



Zambia Project

Location: Chipata, Zambia

Project Dates: October 19-31, 2023

Total Fee: \$1,815*

(Participation fee of \$965 and an excursion fee of \$850)

Children 12 and under: \$1665

Final Deadline: September 19, 2023

**All amounts are listed in U.S. dollars.*

International flights are not included in the participation fee.



PROJECT OVERVIEW

Bethal Adventist Church Clinic

Several years ago, the Bethal Adventist Church realized the need for a clinic in their 16-village region of approximately 10,000 people. The nearest clinic is a great walking distance away and very crowded. Pregnant women and ill or injured individuals struggle with access to medical care. The Bethal church is located on a piece of land with additional space. The congregation realized they could aid and bless their community by constructing a clinic on their property, and members stepped out in faith by gathering construction supplies. Within the last few years, Maranatha built the Bethal congregation a new One-Day Church, which quickly filled up to plant four more churches. They also started preschool on weekdays to fulfill another community need. Now, the members are eagerly looking forward to a clinic which will meet the medical needs of many in the surrounding villages.

Construction: Volunteers will lay block walls for the clinic building.

Outreach: Oftentimes the local churches and schools enjoy when visitors put on programs for the children or health initiatives, including a short-term medical/dental clinic. If we have enough volunteers and people with an interest in these areas, we can add this to the job scope. It would especially be meaningful to offer a few days of medical assistance at the location of this future clinic.

Accommodations

Our group will stay at the Golf Rest Lodge, in Chipata. Volunteers will gather for meals and worship in the dining/conference room at the lodge.

Individuals should plan on staying in double occupancy rooms with a roommate. If you would like to room with someone in particular, please let us know prior to the final deadline of the project. Volunteers wishing to stay in a private room can upgrade to a single room for \$250 per person. Please contact Maranatha to make these arrangements prior to the final deadline.

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 1.3 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.

Amenities:

Room Style	One king or two singles
Private Bathroom	Yes
Hot Water	Yes
Bed Linens	Yes
Towels	Yes, but not washcloths
Air Conditioning	Yes
WiFi	Yes, but slower than you'd expect at home
Laundry	Yes, at an additional expense
Pool	No
Distance to Work Locations	15-20 minutes

Excursions

Maranatha projects often include an excursion to see some of the country you're working in. 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.

Included Excursion - South Luangwa National Park

South Luangwa National Park is a world-renowned game reserve located in eastern Zambia. The Luangwa River is full of hippopotamuses and crocodiles and is a major water source for the park's large populations of giraffes, elephants, zebras, and cape buffaloes. Lucky visitors often spot lions, leopards, hyena, and much more!

You will be staying at the Mfuwe Lodge, where elephants can be found walking through the lodge to feast from a mango tree on the property. Nestled between two lagoons, in a shaded canopy of trees, the award-winning Mfuwe Lodge is a wonderful spot to enjoy all that South Luangwa has to offer.

Part of your participation fee covers accommodations, all meals, ground transportation, insurance, entrance fees, and tour guides for this excursion.

Sunday, October 29

- Drive to South Luangwa National Park
- Check in at the Mfuwe Lodge in the park
- Half day safari

Monday, October 30

- Full day safari in South Luangwa National Park

Tuesday, October 31

- Travel to airport in Lilongwe, Malawi
- Afternoon departures

PROJECT SCHEDULE

Thursday, Oct 19, 2023

Arrival in Chipata, Zambia, after flying into Lilongwe, Malawi, and driving 2 1/2 hours to Chipata

Friday, October 20

First work day

Saturday, October 21

Worship with a local congregation

Sunday-Tuesday, October 22-24

Work days

Wednesday, October 25

Tour Mwami Hospital

Thursday-Friday, October 26-27

Work days

Saturday, October 28

Worship with the local congregation

Sunday, October 29

Travel to South Luangwa National Park, 1/2 day safari

Monday, October 30

Full day safari in South Luangwa National Park

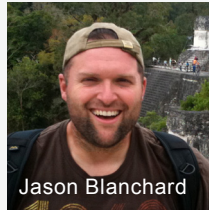
Tuesday, October 31

Travel to Lilongwe, afternoon departures



Leadership

Jason Blanchard Project Coordinator
Susan Woods Project Coordinator
David Woods Construction Superintendent



We Need Your Help

The team is looking for additional leaders in the following areas:

- Children's Ministry Coordinator
- Team Medic
- Medical Team Leader

If you are interested in leading out, please contact Maranatha at (916) 774-7700.

Expenses

Participation Fee: \$1,815
Children 12 and Under: \$1,665
Deadlines: September 18, 2023

All amounts are listed in U.S. dollars. Ages are determined on the start date of the project. For accounting purposes, the fee is broken down into a tax-deductible participation fee and a non-deductible excursion fee. You will receive a receipt with the division listed accordingly.

Payments can be made in three ways:

- Check sent to the Maranatha office (include a note with your name and "Zambia Project - October 2023")
- 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) or by credit card over the phone in order to receive a receipt. At this time, Maranatha cannot issue Canadian tax-deductible receipts for credit card payments done online.*

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
- T-shirt and luggage tags
- Excursion activities, guides, entrances, etc

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 Scottish 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 (June 2023). 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 untornd 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.

