



Pre-Departure Information Livingstone Group Service Learning Project



*A pioneer in "immersion" study abroad, in which students immerse themselves in a language and a culture, **Bridge** has over 20 years of international experience. Our volunteer programs began at our language schools in Argentina, Brazil and Chile for students craving an enhanced cultural and volunteer experience. Bridge has partnered with **African Impact** to provide such quality opportunities in Africa.*

You will soon be joining us in Livingstone, Zambia, so here is some useful information that will help your travel planning and let you know a little more about your stay with us. We wish you a pleasant flight and our Project Managers, Rachael Wood, Laura Goble and Mary Reid Munford along with the rest of the team are very much looking forward to meeting you in Africa!

Flights & Visas

Make sure that you have provided us with the correct arrival flight details to ensure that we can collect you at the right time.

If you are spending more than a few hours in transit at Johannesburg OR Tambo Airport, there is a lounge that you can currently use for roughly 235 Rand (about \$30) – this price is a guideline only and is subject to change. This includes showers, internet, snack food and drinks as well as a comfortable place to sit and somewhere to leave your bags if you fancy a wander around the shops. It is well worth using this lounge if you are at the airport for more than a few hours as generally food within the airport is expensive. Once you have checked in, and been through passport control, take a left and keep going until you find a Tax rebate shop, Accessorize and escalators. Head up the escalators and go through the first door on your right, just before the smoking lounge.

When flying via Johannesburg don't check your luggage through to your final destination. Always collect your luggage in Johannesburg and re-check onto your connecting flight. This avoids luggage being lost.

It is possible to obtain a visa prior to departing for Zambia from your local Zambian embassy. PLEASE NOTE: this can take at least 6 weeks; "Multi-entry" visas are usually available if you arrange your visa through an embassy, this is recommended to those wanting to travel to more than one neighbouring country. Obtaining your visa at the airport upon arrival in Zambia itself is very simple and the most common way of obtaining the visa but "Multiple Entry" is not obtainable. We can suggest <http://www.zambiaimmigration.gov.zm/> or <http://www.zambiatourism.com/travel/traveladvice/visa-immigration-info.htm> to check what the visa requirements are for your country. **Your passport must be valid for at least 6 months after you arrival date in Zambia**, so please check the expiry date.

VERY IMPORTANT – PLEASE TAKE CAREFUL NOTE REGARDING VISA'S:

On arrival in Zambia, you need to get a **30-day business visa**. **You must state that you are volunteering for "The Happy Africa Foundation", which is a Zambian registered NGO. African Impact is the partner to The Happy Africa Foundation. Please bring a coloured photocopy of your passport with you and you should have a copy of the invitation letter which you will require to apply for the business visa; Bridge will send this to you prior to your departure from the U.S.**

If you are volunteering for longer than 30 days, the team in Livingstone will assist you with having your business visa renewed, up to a maximum of 90 days. If you require a visa extension after you have completed your volunteer period i.e. if you plan to travel in Zambia after your volunteering (even if only for a couple of days), you will not be able to extend your stay on a NGO Business Visa. Instead, you must apply for a temporary permit, which is approximately USD 450. The alternative is to leave the country and return as a tourist. This will cost you USD50 for a single entry visa or USD 80 for a double entry visa, plus all the costs associated with leaving the country such as transport, visas for the country to be entered and your food and lodging there. Please be advised that you will not be able to apply for a tourist visa without leaving the country.

Our African Impact team will meet all volunteers on arrival at the Livingstone airport and will act as a liaison between our volunteer and immigration should clarification be required. If you will be arriving at a different port of entry (Lusaka / Victoria Falls) please let us know in advance in order to advise the immigration officers of your expected arrival and supply them with a copy of the necessary NGO registration certificates (advised copy will be sent to you along with the invitation letter you will require). Your business visa can be extended if necessary up to a maximum of 3 months once in Zambia, and your project managers will assist you in doing so. You will not automatically be given the maximum 3 months, and **we recommend that you request a visa that is at least one week longer than you actually need** in case there is a change in your flight requiring you to be in the country for additional time.

If asked to give an address of where you will be staying in Zambia, please state: 559 Makambo Road, Livingstone, Zambia (write this address down and keep it in your hand luggage as you will need to complete this on your visa application form).

