

# STEMM TRIP PACKET

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Dear Team Member,

Come take a trip with STEMM to Tanzania! You will see the incredible work of God through a mission trip and experience first-hand how it can impact your life. If you are looking to get closer to Christ, if you are searching for meaning and significance in your life, and if you want to change the world one relationship at a time, then a STEMM mission trip is for you.

Our trips are based out of the STEMM 100-acre campus in rural Mbuguni, Tanzania. It is a half hour drive from JRO airport, and an hour from the large city of Arusha. Our campus has amazing views of Mount Kilimanjaro and Mount Meru. You will see firsthand true Tanzanian life in a village setting and stay in a comfortable, relaxed guest house with hot showers and three meals a day cooked by our fabulous chef.

There are three options for visiting Tanzania with STEMM: as a long-term volunteer, a short-term volunteer on an open team, or a short-term volunteer on a closed team. The trip packet explains those options along with estimated costs and trip information. For a trip, you can choose to see an overview of STEMM's work in Tanzania, help with a project or both. Our trip coordinator can help you with the opportunities offered.

God is constantly working in our lives and opening doors with ways to serve. When we are in need God sends our brothers and sisters in Christ to provide us help. We in turn show God's love to our neighbors. The Lord provides for you and calls each of us to provide and serve others. God has given us Jesus for our eternal salvation, which is a great gift. So, because of that gift we are to be a blessing to others.

That is what STEMM embodies in being "Spirit Led, Relationally Driven". The work of STEMM with God's blessing is changing lives by compassionate care in Tanzania.

We are excited that you are interested in serving alongside STEMM in Tanzania. I am looking forward to hearing from and serving with you!

*Kevin C. Brown*

Executive Director

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# STEMM TRIP PACKET

## All Volunteers

### Time line:

- **12 weeks prior to anticipated trip dates- Submit application, all signed documents from application packet including background check form and \$100 non-refundable deposit to STEMM office.**

Once we have received your application and signed documents you will be contacted by the Executive Director within 5 business days. Your application will be reviewed by a STEMM committee and they will decide on approval of your application. You will be notified of their decision.

| <b>Once approved You must send to STEMM office</b>                                                                                                                          |                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| Proof of Passport and Visa                                                                                                                                                  | 8 weeks prior to trip   |
| Proof of Travel Insurance<br>For Travel insurance<br>( <a href="https://app.travelwithgallagher.com/Affiliate/">https://app.travelwithgallagher.com/Affiliate/</a> ) Enroll | 8 weeks prior to trip   |
| Proof of Airfare and Flight Itinerary                                                                                                                                       | 6-8 weeks prior to trip |
| Full payment for fees                                                                                                                                                       | 6 weeks prior to trip   |

**Background Check** is required for all volunteers. See application for instructions on completing the appropriate form.

**Fees:** This will be customized depending on activities and schedule. You will be responsible for airfare, Visa, immunizations prior to trip, souvenirs, costs for transportation, tips, and any extra food and drink not provided by STEMM. See specific fees under each trip.

**Airfare:** Our US trip coordinator can assist you in travel arrangements. There are options available on multiple airlines and the cost depends on the carrier, dates, layovers and locations. Average airfare cost range is from \$1,300-\$2,600. If you are flexible, the cost will decrease. Payment is made directly to the travel agent. You can choose any travel agency, but STEMM suggests:

Siouxland Travel, phone: 712-737-3777 Laurie Roesner [laurie@siouxlandtravel.net](mailto:laurie@siouxlandtravel.net)

**Passport:** If you do not have a passport, apply for one immediately. Passport applications can be obtained at the Post Office or online. To apply for a passport, you will need to present primary information, driver's license, birth certificate, and two passport photos. Sometimes passport photos are taken at the application site. The cost for a passport is approximately \$100. Cost of the passport is not included in the price of the trip. The passport can take several weeks to process. Once the passport is obtained, make sure that it is signed by the applicant.

**It is very important to check the expiration date of your passport. If it is within six months of the date of the trip, it must be renewed. Passports that expire close to the trip dates will not be accepted.**

**Visa:** When you arrive at JRO airport, you will get your tourist Visa. For this Visa, you will need \$100 cash along with your Passport.

If you want to obtain your Visa prior to your trip, you can go to the following website.

