

STEMM TRIP PACKET



MISSION STATEMENT

“Changing Lives for Christ through Compassionate Caring”

VISION

“Develop Tanzania into a Vibrant Christian Community”

CORE VALUES

“Christ, Compassion, Caring, Commitment, Change”

BELIEF STATEMENTS

1. We believe in the sovereign Power of God who is the Creator of the universe and all within it. (Ephesians 3:14-15).
2. We believe that Jesus Christ is the son of God who lived, died, and rose again for our salvation. (Revelation 1:17-18; 1Thessalonians 5:10)
3. We believe the Bible, in its entirety, to be the inspired word of God. (1 Timothy 3:16)
4. We believe in salvation by grace through faith. (Ephesians 2:8-9)
5. We believe the Holy Spirit changes lives by revealing Jesus Christ to us. (John 14:26; 15:26; 16:13)
6. We are committed to following The Great Commandment to Love God above all others and love our neighbors as ourselves. (Matt 22:36-40)
7. We are committed to carrying out the Great Commission, to go and make disciples of all nations. (Matthew 28:19)

STEMM TRIP PACKET



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APPLICATION FOR VISION TRIP TO TANZANIA

Name: _____
(Full name as it appears on passport)

Address: _____

Telephone: _____ **Cell Phone:** _____

Email: _____

Date of Birth: _____

Emergency Contact information: _____

T-Shirt Size _____

Why do you feel called to go on this vision trip?

Please describe your personal relationship with Jesus Christ.

What are your talents and how do you think you can help?

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STEMM TRIP INFORMATION ACKNOWLEDGEMENT FORM

I, _____ acknowledge that I have read the
STEMM Trip information and understand all of the information and policies herein.

Signature of applicant

Date

Signature of STEMM Executive Director

Date

Date approved by STEMM Board of Directors

Please return Application Form, Acknowledgement Form and a \$2500 deposit to:

STEMM
P.O. Box 871
Sioux City, IA 51102

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STEMM TRIP COVENANT

In order to have a safe and life-changing mission experience, clear expectations are needed between all who are involved. We desire to serve communities without bringing them any harm, and as a result we ask all participants of STEMM trips to agree to the following expectations in accordance with the purpose of the vision trip.

The goal of the covenant is to ensure the knowledge of STEMM trip policies, solidify your commitment to your group, and demonstrate your respect of the community you will be serving.

- Because I want to truly help others as Jesus did, I agree to bring a servant, joyful attitude. I understand that I am on the trip to serve God, help a community, build new relationships and learn new things. I agree to come prepared to do so!
- Because I am aware that my actions have consequences beyond myself, I agree to obey all local laws and ordinances pertaining to use of drugs and alcohol by minors. I will not bring or use illegal substances on any STEMM controlled ministry sites, on the property of our ministry partners or in vehicles of any STEMM participants.
- Because I want nothing to distract me in this short time of serving others and because valuables are more susceptible to theft in a foreign country, I understand that I am not to bring valuables (expensive jewelry, watches, etc.) to the site.
- Because I am coming and returning with a group, I agree that this vision trip is a group experience. I will do my best to build community, create relationships, be welcoming, and include others. I agree to treat everyone – leaders, staff, other groups and community members – with the utmost respect. This means following the directions of the designated STEMM group leader, even if I personally disagree.
- Because I know that how I treat people's things makes a statement, I agree that I will respect the property of all participants, the community members and the housing site in which we stay. I will conduct myself as a representative of Jesus Christ at all times, remembering the purpose of the trip and my responsibility as a witness to the community.
- Because I know that my family and leaders care about my well-being, and because I want to be safe, I agree to stay within the designated STEMM boundaries, stay in groups of three or more, respect gender specific areas (sleeping rooms and restrooms), follow rules at the ministry sites, and communicate with my group.
- Because I know that I am representing Jesus Christ and want to respect the people around me, I agree to follow the clothing policy as set out by STEMM. I understand that the way I dress can affect my ministry and I will respect my group, the community, and myself by dressing modestly.

I agree to follow all of the above expectations because I desire to represent Jesus in a positive manner at all times.

