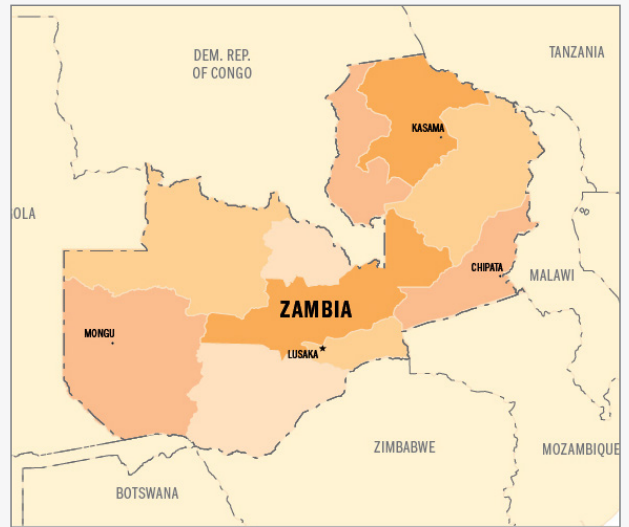


# Zambia Country Packet

Updated August 2018



## Maranatha in Zambia

The northern and southern Zambia region has one of the the largest memberships in the Seventh-day Adventist World Church with more than 1.17 million members (as of 2016). The large membership has made it difficult for the Adventist Church in Zambia to provide places of worship. As a result, Maranatha has received thousands of requests for churches, along with appeals for schools, from Zambia.

In 2009, Maranatha responded to the need by constructing several schools, as well as churches, in various parts of the country. Much of the work was focused in and around Livingstone, Zambia, near the world-famous Victoria Falls.

Now, Maranatha is returning to Zambia in response to additional requests for churches and schools from the Adventist leadership in Zambia.

### Volunteer Opportunities

For schools, this effort will start in Central Zambia with the construction of an elementary school in Kabwe. The school is currently meeting in a small, crowded facility in the heart of the city. In order to allow for expansion and accommodate more students, the school has elected to move the primary grades to a new location on the outer edge of the town; the secondary school will continue operating in the city center. The classrooms and administration buildings will include a concrete floor, metal frame, and block walls. Maranatha has also committed to building other schools in Zambia, but the exact locations are still to be determined.

The church leadership has also requested that Maranatha build churches in northern Zambia; the total number of projects has not yet been determined.

Volunteer projects typically combine construction with community outreach in the form of medical clinics and children's programs. However, the details of each project vary depending on the volunteers, availability of opportunities, and needs of the local community.

### Project Funding

The local church is responsible for providing the land and labor to excavate the site. Maranatha has agreed to raise funds to help subsidize the building costs in Zambia. These funds are provided by donations from individuals, church and school groups, and businesses, as well as \$10 Church program donors. If you or your team is interested in helping to sponsor a church or school in Zambia, please speak with Maranatha for more information.

# About Zambia

## History

The earliest European contact with the tribes who inhabited the region was made in the 18th century by Portuguese explorers who led expeditions into the region from neighboring Mozambique. However, the most famous exploration of the area was conducted by David Livingstone, a Scottish explorer and missionary. In 1855, Livingstone was the first European to see the waterfalls on the Zambezi river, and he named them Victoria Falls in honor of Queen Victoria of Britain. The town of Livingstone was named after the explorer in 1905, and it is the famous gateway to the Falls. Zambia was a British colony, part of Rhodesia, from 1911 to 1963, until it gained independence and was renamed the Republic of Zambia the following year.

## Culture

Zambia is very ethnically diverse, made up of more than 70 tribal groups, in addition to European immigrants. Being a former British colony, the official language is English, but more than 73 other languages are spoken in the country! During the 1920's there was a period of rapid urban growth due to the onset of industrial copper mining, and the western influence led to the traditional tribal culture mixing with contemporary dress, music, and lifestyle.