Visa information website: <http://www.immigration.go.tz/index.php/en/services/visa-information>

Online visa website: <https://eservices.immigration.go.tz/visa/>

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When you arrive at JRO airport, please have your Passport, Visa, (if you have already) and boarding pass in hand for officials.

**Customs and Immigration:** Once you have cleared customs and immigration, a STEMM employee will be waiting for you just outside the doors at the airport. They will be there to assist with filing a claim for missing baggage (if needed), load your bags onto the STEMM vehicle and take you to your destination at the STEMM village.

## Long Term Volunteers

**Long Term Volunteers are individuals:**

- Staying more than 3 weeks
- With specific skill set that will be used for projects as directed by STEMM
- May be associated with a college or business for an internship with STEMM
- That want to learn about the culture of Tanzania and enjoy its offerings

Schedule and fees are set up with the United States and Tanzania trip coordinators and may or may not be subsidized on a case by case basis.

## Short Term Volunteers-Open Team or Closed Team

**Short Term Volunteers are individuals or groups of individuals:**

- Staying less than 3 weeks
- With specific skill set that will be used for projects as directed by STEMM
- That want an overview of STEMM's work in Tanzania, Medical, Educational, Orphan care and multiple areas of Community Outreach
- That want to learn about the culture of Tanzania and enjoy its offerings

## Short Term Volunteers-Open Team

Open team-

- A thirteen-day trip with multiple dates offered for each year which includes a two-day safari
- Opportunity for an overview of STEMM's multiple areas of operations in Tanzania with hands on volunteer projects
- Individuals not with a set group such as a church or college
- The schedule will be determined by the US Trip coordinator
- Fees are a set cost to include a two-day safari

**Fees:** Cost for the trip averages \$2250, (this cost does not include airfare), but does include Guest House lodging, 3 meals, private car, driver, gas and Tanzanian Trip coordinator who will be your interpreter and guide. This cost may increase depending on the mission trip activities. Safari costs depend on the number in your group sharing the cost. Approximate cost for a two-day Safari is \$750 which is included in the fees. You will be responsible for your own airfare, Visa fee of \$100 cash, immunizations, tips, souvenirs, any extra food and drink not provided by STEMM.