Trip Participant Signature

Date

Parent or Guardian Signature (if trip participant under the age of 21)

Date

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STEMM/ACCESS 2 TANZANIA, LLC/DUMA SAFARI, LLC LIABILITY RELEASE FORM

I understand that STEMM (Siouxland Tanzania Educational Medical Ministries), Duma Safari, and Access 2 Tanzania act only as agents for the various independent suppliers that provide hotel accommodations, transportation, sightseeing, activities, or other services connected with a visit to Tanzania. I also understand that international and back country travel includes certain inherent and other risks and dangers, all of which are too numerous to list, which include, but are not limited to, acts of God, terrorism, being held hostage, civil unrest, hazards of travel in difficult terrain, weather, high altitudes, travel by air, motor vehicles, animal, or other conveyance, exposure to disease, drowning, accidents, and bites.

I further acknowledge that the forces of nature, crime, civil unrest and personal injury or illness in remote areas without means of rapid evacuation or adequate medical care or supplies are risks which exist in adventure travel. These risks cannot be eliminated and I willingly assume these risks.

I agree to hold harmless the STEMM Organization, Duma Safari, and Access 2 Tanzania from all expenses, costs, harm, health problems, and damages of whatever kind which might arise directly or indirectly from any act or omission on the part of STEMM, Duma Safari, or Access 2 Tanzania.

STEMM Trip Participant

Date

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STEMM MEDICAL RELEASE FORM*

_____ is physically able to make a missionary trip to Tanzania, Africa without any restrictions. If there are any restrictions please include below:

Restrictions: _____

Allergies to Medications and/or Food: _____

Medications: Please list current Medications (include name, dosage, time and any special instructions): _____

Date: _____

Physician: _____

*Team members will be required to submit a current (within the last year) Medical Release Form signed by his/her family physician stating that the team member is healthy and able to participate in the mission trip.

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ADAMS & ASSOCIATES SUMMARY OF INSURANCE BENEFITS

VOLUNTEER PROGRAM BENEFITS (required coverage @ \$5 per day)

Accidental Death & Dismemberment	\$100,000
Disability Benefit (Accident)	\$1,000 per month for 1 st 100 months. \$500 per month for months 101-200
Disability Benefit (Sickness)	\$250 per month for up to 50 months after a 3 month waiting period
Medical Benefit	Limit \$10,000 with a \$100 deductible
Assistance Service & Medical Evacuation	Limit \$75,000
Personal Property	Limit \$2,500 with a \$100 deductible
War & Terrorism Coverage	Coverage is provided
Premium Cost	\$5 per day
Coverage Period –from the moment you leave home until you return to your place of residence	

TRIP CANCELLATION INSURANCE (optional - cost \$6 per day)

Trip Cancellation/Interruption	Up to \$10,000
Travel Delay	Up to \$500
Baggage Delay	Up to \$100
Emergency Medical/Dental Expenses	Up to \$10,000
Premium Cost	\$6 per day

BENEFICIARY INFORMATION

Your Name: _____

Your Named Beneficiary: _____

Relationship: _____

Signature: _____

Date: _____

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S.T.E.M.M. OVERVIEW

STEMM (Siouxland Tanzania Educational and Medical Ministries) is an inter-denominational, non-profit 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, desperate children in 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.

S.T.E.M.M. MISSION, VISION AND VALUES

STEMM'S VISION: Develop Tanzania into a vibrant Christian Community

STEMM'S MISSION: Changing lives for Christ through compassionate care

STEMM'S VALUES: Christ, Compassion, Caring, Commitment, Change

EDUCATIONAL

With its overwhelming poverty, the Tanzanian government can only provide schooling through the 6th grade, Less than 8 percent of the children have resources to complete grades 7-12. Currently STEMM provides tuition, room and board for over 1,500 high school and university students. STEMM believe education is the most effective means to break the cycle of poverty and promote self- sufficiency in Tanzania.

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 been instrumental in delivering over \$2 million worth of medical supplies to hospitals and clinics in the Arusha area. Over the years, more than 600 life-changing orthopaedic 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.

ORPHANS

Currently STEMM is building an orphanage in Tanzania. The STEMM Children's Village will not merely save children from starvation, exploitation and death, but also provide a Christian environment for them to thrive. Built as a circle of homes in a village-like setting, each house will function as a family with a "Mama" caring for brothers and sisters in Christian love. STEMM also supports several other orphanages by providing beds, food, clothing, education and medical care as well as improved living conditions.

