the enjoyment of sharing knowledge and building skills in young people.

The On-Site Experience

The Amizade Experience
The time that you spend in the Navajo Nation is sure to be one filled with many new experiences: new outlooks, new cultures, and new situations. Therefore, the Amizade experience is enhanced by looking at some of the things that have been written in relation to the nation and the issues over the last several years,
getting a rough idea of what's happening, and going with an informed set of questions in mind. The entire experience is about getting in deep enough and starting to dream enough to realize that your time in Tuba City can't possibly be enough to see and understand all of the Navajo Nation or Native American culture, but it can be enough to get an idea of it, connect with new friends, meet and struggle with some significant challenges, make connections, create difference, and begin to understand an entirely different kind of place. That's really a lot for such a short amount of time, and much of it will happen.

And all of this will take place in the context of an environment that requires flexibility. Flexibility describes the ability of Amizade volunteers to be open to all aspects of the unexpected that can arise in the Navajo Nation. All of this relates to an absolutely essential ongoing Amizade motto, which is:

“Okay, Good.”

“Okay, good” refers to all the moments when things do not work out as planned. “Okay, good,” we have an opportunity to learn from and adapt to a variety of new situations. The unexpected can even be a highlight of any excursion. “Okay, good” is the flexibility that every volunteer must have in mind when choosing to experience unique cultures, serve in different environments, and meet new people. “Okay, good” is about remembering – even when we feel that we are struggling – that we are fortunate for the opportunities to travel and serve; that we are still in amazing places with incredible people; and that life will go on even though the day-to-day life is not as predictable. Of course, “Okay, good” is also useful when the last leg of the return flight doesn't connect at the right time!

Amizade Staff
Amizade programs are staffed by a variety of motivated, trained people. We encourage you to get to know the staff members that will be building your volunteer program. Any concerns or questions during the in-country experience should be directed to the appropriate Amizade staff.

Group Leader from Customized Group’s Organization
For customized group programs, Amizade recognizes that there are assigned group leaders that act as chaperones or spokespersons for a group. In this instance, the Amizade Site Director will work in cooperation to meet the desires and special needs of the group. It is essential that all concerns and specialized requests be directed specifically to the Amizade Site Director who will work in conjunction with our community partners and contractors.

On-Site Orientation
Upon arrival in Tuba City, Amizade will hold a program orientation for all volunteers. Many issues such as health, safety, and security will be addressed as well as site logistics, standard procedures, and other important information that will benefit each volunteer to know.

Group Living
Amizade programs generally have a strong core element built around group living. For many people, living, volunteering, studying, completing projects, and spending leisure time in a group may be new. Therefore we ask all Amizade volunteers to approach group interaction with flexibility, openness, and constructive communication. We strive to respect each other’s space and needs while also supporting each other to achieve personal goals on the program.

Flexibility
Flexibility on behalf of the participants is the most important element on an Amizade program. Itineraries may change at the last minute in order to meet current community needs or participate
in unexpected opportunities for recreational, educational, or cultural exploration. Many aspects of traveling are unpredictable and time-consuming, so be prepared to enjoy the unexpected surprises and embrace the opportunities they provide!

Housing
All volunteers participating on the program will be housed in traditional Navajo residential structures called hogans. These particular hogans have been made into sleeping quarters that can hold up to 16 people. There are separate men’s and women’s bathroom facilities with multiple toilets and showers. Participants will also have access to a full kitchen. There are meeting rooms for small reflections and a main area for large presentations.

If the hogans are not available, participants will be housed at the Grey Hills Inn, a boarding school that has been converted to an inn. The rooms will be double occupancy with a communal bathroom and living room. There is a small kitchenette available.

Open Group Volunteers, and some group programs will have the opportunity to stay with local Navajo families. If you are staying with a host family you will have your own bed but may share a room with another volunteer. Host families will provide a light breakfast but your other meals will be with the group.

Bedding is provided at either accommodation but participants need to bring their own bath towels. If staying at the hogans, participants are encouraged to bring extra blankets.

Meals
Amizade staff will provide a light breakfast each morning. When tutoring, lunch is served in the school cafeteria. For recreational outings, Amizade will provide volunteers with food to pack a lunch. Dinners will vary. Tuba City has two diners, a Chinese restaurant, pizza, and fast food such as Taco Bell and McDonalds. Basha’s, the local grocery store is very close to the dorms and carries a variety of food products.

Note to Vegetarians
In the Navajo Nation, vegetarian options are available but you will find that dishes such as Navajo tacos and other local food are meat-based. You will want to talk to the Amizade staff to find out what can be arranged in terms of cooked meals and to have them purchase vegetarian options for lunches.