Zambian music is a blend of traditional African and western contemporary sounds characterised by singing and dancing to instruments including the drum, thumb piano (also known as a kalimba or mbira), and the kilimba (marimba or xylophone). Traditional art was often created with pottery, basketry, and carving but now recycled art with metal and plastic is very common. Maize is a staple in Zambian cuisine, and it is often eaten as nshima, a pounded rice porridge that is thick and served alongside relish, stews, and meat.

## Geography and Climate

Zambia is a landlocked country, slightly larger than the state of Texas, and it is located in southern Africa. Much of its southern border is formed by the Zambezi river, which separates it from the country of Zimbabwe. The rest of the country consists mostly of plateaus with some small mountains intersected by valleys. The highest point is located in the Muchinga Mountain range. Zambia is also home to Africa's largest man-made lake, Lake Kariba. There are several protected reserves and national parks where at least 242 documented mammal species can be seen. The Rhodesian giraffe is one of the well-known subspecies found in the region.

## Cultural Sensitivity

Maranatha's volunteer experience includes meeting new people and learning how to serve them. Every culture has a unique view of the world. It is important to enter another culture with humility, respect, and understanding of their traditions. Sometimes you may observe something in Zambia that will be very different from what you're accustomed to. It does not make it wrong—just different. Be respectful and consider their perspective.

Being sensitive to a culture also means being respectful to micro-cultures, such as Adventism within a larger culture. Adventists in Zambia tend to be more conservative than Adventists in the United States or Canada. We try to be sensitive to this by asking volunteers to dress as modestly as possible. Pants and cap sleeves are

## Facts & Figures

<b>Capital:</b>	<b>Lusaka</b>
<b>Nationality:</b>	<b>Zambian</b>
<b>Population:</b>	<b>15.97 million (July 2017)</b>
<b>Poverty:</b>	<b>54.4%</b>
<b>Unemployment:</b>	<b>15%</b>
<b>Languages:</b>	<b>English (official) 1.7%, Bemba 33.4%, Nyanja 14.7%, Tonga 11.4%</b>
<b>Life Expectancy:</b>	<b>52.7 years</b>
<b>Climate:</b>	<b>Tropical, modified by altitude. Rainy season Oct - April.</b>
<b>Religion:</b>	<b>Protestant 75%, Roman Catholic 20%</b>
<b>Industries:</b>	<b>Copper and emerald mining, construction, agriculture,</b>
<b>Exports:</b>	<b>Copper, cobalt, electricity, tobacco, flowers, cotton</b>
<b>Currency:</b>	<b>Zambian Kwacha</b>
<b>Time Zone:</b>	<b>UTC + 02:00</b>

preferred to shorts and tank tops. For church activities, women need to have skirts or dresses reaching past the knees, and men need to wear ties and closed-toe shoes, especially if they are involved in platform activities.

## Planning a Project

### Partnering with Maranatha

There are many reasons to plan a project with Maranatha. After nearly 50 years of focus on construction-oriented mission projects, the organization has this process mastered.

- **Maranatha has a great track record.** From local church members to church officials to volunteer team leaders—everyone recognizes that Maranatha is reliable and gets things done. We know that the details are important. Maranatha will always have your worksite prepared and support you in creating a successful project for your team.
- **Maranatha provides local support.** It is a huge help to have someone at your location, before your arrival, to scout out details and make arrangements for your group. Once your group arrives, our volunteer support person will be around to help as a translator and navigate the inevitable bumps in the road.
- **Maranatha provides quality construction support.** You don't have to be a construction expert to build a project with Maranatha. Our qualified crew will prep the project site before you arrive, and they will stay to teach and assist the volunteers throughout the project. You won't just build a church or school—you will do it right!
- **Maranatha office support is available as you plan.** Hilary Macias is the group project specialist at Maranatha. She is available for questions and resources as you plan your project and work with group members.
- **Maranatha is an independent organization, but we work hand-in-hand with church leadership around the world.** Every Maranatha project in Zambia has been selected and approved by Adventist leadership in Zambia as a priority for growth. This means your project will have the full, long-term support of the larger church.