There is a cost to obtain a visa, payable in cash (US\$) at immigration. Below are the details of the current prices for common countries, however, we ask that you have additional cash to hand as the visa rules change often and the price may have increased since this document was sent to you.

Republic of Zambia, Department of Immigration

General Visa Fees (please note these are subject to change)

Single Entry	US\$ 50
Double Entry	US\$ 80

You **CANNOT** be stamped out of and re-stamped into Zambia at no extra charge even if you are returning the same day. Therefore, **please ensure that if you intend to leave Zambia at any point, regardless of how long you spend out of the country, you will either need to have a double entry or multi entry (through an embassy prior to arrival in Zambia) visa to get back into Zambia, OR be prepared to pay for another visa upon your return.**

Please be advised that Benadryl and other over-the-counter medications which contain small quantities of diphenhydramine are on Zambia's list of controlled substances. Therefore, we would advise you to please leave all non-prescription medications behind. When travelling with prescription medications please bring a doctor's prescription and ensure that the medication is in its original bottle.

Airport Pick-Up

We will meet you at Livingstone Airport!

If you are arriving into **Livingstone Airport** you will be met by a member of the African Impact team. Below are the contact numbers for the African Impact Livingstone management team:

Rachael Wood – Business Manager (**+260 974 399 843**)
Mary Reid Munford – Project Manager/Volunteer Coordinator (**+260 974 399 846**)
Laura Goble – Project Manager/Volunteer Coordinator (**+260 975 378 184**)

If you cannot find the representative please do not leave the airport or accept any offers to take you into town. Please call one of the above or following numbers:

Main Office - +260 213 324072 (**incoming calls for volunteers up until 10pm**)
Main Office - +260 213 321203

If you are arriving into Victoria Falls Airport (Zimbabwe):

You will be picked up at the airport by one of our Victoria Falls project managers. They will take you to the Zambian border, where you will be met by our Livingstone project coordinators. Please note that as you're flying into Zimbabwe you will have to get a Zimbabwean visa as well as a Zambian one. You will be able to get the Zambian visa at the border and a Zimbabwean one at the airport.

If you cannot find the representative please do not leave the airport or accept any offers to take you into town. Please call any of the numbers above.

If you are arriving into Lusaka Airport:

Due to the distance of Lusaka from Livingstone, we are unable to meet you if you arrive at this airport. However, there are 7 bus coaches that leave from Lusaka everyday to Livingstone. Volunteers need to catch a taxi from the Airport to the Intercity Bus Terminal - there is only one in Lusaka. The taxi ride will cost about 120,000 Kwacha, equal to USD40.

The bus ride is about 6 to 8 to hours, a ticket is between 70,000 Kwacha (approximately GBP25 or USD30) and 85,000 Kwacha, depending on which bus you choose. You shouldn't pay more than 90,000 Kwacha. Volunteers can purchase the tickets at the bus station but these sell out very quickly so you will mostly need to spend some time waiting at the station. The departure times are approximately 06h30, 08h00, 09h00, 11h00, 13h30, , 16h00, and 19h30 or 20h00. We recommend using Mazhandu Family Bus Services or Shalom should you be taking a bus through to Livingstone from Lusaka. You will be met by one of our project volunteer coordinators - at the bus station in Livingstone. Please call us once you are on the bus to advise of an update in expected arrival time into Livingstone as the services are sometimes subject to delays.

If you cannot find the representative please do not leave the bus stop or accept any offers to take you to the house. Please call any of the numbers above.

If you are arriving directly to the house:

Some volunteers decide to arrive directly at the house, particularly if they have been backpacking around Zambia or have been staying with friends or family near by. Please contact Rachael, Laura or Mary on the numbers above, the day before your arrival to let them know what time you are expecting to arrive at the house. Alternatively, please leave a contact number, or the name of the place you are staying in an email to rachael@africanimpact.com / mary@africanencounter.org or laura@africanimpact.com. If you are planning to take a taxi to anywhere as a part of your journey whilst in Livingstone, please only take registered taxis which are blue taxi's with red number plates.

The House Address is (Livingstone Backpackers):
559 Makambo Road
Livingstone
Zambia

Most taxi drivers are familiar with African Impact and will know the address particularly if you tell them to go to Livingstone Backpackers.

