

Zambia Project

Location: Kalabo, Zambia

Project Dates: March 24 - April 6, 2021

Total Fee: \$1,780*

(Participation fee of \$1,040 and excursion fee of \$740)

Children 12 and under: \$890

(Age determined on start date of the project)

Final Deadline: February 22, 2021

*All amounts are listed in U.S. dollars. International flights are not included in the participation fee



Liumba Adventist School

The Liumba Adventist School, located 15 miles outside of Kalabo in western Zambia, was opened in 1928. The school was founded by Samuel and Ruth Konigmacher, missionary nurses who served in southern Africa for 32 years. The region is very rural and located in the flood plains along the Zambezi River. For many years it could only be reached by boat during the rainy season until new bridges were built.

Currently, the school has more than 360 students, many of whom walk an hour and a half, each way, to attend. The program offers grades 7-10, and the goal is to offer up through grade 12. While the campus is on a large property with plenty of room to expand, most of the buildings were built in the 1920s and 1930s, and they are falling apart. The school is in desperate need of staff housing, bathrooms, and new classrooms in order to expand to a full secondary school. Maranatha will be responding to this need, starting in 2021.

Construction: Volunteers will lay block walls for one of the new buildings.

Outreach*: Oftentimes local churches and schools enjoy when visitors put on programs, focused on Bible stories and health education. If we have enough volunteers and people with an interest in this area, we can add this to the job scope.

*Outreach activities will be dependent on any local restrictions or physical distancing protocols required or recommended in this region of Zambia at the time.



COVID-19

Maranatha is moving forward on preparations for this mission trip in faith that the project will take place as planned. However, there is always a chance that situations will change as countries adapt to the COVID-19 pandemic. If you are planning on participating, please go ahead and register. However, you may consider waiting to book flight itineraries or choose to purchase additional flight insurance to minimize potential risks, such as schedule adjustments or flight cancellations. We will update you if the status of this project changes.

MARANATHA IN ZAMBIA

Maranatha is a responsive organization that works with the Seventh-day Adventist Church; all efforts are by invitation from local leadership.

Zambia has one of the largest memberships of Seventh-day Adventists with more than 1.17 million members. Maranatha has worked in Zambia since 2009 and received thousands of requests for churches and schools. Maranatha has drilled wells and built several large educational campuses as well as churches and Sabbath school classrooms throughout the country.

Accommodations

Kalabo is a small, rural town, and there are few housing options available near the Liumba School. On this project, volunteers will stay at the Yuka Adventist Hospital, in one of the buildings on campus that is not currently in use. The rooms will be converted into dorm rooms outfitted for our group with hospital beds and mosquito nets. Privacy partitions have been created to form separate rooms for couples. The accommodations will be more rustic than most projects, but volunteers will truly be in the mission field. Volunteers will gather for meals and worship in a building on campus.

Amenities

Room Style	Dormitory	
Private Bathroom	No - shared bathrooms down the hall	
Hot Water	No	
Bed Linens and Towels	No	
Towels	No	
Air Conditioning	No, but fans will be provided in each room	
WiFi	No	
Laundry	Laundry service will be arranged for an additional cost	
Distance to Work Locations	15-30 minutes	

Excursions

Maranatha projects often include a short excursion and may also offer an extended excursion as an optional add-on. If you choose to go on an excursion without Maranatha, please schedule them for before or after the project dates so you won't miss out on any of the Maranatha experience.

Kafue National Park

Kafue National Park is the oldest and largest national park in Zambia and is named after the Kafue River. Animals in the park include a variety of antelope species, zebra, wildebeest, elephants, hyena, wild dogs, and crocodiles as well as large cats including leopards, cheetahs, and lions.

Kafue is located on the way back to Lusaka. On Sunday, volunteers will travel to Kafue and check in at the lodge before enjoying a sunset cruise on the Kafue River. On Monday the group will enjoy a full day safari, and the following day, volunteers will head back to Lusaka for their flights home.

This excursion is considered part of the project. All hotels, food, ground transportation, entrance fees, and tour guides are included in the fee paid to Maranatha.