### Accommodations

Most leaders of Maranatha projects in Zambia choose to have the group stay at a basic hotel near the job site (usually within 45 minutes). While there are many places with varying comfort and price levels, you should expect simple accommodations during a volunteer project.

Check with the project packet or your group leader for specific information regarding bed linens, towels and washcloths, hot water, air-conditioning, Wi-Fi availability, and eating facilities.

### Excursion Options

Many projects will include an opportunity to explore the country you're visiting. To find the best excursion for your trip, try searching online. Look for peer ratings on various activities through sites like Trip Advisor. Guidebooks published by Lonely Planet or Frommer's are also good places to start. Depending on the location of your job site, Maranatha will work with you to make the best possible excursion arrangements. Maranatha has a few recommended excursions or activities that other groups have done in the past.

### Attractions

**Safaris** | The biggest attraction in Zambia are game parks. If you're interested in seeing the "Big Five" (lion, leopard, buffalo, rhinoceros, and elephant), you'll want to make time to visit one of Southern Africa's many national parks and game reserves. If you want to stay within Zambia, South Luangwa National Park is often considered to be the best wildlife sanctuary and has a high concentration of animals around Luangwa River. There are 60 different animal species in the park including giraffe, lions, elephants, and buffalo; however the rhino is now considered extinct in this park due to poaching. Closer to Lusaka is Kafue National Park, which is the largest park in Zambia and home to 55 different species of animals. If you're interested in combining a safari with a visit to Victoria Falls, your best option for a safari is probably Chobe National Park, which is located in Botswana and is easily accessible as a day trip from either the Zambian or Zimbabwean side of Victoria Falls.

**Victoria Falls** | Visitors can view the massive Victoria Falls from both Livingstone, Zambia, and Victoria Falls, Zimbabwe. Victoria Falls is one of the seven Wonders of the World, and it is truly a magnificent sight. Upon arrival, you will hear the thundering of the water and see the mist that rises more than 1,600 feet into the air before you see the falls themselves. The falls are more than a mile wide, and nearly 150 million gallons of water cascade down the drop off each minute during the peak of the Zambezi River's high water flow. Additional activities are available in both towns including ultralight flights over the falls, up close lion and cheetah walks, and sunset river cruises. Victoria Falls, Zimbabwe, usually has better flight options. You will need an additional entrance visa to enter Zimbabwe (see entrance requirements section below).

## Foreign Cash and Money Exchange

Zambia uses the Zambian Kwacha, and it has an exchange rate of approximately 10 Kwachas to \$1 (August 2018) depending on where you make the exchange. Any cash you bring should be in new, unmarked, untorn U.S. dollar bills.

You can exchange money in or outside the airport at a bank or an exchange booth. Often your project coordinator will exchange money at a simple, rounded rate.

ATMs will allow you to withdraw Kwachas directly and will probably give you the best exchange rate. There are ATMs in the airport; outside the larger cities, they can be hard to find and unreliable.

## Credit/Debit Cards

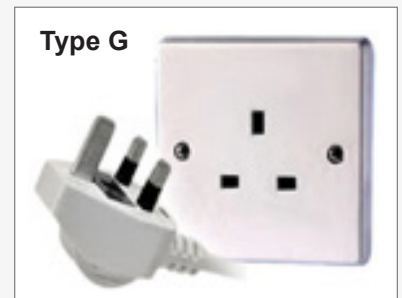
While some establishments accept credit and debit cards, it might be easier to use cash while traveling through the country. If you do use a credit or debit card, expect a 5 to 12 percent surcharge for international use. Be careful when using your credit card in public; never let it out of your sight. It is wise to let your credit card company know in advance the dates you will be traveling so they don't block your card when you use it in a foreign country.

## Traveler's Checks

Traveler's checks are not widely accepted, and commissions can be high.

## Electricity

The standard current in Zambia is 220-240 volt AC. Many appliances now are dual-voltage (you can check for this on the tag on the charger). For any small, non-dual-voltage appliances (hair dryers, electric shavers, camera chargers), you will need a plug adapter and voltage converter. Voltage converters can be found at most stores like Walmart or Target for about \$20.



