

INFORMATION BOOKLET SHORT TERM TEAMS



Our vision is to establish a life-giving church within walking distance of every person in the Western Province and to see all villages impacted by the Gospel and uplifted through a strong Christian Community.

PREPARING FOR YOUR TRIP

REQUIRED DOCUMENTS

- Indemnity form
- Medical form
- Child protection policy
- Child protection declaration form
- Police clearance
- Copy of your passport
- Copy of your drivers license (If you will be driving)
- Cope of travel insurance

PLEASE GIVE ALL DOCUMENTS TO YOUR TEAM LEADER 1 MONTH BEFORE DEPARTURE.

TRAVEL REQUIREMENTS

- Check if your passport requires a visa. Remember if traveling by road through neighboring countries you may also require a visa to transit. It is recommended that your passport is valid for at least 6 months from when you get back to your home country and have at least 3 empty pages.
- It is advisable to make 2 photocopies of your passport, one to remain behind at your church office, the other to go with you on your trip.
- Malaria prophylactics are compulsory.
- Any child under the age of 18 exiting SA will require an unabridged birth certificate. They will also require a letter from any parent not accompanying them giving them permission to travel and a certified copy of their ID.

TRAVEL REQUIREMENTS

- Make sure that you are spending more time with God than you usually do. This is a time when the devil WILL increase his schemes to “de-motivate” and discourage you. This is one of the reasons why you need prayer partners.
- A journal is always a great way to keep track of how you are doing spiritually as well as to record your trip
- Prayer is a very important and essential part of any mission trip. We suggest that each person asks 2 people to pray for you before you go and while you are away.

PREPARING FOR YOUR TRIP

VIDEOS TO WATCH BEFORE YOUR TRIP

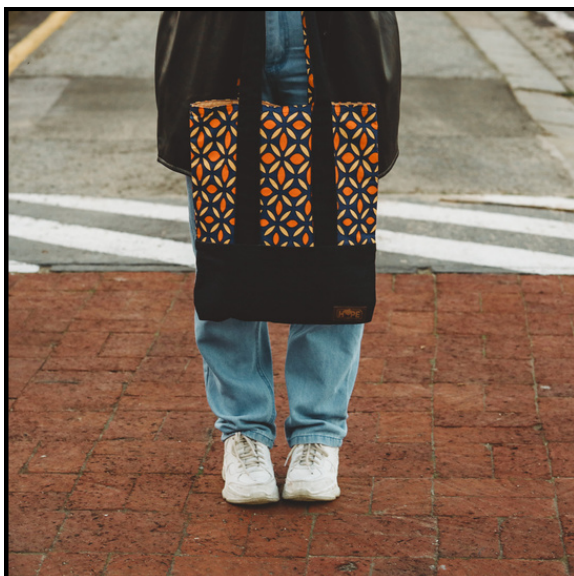
- Helping without hurting (15 min videos)
 - [Part 1](#)
 - [Part 2](#)
 - [Part 3](#)
 - [Part 4](#)
 - [Part 5](#)
 - [Part 6](#)

RECOMMENDED READING

- “Foreign to familiar” - Sarah A. Lanier
- “When helping hurts” - S. Corbett & B. Perkins

TO DO BEFORE LEAVING HOME

- Inform your phone provider that you are leaving the country. Some phones are locked to the provider.
- Inform your bank that you will be using your cards outside of the country
- Be sure to bring extra dollars or your card (as we now have a card machine) with you to buy some Hope Art as souvenirs or gifts for friends and family.



PACKING LIST

DOCUMENTS

- Passport
- Money for visa (if necessary)
- Flight tickets or confirmation number
- Cash/Debit/Credit card
- Travel insurance documents
- Driver's license/International driver's license (if not from a SADC country)
- Vaccination documents and copies of prescriptions

MEDICAL

- Malaria medication
- Prescriptions
- Insect repellent
- Band-aids
- Contact lens solution/case (if needed)
- Anti-itch cream
- Motion sickness medication (if needed)
- Ibuprofen

ELECTRONIC

- Phone charger (South African plugs are used at our camp)
- Universal adapter
- Camera/charger/extra batteries
- Music and headphones
- Portable power bank

PACKING LIST

CAMPING EQUIPMENT

- Sleeping bag and pillow
- Blow up mattress
- Light blanket for traveling
- Camp chair (if you're not flying)
- Water bottle, plate, bowl, mug, cup, eating utensils
- Washing and drying cloths
- Torch and spare batteries
- Bible, notebook, pens (keep pens handy when traveling as you'll need them at borders)
- Day pack (to keep snacks for the day, Bible, toilet paper, wet wipes, hand sanitizer, etc..)
- Snacks (for in-between meals and traveling)