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. STEMM is building a "bridge of hope" for those who have almost no hope - the children of Tanzania. From handing out Bibles to singing hymns, to sharing our faith stories, the children (and adults) learn the lessons that speak of God's awesomeness.

GEOGRAPHY

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 with islands of unexplored coral reefs. Tanzania offers an incomparable diversity of wildlife and scenery.

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STEMM teams have traveled to different regions and cities on each mission trip. Some of the cities teams have worked out of are:

Arusha This is the third largest city in Tanzania. Arusha Lutheran Medical Center (ALMC) and Selian Lutheran Hospital are located in Arusha. These are the primary hospitals the STEMM teams have focused on. Dr. Mark Jacobson, is the chief physician at ALMC. He has been there since 1982 and is a driving force in improving medicine in that area. [The climate in Arusha is somewhat cool due to the elevation]. Many of the schools that STEMM students attend are in Arusha. Also STEMM teams have worked and done projects in several Arusha orphanages.

Machame A village that lies at the foothills of Mt. Kilimanjaro. STEMM medical teams work at the Machame Medical Centre, which is supported by the Allegiant Medical group out of Omaha, NE.

Mbuguni This is where the STEMM Village is located. It is about minutes from Kilimanjaro Airport and is about 45 minutes from Arusha. It's lower elevation means that it is generally hotter and drier than Arusha.

Monduli This is where many of the pediatric orthopedic patients are sent for recovery and rehabilitation.

Mwanza This is the second largest city in Tanzania. It is located on the south shore of Lake Victoria. There are many STEMM students in the Mwanza area.

Singida This is a region of renewed interest for STEMM, about 5½ hour from Mbuguni, where we would like to establish a new orthopedic presence for more than 2 million Tanzanians who now have none! This is generally a hot, dry region.

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 will want to look at 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.

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.

The summer trips (usually July/August) are cooler and dry. This is Tanzania's winter so the temperatures average 69-72 degrees in the Arusha area. Evenings can be very cool - lows can be in the 50's, so be sure to bring warm clothing. In the summer, in Dar and Mwanza the temperatures can be in the 90's.

The winter trip (usually January/February) is 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 about 4 degrees south of the equator with elevations of 4,000 to 5,000 feet. This is more UV rays than most Americans are accustomed to, so even if one does not usually burn in the sun, plenty of sunscreen and lip protection is advised.

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 - 50's and 100's. In order to receive the best exchange rate, these bills need to be dated 2000 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.

TRANSPORTATION

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The road system is quite chaotic and the quality of the roads is very poor. STEMM contracts with a commercial company to provide transportation for the team. These drivers have a long-standing relationship with STEMM. They are our friends, guides, and interpreters. But because of the quality of the roads, breakdowns and flat tires happen. Be prepared!

HOUSING

Accommodations will vary from trip to trip. Typically the team stays in guest houses (Tanzanian style of bed and breakfast). Be prepared for extremely modest conditions. Electricity is sporadic. Usually running water and showers are available. IT IS IMPORTANT TO REMEMBER THAT TEAM MEMBERS ARE THERE TO SERVE, NOT TO BE SERVED.

LAUNDRY

Depending on how long the team is in one place, there is usually a local person available to do laundry. Lighter fabrics that dry quickly are best. Clothes should be marked since many times everyone's laundry is done at the same time. You will be responsible for your own laundry services.

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 in spite of 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 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 as long as 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!

COMMON DISEASES IN TANZANIA

Cholera: Cholera is a serious infection of the intestine. The infection is usually caused through drinking contaminated water. The symptoms are a sudden, watery diarrhea, which very rapidly dehydrates the body.

Yellow Fever: Yellow Fever is an infection caused by a virus carried by monkeys, transmitted through mosquitoes that carry the virus from the monkey to the human. The symptoms are a short, mild fever often leading to jaundice, failure of the liver and kidneys, then death.

