

**Tanzanian Travel Information & Packing List – Summer 2012
Shepherd of the Valley Lutheran Church**

Contact: Kirsten.Levorson@sotv.org 651.423.4811

- November 1** **Applications due; deposit \$400 payable to SOTV**
- November 4th** **6:30 – 8 p.m. Trip Prep Meeting #1**
- Traveler to do list:**
- **Get your passport (if you have a passport already, you must renew it if it will expire within 6 months of our trip)**
- January – July** **Meet monthly to prepare for the visit**
- Traveler to do list:**
- **Gift collections**
 - **See your physician and/or international travel clinic**
 - **Learn Swahili phrases**
 - **Learn the history/background of the Tungamalenga Partnership and ministries of evangelism, education, healthcare, economic development**
- June** **Leaders will submit visa applications for the group**
- July TBD** **Packing meeting**
- July TBD** **Commissioning at Worship**
- September TBD** **Storytelling event for congregation**

Payment Schedule

(Dependent on size of group; final cost to be determined after airfare is established)

If our group is < 10		If our group is > 10	
November 1	\$400 deposit	November 1	\$400 deposit
November 15	airfare due	March 1	airfare due
June 1	balance due	June 1	balance due

HEALTH INFORMATION

See your personal physician if you have ongoing health issues.

Highly recommended: Visit an international travel clinic for the best advice on vaccinations and medications needed for East Africa.

Our group will usually include a nurse or healthcare professional. Leaders will ask participants to provide relevant health information and a list of all medications and health concerns. Group leaders will carry an emergency kit of medical supplies and medicines for the group.

- Consult your physician or travel clinic about two months before departure as some vaccinations cannot be given with others and some need time to become effective. In general, most sources suggest the following precautions for travelers to East and Southern Africa:
 - Yellow Fever vaccination
 - Malaria prevention with Malarone
 - Hepatitis A (Hep B also recommended)
 - Tetanus and Polio boosters
 - Meningitis
 - Typhoid
- Most travelers obtain a prescription (Cipro) for treating severe traveler's diarrhea.
- **Bring your own** supply of over the counter medications, including a pain reliever, decongestant, Pepto Bismal tablets, Imodium, Dramamine, hydrocortisone cream.

To stay healthy...

- Wash hands often with soap and water. Disposable antibacterial wipes and antibacterial gels (Purel) are good.
- Don't eat food purchased from street vendors.
- Drink only bottled or boiled water, or carbonated drinks in cans or bottles.
- Avoid tap water, fountain drinks, and ice cubes. We will always have access to bottled water.
- Brush your teeth with bottled water. Close your eyes and mouth in the shower.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: **boil it, cook it, peel it, or forget it.**
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot and wear close-toed shoes.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't handle animals, even dogs and cats, to avoid bites and serious diseases (including rabies).
- **Talk to trip leaders and/or health professionals at the first symptoms of any health concerns. Don't be shy! We can help.**

Packing

- **Challenge: Can you get all your personal items into your carry on bag so that both checked bags can be filled with gifts?**

- **One rolling carry-on bag** for your personal clothing and supplies
- **One camera bag or purse** (be careful of the size of each)
- **Passport holder/money belt**
- **Two large suitcases (empty)** to pack at SOTV with gift items and medical supplies that we will leave in Tanzania. Personal items that don't fit in your carry-on can also go here.

Tips for African travelers:

1. Coordinate your clothes around one or two colors so you can mix & match.
2. To show respect for our host culture, women will wear knee length skirts or dresses and tops with sleeves; men will wear long pants; no shorts or jeans or tank tops or tight fitting t-shirts, please.
3. Jewelry—keep it simple, or (preferably) don't wear any at all.
4. Plan to dress in layers so you can be comfortable in changing weather and altitudes Iringa town is in the highlands and will probably have daytime temps in the 70s–80s; Tungamalenga is in the Great Rift Valley and will be 10–15 degrees warmer. Overnight temps may be down to the 40s and 50s.
5. Access to electricity will be infrequent and unpredictable at best. While batteries might be able to be charged in some locations, it is best not to assume that electricity will be available everywhere. Plan ahead. Be sure to have appropriate current & voltage converters. Leave hairdryers and curling irons at home. If electricity is limited, the group videographer will have priority.
6. PERSONAL CLOTHING – Before you pack, lay out what you think you want to take and put about half of it away! Plan outfits that coordinate for 5–7 days. We will be able to do some laundry.