## STEMM Open Trip Schedule

## STEMM TRIP PACKET

| DATE               | SCHEDULE (BASED ON 10 DAYS ON GROUND-13 DAYS TOTAL)                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 1<br>Tuesday   | <p style="text-align: center;">LAND AT JRO Airport (OPTIONAL TIMES)<br/>TRANSFER TO STEMM (30 MIN DRIVE)<br/>LATE SNACK UPON ARRIVAL TO STEMM</p>                                                                                                                                                                                                                                                                                                                                                                            |
| DAY 2<br>Wednesday | <p style="text-align: center;">7-9 AM--BREAKFAST/8-10 AM--UNPACK<br/>10-11AM-- ORIENTATION<br/>11AM-12 PM--TOUR STEMM CAMPUS<br/>12-1 PM--LUNCH<br/>1-4 PM--MBUGUNI VILLAGE WALKING TOUR /MEDICAL CLINIC/SHOPS/<br/>VISIT LOCAL FAMILIES HOMES/MBUGUNI MARKET<br/>4-7 PM--MEET STEMM CHILDREN/FREE TIME<br/>7 PM--DINNER<br/>8 PM--GROUP TIME</p>                                                                                                                                                                            |
| DAY 3<br>Thursday  | <p style="text-align: center;">7-9 AM--BREAKFAST<br/>8 AM--STAFF DEVOTIONS AND INTRODUCTIONS<br/>PREPARE/DO LOCAL CHURCH SUPPORT PROGRAM<br/>12-12:20 PM--TOUR LOCAL PRIMARY SCHOOL<br/>12:20-1:20 PM--SERVE AT LUNCH PROGRAM<br/>1:30 PM--LATE LUNCH AT STEMM<br/>2:30-6 PM--PREPARE/DO LOCAL CHURCH SUPPORT PROGRAM<br/>6-7 PM--FREE TIME<br/>7 PM--DINNER WITH COMMUNITY<br/>8 PM--GROUP TIME</p>                                                                                                                         |
| DAY 4<br>Friday    | <p style="text-align: center;">7-9 AM--BREAKFAST<br/>9 AM-4 PM--NAKWENI MAASAI VILLAGE DAY<br/>(30 MIN. DRIVE) (BOX LUNCH)<br/>LIFE IN A DAY OF A MAASAI<br/>(SPEAR THROWING/JUMPING CONTEST/<br/>HERBAL MEDICINE TOUR/BEADING/PLAYING WITH CHILDREN/<br/>VISIT SCHOOL/HERDING GOATS &amp; CATTLE/<br/>COLLECTING FIREWOOD AND WATER/COOKING FOOD/etc.)<br/>4--RETURN TO STEMM<br/>5-7 PM--FREE TIME<br/>7 PM--DINNER WITH COMMUNITY<br/>7:30-8:30--TRADITIONAL GOAT ROAST/FIRESIDE MAASAI DANCE<br/>8:45 PM--GROUP TIME</p> |
| DAY 5<br>Saturday  | <p style="text-align: center;">7-9 AM--BREAKFAST<br/>8 AM--STAFF DEVOTIONS AND WORSHIP<br/>9 AM-12 PM--COMMUNITY CLEAN UP PROGRAM/<br/>STAFF TRAINING PROGRAM<br/>12-1PM--LUNCH AT STEMM<br/>PRAYER WALK<br/>TIME WITH STEMM CHILDREN PLAY GAMES<br/>5 PM--COOKING LESSONS WITH STEMM CHEF<br/>7 PM--DINNER<br/>8 PM--GROUP TIME</p>                                                                                                                                                                                         |
| DAY 6<br>Sunday    | <p style="text-align: center;">7-8:30 AM--BREAKFAST<br/>8:30-11:30 AM--VISIT CHURCH WHERE PROGRAM WAS DONE<br/>11:30-12--LUNCH AT STEMM<br/>12:30 PM-5 PM--VILLAGE PROJECT DAY(TRAINING OR WORK/INFRASTRUCTURE<br/>RELATED)<br/>5-7 PM--FREE TIME/TIME WITH STEMM CHILDREN<br/>7 PM--DINNER</p>                                                                                                                                                                                                                              |

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|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                          | 8 PM--GROUP TIME                                                                                                                                                                                                                                                                                                                                                                                                                       |
| DAY 7<br>Monday          | 7-9 AM—BREAKFAST<br>9 AM-5 PM-- STEMM AG DAY/STEMM PROJECT DAY<br>3-5 PM--VILLAGE PRAYER WALK/OX CART RIDE<br>5-7--PM FREE TIME/PREPARE FOR MOSHI<br>7-8 PM--DINNER<br>8 PM--GROUP TIME                                                                                                                                                                                                                                                |
| DAY 8<br>Tuesday         | 7-8 AM—BREAKFAST<br>8 AM--LEAVE FOR MOSHI (1 ½ HR DRIVE) ARRIVE 9:30 AM<br>9:30-11:30 AM—VISIT KILIMINJARO LEPER COMMUNITY<br>12-1 PM--LUNCH IN MOSHI<br>1:30-2:30 PM--KCMC HOSPITAL TOUR/PROSTHETICS LAB<br>2:30-3:30 PM--MOSHI TO KIKWALETWA (1 HR DRIVE)<br>3:30-5 PM--KIKWALETWA HOT SPRINGS<br>5-6:30 PM--RETURN TO STEMM (1.5 HR DRIVE)<br>7-8 PM--DINNER<br>8 PM--GROUP TIME<br>PACK FOR ARUSHA AND SAFARI (2 NIGHTS OVERNIGHT) |
| DAY 9<br>Wednesday       | 7-8 AM—BREAKFAST<br>8-9 AM--DRIVE TO ARUSHA (1 HOUR)<br>9-11:30--CULTURAL HERITAGE CENTER<br>11:30-1 PM--SHANGA TOUR/ LUNCH AT ARUSHA COFFEE LODGE<br>1-2 PM--VISIT ARUSHA CENTRAL MARKET<br>2-4 PM--MAASAI MARKET<br>4:30 PM--CHECK INTO HOTEL (OVERNIGHT ARUSHA)<br>7 PM--DINNER AT HOTEL<br>8 PM--GROUP TIME                                                                                                                        |
| DAY 10<br>Thursday       | 6:30-7:30 AM--BREAKFAST (AT HOTEL)<br>7:30 AM--DEPART TO TARANGIRE NATIONAL PARK FOR SAFARI (2.5/3 HR DRIVE)<br>LUNCH BOX (PREPARED BY HOTEL)<br>OVERNIGHT IN KARATU- DINNER AT HOTEL                                                                                                                                                                                                                                                  |
| DAY 11<br>Friday         | 6:30-7:30 AM--BREAKFAST (AT HOTEL)<br>7:30 AM--TO NGORONGORO CRATER FOR SAFARI (1 HR DRIVE)<br>LUNCH BOX (PREPARED BY HOTEL)<br>5 PM--TO STEMM (4.5 HR DRIVE)<br>8 PM--DINNER AT STEMM                                                                                                                                                                                                                                                 |
| DAY 12<br>Saturday       | 7-9 AM—BREAKFAST<br>8 AM--STAFF DEVOTIONS/ SAY GOODBYES<br>PACK/FREE TIME<br>DEPART JRO (OPTIONAL TIMES)                                                                                                                                                                                                                                                                                                                               |
| DAY 13<br>Sunday         | ARRIVE USA                                                                                                                                                                                                                                                                                                                                                                                                                             |
| ADDITIONAL<br>ACTIVITIES | LOCAL SOCCER MATCH<br>SUNDAY-CHURCH<br>WED. MBUGUNI MARKET<br>SAT. SHAMBARAI MARKET<br>PROJECTS: DAYS FOR GIRLS/MEETING WITH AMPUTEES                                                                                                                                                                                                                                                                                                  |