PROJECT SCHEDULE

Wednesday, March 24
Arrival in Lusaka, Zambia

Thursday, March 25
Travel to Kalabo

First work day

Saturday, March 27 Worship with a local congregation

Sunday, March 28 - Friday, April 2 Work days

Saturday, April 3 Worship with the local congregation

<u>Sunday, April 4</u> Travel to Kafue National Park

Monday, April 5 Full day safari in Kafue National Park

Tuesday, April 6
Departures from Lusaka,
Zambia





Leadership

Susan Woods Project Coordinator

David Woods Construction Superintendent

Debbie Paul Head Cook

Expenses

Participation Fee: \$1,780 Children 12 and Under: \$890 Deadlines: February 22, 2021

All amounts are listed in U.S. dollars. Ages are determined on the start date of the project. Participation fees are tax-deductible. Excursion fees are not tax-deductible.

Payments can be made in three ways:

- Check sent to the Maranatha office in California (include a note with your name and "Zambia Project - March 2021")
- Online using the project payment link in your confirmation email*
- Over the phone at (916) 774-7700*

*Canadian tax-deductible payments must be made by check to the Maranatha Volunteers International (Canada) Association (address located at the end of this information packet) in order to receive a receipt. At this time, Maranatha cannot issue tax-deductible receipts for credit card payments.

If you are fundraising or receiving donations, please have donations sent directly to you, or work with your local church treasurer to collect funds at the church and issue tax-deductible receipts. Do not have donors send individual, small checks directly to Maranatha. If you have questions regarding this process, please contact Maranatha.





TYPICAL DAILY SCHEDULE

7:00 a.m. Breakfast **7:30 a.m.** Group worship

8:00 a.m. Depart for

construction/

clinics

12:00 noon Lunch

4:00 p.m. Return from work

6:00 p.m. Dinner

7:00 p.m. Group worship

The key word for mission trips is FLEXIBILITY. The above schedule is our plan, but it may be adjusted due to weather or other unforeseen circumstances.

WHAT'S INCLUDED

- ☑ Accommodations
- ☑ Vegetarian meals
- **☑** Ground transportation
- **☑** Short-term insurance
- ✓ Portion of construction costs
- ✓ Portion of outreach activities
- ☑ Local excursion
- ☑ T-shirt and luggage tags

ABOUT ZAMBIA

- Zambia is a landlocked country, slightly larger than Texas, located in southern Africa.
- In the 1800s, the region was explored by the famous Scottich explorer and missionary, Dr. David Livingstone. The Zambian town of Livingstone is named in his honor.
- Dr. Livingstone was the first European to see the huge waterfalls on the Zambezi River; he named them Victoria Falls in honor of Queen Victoria of Britain.
- Zambia was part of the British colony, Rhodesia, from 1911 until 1963, when Zambia gained independence.
- Zambia is very ethnically diverse and has more than 70 tribal groups.
- During the 1920s, the country experienced rapid urban growth due to the expansion of copper mining in the north.
- There are several protected reserves and national parks where at least 242 mammal species can be found.

Foreign Cash

Zambia uses the kwacha and has an exchange rate of approximately 20 kwachas to 1 U.S. dollar (November 2020). This exchange can be made at the airport, or the project coordinator can also exchange money for you at a flat rate in increments of \$10. Many countries offer better exchange rates for larger bills (\$50s and 100s), so if you bring small bills you may get a different exchange rate. Any cash you bring should be in new, unmarked, and untorn bills.

While some establishments accept credit and debit cards, most small shops only accept cash. It is wise to let your credit card company know the dates you will be traveling so they don't block your card when you use it in a foreign country.

Tipping

Your project coordinator will tip the guides on group excursions. If you feel like someone (guide, hotel staff, etc) has provided excellent service during your trip, you are more than welcome to show your gratitude with additional tips. If you have any questions during the project about whether or not tipping would be appropriate, your project coordinator or Maranatha in-country support staff can help you understand the local culture.

Electricity

Current: 220-240 volt AC

• Outlet: Type G

Non-dual-voltage appliances will need a voltage converter in addition to the plug adapter.



