



125 E. Main St. Suite 402
American Fork, UT 84003
801-607-5641 Fax 801-763-8658
www.motherswithoutborders.org

Volunteer Expeditions to Zambia General Information

Our full time Zambian staff works hard year round to accomplish our three-fold mission:

- Strengthen and support families who will care for orphans from their community.
- Empower women with skills and resources to provide for their families and the orphans they keep.
- Protect & nurture orphans and vulnerable children found living in crisis situations.

We invite you to come to Zambia and be a part of this remarkable work.

This can be a life changing experience for you as you come to know and appreciate the good people of Zambia and offer hope to the countless number of children hungry for your attention and love. You will work hard, you will learn to share your love without regard to circumstance or situation, you will probably cry, you will laugh and sing and you will gain a deeper appreciation for the people in your life. This is an opportunity to gain greater insight into what you have to offer the world. Most of all, we hope you will come away with the belief that *one person can make a difference.*

The people we serve live in the most extreme poverty. We have found these people to be resourceful and hard working. They are not looking for a handout, they are looking for a 'hand up.' Your gifts of time and money will help THEM change the conditions under which they live. And for many of the children we serve, having a caring adult to guide and nurture them is a rarity. Your time and talents can serve to teach a child a skill or improve a talent, understand their value and offer hope to an otherwise hopeless existence. Many of these children have lost all that we hold dear, family, home, security and expectation of a brighter future. Just knowing you care makes a difference!

It is our experience that everyone has SOMETHING to offer. Young and old and everyone in between, single or married, those wishing to share professional skills and others who will share their favorite hobby. We have need for you!

Join our Expedition Team

Mothers Without Borders coordinates volunteer experiences to Zambia throughout the year. An application can be downloaded from our web site, (<http://www.motherswithoutborders.org>) which you can complete and return to the address listed above. Check the web site often for updates on where and when the next trip is scheduled. Teams fill up quickly, so don't delay if Africa is calling to you! We have to limit our teams to the number of beds in our rooming house and the number of seats on the bus, and we typically have more people who want to join us than we can accommodate.

What a Volunteer Expedition IS: (in the words of past volunteers)

- "Amazing and life changing"
- "Heart breaking and heart healing"
- "Insightful"
- "Eye opening"
- "A journey of the heart"
- "Something I will do over and over again" (and many do!)

Expeditions are full of wonderful, life changing experiences for individuals, families or couples. Expeditions are

typically 15 days in length, and take place throughout the year. The group is made up of 15-20 men, women and teenagers, and two team leaders from Mothers Without Borders. We have had team members as young as 11 and as old as 76!

Volunteer expeditions provide an opportunity for you to bring the best of yourself, offer it with love to those we serve, and come away changed for the better!

An example of the type of things you may do:

- Broaden your understanding of the Zambian culture and the people: their hopes, dreams and challenges. Increase your awareness of what part you can play in finding solutions.
- Sing, dance and play with women & children in a local village.
- Visit a 'typical' hospital and the unit that cares for pre-mature babies. Follow and learn from a home-based care worker as she visits TB and AIDS patients in their humble homes in the outskirts of the capital city.
- Help with simple construction, i.e. one room schools, poultry houses, dormitories & village homes. Dig trenches, make mud bricks, clear farm land at our Family Resource Center.
- Share life skills with orphans living at the MWB Children's Resource Center. Work in the garden with the caregivers and children.
- Assist our able staff as they teach AIDS awareness and prevention to widows and orphans.
- Teach sewing, knitting, crocheting and other simple skills.
- Assist with health screenings in a local village.

Cost for expedition: \$2500 Program Fee AND the cost of your airfare which varies throughout the year.

Most team members pay **\$1500-\$2700 for airfare.**

- **Program Fee covers the following ground costs: lodging, food, water, transportation from airport upon arrival and within Zambia during the expedition, translators, and staff support.**
- **NOT COVERED in ground costs: shots, travel medications, passport, visas, laundry, internet, sodas, tips, shopping, souvenirs, leisure travel done before or after volunteer expedition and any costs associated with your leisure travel.**

What a Volunteer Expedition is NOT:

- A vacation
- A work project
- A service project
- A project of any kind!
- A quick fix, the solution to poverty or AIDS.

If you are interested in joining us in what may be one of the most worthwhile experiences of your life, please download and complete an application and return it to: Mothers Without Borders, 125 E. Main St. #402, American Fork, UT 84003.

As a volunteer you will be responsible for raising the funds to cover your expedition costs.

Many of our volunteers raise money through contributions from friends and family. **Mothers Without Borders is a 501 (c) 3 non-profit corporation and all contributions are tax deductible to the extent provided by law. We can assist you with sample letter for your fundraising efforts. We can also share with you with a list of fundraising ideas. Please note that 100% of the money you raise goes towards your trip.** Most volunteers have been able to cover some, if not all of their volunteer expenses through fund raising.

Traveling to Africa:

- Zambia is located in Sub Saharan Africa. Once inside the country you will be pleased to note that many people, including our staff, speak English. English is the official language and is taught in all the schools. Most people in the villages do NOT speak English and we will rely on the services of translators to assist us in communication.
- You must obtain a current passport for travel. The passport can take up to 2 months to process and will cost between \$60 and \$100. To keep your passport safe during travel, we recommend using a money belt to be

worn inside your clothing.