Travel Documents & Vital Items:

(to be kept with you at all times in your passport holder or moneybelt)

1. AIRLINE TICKET
2. PASSPORT
3. VISA
4. Yellow HEALTH CERTIFICATE
5. Spending money – \$200–500 in new, crisp 50 or 100 dollar bills.
6. HEALTH INSURANCE information
7. (For those under age 18) Notarized letter signed by living parent(s) authorizing you to travel with the adult leaders—specify location and dates. Even youth traveling with one parent should have this letter signed by the other parent. The letter must be signed and dated in the presence of a notary. (Ask leaders for form)

8. Additional photo ID (such as driver's license)

In Your Carry On Purse or Backpack:

1. Prescriptions for Malarone (*anti-malarial*), Cipro (*digestive infection*), and other medications or prescriptions in original containers.
2. Summary of health history and current prescriptions (see form from leaders)
3. Personal items needed for overnight travel (Hairbrush, deodorant, toothpaste, shampoo, etc)
4. Camera, film, extra camera batteries (Ziploc bags to protect from dust)

In Your Rolling Carry-On Bag

- Travel alarm clock (optional)
- Flashlight or mini lantern
- Compact, lightweight sleeping bag or bed liners (optional)
- Light jacket, sweater, or sweatshirt
- 2 pair of walking shoes/tennis shoes
- Socks
- Skirts (2-3)
- Slacks (2-3)
- Shirts (5-7)
- Modest pajamas
- Modest undergarments
- 2-3 bandannas
- Flip-flops for showering
- Towel, washcloth (optional)
- Personal cleansing & hygiene products – soap, shampoo, conditioner, wet wipes, toothbrush & toothpaste, floss, shaving cream & razors, cotton swabs, deodorant, moisturizer, contact solutions, small hand mirror, etc. In general, these items will NOT be available to buy in Tanzania. Women will need little or no makeup. (If these items do not fit in your quart size ziplock bag for TSA restrictions, they may go in a checked bag.)
- NO ELECTRONIC HAIR STYLING DEVICES
- One roll of toilet paper (tube removed, if possible, for packing)
- Sunscreen (at least SPF 30)
- Mosquito repellent (with at least 20-30% DEET)
- Duct Tape (for emergency repairs)
- Snacks, granola bars, trail mix (optional)
- Small water bottle
- Hat or visor, sunglasses
- Journal and pens

Group Leaders Will Bring:

Devotional Booklets
Copies of Group Photo to Share
Polaroid Camera & Film for Gifts
First Aid Kit & Shared Medical Supplies such as: antiseptic wash, antibiotic lotions and Band-Aids, bug bite cream, etc.

Together we will Collect Congregational and Individual Gifts:

To Share with Friends we meet:

Hard Candy (suckers, mints, jolly ranchers)
SOTV t-shirts

For Evangelists, Pastors, Hosts

Hand towels (2 dozen)
Devotional Books
Framed Scripture verses or cross
Clerical shirts (2-4)
Bible Commentaries (2-4)

For the women who cook & serve us

Cross necklaces or bracelets

For primary schools and orphanages

Children's books (elementary to middle school level nonfiction; books with lots of visuals; geography, science, history)
Puzzle maps of the world
School supplies & tote bags

For secondary scholarship students

School kits (gifts from donors to students)
Solar calculators

For village congregations (16-20)

Soccer balls + extra needles & 2 pumps

For Dispensary and Health Centers

Vitamins
Medical supplies
Midwife & hospice kits

For the congregation

Banners for worship
Paraments
Bicycles (purchased in Iringa)
Chalice and Paten sets (3-4)

OTHER TRAVEL INFORMATION:

