

# GV Handbook

## Habitat for Humanity Zambia



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## **Introduction**

**“Inspired by Christian Gospel values to contribute to the transformation and empowerment of communities through the provision of decent and affordable low cost housing to the needy, in order to restore their dignity”**

Habitat for Humanity works in partnership with God and people everywhere, from all walks of life, to develop communities with people in need by building and renovating houses so there are decent houses in decent communities in which every person can experience God’s love and can live and grow into all that God intends.

### ***Welcome!!!***

*It is with great pleasure that the Habitat for Humanity Zambia Team welcomes you all with “warm Zambian hands”. **“Mwa iseni!!” Welcome.***

*We are humbled and privileged that you have chosen Zambia as your destination to contribute to the fight of alleviating Poverty Housing in the communities we serve. By the end of your visit here, we hope that you will want to come back again and spread the word by telling your families and friends about Zambia.*

*Together, we can contribute to transforming the lives of many families by building decent shelter.*

*With every good wish  
Petronella Shiaka  
National Director HFHZ*

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## **Profile of National Director**

Petronella Shiaka the National Director of Habitat for Humanity Zambia (HFHZ) comes with over 11 years international experience in the housing sector. She has vast experience in working with various spheres of government, donor funders, private sector, low to middle income communities and a number of nongovernmental organizations. Petronella has a passion for developing housing co-operatives and social housing models that contribute to eliminating poverty housing.

## **Profile GV Host Coordinators**

The Zambia GV team comprise of three GV Coordinators; Sakalima, Voster and Charity. These coordinators, amongst other things, are responsible for ensuring smooth running of GV the program; by working closely with all the departments in HFH Zambia and all sending coordinators on the organization, preparations and execution of GV builds. The role of the GV Coordinators is also to serve as a host to GV teams during their build days in the country.

## **Country and HFH National Program**

### ***About Zambia***

Zambia is a landlocked country situated south of the Equator. It shares boundaries with eight (8) countries namely: Malawi, Mozambique, Zimbabwe, Botswana, Namibia, Angola, Democratic Republic of Congo (DRC) and Tanzania. It covers a land area of about. 753,000 Square kilometers. It has an estimated population of 11 million inhabitants. Twenty-five percent (25%) of these live in Lusaka, the capital.

Zambia is a former British colony that was called Northern Rhodesia before independence. The Zambian people gained self-rule from the British on 24<sup>th</sup> October 1964.

Administratively, the country is divided into nine (9) provinces, namely: Central, Copper belt, Eastern, Luapula, Lusaka, Northern, North-Western, Southern and Western Provinces. These provinces are further divided into seventy-two (72) districts. Lusaka is also the seat of government. The government comprises of the central and local government. Local government administration is conducted by the seventy-two district councils. The seventy-two district councils are classified into three categories; city councils, municipal councils, and township councils. There are four (4) cities in Zambia; Lusaka, Ndola, Kitwe and Livingstone.

Since its independence, the country has played a major role in the political liberalization and stabilization of most of its neighboring countries namely; Zimbabwe, Namibia, Angola, Mozambique and South Africa. This led Zambia to hosting a substantial number of refugees from these countries until they gained independence or political stability.

## ***About Habitat for Humanity Zambia***

Habitat for Humanity Zambia (HFHZ) is part of a global non-governmental, ecumenical Christian housing organization whose goal is to eliminate poverty by providing simple, decent houses with families in need and to make shelter a matter of conscience and action.

HFHZ invites people from all walks of life regardless of faith, ethnicity, gender, etc. to work together in partnership to help build houses with families in need. Habitat for Humanity Zambia has already built over 1,300 houses since inception in 1984. Habitat for Humanity Zambia also strengthens the capacity of communities and families affected by HIV/AIDS by mobilizing and empowering communities to respond to the needs of orphans and vulnerable children (OVC) and providing secure, healthy housing for families caring for OVC, and their caregivers.

HFHZ motivates community groups to organize themselves into self-help housing co-operatives. Communities and families fundraise to purchase building materials. Families are then selected by a local committee to receive a loan of building materials to construct their houses. People assist one another with the construction of the house and pay back the loan into the Revolving Fund for Humanity so that another family can be helped. HFHZ provides funds for construction only to communities who have undertaken local fund-raising initiatives and are reliably paying their loans.