Climate and Weather
“The Navajo Nation has beautiful weather year round. Unlike Phoenix, Northern Arizona enjoys much cooler temperatures. During the summer months you will experience daytime temperatures of 80 degrees and nighttime lows in the 50’s. During the winter months you will experience daytime highs in the 40’s and nighttime lows in the teens. We would suggest bringing a light sweater or jacket with you at all times. The average annual rainfall received is approximately 11-12 inches a year. The Rainy season takes place for the Navajo Nation during August, September, and October.”
Cultural and Recreational Activities
The Navajo Nation is overflowing with opportunities for cultural education and recreation. Some possibilities include presentations from a Navajo Tribal Delegate, songs with a local Navajo musician, and a visit to a traditional family home site. Canyon hiking and visits to various scenic spots in Arizona, such as the Grand Canyon, Navajo Monument and Monument Valley are also possible.

Culture and History
The Navajo Nation or Dineh Bikeyah (Land of The People), spans Arizona, New Mexico, and Utah. Amizade volunteers serve in Tuba City, which is located in northern Arizona, nestled within the purples, blues, and reds of a painted desert. Natural beauty and endless opportunities for cultural learning abound in this community. Within Tuba City, volunteers will serve with Navajo and Hopi peoples and have the opportunity to discover both the history and current perspectives of the American Indian population.

For more information on the Navajo Nation, please visit the following websites:
Official Website of the Navajo Nation:
http://www.navajo.org
Navajo Nation Hospitality Enterprise:
http://www.explorenavajo.com/navajo.aspx
Encyclopedia.Com:
http://www.encyclopedia.com/html/N/NavajoInd.asp

Community Background
Tuba City is a small desert town with houses scattered in development plots. Most people live in modest homes, some with very few amenities, and a few of those on the outskirts live in traditional Navajo hogans with sheep farms. The town has both public day schools and overnight boarding schools and some rural children travel hours in the morning just to reach the day schools. The town has a bank, grocery store, and other small shops but otherwise it is a fairly rural environment. Unemployment and poverty are high in the area. Tuba City borders the Hopi reservation and you will meet a mix of Navajo and Hopi people while in the community. During your stay local events will give you the chance to participate in current community activities as well as traditions.

Preparing for Your Program

Transportation to Site
We recommend volunteers flying in and out of the Phoenix airport. However, it is possible to fly into Flagstaff. All volunteers are required to arrive on or before the scheduled program start date and depart on or after the scheduled finish date. If volunteers arrive early or stay late, the individual volunteer must make his/her own arrangements for food, lodging, and airport transfer.

Transportation on Site
Volunteers are responsible for arranging their own transportation from the airport to Tuba City and for the duration of the program. Amizade can arrange for group transportation for an additional fee.

**Travel Documents**
US citizens will need standard proof of identification (such as driver's license or passport) if traveling to the site via airplane. Please check with your airline for acceptable forms of identification.

If you are a non-US citizen, you must check with the consulate in your country regarding travel documents including passport and visa requirements. If you need to obtain a visa to the United States, you can visit the US consular site for further information at: [http://travel.state.gov/](http://travel.state.gov/).

**Participants Considerations**

**Appropriate School Attire**
At the request of the Tuba City Schools, Amizade asks that volunteer tutors wear nice clothing while tutoring at the schools. This is to promote and support a professional atmosphere at the schools. For example, khakis and a button down shirt or sweater are appropriate. Outfits need to be conservative and shirts should cover bellies and not be too revealing. Volunteer should not wear jeans, torn pants or shirts, or sneakers/tennis shoes while tutoring.

**Professionalism at the Schools**
It is important to remember we are working in a school, and professionalism is an important goal of the school administration and the teachers. Amizade and our volunteers are invited to assist teachers in their classrooms, with one-on-one tutoring, small group activities and general classroom administration. While there is a time for playing with the students, as a teacher’s aide, your main responsibility is to support the academic goals of the classroom.

**Sharing with Tuba City School Students**
Volunteers are encouraged to bring pictures of family, friends, and important places (such as their hometown/city, college, places traveled) to share with the school children at appropriate times. Many of the students are interested to know about other places and cultures and what you can share may relate to lesson plans being taught in the classrooms.

**Health & Safety**

**General Notes**
- Traveling often affects one’s health so it is imperative that all volunteers are in good physical condition.
- Typical travel ailments include stomach upsets and diarrhea, bug bites, jet lag, minor cuts, scrapes, bruises, and sunburn. Please feel free to bring travel-sized portions of over the counter medicines such as headache medicine, stomach medicines, sun block, bug spray, band-aids, etc.
- An on-site Amizade staff member will have a first aid kit.

