



**MISSION TRIP  
INFORMATION  
PACKET**

**AFRICAN**  
**VISION** of   
**HOPE**



## Getting Ready

There are many things that need to get done before you leave for Zambia. Keeping track of payments, gathering your luggage, attending meetings, and growing spiritually are just a few things you should be doing prior to the trip. Although this seems like a lot to take on, you must remember that God equips the called and many have made this trip before.

Lists are very helpful when preparing for this mission trip. You should keep the payment checklist and packing checklist close by and use them to stay on top of what you need to do for the trip. Please understand that it is ultimately your responsibility to make sure you are prepared, keeping on top of deadlines, and raising support. Of course, we are here to help, please come to any of the trip leaders with questions or concerns.

As your trip leaders, we will pray for you and with you, and help you remember the plethora of things that you will need to do before now and the trip. Remember, hundreds have gone before you on this trip. God is in control.

## Preparing Your Heart

“Then Joshua said to the people, ‘Consecrate yourselves, for tomorrow the Lord will do wonders among you.’” Joshua 3:5

Here are a few things to think about and do as you prepare for the summer! Our vision is for your time in Zambia to share hope and **ENGAGE**.

1. Engage with the Lord
2. Engage with your team
3. Engage with a new culture
4. Engage with the Gospel message
5. Engage with your local church

## Engaging With the Lord

Spend regular time with the Lord in His Word and in prayer. If this isn't a daily habit for you now, we encourage you to make it one! Our biggest goal for this trip is to glorify God in our personal devotion to him and in our public obedience to His call to make disciples of all nations. This is not a vacation, or a trip to sight see.

There are quite a few books you can read before the trip to help you prepare. Here are a few that we recommend:

1. *Kisses from Katie* by Katie Davis
2. *Radical* by David Platt

3. *The Boy who Harnessed the Wind* by William Kamkwamba
4. *Too Small to Ignore* by Wes Stafford
5. *Unfinished* by Richard Sterns
6. *Walking with the Poor* by Bryant Myers
7. *The Garden of the Burning Sand* by Crobin Addison
8. *28: Stories of AIDS in Africa* by Stephanie Nolen

## Engaging With the Team

Recognize that you play a significant role in this trip. You bring certain strengths and weaknesses to the team. You will take the step of faith to know yourself well, bring your whole self to the trip, and commit to the good of this team. Ask someone who knows you well to give you input into the key strengths and weaknesses of how you relate to a team.

Commit to getting to know the team during meetings or outside of them. Once you are in Zambia you will all grow closer (Sometimes too close, ha!) but it is helpful to form relationships and bonds before you leave.

## Engaging With a New Culture

An important part of missions is how we reveal Christ by how we engage with another culture. Some things in Zambia will comfort you, while others will surprise you, disgust you, challenge you, or make you laugh. We will do our best to prepare you for the most jolting culture shocks, but it is also your responsibility to prepare your own heart for engaging with a new culture.

Pray for Zambia. Allow God to fill your heart with His love and compassion for this place.

## Engage With Your Local Church

Tell your home church about AVOH and this trip. We can use all the prayer and support we can get. It is important for churches to train up disciples who are reaching out, see if your church provides financial support for those going on mission trips. There are many opportunities within the church to share your call to missions and what AVOH does.

Many of our teams in the past have represented 20 or more different churches from all over the area and country. AVOH is a Christian organization and we are not affiliated with any certain denominations. We welcome all who are called on this trip and who are willing to give their time and love to the people of Zambia.

## Travel, Health, and Packing Information

### Trip details (flight itinerary)

Departing St Louis on July 28, arriving in Washington DC, spending the night there.

Departing Washington DC on July 29 and arriving in Lusaka Zambia on July 30th

Departing Lusaka Zambia on August 7 Arriving in St. Louis on August 8

### Cost details

The cost of this trip is \$3,350.00 There will be no refunds on deposits or mission trip funds. Taxes and fuel charges are not added until June 1<sup>st</sup> and can change your plane fare up to \$100.00. Price includes round trip airfare, accommodations, missionary trip insurance, AVOH T-shirt, lunch and dinner each day except for time in airports and on airlines and transportation while in Zambia. If you arrive on a different schedule than the team there will be additional costs for transportation to and from the airport. Price also includes hotel in D.C. and transport of luggage back and for the to airport.