## ***Map of Zambia***



## ***How the Program works: Targeting and delivery system***

The process of delivering decent affordable houses for vulnerable families starts with volunteer committees and HFHZ identifying families with needs.

The first step involves going through communities to see the kind of houses that people live in and part of this process requires a look at details such as:

- How the families live
- Do the children go to school?
- Are there Orphans and/or Vulnerable Children (OVC) in the house?
- Is the house headed by elderly, female, or a child?

Families are then selected by a local volunteer committee to receive a loan of building materials to construct their houses. People are encouraged to contribute physically to the construction of their houses and assist one another (known as “sweat equity”). Families pay back the loan into a Community Revolving Fund referred to as the Revolving Fund for Humanity, so that other families can be assisted. HFHZ provides additional funds for construction and materials only to communities who have undertaken local fundraising initiatives and are reliably repaying their loans.

Communities enter into a comprehensive training and education program to become a partner with HFHZ. This program is supported through the National Office based in Lusaka that focuses on community empowerment and sustainability.

### **Intended Beneficiaries**

HFHZ has built more than 2,000 houses with approximately 12,000 people by the end of 2008.

Gender has recently become part of the consideration process for selecting intended beneficiaries. Apart from female-headed households being a major consideration, the disabled and OVCs are other groups that are included in the selection of beneficiaries.

### **Roles of Habitat for Humanity Zambia**

In essence, HFHZ could be described as a **Bank**, a **Builder** and a **Social Transformer**.

**As a bank**, HFHZ provides loans to the poor but does not profit from lending. By adjusting for inflation it is able to create a revolving fund to sustain its financing for housing.

**As a builder**, HFHZ builds simple, decent and affordable houses that provide a stable and secure shelter in which to raise a family.

**As a social transformer**, HFHZ enables self-reliance, and renews self-confidence by allowing the homeowner to participate in the construction process. By building collaboratively, HFHZ builds mutual

reliance i.e. community bonds. By integrating volunteers, sponsors and employers from the broader community in the house building process, HFHZ bridges the racial, income and religious chasms that tend to fragment our society.

### **Risks Addressed**

Providing simple decent houses has many positive effects on the community, most notably: improved health, better use of time, economic development and personal growth.

**Health:** Perhaps the most dramatic change is the overall improvement in health. Rain no longer leaks through tin roofs, reducing the incidence of sickness and disease. Vermin and insects no longer have easy access to the house. Mud floors are replaced with permanent, easily cleaned cement floors. With each house, HFHZ builds a latrine, greatly reducing the incidence of cholera, dysentery and parasitic health problems in the community.

**Time:** Families maintaining their mud houses with tin roofs spend incredible amounts of time. Mud walls must be plastered regularly to protect them from termites. The fragile floor requires constant sweeping. Upon moving into a HFHZ house families find themselves freed up from these time consuming activities.

**Economic:** Often the HFHZ house is the first asset a family owns, and can be used as collateral for micro-credit for business ventures or other needs. A good repayment with HFHZ can also be proof of faithfulness in repaying loans. In addition, many beneficiaries are moving out of rented shacks in squatter settlements, freeing up a large portion of their income.

**Personal:** The most intangible outcome emanating from owning a house is personal pride and confidence, which is perhaps the most critical. The kind of house any person lives in sends a message to his community, neighbors and family and can bring out confidence or shame.

The way HFHZ is addressing the risks is seen to strengthen families. However, in some isolated cases the extended family acts as a negative force for example if a bread winner dies, the extended family grab the house and isolates the children of the deceased homeowner. This defeats the purpose of HFHZ. In the last 7 to 10 years, HFHZ has started to include in the loan agreement the next of kin to take responsibility over the house once the homeowner dies.

### **Cost issues**

HFHZ serves low-income families and no profit is charged on the mortgage. To keep the cost low enough for needy families, houses are of a simple design usually a maximum of 48m<sup>2</sup> with a ventilated improved pit latrine. They do not include electricity, running water or telephone lines. The homeowner can make additions or renovations once the entire loan has been repaid.

The maximum house cost is between the equivalent values of 120 to 590 bags of cement.

