



Advent Health Global Missions

October 3 – 13, 2019

ETHIOPIA Medical Mission Information Packet





Addis Ababa, Ethiopia Medical Mission Trip

Trip Purpose

The Global Mission's *Footprint* relationship with the Learning Village and Summit Clinic located in the Kalala Village on the outskirts of Addis Ababa, Ethiopia. Over 1,000 students attend the Learning Village from preschool through tenth grade.

The Summit Clinic provides outpatient primary care services to the surrounding community. Through a series of volunteer projects, GMI supports ongoing health-care access, infrastructure development and humanitarian assistance to the people of Kalala.



Location and Culture

Ethiopia is the tenth largest country in Africa and is the major constituent of the landmass known as the Horn of Africa. It is also the second most populous country in Africa with more than 105 million people residing there. It has a unique cultural heritage, being the home of the Ethiopian Orthodox Church - one of the oldest Christian churches - and a monarchy that ended only in the coup of 1974.



Ethiopia served as a symbol of African independence throughout the colonial period, and was a founder member of the United Nations and the African base for many international organizations.¹

The major languages are Amharic, Oromo, Tigrinya, Somali and the two major religions are Christianity and Islam. Ethiopia is a predominantly agricultural country – more than 80% of the population lives in rural areas.

The Great Rift Valley, known for discoveries of early hominids such as Lucy, whose bones reside in the Ethiopian National Museum, bisects the central plateau. The valley extends southwest through the country and includes the Danakil Depression, a desert containing the lowest dry point

on the earth. In the highlands is Lake Tana, the source of the Blue Nile, which supplies the great majority of water to the Nile River Valley in Egypt².

¹ <http://www.bbc.com/news/world-africa-13349398>

² <http://www.everyculture.com/Cr-Ga/Ethiopia.html#ixzz56MOxhN3b>

Trip Cost and Due Dates

The total trip cost is \$2,500

Payment	Amount per Person	Date Due <small>You can always make payments before the due dates listed</small>
Non-Refundable Deposit	\$200	Upon Application
50% of Trip Cost	\$1,050	July 12, 2019
75% of Trip Cost	\$625	August 23, 2019
100% of Trip Cost	\$625	September 20, 2010
TOTAL	\$2,500	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Payments

Please call our office at 407-303-2632 to make payments over the phone, or you can mail us a check made out to the "AdventHealth Foundation Central Florida" to our address:

870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Cultural tours/Entrance and Visa fees
- Tour Leader/Translator
- Tips on behalf of the group
- Short-Term Travel Insurance

Donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone donates to AdventHealth Foundation on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals en route While flying to and from locations
- Medications May be covered by your health plan
- Personal Tips For laundry or other personal items not covered by group tips
- Emergencies Any personal emergency expense above what the insurance covers
- Beverages You may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Travel Schedule

Tentative schedule shown below, *subject to change*.

Day	Date	Activity
1	Wednesday October 2	Departure: Orlando, FL → Dubai, UAE
2	Thursday October 3	Tour of Dubai, UAE
3	Friday October 4	Leave Dubai → Arrival in Addis Ababa
4	Saturday October 5	Tour of Addis Ababa city / Rest day. Acclimate to the new time zone
5	Sunday October 6	CLINIC DAY
6	Monday October 7	CLINIC DAY
7	Tuesday October 8	CLINIC DAY
8	Wednesday October 9	CLINIC DAY
9	Thursday October 10	Drive to Lake Region, arrive at Resort
10	Friday October 11	CLINIC DAY at Water is Life SLT
11	Saturday October 12	Drive to Addis, depart to Orlando at 4PM
12	Sunday October 13	Arrive in Orlando at 10:30AM

Entry Requirements

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy your passport with you at all times while traveling through Ethiopia.

An Ethiopian tourist visa is required for travelers, but they are available to U.S. citizens upon arrival at Bole International Airport in Addis Ababa. Your trip cost will cover this fee and it will be taken care of by your GMI trip leader.

Weather and Atmosphere

The capital of Ethiopia, Addis Ababa, is located at an elevation of 7,726 feet/2,355 meters, and as such its climate remains relatively cool throughout the year. Even in the hottest months (March to May), average highs rarely exceed 77°F/25°C. Throughout the year, temperatures drop quickly once the sun goes down, and frosty mornings are common.

Daily high temperatures are around 71°F.

Food and Drink

Injera, a spongy unleavened bread made from teff grain, is the staple of every meal. All food is eaten with the hands, and pieces of injera are ripped into bite-sized pieces and used to dip and grab stews (*wat*) made of vegetables such as carrots and cabbage, spinach, potatoes, and lentils. The most common spice is *berberey*, which has a red pepper base.

The coffee ceremony is a common ritual. The server starts a fire and roasts green coffee beans while burning frankincense. Once roasted, the coffee beans are ground with a mortar and pestle, and the powder is placed in a traditional black pot called a *jebena*. Water is then added. The *jebena* is removed from the fire, and coffee is served after brewing for the proper length of time. Often, *kolo* (cooked whole-grain barley) is served with the coffee.

