

PREPARING FOR YOUR
MISSION TRIP TO
KIGOMA, TANZANIA, EAST AFRICA



INTRODUCTION

Karibu! That means "Welcome" in Swahili. The welcome mat is out and waiting for you in Africa! We are thrilled that you are considering participating in a mission trip to Tanzania, East Africa. We pray for God's blessing at each step of the preparation and for the trip. Please contact our US office with any questions.

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2011 COSTS

Airfare (USA to Dar Es Salaam).....	\$1,300.00 - \$2,700.00
Airfare (Dar Es Salaam to Kigoma).....	\$ 350.00 (subject to change)
Visa.....	\$ 100.00
Work Permit	\$ 100.00
Food, Lodging & Land Transportation in Kigoma.....	\$ 20.00 per person/per day
Miscellaneous Costs (Guest house, extra food, spending money)..	\$ 100.00 - \$?????
Safari (costs are dependent on # of persons)	\$ 250.00 - 750.00 per person
Shots / Immunizations	\$ 0.00 - \$750.00 (depends on insurance)

GETTING READY TO GO

1. **Pray.** Prayer is the most important thing you will do in preparation for this trip. Here are some specifics to pray for:
 - Pray for God's direction -- has He laid it on your heart to go?
 - Pray for finances to pay for the trip
 - Pray for those you will be working with and ministering to
 - Pray for logistics - flights, visas, travel safety
 - Pray for other team members
2. **Get your passport pictures taken.** Be sure and get extra photos for visas.
3. **Get your passport.** The local post office is the most convenient place to apply. If you do not have a passport, this should be first priority. In order to receive visas to travel to Tanzania, you must have your passport.
4. **Get your immunizations started.** Make an appointment with your physician to discuss any shots/medications needed for travel to Tanzania. Some shots need to be scheduled at least six (6) months in advance in order to complete an entire series. You may also want to check out the Center for Disease Control (CDC) website for updates on travel immunizations and/or medications. If you take any other medication regularly, be sure to bring plenty, as well as a written prescription from your physician. Keep all medication in your carry-on bag - not your checked luggage!

Note: ALL prescription medication must be in its prescribed container. Pill boxes are unacceptable as customs agents won't know what kind of drugs they may be and will confiscate them.
5. **Read a little about Tanzania, its history & culture.** We recommend that you start with your internet search engine. Check out several websites as there is a lot of good information available. This is a once-in-a-lifetime opportunity for many of you, so immerse yourself in the experience.
6. **Visas for Tanzania.** If you are travelling in a group, we recommend that you obtain your visas as a group through the Tanzania Embassy in Washington D.C. or at the airport in DAR. Visa information and applications are available at: <http://www.tanzaniaembassy-us.org/visa/visa.html>. Be sure to read and follow all instructions. Currently, the cost of a visa is \$100.00. Be sure to apply for a **TOURIST** visa. ALTERNATIVELY, visas may be purchased at the airport in Dar Es Salaam. Further instructions on this method are included in the Checklist.
7. **Travel and Evacuation Insurance.** This type of insurance is optional. You may obtain more information on the internet. This insurance covers medical emergencies, as well as any emergency evacuation. I can provide a name that I have used when taking groups.
8. **Luggage.** Once you have purchased your airline tickets, check with your airline(s) regarding their baggage policies. Generally, you are allowed two checked pieces of luggage weighing up to 50 pounds each plus 1 carry on piece of luggage. We ask that you bring only 1 piece of checked luggage for yourself. Because of the current airline situation in Tanzania, the plane from DAR to Kigoma allows you on 15 kilos (33 lbs), so you should plan to pack light. You may want to purchase a travel wallet to hold your passport and money. The most convenient is the type that goes around your waist and is worn

under your clothes. *Fanny packs are a beacon that proclaim you as a tourist and target you for theft.*

9. **Airports/Flying Time.** Flying to East Africa from the US is a long trip, ranging from 25-53 hours, depending on your home airport and the itinerary you purchase. Once you arrive in Dar Es Salaam, Tanzania, you will connect with a flight from Dar Es Salaam to Kigoma. Please refer to the "Checklist" for due dates for these tickets.

WHILE IN AFRICA

- **Malaria** - This is a serious problem and precautions should be taken to avoid contracting this disease. First, you must take your medications as prescribed by your physician. Bring mosquito repellent with you. 100% deet is the most effective and can be purchased at a sporting goods store. If mosquito nets are provided for sleeping, use them. Mosquitoes are most active in the evening.
- **Water** - Drink only bottled water or water provided to you by the Hope of the Nations' staff. Do not use ice in your drink unless it has been prepared by the mission house. Water will be provided for you at the mission house for both drinking and brushing your teeth. You may drink hot drinks such as coffee or tea; sodas from a sealed bottle or can are acceptable. If in doubt, always ask first.
- **Food** - Food while in Tanzania will be provided for you by the mission house. Again, if in doubt whether you should eat something, ask first!
- **Clothing** -
 - Men - In general, long pants should be worn at all times. You may bring one or two pair of shorts but always check with the staff before wearing them. Cotton shirts are the best for dealing with the heat. You will want a swimsuit, the longer type. One nice pair of slacks and lightweight dressier shirt are appropriate for church services.
 - Ladies - Long skirts and/or dresses (minimum calf-length) are **required** for everyday wear. Tank tops are not allowed. You will want to bring a swimsuit (one piece only), and a couple pairs of shorts or capris if you are going on safari.
 - Miscellaneous - If you have tattoos or body piercings, please note the following: All tattoos need to be covered, so bring long sleeved shirts if necessary or socks, or whatever will adequately cover the markings. Please remove any body piercings, other than earrings, before coming.
 - All - Hats and sunglasses are great if you're bothered by the heat and/or sun. Sandals/flip flops and tennis shoes are the recommended type of footwear. Remember, you have one piece of luggage, so pack light. You will be able to wash clothes while you are at the mission house. As a general rule of thumb, pack for 4-5 days. Dress conservatively. Do not bring any fancy or flashy clothing. Please make every effort to avoid the appearance of wealth. Refrain from