ESTIMATE OF ADDITIONAL COSTS

- ☐ International Flights: \$1,100-1,800
- ☐ Entrance Visa: \$50-150
- ☐ Passport: \$130 or \$110 for renewal
- ☐ Optional Vaccines: \$50-125
- ☐ Covid-19 PCR Test:
 Depends on insurance coverage







Weather

Weather patterns can change suddenly. Check the 10-day forecast for the project area before traveling.

Kalabo | Expect temperatures in the low 70s to low 90s during the day. March is the end of the rainy season, so you should expect a few rain showers during the project.

TRAVEL INFORMATION

Please complete the online registration form and wait for confirmation from Maranatha before purchasing your airfare.

If this is your first time traveling abroad (or you need a refresher course), you may want to check out Maranatha's International Traveler Guide (available at maranatha.org under volunteer resources), which shares tips on everything from booking travel to communicating with those at home.

Flights

Please carefully follow these guidelines when booking your travel. If you arrive or depart outside these posted windows, you may have long wait times at the airport or be responsible for paying the additional transportation costs for your individual airport transfer. If you have questions about your itinerary, please contact Maranatha prior to booking to avoid any additional charges.

Travel agents are recommending that travelers avoid South African Airways right now, due to financial complications the airline is facing from the COVID-19 pandemic.

Project Only

Arrive: Lusaka (LUN), Wednesday, Mar 24 between

9:00 a.m. and 3:30 p.m.

<u>Depart:</u> Lusaka (LUN), Tuesday, April 6, in the afternoon

or evening

Arriving Early or Staying Late?

Some of you may choose to extend your travel before or after the project. Since our volunteers bring so much to the shared experience of the project, we ask that you participate in the entirety of the Maranatha project (during the advertised dates). Any additional travel outside of the Maranatha project should be scheduled for before or after the project dates to avoid mid-project interruptions. If you choose to add additional travel, you are responsible for making your own hotel and transportation arrangements for the time outside of the arrival and departure windows listed above. If you have any questions, feel free to call Maranatha at (916) 774-7700.

Travel Resources

- CI Azumano Travel: 800-454-4099 or by email with Erle Dpenha or Azumano Team at corporatetravel@ciazumano.com
- **Butler Travel:** 503-879-5005 or by email with Nathanael at <u>nathan@butlertravel.com</u> or with Ellen at <u>ellen@butlertravel.com</u>.



FACTS AND FIGURES

Capital: Lusaka

Population: 16.45 million

Language: English (official) 1.7%, Bemba 33.4%, Nyanja 14.7%, Tonga 11.4%

Climate: Tropical, depending on altitude. Rainy season (Oct-April)

Religion: Protestant 75%, Catholic 20%

Currency: Zambian Kwacha

Entry Requirements

Below are the requirements for U.S. and Canadian citizens. If you hold a passport from another country, please consult the Zambian embassy or consulate in your home country for entrance requirements.

Passport | All passports must be valid for at least six months from the dates of intended travel (October 6, 2021). 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. It can take up to two months to complete the entire process, so plan accordingly to give yourself enough time to receive your passport.

Tourist Visa | Visitors must also complete a small form and purchase a tourist visa upon arrival in Zambia. The single-entry visas are \$50 for U.S. citizens and \$75 for Canadian citizens.

COVID Requirements | Volunteers should check with their airlines prior to travel and be aware of their state, county, and country COVID requirements for their return home. Updated information will be sent to volunteers closer to the project. As of November 2020, the following requirements are in place:

- Negative COVID-19 PCR test results dated within 14 days of arrival in Zambia.
- · Symptom and temperature screening upon arrival.
- The group will be completing a quarantine period together during the project and will not be participating in a lot of activities outside the group.

Traveling With Minors

Birth Certificate | In an effort to prevent child-trafficking, some hotels and airports require proof of parent-child relationships, even if your child is a teenager. Maranatha recommends guardians bring a copy of their child's birth certificate and any other documents (guardianship papers etc) to answer these questions.