Hepatitis A: Hepatitis A, also called infectious hepatitis, is basically an inflammation of the liver caused by Hepatitis Virus A. The virus is picked up from contaminated food and water. The symptoms are a slight febrile episode, loss of appetite and jaundice. Almost everyone recovers without about two months. Precautions include immunization and avoiding salads, unpeeled fruits, and sharing cutlery and crockery.

Malaria: Malaria is transmitted by the bite of an infected female mosquito. Symptoms include fever and chills.

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Polio: Polio or poliomyelitis is an infection caused by a virus. It affects the motor neuron cells in the spinal cord. The symptoms are fever, headache, progressive weakness in groups of muscles, then widespread paralysis.

Tetanus: Tetanus, also known as lockjaw, is a disease caused by infection with the clostridium tetani bacteria. This bacterium is present in soil and in the intestines of humans and animals. Infection can enter the body via cuts after which the bacteria produce a toxin affecting the motor nerve cells in the spinal cord. This is followed by convulsions, muscle spasms and death.

Typhoid: Typhoid or enteric fever, is caused by infection by salmonella typhi. The infection is passed from infected water, milk, food, or by infected people preparing food and drink. Symptoms include rapidly fluctuating temperature, drowsiness, diarrhea, abdominal rash, delirium and coma.

HIV/AIDS: HIV/AIDS is short for acquired immune deficiency syndrome. AIDS is a disease that slowly destroys the body's immune system. Without these important defenses, a person with AIDS cannot fight off germs and cancers. HIV is the virus that causes AIDS. It kills an important kind of blood cell – the CD4 T lymphocyte or T-cell. As these T-cells die off, the body becomes more and more vulnerable to other diseases. Usually it takes many years for HIV to weaken the body's immune system to the point of AIDS. There is no cure for AIDS, but anti-HIV drugs help treat HIV. Unfortunately, 95% of the world's HIV infected people cannot afford these drugs.

Tuberculosis: TB is a bacterial infection that can spread through the lymph nodes and bloodstream to any organ in the body, but it is usually found in the lungs. Most people who are exposed to TB actually never develop symptoms. The bacteria can live in an inactive form in the body. Medication is given to help get rid of the inactive bacteria. However, if the immune system weakens, such as in people with HIV or as we age, the bacteria can become active. TB bacteria cause death of the tissue in the infected organs, possibly resulting in death.

Because the bacteria that cause TB are transmitted through the air, the disease can be quite contagious. However, it is nearly impossible to catch TB by passing an infected person on the street. To be at risk, one must be exposed to the organisms constantly by living or working in close quarters with someone who has the active disease.

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. Do NOT buy food, fruit or vegetables from street vendors. Packaged foods are usually safe to eat.

Tanzania water is unsafe to drink. Team members will have access to bottled water while they are there. In some cases water can be boiled which makes it safe to drink. Avoid ice cubes as they may be made with unsafe water. Also, bottled water is to be used for brushing teeth.

Meals may be prepared by the hosts of the lodging facility. Other meals are in restaurants. Tanzania's staples are rice, corn and beans.

Volunteers are advised to bring some of their own food. It is recommended that all food items be individually wrapped or in some type of container. Ideas for food items are: instant cereals, breakfast bars, trail mix, pretzels, hard candy, beef sticks, and canned or foiled sacks of tuna or chicken.

FIRST AID KIT

On each trip there will be a basic first aid kit. Each team member is responsible for his/her own personal medications.

SUN/HEAT

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.

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CONTACT LENSES

Contact lenses will be more difficult to care for than glasses. Many areas will be dry and dusty. If one does bring contacts, also bring an extra pair and a pair of glasses. It is also a good idea to include one's prescription when packing.

WATERLESS SOAP/ANTIBACTERIAL WIPES

This is a MUST! It is convenient to use when there is no water for hand washing. One must keep clean if one is to stay healthy. Always clean hands before eating anything. Always keep them on your person.

LUGGAGE

Try to pack as minimally as possible. Each member is allowed one (1) suitcase/hockey bag weighing no more than 50 lbs and/or 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. STEMM supplies will be transported in large hockey bags which will be packed by the team prior to departure. Each member will check in one of the supply bags along with his/her personal luggage. Empty supply bags will be used to bring souvenirs back in.