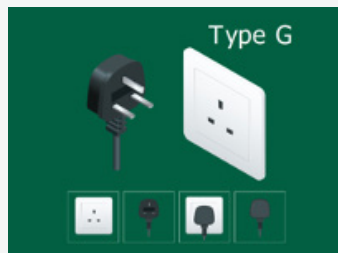
Tipping

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
- **Visas:** U.S. citizens don't pay visa fees in Zambia (Varies by citizenship)
Transit visa, Malawi \$50
- **Passport:** \$130 or \$110 for renewal
- **Optional Vaccines:** \$50-125



Weather

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

Chipata | Expect temperatures in the high 80s during the day and dipping into the mid 60s at night. November is the start of the rainy season, so some rain showers could occur during the project.

South Luangwa National Park | On the safari excursion, you can also expect temperatures hitting the low 90s and only cooling to the 70s at night.



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.

Project Only

Arrive: Lilongwe, Malawi, (LLW), Thursday, October 19, between 9:00 a.m. and 3:00 p.m.*

Depart: Lilongwe, Malawi (LLW), Tuesday, October 31, after 12 noon*

*Some airlines may not fit within this window. Check with Maranatha's office to see if your flight options can be accommodated before booking.

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

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

FACTS AND FIGURES

Capital: Lusaka

Population: 18.38 million (2020)

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 (May 1, 2024). 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.

Visa | U.S. citizens are not required to have a visa to visit Zambia. Other passport holders may need to acquire a tourist visa upon arrival in Zambia (\$50/person). **Since you will be flying into Lilongwe, Malawi, the closest airport to eastern Zambia, you will need a \$50 transit visa for Malawi.**

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

COVID Requirements | There are no Covid requirements for Zambia or Malawi.

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 airline's 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 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 the 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 of getting sick:

- Avoid close contact with people who are sick.
- Wash your hands often, with soap and water.
- If you don't have access to soap and water, use hand sanitizer.
- 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.

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.

VACCINES

Tetanus

Required by Maranatha

COVID-19

Recommended by CDC*

Typhoid

Recommended by CDC

Hepatitis A

Recommended by CDC

Anti-Malarial Medication

Recommended by CDC

**Centers for Disease Control and Prevention*

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.

Work Wardrobe

- Long work pants (2-4 pairs)
- T-shirts and/or long-sleeved shirts for work (5-7)
- Strong, flexible construction gloves (REQUIRED)
- Hard hat (REQUIRED)
- Handkerchief or bandana for neck protection
- Sunglasses or safety glasses
- Sturdy close-toed work shoes

Tool List

The more tools the group brings, the more likely it is that everyone can keep involved in the construction process.

- Measuring tape (25')
- Box level (2-3') – one per family
- Block trowel (10-12") pie-shaped
- Marking pencils
- Lineman's pliers - optional
- Masonry line and line blocks - optional
- Rubber dish gloves - optional
- Block hammer - optional

Items to Remember

- Maranatha t-shirt
- Passport
- Photocopies of your passport in checked baggage
- Copy of your airline ticket or itinerary
- Money for the entrance visa
- Minor Consent Form (for those under 18)
- Copy of final packet with project addresses
- Face mask(s) or covering(s)
- Personal prescribed medication (in carry-on) as well as items like Tylenol, Band-Aids, Pepto Bismol etc.
- Shoes and socks
- Underclothes
- Casual shirts and pants
- MEN- Dress shirt for Sabbath
- WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- Hat for sun protection
- Sleepwear
- Shorts
- Modest swimsuit
- Light jacket and/or sweatshirt
- Flip-flops or sandals
- Personal toiletries (soap, deodorant, etc.)
- Hand sanitizer
- Insect repellent (30% DEET or higher)
- Sunblock (SPF 30+)

- Lip balm (with sunblock)
- Water bottle
- Bible
- Camera, batteries, and memory cards
- Flashlight with extra batteries
- Washcloth
- Cash for meals in airports, souvenirs, or special projects that may come up

Optional Items

- Lightweight daypack or similar bag
- Neck pillow/eye mask for flight
- Journal and pens
- 220-volt converter and plug adapters
- Powdered Gatorade or equivalent Nuun or Camelback electrolyte tablets (for overcoming dehydration)
- Earplugs
- Small alarm clock
- Snacks
- Toilet paper or tissues
- Battery-run personal fan
- Small instrument you play
- Binoculars
- Supplemental items for specific diets (gluten free, vegan, etc)

Optional Outreach Items

- Money for purchasing items locally (this helps the local economy)
- School supplies: pens, pencils, erasers, notebooks, backpacks
- Christian books and pamphlets
- Bibles and hymnals
- Group toys (jump ropes, soccer balls with pumps, etc.)
- Toothbrushes and toothpastes

Requested Outreach Items

You will receive an updated packing list closer to the project, which will likely include special outreach requests for the children's ministry and medical clinic programs.

THE MARANATHA STORE

Buy Maranatha merchandise!

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

To order, visit maranatha.org/store or call (916) 774-7700

All prices are excluding sales tax and shipping.

Maranatha T-shirt \$10



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

Maranatha Sweatshirt \$25



This unisex pullover hoodie is remarkably soft with a loose fit that is versatile and lends itself to daily wear. Spun from a plush fabric that is made up of cotton and polyester fibers, this hoodie features an up-to-date fit, hood with white drawcords, kangaroo pocket, ribbed cuffs and waistband. Color is "Heather Navy"; unisex sizing.

Caps \$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.

Hard Hat \$13



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

MARANATHA.ORG

*All confirmed volunteers on an International Maranatha Open Team receive a Maranatha t-shirt as part of their participation fee.

MARANATHA
VOLUNTEERS INTERNATIONAL