Parental Consent Form | If a legal minor (under the age of 18 on the date you depart) is traveling without both parents or legal guardians, Maranatha requires a parental consent form. This form confirms that both guardians have consented to their child leaving the country with an appointed person and Maranatha. It also gives Maranatha permission to treat the child medically in case of an emergency.

You can find this form online at www.maranatha.org/resources. Mail one notarized original to Maranatha and keep another notarized original with you as you travel. The form will ask for two appointees. The first will be the guardian traveling with the minor. The other will be Susan Woods, Maranatha's project coordinator.

Special Circumstances

- **Divorced Parents:** Both parents must still sign the form. If one parent has sole legal and physical custody, provide a copy of the divorce decree stating such.
- Deceased Parent: Provide copy of death certificate.
- Legal Guardians: Provide a copy of guardianship paperwork.
- Other Situations: Contact Maranatha for guidance.

Luggage Considerations

Please check with your airline or travel agent for luggage weight and piece allowances for each portion of your itinerary. In addition to your checked bags, airlines usually allow one carry-on item, as well as a personal item such as a purse or small day pack. However, each airline is different, so read through your airlines baggage policy before you head to the airport.

Sometimes bags are delayed, so please bring your personal medications and a day's worth of clothes and toiletries in your carry-on luggage, just in case. We recommend that you keep your carry-on luggage with you; do not "gate-check" your bags, especially if the bags have electronics or camera gear.

HEALTH AND SAFETY

Travel Safety

Understanding the culture and educating yourself about travel in Zambia is the best way to keep safe. Below are a few tips for you to consider:

- Leave valuables (expensive or sentimental) at home.
- Dress conservatively; a flashy wardrobe attracts more attention.
- Use a money belt or concealed pouch for passports and cash. Watch your wallet.
- Don't leave valuables unattended in open sight.
- Avoid marginal areas of cities, dark alleys, and crowds. Use caution and keep moving if strangers, including vendors, approach you on the street.
- Don't travel alone or at night.

Worksite Safety

Maranatha has a very high safety record on the worksite. The safety equipment you'll need will depend on the project scope and what job you do (see packing list). Hard hats and closed-toe shoes are required on all job sites.

Short Term Travel Insurance

All volunteers will be covered by a short-term insurance policy from the time they leave their home country until the time they arrive back in their home country. The policy does not have a deductible and covers accidents and illnesses. As with all insurances, some exclusions apply. Maranatha does not carry or maintain health, medical, workers compensation, or disability insurance coverage. The coverage amounts and details can be found at www.maranatha.org/insurance.



For volunteers extending their travel before or after a project, the insurance will start and end with the Maranatha project dates. If you would like to extend your coverage for your extra travel at your own expense, contact Maranatha.

You will receive a brochure, prior to your project, listing the policy number and contact information should you need assistance during your travel.

Medical Recommendations

While Maranatha does everything in our power to ensure the safety of our volunteers, it is also advisable to do your own research when it comes to medical precautions. We recommend 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. If at any time during the project you start to feel sick, speak with the project medical professional and the project leader as soon as possible.

COVID-19 and Other Viruses

When traveling, you may be exposed to viruses, such as the recent COVID-19 virus. We recommend a few simple tips to minimize your risk:

- Practice social distancing by keeping a distance of 6 feet between you and others when possible.
- Wear a face covering over your nose and mouth.
- Avoid close contact with people who are sick.
- Self-monitor for symptoms such as cough and fever.
- Wash your hands often, with soap and water, for at least 20 seconds.
- If you don't have access to soap and water, use hand sanitizer with at least 60 percent alcohol, rubbing your hands until dry.
- Avoid touching your face, especially your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces using disinfectant wipes.
- Wash your hands after shaking hands with others or handling cash.
- · Get adequate sleep.
- Drink plenty of purified water.
- Try to eat a well-balanced diet, avoiding sugar.