**Short Term Volunteers-Closed Team**

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## Short term Volunteers-Closed Team

Closed team- Dates set as requested by the team or group

- Volunteers from a church, college or organization
- May be a customized trip based on the skill sets of the team
- Overview of STEMM's multiple areas of operations in Tanzania or a more customized schedule arranged by the US and Tanzania Trip coordinators based on the team's focused skill areas
- The schedule and fees are set based on customized activities and schedule

**Fees:** Cost for the trip per day averages \$100 which includes Guest House lodging, 3 meals, private car, driver, gas and Tanzanian Trip coordinator who will be your interpreter and guide. This cost may increase depending on the mission trip activities. Safari costs depend on the number in your group sharing the cost. Approximate cost for a one-day Safari is \$450 and for a two-day Safari is \$750. You will be responsible for your airfare, Visa fee of \$100 cash, immunizations prior to the trip, tips, souvenirs, any extra food and drink not provided by STEMM.

## STEMM

### STEMM HISTORY

STEMM (Siouxland Tanzania Educational and Medical Ministries) is a non-profit, inter-denominational Christian ministry. Following a short trip to Tanzania with 10 others from Morningside Lutheran Church, Sioux City, IA, Dr. Steve Meyer and his wife Dana were inspired to find a means to provide on-going assistance to the beautiful children of Tanzania. Furthermore, they felt compelled to facilitate a means for others from Siouxland and across the USA to also experience this life-changing journey. In 1997, STEMM was created to develop a relational bridge between Siouxland and Tanzania by addressing the priorities of spiritual growth, medical care, and educational opportunity.

### STEMM MISSION

The goal of STEMM is to transform lives in this world through acts of Christian love, to the people of Tanzania. We are led in our ministry by the Holy Spirit accomplishing God's purposes through our relationship with Him and with His people.

In the work of STEMM, we want to raise mature, productive, Christian children who will mold and shape the future of Tanzania, support the education of children in Tanzania, assist the medical community with operations and teaching. Lastly to provide an opportunity for Americans to serve, evangelize and be involved in life changing foreign mission experience.

### EDUCATIONAL

In 2015 the Tanzanian government announced free education through Secondary school. The directive added to the Government's standing commitment to provide free schooling through Primary School. This means that children in Tanzania enjoy eleven years of free schooling. However, most government schools lack the resources, facilities and teachers to provide adequate services and indirect costs and cultural norms prevent many children from attending school. Currently, STEMM provides scholarships to cover tuition, school uniforms and supplies, and other school related expenses for over 250 high school and university students. STEMM believes education is the most effective means to break the cycle of poverty and promote self-sufficiency in Tanzania.

