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About Outreach, Inc.

Overview:
- Co-Founders & Co-Directors: Floyd Hammer and Kathy Hamilton Hammer
- Location: Union, Iowa
- Previously known as Outreach Africa and Outreach International · Founded in 2004 to help the people of Ilunda Ward in the Singida Region of Tanzania
- Non-church affiliated, registered International NGO (501 © 3) · Focuses on four major areas of need:
  - Water
  - Food
  - Medicine (health services)
  - Education
  - Sponsor of medical missions to Singida Regional Hospital in Singida Town, Tanzania (East Africa).
  - Government Relations: Outreach works in Tanzania at the invitation of The Honorable Regional Commissioner for Singida District, the Honorable Parseko V. Kone. Outreach works closely with the Tanzanian government and their appointed representatives.

Current Work:
USA:
• Centered on “Kids Care,” www.kidscare.net, (previously known as “Kids Against Hunger”), a pre-packaged meal program providing food to needy children
  ○ Food-packaging events occur all over the USA
  ○ Dry meals are high caloric, high nutritious, vitamin fortified rice
    -soy protein meals used to provide nutrition for starving and malnourished children. The meals are shipped to 15 different countries including the United States.

Tanzania & Africa:
• When the meals arrive from the USA, they are distributed by Outreach to be prepared and served to the children through various programs including:
  ○ Outreach meal distribution programs
  ○ Lunch programs in primary and secondary schools throughout the Singida region
  ○ “Light in Africa” and “Harvest of Hope” programs in Moshi
  ○ Numerous Tanzanian orphanages supported by Outreach
  ○ Children’s Center built and supported in Singida Town by Outreach
  ○ Singida Regional Hospital when Outreach’s medical teams require nutrition for their patients.
• Children’s Centers:
  ○ These centers provide children on the street a safe haven where they can receive meals packaged by volunteers in the US, a school uniform so they can go to school, and a safe place to be.
  ○ Currently there is one Children’s Center located in Singida and one being built in Manyoni Village.

Supporting local industries: Outreach supports local cottage industries by purchasing goods directly from artisans and growers at fair market price
  ○ Items purchased:
    - organically grown coffee
    - woven grass baskets
    - fabrics
    - jewelry
    - wooden and soap stone carvings
  ○ Goods sold in the US by church, service, & individual efforts at fair American market prices, raising funds for ongoing projects.

DEVELOPMENT:
• International fund-raising efforts
• Ever-growing medical presence throughout the Singida District of Tanzania
• Increased collaboration with the local Singida schools
• Agricultural programs to introduce new farming methods, crops, cattle production, and drip irrigation systems to the region
• Port-a-Doc: a fully supported mobile medical unit providing medical care to remote villages in the Singida District of Tanzania
• Potable Water projects:
  ○ Outreach has worked diligently to bring a self-sustaining clean water project to Singida with inventor John Hays (Washington, IA) who developed a self-sustaining solar-powered well pump and chlorine generator and filter to provide water chlorination.
  ○ Outreach uses this system at the Singida Social Training Center where medical teams stay, the Singida Regional Hospital, the local Singida Schools, and the Singida Children’s Center
As members of Outreach, the “water team” has travelled to villages throughout Tanzania to install and teach local village elders how to use John’s water system. Results of safe water: immediate reductions in cholera cases and deaths throughout the region.

**Medical Missions:**
- Began in 2005
- Purpose: support the efforts of the staff and physicians at the Singida Regional Hospital and provide needed care to the people of Singida Region, Tanzania, with a growing focus on women and children’s health
  - 2009: first-ever Pediatric Team
  - Subsequent Pediatric teams continuing to be lead by Blank Children Hospital physicians and nurses
  - Currently surgical and clinical teams provide care in Tanzania
  - Physicians and medical staff and support staff have come from all over the USA with the core group being from the Des Moines area
  - Surgical teams include – general, pediatric, ENT, gynecologic, plastics, anesthesia
  - Referral Hospital for Singida District:
    - 10-year construction of a new 1,000 bed hospital
    - Will serve approximately 40 million people of Tanzania
    - Nearing completion
  - Collaboration with health care systems in IA, MN, and N. Dakota have supplied equipment, supplies, and linens

**Required Documents**
- Documents needed for all team members
- Forms located at end of document
- Required documents for travel to Tanzania:
  1. Valid passport that does not expire within 6 months of the date of your return flight from Tanzania.
  2. Two (2) color copies of your passport, US green card (if applicable) and two (2) recent passport-sized photos
    - One (1) passport copy and photo sent to Outreach
    - One (1) passport copy and photo carried with you
    - Carry separately from your passport. In case your passport is stolen, this will allow you to obtain a new one with less hassle.
  3. Copy of all relevant current professional licenses – for those who will be involved in patient care (if not already on file with Outreach), sent to Outreach
    - Ex: State medical/nursing license, DEA and State Controlled Substance License
  4. Singida Medical Mission Form requested by Tanzanian government, (new members only).
  5. Curriculum Vitae or Resume, sent to Outreach
  6. Tanzanian Work Permit/Visa (unless you have a current visa).
    - Outreach will apply and get permits if your information is received from in time
  7. Outreach General Release Waiver
  8. Travel Contact Information
  9. Immunization Card (International WHO Certificate of Vaccination or Prophylaxis)
  10. Documentation of Yellow Fever vaccination is mandatory for obtaining a Tanzania visa.
Obtain the yellow Certificate of Vaccination from your County Health Department when you get your immunizations.

Fill out this card with all your medical information. This card should show all immunizations and dates.

Keep this with your passport.

9. List of ALL personal medications and prescriptions.
   " This includes all OTC meds, eyeglass RX, and all prescription medications that you are bringing.
   " Recommended that medications are kept in their original containers and have a copy of your prescription for all prescribed medications.

10. List of personal physicians with contact information should you have a medical emergency and need assistance.
    " We arrange for obtaining the emergency travel health insurance for members of the group, including emergency evacuation if needed.
    " This is part of the travel insurance from the travel agency
    " Outreach has not purchased travel insurance for the last several trips

11. Personal health and dental insurance cards
    " You will be sent a copy of your overseas travel health insurance information once purchased.
    " Refer to item 13 above.

12. List of personal emergency contact information

13. Driver’s license
    " It is helpful to have one government issued photo ID just in case your passport is stolen.

• All documents must be completed and turned into your team leader by their appropriate deadlines – Please adhere to deadlines!

• Missed Deadlines: There is a minimum of $100 USD fee at the airport upon arrival to procure your visa. You will receive your visa, work permit, and immigration stamp in your passport at the Kilimanjaro airport the night we arrive and go through Customs and Immigration. This visa is valid for 12 months from time of issue and is valid for the mainland and Zanzibar.

MEDICAL TEAM STRUCTURE

• Medical teams are comprised of approximately 20-60 people
• Medical Teams are organized by members of both the Mercy Hospital (Des Moines) and Iowa Methodist/Blank Children’s Hospital medical communities
• Health care professionals come from all different areas of the medical profession including:
  o physicians, dentists, surgeons, nurse anesthetists, nurse practitioners, pediatric and adult nurses, pharmacists, respiratory therapists, as well as, pharmacy, nursing, pharmacy, and medical students
  o Past Team Representation:
    o Internal Medicine: Dermatology, HIV, Gastroenterology, Wound Care
    o Pediatrics: Gastroenterology, Allergy, Neonatology, Hematology/Oncology, and General Pediatrics
    o Obstetrics and Gynecology
    o Surgery: General Surgery, Oral Surgery, Plastic Surgery, Gynecology Oncology, & ENT
    o Anesthesiology
    o Dentistry
    o Optometry
• Traveling Frequency:
  o Two major medical/surgical teams per year: one in February – March and one in September-October.
  o Usually one of the veteran physicians or nurses volunteers to serve a team leader to organize a particular trip.
  o You can email one of our recent past team leaders, who would be happy to answer any questions you might have:
TEAM RESPONSIBILITIES

• The team leader will send each member of the team:
  ◦ Complete list of team members with their planned role and contact information
  ◦ Specific team itinerary with travel dates and travel information
  ◦ Instructions to purchase your plane ticket

• Prior to leaving the USA, your team leader also will send out:
  ◦ Daily schedule & General work flow
  ◦ Pediatric drug dosing guideline
  ◦ List of our pharmacy meds available to our physicians for prescribing
  ◦ Patient forms to use for patient visits and referrals
  ◦ Surgery forms
  ◦ Detailed info as to how triage, clinics and surgery will function. There will be several group phone conference calls prior to departure.

• Each team is responsible for providing all the supplies and medications they intend to use.
  ◦ Members work with the team leader to determine specific needed supplies, equipment and medications for each trip.
  ◦ Many of the supplies are made available through individual practices/clinics, pharmacy reps, and hospital donations with each member working to procure these items.
  ◦ The team leader organizes how the items will reach Union, IA for loading onto a container to be sent to Singida or each team member will be ask to carry a 2nd bag with medical equipment for the trip.
Each team member also contributes towards purchasing medications as part of the non-refundable fee paid to Outreach upon joining the team.

Some members chose to give an additional donation to help the team purchase additional medications and supplies, oxygen for the OR, and larger item equipment to support the team’s medical mission.

Team members are encouraged to fundraise to help offset their own personal trip expenses.

• Each team member is responsible for bringing their own medical equipment needed to do their assigned role.
  
  Plan to bring the tools you need to do your job or arrange with your team leader to have it available for you. Do not assume what you need will be in Singida.
  
  Example:
  
  Working in the Pediatric clinic, you will need your own pen, stethoscope and oto/ophthalmoscope; ENT might need a flexible scope or specific instruments for the OR; Surgeons may need magnifiers and a headlamp.
  
  We have some supplies for triage and clinics: patient forms, Sani-wipes, waterless hand gel, tongue blades, ear cleaning supplies, BP cuffs, thermometers, flashlights, height/weight charts to determine growth percentiles, speculums

• As part of our educational mission of our trips, each physician (along with any willing nurses, RT, or med students) is asked to prepare a PowerPoint lecture to give to the senior nurses and physicians at the Singida Hospital.

  If you put your lecture on a USB flash drive, Outreach will arrange for a LED projector and laptop for showing the lecture.

  Many of the Singida physicians have a thumb drive and will ask you to download your lecture for them. Copies of handouts can be made in Singida if you bring a copy.

  This daily meeting with the medical team and the Singida Hospital staff has proven to be one of the most rewarding aspects of the trip and is eagerly awaited by the Tanzanians.

  Your team leader will email members with more details, as well as provide suggestions for topics.

• Below is a list of medications you will be using during the trip.