VACCINES

Tetanus

Required by Maranatha

Typhoid

Recommended by CDC*

Hepatitis A

Recommended by CDC

Anti-Malarial MedicationRecommended by CDC

*Centers for Disease Control and Prevention

Malaria

According to the Centers for Disease Control and Prevention (CDC), most locations in Zambia are considered to be at risk for malaria. There are different oral medications that can lower your risk of contracting malaria. You will need a prescription and each has different side effects and dosages, so speak with a doctor. Please note that the malaria strain present in Zambia is chloroquine-resistant.

Mosquitos and Other Insects

Mosquitos and other flying insects can carry a variety of diseases including malaria, chikungunya, zika, and dengue. Personal precautions are strongly recommended to lower the risk of being bitten.

- Use a bug repellent with a 30-50 percent concentration of DEET.
- Wear long sleeves, long pants, and closed-toe shoes when possible.
- Avoid areas of standing water.
- Avoid spending a lot of time outside during dusk and dawn.
- Sleep with a mosquito net when possible.

Food and Water

Food and water safety standards vary greatly from country to country, and we recommend that you exercise caution with the food and water you consume while abroad. Maranatha will provide purified water, but please bring your own reusable water bottle to refill from the large containers.

- Eat only food provided by Maranatha.
- Purchase only commercially packaged snacks, not from street stands.
- Drink only purified water and sealed juices and sodas.
- Do not drink items with ice cubes.
- Do not brush your teeth with tap water, use purified water.

Allergies and Dietary Restrictions

Maranatha provides three vegetarian meals each day. We ask for your allergies on your registration form and will do our best to accommodate your needs. However, on large projects especially, it is harder for our cooks to accommodate special requests. If your diet is very restrictive (vegan, gluten free, etc) we recommend that you bring items such as soy milk powder, gluten-free bread, etc. to supplement the meals provided by the cooks.

ADDITIONAL INFORMATION

Cultural Sensitivity

It's important to enter another culture with respect and understanding *of their traditions. Women in Zambia are usually expected to dress and act more modestly than what is sometimes seen in North America.

Cultural sensitivity also means we will respect Adventist culture in Zambia. Adventists in Zambia tend to be more conservative than Adventists in the United States and Canada. During the project, we will be sensitive to this by dressing as modestly as possible. Pants and cap sleeves are preferred to shorts and tank tops. For church activities, women will need to have skirts that reach past the knees, and men are expected to wear ties if they are involved in the activities on the platform. Another option is to purchase and wear local attire like the church members wear on Sabbaths. The locals will greatly appreciate the gesture.

Maranatha Lifestyle

Each mission trip is a unique experience, and during the project, there is a great need for flexibility. Volunteers on Maranatha projects come from a variety of backgrounds and lifestyles. As we all become one big family for two weeks, we will need to refrain from some of our personal desires and freedoms and adopt the lifestyle of the group.

On all of our projects we ask that volunteers refrain from using alcohol, tobacco, marijuana or other non-prescription drugs during the trip.

Maranatha projects are open to individuals of all faith backgrounds, and we ask that all volunteers come into the project with an attitude of respect towards one another. On Maranatha projects, worship services are held on Sabbath (Saturday), and we ask all volunteers to participate in the experience with the group. While we do our best to make provisions to avoid extensive travel or utilizing restaurants on Sabbath, sometimes it is hard to avoid. Please be aware of this and if you have any questions, please speak with your project coordinator.

HOW TO REGISTER

- 1. Complete online registration form
- 2. Check email
- 3. Make payment(s)*
- 4. Book flights
- 5. Send itinerary and passport copy to Maranatha

*If for any reason you need to cancel your participation, deposits are refundable up until one month prior to the project (unless noted otherwise). Cancellations within 30 days of the project are subject to a fee of \$150 per person, and the remainder will be refunded depending on the project arrangements already made on your behalf.

CONTACT INFORMATION

Phone: (916) 774-7700 **Fax:** (916) 774-7701

Email: volunteer@maranatha.org
Website: www.maranatha.org

Mailing Address:

Maranatha Volunteers International 990 Reserve Drive

Suite 100

Roseville, CA 95678

Canadian Payments Only:

Maranatha Volunteers International Association c/o V06494C

PO Box 6494, Station Terminal Vancouver. BC V6B 6R3

PACKING LIST

A checklist of recommended items to take with you on a Maranatha project.