1. Cultural sensitivity: A first visit to a very impoverished country can be unsettling and emotionally intense for most people, but please refrain from making remarks about the level of poverty especially when in the company of our guides and TZ friends. When our group is alone, there will be opportunity to process these issues.
2. Requests for assistance: Situations may arise where those you have met may ask you for special assistance or request that you fund education, etc—**channel all such requests through the Bega Kwa Bega Office or to the Pastor and partnership** committee and alert the group leaders. In accordance with the covenant agreement governing this partnership, SOTV responds to all requests through the partnership committee. All financial support goes through the partnership committee and through the Bega Kwa Bega office, never through individuals.
3. Spending money: TZ is a cash-only economy. Group leaders will have a credit card for emergencies. At most, bring one credit card; remember to call the company before departure to tell them where you will be traveling. Souvenirs: items created by local artists (painted coffee tins, jewelry), carvings, fabrics and other souvenirs are quite inexpensive. Thoughtful & beautiful gifts may be purchased for less than \$10. Plan accordingly. Bring cash in crisp new \$50 and \$100 bills for the best rate of exchange. Tanzanian banks have not been accepting US currency dated prior to 2006. There is an ATM at the airport if you wish to withdraw TShillings directly from your account.
4. Group expenses: Most expenses (tips/gratuity, lodging, transportation, most meals) are paid on behalf of the entire group. These costs were included as part of your trip fees paid to SOTV. Several lunches while in Iringa will be on your own in the market.
5. Security: We will always be accompanied by native Tanzanians who will interpret for us and keep us out of harm's way. In the village, we will always be together as a group and we will have a local pastor staying with us who will help us with cultural questions and translate as needed. Keep money and important documents in safe places, and be careful about the amount of money people see in your possession. We have been advised not to discuss our specific day to day travel plans in public, as there have been reports of "listeners" who use cell phones to alert bandits about the movement of tourists traveling through remote sections of the country.
6. Language: Students who attend secondary school (about 20% of the general population) are taught in English, and they are anxious to use their skills with Americans. They also appreciate our efforts to learn Swahili, as well as greetings in their local tribal language (*Ki-Hehe* in this part of Tanzania).
7. Medical care: More than 1000 people from St. Paul have visited the Iringa Diocese from St. Paul since the mid 1990s, and very few cases of malaria have been reported. During July/August, no rain falls in this part of the African continent, and the risk of malaria is at its lowest. Our leaders have current training in first aid and CPR, and we are familiar with local medical professionals who can help us treat illness beyond the basics. In our previous trips, we have encountered some gastrointestinal illness that has lasted a few days, some very minor rashes and bug bites, and one broken bone. Between our trip nurses and the medical personnel at Tungamalenga Dispensary and the Ilula Health Center, our medical needs have been well met.
8. Accommodations: We will experience a wide variety of sleeping accommodations. In Iringa, we will stay at a retreat center with western toilets and showers. In Tungamalenga and while on safari, we'll stay in bandas with western toilets and showers (but unreliable water pressure). Mosquito netting will be available as needed over our beds. These places are

clean and safe, with security appropriate to the location. There will be times when we use African bathroom accommodations—Africans squat over the floor for toileting, usually in an out-house style of bathroom with a hole in the floor, or modern facilities have a porcelain flushing hole in the floor. The custom in Africa is to use your left hand for toileting needs and your right hand for eating and shaking hands.

9. Travel In-Country: We will rent a bus with a paid driver and conductor. They will meet us in Dar es Salaam and accompany us throughout our stay. They'll help us with luggage, safety and information about Tanzania. We have had wonderful experiences with our previous drivers and conductors. It takes time to get everywhere—the road system is sufficient at best and we try to see as much as possible. We will sometimes spend an entire day traveling, but usually provide a lighter schedule the following day for good rest.
10. Support for Leaders: In addition to staff from St. Paul who will be living in Iringa at the time of our visit, we know several Tanzania Lutheran pastors who have lived and trained in the U.S. They work for the Diocese, and will do all they can to make this a wonderful experience. We will always have a fluent Swahili-English interpreter with us (usually a pastor), whose expenses will be covered by the group.
11. Gifting: We will talk more as we prepare for our trip about appropriate gifts and quantities. We want to be careful about showing excess or favoritism, keeping in mind that this journey is mostly about the gift of relationship.
12. Tax Deductibility: Saint Paul Area Synod personnel have told us that our expenses for this trip may be tax deductible under US tax law, except for safari expenses. Please refer your tax adviser to this relevant article if you are interested in exploring this possibility: "2003 Church Law & Tax Report," by Richard R. Hammar, J.D., LL.M., CPA, Christian Ministry Resources, PO Box 2301, Matthews, NC 28106; phone (704) 821-3845. He writes:
"Example: Several members of a church go on a short-term mission's project to another country. The value of their labor is not deductible, but they can deduct their unreimbursed travel expenses (transportation, meals, lodging) incurred in performing their project." SOTV can provide a letter stating the purpose and cost of the trip and that you are traveling on behalf of the congregation.

INVOLVING THE CONGREGATION BACK HOME:

1. Shared Devotions: Family members and other supportive members may be asked to contribute to a devotion book for use by our group, as well as the people back home.
2. Communication: We anticipate that we will have Internet access while in Iringa, but not while on safari or in Tungamalenga. There will be 5-7 days without communication from our group, except in case of extreme emergency. When we have access, we'll send reports back to SOTV's webmaster, who will update www.sotv.org for everyone to read. Families and friends at home should not expect to receive many personal e-mails; there will be precious time for 10-14 people to share one computer when available. We also suggest that you use a 'hotmail' or 'yahoo' e-mail address just for this trip. People who need to reach you with important information have this address; travelers don't have to be annoyed by spam and the latest FW: we really don't need to read; you'll stay focused on the trip rather than business from work or activities. For example, AnnInTZ@hotmail.com.
3. Sharing Our Stories: Participants will have opportunities upon our return to present stories and photos to the congregation.