



General Information for EXPEDITION:ZAMBIA

Location: Ndola, Zambia, Africa.

Accommodations: Hosted family accommodations are common housing options with additional housing being other rented houses or small hotel accommodations. Showers or baths, flush toilets (a luxury in rural Zambia) and filtered water on site are included.

Activities: During our free time, participants enjoy downtime with locals and other team members and cultural experiences unique to Africa and Zambia.

Trip Length: Varies. Contact your uReach trip concierge.

Travel: In most cases, participants will purchase their own travel to Ndola, Zambia with the assistance of their assigned uReach trip concierge. We are here to help and tickets should only be purchased after clearing travel times and routes with us. uReach can arrange group ticketing when necessary, but this can be more expensive. Travel arrangements to Africa can be very complex and expensive, so flexibility may be key to affordability. Don't worry, we'll help you.

Participants will be picked up by local hosts for ground transportation to their accommodations.

Currency: The country's official currency is the Zambian Kwacha (ZMW), but US dollars are also widely accepted. Most sizeable towns have ATMs that accept foreign cards. You can obtain cash (kwacha) at ATMs accepting Visa or MasterCard such as Barclays Bank, Stanbic and Standard Chartered banks in the cities and larger towns. Some shops and restaurants accept major credit cards. Visa is the most readily recognized. A surcharge of 4% to 7% may be added to your bill if you pay with a credit card. It's also worth noting that payment by credit card requires a PIN to authorize the transaction.

Language: English is the official language, and is widely spoken, but is a second language to most Zambians who speak more than 70 tribal languages. Bemba is the first language to most people in Ndola. You can learn some key phrases at <https://zamtransinternational.weebly.com/bemba.html>

Climate: The hot season lasts for 2.0 months, from September 13 to November 11, with an average daily high temperature above 90°F. The hottest day of the year is October 15, with an average high of 93°F and low of 64°F. The cool season lasts for 7.3 months, from December 21 to July 29, with an average daily high temperature below 80°F. The coldest day of the year is July 2, with an average low of 48°F and high of 76°F.

Travel Documents: ALL trip participants MUST have a **valid passport** with an expiration date of at least 90 days past the trip date.

Visas are required. uReach will assist all participants with visa requirements. The cost of a visa is currently \$80 (USD) and is paid directly by the participant.

What's included in the price of the trip: Your trip cost includes ground transport from the Ndola Airport (unless otherwise specified), all meals, purified water, construction materials/tools for projects, trip leaders, recreational activities and leadership training.

What to Bring

General –

- Sunscreen
- Spending money (see "currency" section for guidelines)
- Toilet paper (for times away from the base)
- A backpack (normal kind)
- A water bottle (you will refill with purified water)
- Toiletries (toothpaste, shampoo, razor, etc)
- A package of wet wipes for the job site
- More Sunscreen
- A towel
- Sunglasses
- More sunscreen
- Gloves
- A hat (something with a wide brim is recommended)
- Insect repellent with DEET

Clothing

- Work shoes (boots or sturdy sport/tennis shoes), walking shoes, sandals
- Your regular casual clothes
- A modest swimsuit (this is a humanitarian trip) in case of swimming opportunity.
- Light shorts/t-shirt/pajamas to sleep in
- Sweatshirt or light jacket
- Rain poncho (it is very likely to rain during the summer months, December through March, so especially then)
- Work clothes (you will get dirty) and painting clothes that can get “ruined”
- Please bring long (in length, not long sleeved) shirts for the work site that don't bare your skin when you bend over. Shorts for the work site should be at least mid-thigh. Tank tops should be modest - the Zambian people are very modest. We don't want to be a freak show.

Do not bring:

- Any illegal substance
- Non-prescribed pharmaceuticals
- Illegal drugs
- Marijuana-even with prescription or firearms of any kind are illegal in Zambia and carry serious penalties
- Alcohol, fireworks and other potentially dangerous items are not allowed on the expedition.

Optional

- Snacks if you want
- Ear plugs (for sleeping with people who snore)
- Your own pillow
- Basic OTC meds (Advil, Pepto Bismol, etc)
- Giveaways for children
- Playing cards, books, or other downtime activities

Notes:

- Sleeping bags, sheets, etc. are *not* needed unless you are notified otherwise.
- Vegetarians and people with allergies should let us know so we can try to accommodate food needs and preferences.

Medical Information

Insurance: All participants are required to purchase insurance through Mission Assure. uReach will assist in that purchase. The cost is \$4.50/day and includes medical insurance, evacuation coverage and more.

Pre-check: Individuals are encouraged to make an appointment with the travel department of your medical provider or your primary care physician.

Medications Needed for Zambia: Make sure you are up to date on routine vaccines before every trip.

- **All participants:** Every participant should be up to date on measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), and polio vaccine (and your yearly flu shot).
- **Recommended:** The following are suggested for travel to developing nations:
 - Hepatitis A: CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Zambia, regardless of where you are eating or staying.
 - Typhoid: You can get typhoid through contaminated food or water in Zambia. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
 - Malaria: You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria. Areas of Zambia with risk of malaria: All. See more detailed information about malaria in Zambia.

A note on Malaria medications from uReach. Malaria meds are tricky and can have adverse side-effects. Although there is *always* some risk of Malaria in Zambia, there are times of the year when the risk is high and others when it is not. We can advise you, but you will need to make the decision on whether to take malaria medications. While malaria can be dangerous, it is also very common and is usually very treatable.

- **Optional:** The following are for highly cautious participants who want maximum protection.
 - Cholera: Vaccination may be considered for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission are localized to the provinces of Lusaka (last case reported February 2019), and Northern in Zambia. Cholera is rare in travelers but can be severe. Certain factors may increase the risk of getting cholera or having severe disease (more information). Avoiding unsafe food and water and washing your hands can also help prevent cholera.
 - *Hepatitis B:* You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures
 - *Malaria:* When traveling in Zambia, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. Areas of Zambia with risk of malaria: Rare cases in Chinandega, Leon, and Matagalpa. No malaria in the city of Managua
 - *Rabies:* Rabies can be found in dogs, bats, and other mammals in Zambia, so CDC recommends this vaccine for the following groups:
 - Travelers involved in outdoor and other activities that put them at risk for animal bites.
 - People who are taking long trips
 - Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

More information can be found at <https://wwwnc.cdc.gov/travel/destinations/traveler/none/zambia>