<table>
<thead>
<tr>
<th>MEDICATION</th>
<th>FORM</th>
<th>STR</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Vitamin</td>
<td>Tabs/Capsule</td>
<td></td>
<td>5000</td>
</tr>
<tr>
<td>Amoxicillin</td>
<td>Injection</td>
<td>1.5 gm.</td>
<td>12</td>
</tr>
<tr>
<td>Amoxicillin</td>
<td>Tabs/Capsule</td>
<td>500</td>
<td>150</td>
</tr>
<tr>
<td>Amoxicillin Suspension</td>
<td>Suspension</td>
<td>250 mg/5 ml</td>
<td>3 x 100 ml</td>
</tr>
<tr>
<td>Asthalin Inhaler</td>
<td>Inhaler</td>
<td>200 metered doses</td>
<td>18</td>
</tr>
<tr>
<td>Azithromycin</td>
<td>Tabs/Capsule</td>
<td>250 mg</td>
<td>120 (30 x 4)</td>
</tr>
<tr>
<td>Bactrim</td>
<td>Tabs/Capsule</td>
<td>8/400</td>
<td>900</td>
</tr>
<tr>
<td>Benadryl</td>
<td>Tabs/Capsule</td>
<td>50 mg</td>
<td>750</td>
</tr>
<tr>
<td>Benadryl Elixir</td>
<td>Elixir</td>
<td></td>
<td>4 (pint bottles)</td>
</tr>
<tr>
<td>Bupivacaine</td>
<td>Injection</td>
<td>0.5 %</td>
<td>22 vials</td>
</tr>
<tr>
<td>Cefazolin Injection</td>
<td>Injection</td>
<td>1 gm.</td>
<td>84 gms.</td>
</tr>
<tr>
<td>Cefoxitin</td>
<td>Injection</td>
<td>1 gm.</td>
<td>61</td>
</tr>
<tr>
<td>Cetirizine Syrup</td>
<td>Elixir</td>
<td>1 mg/ml bottle</td>
<td>4 oz. (5 bottles)</td>
</tr>
<tr>
<td>Cetirizine Tablets</td>
<td>Tabs/Capsule</td>
<td>10 mg</td>
<td>100</td>
</tr>
<tr>
<td>Children’s Ibuprofen</td>
<td>Elixir</td>
<td>100 mg/5 ml</td>
<td>8 bottles</td>
</tr>
<tr>
<td><strong>Ciprofloxacin</strong></td>
<td>Tabs/Capsule</td>
<td>500 mg</td>
<td>250</td>
</tr>
<tr>
<td><strong>Ferrous Sulfate</strong></td>
<td>Tabs/Capsule</td>
<td>1000</td>
<td></td>
</tr>
<tr>
<td><strong>Fluconazole</strong></td>
<td>Suspension</td>
<td>200 mg</td>
<td></td>
</tr>
<tr>
<td><strong>Fluconazole Susp.</strong></td>
<td>Suspension</td>
<td>40mg/ml</td>
<td>35 ounces x 10</td>
</tr>
<tr>
<td><strong>Folic Acid</strong></td>
<td>Tabs/Capsule</td>
<td>5 mg</td>
<td>1000</td>
</tr>
<tr>
<td><strong>Furosemide</strong></td>
<td>Tabs/Capsule</td>
<td>20 mg</td>
<td>800</td>
</tr>
<tr>
<td><strong>Griseofulvin</strong></td>
<td>Suspension</td>
<td>125mg/5 ml</td>
<td>118 ml x 2</td>
</tr>
<tr>
<td><strong>Griseofulvin Tabs</strong></td>
<td>Tabs/Capsule</td>
<td>500 mg</td>
<td>100</td>
</tr>
<tr>
<td><strong>Hydroxyzine Hydro</strong></td>
<td>Tabs/Capsule</td>
<td>10 mg</td>
<td>100</td>
</tr>
<tr>
<td><strong>Infant Advil</strong></td>
<td>Suspension</td>
<td>½ oz. (22 bottles)</td>
<td></td>
</tr>
<tr>
<td><strong>Lidocaine</strong></td>
<td>Injection</td>
<td>1 %</td>
<td>19 vials</td>
</tr>
<tr>
<td><strong>Ofloxacin Ophal</strong></td>
<td>0.3 %</td>
<td>17 x 5 ml</td>
<td></td>
</tr>
<tr>
<td><strong>Omeprazole</strong></td>
<td></td>
<td>20 mg</td>
<td></td>
</tr>
<tr>
<td><strong>Penicillin Oral Susp.</strong></td>
<td>Suspension</td>
<td>250 ml/ 5 ml</td>
<td></td>
</tr>
<tr>
<td><strong>Prednisolone</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Prenatal Vitamins</strong></td>
<td>Tabs/Capsule</td>
<td>700</td>
<td></td>
</tr>
<tr>
<td><strong>Provera</strong></td>
<td>Tabs/Capsule</td>
<td>10 mg</td>
<td>230</td>
</tr>
<tr>
<td><strong>Pulmicort</strong></td>
<td>Inhaler</td>
<td>90 mcg</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>180 mcg</td>
<td>2</td>
</tr>
<tr>
<td><strong>Silvadene</strong></td>
<td>Tubs</td>
<td>400 gms.</td>
<td>5 tubs</td>
</tr>
<tr>
<td><strong>Tylenol</strong></td>
<td>Tabs/Capsule</td>
<td>3000</td>
<td></td>
</tr>
<tr>
<td><strong>Tylenol Liquid</strong></td>
<td>Elixir</td>
<td>?</td>
<td>3 bottles (1 pint/550 ml)</td>
</tr>
</tbody>
</table>

**Cost of Trip**

- **Bottom line: $3000–4500 USD**
  - Depending upon number of immunizations you need, your appetite for souvenirs, actual cost of plane flights, how much you drink, email, or call home, and whether you go on Safari.
  - Approximately $200-400 should be sufficient for basic needs for the entire trip, in addition to your plane flight and mandatory team fee. We try to keep down costs as much as possible.

- **Non-Refundable Deposit: $600**
  - Our trip must be paid in advance. Your team leader will convey to you when the deadline date for submitting your initial deposit is due. A final second deposit will be due at least 1 month prior to leaving the USA.

- **Airfare: $1800-2400**
  - Cost for a round trip flight from the USA to Amsterdam then Kilimanjaro varies widely depending on the dates of travel.
  - We work with a travel agent to book all our plane tickets together as a team. Each person’s plane ticket is charged to his or her own credit card at the time of purchasing the ticket and you are credited with the miles if you have a Delta Frequent Flyer card.
You will also be required to buy trip insurance through the agency. Your team leader will notify you about when to contact the travel agent to purchase your ticket.

Before purchasing your ticket, you must have completed the Travel Info Form and returned it to our travel agent (Wendy at White Bear Travel).

We fly Delta/KLM since they are the primary airlines travelling between US/Europe and Tanzania although this may not be possible or available for everyone depending upon your departure location.

The entire team meets at the departure gate in Amsterdam before flying to Kilimanjaro as a group.

Mandatory Costs: $800-1000

This fee covers the additional mandatory costs of the trip including:

- Tanzanian visa
- Individual team member contribution for team medicines and supplies
- Two nights stay in Arusha (including dinner and breakfast) upon arrival and departure
- Round trip transportation (including luggage) from Kilimanjaro to Singida
- Team gifts for our hosts
- Cost of interpreters
- Tips for our Tanzanian assistants
- Room and board at Singida Social Center.

Potential Additional/Optional Costs (not included in your Team Fee):

Vaccinations:

- The cost for these varies depending upon what vaccinations you personally need.
- You must get a yellow fever immunization regardless of what the health department tells you.
- Returning members should not need any additional immunizations except for Influenza A/H1N1 (annual), unless their Tetanus booster or typhoid immunization is due to be renewed.

Passport: You must have one that does not expire within six months of your return to USA or you will not be allowed to board the plane in the USA.

- No exceptions are allowed by the airlines.
- There must be at least 2-3 blank pages in your passport for immigration stamps. If you need more pages, contact your local passport office to have more added. You must buy your ticket with the name that appears on your passport.

Travel Guard Insurance: $120-180 per person depending upon your age can be purchased from our travel agent when you purchase your plane ticket. This provides for emergency evacuation.

- This is MANDATORY
- It provides for things that emergency medical evacuation insurance does not (e.g. lost bags, trip interruption, ticket refund for health reasons, etc).

Team Apparel: $15-20

- The team will arrange for you to purchase a team nametag with lanyard and a team tee shirt prior to leaving the USA. Your team leader will send out a purchase form that shows what the shirt with logo looks like and specific instructions for ordering.

- Shirt: $10-15
- We offer long sleeved and short-sleeved heavy-duty 100% cotton tee shirts with Outreach logo embroidered on it for purchase.
- Nametag/Lanyard: $4-5/name tag.

Basic spending money: $150-300

While on the trip, you will need spending money for various things including:

- Souvenirs, internet access at the Social Center, Tanzania cell phone and calling cards, extra drinks, extra food/drink at the airport, while on safari or during travel, and optional tips to
people who have especially been of service to you. · **Tickets**: $1 USD/15,000 TZ Shilling for 10 tickets
  - Purchased from Team Banker (announced once we are in Singida)
  - Used to buy soda, extra bottled water, and local beer from the Cantina, laundry service, and purchasing Internet time at the Social Center.

• **Laundry service**:
  - Each item of laundry (a pair of socks is one item) costs one ticket.
  - Underwear is excluded (you either need to plan to wash your own or bring enough to wear and toss).

**Phones.** Mike Kitwaka, VP of Outreach Tanzania, can purchase phones and SIM cards for anyone wanting to use that method of communication. Many of us chose to purchase these inexpensive Tanzanian Vodafone cell phones for use while in Tanzania because they are so useful for calling home or to reach other team members.

• **Souvenirs**: Usually fabric (6000-8000 TzSh/4 meter piece), batiks and paintings, locally made baskets, and native crafts made from wood and soapstone. You do get to bargain as to price!

• **Optional Safari**: $750-1025 per person for a 2-3 day safari (with the exact price determined by number of people, the exact parks and lodging available.) Cost includes:
  - overland travel from Singida by Land Rovers with knowledgeable drivers certified by the National Tourism board,
  - 2-3 day safari in 1-3 different National Parks
  - all park entry fees
  - lodging and food
  - a daily water allotment and boxed lunch
  - transportation to the airport with your luggage
  - Not included are additional drinks or tips for your driver
  - Once we know the number of people wanting to go on Safari, Outreach will finalize arrangements with Mike Kitwaka, VP of Outreach TZ, and the team leader will let everyone know the specific details. This has always been worth the cost!

**MONEY**

• We recommend that you exchange at least $150-200 for the week’s expenses.

• **Notify your credit card companies** before you leave the USA of the dates that you will be traveling in Tanzania and the Netherlands.

• Tanzanian shillings (TzSh) are used for in-country expenses
  - Exchange rate (approximate): $1 US = 1570-1630 Tanzanian shillings
  - Easier to estimate $1 USD = 1500 TzSh when shopping and trying to convert the cost of something.
  - Perspective: when haggling over 1000 TzSh for the price of an item, you are arguing over approximately 65 cents.

• Exchanging USD for TzSh:
  - Strongly recommended that you bring only US $100 bills printed after 2004 or later (i.e. the more recent the date, the better). Sometimes they will refuse to exchange “old” money.
  - ATM cards are generally accepted but have cash just in case.
• Bring some $1, $5, $10, and $20 bills as well for laundry/beer ticket purchase.

• Where to exchange US Dollars for Tanzania Shillings:
  o In advance: Sometimes, Floyd has been able to arrange for Iowa members to purchase $50-100 USD worth of Tanzanian shillings prior to our departure so we have some available once we arrive in Tanzania.
  o In Arusha: There is a bank just up the street from our hotel where we can walk together to exchange money before leaving Arusha.
  o In Singida: There is an ATM across from the Social Center at the National Bank of Commerce (NBC) and a few others scattered throughout Singida Town.
    ‧ There is no guarantee that they will be working or that they will accept your ATM card. You may want to have more than one card to use since some days one will work and another won’t for unclear reasons.
    ‧ Debit cards seem to be most problematic.

• US dollars can be used at the hotel our first night in Tanzania, at the Cultural Center in Arusha where we shop prior to departure, and at the airport (but it is always easier to have Tanzanian Shillings).

• Shopping (souvenir) in Tanzania: o Arusha (Cultural Centers): Visa or MasterCard, US or local Tanzanian currency.
  ‧ If the electricity is out (which it often is) then you cannot use your charge cards and you will need cash.
  ‧ National Parks ONLY take cash but if you go on safari with the group, your entrance fee will be paid in advance.

• At the end of the trip, Floyd and Kathy will “buy back” your Tanzanian money if necessary.

• Amsterdam:
  o It is not necessary to have Euros in Amsterdam since the airport takes all major credit cards. o We have time in Amsterdam to shop and/or get breakfast or perhaps rent a Yotel room for a shower, etc. Everything is very expensive in the airport.