## **Cultural**

Zambia's contemporary culture is a blend of values, norms, material and spiritual traditions of more than 70 ethnically diverse people. Public display of affection i.e. kissing, hugging etc is not acceptable.

Many of the rural inhabitants however, have retained their indigenous and traditional customs and values. After Independence in 1964, the government recognized the role culture was to play in the overall development of a new nation and began to explore the question of a National identity. Institutions to protect and promote Zambia's culture were created, including the National Heritage Conservation Commission. Private museums were also founded and cultural villages were established to promote the culture.

## **Arts and Crafts**

Zambia's diverse cultures bring with them a wide variety of traditional skills. Crafts can be found in great variety if not in abundance and among them is some of the finest basketry in Africa. The economy of most of the crafts people is based on fishing, cattle or the cultivation of crops. Craftwork is often done seasonally to supplement the incomes of many families. It was originally intended for barter and made according to the needs of other villagers. To many, especially the subsistence farmers, craftwork is their only means of earning cash.



Basketry, practiced by both the men and the women is widespread. The many forms and raw materials used reflect the environment in which they are made: bamboo, liana vines, roots, reeds, grasses, rushes, papyrus palm leaves, bark and sisal. They are decorated with symbolic designs using traditional dyes made from different colored soils, roots, bark and leaves. The variety of uses for basketry is wide; carrying and storage, fishing traps, beer strainers, flour sieves, sleeping and eating mats and a variety of tableware. The Lozi and Mbunda people in the Western Province are particularly skilled in this field. It is the men that usually do the woodworking and carving and produce canoes, furniture, walking sticks, utensils and food bowls as well as masks, drums and a variety of animal forms. The potters are usually, though not always women who work the clay and then fire them on open fires or pits.

## **Religion**

Over 80% of Zambia's population is Christian. It was introduced as early as the 19<sup>th</sup> century. Some other religions such as Muslim, Buddhism and Hinduism are practiced by small segments of the population especially among Zambians of Asian descent. Zambia was officially declared a Christian nation in 1991. Most people belong to various congregations such as Roman Catholics, Seventh-Day Adventists, Baptists, Pentecostals, Jehovah's Witnesses, United Church of Zambia and other religions.

## **Traditions**

### ***Greetings***

A greeting is always exchanged before any conversation. If a person approaches you, you should always offer the first greeting. Gifts are often offered to a visitor as a sign of honour, friendship or gratitude and should be received with both hands.

### ***Bride Price***

'Lobola' the bride price is still widely practiced and is a token of appreciation to the parents of the girl. In most tribes, the bride is taken to the man's village the evening before the wedding. Large quantities of food are prepared and homemade beer is brewed to celebrate the marriage. The whole village attends and much singing dancing and drumming takes place, usually over two or three days. Afterwards, the elders' council the bride and groom on the preservation of marriage. The bride is not supposed to cook until after the in-laws introduce her to the pots and fire.

### ***Funerals***

Funerals are also big occasions in the villages. Everyone contributes to help pay the expenses. Grief is shown through wailing, singing and dancing and becomes quite an emotional affair. During the mourning period women and men sit in separate areas, the men normally stay outside and the women in the house of mourning. On the day of the funeral, the whole village walks to the place of burial to pay their last respects.

### ***Traditional Ceremonies***

There are more than 20 annual traditional ceremonies in Zambia, manifesting customs, social life, rituals, oral history, material and spiritual culture and if you have the opportunity to attend one do. They provide a valuable insight to a traditional culture that has been passed down from generation to generation.

The open ceremonies that visitors can watch are those that signify ancient times, when new kingdoms were being founded by ancient chiefs and are usually splendid, colourful affairs with much symbolism in their dancing and drumming.

### ***Initiation Ceremony***

Most tribes in rural areas still practice harmless initiation ceremonies for girls which are generally conducted after puberty. They are intended to help the girls make the transition from childhood to womanhood and prepare them for marriage. Only a few tribes still practice male circumcision initiation ceremonies and those that occur happen in total secrecy.