NOT NEEDED IF YOUR TEAM WON'T BE CAMPING

TOILETRIES

- Roll of toilet paper (keep handy while traveling)
- Deodorant
- Body wash
- Shampoo/Conditioner (decant into smaller containers)
- Toothbrush/toothpaste
- Feminine products
- Wet wipes (keep these handy always)
- Hand sanitizer
- Lip ice (chapstick)
- Sunblock



ZAMBIAN CULTURE

The SiLozi people are a people whose culture and traditions have been passed down from generation to generation by storytelling. They relate to, and love stories! They also love to sing and enjoy dancing. They really enjoy it if foreigners make the effort to follow their cultural norms. Making an attempt at SiLozi really brings a smile to their faces and it is worthwhile learning a few phrases

SILOZI PHRASES

Eni sha	Greeting of respect
Mu zuhile cwani?	(Literally) How have you risen?
Ni zuhile hande	(Literally) I have risen well
Nitumezi	Thank you
Nitumezi hahulu!	Thank you very much!
Mulimu	God
Mulimu ki yo munde	God is good
Nako Kaufela	All the time
Ki hande	It is good (general e.g. the situation is good)
Ki yende	It is good (certain objects e.g. a Shirt)
Ki wena mani, libizo?	What is your name? (Referring to a child)
Ki mina bo mani, libizo?	What is your name? (Respectful, adult)
Na, ki na "John"	Myself, I am "John"
Mu pumule hande	Rest well
Lu ka bonana	We'll see each other later

BUSH CAMPING ETIQUETTE

Camping in the bush can be great fun and is often a totally new experience for some on the team. In this document we hope to share some simple insights that make camp life both safe and a great experience for all.

BE AWARE OF YOUR ENVIRONMENT

- What is where... ditches, water, tree stumps. Note these while it is still light

PERSONAL HYGIENE IS IMPORTANT

- Make every effort to keep yourself clean and smelling fresh (a wet wipe wash is a good substitute if you don't have access to water)
- When showering, try to be as quick as possible as this is when you will not have the protection of the mosquito repellent. Plus when you are in a big team, be considerate that others also need to shower so be as quick as possible.
- Brush your teeth & rinse your toothbrush with drinking water ONLY

BUSH TOILETS

- Be careful of wasps in the toilet areas- make sure none are in the long drop before you squat or you'll be sorry.
- When going to the toilet, make sure you wash your hands after you have gone. If no water is available, make sure you use a disinfectant waterless hand cleaner or a wet wipe.
- Only put a light sprinkling of sand over #2's. It takes lots of work to dig the hole.

HANDS

- Wash your hands with soap or the best possible cleaning method you can use before dealing with food.
- Your germs and the germs in the villages are different. Make sure that you wash your hands after you have spent time in a village and have had contact with locals (IMPORTANT- DO NOT wash your hands/use sanitizer in front of locals, only clean your hands after you have left the village. We do not want to create an "us and them" perception, or give the locals the idea that we think they are dirty. We wash our hands because our immune systems cannot handle the same bugs that the locals' immune systems can).
- Be careful not to put your fingers into your mouth or on your eyes.
- A good idea is to keep your hands and mouth far from each other.

HEAD

- Always wear sunscreen and a hat

BUSH CAMPING ETIQUETTE

FEET

- Wear your shoes always to protect your feet from heat, stones, scorpions, etc...
- A good idea is to have some sort of foot powder for your shoes. It also helps you stop chaffing and sweating in places you don't want to sweat.

COMMUNAL AREAS

- Keep the food preparation table as clean and clear as possible.

FIRST AID

- If you are sick or injured in any way, report it to your team leader as soon as possible.

HANDS

- Be careful not to touch bodily fluids of humans or animals.
- Spray with mosquito repellent in late afternoon and after you shower. Spray yourself and then spray over your clothes.
- Spray yourself with mosquito repellent first thing in the morning but please not in your tent! The rivers carry some nasty bugs (and some huge things that could eat you) so please be very careful. Clean wounds and try hard to avoid getting them wet.
- Before putting on your closed shoes, shake and check inside for spiders, scorpions, or anything else that shouldn't be in shoes.
- When walking at night in the bush, be noisy... it wards off any wildlife.
- Keep your tent zipped at all times
- Don't wander off by yourself or go anywhere without telling someone where you're going. Take care when collecting wood- things hide under fallen wood. Kick the log before picking it up.

WATER

- Don't drink the river water.
- Be careful about purified water containers vs. unclean water containers. Don't get them confused.
- Take enough drinking water with you when you ministering.
- Remember you must keep yourself hydrated so be sure to drink enough water!