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## MEDICAL

Tanzania remains one of the poorest countries in the world with healthcare resources out of reach for most of the population. With less than one physician per 22,000 people, Tanzania has an overwhelming need for quality healthcare. Since its inception, STEMM has delivered over \$2 million worth of medical supplies to hospitals and clinics in the Arusha area. Over the years, more than 600 life-changing orthopedic surgeries have been performed to help crippled children become productive members of society. Also, STEMM physicians and medical teams are very instrumental in teaching local healthcare providers and coming alongside them to support them as they struggle with the overwhelming task of delivering care to an impoverished society.

## ORPHAN CARE

HIV/AIDS has been a health threat for decades in Tanzania. There is an estimated 1.5 million or 4.7% of adults and children living with HIV/AIDS. The country of Tanzania is doing well to control the HIV/AIDS epidemic. Over the last decade, new infections decreased by more than 20% and deaths related to HIV/AIDS has gone down by half. HIV/AIDS is still leaving many children without their primary caregiver. The children are left to grandparents, an older sibling, or left on the street. There are 1.3 million children that are orphans due to HIV/AIDS. STEMM saw the great need for care of orphans. Currently STEMM houses 24 children in our two orphanage buildings. There is a new orphanage building under construction that will house 24 more orphans. Completion date will be in the Spring of 2019. The STEMM Children's Village saves children from starvation, exploitation and death, by providing a Christian environment for them to thrive. Each house functions as a family with a "Mama" caring for brothers and sisters in Christian love.

## SPIRITUAL

The mission of STEMM is simple, yet powerful - "Changing lives for Christ through Compassionate Care" STEMM believes that by giving ourselves and extending Christian love to our brothers and sisters halfway around the world, it can make a profound difference. From handing out Bibles, to singing hymns, to sharing our faith stories, the children (and adults) learn the lessons that speak of God's grace.

## HOUSING

The STEMM village has a 40-person Guest House for housing volunteers. The Guest House rooms are dorm style with a men's and women's wing with bathrooms. Daily meals are prepared by a chef in a large open kitchen. The Guest House includes a large lofted area with separate seating areas for small groups, and a large beautiful covered outdoor living area and a large dining area. Water is safe to drink at the Guest House. Towels, shampoo, soap and all bedding are provided to guests. The outlets are American style and USB ready and no adaptors are needed unless traveling to other places than the Guest House. Laptops should be connected to a surge protector due to the inconsistency of electrical power supply.

Please visit our website for more information and picture [www.stemmretreat.com](http://www.stemmretreat.com)

Laundry is done by hand by the Guest house staff. Lighter fabrics that dry quickly are best. Clothes should be marked since many times everyone's laundry is done at the same time.



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Communication: Wi-Fi is available at SCV. The best way to communicate back to the US is an internet-based app such as FaceTime, Facebook messenger, or What's App. It is suggested that you set it up on devices before travel.

I-Phone 6 and newer are now unlocked so upon arrival in TZ, a new TZ Sim card can be purchased and data and minutes bought for a very reasonable price (\$30 will cover unlimited for about a week). Make sure and keep your US Sim card in a safe place.

## TANZANIA

### GEOGRAPHY

Tanzania is a country in East Africa. A quarter of the land surface of Tanzania is protected as a wildlife reserve or as an indigenous forest, which has created vast wilderness areas. Tanzania has Mt. Kilimanjaro, Africa's highest point, rain forests, rivers and lakes, floodplains and deltas, woodlands and plains, and a stunning coastline. Tanzania offers an incomparable diversity of wildlife and scenery.

### LANGUAGE

Tanzania's diversity encompasses more than 100 different tribal groups. Each tribe has its own distinct dialect. However, the country's official language is Swahili. Some English is spoken in larger cities and tourist areas; however, team members are encouraged to review and study the provided list of Swahili words and phrases. English is taught in most secondary schools. Interpreters accompany all team members. Most medical personnel have been educated in the English language. Several staff at STEMM Children's Village speak English as well.