## ***Traditional Food***

Zambia's staple food is called Nshima; this is made out of maize meal/corn meal. It is always eaten with a cooked vegetable such as cabbage, spinach etc. Meat is also usually eaten with the Nshima. Most people eat this for both Lunch and dinner. Rice, pasta and potatoes are also occasionally eaten. Breakfast is usually bread and tea, occasionally; people eat cereal especially in the urban areas.

## ***Languages***

### **A few Bemba words and Expressions**

Good morning	Mwashibukeni
How are you	Muli shani
I am fine	Bwino
Come here	Iseni kuno
Foreigner	Musungu
Man	Mwaume
Woman	Mwaanakashi
Water	Amenshi
Person	Umuntu
No	Awe, Iyo
Latrine	Chimbusu
Cold weather	Impepo
Thank you	Natotela
Very much	Sana
Please	Napapata
Come here	Iseni kuno

### **A few Nyanja words and expressions**

Good morning	Mwauka bwanji
How are you	Muli bwanji
I am fine	Nili bwino
Come here	Bwelani kuno
Foreigner	Muzungu
Woman	Mukazi
Water	Manzi
Person	Muntu
Latrine	Chimbuzi
Cold weather	Mpepo
Man	Mwamuna
Thank you	Zikomo
Very much	Manigi

## **Construction information**

Our general construction materials are burnt brick, soil stabilized blocks and/or cement blocks with mixed cement mortar, cement flooring and iron sheet roof. See more details in the Construction Tool kit

## **Useful Information**

### ***Airports***

International flights coming to Zambia come through Lusaka International Airport, Ndola International Airport or Livingstone International Airport.

### ***Airport Meeting Place / How to find the group***

Once team members have passed through customs, they need to go through to the public waiting area where they will be met by a Habitat for Humanity Zambia Global Volunteer Coordinator or representative with a Habitat for Humanity Zambia sign. Volunteers will then be taken to the guest house to rest before proceeding to their destination.

Note: Team members should avoid accepting help in pushing the trolley with the bags, people who request to push the trolleys will ask for money at the end.

### ***Visas***

Each GV team participant is responsible for obtain and paying the cost of his/her on passport and visa if required. The expiration date on the passport must be at least 6 month beyond the date of departure from the host country. It is advisable to plan well in advance if you need a visa. For current information regarding visa matters, visit the web site of the Department of Immigration Zambia at [www.zambiaimmigration.gov.zm](http://www.zambiaimmigration.gov.zm)

### ***Health Requirements***

Malaria is considered the number one killer in Zambia. Visitors are advised to visit the local travel medical clinic before coming to Zambia. Please review this information under [www.cdc.gov/travel](http://www.cdc.gov/travel) the site lists a lot of information and we encourage you to take the time to check them out.

### ***Required vaccination***

Recommendation/comment can be found on the CDC website listed above. Discuss your travel plans and personal plans with health care provider to determine which vaccine you will need.

## ***Local Currency***

The Zambian currency is called the Kwacha. The exchange rate fluctuates almost on a daily basis.

The Zambian Kwacha is a paper currency and notes are denominated in K50, 000, K20, 000, K10, 000, K5, 000, K1, 000, K500, K100, K50 and K20.

Exchange of foreign currency is carried out at authorized banks and bureau de change. US Dollars are more easily exchangeable than Travelers' Cheque and normally attract a better rate of exchange. It is therefore recommended that teams travelling to Zambia bring USD cash and **not Traveler's Cheque**.

ATM's are widely available in towns throughout Zambia, especially Visa Electron. Money dealers on the streets should be avoided; this is particularly true at the Victoria Falls in Livingstone and some streets of Lusaka. Credit cards are of limited use in Zambia.

## ***Tipping***

Tipping is not a must in Zambia. A tip rounding up to the next K5, 000.00 is adequate, but you do not need to tip 10%.

## ***Time Zone:***

CET (Central African Time), GMT + 02:00 Central African Time. Please check online for the time difference from your home country. The following link can be used: [www.timeanddate.com/worldclock/meeting.html](http://www.timeanddate.com/worldclock/meeting.html)

## ***Business hours***

Shops are open every day between 8 am – 5 pm (except at weekends when they close at 1 pm). Banks are open 09:00 – 2pm Monday to Friday.