A \$250.00 non-refundable and non-transferable deposit secures your place on the team and is deducted from your total cost. Everyone must present the application with deposit and have a short interview.

All donated funds must be used in the same calendar year. There will be no refunds for money donated toward mission trips.

### **Not included in this price:**

Hotel accommodations in case of missed flights

Snacks

VISA purchase in Zambia (estimated cost \$50.00)

Airport food and hotel food

Souvenirs

Long distance phone calls

Passport

Immunizations

### PAYMENT DUE DATES

Deposit of \$250.00 with application to secure spot

04/01 - \$750.00

05/15 - \$750.00

06/15 - \$1000.00

07/01 - \$600.00 plus any spending money that you may want

### Contact Info

Judi Bertels – [judi@africanvisionofhope.org](mailto:judi@africanvisionofhope.org)

618-531-7365

### Bringing Money with You

Before the trip, you will turn in your spending money to Judi to be wired to Zambia. Once in Zambia, she will give you the amount in Zambia's currency, Kwacha. It is also smart to have some US cash on hand for when you are in airports. Kwacha will be used on our market day where we buy local jewelry, fabrics, decorations, and more. There are other opportunities to use Kwacha, for example if we stop randomly for a soda or to pay a seminary wife for making some chitenga fabric into a skirt. Once you arrive in Lusaka, you are required to have a 50 dollar bill that was made in **2006** or later for your Visa. All spending money must be turned in by July 15<sup>th</sup>.

### Passport Information

Please make sure your passport has at least 6 months left on the expiration date from the date you will be departing Zambia

### Medical Information (not required)

Hepatitis A

Hepatitis B

Polio booster – if you are older, as your original may no longer be effective

Tetanus

Malaria medication and antibiotic (I used doxycycline, it covers both malaria and acts as an antibiotic)

You may wish to get anything else suggested. *Refer to the CDC website for updated information at: [www.cdc.gov](http://www.cdc.gov).*

### What To Pack

Everyone is allowed two 50lb suitcases, a personal item, and a carry-on. The personal item **cannot** be a book bag but can be a large laptop case or a large purse. The carry on luggage must be 25 pounds or less. I would suggest putting your bookbag in your luggage and taking a small carry on luggage and a large purse or some kind of business looking brief case.

Please put all of your personal items in one suitcase. All of our supplies have to go in the 2<sup>nd</sup> suitcases; therefore your second piece of luggage will be filled with supplies for the trip. We will also use some space in your carry on for items that are electronic or valuable. Try to take personal items and clothing that you can leave behind. It's great to come home and have no laundry! Make sure your luggage is large enough to handle 50lb and that you have a regulation size carry-one and a personal item. Please have your 2<sup>nd</sup> piece of luggage at the office by May 1<sup>st</sup> for packing.

Luggage Ribbons – please tie matching ribbons (large enough to spot 15 feet away) on each piece of luggage. This will assist with the identification of our group’s luggage if and when we have to retrieve pieces from the airport. There are times we have to go back 2 or 3 times to get items.

Clothing – this is their winter season; morning and evenings are cool. The temperature in the morning and evenings is between 50’s -- 60’s, and during the daytime 70-80. You will need a heavy sweatshirt or light jacket. Sweatpants and t-shirts are best for sleeping. Make sure you have plastic flip-flops for the bathroom and shower; all the floors are concrete and can get cold. Have comfortable shoes that are good for lots of walking. **Women** ~ NO shorts or any clothing above the knees are allowed at any time, including at the hostel. You can wear skirts, dresses or capris. No clothing with peace signs, ghosts, witches or skulls.

Make copies of your important documents (passport, tickets, etc.) and keep in your checked luggage. You may also scan these documents and give to family member at home in case of emergency.

Use small bottles to pack toiletries. Take travel size of toothpaste and have other items in small containers.

