



Travel Tips

Attitude: Please realize you are entering another culture when you go to Zambia. There are different standards, lifestyles, values, and practices. You will need to accept their way of living and act accordingly. Keep in mind that you are a guest in Zambia. Flexibility and adaptability will be necessary for you to be used effectively. God will use you if you come with a servant's heart and spirit.

Dress: The weather in the summer months will be middle to high 80's and dry with some windy, dusty days. Evenings will cool down to the mid-50's so bring a light jacket, sweater or sweatshirt.

Women: Dress conservatively. Long skirts, pants, Capri pants, jeans are all acceptable. Dresses are appropriate or a blouse and skirt are appropriate for church services. Do not wear spaghetti strap tops, halter tops, shirts that do not cover your mid-section. Do not wear skirts above the knees or form fitting (tight) pants and tops.

Men: T-shirts or short-sleeve polo or collared shirts are appropriate for Bible Camp activities. Shorts are also acceptable at Bible Camp but slacks or jeans should be worn every where else. You should be comfortable enough to be able to chase the soccer ball around the field with the children or get up and preach/teach a Bible lesson. Church attire: Dress shirt and with slacks. Tie and jacket are optional. Do not wear tank-tops, torn jeans/shorts with holes.

Personal Health: Maintaining your health during your time in Zambia will enable you to be used more effectively in your mission work. The following are some basic guidelines that will help you stay healthy.

- Get plenty of sleep each night.
- Protect yourself from heat exhaustion and sunstroke by wearing a hat or other head covering. Sunscreen will help protect you from sunburn.
- Drink plenty of liquids, especially the bottled water. **Do not use ice** (unless approved by Team Leaders).
- Wear adequate footwear. Many diseases are passed through the feet.
- Eat all meals--especially breakfast.

Money: Your registration fee has covered most financial needs. You are responsible for any spending money for snacks, souvenirs, etc. The Guest House is not responsible for any lost or stolen articles or money.