## ***International Dialing Codes***

**Country Code:** +260. **City codes:** Lusaka 0211 and Ndola 0212 Livingstone 0213

To place an international phone call from Lusaka you need to dial: 00 for an international connection, then the country code, the city code and finally the telephone number that you are calling.

## ***Internet Services***

You will find numerous Internet Cafes in Lusaka

## ***Taxi and Public Transport***

Taxi services are widely available. Only use registered legal taxis which are painted light blue. These can be found at various points across major city.

### **Global Village Mission**

Global Village supports the mission of Habitat for Humanity by working in partnership; providing cross culture experiences; mobilizing volunteers; building sustainable relationships and generating resources, in the hope of creating long term advocates for affordable housing.

### **Zambia Global Village Program**

The Global Village program began in Zambia in 2003 in response to increasing requests for international short-term volunteer opportunities. It has hosted over 200 teams since the program began.

### ***Living Conditions in the Communities***

- ✓ Bottled drinking water
- ✓ Shared rooms
- ✓ Sleeping on the floor
- ✓ No electricity
- ✓ No running water
- ✓ Shared pit latrine
- ✓ Outside shower facility
- ✓ No internet
- ✓ Local food cooked by community women
- ✓ Water for bathing fetched by community women
- ✓ Laundry done by community women
- ✓ Security is provided by local community men

#### **Note:**

- \* The local women and men in the community are paid for doing various chores for GV teams
- \* Children in most communities are overwhelmed / excited by foreign visitors and tend to follow and look on whilst team are building.

### **The Settling in Period**

The first few days of your arrival will be hectic, difficult and sometimes overwhelming as you adjust to new living and working situation and a new culture. The more smoothly and stress-free the settling in, the quicker you can start your assignment! HFH Zambia will help facilitate your settling in.

### **Safety**

You will be advised on safety procedures at the construction site.

### **Health**

It is imperative that team members report any illness or injury regardless of the seriousness to the Team Leader and the GV Host Coordinator at all times.

## Gift Giving Policy - HFH Zambia Giving Gift Policy

GV team members tend to be generous; they often want to give gifts, make donations and sometimes sponsor children while in country. Sometimes gifts, donations and sponsorships are even solicited by the community members they encounter away from the work site. Although the team leader has already addressed these issues in the pre-trip communications with the team, it is the team leader's responsibility to reinforce the team members' understanding of the GV Gift-giving Policy and even enforce it if necessary. Teams' funds should not be used to purchase any gifts. The "Gift-giving Policy" (see Appendices) should also be addressed in the team orientation. As a general rule:

Personal gift giving is not permitted. Do not give gifts to:

- Local masons/volunteers
- On-site construction supervisor
- Partner family
- Host GV coordinator
- Host affiliate staff
- HFH national GV coordinator
- HFHI Volunteer Engagement specialist and Logistics coordinator
- GV team leader

Giving of gifts to individual children is not permitted.

- Team members may bring small items to the work site to share — soccer ball, Frisbee, bubbles, crayons, pencils, paper, coloring books—as long as team members take the items home to their lodging every evening.
- Any items brought to play with at the work site that a team member would like to donate should be given to the host GV coordinator who, after the team departs, will see that they are appropriately distributed in the community.

Team members are asked to consult the affiliate staff if they would like to leave behind some personal items (e.g. clothing, books, towels etc.) – they will be collected on the last day at the hotel and taken to the construction site for the homeowners to pick up according to their needs.

Any tools, personal items or clothing team members bring and plan to donate should be given to the host GV coordinator on the final day of building. The host GV coordinator can advise the team leader on the appropriate tools needed by the host program. Donated tools are retained by the host program and used on future builds.

Clothing should be clean or team members should include a small donation to pay for the laundering of any donated clothing. Donated clothing is distributed by the local host program or through local charities and churches, to those most in need.

A program wish list may be provided. Many Habitat national offices and programs have developed wish lists which include in-kind donations that would be most useful to Habitat in the host country. These items may include office supplies, printers, computers, construction tools, etc. The team leader may request this list from the host GV coordinator and distribute it to team members.

Team members should not agree to any type of sponsorship while a member of a GV team. Team members are sometimes approached about the possibility of “sponsoring” children in the host country. They might be the partner family children, children of a host program staff member, of an extended family, or simply a local resident befriended by a team member.