Make sure that you put any important personal items in your carry on such as:

- Any electronics and cameras
- Medication
- A complete change of clothes
- Bible and pens
- Anything you might need for the first 24-48 hours
- Leak proof water bottle

#### Packing List

- Address list and list of important contacts and phone numbers
- Backpack
- Passport
- Tickets and itinerary
- Malaria pills
- Insect repellent and hand sanitizer/wipes
- Money (we will wire money ahead of time for the trip)
- Bible
- Notebooks, paper
- Pens, pencils
- Duct tape
- Permanent markers (must have) for marking water bottles
- Hat or visor
- Water bottle with you name on it
- Sunscreen (important)

- Chap Stick (very important because it is very windy and dry)
- Towels and wash clothes
- Camera
- Jacket or Sweatshirt (a must—gets very cool)
- Trash bags for your trash and dirty clothes (there are no trash cans anywhere), zip lock bags
- Zip lock bags (you will need these)
- Tissues
- Clock or watch
- Hand sanitizer or wipes, wipes are best, women need wipes for airports and daily travel as most times there is no TP.
- Flashlight and batteries, extra batteries for anything you have
- Paper or note book for journaling, pens and pencils
- Converter (if you need to charge cameras or phone)
- Plastic forks and spoons (to be carried on you, unless you prefer your hands)
- Protein or snack bars (important), individual single drink mix packets to add to water
- Breakfast food (oatmeal works great)
- Tylenol, your medications, antibiotics, anti-diarrhea medicine
- Soap, shampoo or whatever toiletries you may need

**Remember ~ only one carry-on and one checked luggage per person.  
The second checked luggage will be used to transport the supplies for our mission trip.**

#### Food while on the Trip

Please bring something with you to eat for breakfast, such as oatmeal, cereal, etc. We have a microwave there and a coffee machine. We will need someone to be in charge of the morning coffee.

We will eat lunch at the school each day or wherever we are. We usually make peanut butter and jelly sandwiches the night before and hard boiled eggs. Usually meals are nshima (corn meal), beans, cabbage, tomatoes, soy and other yummy food. . They are very good and keep you full. I would definitely suggest that you have some healthy snacks as there are days that we will not have food that is easily accessible, or it may be a LONG time in between meals. It is good to have something on you. We will have bottled water when we arrive. The water where we are staying is clean and has reverse osmosis. You need to use your permanent marker to put your name on the bottles. Please keep your water in your room or in your book bag, so you don't lose your bottles. You can refill at the hostel we are staying at. **Do not, under any circumstances, drink water from anywhere else.** It is not clean. Make sure you drink plenty of water each day; it is easy to get dehydrated.

We will eat dinner each night at the hostel where we are staying. We will probably have a large numbers of guests (orphans, teachers from the school, seminary students) who will join us. Some of the church women start cooking for us and we will help them when we get back.

We will have a group (seminary wives) that help the cooks each night and helps to clean up. We usually take up a collection and give them a small gift of \$ at the end of the week.

You will be busy! This is a great mission trip, filled with love, laughter, hard work, lots of hugs and a great time serving God with our brothers and sisters in Zambia. Please spend time in prayer and in God's word seeking His will, your life will be changed forever if you allow God to mold and stretch you.

If this is not your first trip we ask that you pray about sponsoring a child or be part of a sponsorship program through African Vision of Hope before you leave on this trip.

All mission team member will be REQUIRED to participate in 20-25 hours of planning and prep work for the trip and helping secure supplies for the team they are working with. All supplies are the responsibility of the team. This will require prayer, time and effort on everyone's part and you will need to be available to make sure your team is prepared.

#### MEDICAL INFORMATION

We will be purchasing missionary insurance that cover emergency medical situations. This will be for evacuation in case you would need to be brought back to the United States.

If you wear contact lenses you will need to provide your own supplies to care for them. We recommend bringing extra lenses and saline salutation as well as your eye glasses.

#### LEAVE AT HOME

Curling irons, hair dryers, laptops. You will not be using your cell phone very much unless for photos. We will not be using internet or wireless unless in an airport. You may purchase a package for your cell phone through your carrier.

#### LEARN ABOUT A NEW CULTURE

Zambia is a landlocked country in south central Africa. It has a population of about 13 million with 1.3 million orphaned children. It is bordered by Angola, Zaire, Tanzania, Malawi, Mozambique, Zimbabwe, Botswana and Namibia. Zambia has more than 70 different tribes that all have a different dialect and different cultural and spiritual traditions. Many of the rural areas still retain their indigenous and traditional customs and values. We will be there during their winter season. Zambia has 2 seasons, wet and dry, winter and summer.