Most appliances will also need a plug adapter. The standard outlets have two horizontal and one vertical prong (Type G). International plug adapters can be found in sets or individually at many stores. You can also buy adapters for grounded to ungrounded plugs at most stores and hardware stores. Electrical surges and outages can be common. You should use a surge protector for expensive appliances and computers.

## Laundry

Most cities and large towns have full service laundromats. Many hotels also provide laundry service but often charge per item of clothing, which adds up fast. You can also choose to do your laundry by hand at no additional cost.

## Communication

Technology has increased so much that we can stay connected around the world.

Cell phone service is available in most moderate-sized cities throughout the country, but rural areas still experience limited service. You can use your own phone and service plan, but check international rates and service areas since international roaming and data charges can be very expensive. You can avoid unexpected charges by putting your phone on airplane mode and limiting all data usage to Wi-Fi areas. Or you can consider

adding an international plan through your phone provider. Many now offer very affordable plans you can activate for short periods of time.

Local cell phones can be also be purchased for relatively cheap price, and you can reload minutes to call locally and internationally for reasonable rates. You can also buy a SIM card for your unlocked device.

To call Zambia from the U.S., dial the U.S. exit code (011) + the country code for Zambia (260) + the local number  
To call the U.S. from Zambia, enter the U.S. country code (1) + the local area code and phone number. For example, to call the Maranatha office you would dial 1 (916) 774-7700.

You can also communicate with loved ones at home through free smart phone and computer apps such as WhatsApp, Viber, FaceTime, and Skype. Wi-Fi is available at hotels and restaurants throughout the country, especially in larger cities.

## Time Zone

When the United States is on Standard Time, Zambia is ten hours ahead of Pacific Standard Time and seven hours ahead of Eastern Standard Time. When the United States is on Daylight Savings Time Time, Zambis is nine hours ahead of Pacific Daylight Savings Time and six hours ahead of Eastern Daylight Savings Time.

## Restrooms

Western-style flush toilets are the norm in most places. But toilet paper usually goes in the wastebasket, not down the toilet.

## Weights & Measures

Zambia officially uses the metric system. In some areas, you will find pounds and gallons used as well.

# Travel

## International Travel

The main airport is the Kenneth Kaunda International Airport in the capital city of Lusaka (airport code LUN). You will most likely use this airport for your Maranatha project; however, there are also smaller airports in cities throughout the country which can be accessed by domestic flights. A variety of flights connect to Lusaka through other major cities. Routes will often take you through Europe and South Africa, Ethiopia, or United Arab Emirates.

When booking your flights, we recommend that you try to book on one itinerary all the way to the final destination, if possible, to take advantage of the international baggage allowances. Individual domestic flights tend to have stricter limits for baggage weight and size.

Be sure to talk to Maranatha if you have any questions when booking your tickets.

## Entry and Exit Requirements

The information provided below is for U.S. and Canadian citizens. Citizens of other countries should consult the Zambian embassy or consulate in your home country for entrance requirements.

**Passport** | All U.S. and Canadian citizens must present a passport valid for at least six months from your scheduled return date with two blank entry pages per Zambian entry. If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at <http://travel.state.gov>. Canadian citizens can apply online at [www.passport.gc.ca](http://www.passport.gc.ca). It can take up to two months to complete the entire process; plan accordingly to give yourself enough time to receive your passport. You can expedite the process for an additional fee. Passport photos can be taken at the post office, FedEx, Costco, or Walgreens.

**Tourist Visa** | A visa is special permission that you have to receive in order to enter another country. It is granted by the country's government. In addition to your passport, U.S. and Canadian travelers must also purchase an entrance visa upon arrival in Zambia. There are two options for travelers:

1. **KAZA UniVisa:** This visa is good for multiple entries to Zambia and Zimbabwe, and also covers day trips to Botswana. It costs \$50.
2. **Normal Entrance Visas:** A single-entry visa is \$50 and a double-entry visa is \$80.