Your Project Managers

Your project managers are there to make sure that your volunteer experience is as rewarding as it possibly can be. They are responsible for coordinating the team that organizes your daily activities etc and they will help you to resolve any problems you may face whilst in Zambia. During your daily activities and inductions you will be mainly looked after by your Project Manager, co-ordinators and/or project assistant. There will be a volunteer coordinator based on your accommodation site to answer your questions and to attend to your needs.

Project Aims

Coming to work in Africa can be a very exciting, but equally daunting or even a scary prospect. African Impact provides the ideal opportunity for you to have all the experiences of working in Africa, getting to know the people and the culture, and providing a helping hand, all with the added protection of the supportive network of the African Impact Team. We will take care of all your accommodation, meals and daily transport needs. There will always be a Project Manager in Livingstone who will be there to support you throughout your placement, as well as an effective orientation programme that we have in place for new volunteers which will give you the confidence that you need to get the most out of this experience.

Whilst African Impact aims to ensure that every volunteer has a fulfilling and rewarding placement, we place immense weight on the importance of volunteers being used to benefit and strengthen local systems. We are in close communication with local education and health care workers, both at grass roots and governmental levels, to ensure that at all times the work of our volunteers is of maximum benefit to the workers and to the community.

Working with the local authorities, African Impact has access to a series of establishments in the Livingstone area, all of which need as much help as possible.

You will not be forced to take part in any aspect of the projects you feel uncomfortable with; however, we do expect our volunteers to give everything a go. Please remember some projects involve physical labor and others are on tough terrain. The Farm has a short steep climb down some steps to reach the gardens and home based care will require lots of walking out in the communities over uneven terrain.

Time Off - If a volunteer wishes to have more time off, to go on excursions, or if you are tired, your coordinating team will be very accommodating as long as you give them notice. Your working day starts at 0730 and finishes at 1700, and you have an hour lunch break between 1200 and 1300. You will have free time on weekends which we encourage you to use for excursions and activities but you can discuss with the project team if you urgently need additional time off projects.

Accommodation

You will be staying at **559 Makambo Road, Livingstone, Zambia** during your volunteer experience with us in Livingstone.

Telephone: (+260) 213324072 / (+260) 213321203

Postal Address: c/o African Impact, PO Box 60896, Livingstone, Zambia

Livingstone volunteers reside at a comfortable and secure complex, a 5 minute walk away from Livingstone town centre. This accommodation features a dining area, bar, swimming pool, large garden, climbing wall and cheap internet cafes are available nearby! The complex sleeps up to 68 people and accommodates volunteers from our medical, teaching and sports projects.



The House: The accommodation is multi-sex, but males and females will be sleeping in separate rooms. The house has 24 hour security. It also has a safe where you can store your valuables. Your meals are cooked at the accommodation and you will have the support of our project managers at the site. This house caters for 3 different projects, medical, teaching and sports.

Bedrooms: Each bedroom sleeps 6 people, with three bunk beds in each room, some of the larger rooms can have up to 8 people in the room. Each bedroom has a small lockable cupboard for your valuables – please bring your own padlock for your locker. Bed linen is provided (although please bring your own towel) and the maid service will attend to cleaning the rooms and making the beds daily. The maids will wash your laundry.

The Dining Room: The dining room also acts as the project’s meeting room and this is where the volunteers view their schedule. Tea, coffee, and meals are provided in the dining room.

The Resource Centre: The resource centre is designed for our volunteers to ensure that they are well equipped for their project. This is for you to use at all times and includes art materials, sporting equipment, basic medical equipment and supplies, and reading books and posters.

The TV Lounge: Relax in the comfortable lounge whilst watching a movie using the DVD player.

Location: The house is positioned within close walking distance to town where you will find a wide range of amenities including a bakery, Ice-cream parlour, Barclays bank, ATM’s, curio markets, supermarkets, local markets, a post office, various restaurants including Chinese, seafood, Indian, Italian, English, and Zambian as well as two museums! You are also located close to one of the Seven Natural Wonders of the world – the Victoria Falls, where you will find a wide range of adrenalin activities, River boats, and game viewing opportunities. Livingstone is situated in a prime location between some amazing countries. You will be in an ideal location for spending the weekend in Zimbabwe or popping over to Chobe National Park in Botswana for a day of ultimate game viewing.