- There are many things to be considered if traveling to Africa. Many infections are caused by contact with polluted water so bathing and washing must be done in 'safe' places. If you are spending time in a village setting, you will need to exercise caution. In the city you are completely safe using the water in the rooming houses and at our Children's Resource Center. Please follow the advice of your team leaders and you will experience few problems.
- A few other things that those coming from the US or Canada usually take for granted. A good phone line is rare and the mail system is completely unreliable. **Do not plan on making telephone calls home**, but be assured that in case of emergency we can phone out and we will provide emergency contact information for your family and friends at home. **E-mail is slow and sometimes not available.** You will NOT have access to any internet services during the work portion of the expedition, and will not be able to email home until you embark upon your leisure travel at the end of the expedition. We will send an "arrived safely" message to your family if you provide us with the appropriate information so they don't worry.
- Simple and modest clothing is the appropriate dress. There will not be room for many different outfits, you will be limited to one carry on for personal items and clothing, as your two pieces of checked baggage will be reserved for service items to be used by the expedition. (more details and a packing list will be given once you are placed on a team)

Airfare:

We can assist you with arranging your airfare, or you are welcome to arrange it on your own. We will provide information on your team leader's travel itinerary so you can travel with other team members when possible. We recommend you purchase your airfare as soon as possible to guarantee the lowest price. We also recommend you purchase trip cancellation insurance, in the unlikely event you are unable to make the trip you will want to get a full refund! We can make recommendations for travel insurance companies upon request.

Lodging:

While in Zambia we stay in or around major cities. Your accommodations will either be in a rooming house, with 6-10 people in a room (same gender), with a shared bathroom, or possibly in tents. You will not have a bedroom to yourself and you may not be able to have a daily bath or shower. Don't count on hot water! There are frequent electricity outages and in some areas no electricity at all, so electrical grooming aids are not practical, please leave them at home. The electric currency in Africa is different than the US so you will need a transformer and adaptor plugs for any electric items like battery chargers, etc.

Food:

Your housing and meals will be taken care of by MWB, you will not be doing any of your own grocery shopping. A typical day's meals may include:

Breakfast – dry cereal, milk, hard boiled egg, toast, yogurt

Lunch – peanut butter and jelly sandwiches, apples or other fresh fruit when available

Dinner – Nshima (corn porridge) or rice or some days potatoes, beans, cooked green vegetables, chicken, beef or fish, and pasta.

You may wish to pack snack items to supplement your meals. Some popular items are granola bars, trail mix, nuts, candy, dried fruit, etc.

Medical Health:

According to the Center for Disease Control (www.cdc.gov/travel/africa.htm) there are several health risks associated with travel to Africa that can be avoided if you are immunized in advance, understand your responsibility to prepare ahead of time and adhere to safety advice during your stay. Take special care with regards to drinking water and food preparation in order to avoid the parasites that cause 'travelers diarrhea'. All water should be boiled or bottled, including water used for brushing teeth. We will provide you with plenty of clean water!

Sealed, bottled beverages are usually safe. All food that we prepare for you will be cooked properly and thoroughly. We will provide food that is safe, DO NOT eat food from street vendors, and if offered food in a village setting always check with a team leader before eating.

Malaria is a prevalent disease in Africa. **It can be prevented or cured** by proper medication. All MWB volunteers must adhere to the following:

- Visit your health care provider 6-12 weeks before foreign travel for any necessary vaccinations and a prescription for an anti-malarial drug.

- Take your anti-malarial drug exactly on schedule without missing doses, including after your return home.
- Bring and use insect repellent that contains DEET.

Recommended Vaccinations:

Hepatitis A, Hepatitis B, Typhoid, Tetanus, Yellow Fever and Polio booster.

(Note: Hep A and Hep B are a series of vaccinations so get started on these as soon as possible)

Check with a doctor that specializes in travel to determine your need for a Meningococcal vaccination. IF YOUR AIRLINE TRAVEL WILL TAKE YOU THROUGH JOHANNESBURG, SOUTH AFRICA, YOU NEED YELLOW FEVER IMMUNIZATION TO TRAVEL TO ZAMBIA.

In certain areas of Africa there are outbreaks of Cholera and some incidents of snake bites. Cholera can ONLY be avoided by drinking safe water and keeping your hands clean. **Avoid home made fruit drinks, food items sold on the street, frozen treats made with water, etc.**

Health Insurance:

All team members are **required to have adequate health and emergency evacuation insurance** prior to traveling with us. We can assist you with a reasonably priced policy that will cover your needs during your expedition.

Respecting the Culture and the People:

Please remember that THE PRIMARY PURPOSE OF OUR VOLUNTEER EXPEDITIONS IS CULTURAL EXCHANGE. We go to learn as much as we go to help the people. We are not there to force cultural changes. We want to share skills that will enable them to have a better existence in their own country, in their own culture, and in their own tradition.

If you have questions, please don't hesitate to contact us. Thank you for your interest in our volunteer expeditions to Zambia!

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