CLOTHING

Many of the Tanzanians are not very "westernized". Their culture dress code is 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 work pants or slacks (Jeans are acceptable, but hard to dry)
- Short sleeve shirts
- Shoes should be comfortable for walking – they may/will not come back in good condition
- Church clothes (no jeans for church)
- Never go shirtless anywhere, except to swim
- Walking shorts
- Conservative sleepwear
- Jacket or sweatshirt, as it does get quite cool

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 should be comfortable for walking – they may/will not come back in good condition
- No shorts unless on safari
- Conservative sleepwear
- Jacket or sweatshirt, as it does get quite cool – especially in July
- Modest make-up
- Modesty is a good guideline to follow in all dress and make-up

Medical Personnel Suggestions:

- Scrubs
- Comfortable closed toe shoes

PASSPORT

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Passport applications can be obtained at the Post Office. Team member will need to bring birth certificate, checkbook, and two passport photographs. Sometimes, passport photos are taken at the application site. The passport can take several weeks to process.

Once the passport is obtained, **make sure that it is signed by the applicant.**

Cost of the passport is not included in the price of the trip.

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 APPLICATION

In order to get a Visa, team members will need two passport photos – one for the original passport and another to be affixed to the completed Visa application.

On the Visa application form there will be questions about specifics about the trip. The Program Director of STEMM will assist team members in completion of this form.

The cost of the visa application is included in the trip cost.

SUBMISSION OF PASSPORT AND VISA APPLICATION

The original passport and the completed Visa Form will need to be submitted to the Program Director sixty (60) days prior to the trip so that all of the proper paperwork can be filed with the Tanzanian consulate. The Passport will be returned to the applicant prior to departure.

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THE EMBASSY OF THE UNITED REPUBLIC OF TANZANIA.

2139 R Street, NW Washington, DC, 20008.

FOR OFFICIAL USE ONLY

VISA APPLICATION FORM.

(Visa Regulations on the next page).

Please Affix
Passport Size
Photograph here.

[
GRR NO
VISA NO
Ref. NO.

1. Surname or Family Name (Mr. Mrs. Miss/Ms D./Prof.) _____
First Names in Full _____
Former or Maiden Name (if different from above), _____
2. Date of Birth (MM/DD/YY) _____ Sex (M/F) _____
3. Marital Status (Mark): Single Married Divorced Widowed Legally Separated.
4. Place of Birth _____ Country of Birth _____
Current Nationality (State if Dual Nationality) _____
Previous Nationality _____
5. Passport NO. _____ Date Issued _____ Place Issued _____
Valid Until _____ Issuing Authority _____
6. Profession/Occupation _____
If employed, state employer _____
7. Current Address _____
Tel. _____ Fax _____ E-mail _____
8. Proposed Date of Entry _____ Duration of Stay _____
9. Means of Travel to Tanzania _____
10. Name of Travel Agent/Tour Operator _____
11. Contact Person(s) in Tanzania _____
Address _____
12. Previous Visits to Tanzania (indicate dates and duration), _____

13. Type of Visa applied: Tourist Business Professional Official Research Journalism Student.
14. Category of Visa applied: Single Multiple.
15. For Multiple Visa - Duration: Three Months Six Months Nine Months Twelve Months
16. Signature of Applicant _____ Date _____

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COSTS

Payment in full is due 60 days prior to departure. The total cost includes airfare, ground transportation, fuel, housing, meals, safari, Visa application and miscellaneous expense. Total cost ranges from \$4,500 to \$5,000 depending on the cost of the airline ticket. Once the airline tickets are purchased this is a non-refundable ticket along with the visa costs. STEMM is not responsible for issuing any refunds for unused tickets if for some reason a participant opts to cancel the trip for any reason after tickets have been purchased. If you are interested in trip cancellations insurance you need to contact the Program Director.

Included in your trip costs is emergency evacuation insurance, in which we ask you to list a beneficiary on your application form.

A \$2500 deposit is required when submitting your application form for payment of a non-refundable airline ticket. Once the total cost of the trip has been calculated you will be notified of the balance owed and when the payment is due.

