



Trek Manual

The following manual should answer many questions you may have during the ministry trek to Ethiopia. **Please bring it with you for the duration of the trek.** We are providing you with this resource of information to help ensure that each and every traveler is thoroughly informed. Whenever possible, our staff will be happy to assist you.

Sarah Bowling would like to thank you for joining her on this ministry trek—you will be part of an exciting adventure! The staff will do their utmost to make this trek an enjoyable and memorable one. It will be a pleasure to serve you, and we take this opportunity to wish you a pleasant and rewarding trek.

Attitude

Please travel with an open heart and mind. Resolve to take any itinerary changes in stride...relax and enjoy this opportunity to minister and explore the fascinating land of Ethiopia. While traveling, a relaxed attitude will go a long way in helping you enjoy your trek.

Visiting foreign countries is a unique experience. **Your enjoyment of the trek will depend significantly on your attitude.** Here are a few pointers that will help you prepare for your journey:

- ① Remember that you are going to a country that's political, social, and cultural backgrounds are different from your own. Do *not* let any differences govern your perspective.
- ② If you find poor service from local tour guides while trekking, RELAX and take it in stride. If you have any complaints, take them to one of Sarah Bowling's staff members and they will handle it accordingly.
- ③ Expect some "red tape"; try not to be bothered by bureaucratic requirements that may arise. If an airport customs official seems to be taking longer than necessary in examining your baggage or your passport, relax; *do not let it upset you*. Bear in mind that the official may simply be doing their job the way they think is best and is not trying to annoy you.
- ④ Do not compare things you see with Western standards. There are many unique cultures and national histories, all of which are quite different from ours. [Refer to the country information sheets provided in this packet.]

Departure City

As explained in the brochure, the trek originates from the Washington-Dulles Airport (IAD) in Dulles, Virginia, with the travel dates of July 13 - 27, 2008. You are responsible to arrange your own transportation to IAD. Sarah's staff will be at the Ethiopian Airlines check-in counter at IAD to assist the group at least Four hours prior to departure.

- Prior to *worldchild* (WCD) sending you your international airline tickets, a copy of your complete domestic flight itinerary to IAD must be received in our office.
- Plan to arrive at the ticketing counter at 5:30am.
- Do **NOT** check-in with Ethiopian Airlines until you've **FIRST** met with one of our WCD representatives at IAD.

Name Badge: A name badge and luggage tags will be sent to you in your final packet, along with other materials, before you depart for the trek. Upon your arrival into IAD, please wear your name badge so our staff members can quickly identify you.

Baggage

Colored Luggage Tags: Within the larger group, you have been assigned to a team of 25-40 people. Each team has its own unique colored luggage tag. When you receive these tags, attach them to your luggage handles so that the staff will be able to identify and locate your luggage as part of the group. Please be sure to use the WCD luggage tags. A portable, folding luggage cart is highly recommended unless your luggage has wheels. You are responsible for your own baggage at all times.

Helpful tip: Make a detailed list of everything you pack for the trek, and then leave the list at home. **worldchild is not responsible for lost or damaged baggage.** However, the airlines, hotels, and ground transportation agents are more likely to recover baggage or make proper compensation if you are able to itemize the suitcase contents. It is also a good idea to insert a photocopy of your passport (the section with general information such as passport number, picture, date-of-birth, etc.) INSIDE your luggage with your full name, home address, and telephone number.

You will be carrying your own luggage for the duration of the trek, so only pack what you can carry. We recommend a hiking backpack that sits on your torso, waist and hips or duffle bags that are easily carried. Please, plan on **checking one piece of luggage 44lbs or less**, (see *Weight Restrictions* below) and **one carry-on bag or personal item.**

WEIGHT RESTRICTIONS: Pack Light! To avoid extra costs incurred by exceeding baggage weight limits **you are strongly recommended to limit your weight per bag to a maximum of 44 lbs.** While some airlines may allow bags exceeding 44 lbs to leave the United States, it is becoming common to be required to pay a fee for the same luggage either returning home or during international connecting flights. **Please note that ALL additional fees regarding luggage during travel are your responsibility.**

Clothing

Bring clothes that are comfortable, informal, and easily manage. You will find it helpful not to bring clothing that requires a lot of care and attention. Please leave any formal clothing at home. There will be extensive walking/hiking; so please bring a good pair of comfortable walking/hiking shoes with thick rubber soles and firm arch supports. If you buy new shoes, break them in before the trek. A raincoat or umbrella would be useful for the occasional rain shower. The temperature in Ethiopia will be between 51-73. [Refer to Typical Weather section below.] We do not want to be offensive to the culture that we are there to bless, so we ask that you do not bring sleeveless shirts, shirts that show the midriff, or low-waist pants. Shorts and skirts need to be at least knee length. We also reserve the right to ask anyone with excessive body piercing to remove the piercing. All travelers please note: not adhering to the dress guidelines are grounds for being sent home.