House Facts:

Bedroom capacity: 6 - 8

Mixed Sex Rooms: No

Mixed Sex Houses: Yes

Couple Accommodation available: This can be arranged at an extra cost, please contact the project before booking.

Smoking: This accommodation is non-smoking inside, however you can smoke in one of the outdoor areas.

Walking distance from main town: 5 Minutes

Ablution Blocks: 3 on the property (2 showers / 2 toilets in each ablution block).

Air Conditioners: No (fans provided)

Internet access: Cheap internet cafes are available close to your accommodation.

Electricity: 3 square pin UK standard plugs

If you are travelling with a partner or friend and would like to room together, please let African Impact know this **before your departure – contact your booking agent.**

Any valuables that you would like to keep safe, please give to your Project Manager to keep in the main safe. Although our accommodation does not have crime problems, you are visiting a poor country where crimes of opportunity do occur. It is unfair to put temptation in people’s way, by leaving valuables or cash in plain sight.

All meals, laundry and transportation to and from project sites will be provided and organized by your co-ordinators.

Meals

You will receive 3 meals a day at the volunteer accommodation where you are staying.

Breakfast is usually on a help-yourself basis; cereals, toast, tea/coffee

Lunch is usually pasta / jacket potatoes / toasted sandwiches, etc served with salad and fruit

Dinner in the evenings is our main meal. This consists of a mix between traditional Zambian meals as well as Western foods like casseroles, etc. We do cater for vegetarians.

Please let us know before you depart for Africa of any food allergies or specific requirements. We do everything we can to provide for any dietary requirements, but we may have to ask you to bring some things with you if what you need is not available locally.

Laundry/Washing

Your laundry will be washed, ironed and folded for you free of charge and you will be given a laundry basket to use for the duration of your stay. We recommend that you do not bring clothing that you are too concerned about being damaged as our facilities are basic by first world standards and we do not want to ruin your favourite clothes if the colours run.

PLEASE BE CONSERVATIVE WITH YOUR WASHING though – due to the drought conditions in Zambia and subsequent water restrictions we are forced to limit volunteers **to 10 laundry items per week**. The nature of our projects and environment allow for garments to be worn more than once especially when building!! Wear clothes several times when possible - you will not be the only person in Africa to be a little dirty!

Communication

Postal: If people wish to send you mail, they can use the postal address: Postal Address: c/o African Impact, PO Box 60896, Livingstone, Zambia. However, please don't send any valuables, as the postal service in Africa is not completely reliable and is generally slow (expect parcels to take 3 weeks +).

E-mail: You will have access to cheap internet cafes close to your accommodation.

Telephones: Your friends and family will be able to contact you on the office phone (+260 213 324072). You will not be able to make international phone calls on these phone lines. You can buy a Zambian SIM card for your cell phone which means you will be able to text / SMS your friends or family as well as communicate with your Project Managers and your house mates.

You may also give your friends and family the email addresses of your project managers: rachael@africanimpact.com / mary@africanencounter.org / laura@africanimpact.com in case they wish to pass on any emails.

Mobile Phones: You will be able to use your mobile phone in Zambia if you enable international roaming before you leave home. Alternatively, you are able to purchase a local SIM card for your mobile if preferred. N.B. You will need to arrange with your cellular provider at home that your phone is 'unlocked' before you leave, so that you are able to use foreign SIM cards in your phone. Be aware that international roaming is extremely expensive! We recommend purchasing a local SIM card and pre-paid credit.

Electrical Appliances

We have British (3 pin square) plugs in Zambia (220 – 240 volts). There is electricity at your volunteer accommodation and you will be able to use all normal electrical appliances such as hair straighteners; iPod; camera chargers, etc. Please note that we do experience electricity cuts fairly frequently.

Weather & Climate

May – August: These are the cooler months and temperatures can be very chilly in the evenings and early morning.

September – November: Hot and dry.

December – April: Days and nights can get very hot and sticky. You need light clothes although there might be a day the temperature drops so ensure you also bring a sweater. It's a time of heavy rain, especially between mid-November & mid February so bring a summer raincoat, and you might like to bring a pair of wellington boots also.