Tanzanian Shillings

HEALTH & SAFETY

HEALTH:
• This section includes informational sections on Needed Vaccinations for Adults Traveling to Tanzania, Malaria & Treatment, Avoiding Various Infections & Diseases, Traveler’s Diarrhea, and Africa Personal Repair and First Aid/Health Kit

VACCINATIONS REQUIRED FOR ADULTS TRAVELING TO TANZANIA
• If you have chronic illness, are pregnant or immunosuppressed, or have severe egg allergy (anaphylaxis), please discuss your immunization plans with your personal physician.
  o In addition to the vaccines noted below, The American Committee of Immunization Practices (the federal agency responsible for developing immunization guidelines) also currently recommends universal childhood immunization for Hemophilus influenza type b, measles/mumps/rubella (MMR), pneumococcal conjugate, hepatitis A and hepatitis B, rotavirus, and human papilloma virus
  o These are not part of the mandatory vaccines for adult travelers, but they may be recommended
Mandatory Vaccinations for Travel to Tanzania:

- **Tetanus/diphtheria/acellular pertussis**: need documentation of having received adequate primary series AND a booster Td within 10 years of trip or documented antibody titers. If you are nearing 10 years since your last booster, you might consider updating your tetanus booster.
  - Cost: approx. $25

- **Measles**: documentation of vaccination for all travelers born in 1957 or later (in 1970 for later for Canadians) without history of disease – need documented 2 doses live vaccine during your lifetime. Travelers born before 1957 are exempt from vaccination requirement but must provide documentation of having had disease.
  - Cost: approx. $80

- **Pneumococcus vaccine**: all adults over age 65 yrs or booster if received primary immunization prior to age 65 and >5 yrs since first dose.
  - Cost: approx. $30

- **Polio**: documentation of adequate primary series and 1 adult IM dose (oral polio vaccine not currently available in USA).
  - Cost: approx. $50

- **Varicella**: all persons born outside USA or if born in USA after 1979 unless documented prior adequate vaccination history (2 lifetime doses), reliable history of infection, or lab documentation of immunity. Cost: approx. $85

- **Yellow Fever**: Mandatory if coming from a country with risk of yellow fever transmission. Listed as highly recommended for US travelers to Tanzania where Yellow Fever is endemic BUT mandatory for obtaining your visa. This is a live attenuated viral vaccine and not recommended if immunosuppressed or have severe (anaphylaxis) allergy to eggs. It is available only at the Dept. of Public Health.
  - Cost: approx. $90 and is good for 10 years.

Highly Recommended Vaccinations:

- **Typhoid (Vi capsular polysaccharide) injection vaccine**: The oral live-attenuated form is more readily available in Europe; is taken as a four-capsule course over a week but is not recommended for pregnant or immunosuppressed persons. Cost: $60

- **Quadrivalent Meningococcal vaccine (A, C, Y, W-135)**
  - Cost: approx. $105

- **Hepatitis A** (2 shot series): is the most common vaccine-preventable disease associated with travel. The vaccine is a two injection series of inactivated virus given 6-12 months apart and has supplanted use of immunoglobulin for protective therapy.
  - Cost: approx $45 each injection.

- **Hepatitis B** (3-4 shot series): At 0, 1, and 6 months with a 4th booster 1-6 months after 3rd dose if there is a lack of seroconversion after 3rd dose.
  - Cost: approx $45 each injection.

- **Influenza A** or **Seasonal flu**: recommended annually for people over 65 yrs of age, those with chronic medical conditions, all healthcare workers, and international travelers. Cost: $15-25 annually depending upon where you get it.

- **HINI Vaccine will be available again this year.**

- Even with flu vaccination, if you are in a high risk group for complications with infection or if you travel during summer months when the new vaccine might not be available but cross the equator when it is winter
and flu season south of the equator, you may want to take a course of antiviral drugs – Tamiflu (Oseltamivir) for chemoprophylaxis or early treatment or zanamivir (Relenza) for early treatment.

Vaccinations NOT Required, Recommended, or Available in the USA:

- **Cholera** vaccine is no longer a required vaccination for entry into any country although there are 2 oral vaccines recommended for health care workers working in areas with active outbreaks. These vaccines are not currently available in this country.

- **Smallpox** vaccine is no longer commercially available.

- **Rabies** is very prevalent in Tanzania, but pre-exposure vaccination is not recommended unless working in very remote and rural areas, which is not the case for most of us. The hospital in Singida has vaccine should it be needed.

- **Tick-borne encephalitis** (TBE) vaccine is not currently available in the USA.

- **TB: BCG vaccines** are widely used worldwide for childhood immunization against TB, EXCEPT in the USA.
  - Since TB is endemic in East Africa, you may want to have a tuberculin skin test (PPD) before and after the trip. Even if you have received BCG vaccine in the past, after 7 years if you have a positive PPD response, this is considered a new infection and will require additional evaluation and possible treatment.

Where and When to Get Your Immunizations:  
- Basic immunizations usually can be obtained at your local physician’s office but call and verify this first. Some vaccinations, such as Yellow Fever, are only available from Public Health Departments.

- Iowa Natives: all needed immunizations are available through the Polk County Health Department (1907 Carpenter Avenue, DSM, 515-286-3747 or 3748) or the Department of Health for your county.
  - You must schedule these in advance with the specific international travel nurse and there may be delays in getting an appointment since immunizations are only given on one or two days each week or there may be limited vaccine available.
  - It may take **up to 2 weeks** before you have sufficient immunity from the vaccine to be protected. Do not wait to get your immunizations.

- Up to 6 live viruses vaccines may be given by injection at different sites on the same day.

- Remember there may be minor side effects of each vaccination.

- Attenuated live virus vaccines and bacterial vaccinations are contra-indicated during pregnancy or in persons with altered immunocompetence. If you are pregnant or immunocompromised, please discuss with the leader.

Cost

- Varies per immunization and which vaccines you actually need.

- The cost per immunization noted here was the approximate cost in 2008-2009.

- If you get your immunizations at the Polk Co. Dept of Health, there is an additional one-time $35 charge per person when you go for your first immunization session.

Documentation Record:  
- If you get your vaccinations at the Dept. of Health, the immunization nurse will review the specific recommendations for Tanzanian travel; give you a handout of info on each vaccine you are to receive and an immunization card to use for documenting your immunizations.

- When you get your Yellow Fever vaccination, you are given an **International Certificate of Vaccination** printed on yellow paper that you can use to document ALL your immunizations, medical hx, eyeglasses RX, and medications you take routinely.

- Use this card to document all your immunizations.

- You must bring this yellow immunization record with you to Tanzania!

**MALARIA AND ANTI-MALARIA MEDICATIONS**
Avoiding Malaria:

- Malaria is endemic in Singida and the most virulent form; P. falciparum is present year round.
- The best way to avoid acquiring malaria is to **AVOID BEING BITTEN BY MOSQUITOS!**
- The *Anopheles* mosquito (responsible for transmitting malaria) is most active at dawn and dusk. The *Aedes* mosquito, (responsible for transmitting Dengue fever), prefers urban, indoor habitat, and is most active in morning and late afternoon.
- Use DEET with at least 30-35% concentration insect repellent and spray it on your body every day and night. Remember to spray your backside since it will be exposed while using non-Western toilets!
- Some people pre-treat their clothing, luggage, and bedding and tent with 20% Permethrin. The treatment last 6 weeks including through washings.
- Don’t wear perfume, products with fragrances or dark clothing since these attract mosquitoes.
- Wear long pants and long-sleeved clothing. Stay in rooms with screens on the windows, fans and/or air conditioning. The rooms at the Social Center have screens on all the windows and fans are available.
- Switch off all lights when not in use and while sleeping since mosquitoes are attracted to light.
- Always use mosquito netting and/or a mosquito tent for sleeping and leave your netting closed during the day to prevent bugs from entering the tent.
  - All the rooms in which you’ll stay during our trip have mosquito netting around the bed. Some need some duct tape to cover holes. Bring a bit of duct tape wrapped around a pencil and keep it in your toiletries kit.
  - Use of the mosquito tent or netting also prevents being bitten by the Chagas’ disease transmitting reduviid bug as well.
  - If you want a lightweight mosquito tent, they are available at Long Road Travel Supplies, Berkeley, CA (website: [www.longroad.com](http://www.longroad.com)) or call 1-510-540-4763. However, any supplier you choose would be satisfactory.
    - NOTE: There is nowhere to hang a tent so you need to purchase a freestanding type tent. Given the uncertainty of bed sizes, couples may want to use two singles rather than a double since it provides more travel options.

Treatment:

- Take your malaria pills as prescribed. You are responsible for getting malaria prophylaxis and using it. Do not pack your malaria medication in your checked luggage. Do not leave it in any of your hotel rooms as we travel about.
- Options: All require a physician’s prescription. You only need to take one type.
  - **Mefloquin (Lariam)** is taken weekly, starting 2 weeks prior to, during, and for 4 weeks following your trip.
    - More expensive than Malarone (has a generic form).
    - Should not be used with antihistamines.
    - Side effects include: dizziness, anxiety, insomnia, nightmares, and psychosis. People with seizure disorders, depression, or suicidal history should avoid it.
    - Safe in the 2nd and 3rd trimester of pregnancy.
    - Typhoid live vaccine will reduce effectiveness of mefloquin. Get the typhoid vac. before beginning mefloquin or get the killed typhoid vaccine.
○ Malarone (atovaquone 250 mg/proguanil 100 mg combination tablet) is taken daily. You must start taking it 2-5 days in advance of potential first exposure, during, and for 7 days after exposure not longer possible.
  " Should be taken with food or milk.
  " Eating a lot of citrus fruits while taking this, may cause heartburn.
  " Side effects include: gastro-intestinal upset, nausea, and heartburn.
  " Now cheaper than Mefloquin if you get the generic form.
• In the unlikely event that you develop symptoms of malaria, you need to switch from prophylaxis to treatment therapy as soon as possible. It is very important to treat malaria as soon as symptoms arise.
  ○ Symptoms include: chills, fevers, headache, and nausea and vomiting –similar to a severe viral infection/flu-like illness.
  ○ Prophylaxis does not prevent you from being infected with malaria, but they will kill parasites at an early stage of development, thereby making your bout of malaria less severe.
  ○ If you are confirmed to have malaria, you will need a treatment course of Malarone under direction of a physician.

AVOIDING VARIOUS INFECTIONS & DISEASES

Avoid Tick-Borne Diseases (such as Lyme disease, Rickettsial pox, ehrlichiosis, relapsing fever, typhus, tularemia, and Congo-Crimean hemorrhagic fever):
• Use the same precautions as for avoiding mosquito bites.
• Avoid walking through undergrowth, sand or on beaches.
• Avoid close contact with animals.
• Wear long pants and long-sleeved shirts. Tuck pants into socks when walking out of town or on safari. • Use at least 30% DEET insect repellent on body since lesser concentrations aren’t effective against ticks. • Spraying your clothing and sleeping tent with Permethrin will protect against tick bites for 2 weeks or more.

Avoid Bilharzias (Schistosomiasis):
• Do not swim, wade or bathe in fresh water! This will also reduce risk of leptospirosis and River Blindness
• Avoid snails.

Avoiding African Trypanosomiasis (Sleeping Sickness):
• Tsetse flies are only found in rural areas so the biggest risk will be on safari.
• Insect repellent and light clothing won't help since the Tsetse fly will bite through everything.
• Local people will know where the Tsetse flies are likely to be, so ask them and avoid those areas.
• Tsetse flies are attracted to dark colors and cars. If there is a risk, your safari vehicle will be sprayed before you go into the Park.
• There is also Onchocerciasis (River blindness) which is spread by black flies so just avoid flies altogether.
• Ebola and Lassa fever and plague are extremely unlikely to affect travelers.

Avoid a Variety of Other Diseases or Disorders:
• To avoid diseases such as tungiasis (jiggers), sand fly fever, and leichmaniasis (transmitted by sand fleas and sand flies), cutaneous larva migrans from cat and dog hookworm, human hookworm, jiggers, and strongyloidiasis) do not walk barefoot or wear open sandals.

Avoid Venemous Scorpion and Snake Bites:
• Shake out boots, blankets, sleeping bags and clothing before use.
• Use mosquito netting or sleeping tent and leave zipped closed at all times.
• Wear closed toe shoes at night –even when getting up to go to bathroom and use a flashlight.
• Avoid blindly putting your hand into holes, woodpiles, etc.
• Avoid unlit paths at night, especially after rainstorms since snakes tend to come out of their holes then.

Avoid lice borne diseases:
• DO NOT PET OR TOUCH DOGS AND CATS. Avoid all animals.
• Animal bites, licks, and scratches must be considered serious and needing post-exposure therapy!

Avoid acquiring the HIV Virus:
• All health care providers should use standard “Universal Health Care Precautions” with all patients.
• All our surgical patients are screened for HIV prior to surgery. If accidentally exposed to infected blood or infected secretions, immediately and continuously rinse the area with water and/or disinfectant and notify the Team Leader ASAP.
• The pharmacy will have an initial emergency course of medications for use in case of significant accidental HIV exposure. Those meds need to be started immediately.

