

Work Team Details

We are excited that you have decided to send a work team to New Life Center Zambia!

Below is a list of information you will find helpful as you prepare for your trip. This is not an exhaustive list of everything you'll need to know but will give you a great start.

Please do not hesitate to ask us questions. We will be in touch with you through the process to make sure everyone is on the same page as we recognize that every team is unique!

NLC Contact: Sandy Groves, Groves@newlifezambia.com

Team Details

We recognize that team details can change! However, please stay in touch with us regarding your details as you figure them out. This includes, but is not limited, to:

- Number of team members, including genders and if any are couples (need this information for accommodation preparation)
- Special needs of any team members
- Trip Dates
- Flight Details
- What ministries you want to help with
- Optional Livingstone trip decision

Cost Information

- The bulk of your cost will be your flight, and this cost varies greatly depending on the time of the year and how far in advance you get your tickets. \$2000 for a round trip ticket is fairly average.
- As a work team with us, your stay at New Life Center will be \$30 per person per day for food and lodging.
- If working somewhere other than Kitwe, the average food costs are \$30 per day per person. Lodging costs will vary depending on where you go. We can help you with figuring out those costs as we work with you in planning your trip.
- Souvenir expenses vary according to each person (depends on what you want to buy!), but a good rule of thumb is \$100 per person.

Flight Information

You can book your flights personally or use a travel agent. Check out www.saa.com regularly for sales and deals in flying with South African Airways.

See below for the information of a travel agent that our teams have used before if you would like to go that route.

Renee Singh with STG Travel - renee@stgtravel.com

Ideally you should book your flight to **arrive in Ndola, Zambia**. If you are visiting Livingstone, then you will want to depart from Livingstone, Zambia. If you are not visiting Livingstone, then you can depart from Ndola. If you find it necessary to arrive in Lusaka, there is an additional charge of \$500 for airport pick up.

Visa Information

If possible, you should try to get a *Christian Business Visa* before you arrive in Zambia (allow for 6-8 weeks minimum to do this). This involves filling out the appropriate paperwork and sending in the paperwork along with your passport and the visa fee (\$50) to the Zambian Embassy in the US. This is not a guarantee that you will get the visa. If you are denied the visa, then you will need to get a business visa when entering the country.

There are usually two types of business visas available:

- Single-Entry - \$50; if you are not going on the Chobe Day Trip to Botswana this should be sufficient for your stay
- Multiple-Entry - \$80; if you are planning on going on the Chobe Day Trip to Botswana, this is the better option if it's available

Be sure to carry the NLC address with you as you travel. You may need it when filling out information to enter the country.

New Life Center Zambia
Plot #1 Kwacha Road, Itimpi/Garneton
Kitwe, Zambia

Phone numbers: Delbert – 0966-901999 or 0973-901999

Sandy – 09660848-600 or 0976-448799

Emily – 0968591919

Josephine - 0966902715

If calling from outside Zambia, dial "+26" first.

Money

The rebased Kwacha is the current currency being used in Zambia. The exchange rate varies but is generally around 10 Kwacha to one US Dollar.

Zambia is largely a cash society. Some places in Zambia allow you to use a credit card (but don't expect it anywhere), and there are ATMs around. However, there can be fees associated with using your credit card or withdrawing from an ATM so you need to bring cash with you, if possible.

Please only bring \$50 or \$100 bills to exchange for Kwacha. These bills also must be the newer bills (big heads), with the year 2003 or above, and should be in good condition. Tell your bank this when getting your money.

Livingstone Trip (Optional)

If you've never visited Zambia before, we recommend visiting Livingstone. Here are some details you may need as you make this decision:

- With our new base in Livingstone, we are highly encouraging teams to fly down to Livingstone from Ndola. If booked in advance, this one-way flight costs about \$200. This will save you two days of driving in the car, and you will get there a full day earlier than if you drive. If flying, allow for 4 days for the Livingstone trip. One day for travel, two full days for sightseeing, and then the day you leave.
- If driving, we ask that you cover the costs of fuel and the food and lodging of one staff person to drive you down there. This cost can vary (depending on fuel prices) but an average would be around \$1200, total. If driving, you will need to plan for 5 days for the Livingstone trip. Two days for travel, two for sightseeing, and then the day you leave.
- Other **estimated** costs in Livingstone:
 - Lodging in Lusaka - \$35 per person
 - Lodging in Livingstone - \$60 per person per night
 - Food - \$30 per day per person
 - Victoria Falls - \$25 per person
 - Livingstone Game Park - \$20 per person plus \$5 vehicle entrance fee
 - Taxi – not needed if you travel with us. These rates are negotiable with taxi driver, but are not cheap as Livingstone is touristy and so the prices are higher.
 - Gratuity – 10 percent or whatever you feel like giving. It's not a set rate per person.
- An example of an itinerary:
 - Day 1 – Fly from Ndola to Livingstone (2 very short flights)
 - Day 2 – Optional Chobe Day Trip (see below for details)
 - Day 3 – Victoria Falls in the morning and shopping or other excursions in the afternoon.
 - Day 4 – Airport to depart for home from Livingstone
- You can make reservations for your lodging in Livingstone, or if you know your exact dates, we can make them for you. We generally stay at Maramba River Lodge (they do have a website). Be aware that May through August is their busy season and the lodging options book quickly so if you are coming during those months, these reservations should be done as early as possible.
- Chobe Day Trip into Botswana (**optional**) - \$185 per person – This is an all day trip into a Botswana game reserve where you will be guaranteed to see impala, elephants, and hippos. Other commonly seen (but not guaranteed) animals are giraffe, lions, crocodiles, water buffalo, baboons, and warthog. If you are a bird watcher, there are also several types of beautiful birds that can be spotted. A lot of our teams enjoy doing this trip. It is a full day - 7am to 6pm. They pick you

up from where you are staying and drop you back off. It includes transportation, a half day river cruise, a wonderful buffet lunch, and a half day safari drive in a safari jeep through the Chobe National Park. Soft drinks, water, and tea and cookies are also included.