### WEATHER

There are two rainy seasons in Tanzania. The long rains are from March through May, while the shorter rains are from October through December. In the dry season Mbuguni is quite dusty. June, July and August are warm and dry. This is Tanzania's winter so the temperature averages 80. Evenings can be very cool - lows can be in the 50's, so be sure to bring warm clothing. December, January and February are usually hot and dry. This is Tanzania's summer so the temperatures average 85-95 degrees inland and can be in the 100's in the Mwanza and Dar areas.

Tanzania is four degrees off the equator with elevations of 4,000 – 5,000 feet in the Arusha area, which are more UV rays that most Americans are accustomed to. Even if one does not burn easily, it is recommended that each person bring plenty of sunscreen and lip protection with SPF 15 or higher. Do not forget sunglasses and a hat. To prevent dehydration, drink plenty of water.

### CURRENCY

The national currency is the Tanzanian shilling (TSH). It is best to exchange money while in Tanzania. There is a better exchange rate for larger bills like 50's and 100's. In order to receive the best exchange rate, these bills need to be dated 2006 or newer. Traveler's checks often have a lower exchange rate. Credit cards may be used in a few businesses in larger cities, but there are no guarantees and there may be a substantial fee to use them. Some businesses also take US dollars so you can exchange some of your cash, but it may not be necessary depending on the areas that you will visit.

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## TRIP PREPARATION

This mission trip will be different from any other travel one may have experienced in the past. Team members will transcend cultural boundaries, arriving in a world where the rules are different and where Western habits or practices may be inappropriate. The team typically arrives in Tanzania after a two-day journey, deprived of normal sleep patterns. Therefore, patience and understanding are required despite one's feelings. Unfortunately, customs, immigration, and health formalities can be tedious and taxing. It is important to try to relax, keep an open mind, and recognize that each of these officials have a job to perform. Also, they are all important in the context of the Third World hierarchies and it would be a serious mistake to offend them.

**Be prepared for the unexpected.** If it can happen, it almost always will. Many team expectations are not easily met in third World nations. Every effort is made to plan an efficient schedule, but things **CAN** and **DO** change. It is very important to have a positive mindset **WHEN** these things happen. To Tanzanians, time is a relatively irrelevant element except as it relates to seasons or as a distance measurement. Leave the need for rigid schedules at home.

Team members will be exposed to different cultures, different ways of life, and different policies. The East African people are by nature friendly, courteous, and hospitable. Their culture is one in which respect for elders and visitors is ingrained. Tanzanians are friendly and accommodating if they are treated with the same respect and dignity as they give their guests. **Remember the Golden Rule!** Learn as much as you can beforehand about the country, culture, and people.

### TANZANIA INFORMATION-Check out websites on Tanzania for more information

<https://www.cia.gov/library/publications/the-world-factbook/geos/tz.html>

<https://www.bbc.com/news/world-africa-14095776>

[https://tanzaniaembassy-us.org/?page\\_id=92](https://tanzaniaembassy-us.org/?page_id=92)

## CDC Travel Information Common Diseases and Immunizations

For the most up to date health and travel information to Tanzania, the CDC is a great resource. Go to <https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>. You can also go to the CDC website and search Tanzania. This site will list the common diseases and recommended immunizations needed for travel to Tanzania. It is recommended that routine immunizations are current such as MMR (measles-mumps-rubella), DPT (Diphtheria-Tetanus-Pertussis), and Polio. The cost of immunizations is the responsibility of the volunteer. Check with your local Public Health Department for costs and immunizations available. If you have questions, you can contact our US trip coordinator.

## HEALTH AND HYGIENE

STEMM brings teams to restaurants where they know the food is safe for Americans. However, team members are urged to use every precaution. We do not recommend buying food, fruit, or vegetables from street vendors. Packaged foods are usually safe to eat. Tanzania water is typically unsafe to drink. Team members will have access to bottled water while they are there. Avoid ice cubes as they may be made with unsafe water. Bottled water is also recommended to be used for brushing teeth when away from the STEMM Guest House.

Water at the STEMM Guest House is safe to drink and use to brush teeth.

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## LUGGAGE

Try to pack as minimally as possible. Each member is allowed 2 suitcases, one for personal clothes and the other one to transport supplies and equipment for our orphanage. That bag will be supplied and packed by the US trip coordinator based on needs. Each member will check in one of the STEMM supply bags along with his/her personal luggage. Empty STEMM supply bags can be used to bring souvenirs back home. Please return the STEMM bag to the office within one week after your trip.