Avoid Cholera, Polio, Typhoid, Hepatitis A, and Intestinal Worms (such as, salmonellosis, dysentery, shigellosis, campylobacterosis, E. coli, isosoriasis, giardiasis, and cryptosporidiosis):
• These are diseases carried by food, water, and hands contaminated by feces.
• The risk is highest in the wet season but is always present.
• The kitchen staff at the Social Center set out a series of 3 large dishpans for EVERYONE TO WASH THEIR HANDS upon entering the Dining Hall and before every meal, even if you might have just washed them before coming into the dining hall.
• First wash in soapy water, rinse in clean water, and then again rinse in water with bleach.
• Your attention to this detail will protect everyone on the team.
• We asked that no one put their belongings on the tables where we eat. There is a table inside the door to the dining hall and in the back of the hall where you can put any of your belongings.

Food & Water:

Food:
• CDC’s Guidelines for Food Consumption: “Boil it, cook it, peel it, or forget it!”
• Eat only foods that have been thoroughly cooked and are still hot, or fruit that have peeled yourself.
• Avoid undercooked or raw fish or shellfish.
• Make sure all vegetables are cooked and avoid salads.
• Avoid foods and beverages from street vendors.

Water:
• We are very near to the equator and at a higher altitude. Everyone needs to remember to drink at least 3-4 liters a day to prevent dehydration.
• Drink only bottled water or water that you know has been boiled, filtered or chemically treated.
• Each team member will have 1.5 L of bottled water provided every day as part of your room and board.
• You can obtain additional safe (chlorinated) water for drinking and brushing your teeth from the water cooler in the Dining Hall.
• Use only bottled water or chlorinated water for brushing teeth! The water in the rooms is not potable.
• DO NOT rinse your toothbrush under the sink faucet.
Avoid swallowing water while showering.
Keep one of your ½ liter plastic bottles filled with safe water and keep it next to your bathroom sink. Chlorinated water may have a taste to it that can be masked by using Crystal Light or other additives such as instant tea or Tang.
Other safe beverages include hot tea and coffee, powdered milk made with boiled water; and carbonated, bottled beverages, and, thankfully, the local beer. The locals will open your beer or soda and leave the tap on top of the bottle to help keep it clean and free of flying bugs.
Avoid use of ice in drinks.

A Few Other Tips:
• Wash your hands frequently, especially after examining patients, using the toilet and before eating.
• Avoid eating while at the hospital since washing facilities are limited.
• Avoid touching your eyes or any part of your face with your hands.
• Carry waterless gel and/or wet wipes with you and use them often.
• Look after cuts and scratches to avoid infections.
• Wash your feet at least once a day (before bedtime) and dry them carefully.
• DO NOT HANG WET S OUTSIDE TO DRY. The Tumbu fly lays its eggs on the ground and on wet laundry. When the eggs hatch, the larvae in the clothes will burrow into your skin. A hot iron on your clothes will kill the eggs. The Laundry Ladies will iron all your clothes so bring clothes that can take being washed in lye soap and ironed with a hot iron.

Traveler’s Diarrhea (TD)

About TD:
• May affect 40-60% of people from industrialized countries traveling to developing countries, especially in high-risk areas such as Sub-Saharan Africa.
• Caused by a number of infectious agents, including bacteria, parasites, and viruses.
  • E. coli accounts for 20-50% of all bacterial cases of Traveler’s Diarrhea.
• Symptoms include:
  • 4-5 loose watery stools
  • explosive, non-bloody diarrhea
  • nausea
  • vomiting
  • abdominal cramps
  • fever
  • dehydration may occur secondarily
  • Bacterial and viral symptoms may occur within hours and up to 3 days after exposure
  • Parasitic diarrhea can occur 7-14 days after exposure
  • Symptoms may last 3-4 days but ~14% of cases last longer and in rare cases may last > 3 months, especially if causative agent is a parasite.
  • Post-infectious irritable bowel syndrome is common after prolonged diarrhea illness.
• There are no vaccines against Traveler’s Diarrhea
  • Vaccination against cholera may offer some protection against TD in approximately 25% of travelers.
Preventative or prophylactic therapy is NOT currently routinely recommended.
• Antibiotics should NOT be used routinely unless person is at increased risk for complications from TD, such as those with diabetes, chronic bowel disease, kidney disease, immunosuppressed people or people with HIV.
  O Drugs currently recommended for Traveler’s Diarrhea include Rifaximin and Cipro.
    " Rifaximin, approved in 2004 for treatment of E. coli diarrhea, has been shown to be safe and very effective prophylaxis at a dose of 200 mg twice daily or 600 mg once daily for trips up to 3 weeks duration.
    " Cipro has been shown to be 80% effective at 500 mg once daily or even 200 mg every other day but has risk of adverse effects (insomnia, irritability, hives, GI symptoms, joint symptoms, and Achilles tendon rupture) and concern for resistance developing.

Other Possible Preventative Options:
• Pepto-Bismol (BBS): 2 tablets (263 mg tablets) 4 times daily (with meals and bedtime) starting before and during travel, but should NOT be taken >3 weeks and may not be compatible with malaria meds (doxycycline). Active ingredient is salicylate and can have the same side effects as aspirin, including bleeding, allergic reactions, asthma, and tinnitus. Can cause black tongue.

• Probiotics: Lactobacillus rhamnosus strain GG (a genetically engineered strain) and Saccharomyces cerevisiae boulardii taken ~1 week before travel can help prevent or reduce severity of illness in some people. The latter can be found under the brand name Florastor supplements; recommend 2 capsules daily (available at www.drugstore.com).
  O Note: The Infectious Diseases Society of America believes that evidence is still insufficient to recommend them.
  O For probiotics to be effective they should be refrigerated

Treatment for Traveler’s Diarrhea:
• Fluid Replacement: A useful recipe uses two glasses of fluid. The patient drinks alternately from each glass until thirst is quenched.
   O Glass One: 8 oz. fruit juice, ½ tsp honey or corn syrup, and a pinch of salt
   O Glass Two: 8 oz. carbonated or purified water, and ¼ tsp baking soda

Alternate fluid treatment:
  O Mix 6 tsp. sugar and 1/2 tsp. salt to 1 liter purified water; add Crystal Light or juice of lemon or orange to make palatable.

Antibiotics:
• Will only treat diarrhea caused by bacteria.
• Generally effective for TD that develops in an 8-hour period with 3 or more loose stools, especially if associated with crampy abdominal pain, fever, nausea, vomiting, or bloody diarrhea.
• Do not use for nausea or vomiting alone without diarrhea.
• If you are concerned that you might get TD (very few, if any of us have gotten it to date), then you might want to get a prescription to bring with you.
  O If you don’t use it, it can be left for use by other Outreach providers or future trips.
• Choice of antibiotics, if a physician agrees you need them, includes:
  O Ciprofloxacin (Cipro): 500 mg 2 times daily x 3-5 days (more effective for invasive disease than Rifaximin but Campylobacter resistance can occur). Do not take if allergic to “quinolone” class of drugs.
  O Azithromycin (Zithromax): 500 mg daily x 1-3 days or single 1000 mg dose
  O Rifaximin: 200 mg 3 times daily x 3 days
  O Trimethoprim-sulfamethoxazole (Bactrim) is no longer routinely used because of resistance but may be effective against severe diarrhea caused by Cyclospora.
  O Metronidazole (Flagyl) is standard therapy for Giardia.
Erythromycin and similar antibiotics are used for Cryptosporidium and Campylobacter.

**Antimotility Drugs:**

- Loperamide (Imodium) is the agent of choice, but should not be used for longer than 48 hours, if you have bloody diarrhea, or have a high fever.

**Recommended dose:** Two 2 mg caplets after first watery stool then one caplet with subsequent watery stools.

**Maximum dose:** 4 caplets in 24-hour period. Some gastroenterologists believe it should NEVER be used for TD and we don’t routinely prescribe it for our team members.

**AFRICA PERSONAL REPAIR AND FIRST AID/HEALTH KIT**

- Carrying a small first aid kit walking around town can be invaluable for accidents. Everyone should carry hand sanitizer and/or wet wipes with them everywhere.

**Recommended:**

- Sunscreen (make sure it protects from both UVA and UVB rays) – bring a large tube of at least SPF 30 for daily use when you dress in the AM and a smaller tube to carry with you for reapplying during the day
- Bug spray with minimum of 30% DEET – bring a larger size for use when you dress in the morning and a small one to carry with you
  - Suggest having it available on evening arrival in Kilimanjaro airport
- ALL Your personal prescription medications (e.g. BP meds, inhaler for asthma, Epi pen if you have a history of severe allergic reactions –whatever you need!)
- Malaria prophylaxis – Consider bringing some emergency antibiotics for serious illness (such as ciprofloxacin, Flagyl, or azithromycin) if you are worried
- Wet wipes to clean face and hands or wipe top of bottle before drinking. Carry a smaller packet of wet wipes with you at all times; stash a large pack in your bathroom
- Kleenex or small roll of toilet paper if you end up somewhere without it (wet wipes also work great) – you can find cardboard roll-less rolls in Camping stores
- Waterless Hand gel with at least 62-70% alcohol (small bottle to carry with you at all times) or Skin disinfectant, and/or a small container denatured alcohol; or chlorascrub, betadine or alcohol pads to sterilize equipment or skin
- Flashlight
- Needle/small sewing kit and several sizes of safety pins
- Nail scissors and/or nail file and/or small scissors
- Tweezers/Magnifier – for removing splinters, thorns, etc.
- Disposable gloves
- Q-tips/Cotton balls for cleansing area
- Neosporin antibiotic ointment or spray; bacitracin or Bactroban packets
- Band-Aids – various sizes and/or gauze pads with tape
- Ibuprofen or acetaminophen (for fever or pain)
- Antihistamine eye drops if you have allergies
- Sterile moisturizing eye drops to avoid dry eye from dust and pollen
- Antihistamine for allergic reactions or seasonal allergies
- Adult ASA (for possible heart attack) and Baby ASA (take prior to prolonged travel on airplanes)
- Sleep aid of choice such as Benadryl, Zolipem, etc., especially on the plane
• Petroleum jelly/Aquaphor or similar moisturizer to hydrate skin on plane, use on chafed areas (for those prone to nosebleeds in dry climate, rub inside nares)
• Lip balm with SPF 30

**Additional Items to consider bringing to keep you healthy and happy:**

- Gold Bond Powder –keep feet and other areas dry in the tropics
- Topical Anti-fungal cream such as Lamisil, Nystatin, 1% Clotrimazole or 1% Tolnaftate cream
- Travel sized can of antibacterial cleansing spray and/or antiseptic wipes useful to clean areas in room or when traveling
- Brave Soldier Antiseptic healing ointment –recommended on several websites
- TB mask –if working in hospital with TB patients
- 2- 5 ml syringe with sterile needle (for own use –if needed when traveling in Africa)
- Gum to chew on plane to relieve ear pressure
- Nasal spray such as Afrin, Duramist or Neosynephrine –useful if you develop an URTI and have to fly · Sore throat lozenges and a few cough drops
- Anti-inflammatory (for more significant pain reliever)
- Second Skin (to seal small cuts or blisters) & Op-site (to cover larger areas)
- Steri-strips to close a larger cut
- Sterile gauze pads and gauze rolls to cover larger wound/burn
- Moleskin or Duoderm (if prone to blisters)
- Medical tape for larger bandage
- Gauze wrap
- Ace bandage in case of sprains
- Foot warmer packet –can use on muscle strains/sprains
- Aloe Vera gel (for burns and sunburn)
- 1-2% Hydrocortisone cream
- Diphenhydramine lotion for bug bites
- Some form of antacid: check with physician before taking with malarone
- Constipation medication of choice
- Fiber tablets, powder, or liquid (the African diet lacks fiber!!!)
- Calcium pills (the African diet lacks calcium)
- Multivitamins
- Vitamin C drops/chewable tabs
- Protein bars (the African diet lacks protein)
- Dissolvable flavor packets for hydration- or PURE packets if develop diarrhea

**Water:** Water treatment systems are not needed for this trip. We use bottled water and have unlimited access to chlorinated water at the Singida Social Center. If used, chlorine dioxide tablets (Micropur) meets EPA guidelines for effectiveness against waterborne organisms, viruses, and hard-shelled Cryptosporidium.