- **General Items -**

- Weather - May through September is the dry season, so there will only be light rain, if any. You can expect temperatures in the upper 80s to low 90s during the day, and evening temps in the low to mid 70s.
- Quiet Time: Every morning will include a devotional quiet time. Many who have participated in a mission trip with Hope of the Nations have often said that this quiet time was the highlight of their trip.
- Outreach: You will working closely with the Hope of the Nations staff to plan out the ministry(ies) you will be involved in. Part of this will be dependent on the composition of the team members. Opportunities include:
 - Teaching seminars for pastors, women, youth; Kids clubs; VBS; Youth Camps; travelling down Lake Tanganyika to remote villages; praying; door-to-door ministry; medical ministry
- Money - You will not need a lot of money as you will prepay most of the expenses for this trip. You will need money in the airports for food, luggage transportation and anything else you may want to buy. There will be some souvenirs available in Kigoma, and there may be opportunity to purchase souvenirs in Dar Es Salaam. Depending on your flight arrival and departure, you may need to stay in the guest house in DAR. The cost is 20,000 Tanzanian shillings per person + transportation to and from the airport.
 - Do not bring Traveler's Checks as there will be nowhere to use them. Credit cards are useless in Tanzania as well. However, there are ATM machines at the airport in Dar Es Salaam and in Kigoma that you may use to get cash. ***Please note that ATM machines only accept cards with the VISA logo.***
- Miscellaneous - Be prepared for anything. God is awesome and amazing and powerful, so be prepared for anything! God works in different ways in other cultures and countries, so you may see and experience things you've never seen before. The key word in everything is FLEXIBILITY!
 - Tanzanians are warm and friendly. Be prepared for a variety of reactions from the local people. If you want to take a picture of someone, **please ask first**. Keep in mind that this is a third world country and things are very different than in the states. Do not stare or make derogatory comments of any kind.

- Language - Swahili is the main language in Tanzania. English is the second language, but only a small percentage of people speak it. At the bottom of this page, and on the following pages, is a very short list of Swahili words and phrases. Practice, Practice, Practice.

Pronunciation

- Vowels sounds

A as the "a" in Father

E as the "e" in egg

I as the "e" in be

O as the "o" in go

U as the "oo" in boot

Consonants

B as in Be

M as in Me

C used only as CH as in Chair

N as in No

D as in Do

P as in Pie

DH as in This

R as in Run

F as in Few

S as in So

G as in Go

T as in Tie

H as in He

TH as in Thin

J as in Jam

V as in Vase

K as in Kiwi

W as in Will

L as in Late

Y as in Yahoo

Z as in Zip

Emphasis of words is always on the next to last syllable of a word

- Example: Ha-BA-ri or Sa-LA-ma

Vocabulary

Greetings

Greeting

Your Response

Jambo	Jambo	Hello in tourist Swahili
Hujambo	Sijambo	How are you (singular) - I am fine
Hamjambo	Hatujambo	How are you all - we are fine
Shikamoo	Marahaba	This is a greeting of respect. Most children will greet you this way. You should greet an elderly person or a pastor or a village leader in this manner. It means "I hold (or kiss) your feet". The response means "one time is enough!"

Greetings (con't)

Swahili	English Translation
Habari yako	How are you
Habari za asubuhi	How is your morning
Habari za mchana	How is your midday (afternoon)
Habari za jioni	How is your evening
Habari za leo	How is your day
Habari za nyumbani	How is your home
Habari za kazi	How is your work
Habari za safari	How is your journey
Habari za watoto	How are your children
Habari za saa hizi	How is this time of day

Any "Habari" question you are asked (even if you didn't understand what came after "habari", can be answered with any of the following words:

Nzuri (pronounced N-zuri)	Nice
Salama	Peaceful
Njema (pronounced N-jema)	Good

Kwa heri	Goodbye
Kesho	See you tomorrow
Baadaye	See you later
Usiku mwema	Good night
Unaitwa nani?	What is your name
Naitwa	My name is
Ninatoka.....	I am from
Marekani	America

Numbers

0	Sifuri	6	Sita
1	Moja	7	Saba
2	Mbili	8	Nane
3	Tatu	9	Tisa
4	Nne (pronounced N-ne)	10	Kumi
5	Tano		

Days of the Week

Jumapili	Sunday	Alhamisi	Thursday
Jumatatu	Monday	Ijumaa	Friday
Jumanne	Tuesday	Jumamosi	Saturday
Jumatano	Wednesday		

Words/Phrases to Know

Sisemi Kiswahili	I don't speak Swahili
Sielewi	I don't understand
Tafadhali	Please
Samahani	Excuse me
Asante (sana)	Thank you (very much)
Ndiyo	Yes
Hapana	No
Sawa	Okay
Naomba kupiga picha	May I take a picture
Kulia	Right (direction)
Kushoto	Left (direction)
Kanisa	Church
Posta/Post	Office
Benki	Bank
Soko / Sokoni	Market
Duka	Store or kiosk
Pesa	Money
Bei gani	How much or what price
Ghali sana	Very or too expensive
Naomba Maji	May I have some water
Soda	Soft drink
Chai	Tea
Kahawa	Coffee
Maziwa	Milk
Sukari	Sugar
Choo	Toilet