Checked bags cannot weigh more than 50 lbs. or be more than 62 linear inches.

Carry-on bags are subject to airline regulations - currently they cannot exceed 45 linear inches. In addition, you may carry a purse, briefcase, laptop or small backpack. Check your airline's website for luggage requirements.

## TANZANIA PACKING LIST

Tanzanian dress code can be quite different from ours. Women, for instance, almost always wear skirts or dresses. Men seldom wear shorts. When the team is in public places or doing ministry of any kind, they are expected to dress appropriately. Out of respect for our Tanzanian brothers and sisters and their perspective on Christianity, team members need to comply with their standards. Team members are ambassadors of Christ. When in doubt, choose the culturally sensitive, conservative approach toward clothing so as not to offend our Tanzanian brothers and sisters.

### Men's Clothing Suggestions:

- Lightweight/ breathable pants (Jeans are fine, but hard to dry)
- Short sleeve shirts
- Shoes should be comfortable for walking. Note: roads and other places can be very dusty
- Church clothes (no jeans)
- Walking shorts
- Conservative sleepwear
- Jacket or sweatshirt, as it can be quite cool in the evenings and early mornings
- Never go shirtless anywhere, except to swim
- May want to bring old clothes for projects

### Women's Clothing Suggestions

- Slacks, capri pants and blue jeans are acceptable for most occasions except for formal meetings and going to church. (Please avoid the "skin-tight" blue jeans) In those situations a skirt would be most appropriate. Skirts must cover the knee; mid-calf or longer is best. Take care to wear a slip, if needed.
- No tank tops
- No exposed shoulders or plunging necklines
- Blouses, shirts
- Church clothes
- Shoes, two pair, should be comfortable for walking. Note: roads and other places can be very dusty
- No shorts unless on safari
- Conservative sleepwear
- Jacket or sweatshirt, as it can be quite cool in the evenings and early mornings
- Modest make-up
- Modesty is a good guideline to follow in all dress and make-up

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- May want to bring old clothes for projects

## Medical Personnel Suggestions:

- Scrubs
- Comfortable closed toe shoes

## Miscellaneous items:

Passport/Visa

Money for souvenirs, activities, and offerings, tips (we suggest \$200-\$300).

Credit card

Toiletries

Flashlight

Extra batteries for everything

Anti-bacterial wipes and gel

Toilet paper (small packs of Kleenex) for traveling

Camera

Electrical adaptors

Phone

Phone Chargers and external chargers

Any prescription meds

Anti-malarial medication (get Rx from personal Dr.)

Other medications

Bug spray (100% Deet)

Second pair of reading glasses or contacts

Fanny pack/small purse

Hairdryer/Curling iron (May overheat due to difference in electrical wattages)

Blanket & travel pillow (for use on airplane)

Personal size notebook

Pens

Journal

Snacks, candy, gum

Deck of cards for downtime

Personal size notebook

Water bottle

Bible

Devotional book

Reading material

Hat or Visor

Sunglasses

Sunscreen

Chapstick

Small first aid kit

## Do not pack:

Sleeveless tops, short shorts, or low-cut clothing

Jewelry with financial or sentimental value

Anything which may inhibit or harm your witness

## TRAVEL TIPS

\*Always keep your money tucked away in a concealed necklace pouch or a concealed fanny pack. Be aware of your surroundings whenever taking out your money. It's a good idea to have another team member huddle next to you when doing this to help watch. Do NOT hand out money to anyone in Tanzania. Some of the lodges have a safe that will be available for you to utilize. Fanny packs are awesome to travel with and keep all your valuables (passport/cash/credit cards/airline tickets) safe and on you. Protect your Passport when traveling.

\*Remember to be FLEXIBLE! This is so important because things CAN and WILL change on a moment's notice in Tanzania. Their culture is so much more "relaxed" than our American ways. Time is irrelevant there.

# STEMM TRIP PACKET

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\*Do not make promises to anyone there unless it is a promise you are certain to keep. If you tell someone there you MIGHT do something, they will often interpret that as you WILL do it. This can become very difficult if this is someone needing help. If you want to help someone, talk with the Team Leader about how to do it in a controlled setting.