Customs

Please ensure that you register such items as your camera, binoculars, and expensive watches and jewelry on your Customs Declaration Form copies, which must be filled out upon your arrival in each country. You will also have to fill out another Customs Declaration Form listing the same items when leaving the country.

Typical Weather

Average temperatures in Fahrenheit degrees for the month of July in Dulles and in Ethiopia:

	Dulles	Ethiopia
High	89	73
Low	69	51

Average # of days with Precipitation: .26 ?

Miscellaneous

It is recommended to bring some snack items (e.g., dried fruit, nuts, nutrition bars, and other health foods) to supplement meals. In addition, the following items are suggested for this trek:

- **sleeping bag and pillow**
- **personal Bible**
- **note pad and pen** (used during the teaching sessions)
- **comfortable shoes**
- **work gloves**
- **light gloves & scarves (it can get chilly at night)**
- **backpack**
- **travel pouch** (worn on the waist *outside* of your clothing)
- **body pouch** for passport, ticket, money, etc. (worn on the waist *under* your clothing)
- **medications you take on a regular basis** that are vital to your health—make sure the bottle clearly indicates the proper dosage (*always pack any personal medication you require in your carry-on luggage, not in your checked baggage*)
- **common remedies** such as laxatives, indigestion tablets, aspirin and motion sickness pills
- **spare set of eyeglasses** for emergencies (if you wear contact lenses, bring a pair of eyeglasses for occasions when contacts are bothersome to wear, such as in strong wind or dust)
- **facial tissues and shower caps**
- **toilet paper** (paper provided may be coarse; we are accustomed to very soft paper in the U.S.)
- **bar of soap** (provided, but you may find it of poor quality)
- **skin cream and sunscreen**
- **light jacket** (preferably raincoat)/poncho/**windbreaker**
- **umbrella** (compact type)
- **head/neck rest pillow** (inflatable) for traveling long hours on the airplane
- **sewing kit**
- **camera and plenty of film** (flash bulbs, film, and batteries, if necessary)/**Video Camera**

Photography

Generally, there are no problems with photography. However, please note that some locals are not too keen on being photographed. Always respect their feelings and ask permission before photographing them. For example, *it is unlawful* in many African countries *to take photos of anything connected with the government or the military* (government offices, post offices, banks, railway stations, bridges, airports, barracks, etc.). You could be arrested and your film confiscated if you do. Also, it is best to bring all the film you will need, since film can be very expensive to purchase overseas.

Accommodations / Meals

When arriving at the accommodations in Ethiopia, the staff will direct you to a central location where room assignments will be distributed. At that time, please listen very carefully to announcements. You will be informed of wake-up calls, breakfast times, prayer times, excursion departure times, etc. Your **flexibility** and **patience** will always be appreciated.

If you are a single passenger **please know that all accommodations will be multiple-occupancy** with the same gender. We cannot guarantee that you will room with the same person throughout the entire trek.

We will be providing 2 meals per day and you will be responsible for any other meals you require.

Being on Time

On several past trips, the heart wrenching decision to leave without a traveler had to be made. Please do not be that traveler. Excursions and all next destination travel are usually when a traveler is left behind. It is unreasonable to allow an entire group to miss a moment of an excursion, let alone a plane, bus, train or ship, due to any traveler not being on time. **If you find you have been left behind at any itinerary location, it is your financial responsibility to find transport to rejoin the group at the next destination.**

Tipping

Gratuities (tips) for all activities are included in the package price of your trek. This means that Sarah's staff will distribute gratuities to each and every bus driver and tour guide. Occasionally, members of the group desire to give personal tips to members of the MHM staff. **However, this is not appropriate and tips will not be accepted.**

Health

Contaminated food and drink are the major sources of stomach or intestinal illness while traveling. Intestinal problems due to poor sanitation are more common outside the United States and other industrialized nations.

Water: **Avoid drinking tap water.** It is highly recommended to drink only bottled or boiled water (hot beverages such as coffee or tea), or carbonated (bubbly) drinks in cans or bottles. We will provide up to three bottles of water to each traveler each day, and individual-sized bottles of water can be purchased in each place we travel for an average of \$2 USD each.

Food: Food should be selected with care. To avoid the potential of getting sick, avoid eating food purchased from street vendors. Any raw food could be contaminated, particularly in areas of poor sanitation. Foods of particular concern include: salads, uncooked vegetables and fruit, unpasteurized milk and milk products, raw meat, and shellfish. If you peel the fruit yourself, it is generally safe. Food that has been cooked and is still hot is generally safe.

Electricity

The electrical current in Ethiopia is 230V (voltage), 50HZ (frequency) and A & C (plugs). If you plan to bring shavers or other appliances, you will need an all-purpose transformer (adapter) to convert the current. You will also need a set of universal adapter plugs. Because voltage adapters do not always work, ladies may want to bring propane curling irons with an extra propane cartridge. *The hotels may not supply adapters.* **Do to the nature of this trek it is advised to leave as many electric devices home as possible.** This is part of the fun of trekking.