☐ Personal toiletries (soap, deodorant, etc.)

			Hand sanitizer
W	ork Wardrobe		Insect repellent (30% DEET or higher)
	Long work pants (2-4 pairs)		Sunblock (SPF 30+)
	T-shirts and/or long-sleeved cotton shirts for		Lip balm (with sunblock)
_	work (5-7)		Water bottle
	Strong, flexible construction gloves (REQUIRED)		Bible
	Hard hat (REQUIRED)		Camera, batteries, and memory cards
	Handkerchief or bandana for neck protection		Flashlight with extra batteries
	Sunglasses or safety glasses		Bedding: single sheets and blankets or
	Sturdy work shoes	_	sleeping bag
	Sturdy work shoes	П	Pillow
Tool Liet			Towel and washcloth
	Tool List		
	e more tools the group brings, the more likely	Ц	Cash for meals in airports, souvenirs, or special
,			projects that may come up
	nstruction process.	^	Alamal Hama
		-	tional Items
	Box level (2-3') – one per family	_	Lightweight daypack or similar bag
	Block trowel (10-12") pie-shaped	ᆜ	Neck pillow/eye mask for flight
	Marking pencils		Journal and pens
	Lineman's pliers - optional		220-volt converter and plug adapters
	Masonry line and line blocks - optional		Powdered Gatorade or equivalent Nuun or
	Rubber dish gloves - optional		Camelback electrolyte tablets (for overcoming
	Block hammer - optional		dehydration)
			1 0
lte	ms to Remember		Small alarm clock
	Maranatha t-shirt		Snacks
	Passport		Rope for personal clothesline
	COVID-19 PCR Negative test results		Toilet paper or tissues
	Photocopies of your passport in checked baggage		Battery-run personal fan
	Copy of your airline ticket or itinerary		Small instrument you play
	Money for the entrance visa		Binoculars
	Minor Consent Form (for those under 18)		Supplemental items for specific diets (gluten free,
	Copy of final packet with project addresses		vegan, etc)
	Face mask(s) or covering(s)		
	Personal prescribed medication (in carry-on)	Op	tional Outreach Items
	as well as items like Tylenol, Band-Aids, Pepto		Money for purchasing items locally (this helps the
	Bismol etc.		local economy)
	Shoes and socks		School supplies: pens, pencils, erasers,
	Underclothes		notebooks, backpacks
	Slacks		Christian books and pamphlets
	Casual shirts and tops		Bibles and hymnals
	MEN- Dress shirt and tie for Sabbath		Group toys (jump ropes, soccer balls with
	WOMEN- Dresses and/or skirt and blouse with		pumps, etc.)
_	sleeves for Sabbath		Toothbrushes and toothpastes
	Hat for sun protection	_	Tooling dolled and toolinguotes
		R۵	quested Outreach Items
	Sleepwear Shorts		u will receive an updated packing list closer to
	Modest swimsuit	the project, which will likely include special outreach	
			quests for the children's ministry and medical
	Light jacket and/or sweatshirt		nic programs.
	Flip-flops or sandals	CIII	no programs.

THE MARANATHA

STORE

BUY MARANATHA MERCHANDISE!

Share the spirit of service with Maranatha-themed apparel and accessories.*

MARANATHA T-SHIRT \$10



This Maranatha shirt is a poly/cotton heather blend by Bella + Canvas. Color is "heather true royal"; unisex sizing.

HARD HAT \$13



This MSA V-Gard hard hat, with Staz-On suspension, ensures excellent shock absorption on the job site.



TO ORDER, VISIT MARANATHA.ORG/STORE OR CALL (916) 774-7700

All prices are excluding sales tax and shipping.

CAP \$12





All cotton and easy to pack, this cap is sure to keep the sun off your face on a mission project and at home. Available in Khaki and Navy.

WATER BOTTLE \$15



The autospout water bottle by Contigo features a one-touch-button spout for convenient one-handed drinking. It also has a spout shield to protect the spout from debris and dirt when not in use—perfect for the project site.

MARANATHA.org