DO NOT eat food from a street vendor. Eat carefully. Not everything is perfectly safe --- even if cooked.

Water

DO NOT drink the water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to elevation changes you may encounter.

Immunizations

We recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations are available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Travel Clinic

AdventHealth provides a comprehensive international immunization program. If you are planning to travel internationally contact the Travel Medicine Center for your immunization needs.

Medicine Specialists
2501 N Orange Ave # 235
Orlando, FL 32804

Call: 407-303-7270 for an appointment.

You will need a GMI authorization card **BEFORE** you visit the Medicine Specialists.

If you are an AdventHealth Employee and are covered by our insurance, you need to present your AdventHealth employee insurance card at the time of service and your visit and immunizations will be covered by your insurance.

If you are **not** an AdventHealth Employee, GMI will cover the cost of the visit and you will be responsible for any additional charges, including vaccines.

Miscellaneous

Foreign Currency

Ethiopia uses the Birr as their form of currency. The current exchange rate as of January 2018 is **1 USD = 27.5 Birr**

How much money should you bring?

The only money you'll need is for any extra food and souvenirs you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA. At times you can bargain the price down, but please keep in mind you are bargaining with people that make in a month what you make in a day.

Electricity

The voltage in Ethiopia is 220V, you will need a voltage converter to use your electrical devices.

Note: some devices are able to work with a wide range of voltages, check the label before plugging in so you do not destroy your device. If you have any concerns with a special device i.e. a medical device, bring a voltage converter.

The plugs and sockets used in Ethiopia are type D, J, and L, you will need a plug adapter as the United States used A and B types.



Plugs:



Adapter:

You can find voltage converters and plug adapters in the travel section stores or online.

Time

Ethiopia is **8 hours ahead** of the time in Orlando, FL.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access may not be available at all times.

Packing List

BASICS	TO TRAVEL:		FUNDS		TRAVEL AIDS	
	Passport		Wallet		Pleasure reading	
	Copy of travel docs		Cash		Chewing gum	
	Copy of passport		Credit Cards		Snacks	
	Emergency contact info		Foreign Currency		Earplugs	
	Medical insurance card		Money belt		Sleeping mask	
	Headphones				Travel pillow	
	Cell Phone & Charger				Motion-sickness remedy	
Tablet & Charger						
CLOTHES	BASICS		Scrub Top		ACCESSORIES	
	Underwear		Scrub Bottom		Belt	
	Socks		OUTERWEAR		Wristwatch	
	Undershirts		Jacket		Glasses	
	Bras		Rain jacket		Sunglasses	
	Sleepwear (warm)		Scarves		Glasses case	
	CASUAL		FOOTWEAR		Hat	
	T-shirts		Hiking Shoes			
	Sweatshirts		Athletic/Comfy shoes			
Pants/Jeans		Sandals/flip-flops				
HYGIENE	Toothbrush		Face cleanser		Feminine hygiene	
	Toothpaste		Moisturizer		Nail clippers	
	Dental floss/mouthwash		Sunscreen		Hand Sanitizer/wipes	
	Soap		Lip balm		Tissues	
	Deodorant		Contact lenses & case		Insect repellent	
	Shampoo		Saline solution		Prescription Medications	
	Conditioner		Shaving cream		Pain reliever	
	Brush or Comb		Razor		First-aid kit	
	Ponytail holders		Perfume/cologne		Vitamins	
	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	
EXTRAS	Camera		Reusable water bottle		DONATIONS	
	Umbrella		Travel sewing kit		Clothing	
	Towel		Pen/Journal		Toys	
	Guidebook		Plug adapter		School Supplies	
	Backpack/day bag		Voltage converter		Toiletries	
	Stain remover		Laundry bag			
	Important Phone numbers		Ziploc bags			
	Powdered drink packets		Stethoscope			
	Personal snacks		Personal medical tools			
	Flashlight & extra batteries		MED BAG supplied by GMI			

Packing Tips:

- Be a minimalist, don't over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Bring your own scrubs, if you do not own any the GMI office can supply you with some for free.
- PLEASE leave jewelry back in the U.S. and dress conservatively – no loud shirts, pants, shorts, etc.

Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- Beware of people taking your passport to expedite your check-in. Wait in line yourself or take direction from your GMI trip leader.
- Identify yourself as a tourist – “tour group” on immigration documents.
- Stay with group when we go through customs.
- You will receive special ID tags for your luggage to make them easy to spot. Help each other to tag luggage.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late), although the people there are more relaxed about schedules.
- Remember: You are a guest in the Ethiopia, the rules and cultural norms may be different and more conservative.

Luggage Allowance

1. Suitcase Weight limit = 50 lbs.
2. Suitcase Weight limit = 50 lbs.
3. Carry-on 22 x 14 x 9 inches
4. Personal bag

You will be given a bag of medical supplies to include in your luggage that will be used on the trip.

Emergency Contact Info

GMI Office (407) 303-2632

Andrea Ward's cell phone: (407) 304-7716

The cell phone will be operational while in Ethiopia. You can give these numbers to your family so if an **emergency** should arise they will be able to contact you.