**SAFETY:**
A few simple rules help protect everyone

- Don’t bring valuables and expensive, flashy jewelry, such as diamonds
  - If you do bring jewelry, make sure it is simple and inexpensive.
  - You may choose to wear only a plain inexpensive wedding band instead of any diamond ring or other fancy rings with stones.
• We do not want to call attention to ourselves by appearing to be rich Americans. This only gets us unwanted attention and potentially puts us at risk for crime. There has never been a problem and we don’t want to embarrass our hosts by being the first.

• Handle your money privately.
  o Keep only small amounts in your pocket or purse and keep the majority of your money somewhere safe.
  o Always keep your backpack or purse zipped up.
  o If you do bring valuable items, such as a camera or iPod, lock them in your closet in your room or consider purchasing a travel safe (available from Pac Safe).
  o Invest in FSA approved travel locks for your luggage.
  o Keep your belongings with you at all times.
  o Many team members wore a pouch around their waist or neck to keep their passport and money safe.

• Lock up your belongings.
  o We are in a safe, fenced compound next to the Police Station with a guard at the gate to the Singida Social Center BUT people are still walking around during the day and the buildings are not locked.
  o Remember to lock your rooms whenever you are not there.
  o There are guard dogs at night in the compound so you cannot be out of your building from 11 PM to 5 AM.

• Safety in Numbers:
  o Do not travel alone and don’t walk around outside the Social Center compound by yourself.
  o Always travel in groups or pairs. o Tell someone when and where you intend to go and when you plan to return. When you return, let that person know that you have returned.

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**EMERGENCY CONTACT INFORMATION**

**ATTENTION: Make copy & keep with you**

**TRAVEL PROBLEMS:**
Contact Wendy at White Bear Travel Agency: 1 (651) 426-1144 wendy@whitebeartravel.com If you have Travel Guard Insurance, call (Chartis) World Service Center: 1 (800) 826-4919

**LOST PASSPORT:**
The nearest US Embassy is in Dar es Salaam. Beginning January 2011, all routine services are by appointment only Monday-Friday and the US Embassy is closed all US and Tanzanian public holidays.

**US Embassy (Dar es Salaam):** 011 255 266 8001
**Overseas US Citizen Services:** (202) 501-4444

**OUTREACH (TANZANIA) NUMBERS:**
Please remember that these numbers are NOT for family members to use to contact you EXCEPT in an emergency.

When calling from USA, the first numbers dialed are 011 255 then the last 9 numbers of the number. If calling from within Tanzania, a zero precedes the last 9 numbers instead.

**Floyd and Kathy Hammer’s Tanzanian cell phone (CP):**
  If calling from USA 011 255 768 830 948
  If calling from Tanzania 0768 830 948

**Dr. Mike Kitwaka (VP Outreach Tanzania):**
CP: 0784 285756 or 0754 285756
M_kitwaka@yahoo.com or mikekitwaka@yahoo.com

**GENERAL SINGIDA NUMBERS:**

- **Social Center:** 026 250 3464 (Sister Lucy or Str. Paulina)
- Government Hospital Singida: 026 2502 397 O#
- Dr. Dorothy Kijuga (Regional Medical Officer for Singida District): rhmtsingida@yahoo.com
- **Singida Police Headquarters:** 026 2502 639 or 074 4481 821

**GENERAL TANZANIA EMERGENCY NUMBERS:**

- **Tanzanian National Police:** 022 211 8680 or 022 2138177
- **Office of Honorable Regional District Commissioner Parseko V. Kone:**
  - **WORK:** 026 250 2089
  - pvkone@yahoo.co.uk

**ARUSHA TOURIST INN (ARUSHA):**

- Geofray Nassari, Hotel Supervisor: CP: +255 754 583455
- Tel: +255 27 254 7803
  - atihotel@habari.co.tz

Mike Kitwaka

VP of Outreach Tanzania

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### ABOUT TANZANIA & TRAVEL

#### ABOUT TANZANIA

**LOCATION:**

- Eastern Africa
- South of the equator
- Approx. 4x the size of the UK
- Politically divided into 4 long vertical districts
- Singida Town, the regional capital, is located in the more western of the 2 central Tanzanian districts in the region called Singida District.
- Population: By last estimates in 2012, Singida’s population was 1,370,637)
- Singida is located at the crossroads of two major highways – one north from Arusha and one from Dar es Salam, Tanzania’s capital on the east coast.
- Future Work Location: Once completed, we will begin working at the new Regional Referral Hospital just on the outskirts of Singida Town.

**WEATHER:**

- Singida is only approximately 5 degrees south of the equator
- Sunscreen and a hat are mandatory accessories
• Plan on ~16-19°C (low-mid 60's) at night and 21-27°C (high 70's to mid to high 80's) during the day although it can be hotter during the afternoon, even up to mid-to high 90’s at times.

• Weather is coolest and driest from late June to October with somewhat higher temperatures late December to February.

**CLIMATE:**

• Tanzania's climate is determined by the monsoon winds.
• There are 2 major periods of rain annually: the masika (long rains) season mid-March through May and the lighter mvuli (short rain) season, November-December and sometimes into January.
• Over the past decade the amount of rain and onset has been more variable due to drought.
• During the rainy season, it rains every day but usually in the afternoon for only an hour or so, often shutting down the electricity for a while.
• Altitude: Singida is at 5075 feet above sea level. The central plateau it is cooler and more arid then on the coast, but it is still humid.

**TRAVEL**

**AMSTERDAM AIRPORT INFORMATION:**

• It is helpful to research flying tips and the Amsterdam Airport layout before your flight.
• Boarding passes for the next flight can be obtained in the central part of the airport, in the main area where you walk to after arrival.
• Layout:
  - First floor: souvenirs and snacks
  - Second floor: Food court. Wi-Fi available. “Rent-a-Shower” rooms are available at the YOTEL (cheaper to join with someone else).
• Don’t rely on your debit/credit card.
• Monetary exchange lines can be very long.
• Food is very expensive (approx. $15-20 per breakfast). • Stay in a group or pairs (both in Amsterdam and Tanzania). Let other team members know where you are. Plan to meet at the departure gate at least two hours prior to departure. There is a lengthy security process.

**TRAVEL IN TANZANIA:**

• All in-country travel is arranged by Outreach and is included in your team fee.
• Night One:
  - enter at Kilimanjaro Airport
  - are met by Outreach employees
  - luggage is loaded onto a bus or lorry
  - will be using only your carry on for overnight (pack accordingly)
  - driven to either a near-by hotel (Kia Lodge) if we are flying small planes to Singida or to Arusha (the Arusha Tourist Inn) if we are travelling overland to Singida the next day
• Day One:
  - Travel to Singida via bus (approximately 5 hours)
  - A boxed lunch and bottled water is provided.
  - There is one town mid-way where we can stop for a bathroom break but this is not a modern westernstyle facility. Most bathrooms in Tanzania are the squatty-potty style with a hole in a cement
floor. This is why we recommend bringing your own toilet paper and Sani-wipes or waterless hand
gel in your bag.

• All other travel is arranged by Outreach.

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**Lodging**

**Arusha**

• Stay overnight at the Arusha Tourist Inn before traveling to Singida the next day
• Located 1 hour from Kilimanjaro in Northern Tanzania
• Dinner is provided upon arrival and a breakfast as part of our room charge that is already paid for as part of
  our team fee
• The bedding is very clean & many of us sleep directly in the bedding and use their mosquito netting

**Singida**

• Catholic Singida Social Training Center
• Located across from the hospital and adjacent to one of the Singida police stations
• Rooms are clean and similar to a Motel 8 or Days Inn without carpeting
  • The bedding is very clean and many of us sleep directly in the bedding.
  • Bed bugs are inevitable if you travel the world. Even though we have not encountered them at the
    Social Center, if you are squeamish, bring a lightweight sleep sac to use on top of the bedding
    provided.
• All rooms are equipped with:
  • screens on the windows (should be kept closed at ALL times)
  • mosquito netting for the bed
- bathroom with Western-style toilet
- shower with hot water (usually, stream of water is very variable)
- electricity
- ceiling light
- lockable cupboard for clothes and belongings
- lockable door

- Fans are provided by outreach.
- When you leave your room, close and lock the windows.
- Chlorinated water is available in the Dining Hall and is needed for brushing your teeth as the water in the rooms is NOT POTABLE.

**Electrical Hookups:**

- Electricity is 220 volt.
- You need a step down transformer (different sizes available depending upon what you plan to use) and
- You need a United Kingdom (UK) style converter plug (not the European one) for any electrical items you might want to plug in.
- You might also want to consider a travel power surge protector.
- Go to the [Magellan's Travel Guide](http://www.magentatravel.com) website for Tanzania to purchase the correct adaptors.
- Further questions or advice can be answered by:
  - Ted Bzdega (tedbz@earthlink.net)
  - Jerry Chance (chanceJLKR@aol.com)

**Cleaning Services:**

- The nuns will clean our rooms and bathrooms during the week if we request it. They will change out linens, clean the bathroom, mop the floor, provide a fresh towel, and empty the trash.
- You need to leave your room key in the Dining Hall when it is announced that cleaning service is available. We advise you to bring a few small garbage bags so you can bring your trash to the Dining Center at any time during the week instead of letting it sit in your room.
- A single towel is provided each person. If you need additional towels, additional toilet paper, or a clean towel, your team leader can assist you. If you think you want more than one small thin towel, consider bringing a travel towel with you. If your behind is unusually sensitive, you may want to bring your own softer western toilet paper.

**Laundry Service** is available for a modest fee.

- Cost: 10¢ - $1.00. You can purchase tickets in advance and turn them in at the same time you drop off your laundry.
- Place your laundry and a ticket for each item in a small white kitchen garbage bag (you will be bringing some of these with you).
- Print your name in marker on each article of clothing to be washed and on the outside of the bag. You will need to label ALL your clothes that you plan to have laundered.
  - Bring a Sharpie to mark anything you may have forgotten to label at home and a small garbage bag to use a laundry bag.
- Leave your laundry outside on the steps of the dining hall in the morning and it will be returned to you that evening or the next day in the same bag, clean, folded and ironed—although occasionally they do get mixed up with other people’s laundry.
- Usually your clothes are returned by the next day, unless it rains a lot!
• Alternatively, you may want to bring a small clothesline and small bottle of suds to do “bucket laundry” in your bathroom.
  o You can wash out your own underwear and hang them to dry in your bathrooms. Some just bring enough that they could wear and toss since the laundry service does not accept underwear.

• REMEMBER, you cannot hang your wet laundry to dry outside because of the tumbu fly. See VII. Health & Safety, under “Avoiding Various Infections & Diseases

MOSQUITO NETTING

• Using the Social Center’s Nets:
  o Most are comfortable with these
  o Remember to bring some duct tape to “repair” any holes in the mosquito nets.

• Purchasing your own:
  o You can purchase a lightweight self-standing mosquito tent that sits on top of the bed.
  o Twin or double sized portable free standing mosquito tents (such as, the Travel Tent, the Travel Tent II, or the Skeeter Defender) can be purchased for a reasonable price at www.longroad.com.
  o If you buy elsewhere, make sure the tent does NOT need to be hung from the ceiling as there are no hooks.
  o A small can of insect repellent is useful for the occasional visitor but don’t spray directly on your netting or tent, as it will cause the fabric to disintegrate.

FOOD & DRINK

MEALS:

• Room & board include 3 meals/day & snacks
• Outreach medical teams use local cooks, employed by the Social Center, who provide us with traditional Tanzanian fare.
• The cooks are extremely careful with food preparations and the safety of our food and water.
• Overall, the local Tanzanian diet tends to be much starchier then many of us are used to with rice and beans prominently featured. The cooks supplement our diet with local fruits and vegetables depending upon availability. Avocados, onions, carrots, tomatoes, cucumbers, pineapple, bananas, and papaya are usually available in the markets, as are eggs and chickens, although not every day.
  o If you crave protein, you might want to bring some protein bars or a jar of peanut butter. Likewise, you may want to bring some fiber supplements.
• The nuns often bake fresh rolls for us that are wonderful.
• The coffee is powdered African coffee and excellent.
  o Tea, sugar, sugar substitute, powdered creamer and honey are available. If you need milk with your coffee, you might want to bring some powdered milk to add although they may have boiled milk to use.
• If you have a sweet tooth or have foods you can’t live without then you need to bring them. Try to minimize packaging and remember that food in your room may attract vermin/insects.
There are some small food markets where you might be able to buy some items as well.