It is against Habitat policy for any Habitat staff member to solicit personal donations from volunteers, donors, etc.

Additional funds for building more houses are always the most powerful contribution! The support for further house building at the host affiliate is always the best gift to ensure that more children can grow up in decent shelter.

## Minor Child Policy HFH Zambia

HFH Zambia does not accept children under the age of 16 on its GV Programme!

The following criteria apply to volunteers under age 18 who wish to volunteer with the Global Village program. These guidelines apply internationally and domestically, unless otherwise specified:

- Minors interested in travelling with Global Village can do so if they are accompanied and supervised by a parent or legal guardian.
- Minors 16 years of age and older may participate as part of an institutional group, such as a school or church. HFHI requires the partner organization to submit a memorandum of understanding in which the partner organization accepts responsibility for all minors.
- Minors who are U.S. citizens and at least 16 years of age may participate in a GV team without parental or partner organization accompaniment if the team is travelling to a U.S., non-disaster recovery site and parental permission is given.
- Some projects or hosts may have a higher minimum age requirement. Host programs have the authority to decide whether to invite minors to participate at their sites. For example, all GV volunteers travelling to the Gulf Coast or Carter Work Project must be 18 or over.
- All minors and their parents, whether the minor is travelling internationally or domestically, must complete and have notarized a special GV Waiver of Liability for Minors. Contact the GV registration coordinator to request a GV Waiver of Liability for Minors.
- When considering inviting minors to the team, please keep in mind and communicate to minors and parents that:
  - U.S. child labor laws prohibit minors under 16 from participating on an active construction site.
  - Volunteers under age 18 will be restricted to age-appropriate activities (see Appendices, “Minor and Age-appropriate Work”).

Age	Guardianship	Working conditions	Host Setting	Documentation required
16 and 17	Must be accompanied by a parent or under care of an institution.	May work on active construction site, but cannot: <ul style="list-style-type: none"> <li>• Work on roof.</li> <li>• Operate power</li> </ul>	Affiliates/host programs in any country must be equipped, trained and willing to	Memorandum of understanding with partner organization, and minor release (with

	Ratio must be no more than five minors to one adult.	tools. <ul style="list-style-type: none"> <li>• Participate in blitz builds.</li> <li>• Work about six feet.</li> <li>• Be a part of demolition or excavation work.</li> <li>• Do heavy lifting.</li> </ul>	handle children under 18 in order to host.	waiver and authority to treat) signed by both parents.
18 and older	Treat as an adult.	Treat as an adult	Treat as an adult.	Standard Global Village documents.

- Host programs may not be able guarantee age-appropriate work will be available due to locally-applicable laws, construction schedules, local program guidelines, and capacity.
- Minors must be supervised by the named individual(s) at all times. Minors not allowed on the active construction site must still be supervised at their alternative location.
- Trip costs are the same for minors, regardless of the availability of age-appropriate work.
- A youth to adult ratio of no greater than five youth to one adult must be met.

## Tourist Attractions to help you plan your own R&R activities

### Zambia

The butterfly in the heart of Africa



Land of the legendary African walking safari, home of the Victoria Falls, the wild Zambezi River, breath-taking lakes and wetlands, a profusion of birds, abundant wildlife, and raw, pulsating wilderness, all in one friendly country.

Acknowledged as one of the **safest** countries in the world to visit, Zambia's welcoming people live in peace and harmony.

The **Wildlife** is superb and some of the finest Safaris on the planet are available from our fine lodges and safari companies.

Blessed with 17 magnificent **waterfalls** apart from the spectacular Victoria Falls, Zambia offers tours to 'cascade followers' into the remote undeveloped rural areas where you can get a glimpse of village life. Zambia has the largest water resources in the whole of southern Africa with 5 massive lakes and plentiful rivers offering excellent fishing.



A wide range of **hi-action activities** from the legendary Walking Safari deep in the wilderness, to world class River Rafting, Bungi into the deep gorge below the Victoria Falls, Abseiling, Canoeing Safaris down the Zambezi, River Surfing, excellent Tiger Fishing and breath-taking African sunsets.