Clothing

Please make sure you bring comfortable clothes, as well as clothes that you don't mind getting dirty. Zambia is a relatively broad-minded country and it is acceptable to wear shorts and skirts, but the clothes you wear to your

project should be conservative, not be revealing, i.e. shorts must be to or below the knee, and generally keep your shoulders covered and no midriff exposed, and for ladies no cleavage showing please.

Medical volunteers need to wear plain white shirts/t-shirts and plain dark shorts/trousers/skirts for work. We ask that you bring strong, closed shoes to wear whilst working, particularly trainers as you will be walking fairly long distances on home based and will need these for other projects too, such as farming.

It is also advisable to bring clothes to wear specifically at work as you may need these on occasion, particularly for morning teaching projects. You may want to bring some nice clothes for the evening as there are restaurants and bars in town however, nothing too posh! Please be aware that your clothes are going to get dirty!

Vaccinations, Malaria, Sun Precautions & Dehydration

Please consult your GP with regards to immunizations, as we are not medical professionals and cannot give advice. Below are details of what is likely to be recommended.

Tetanus: A recent tetanus injection is highly recommended.

Polio: Recommended

Hepatitis A&B: Recommended

Tuberculosis: Recommended

Malaria: We advise you to bring an ample supply of anti-malarial tablets for your entire time in Zambia. Ask your doctor to prescribe the best one available. N.B. We do not recommend Larium (sometimes known to cause hallucinations) or Doxycyclene (many people have bad reactions to the sun when they use this prophylactic).

You will need an adequate supply of mosquito repellent cream or spray as well as the best suntan cream for the hot African sun - SPF 30 and above. Also, please bring a hat and a water bottle with you, as often you will be in the sun a lot of the day. The sun is very strong here and it is possible to burn through an apparently overcast sky, so please do not underestimate the chance of burning.

Many volunteers dehydrate during their time with us despite repeated assertions to drink lots of water or face some unpleasant symptoms. We do not want you to have to miss out on any of your experience here because you got sick due to dehydration, so please, please, drinks lots of water!

Money

You can use all major credit cards for doing activities at the Victoria Falls. However, only cash (or clothing, especially soccer shirts!) is accepted at curio markets, and ATM machines only take VISA cards. For a lot of the smaller establishments it is advisable to bring your spending money in US dollars cash, which must be post 2001 issue. **Master credit cards are accepted, but only at 2 banks. It is advisable to use Visa cards as they are more widely accepted** (We do not recommend bringing any travellers cheques to Livingstone).

We suggest you bring approximately US \$300 spending money per month of your stay to cover personal expenses such as phone & internet use, curios etc.

Volunteer Expectations and Conditions of Stay

Africa provides an ever-changing environment and power failures, water & fuel shortages, temperature fluctuations and other uncontrollable situations do occur. You will need to remain flexible, understanding and good humoured. "African time" can be difficult and frustrating for those used to a very structured life so this is something to keep in mind!

Once you arrive in Africa, your care is the responsibility of African Impact and our trained project managers. We always aim to provide you with all your daily needs, keep you out of harm's way and support you in your volunteer work. In exchange, we ask you to attend work punctually and to behave consistently in ways that reflect well upon African Impact and our project managers.

We ask that you dress according to local norms while in public and to treat people on the work site with kindness and respect. In addition, African Impact insists that volunteers avoid any contact with drugs and any culturally inappropriate activities relating to alcohol. The African Impact projects rely on networks, and those networks are held together by good relations. If a case should arrive in which our staff feels that volunteers have repeatedly behaved in ways that contradict the basic spirit of this agreement, we reserve the right to remove you from the programme.

We view the volunteer experience as a commitment that includes a willingness to overcome challenges of various sorts. In cases where volunteers are experiencing difficulties, we strongly encourage creative, collaborative solutions. At the same time, we respect the ability and freedom of our volunteers to make their own judgments

and understand that volunteer work only functions well when volunteers retain the will to participate fully and energetically.

Below is the code of conduct that we require volunteers to work to in order that our projects can meet their aims and that everyone has an enjoyable and rewarding time with us.

Code of Conduct

To ensure that volunteers have a most enjoyable and safe time whilst on placement we have set down a code of conduct. Please study the Code as there should be no confusion.

