



Tanzania ~ Team 1904

Sewing/TIP

Team Description

“Impacting the World for Jesus Christ”

DATES: January 5-17, 2019 (with Safari days included)

LOCATION: Arusha area, Tanzania

ESTIMATED COST: \$5,000-5,400 (with optional Safari) based on estimated airfare

COST INCLUDES:

- Airfare
- Visa
- Ground Transportation
- Housing
- Meals
- Logistical, Spiritual & Cultural Training Materials
- Trained Team Leader
- In-country Arrangements and Costs
- Supplemental Health Insurance
- Crisis Management Plan
- Team Medical Bag with Nursing Protocols
- 24/7 On Call Doctor

MATERIALS FOR PROJECT:

PROJECT DESCRIPTION:



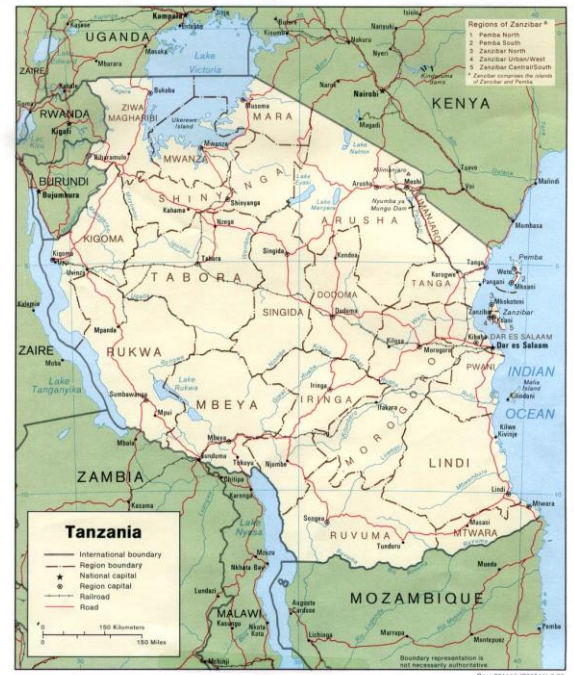
Sewing: The team will be teaching the Tanzanians how to make feminine hygiene pads, that will be part of a micro enterprise project. The “stigma around menstruation and menstrual hygiene is a violation of several human rights, most importantly of the right to human dignity,” high-ranking UN official Jyoti Sanghera declared in 2014.

The team will also provide education on human trafficking prevention.

<http://sewinpeace.blogspot.com/2013/08/feminine-cloth-pad-tutorial.html>

PROJECT DESCRIPTION TIP (TRAFFICKING IN PERSONS)

This team will be presenting sessions on what human trafficking is and how it might look in their communities. The sessions will identify risk factors, and signs to look for in their communities. The team will also use the Priceless Cube to teach awareness and prevention.



TENTATIVE WEEKLY SCHEDULE:

Please note that this is a tentative schedule and will not be finalized until the airlines schedule and field logistics are completed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Depart US
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arrive in country Overnight	Project	Project	Project	Project	Project	Project
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Safari	Safari	Debrief with partner organization	Depart for US	Arrive in US		

PASSPORT & VISA REQUIREMENTS:

The Tanzania government requires all foreign travelers to have both a passport and visa when traveling to Tanzania. U.S. passports should be valid for a minimum of six months beyond the date the visa is obtained, whether it is acquired beforehand or at the port of entry. MOST Ministries will assist you in acquiring a Tanzania visa.

The web site of the Embassy of Tanzania in Washington, DC states that yellow fever vaccination is required only for persons from, or those who have visited yellow fever endemic countries.

Tanzanian law is very strict on visa categories. A recurring problem encountered by Americans is that volunteer activity – even if the traveler is paying for the volunteer opportunity – is prohibited on a tourist visa. Americans who are traveling to Tanzania for short or long term volunteer projects should review their status with the sponsoring organization before entering the country.

Please visit the US Department of State’s [website](#) for additional information.

EMBASSY INFORMATION:

Embassy of the United States

686 Old Bagamoyo Road
 Msasani, Dar es Salaam
 [255] (22)266 8001

VACCINATIONS:

Before visiting Tanzania, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or Immune Globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be

	exposed through medical treatment (e.g., for an accident).
Typhoid	Recommended for all unvaccinated people traveling to or working in Southeast Asia, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.
Rabies-only needed if you will be long term in Tanzania	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.
Polio	Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV.
Yellow fever-Proof of vaccination is often required to enter the country.	CDC yellow fever vaccination recommendation for travelers to Tanzania: For all travelers ≥ 9 months of age. The city of Dar es Salaam has a lower risk of transmission than rural areas. Tanzania requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk. Find an authorized U.S. yellow fever vaccination clinic.

AREAS OF TANZANIA WITH MALARIA:

All areas at altitudes <1,800 m (<5,906 ft).