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IMMUNIZATIONS

Vaccinations can be obtained from the public health departments. In Sioux City, IA, the Siouxland District Health Department is located at 1014 Nebraska Street. Their telephone number is 712-279-6119. Prices quoted for the following vaccinations are from the most recent price listing from the Siouxland District Health Department (SDHD), but these prices are subject to change. For further information each team member should contact his/her family physician or the Center for Disease Control at 1-404-332-4559. **The fees for these immunizations are not included in the price of the trip.**

The public health department will issue a yellow immunization record booklet. It is recommended that you keep this immunization record on you with your passport. The 1st injection costs \$20 and each additional injection is \$10 each.

YELLOW FEVER

Per the most recent information, the yellow fever immunization is no longer required by the Tanzanian government; HOWEVER it is very highly recommended that you obtain this vaccination. It is best to get these 4-6 weeks prior to departure. This immunization is available for \$150. This is good for 10 years.

DIPHTHERIA/TETANUS (TD)

If the team member has not had a booster within the last ten years, this vaccination will be required. Cost is \$50. You can obtain a DTaP (diphtheria, tetanus, and pertussis) for \$80.

MEASLES, MUMPS, RUBELLA (MMR)

Team members should check with his/her family physician to determine whether or not a booster is necessary – especially if birth date is prior to 1956. Ages 1-49 need 2 doses and ages 50 and above need only one dose. Cost is \$100

TYPHOID (Oral or Injection) (Typhim Vi)

This vaccine needs to be administered at least two weeks prior to departure date. It is good for two years. This vaccine decreases the risk of infection by 70%. Cost is \$100 for injection.

Oral – need prescription from physician – vivotif 4 caps, one every other day. Complete one week prior to departure. This is a live virus so it needs to be completed prior to starting anti-malarial medications. Good for 5 years. Cost for oral is \$57.

HEPATITIS A

A series of two doses is required. The first injection needs to be administered at least two weeks prior to departure. The second should be scheduled 6-12 months after the first. After the second injection, there is lifetime immunity. Cost is \$60 per injection. There is a combination injection for Hepatitis A & B which is \$80 per injection.

HEPATITIS B

This is a series of three injections, which should be started six months prior to departure. Health care workers are strongly encouraged to receive this vaccination series. Cost is \$60 per injection.

MENINGOCOCCAL

This is also recommended for health care workers. It must be administered at least two weeks prior to departure and immunity lasts for 3 years. Cost is \$140.

- Menactra – injection that can be given to ages between 11-55 years of age. Price is \$140. This is good for 5-9 years.

TB SKIN TEST

At a minimum, each team member should be tested ten days after he/she arrives back in the United States. Cost is \$25.

POLIO BOOSTER

Recommend one dose after age 18 years. This provides a life-time immunity. Cost is \$60.

ANTI-MALARIAL MEDICATION

STEMM will make recommendations regarding anti-malarial medications, but this issue should be discussed with each team member's family physician. Start taking orally 2 days before leaving, all during stay and take 7 days after return home. Cost in 2007 was \$110. We suggest Malarone.

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TANZANIA PACKING LIST

MEDICATIONS:

Any prescription meds
Anti-malarial medication
(get Rx from personal physician)
Anti-diarrheal medication
Ibuprofen
Sleep medication
Pepto Bismol
Hydro Cortisone cream
Benadryl
Neosporin Cream
Cipro (broad spectrum antibiotic)
Something for constipation
Dramamine (if needed)

PERSONAL HYGIENE:

Anti-bacterial wipes – lots of them.
Anti-bacterial gel
Toilet paper (small packs of Kleenex)
Soap
Band aids
Rubber shower shoes (flip flops)
Body wash
Sun screen
Small packets of Tide
Shampoo/conditioner
Extra toothbrushes
Toothpaste
Any other personal items you may need

IDENTIFICATION:

Passport (with extra copy)
Neck wallet for passport and your personal cash
Visa
Emergency contacts (with e-mail addresses)
Immunization card
Copies of your E-tickets
Drivers License

MISCELLANEOUS:

Second pair of glasses or contacts
Sunglasses
Sunscreen & Chapstick
Bug Spray
Flash light & batteries
Alarm clock & batteries
Camera & memory cards or film
Extra batteries for everything
Electrical converter plugs
Devotional book
Bible
Personal cash
Reading material
Journal
Personal size notebook
Pens
Caps/visor
Snacks – granola bars, trail mix, jerky, etc
Hard candy
Gum
Deck of cards for downtime
Blanket & pillow (for use on airplane)
Pictures of your family to share with TZ people
(They love to see your pictures)
Duct tape – seem to always find a need for this!
May want to bring old clothes for projects
(painting, etc)
Sweats - gets chilly at night

**Leave expensive items at home – rings,
Jewelry, etc.**

Most cell phones do not work in TZ

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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. Some of the lodges have a safe that will be available for you to utilize.