<u>Minor Offences</u>	1st Offence	2nd Offence	3rd Offence
General bad conduct	Verbal Warning	Written Warning	Termination
Poor punctuality	Verbal Warning	Written Warning	Termination
Laziness	Verbal Warning	Written Warning	Termination
Failure to attend an activity without just reason	Verbal Warning	Written Warning	Termination
Minor breach of safety rules	Verbal Warning	Written Warning	Termination
Minor damage or misuse of Company Property	Verbal Warning	Written Warning	Termination
Being rude, unfriendly or disrespecting local customs	Verbal Warning	Written Warning	Termination
Discrimination in any form	Written Warning	Termination	
Failure to keep the PAAZAB code of ethics (Wildlife projects only – ethical standards in the good treatment & management of animals in captivity)	Written Warning	Termination	
<u>Serious Offences</u>		1st Offence	
Theft		Termination	
Drinking on duty (or between activities) where you could endanger yourself or someone else as a result		Termination	
Malicious damage to Company property		Termination	
Assault		Termination	
Negligent performance of duties with serious consequences to property or life		Termination	
Serious breach of safety rules		Termination	
Under the influence of drugs		Termination	

Upholding the good name of African Impact and its sister organisations

We ask that you do not bring yourself or African Impact into disrepute nor involve any other employee or volunteer in any behaviour that might amount to disrepute. If your behaviour is found to be detrimental to the programme that you are involved with, you may be asked to leave immediately without compensation.

Drugs

If you use or even come into contact with drugs, users, pushers or anyone remotely connected with drugs, illegal or otherwise, other than for medical reasons, your placement will be terminated immediately. If you are taking drugs for medical reasons and have not informed us of your medical condition the same condition applies.

Discrimination on any grounds

If you see, hear or encounter any discrimination of any kind, DO NOT CHALLENGE THAT PERSON OR INTERVENE. If you feel that you need to express your views, please tell the PROJECT MANAGER and they will take the necessary actions. African Impact is totally against any form of discrimination and any information given to us is taken very seriously.

Relationships & A.I.D.S

AIDS is widespread throughout Africa and as such WE DO NOT ENCOURAGE ANY SEXUAL RELATIONSHIPS WHILST ON YOUR PLACEMENT. It is not only your own health you are risking, but also the health and safety of others around you.

In addition, volunteers who enter an inappropriate or sexual relationship with staff should remember that such behaviour will have serious consequences for the staff member involved that may include dismissal.

Termination of Placement

In the event that your placement is terminated due to your failure to abide by the code of conduct laid out above you will be required to pay for any costs incurred in your return home from the placement.

General Safety

Tourists are always targets for pickpockets and thieves. Please educate yourself about Zambia before you leave, so that you can be alert for all types of situations. General travel safety rules are below.

- Avoid travelling alone, especially at night - Livingstone has a 21:00 curfew, police will stop those walking around after curfew. You may still be in a restaurant or public place after 21:00, but not out on the street. You should use taxis and not be walking out anywhere after dark.
- Find out where the unsafe areas are and avoid them.
- When travelling keep all important documents & valuables in a safe place, like an inner hidden pocket or money belt.
- Carry only as much cash as you think you will need for the day.
- Don't wear expensive jewellery or watches.
- Be wary of people who seem too friendly too fast.
- Keep cameras out of sight. Always keep bags and purses in your sight.
- Before swimming, ask how safe the area is. Crocodiles and hippos cause a lot of deaths on the Zambezi.
- Use registered Taxi cabs only.
- Do not give your contact details to anyone, no matter how friendly they seem.

In addition, you will be working outdoors, in an unfamiliar community and environment. PLEASE respect the advice given to you by the project leaders. Listen to your project manager and respect the local rules and customs AT ALL TIMES PLEASE!

Packing Checklist

Please be aware that your clothes are going to get dirty! In addition, it can get very cold during the evenings in dry season (April-September) so please bring a warm jacket/fleece and long trousers.