If you will be visiting an area of Tanzania with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in Tanzania:

Atovaquone/proguanil, doxycycline, or mefloquine. **Note: Chloroquine is NOT an effective antimalarial drug in Tanzania and should not be taken to prevent malaria in this region.**

(<http://www.cdc.gov/travel/destinations/tanzania.aspx>)

MOST MINISTRIES SHORT TERM TRAVEL INSURANCE:

MH Ross Trip Armor Travel Protection Plan and ACE American Insurance Company (Foreign Liability)

MH Ross Trip Armor Travel Protection Plan provides individuals heading to the mission field protection and assistance in these areas:

Medical Coverages & Services

- Medical expenses ~ accident and sickness
- Accidental death and dismemberment
- Medical emergency family reunion (bedside visit)
- Hospital admission deposit advance
- Foreign medical referral service
- Medical consultation and monitoring service
- Prescription drug replacement service
- Medical assistance:
 - Multi-lingual assistance

- Emergency medical evacuation
- Medically necessary repatriation
- Return of mortal remains

Security Assistance Services

- Contingency political evacuation planning
 - Political evacuation
- Security crisis center

Travel Assistance Services

- Benefits verification and claims assistance
- Embassy and consular information

- Emergency cash advance
- Emergency family travel arrangement assistance
- Emergency message transmission
- Foreign legal access
- Return of rental vehicle
- Return of traveling companion or dependents
- Translation and interpretation

Liability Coverages-ACE American Insurance

- Foreign liability insurance
- Employer’s liability insurance

See http://www.mostministries.org/team_insurance for additional information

LOGISTICS:

Lodging~	TBD
Meals~	Breakfasts and dinners will be eaten in the dining hall at housing compound; lunches will be prepared by the church.
Electricity / Plugs~	Electricity in Tanzania is 230 Volts, alternating at 50 cycles per second. If you travel to Tanzania with a device that does not accept 230 Volts at 50 Hertz, you will need a voltage converter
Currency Rate~	Please check https://www.oanda.com/currency/converter/ for the most current information

CLIMATE:

Tanzania lies so close to the equator that seasonal variations in temperature are not extreme. The elevation in the north is such that it doesn't ever get too hot. While the weather is best between June and September, don't plan on seeing any animals in the Serengeti - they will have migrated to Kenya. September-March is a good time to go, but avoid April and May, when the weather is at its rainiest. As you approach the top of Kilimanjaro, temperatures can be well below freezing year-round, especially at night. Many of the northern wildlife reserves are about 10 degrees F/5 degrees C cooler year-round than elsewhere. Take along a heavy sweater and a windbreaker or jacket.

(<http://www.southtravels.com/africa/tanzania/weather.html>)

SEASONAL WEATHER AVERAGES:

Month	High	Low	Rain
January	71	58	3.43
February	68	58	5
March	68	57	5.79
April	71	55	7.13
May	72	56	2.99
June	71	55	0.59
July	74	55	0.51
August	75	56	0.98
September	74	57	1.14
October	74	60	3.58
November	74	58	6.54
December	69	57	6.38

CULTURE:

Tanzania is home to some of the most incredible tribal diversity in Africa. The country includes all of the major ethnic and linguistic groups on the continent – an amazingly varied population to inhabit a single country. Home to approximately 120 tribal groups, most of these comprise small communities that are gradually being assimilated into the larger population due to changes in land use and the economic draw of city life. Tribal diversity is prized and far from being a source of division, Tanzanians place a high value on their country’s multicultural heritage. Over the past few years, cultural tourism has become an increasing attraction for visitors from around the world and visits to tribal villages are often a highlight of safari itineraries.

The Masaai are perhaps the most well-known of Tanzania’s tribes and inhabit the northern regions of the country. Pastoralists who fiercely guard their culture and traditions, Masaai tribal life revolves around protecting and caring for their herds of cattle and finding ample grazing land in their region. The tribes live in circular enclosures called manyatas, where small mud huts surround a secure open circle where their cattle and other herd animals sleep protected during the

night. Woven thorn bushes form a thick fence around the enclosure to protect the herds from attacks by lions and other predators. (<http://www.everyculture.com/Sa-Th/Tanzania.html>)

FAST FACTS:

Area~	947,300 sq km, slightly larger than twice the size of California
Population~	43,601,796
Ethnic Groups~	African 99% (of which 95% are Bantu consisting of more than 130 tribes), other 1% (consisting of Asian, European, and Arab); Zanzibar - Arab, African, mixed Arab and African
Religion~	Christian 30%, Muslim 35%, indigenous beliefs 35%; Zanzibar - more than 99% Muslim
Languages~	Kiswahili or Swahili (official), Kiunguja (name for Swahili in Zanzibar), English (official, primary language of commerce, administration, and higher education), Arabic (widely spoken in Zanzibar), many local languages. Kiswahili (Swahili) is the mother tongue of the Bantu people living in Zanzibar and nearby coastal Tanzania; although Kiswahili is Bantu in structure and origin, its vocabulary draws on a variety of sources including Arabic and English; it has become the lingua franca of central and eastern Africa; the first language of most people is one of the local languages

CONTACT / APPLICATION INFORMATION:

MOST Ministries believes that the work of foreign missions must be a direct response to the requests and needs of the mission field. Through strategic planning, areas of need are identified and a plan of action is set in place to enable team members to utilize their gifts and talents in meeting those needs. If you are interested in utilizing your gifts in touching the lives of others in Tanzania please contact Sarah DePriest at (734) 994-7909 ext. 3 or sdepriest@mostministries.org.

MOST MINISTRIES

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