*Do NOT hand out money to anyone there. This will cause mass chaos and people will literally come out of nowhere asking you for money as well.

*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.

*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 as long as you know for a fact you have enough for ALL. Handing out candy on the streets is not a good idea.

*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.

*Everyone is required to be at the devotional promptly every morning.

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

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

*What is considered to be one of the most important things is to remember to savor every single moment!!!! Whether it's simply visiting with someone, doing an actual 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.

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COMMON SWAHILI WORDS & PHRASES

ENGLISH	SWAHILI	ENGLISH	SWAHILI
Hello	Hallo/Jambo	How are you?	Habari Gani
I am fine	Sijambo	Welcome	Karibu
Thank You	Asante	Very much	Sana
Thank you very much	Asante sana	Friend	Rafiki
My	Yangu, wangu	My Friend	Rafiki yangu
Greetings to elders	Shikamoo and they repond Marahaba	Good	Nzuri
Grandmother	Bibi	Very good	Nzuri sana
Grandfather	Babu	I'm happy	Nafurahi
What's your name?	Jino lako nani	My name is	Jina langu ni (Mary)
Child/kid	Motto	Children/kids	Watoto
Father/dad	Baba	Mother/mom	Mama
Play/dance	Cheza, kucheza	Me/I	Mimi
Sing	Imba	I am singing	Mimi ninaimba
I am doing	Mimi nina	You	Wewe
Home	Myumba. Nyumbani	Excuse me	Samahani
Chicken	Kuku	Bus/van	Dalla dalla
Brother	Kaka	Sister	Dada
Yes	Ndiyo	So sorry	Polesana
Bathroom	Cho	Candy	Pee pee
Please	Tafadhali	Food	Chakula
Wapi	Where	No	Hapana
Nzuri	Good	Mage	Water
Sawa	OK	Kwaheri	Goodbye
Samahani	Sorry/Excuse Me		

COUNTING NUMBERS

In Swahili counting, you start with one, tow, etc. and when you reach ten, you start with ten, and then mention the gain as you will see below. Same for twenty,etc.

ENGLISH	SWAHILI	ENGLISH	SWAHILI
One	Moja	Eleven	Kumi na moja
Two	Mbili	Twelve	Kumi na mbili
Three	Tatu	Thirteen	Kumi na tatu
Four	Nne		
Five	Tano	Twenty	Ishirini
Six	Sita	Twenty one	Ishirinii na moja
Seven	Saba	Twenty two	Ishirini na mbili
Eight	Nane		
Nine	Tisa		
Ten	Kumi		

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CONTACTS

These are numbers to give your family for Emergency Contact while you are on the trip. Also carry them with you at all times 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 would be a good time to call back. It is easier for you to call than it is for the team member to call back.

If you do not get through on the first try, please call again. This is very common. It is advisable to call Wilson's number first, then the STEMM phone number, then Cornelius. Only use Dr. Jacobson if it is an emergency and you cannot wait or you are unable to reach the team in any other way. Also, there will be opportunities for e-mail as well.

Massai Safari Centre (where team might stay)

Cornelius Loitingidaki - owner
255-754-370-864

Diane Bannister - STEMM Tanzania Country Director
255-684-724-744
stemm.tanzania@gmail.com

Isack – SCV Support Staff
255-763-618-220

Steven J. Meyer, M.D., President and Founder
Cell: (712) 251-0118
meyer@cableone.net

Jon Gerdts, Executive Director
Cell: 608 345-4770
Office: 712 258-8282
stemm.usa.jon@gmail.com

STEMM Office, 518 Nebraska St.
P O Box 871, Sioux City, IA 51102-0871
(712) 258-8282
www.stemm.org