\*Do not hand out candy or gum to kids unless it is in a controlled setting and unless you are certain you have enough for all the kids. At the orphanage, this is ok if you know for a fact you have enough for ALL. Handing out candy on the streets is not a good idea.

\*Taking photos in rural areas may be looked down upon so please respect their privacy and culture in those areas.

\*Try to sleep on the flight from Minneapolis to Amsterdam if you can to help you better adjust to the time change. Tanzania is 8 hours ahead of Central Daylight Time.

\*If you are ever to a point where you feel totally exhausted and need more rest or don't feel well, please let the Team Leader know.

\*Be prepared that you will see and witness things you will never see happen here in the United States. Some things may be disturbing to you. For example, seeing street kids etc. If you find this bothering you, please talk to the Team Leader or STEMM staff about it.

\*Remember you are going to SERVE and not to be served.

\*Remember, things will not always be "comfortable" there. For example: traveling in a vehicle over extremely bumpy roads, differences in food, or bathrooms.

\*Keeping a daily journal is encouraged. This is a great tool for helping to keep the experience relevant and alive well into the future.

\*One of the most important things is to remember to savor every single moment! Whether it's simply visiting with someone, doing a hands-on project, or performing surgery, it is all so important! Many previous trip participants have testified they felt such closeness to God while there. Hopefully you will have that same experience. You are embarking on the journey of a lifetime. It is up to you what you make of it. God bless you all.

## GIFTS AND DONATIONS

Any and all gifts and/or donations intended for STEMM or SCV must be directed to the Country Director, who will honor the donor's request for distribution. Gifts and donations should not be given directly to the children or staff or other volunteers unless approved by the Country Director. Please inform the Country Director if you are solicited by any staff for a gift or donation. Please speak with the Country Director for any questions, you may have concerning gifts or donations. If you choose to give cash donations to the Country Director for use at STEMM, you will receive a receipt that you can save to discuss with your tax professional.

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**Suggested Donation Items:** Prior to your trip, check with the STEMM office or US trip coordinator for a current donation list of items for Tanzania.

## POST MISSION TRIP

All of us at STEMM hope that the time spent on your mission trip will encourage you in your faith journey and open your eyes to the wonderful STEMM mission. It would be appreciated if you share a few of your favorite trip photos with STEMM for inclusion on our Facebook page and website. After you have returned home, you will be contacted by STEMM to review your trip, discuss volunteer opportunities, your plan to share with others about your trip experience, and become a donor to support the STEMM mission.

## COMMON SWAHILI WORDS & PHRASES

| ENGLISH             | SWAHILI        | ENGLISH         | SWAHILI              |
|---------------------|----------------|-----------------|----------------------|
| Hello               | Hallo/Jambo    | Welcome         | Karibu               |
| How are you?        | Habari Gani    | I am fine       | Sijambo              |
| Thank You           | Asante         | Very much       | Sana                 |
| Thank you very much | Asante sana    | Please          | Tafadhali            |
| Yes                 | Ndiyo          | No              | Hapana               |
| So sorry            | Polesana       | Sorry Excuse Me | Samahani             |
| Good                | Nzuri          | OK              | Sawa                 |
| Very good           | Nzuri sana     | Friend          | Rafiki               |
| My                  | Yangu, wangu   | My Friend       | Rafiki yangu         |
| What's your name?   | Jina lako nani | My name is      | Jina langu ni (Mary) |
| Me/I                | Mimi           | You             | Wewe                 |
| Good-bye            | Kwaheri        | Bus/van         | Dalla                |
| Where               | Wapi           | Bathroom        | Choo                 |
| Food                | Chakula        | Water           | Maji                 |
| Candy               | Pipi           |                 |                      |

## CONTACTS

These are numbers to give your family for Emergency Contact while you are on the trip. Also, always carry them with you during the trip.

Please remember that Tanzania is 8 hours ahead of Central Standard Time. If you call and the party you want to reach is not right there, whoever answers the phone should be able to give you some idea as to when a good time would be to call back. It is easier for you to call than it is for the team member to call back.

### STEMM Office

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Sioux City, IA 51102-0871

[office@stemm.org](mailto:office@stemm.org)

# STEMM TRIP PACKET

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