See a short video or scroll through our photo galleries on the right

**Scroll down for a brief description of the buttons on the left...**

Not to be missed are the spectacular views of the magnificent **Victoria Falls**, and then add on a safari. Zambia has some of the best **Game Reserves** in the world. Here you'll find all the details you need on What to see, Where to stay, How to get there, when to go.

Pop in to the **Places to Visit** section and discover the wealth of other stunning destinations this friendly country has to offer.

There's extensive information on the main **Cities and towns** with easy to find information on what to do and where to stay.

Choose from a variety of **Wildlife Safaris** to enjoy Zambia's astounding and diverse concentration of wild animals and birds.



Try the **Adventure** section for high action adrenaline thrills and off-the-beaten track adventures: rafting, kayaking, canoeing trails, 4x4 routes, house boating, horseback trails, scuba diving, bungi jumping, micro lighting and some of Africa's best fishing spots - with all the contact details.



## **Emergency Medical Assistance**

All GV participants are covered by MEDEX or ACE, unless otherwise noted. If emergency assistance is required (such as life threatening or serious illness/injury) please contact MEDEX or ACE first, and then alert GV. Otherwise, please use reputable local clinic/hospital for minor injuries and complete claim form provided by team leader.

### **MEDEX Travelers Assistance Network (24/7)**

For volunteers coming from **USA** and **some European Countries**

Policy number 6404-54-47, MEDEX code CHB

Tel: 1-800-527-0218 OR 1-410-453-6330 (US), 44-1-273-223000 (UK)

### **MASTERPOLICY Emergency Contact**

For volunteers coming from **Great Britain, Northern Ireland, Republic of Ireland**

Tel: outside the UK + 44-870-606-1406

From the UK 0870-606-1406

TELEX 947736 EURA G

## **Actual Family Interactions/Community/Special Events**

The homeowner will usually spend some time at the build site to assist the GV Team in building their house. This also allows for the team to have close contact and interaction with the family. The family will also be present at the closing and dedication event.

During their stay in Zambia GV teams will have a variety of cultural and recreational team activities to engage in. Habitat for Humanity Zambia works closely with the communities in which it builds and GV team members will be able to visit the community centers in which HFHZ operates in. Bwafwano Community Centre is one such partner and GV team members can look forward to feeding the OVCs, teaching them and touring the clinic and its other facilities.

Lusaka also boasts Mundawanga Zoo and Botanical Gardens, Kalimba Reptile Farms, Arcades Mall Sunday Craft Market, Kabwata Cultural Village, Lusaka Museum and various sports stadiums as various places where the teams can spend time relaxing and engaging in local customs and practices.

On Sundays the team will be taken to attend a local church service and if alerted in advance a visit to a specific congregation can be arranged.

## **Packing List - Preparing for your Trip**

Your team leader has made detailed arrangements for the trip, and has advised you on how to prepare. When packing, please check the weather.com website for the 10 day forecast by typing "Zambia" into the search engine. We recommend that you consider the following while packing:

- Pack lightly – laundry service is available at the lodge or community.
- Bring a couple photocopies of your passport, and carry a copy with you instead of the original.
- Bring old clothes you don't mind getting dirty for working on site, and nicer clothes to change into in the evening.
- Pack a cap or hat, sunglasses, sunscreen, mosquito repellent, hand sanitizer gel and antibacterial wet wipes.
- Work gloves, a tool belt – if you would like to bring other tools for the work your team will be doing, they are more than welcome!
- Sun screen, sun glasses, hat or cap, toiletries, shampoo, steel cap boots, flip flops / thongs, flash light and extra batteries, personal items, solar shower bag, under clothing security pouch
- Warm sweater as sometimes the nights get cooler
- Small amounts of money for purchasing local crafts,
- Bubbles and face paint to play with children in the community
- Don't forget any medicines you use on a regular basis; drugstores are available, but the names of products will be different from those back home.
- Bring your ATM card (with PIN code) (the easiest way to get cash for souvenirs) and a small amount of cash to exchange "just in case."
- Consider bringing a Frisbee or football for breaks on site.
- Sleeping bag and a small pillow, a sleeping pad / mat including a mosquito net which is a must
- Zip lock bags
- Duct tape
- Remember your camera, films, batteries and diary / journal

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