- **Clean-up:**
  - You may be asked with some simple dining room chores during our stay such as restocking bottled water and cleaning the hand washing station.
  - Since the Social Center has kitchen staff, so other kitchen duty will be minimal.

**WATER:**

- Each person is provided 1½ liters bottled water daily.
- We also have unlimited chlorinated water that you can use to fill your own bottles.
- The chlorinated water is also needed for brushing your teeth as the water in the rooms is NOT POTABLE. Do NOT rinse your toothbrush under the running water!
- You can bring some dissolvable flavor packets to add to the chlorinated water to mask the taste. You can also purchase soda from the Cantina.
- Drink at least 3-4 liters of water a day - the climate is hot and we are at altitude so your body needs hydration. Beer does count towards this total (there are scientific studies to support this!).

**GENERAL COMMUNICATION**

**COMMUNICATING BACK HOME**

**STAYING IN TOUCH BACK HOME:**

- Singida is 9 hours ahead of US (Central time zone) or 8 hours during daylight savings time.
  - Communication Options:
    - Use the Internet at the Social Center (nominal fee for minutes used).
    - Purchase an inexpensive Tanzanian cell phone and minutes for use (SIM card).
    - Purchase a satellite phone that works worldwide (prior to departure from USA).
    - Bring your own small laptop computer. Mike Kitwaka, VP of Outreach Tanzania, can purchase a Vodafone Broadband Internet access USB and SIM card specific for use in Tanzania for you, help you activate it, and buy cards for it if you need additional ones.
    - Wi-Fi and Skype can be used, but is not guaranteed to work.
    - Currently, the Social Center compound is not Wi-Fi enabled.
- Recharging Devices: Our Lead Team Fundi tries to arrange an area in the Dining Hall to recharge devices.

**INTERNET SERVICE:**

- Internet services are slow and unreliable in Tanzania due to power outages and dial-up.
• Service is available in Arusha at the Arusha Tourist Inn, the KIA Lodge, and at the Kilimanjaro airport. Service and computers are available at the Social Center. Computers at the Social Center are often under repair. Recommended to bring a laptop if you intend to communicate via computer. You can purchase tickets in advance from the Team Banker in Singida for a fee of $1 UDS for 30 minutes Internet time.

• There is a Copier/computer room near the front gate with several old-style computers.
• The room with the computers is locked and only open and available during certain hours.
• Keep your emails short as the system has a tendency to crash unexpectedly.

**TELEPHONE COMMUNICATION:**

• Landline telephone service is available from Arusha and Singida for emergency use.
• Satellite phones also work at the Social Center if you stand outside and face in the correct direction (trial-and-error). If you use a Blackberry, you can arrange to exchange your cell phone for an international one for use in Tanzania. There is a fee of approximately $30 USD to do this and you pay for all calls at the international rate, which can be expensive.

• If wanting to use a personal American cell phone, contact your company to check on service.
• Phone Options:
  - Rent a world cell phone online (inexpensive, but minutes are expensive)
  - Purchase a Tanzanian Vodafone cell phone (approx. $25-35 USD) in Singida. Service is fairly available excluding outlying villages, such as Nkungi Village. This option allows you to call home, other team members with a TZ CP or your family can call you.
  - You can buy SIM cards as needed (more info on this once we are in Singida).
  - Small value calling cards work best since once the card is activated it was difficult to share minutes or use them later.
  - If you call home, plan a time in advance to call your family as you will be charged for the call whether or not it is answered.

**COMMUNICATING IN TANZANIA**
TEAM COMMUNICATION:

- Walkie-Talkies will be available to team members and the Fundi team working in the hospital. The Lead Team Fundi (handyman) will be in charge of these and have extra batteries.
- Team members must return the Walkie-Talkies to the Dining Hall to recharge them. The Lead Team Fundi is responsible for making sure they are recharged and ready for use each day.
- The Team Administrator in Singida will be in charge of distributing these to the areas/people needing them; we try to make sure each area has at least one.

WHAT TO PACK

GENERAL INFORMATION

Pack Light:

- Use the RULE OF FOUR to cut down on luggage: one to wear, one in the ready, one in the laundry, and one for backup.
- Pack clothes that will withstand the rigors of the trip, can multi-task (want to pack light).
- Pack things you won’t mind losing if you never saw your luggage again.
- Some people took older T-shirts and sneakers and left them there.
- Bring clothing able to be easily hand-laundered or able to withstand the local laundry service (hot water and a hot iron).
- Recommended to purchase and use TSA approved travel locks on your luggage.
- Do NOT pack any valuables in your checked luggage as they are subject to theft (this happened to several team members who did not listen to this advice).
- All luggage and all carry-on bags need to be tagged with your name and personal ID information.
- Luggage Specifications:
  - Carry-on luggage cannot exceed 45 inches (or 22” x 14” x 9”) and must fit under the seat in front of you or in the overhead bins. Recommended weight limit for all carry-ons is 22-33 pounds (10-15 kg) per person.
You will use the carry-on for your overnight stay in Arusha and on safari.

- Checked luggage is limited to 62 linear inches (add length, height, and width). Maximum weight for each checked piece of luggage is 50 pounds.
- Outreach team leaders ask that you limit yourself to ONE checked piece of personal luggage and ONE carry-on, such as a small backpack.
- Your team leader will ask you to use their second checked bag for transporting team medical supplies.
  - The Des Moines group will meet sometime in the week prior to leaving to pack these bags together.
  - If you are in a different area from Iowa, you still should pack a second bag with needed team supplies, especially bottles of multivitamins with iron, or ibuprofen or Tylenol, school supplies, or small toiletries to hand out to patients.
  - Ask your team leader what specifically should go into this bag.
- Everyone will collect their luggage at the Kilimanjaro airport then go through Customs as a group.
- At Kilimanjaro, you may transfer some items from your carry-on to your checked luggage if they are no longer needed.
- After clearing Customs your checked bag will be loaded on to one of the buses that will transport us to Singida. Be sure to have your toiletries and a change of clothes for the overnight stay in Arusha in your carryon luggage!
- Please be considerate of your teammates; think about what you will need and have it accessible in your carry-on so we do not need to unload the entire luggage and reload again at the hotel.

- Anything that you do not want to bring back to the USA can be jettisoned on the last day in Singida and will find a good home in Tanzania.

**DRESS:** A few pointers

- Should be modest, respectful, and comfortable
- Bring one nice, conservative outfit for church, a possible team banquet, or if any dignitaries, such as the Honorable Regional Commissioner Kone, joins us for dinner

**Women:**
- Legs and shoulders should be covered at all times
- No tight or revealing clothing
- Tops: no sleeveless or low cut tops
- Bottoms: No leggings, shorts, or short skirts. You must cover your knees at all times.

**Men:**
- Long lightweight hiking pants
- Jeans are allowed (but the tropics are humid)
- Shorts are not acceptable
- No military/camouflage clothing allowed

**APPROXIMATE PACKING LIST:**

- **Carry-on Luggage Specifics:** Pack what you can’t replace, all valuables, what you need for work in Singida, and what you consider absolute necessities.
  - All required travel documents: see section II. Required Documents.
  - Money: (Euros, Tanzanian shillings, USD) and your ATM/credit card(s)
    - Sometimes one card will work and another one won’t so it is wise to have two different ones.
    - Debit cards may not be accepted some places so bring a true credit card.
Medical/Contact Information List: be sure to include name and contact info for all your personal physicians, a list of all personal prescription medications and dose, and brief medical history. Include the following documents:

- Personal health and dental insurance cards
- Travel Guard info
- Personal emergency contact
- Personal medical info

All personal medications and a list of all medications you are carrying including OTC meds and your malaria prophylaxis.

- Bring a copy of all needed prescriptions, and an extra pair of prescription eyeglasses

Medical kit (nurses & physicians only)

- See specific guidelines for Medical Kits below

Camera, lecture on UBS thumb drive, any other electronics

Small transformer/surge protector, and necessary converters for Tanzania electrical plugs

Sunglasses, hat, travel sunscreen, travel-sized bug spray with at least 30% DEET

Wet wipes & small travel sized bottle of hand sanitizer

Small flashlight

Shower shoes, pj’s, and change of clothes for overnight in Arusha

Travel-sized toiletries: toothbrush, toothpaste, package of wet wipes for freshening up in Amsterdam between flights

Inexpensive watch/travel clock with alarm

Optional Carry-On Items:

- Travel-sized pillow/neck roll
- Eyeshades
- Noise-reduction headphones
- Warm socks
- Sweater/jacket
Sleep aid such as Ambien or Tylenol PM both for the plane flight and for the first night in Arusha when you are trying to sleep when it is 3 PM (USA time).

Entertainment: iPod, book, Kindle/Nook, deck of cards, travel scrabble, etc.

Medical Kit Specifics:
- You must bring your own equipment for you to do your job
- Possible items you may need:
  - Stethoscope, lightweight travel otoscope/ophthalmoscope, small flashlight, spare AA batteries for flashlight and/or otoscope, small ruler, scissors, tweezers, small magnifying glass, pens, small notebook, calculator, TB mask and/or protective eyewear (as needed for your job)
  - Consider adding a few Band-Aids, hand sanitizer, wet wipes, Neosporin and tape since inevitably you will have need to do first aid at some point during the trip on a stranger, yourself, or your teammate.
- You will want to take pictures of patients and having a notebook is invaluable for keeping records of those patients.
- Keep your medical kit in a small zippered bag that you can take in/out of your backpack as needed.

Medical Books:
- Pediatricians found the WHO Pocket Book of Hospital Care for Children; Guidelines for Management of Common Illnesses with Limited Resources; the Oxford Handbook of Tropical Medicine and a current edition of Harrriet Lane to be invaluable and are pocket-sized.
- Not every physician needs his or her own copy of every book so you may want to coordinate this with the team leader.
- Books can be given to Naomi or the SRH physicians or nurses as gifts on the last day of clinic.

Outreach does provide triage, surgery, pediatricians and pharmacists with a laminated copy of Outreach’s most recent Pediatric Medication Guidelines for the common diseases along with a copy of the AAP Tropical Medicine Treatment Guidelines.

Each pediatrician and triage also will have a bag with some clinic supplies, laminated copies of the Tanzanian Growth Chart, the 2006 WHO growth charts, and a copy of the UACM chart for their clinic room, some Sani-wipes and an ear curette, basin, and syringe for cleaning ear canals.

Checked Luggage Specifics:
- Pants:
  - 3-5 pairs of scrub pants (could be used as pj’s as well)
  - Long lightweight hiking pants for safari (jeans are terrible in the tropics!)
- Tops:
  - 5-6 scrub tops - combo of short-sleeve and long-sleeve (for sun coverage) recommended
  - Team t-shirts, older t-shirts you don’t mind leaving/losing
- Nice Outfit:

socks for the plane
M:  Shoes:
- Every day: comfortable closed-toe shoes (such as lightweight hiking boots, sneakers)
- They will get dusty so plan to leave behind or take home in a plastic bag
- Closed toe shoes are highly recommended over flip-flops/sandals without socks to prevent parasites, insect bites (chiggers or sand fleas), or thorns in your feet.
- Nice Outfit: you may want a pair to go with your nice outfit and to wear on the plane
- Shower shoes/Room shoes: lightweight crocs, sandals, or flip-flops are recommended for the shower and to wear in your room (so you can leave your dusty shoes at your doorway and keep your room clean)
  Do not walk outside with these shoes.

Lightweight jacket:
- Protects from the sun
- Good for cool evenings
- Planes get very cold

Lightweight rain jacket/poncho/travel umbrella for sudden downpours

Sun hat & sunglasses

Small non-electric travel clock with alarm/watch with alarm

Small flashlight and/or lantern
- Carry flashlight in your pack in case of power outages

Sleeping items: You may want to bring
- Lightweight travel blanket/pillow
- Sleep sac (if not planning to use provided bedding)
- Mosquito Net
- Bring duct tape to repair any holes

Camera, lightweight case with memory cards, connector for downloading to laptop, & 8-12 extra AA batteries for tools and toys
- Purchasing batteries in Singida is VERY expensive and they are less potent and have a short life

Several Ziploc bags in different sizes:
- For toiletries, snacks, dirty clothes & shoes, and a set of clean clothes to change into at Amsterdam on the flight back.

