

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, which may affect which Center location would be best for your team
- Optional Livingstone tourism 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 in Kitwe 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.

We have two center locations – Kitwe and Livingstone:

- If working only in Livingstone, then please make sure to arrive and depart from Livingstone, Zambia (LVI)

- If working in Kitwe you should plan to arrive and depart from Ndola, Zambia. It is a 1½ hour drive from the airport in Ndola to the NLC in Garneton/Kitwe. The cost for each round trip to the airport is \$60 for fuel only. *(If adding the optional tourist trip to Livingstone after working in Kitwe, you may need to plan on arriving in Ndola and leaving from Livingstone. Discuss with us if unsure how to book your flights).*

Visa Information

*****Currently Zambia is not charging a Visa Fee for US Citizens*****

There are usually two types of business/tourist 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 addresses with you as you travel. You may need it when filling out information to enter the country. If asked what you are doing in Zambia, you are not working (then you need a different visa). Tell them you are just visiting and learning about the country.

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

New Life Center - Livingstone
Farm Plot #2171 Maramba/Maloni
Livingstone, Zambia

Phone numbers: Delbert - 0966-901999

Sandy - 0966848-600

Emily - 0968591919

Josephine - 0966902715

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

Money

The rebased Zambian Kwacha is the currency being used at this time. The exchange rate varies but is generally around 20 Kwacha to one US Dollar.

Zambia is largely a cash society. More businesses are starting to accept credit cards (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 we advise 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.

If you plan to use a credit card for some of your purchases, please try to bring a credit card that has **No Foreign Transaction Fees**. There are various ones available so check to make sure you are using the correct one while traveling here or be prepared for extra charges on your credit card when you get home. It's also helpful to notify your bank of your travels so the use of it in Zambia isn't marked as suspicious.

Livingstone Trip (Optional for those traveling from NLC Kitwe)

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 \$150-\$200). This will save you two days of driving in a vehicle, 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.

- ******Currently we are not driving to Livingstone from NLC Kitwe due to the very poor and unsafe conditions of the road******

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 Livingstone - \$100-\$125 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
 - 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)** - \$235 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, 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. **(*Currently US citizens are not being charged for a Zambian visa*)** 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 a 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 (some exceptions when jeans/pants are acceptable, but please check with us first)
- General Info for all to consider

- Lightweight breathable clothing is generally a good idea. You may want to avoid white clothing as it can get dirty easily (there's either dust or mud year round). Dark colors will be hot in the hot season, and these colors can attract tsetse flies (not common in Kitwe, but may run into them on safari drives).
- Do not pack camouflage or military print clothing. It's not permitted.
- 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/hot 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 the coldest months – 40-50s at night, 60s-70s 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 Proguanil): 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, especially in the evening and early mornings, 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/faucet anywhere in Zambia. 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 wi-fi available but please note that the electricity is not always reliable and if there's no power, there is no wi-fi. Please also note that the wi-fi 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 wi-fi 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 (plus a printed copy stored separately from the original)
- Prescription medications in original packaging
- \$100-\$200 in cash for incidentals and exchange (\$50 and \$100 bills only)
- Credit Card (with No Foreign Transaction Fees, if possible)
- 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
- Electrolyte packets, Airborne or Emergen-C
- Camera

- Journal, Bible, notebook, pen/pencil
- Flashlight
- Extra batteries and/or portable power packs
- Snacks for travelling
- Small day bag or backpack for days off campus
- Water bottle

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

Electronics: Zambia uses Type G plugs (the same three-rectangular pin plug used in the UK) and operates on 230V/50Hz. We have some available on our campuses, but it can be helpful to bring a travel adaptor of your own to be sure you have one for use. Check that your devices are dual voltage. If they are not, then a transformer is needed which are not as readily available. If you are wanting to bring a laptop, please be sure to keep it with you on your carry-on. Do not check it in with the airlines.

What NOT to bring:

- Expensive jewelry, watches, or valuables you cannot afford to lose
- More than you can comfortably carry on your own
- Benadryl
- Camouflage or military print items
- Clothing with offensive graphics or slogans