REFUSE

- Do not put the empty aerosol cans in the rubbish that will be burned... BOOM!

PROTOCOLS

Below are the protocols that you agree to abide by when signing the Zambia Project Indemnity Form.

IT GOES WITHOUT SAYING THAT YOU NEED TO CONTINUE GROWING IN YOUR LOVE FOR GOD, PEOPLE AND YOURSELF. A SERVANT HEART ATTITUDE IS VITAL FOR THE SUCCESS OF YOUR TIME IN ZAMBIA. WE NEED PASSIONATE PEOPLE WHO ARE DEVOTED TO SEEING OUR VISION OF "HAVING A CHURCH WITHIN WALKING DISTANCE OF EVERY PERSON IN THE WESTERN PROVINCE OF ZAMBIA" COME TO PASS. PLEASE REMEMBER THAT THESE PROTOCOLS WERE CREATED WITHIN THE BEST INTERESTS OF BOTH THE PROJECT AND YOURSELF. IT IS OF VITAL IMPORTANCE THAT WE RESPECT THE DIFFERENT CULTURE WE HAVE CHOSEN TO WORK WITH, SO THAT WE MAY WIN AS MANY TO CHRIST AS POSSIBLE.

1. Please be aware that your work with the Zambia Project and your outreach commences from the time you leave your home until such time as you return home. All travel time is considered part of the outreach and therefore all protocols must be adhered to during this period.
2. Drivers and passengers must wear safety belts at all times. Drivers, please note that you may only transport as many people as there are working seat belts in your vehicle. We cannot risk injury as many of the areas we work in have poor or non-existent medical facilities. It is imperative that all precautions are taken to protect yourself, the rest of the team and the people we minister to.
3. No drinking of alcohol or smoking is allowed on the base, while in the field or traveling to and from abroad. In this culture the people do not believe that a person who is a Christian should consume any alcohol or smoke.
4. Please never go off on your own. You must always get permission from your team leader before you leave the group. This is more than just ensuring your safety, but also for the efficiency of your team.
5. Please never promise things that you may not be able to fulfill. People here are very trusting people. A promise made is a promise that they will expect to be kept. Examples are promises to visit again, write to them, or send a photo.
6. Although we encourage generosity, we do not hand out things without carefully thinking through the consequences - we guard against developing a handout mentality. We kindly request that you respect this policy and check with the Zambia Project's leadership first before giving items, or money.

PROTOCOLS

7. Dress code: Please ensure at all times that your dress will not offend the people, no matter how hot or uncomfortable you may be. This INCLUDES your travel from the Zambian border to Mongu or the village. In Mongu, women are allowed to wear dresses and trousers (including jeans) that aren't too tight fitting (no leggings) and no shorter than knee length. Thighs are seen as very sexual in Zambia. Local women, living in the more rural areas of Zambia, only wear dresses and long skirts. Wearing trousers/pants is distracting and sometimes associated as negative sexual behaviour. You may wear strapless tops, but please cover your midriff at all times. Ladies please ensure your dress or skirt is not see through.

8. If you are in a relationship with another team member, and not yet married, we ask that you refrain from any physical affection. In the Lozi culture only people in sexual relationships show public affection so local people may assume that you are having a sexual relationship outside of marriage. This will jeopardies your and the Projects integrity.

9. Teams are not allowed to use makolo's (dug out canoes) to cross-rivers or lakes. These boats are very unstable and our rivers have lots of crocodiles and hippos.

10. Please be aware of the following medical precautions which need be taken: It is imperative that you are on a Malaria prophylaxis while on the outreach and that you begin the medication within the stipulated time frame before you enter the malaria area. You must finish the course of medication as instructed by your doctor. The only exception is if your doctor states in writing that you cannot due to a medical condition. This letter must be attached to your medical form. (This is compulsory, unless you have a medical letter. We suggest you use Malarone, or Doxycycline as we experience their side effects to be minimal compared to some other brands like Larium, or Mefliam). You need to take all precautions to prevent malaria at all times. This includes sleeping under a net and using mosquito repellent when necessary. Though your team leader should have a comprehensive medical aid kit it is still your responsibility to bring your own personal medication.

PROTOCOLS

11. It is compulsory for everyone to attend orientation, which will normally be held on the first day that you arrive in Zambia. The orientation session will be run by one of the staff of the Zambia Project and all the protocols will be discussed with you.

12. You are also required to attend any team meetings, which may be scheduled. Fellowship and maintaining your personal relationship with God are of the utmost importance. The highest priority is to portray the correct image of Jesus Christ and to maintain the long-term integrity of the Zambia Project at all times.