- **Passport, insurance certificates & personal documentation, including some certified copies stored separately.**
- **Please pack all valuables such as camera's, laptops, iPods, etc, in your hand luggage when flying to Africa.**
- Spending money in US\$ – including some small denomination notes
- Camera with enough film & batteries for the duration of your placement (you will be able to re-charge batteries if you bring your charger with you)
- Personal medical first aid & hygiene kit (including anti-diarrhoea, anti histamines & headache tablets)
- **Please bring your own padlock to lock up your lockable cupboard in your room**
- Hand sanitizer to carry on projects
- Proof of recommended inoculations
- Sunscreen & sun hat
- Trainers & sandals
- Personal torch
- Sunglasses
- Pocket knife is handy but not a priority (not in your hand luggage)
- **Lightweight waterproof jacket for the Wet Season (November – April)**
- Fleece type pullover (it can get quite cold at night, particularly between March/April - September)
- Warm clothing: jacket, jumpers, gloves, woolly hat, scarf for winter (May – August)
- Khaki or similar neutral coloured lightweight bush wear (**Note: Not with camouflage design**)

- Long trousers
- Swimwear; beach towel / bath towel
- **Mosquito net**, mosquito & insect repellent
- Water bottle
- Trainers, Astros or football boots
- Sports clothing – shorts / cotton t-shirts
- Note book (can buy here)
- Whistle (if on sports project)
- Waterproof & secure bag for documents & money
- Sleeping bag if camping on one of the optional weekend trips (medium warmness). Suggest to bring a sleeping bag during the months of May – August whether you plan to go on a camping trip or not, as it can get chilly in the evenings.
- Positive attitude!

Travel With Care - You may be interested in purchasing a volunteer pack when you come out to volunteer in Africa, please see the following link for more details: <http://www.africanimpact.com/news-article/travel-with-care-discounted-travel-essentials-kit-now-available!/20100406>

What you can bring that would help!

If you have extra space in your bag we ask that you bring some small things to help the project that we struggle to get in Zambia. We are looking for the following at present:

- **For the volunteer house:**

- DVD's
- Books – wildlife & novels
- Cards & games

- **For the projects:**

- Stethoscopes / thermometers / blood pressure cuffs
- First aid supplies (if you would like to bring any supplies for the medical project, please only bring basic items such as paracetamol / panadol, vitamin B complex, multivitamins, anti-septic wash, soaps and/or creams, saline solution, bandages, thermometer covers, latex gloves, gauze pads, plasters, cotton wool; we provide palliative care and are unable to dispense more compound or prescription drugs)
- Toys & games for the kids and old age home
- Sports equipment (such as nets, balls and bats e.g. rugby balls, netball and volleyball balls, volleyball nets, footballs)
- Pens & pencils, pencil sharpeners, glue, chalk, rulers, compasses, scissors, art club supplies.
- Text books for all ages
- A4 lined and plain white paper
- A4 exercise books
- Construction or craft paper
- Drawing, colouring books
- Flip chart pads
- Educational posters for the walls and other teaching aids
- Plastering trowel
- Large letter & number stencils
- **Children's books, especially VERY basic readers**

Please note: If you would like to bring any reading books or educational materials, please try to source items with an African theme or featuring people/animals associated with Africa so that the kids can relate to these subjects when reading the books; it will really help them with their comprehension if they have a grasp of the subject matter.

If you would like to know more about how you can help the projects and specific needs at the time of your arrival please contact rachael@africanimpact.com / mary@africanencounter.org / laura@africanimpact.com

If you are able to bring any of the above items, please just hand them to your Project Managers on arrival who will work with our Zambian NGO, The Happy Africa Foundation to ensure that they are fairly and responsibly used and/or distributed.

General African Impact Contact details

African Impact Main Office in Cape Town: +27 21 7854319 or 08000988440 (UK Toll Free) or 1-8006067185 (USA Toll Free)
Fax: +27 86 618 3370

In emergencies, if you cannot contact your Project Manager, contact Andrew Procter or Greg Bows or Kylie Taute, your placement coordinator.

Andrew Procter mobile number: +27 79753 9733 or Greg Bows: +27 763849144.

www.africanimpact.com

Before you arrive: please **let us know** on rachael@africanimpact.com / mary@africanencounter.org / laura@africanimpact.com or your booking agent **if:**

- Your flight details have changed
- You have alternative dietary requirements
- You have medical conditions that require special attention
- You would like to share a room with a travel buddy
- You would like to bring items out to help the project

General Bridge Contact details

Bridge Headquarters in Denver, Colorado: +1 303 785 8861 or +1 303 785 8885. Fax: +1 303 785 8893

You can also reach us by e-mail: studyabroad@bridge.edu.

We look forward to welcoming you to Livingstone, Zambia!!