Depending on any excursions your trip may have (many trips include the Zimbabwean side of Victoria Falls), the KAZA visa is usually the best option since it will make border crossings easier and save you money because you won't have to get Zimbabwean visas as well (\$55 for US citizens multiple-entry and \$75 for Canadians single-entry). However, sometimes the KAZA UniVisa is not available or could be out of stock at the airport. If that is the case, you'd need to get single or double entry visas to Zambia.

**Yellow Fever** | Currently proof of the yellow fever vaccine is not required to enter Zambia, unless you're coming from a country with risk of yellow fever transmission.

**Transit Visas** | Most flight itineraries will require a layover in another country, so be sure to check any requirements for transit visas for the country where you transfer.

For additional information regarding U.S. entrance procedures in Zambia visit: <http://travel.state.gov/>

## Immigration and Customs Process

1. **Forms** | On the airplane to Zambia, you will receive forms that need to be filled out for processing at the airport. The forms will ask for information such as your name (use the name on your passport), passport number, flight number, and address where you will be staying in Zambia. Be sure to consult your project packet or your group leader for this address, prior to departure.
2. **Immigration** | After you exit the plane, you will follow the signs to Immigration. You will need to present your entrance form(s) and passport. They may ask you a couple questions regarding your trip to Zambia. Make sure you say that you are a tourist. If you say you are coming to "work" on a Maranatha trip, it can cause confusion; they may require a work or business visa for your travel in the country. At immigration, they may stamp your passport or give you a slip of paper. Make sure you keep whatever they give you with your passport for the duration of your time in Zambia.
3. **Customs** | After passing through immigration, head to the baggage claim, gather your bags, and go through customs. They may put your bags through an x-ray, do a randomly selected bag check, or manually search your bag. Don't worry about this process as they are primarily looking for fruits, vegetables, animals, weapons, and drugs.
4. **Meet with Maranatha** After passing through customs, proceed to the arrivals area of the airport where you can meet up with the rest of the group or continue to your domestic flight.

## In-Country Transportation in Zambia

Maranatha coordinates transportation for open team projects in privately rented vehicles with drivers. If you are leading a group project with Maranatha, we will help your group reserve a private bus for your transportation needs.

Maranatha does not typically recommend that you drive yourself; however, if you choose to do so, drive defensively. The roads around major cities are usually good but take care with merging traffic and watch for potholes. Roads between smaller towns are not usually paved. Before driving, familiarize yourself with local laws and traffic norms. It is not recommended to drive at night.

Taxis in Zambia are relatively affordable, but some can be unreliable and unsafe. We recommend that when traveling by taxi in large cities, you look for “tourist taxis” outside hotels and the airport. They can be a little more expensive, but they will respect international driving standards better. Many taxis do not have meters; instead they usually have a preset fare to your destination. Make sure you agree on the fare before entering the taxi and request that the driver not pick up additional passengers during the trip.

## Traveling with Minors

Minors under the age of 18 are welcome to join projects to Zambia. Maranatha requires that at least one adult travel with every four minors, ages 14-17, and that an adult travel with every minor, age 13 and under. Minors traveling without both parents or legal guardians must carry a notarized consent form. You can find this form and complete instructions on the Maranatha website, under “Volunteer” then “Resources.”

## Health, Safety, and Security

For more detailed health guidelines for international travel, see our first-time traveler’s guide.

### Vaccines

Maranatha requires that every volunteer have a current **tetanus** vaccine (within the last 10 years). The Centers for Disease Control and Prevention (CDC) also recommend vaccines for typhoid and hepatitis A as well as an oral anti-malarial medication other than chloroquine.

You may already have some of these vaccinations, and they may still be good for this trip. Others you may deem unnecessary for this trip. Maranatha recommends that you schedule a consultation with your physician or a travel clinic to discuss the medical risks in Zambia and the ways to minimize them.