- If you don't get a double entry visa when you come into Zambia, then you would also need to purchase another visa at the border into Zambia for \$50. There is not a charge for the Botswana Visa.
- Bungee Jumping, White Water Rafting, Microlight tours, Lion and Elephant Experiences, Crocodile Park, and other options are also available in Livingstone. Please look online or check with us for current rates on these experiences if they interest you.

Clothing

Appropriate clothing varies with the type of work you will be doing and the season you're coming in. If ever in doubt, it's better to go more modest and conservative. No reason to have your clothing be a hindrance to your ministry! We also want you to be safe.

- Men
 - Construction/Labor – pants (jeans are fine), covered shoes (for safety), T-shirt you don't mind getting dirty
 - Church – dress pants, collared shirt
 - General Ministry – pants, nice shirt
- Women
 - General: no spaghetti straps or strapless shirts, no short shorts or short skirts (knee length or longer is good rule of thumb)
 - Construction/Labor – capris or pants (jeans are fine), covered shoes (for safety), T-shirt you don't mind getting dirty
 - Church or General Ministry off our campus – skirt with a nice top, or a dress
- General Info for all to consider
 - The African sun can be strong and hot. Keeping yourself covered (sleeves, hat, sunblock) is strongly recommended.
 - November through mid-April is the rainy season – warm days and cool evenings, lots of rain – a light waterproof jacket, poncho, or umbrella is good to bring.
 - Mid-April through October is the dry season – April and May are still warmer with cool evenings. June and July are coldest (it's winter), especially in the evenings, but are still a comfortable temperature during the day. A sweater or jacket is good to bring during those months. Starting in August, it starts to get warmer again. September and October are hot.

Malaria, and other Diseases

Malaria is common in Zambia and you are most likely to be exposed to it. While *there is no 100% effective way to prevent contracting malaria*, we strongly recommend taking the precautions available to you to reduce your risk. These include:

- **Antimalarials:** See below for most common antimalarial medications available. Each one has different possible side effects and everyone can react differently to them. Check with your doctor for the best recommendation according to your health history and current prescription uses. *Please note, that most require starting the doses 1-2 weeks before you leave, and continue 2-4 weeks after you get back.*
 - Doxycycline: daily dosage, often the cheapest option
 - Mefloquine (aka Lariam): weekly dosage, not usually too expensive. Severe side effects for some people, but few side effects for most people.
 - Malarone: weekly dosage, is often a good option for people who tend to have reactions to drugs but is usually the most expensive.
 - Paludrine (aka Proquanil): daily dosage, also usually a good option if you tend to react to drugs or are taking other medications, not always available in the US.
- **Bug Spray:** Bring bug spray (Deep Woods Off works well) to use when outside, particularly in the evening when mosquitos are more likely to be around.
- **Clothing:** Long pants and long sleeves, when possible are good to wear to help discourage mosquito bites.
- **Mosquito Nets:** NLC's accommodations have mosquito nets to use at night.

Check online for the latest on recommended vaccinations. Tetanus, Yellow Fever, Meningitis (Meningococcol), Hepatitis A and B, and Typhoid are all good (or necessary) for you to have. If flying through South Africa, you MUST have Yellow Fever.

You will not want to drink the water from the tap here. For a large group, buying large jugs of water will be the easiest route to have enough water on hand.

Cleaning fruits and vegetables is highly recommended.

General cleanliness is always a good idea (washing hands often, etc).

Internet

New Life Center has wifi available but please note that the electricity is not always reliable and if there's no power, there is no wifi. Please also note that the wifi is not unlimited. We buy data packs and have to buy more when the data is used up. We expect you to use email, WhatsApp, Skype, Facetime, Facebook, Instagram, and other apps like this to keep your family and friends updated on your trip and there will be plenty of data for this type of use, but we would ask that you be considerate of the data

usage by not streaming long videos or downloading large amounts of data. The wifi connection is also not as fast as most Americans are used to in the US.

Packing Tips

Some items to consider packing (**this is NOT a full packing list**):

- Passport (always a good idea to leave a copy of your passport at home)
- Cash
- Credit Card
- Enough clothes for one week
- Light jacket, sweater, sweatshirt
- At least one nice outfit for church
- Umbrella or waterproof jacket if coming during the rainy season
- Bug spray (Deep Woods Off recommended)
- Sunblock
- Hat
- Personal toiletries
- Personal medication (including antimalarials), and general OTC medication (Tylenol, aspirin, etc) *
- Sunglasses
- Hand sanitizer
- Camera
- Journal, Bible, notebook, pen/pencil
- Flashlight
- Extra batteries and/or portable power packs
- Snacks for travelling

*There have been problems with carrying Benedryl products in the past. If you find it necessary to use that OTC medication, be prepared for some possible problems with customs.