Zambia's currency is the kwacha with an exchange rate of around \$1.00 to 6.0 kwacha. The staple food of Zambia is nshima which is made with white corn meal. Most Zambians eat these every meal and for many that is their meal. They usually eat with their right hand. The nshima may be served with cabbage, beans or soy and lots of salt. Zambians drink tea several times of the day, and it is similar to a chi tea with lots of sugar.

When greeting anyone in Zambia there is the traditional handshake and a traditional hug. The handshake is with the right hand as the left hand is considered unclean for several reasons. It is impolite to start a conversation without first asking how someone is doing and how their family is doing. Zambians will not understand many of the things you say as our language is slang. Think about all the things you say that are idioms, "I have a frog in my throat, get your ducks in a row, sick as a dog, rub someone the wrong way, out of the blue and so on and so on. They will take everything you say literally. So speak slowly, think before you talk and change how you will say things. They use the Kings English so it is very proper.

Never say an insult to anyone in the streets as that is a criminal activity. Also, be sure to ask to take pictures if we are not at an AVOH project.

Bathrooms are quite interesting in Zambia. Our hostel has toilets, but water pressure comes and goes. So don't be concerned about the flush. When we are out during the day most toilets are pit latrines, or glorified holes in the floor, squatty potties. Always bring your own wipes, always.

Witchcraft, Wizards, voodoo and black magic are an everyday part of life in Zambia. Many times it is intermingled with Christianity. Africans take this very seriously as they know that the battle is against evil and not flesh and blood.

### RAISING SUPPORT

Traveling to Zambia is not cheap and there is no easy way to get there. Airfare is expensive. There has never been anyone that has applied to go to Zambia that has not raised their funds. You can do garage sales, letters, sell candy bars, have a fundraiser. The checks can be made payable to AVOH and are tax deductible. Please remember that you will need to keep track of donations, make copies of checks, etc. **Any checks turned into AVOH must also have a copy of the check for our files, if you need a copy, please make one also. We will not be responsible for making copies to keep in your file. If there is no copy, the check may not get credited to your name. Please keep track of the money you have turned in. If you need to know your balance at any time, please check your file before or after a mission trip meeting.**

### A FEW RULES

Do not ever give out your email or phone number. Do NOT under any circumstance give ANYONE money or large gifts. If you have a sponsored child please keep to the conditions we have listed on child sponsorship. Please remember that we may be traveling with AVOH leaders or AVOH staff during the day, if you eat something, please offer them something too.

Be very careful returning home and accepting FACEBOOK friends. I do not do this unless it is one of our college students or leadership staff.

Do not make promises that you will not keep, many of these children have never had an adult in their life and have not seen people follow through on promises.

When traveling through airports, stay with your group. If asked questions in terminals please be serious minded and not making jokes. When arriving in Lusaka you will be asked why you are there, "I am visiting friends", never say you are on a mission trip or that you have gifts or any kind. When asked what is in your luggage you need to be firm and say "My clothes and the things I need for my stay".

### WE'RE ALL ABOUT TEAMS

Travel Team– You will be assigned to a team for your travel and will stay together with that team

On the Ground Team– You will be assigned a care group on the ground in Zambia that will be able to help you if you have any concerns

### MEETING SCHEDULE – To Be Determined

**Everyone will be helping with preparing for the trip and also while on the trip, preparing for each day, helping with food prep, doing dishes and sharing time with many children and adults and working within your group. We need each and every one of you.**

**We desire for everyone to come home and be an advocate. Please open your heart and your life to God's will for you.**

**I guarantee you that this trip is about joy and hope and serving God and seeing Him working in ways that is sometimes just hard to do when we are comfortable. There will be exhaustion, great fellowship, lots of incredible smiles and much love. Your life will be blessed and I pray it will be changed forever.**

**There will be a sign up for these daily items:**

**Morning Devotions –it can be anything you wish to share**

**Checking on our guests breakfast – I need one person to head this up**

**Prepping for next days lunch – I need 1 team leader**

**Team leader for travel**

**Daily Care group leaders**

# **AFRICAN VISION OF HOPE DONATION FORM**

**(Please enclose this form with your donation)**

Please make check payable to: African Vision of Hope

Donation for:

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(For tax benefit, please do not put my name on your check)

Donor's Name:

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Donor's Address:

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Donor's E-mail:

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Donor's Phone Number:

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Amount Donated:

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