### Malaria and Mosquitoes

Malaria is a life-threatening disease transmitted primarily by mosquitos. Malaria transmission is known to take place throughout the entire country. Malaria is prevented through several different oral medications. Each has different side effects and dosages, so Maranatha recommends speaking with a medical professional and/or travel clinic doctor regarding malaria prevention options. When considering preventative medications for malaria, keep in mind that chloroquine is NOT effective in Zambia. The malaria strain present in the country is considered to be chloroquine-resistant.

Mosquitoes and other flying insects can also carry a variety of other diseases. Personal precautions are strongly recommended to lower the risk of being bitten. Bring a bug repellent with a 30%-50% concentration of DEET. Wear long sleeves, long pants, and closed-toe footwear when possible. Sleep with a bed net. Avoid areas of standing water, and do not spend a lot of time outside during dusk and dawn.

### Preventative Health

In general, preventative measures are the best ways to avoid becoming ill during your time in Zambia. Food should be properly washed and cooked. Use only purified water for drinking and brushing your teeth, and avoid ice cubes at restaurants. Wash your hands regularly. Wear sunscreen and mosquito repellent while outdoors.

### Medical Care in Country

Maranatha will have identified several medical care locations, near the project sites, that we believe are safe for our volunteers. If you are leading a group to Zambia, be sure to ask our project support coordinator to show you the clinic location closest to your housing and work sites. In general, private clinics are safer and cleaner than public hospitals.

## Travel Safety

Maranatha will not knowingly send volunteers to an area that is of elevated risk. We consistently monitor security alerts from the areas where we are working, and we consciously avoid high-risk regions. However, it is important for you to take responsibility for your own personal safety while traveling. Here are some ways you can start. For a more detailed list of tips and Maranatha insurance information, be sure to read our [International Traveler's Guide](#). While we do take precautions, there is nothing we can do to guarantee safety. We can only place our trust in God's hands.

- Avoid traveling at night or alone.
- Dress conservatively and keep a low profile.
- Avoid marginal areas of cities, alleyways, and crowds of people.
- Use caution if you are approached on the street by strangers, including vendors.
- Leave valuables, both expensive and sentimental, at home.
- Don't leave your personal belongings unattended, especially in open sight. Consider using a money belt or concealed pouch for passports, credit cards, and cash. Keep your purse or bag in front of you, held with a tight grip.
- [U.S. Department of State](#): Maranatha registers all groups with the U.S. Department of State by enrolling with the Smart Traveler Enrollment Program. The U.S. government will then contact you in case of an emergency, natural disaster, or civil unrest. They can also be a point of contact for family emergencies. You can also check for security updates prior to your departure
- [Travel Guard](#): The AIG accident insurance provided to Maranatha volunteers provides access to security updates and other resources. You can access this resource by using the policy number provided to you in your information packet or by a Maranatha representative once your volunteer group is confirmed

## Maranatha Insurance

Maranatha mission projects are construction projects where people can get hurt. It is not possible for Maranatha to analyze everyone's insurance policy to see whether it is current and the coverage is in effect at the location of the mission project. For that reason, all volunteers will be covered by short-term medical, accident, and travel insurance, coordinated by Maranatha, from the time they arrive at the project until their departure. For more information about project insurance available at [www.maranatha.org/insurance](http://www.maranatha.org/insurance)

## Communication

### Promoting Your Maranatha Trip

You may contact Maranatha's marketing department for materials to help you promote your trip to Zambia. There are DVDs and printed materials available for your convenience. Contact Maranatha for more details. Also, when discussing this mission trip with your team and while promoting it to your church or school, please be sure to mention that you are partnering with Maranatha! We hope that you will help to spread the word about our mission to spread the Gospel through construction.

## Contact Information

### United States Embassy

Eastern End of Kabulonga Road  
Ibex Hill  
Lusaka, Zambia  
+260 211-357-000

### Canadian High Commission

5210 Independence Avenue  
Lusaka, Zambia  
+260 211-250-833

### Maranatha Volunteers

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990 Reserve Drive, Suite 100  
Roseville, CA 95678  
**Telephone:** (916) 774-7700  
**Fax:** (916) 774-7701