



Family Project Zambia 2024

Location: Nampundwe, Zambia

Project Dates: December 19 - 29, 2024

Optional Excursion: December 29 - January 1, 2025

Project Participation Fee: \$1,099

Optional Excursion: \$400

Total Fee: \$1,499



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

PROJECT OVERVIEW

Sala Adventist School

Located an hour outside the capital city of Lusaka, this rural institution has educated thousands of students for more than 100 years. Like most schools in Zambia, the Sala is a “grant aid” school. The government covers tuition fees to ensure that every child receives an education. Despite the valuable education students receive at Sala, there are many challenges, mostly due to the lack of space. There are 1,300 students attending in recent years since the government made education free.

The Adventist Church in south Zambia asked Maranatha for help with the exasperating situation at Sala, and we’re committed to constructing a new four-classroom building and a six-unit staff housing block. These new structures will lessen the extraordinary burden on students and teachers and allow for more teachers that the government has agreed to send.

Construction: Volunteers will lay block walls for new classroom building

Outreach: Oftentimes the local churches and schools enjoy when visitors put on programs for children or health initiatives, like short-term medical/dental clinics. If we have enough volunteers with an interest in these areas, we can include them in the job scope.

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 worked in Zambia from 2009-2015, completing hundreds of projects. In 2018, Maranatha returned to Zambia in response to a request for more churches, schools, and water wells across the country. Maranatha has drilled wells and built several large educational campuses as well as churches and Sabbath school classrooms throughout the country.

Accommodations

Our group will stay at the Reddy Convention Center, in West Lusaka for the project and at the Fairmount Hotel in Livingstone for the excursion. 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. Our group will not occupy the entire hotel.

Amenities:

Room Style	One king or two singles
Private Bathroom	Yes
Hot Water	Yes
Bed Linens	Yes
Towels	Yes
Air Conditioning	Yes
WiFi	Yes
Laundry	Yes, at an additional expense
Pool	Yes
Distance to Work Locations	45 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.

Optional Excursion - Victoria Falls and Chobe National Park

Victoria Falls is a waterfall on the Zambezi River in southern Africa, which provides habitat for several unique species of plants and animals. It is located on the border between Zambia and Zimbabwe and is one of the world's largest waterfalls, with a width of 1,708 m (5,604 ft). Chobe National Park is Botswana's first national park, and also the most biologically diverse. Located in the north of the country, this park is known for having a population of lions that prey on elephants (mostly calves or juveniles).

You will stay at the New Fairmount Hotel in Livingstone, close to Victoria Falls (one of the seven natural wonders of the world).

The Optional Excursion fee covers accommodations, all meals, ground transportation, insurance, entrance fees, and tour guides.

PROJECT SCHEDULE

Thursday, December 19
Arrival in Lusaka, Zambia

Friday, December 20
Orientation and first work day

Saturday, December 21
Worship with a local congregation

Sunday-Friday, December 22-27
Work days

Tuesday, December 24
Christmas Eve

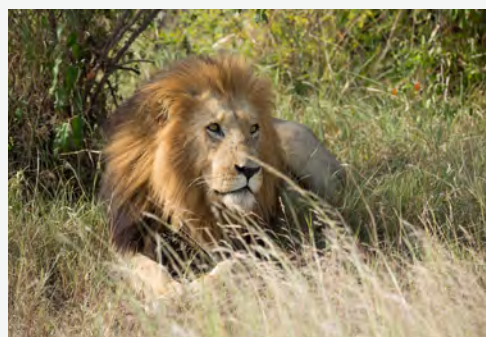
Saturday, December 28
Worship with a local congregation

Sunday, December 29
Bus Drive to Livingstone

Monday, December 30
Chobe National Park in Botswana

Tuesday, December 31
Victoria Falls

Wednesday, January 1
Departures from Livingstone



Sunday, December 29

- Arrival in Livingstone, Zambia
- Check in at the New Fairmount Hotel

Monday, December 30

- Full day Safari at Chobe National Park in Botswana

Tuesday, December 31

- Victoria Falls (Zambia and Zimbabwe side)

Wednesday, January 1

- Departures

Leadership

David Woods	Project Coordinator
Susan Woods	Project Coordinator
Luther Findley	Construction Superintendent
Mark Herscher	Spiritual Coordinator
Cheryl Herscher	Spiritual Coordinator
Debbie Paul	Children's Day Camp

Expenses

Participation Fee: \$1,099

Optional Excursion Fee: \$400

Total Fee (including optional excursion): \$1,499

Children 12 and Under: \$1,349

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 "Family Project Zambia 2024")
- 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 made 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/ outreach
12:00 p.m.	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 a famous Scottish explorer and missionary, named Dr. David Livingstone. The Zambian town of Livingstone is named in his honor.
- Dr. Livingstone was the first European to see the huge cluster of 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 the nation gained its 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 26 kwachas to 1 U.S. dollar (December 2024). 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 \$20. Many countries offer better exchange rates for larger bills (\$50s and 100s), so if you bring small bills, the exchange rate may vary. Any cash you bring should be in new, unmarked, and unturned 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)
- **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.

Lusaka | Expect temperatures in the high 70s during the day and dipping into the mid 60s at night.

Livingstone | On the safari excursion, you can also expect temperatures hitting the high 80s and only cooling to the 60s 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). It 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.



FACTS AND FIGURES

Capital: Lusaka

Population: 20.80 million (2024)

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

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 info@butlertravel.com.
- **CI Azumano Travel:** 800-454-4099 or by email corporatetravel@ciazumano.com

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 (June 1, 2025). 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).

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

COVID-19 Requirements | There are no COVID-19 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/volunteer-opportunities/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 insurance policies, 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 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 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 a copy of your passport 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. 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 closed toe 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 (**Required**)
- 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)
- 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 potential 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 Navy"; 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.

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