**Prescription Medicines**
If you have prescription medicines, bring them in the original prescription bottles with your name on them and bring an ample supply for the duration of your program.

**The Best Medicine is “Preventative Medicine”**
Throughout the program, please rest and drink plenty of water. While on the program, let the Amizade staff know if you have any concerns about your health and contact them immediately if you experience a health emergency.
The Grand Canyon

It is the responsibility of every Amizade participant to make sure that he/she is covered by his/her medical insurance amply when participating, domestically or internationally, on any of the Amizade Programs. Please check with your medical insurance policies to determine your coverage before you leave for any program.

Safety
While participants are on site for the service project, it is essential that participants adhere to all safety requirements and guidelines as determined by the service project supervisor and their staff.

Money Matters
The US dollar is the currency used in the Navajo Nation. Tuba City has a bank and there is an ATM available at the local grocery store. Some gas stations, stores, and other businesses will accept ATM/Credit cards.

Spending Money
Please bring some spending money to use for costs beyond those covered by the Amizade fee. For some programs, locals bring handmade jewelry to the dorms which volunteers may purchase. There is also the opportunity to buy souvenirs at the local trading posts as well as the parks.

Packing List

What to Wear?
First and foremost, participants should plan and pack according to the weather, climate and temperature. As previously stated, the Navajo Nation experiences beautiful weather year-round. However, do not let the arid climate fool you; the Navajo Nation can experience cold temperatures at night. Furthermore, the Navajo Nation does experience winter-like conditions during the winter months, sometimes even seeing snowfall. Keep the time of year and the season in mind as you are packing clothing for your time in the Navajo Nation.

The daytime average daily temperature is in the 80s to 90s during the warmer months with evening temperatures dipping into the low 50s. If you are in the Navajo Nation during the winter months, the average daily temperature can hover in the mid-50s with nighttime temperatures reaching as low as the mid-teens. Keep in mind that, depending on your service placement while on-site, you may consider bringing clothing that you don’t mind getting a little dirty. It is also important to remember that you are acting as “diplomats.” While living in the Navajo Nation, you represent not only your country of origin, but also your
university or organization, Amizade and even yourself. It is highly recommended that, along with packing for
the climate of the region, you pack clothing that is tasteful, respectful and conservative.

PLEASE PACK LIGHTLY!

You should bring a maximum of two bags. Ideally, this includes one medium-sized suitcase/duffel bag and a
smaller daypack for daily activities. You should be able to carry your luggage comfortably by yourself. Please
use your best judgment regarding valuables. Amizade does not recommend that volunteers bring expensive
jewelry, electronics, laptops, etc. Amizade is not reliable for lost or stolen articles.

Recommended Packing List

- Documents: photo id, airline tickets, personal health insurance information, and ATM/credit cards
- Family photos to share with the community
- Water bottle
- Notebook or journal and pens
- Travel alarm clock
- Watch
- Camera
- Knapsack or book bag
- Towel and Wash cloth
- Toiletries – just the basics such as toothbrush, toothpaste, travel-sized shampoo, and soap
- Prescriptions in original bottles (remember to bring enough for the entire program!)
- Clothing
  - Appropriate Clothing for in the School in Tuba City / Construction Site in Crownpoint
  - Casual/Outdoor Clothing for Recreation
  - Socks and underwear
  - Pajamas
  - One long sleeve shirt, sweatshirt, or jacket
- Shower shoes or flip-flops, bath towels
- Comfortable walking shoes
- Rain coat (optional)
- Cool weather items for nighttime
- Sun protection: bandanas, hat, sunglasses and sun block

Gifts
You may choose to bring small gifts or thank you cards for host families.

While You Are Away

Contacting Home
Cell phones generally work in Tuba City but they cannot be relied on when you leave the city limits and
during the drive from Phoenix. Internet is available at the local coffee shop.

AMIZADE CONTACT INFORMATION

If someone from home needs to contact a volunteer with an emergency message, they can phone the
Amizade US office to relay a message.

- **Amizade US Office Phone**: 412-586-4986. This phone line is staffed 9 am – 4:00 pm EST from
  Monday - Friday.
  - Have the person leave:
    - Their name
    - Your name
    - Their phone number
    - The message to be relayed

- **Amizade Emergency Phone #**: 412-444-5166. This phone line is staffed 24 hours a day, 7 days a
  week during volunteer programs.