3-5 small kitchen garbage bags for collecting trash in your room and for use as your laundry bag

Governmental dignitaries will wear a suit and tie, but you are not expected to follow suit.

Women: Long skirt and top
- You can have a skirt/dress/shirt made locally from local fabric (cost ~$5-10 USD) but fit is sometimes an issue as they do not use patterns. This takes 2-3 days to do but is readily available in the town.

Socks: 6 pair lightweight cotton socks and one pair of warm
A small backpack, waist pack, or shoulder bag for everyday use in Singida:
- Hold needed items such as your camera, toilet paper, hand sanitizer, wet wipes, sunscreen, bug spray, sunglasses, hat, bottle of water that you want to have with you all the time.
- Also use this to carry your medical kit.
- Most people use a backpack as their carry-on and then use it in Singida for everyday use.

Many people use a passport pouch for their passport, money, and ATM/credit cards and wore this around their neck or waist at all times.
- You also can purchase a small travel safe from PacSafe.com that allows you to lock and secure your passport and small electronics in your room. Most of the rooms at the Social Center have a locked cupboard.

Toiletries: travel-sized and fragrance-free.
- Whatever you think you need for bare minimum maintenance.
- Consider using a tinted moisturizer with at least SPF 30 to avoid bringing extra makeup.
- Bring an extra toothbrush.

Africa First Aid Kit
- Optional Items you may want:
  - Lightweight travel towel/washcloth
  - Small bottle of liquid shampoo/body wash/laundry detergent
  - Electronics & Entertainment: laptop, chargers, iPod, earphones, Kindle/Nook, deck of cards, book, travel scrabble, etc.
    - The team fundis will try to have a step-down transformer/converter/charger in the dining room for people to use to charge electronics.
    - In your room, you need a voltage adapter – Tanzania uses 220-volt ROUND UK type plugs (not the European type). Remember, electricity can be intermittent.
  - Inexpensive watch and jewelry – NO DIAMONDS
  - Small binoculars – for safari
  - Several Ziploc bags in different sizes:
    - For toiletries, snacks, dirty clothes & shoes, and a set of clean clothes to change into at Amsterdam on the flight back.
  - Small collapsible duffle bag or tote in your checked luggage for transporting your souvenirs home or plan to use the duffle bag that you used to transport team meds/supplies.

**LANGUAGE & LOCAL CUSTOMS**

**LANGUAGE:**
- English and Swahili are spoken widely although we still need to use interpreters for our medical work. Outreach hires local interpreters; each physician will have an interpreter working with them as well as interpreters in Pharmacy, Triage, and the OR.

**CUSTOMS:**
- Tanzanians are very polite, conservative and modest.
  - Do not swear or talk loudly. Americans talk loudly and this can be offensive to our hosts.
  - Do not act disrespectful, or exhibit public displays of affection.
  - We are in a Christian-Muslim country. Women should cover their shoulders and legs, avoid plunging necklines, and skin-tight clothing.
Military type clothing is a “no-no”.

- Pleasantries count!
  - Take time to greet the other person, even if you are just asking directions.
  - Handshake etiquette is an art form. Tanzanians continue to hold hands for several minutes after meeting or even throughout the entire conversation.
  - A handshake may be accompanied by touching the left hand to the right elbow as a sign of respect.

- Respect authority!
  - Don’t criticize their government or undermine an official’s authority
  - Be patient (remember we are visitors in their country). Losing your patience, however justified you may feel will get you nowhere.
  - It is important to show a good-natured demeanor at all times.
  - Before entering a shop, office, or Tanzanian’s home, call out “hodi” and then wait for the inevitable “Karibu” (welcome).
  - When receiving a gift, take it with both hands or with your right hand while touching their elbow with your left hand. When giving a gift, remember that they often won’t express their appreciation verbally.

**FINAL NOTES**

- Remember, we do not go there to criticize. We are guests. Tanzania is not our country.

- Expectations of each team member:
  - Everyone will be responsible for themselves and their own things.
  - Be able to carry your own luggage, remember to take your malaria medications, and pick-up and look after yourself and all of your belongings.
  - Fellow team members will be willing to help each other out.
  - Represent Outreach well.
  - Be pleasant, mature, flexible, patient, helpful, and humble.
  - Have fun.

- Relationship with Tanzania physicians & nurses:
  - We work closely with them.
Goal: to learn from each other and benefit from the cross-cultural dialogue

When possible, we offer ideas and suggestions and are willing to consult on specific patients when invited.

We provide daily lectures to the nurses and doctors to assist with their ongoing education, but they often end up educating us in return.

Care to patients:

- We expect to provide the same quality health care as we strive to provide in the USA. We do not go to Tanzania to provide substandard care. Given the limited resources, this can be a challenge for all of us, but with flexibility, creativity and patience we can accomplish a great deal.
- Whatever we do, we should be proud of our efforts and realize that we are doing our very best in difficult circumstances.
- We cannot change many of the fundamental problems, such as sanitation, education or nutrition that contributes to the health problems that we see.
- We can provide medicines, vitamins, food, and access to health care that is often lacking for the women and children, and for that individual person, make a world of difference in their life.

**Swahili & English Terms**

**Basic Expressions:**

<table>
<thead>
<tr>
<th>English</th>
<th>Swahili (en)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>Ndiyo</td>
</tr>
<tr>
<td>No</td>
<td>Hapana</td>
</tr>
<tr>
<td>Please</td>
<td>Tafadhali</td>
</tr>
<tr>
<td>Thank you</td>
<td>Asante</td>
</tr>
<tr>
<td>Thank you very much</td>
<td>Asante sana</td>
</tr>
<tr>
<td>Good</td>
<td>Nzuri</td>
</tr>
<tr>
<td>Okay</td>
<td>Sawa</td>
</tr>
<tr>
<td>You’re Welcome (or just Welcome)</td>
<td>Karibu</td>
</tr>
<tr>
<td>That’s all right</td>
<td>Vizuri</td>
</tr>
<tr>
<td>Excuse me (Forgive me)</td>
<td>Samahani</td>
</tr>
<tr>
<td>Sorry</td>
<td>Pole</td>
</tr>
<tr>
<td>Very sorry</td>
<td>Pole sana</td>
</tr>
</tbody>
</table>

Note: “sana” is used after both thank you, sorry, & you’re welcome. **Greetings:**
[For elderly people] Shikamoo

[If a child or younger man says “shikamoo” to you] [Reply by saying] Marhaba

Hello (when greeting one person) Hujambo

How are all of you? Hamjambo? Hello/Hi Jambo (can be used anytime)

May I come in? Hodi?

Goodbye Kwa Heri

Note: “Habari” means “news” and can be used as a general greeting
“Salamu” may be substituted for “Habari”

How are you? Habari yako?
Hello/How are you? Habari?

Good Day Habari za asubuhi? (Note: za or ya may be used)
Good Afternoon Habari za mchana?
How are you this afternoon? Habari za alasiri?
Good Evening Habari za jioni?
How are you this evening? Habari za usiku?
What’s the news? Habari gami?
What’s happening with you? Habari yako?
How are you all? Habari zenu?
Other common salutations Jambo, habari yako?

Basic Responses:

Fine Nzuri
I’m fine Sijambo
We’re fine Hatujambo

Basic Medical Expressions:

Relax Fumzika
It’s okay Sana
What is your name? Jina lako nani?
My name is… Jina langu…
Name Jina
Your weight? Uzito?
How old are you? Una miaka mingapi?
I am (age) Mimi nima miaka 5 (tano), 6 (sita), etc.
Where do you live? Unatka wapi?
I live… Natokea mbali (far away)
What’s the problem? Kuna shida gani?
I am sick. Mimi ni mgonjwa.
My child is sick. Mwanagu (or Mtoto) mi mgonjwa.
<table>
<thead>
<tr>
<th>English</th>
<th>Swahili</th>
</tr>
</thead>
<tbody>
<tr>
<td>For how long?</td>
<td>Kwa muda gani?</td>
</tr>
<tr>
<td>Where does it hurt?</td>
<td>Una maumivu wapi?</td>
</tr>
<tr>
<td>It hurts here.</td>
<td>Inauma hapa.</td>
</tr>
<tr>
<td>Do you have a fever?</td>
<td>Uni homa?</td>
</tr>
<tr>
<td>At night?</td>
<td>Usiku?</td>
</tr>
<tr>
<td>In afternoon?</td>
<td>Mchana?</td>
</tr>
<tr>
<td>I’m hungry.</td>
<td>Nina njaa.</td>
</tr>
<tr>
<td>I’m thirsty.</td>
<td>Nina kiu.</td>
</tr>
<tr>
<td>Open your mouth</td>
<td>Fungua mdomo.</td>
</tr>
<tr>
<td>Close</td>
<td>Funga</td>
</tr>
<tr>
<td>Breath in</td>
<td>Vuta pumzi</td>
</tr>
<tr>
<td>Breath out</td>
<td>Toa pumzi</td>
</tr>
<tr>
<td>Lay on the bed.</td>
<td>Lala kitandani.</td>
</tr>
<tr>
<td>Medicine</td>
<td>Dawa</td>
</tr>
<tr>
<td>Pill</td>
<td>Kidonge</td>
</tr>
<tr>
<td>Take one a day</td>
<td>Mara moja (one) Kwa siku.</td>
</tr>
<tr>
<td>By mouth</td>
<td>Kwa mdomo</td>
</tr>
<tr>
<td>By nose</td>
<td>Kwa pua</td>
</tr>
<tr>
<td>Sick/illness</td>
<td>Ugonjwa</td>
</tr>
<tr>
<td>Sick person</td>
<td>Mgonjwa</td>
</tr>
<tr>
<td>Rest</td>
<td>Pumzika</td>
</tr>
<tr>
<td>Tablet</td>
<td>Kidonge</td>
</tr>
<tr>
<td>Tablets (plural)</td>
<td>Vidonge</td>
</tr>
<tr>
<td>Help</td>
<td>Saidia</td>
</tr>
<tr>
<td>Pain</td>
<td>Inauma</td>
</tr>
<tr>
<td>Day</td>
<td>Siku</td>
</tr>
<tr>
<td>Water</td>
<td>Maji</td>
</tr>
<tr>
<td>Food</td>
<td>Chakula</td>
</tr>
<tr>
<td>Male</td>
<td>Mvulana</td>
</tr>
<tr>
<td>Female</td>
<td>Msichana</td>
</tr>
<tr>
<td>Child</td>
<td>Motto</td>
</tr>
<tr>
<td>Daily</td>
<td>Kila siku</td>
</tr>
<tr>
<td>Night</td>
<td>Usiku</td>
</tr>
<tr>
<td>Before</td>
<td>Kabla</td>
</tr>
<tr>
<td>Sleep</td>
<td>Kulala</td>
</tr>
<tr>
<td>Before sleep</td>
<td>Kabla kulala</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Treatment</td>
<td>Matibabu</td>
</tr>
<tr>
<td>Hospital</td>
<td>Hospitali</td>
</tr>
<tr>
<td>Doctor</td>
<td>Daktari</td>
</tr>
<tr>
<td>Injection</td>
<td>Sindano</td>
</tr>
<tr>
<td>Recover from illness</td>
<td>Kupona</td>
</tr>
<tr>
<td>Hot</td>
<td>Joto</td>
</tr>
<tr>
<td>Hot water</td>
<td>Maji joto</td>
</tr>
<tr>
<td>Cold</td>
<td>Baridi</td>
</tr>
<tr>
<td>Cold water</td>
<td>Maji baridi</td>
</tr>
</tbody>
</table>

**Other Useful Terms:**

<table>
<thead>
<tr>
<th>Mother</th>
<th>Mama</th>
</tr>
</thead>
<tbody>
<tr>
<td>Father</td>
<td>Baba</td>
</tr>
<tr>
<td>Friend</td>
<td>Rafiki</td>
</tr>
<tr>
<td>Wash (washing clothes, etc.)</td>
<td>Osha</td>
</tr>
<tr>
<td>Job/Work</td>
<td>Kazi</td>
</tr>
<tr>
<td>Come here</td>
<td>Kuja</td>
</tr>
<tr>
<td>“to do” a task</td>
<td>Fanya kazi</td>
</tr>
</tbody>
</table>

**Numbers:**

<table>
<thead>
<tr>
<th>One</th>
<th>Moja</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two</td>
<td>Mbili</td>
</tr>
<tr>
<td>Three</td>
<td>Tatu</td>
</tr>
<tr>
<td>Four</td>
<td>Nne</td>
</tr>
<tr>
<td>Five</td>
<td>Tano</td>
</tr>
<tr>
<td>Six</td>
<td>Sita</td>
</tr>
<tr>
<td>Seven</td>
<td>Saba</td>
</tr>
<tr>
<td>Eight</td>
<td>Nane</td>
</tr>
<tr>
<td>Nine</td>
<td>Tisa</td>
</tr>
<tr>
<td>Ten</td>
<td>Kumi</td>
</tr>
</tbody>
</table>

**Times (for “how many times”; ex: 3 times) Medical Directions for Prescriptions:**

<table>
<thead>
<tr>
<th>Take by mouth one tablet daily</th>
<th>Chukua kwa mdomo kidonge moja mara moja kila siku.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take by mouth one tablet twice daily</td>
<td>Chukua kwa mdomo kidonge moja mbili kila siku.</td>
</tr>
<tr>
<td>Take one tablet three times daily</td>
<td>Chukua kwa mdomo kidonge moja mara tatu kila siku.</td>
</tr>
<tr>
<td>Take one tablet four times daily</td>
<td>Chukua kwa mdomo kidonge moja mara nne kila siku.</td>
</tr>
</tbody>
</table>
Take two tablets once daily
Chukua kwa mdomo vidonge mbili mara moja kila siku.

Take two tablets twice daily
Chukua kwa mdomo vidonge mbili mbili kila kila siku.

Take three tablets twice daily
Chukua kwa mdomo vidonge tatu mara mbili kila kila siku.

Take one teaspoonful daily
Kunywa kwenye kijiko la chai mara moja kila siku.

Take 2 teaspoonfuls daily
Jaza kwenye kijiko la vijiko viwili na kunywa kiasi hicho mara moja kila siku.

Take 3 teaspoonfuls daily
Jaza kwenye kijiko la vijiko vitatu na kunywa kiasi hicho mara moja kila siku.

Inhale 1-2 puffs orally daily
Vuta dawa ya pumzi moja au mbili kwa mdomo mara moja kila siku.

Inhale 1-2 squirts intranasally daily
Vuta dawa ya pumzi kiasi moja au mbili kwa pua mara moja kila siku.

Apply cream/ointment to affected skin
Paka crimu kwenye sehemu ya ngozi Inayohusika.

Take with food
Kuchukua pamoja na chakula.

Take without food
Kuchuka bila chakula.

**Forms**

- All documents must be completed and turned into your team leader by their appropriate deadlines – Please adhere to deadlines! · Missed Deadlines: There is a minimum of $100 USD fee at the airport upon arrival to procure your visa.
- You will receive your visa, work permit, and immigration stamp in your passport at the Kilimanjaro airport the night we arrive and go through Customs and Immigration. This visa is valid for 12 months from time of issue and is valid for the mainland and Zanzibar.

Forms listed in this section:

- General Release Waiver & Assumption of Risk
- Medical Team Registration
- Medical Team Volunteer Application · Tanzanian Visa Application
OUTREACH INTERNATIONAL

VOLUNTEER

GENERAL RELEASE

WAIVER & ASSUMPTION OF RISK

ASSUMPTION OF RISK
I, ______________________, acknowledge that I have applied to be a volunteer working with Outreach Inc., AKA Outreach Africa. Further referred herein as Outreach. I am aware that the work of Outreach may involve hazardous or dangerous activities and that my participation in the work of Outreach may subject me to the risk of injury, illness or death. I have volunteered to participate in the work of Outreach. I understand that I may be subjected to a number of additional risks and dangers involved in the transportation to and from America, Europe, Africa, and within Africa. This includes, but is not limited to travel in commercial aircraft, motor vehicles, animal drawn conveyances, light aircraft or any other means of transport. I may be subject to the risk and danger that adequate medical facilities may not be available, should I require medical attention, and the risks and danger of residing in and being subjected to the laws of a foreign country. I am aware of the conditions that presently exist in Africa, but not limited to social and political unrest, guerrilla and terrorist activity, unsanitary health conditions, including the risk of malaria, cholera, hepatitis, AIDS/HIV and other third world country disease potentials. I voluntarily agree to assume all of the above risks, and all other risks associated with my participation as a volunteer in work with Outreach whether known or unknown.

GENERAL RELEASE
As consideration for being permitted by Outreach to participate in its work, I hereby release and forever discharge Outreach, their Directors, Officers, Agents, Employees, Representatives, Volunteers, Attorneys, Assigns, and Affiliates for any and all claims and demands of whatever kind or nature, whether known or unknown, that may arise out of or are connected in any way whatsoever with my voluntary participation in the work of Outreach.

RELEASE MEDICAL TREATMENT
As further consideration for being permitted by Outreach to participate in their work, I hereby release and forever discharge Outreach, their Directors, Officers, Agents, Employees, Representatives, Volunteers, Attorneys, Assigns and Affiliates from any and all claims and demands of whatever kind of nature, whether known or unknown, that arise out of or connected in any way whatsoever with any first aid, medical treatment or services rendered me during my participation or in any way related to Outreach.

BINDING EFFECT
I understand and acknowledge that this agreement is a binding legal document that affects my legal rights and remedies. I further understand that this agreement binds not only me but also my spouse, children, heirs, representatives, distributes, guardians and assigns.

EMPLOYEE STATUS / INSURANCE
I understand that I am not an employee of Outreach. I participate as a volunteer in the work of Outreach. I understand and agree that Outreach International is under no obligation to provide, and do not provide, workers compensation, travel, health, life, auto, liability or malpractice insurance or any other employee benefits or insurance of any kind whatsoever.

SCOPE
I understand and agree that this agreement shall be interpreted and construed as broadly and inclusively as permitted by the laws of the State of Iowa. If legal proceedings are filed I understand they will be tried only in the State of Iowa.

ENTIRE AGREEMENT
I understand and agree that this agreement constitutes the entire agreement between me and Outreach concerning my participation in the work of Outreach and supersedes all negotiations and statements made prior to or contemporaneous with the execution of this agreement. I further understand and agree that this agreement may only be modified or amended in writing signed both me and the President of Outreach, Inc. This agreement may not be amended orally.

GOVERNING LAW
I understand and agree that this agreement shall be governed and interpreted in accordance with the laws of Iowa. I hereby further agree that any litigation, administrative proceedings or arbitration concerning this agreement or my participation in the work of Outreach shall be brought and conducted in the State of Iowa in and for Hardin County. I agree to be subjected to personal jurisdiction and venue in the State of Iowa, Hardin County and hereby waive any right I may have to commence any litigation, administrative action or arbitration relating to this agreement or my participation in the work of Outreach in any form other than the Court of the State of Iowa in and for the County of Hardin.

INVALIDITY OF ANY CLAUSE
I understand and agree that in the event any clause, sentence, or provision of this agreement shall be held to be invalid or unenforceable by any court of competent jurisdiction, the invalidity or unenforceability of such clause, sentence or provision shall not affect the validity or enforceability of the remaining provisions.

CONTRACTUAL TERMS
I understand and agree that the terms of the agreement are contractual and are conditions precedent to my participation in the work of Outreach and are not mere recitals.

I have carefully read this agreement and fully understand its contents and binding effect. I acknowledge that I have had the opportunity to have this agreement reviewed by an attorney prior to the time I signed the agreement. I understand that this is a legal contract between me and Outreach that affects my legal rights. I represent that I am signing this agreement knowingly, voluntarily and of my own free will.

VOLUNTEER ________________________________ DATE_______/_____/_____
PRINTED NAME ___________________________ ___________________________
ADDRESS ____________________________________________________________
____________________________________________________________________

WITNESS ___________________________________ DATE ______/_____/_____
PRINTED NAME ______________________________________________________

OUTREACH MEDICAL TEAM REGISTRATION FORM

LEGAL NAME ON PASSPORT:

PREFERRED NAME:

HOME PHONE: WORK PHONE:
CELL PHONE:

HOME ADDRESS STREET -
   CITY - STATE - ZIP
WORK ADDRESS NAME
   STREET - CITY - STATE - ZIP
Email address:

Citizenship: Passport number: Exp. Date:

Place and Date of Birth:

Departure from U.S. City and Date:

Return from Africa City and Date:

SAFARI: YES NO MAYBE

ROOMMATE PREFERENCE:

Food allergies or restrictions (list if applicable):

PREFERRED VOLUNTEER ACTIVITY IN TANZANIA:

EMERGENCY CONTACT (NOT ON TRIP)

  NAME:
  NUMBER:
  ADDRESS:

  NAME:
  NUMBER:
  ADDRESS:
# New Volunteer Application

(Please print in ink)

<table>
<thead>
<tr>
<th>Name that you commonly go by</th>
<th>EXACT Passport Name, Number, Expiration Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Present Occupation</td>
<td>Airport Departure City</td>
</tr>
<tr>
<td>Address: Street</td>
<td>City</td>
</tr>
<tr>
<td></td>
<td>State</td>
</tr>
<tr>
<td></td>
<td>Zip</td>
</tr>
<tr>
<td>Date of Birth</td>
<td>Place of Birth</td>
</tr>
<tr>
<td>Employer Name &amp; Address</td>
<td></td>
</tr>
<tr>
<td>Business Phone</td>
<td>Fax Number</td>
</tr>
<tr>
<td></td>
<td>E-Mail Address</td>
</tr>
<tr>
<td>If Married, Spouse's Name</td>
<td>Allergies</td>
</tr>
<tr>
<td></td>
<td>Blood Type</td>
</tr>
<tr>
<td>Medical Problems, if any</td>
<td>Medications (List)</td>
</tr>
<tr>
<td>Criminal Record</td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>Yes (Provide Explanation)</td>
</tr>
</tbody>
</table>

Are you prepared to travel distances which would cause a lapse in contact with family and/or business where you could not be reached for up to 2 to 3 days? Circle one: Yes  No

How were you referred to Outreach Africa?

Please use additional paper to answer questions 1-5 if necessary

1) Why do you want to go on this trip?

2) List specific skills applicable to volunteer trips:

3) How many previous medical trips have you participated in?

4) List Countries, responsibilities and length of stay of any other missions you have participated in.

5) Each volunteer is expected to work under the authority of the Team Leaders and function as a member of the team that will need to adapt to unexpected circumstances. If possible, please give examples of your ability to do this.

Provide a personal reference who would attest to information requested in questions 1-5.

Name, address, phone:

Please attach photocopy of passport. Medical professionals attach a copy of license.

Signed: [Signature]

Date: [Date]

We are delighted to have you as a volunteer. The experience will be richly rewarding and perhaps even life-changing. Your suggestions are welcomed and encouraged.
THE UNITED REPUBLIC OF TANZANIA

Application for first grant/renewal of Exemption Certificate
Under section 15(5) of the Immigration Act No. 7 of 1995

I hereby apply for First grant/renewal of Exemption Certificate:

1. Name in Full MR/MRS/MISS: ____________________________

2. Nationality: ____________________________

3. Home Address: ____________________________

4. Address in Tanzania: Catholic Social Training Center

5. Place of Birth: ____________________________ Date of Birth ____________________________

6. Passport No.: ____________________________ Date of Issue: ____________________________

7. Place of Issue: ____________________________

8. Profession/Occupation: ____________________________

9. Residence in Tanzania: Region Singida District Singida Urban Street P.O. Box 136


11. Name of Employer: Outreach International Tanzania Address of Employer: Singida, Tanzania, East Africa Duration of Employment: 12 months

12. Letter of Introduction from the employer, Reference No. (Attached)

Dependants

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship</th>
<th>Date of Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I declare that the above statement is correct.
Signature: ____________________________ Date: ____________________________

Note: Exemption will cease when:
The holder leaves the country for good, the holder ceases to be an employee under whose authority the exemption is obtained and if some other pass or permit is issued in its place.

IPU Immigration Printing Unit