Currency

It is not difficult to exchange U.S. traveler's cheques into various currencies at the hotels or banks. In addition to traveler's cheques, we also encourage you to bring U.S. dollars. It is suggested that you bring approximately \$100-150 in traveler's cheques *and* \$100 in small denominations. We recommend, for example, 2 *twenties*, 2 *tens*, 2 *fives*, and 30 *one-dollar* bills. A supply of one-dollar bills may come in handy for purchasing small souvenirs. Current exchange rates may be obtained at the following Internet address: <http://www.oanda.com/convert/classic>. At the time of this printing, exchange rates are:

1 US Dollar = 9.46083 Ethiopian Birr (ETB)

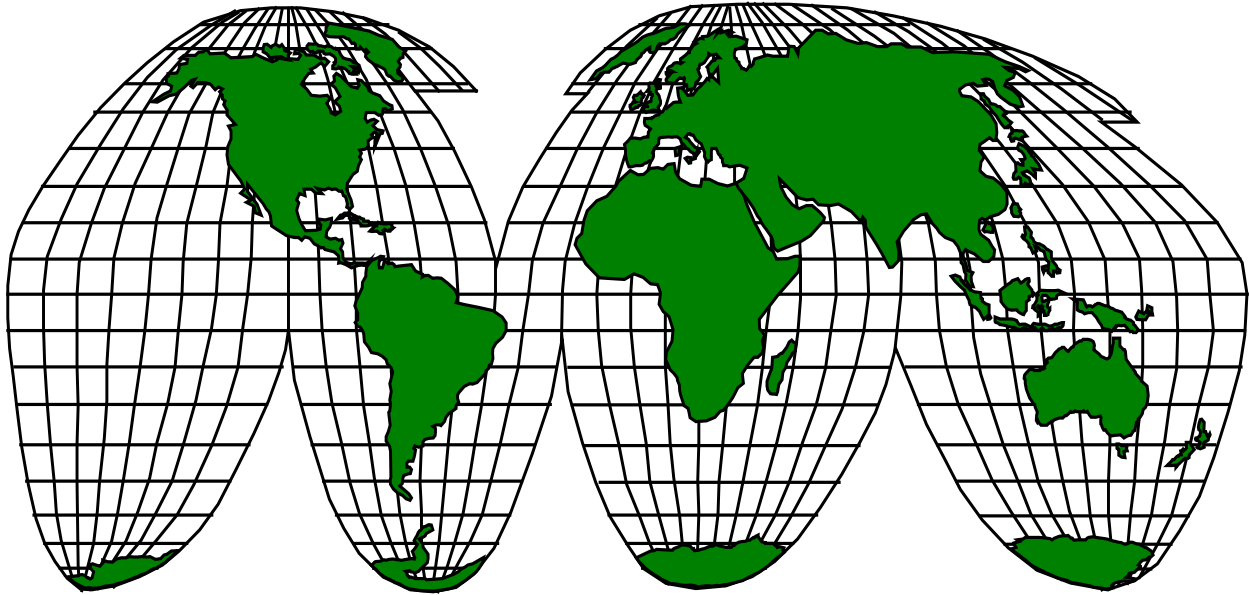
1 ETB = 0.10907 USD

Internationally, American currency is referred to as "USD" (which simply means **United States Dollar**). **It is best to exchange all foreign currency back into USD before departing Ethiopia.** (If you insist on bringing back memorabilia, then bring only one or two coins and a low-value paper bill.)

Time Zones

The following table shows the time difference by hours for Pacific, Mountain, Central, and Eastern time zones. For example, when it is 10:00 a.m. in Washington DC, it is 7:00 p.m. the same day in Ethiopia (9 hours ahead).

	<i>Pacific</i>	<i>Mountain</i>	<i>Central</i>	<i>Eastern</i>
USA	8 AM	9 AM	10 AM	11 PM
ADDIS	7 PM	7 PM	7 PM	7 PM



Travel Insurance

Group travel insurance is provided by *worldchild* through Access America Insurance Company. This benefit is included in your tour cost and applies to travelers who have paid in full by **June 2, 2008**. The insurance includes travel accident coverage of \$25,000, emergency medical/dental of \$10,000, and emergency medical transportation of \$10,000 for each individual. **[This service is *only* provided to American and Canadian residents due to policy restrictions.]** The group insurance package, provided by WCD, **does not include any trip cancellation or lost/damaged luggage insurance** (if you are concerned about this, please contact Access America or another agent to inquire about available extra coverage). An insurance brochure has been provided to you for additional coverage only – **you do not need to complete the application to receive the group coverage listed above.**

Frequent Flyers / Seating

According to our group airline contract restrictions with Ethiopian Airlines, **you will not be able to obtain frequent flyer mileage credit.** Although frequent travelers enjoy the privilege of obtaining these miles (especially on extended flights), restrictions were set when offering discounted group airfare.

If you have a specific seating request, please specify that request upon check-in for each flight portion of the trek. At that time, they should be able to accommodate you. We can not accept your specific seat requests beforehand.

Advertising / Liability

worldchild reserves the right to use, for any purpose, a testimony which you record, whether in full or abbreviated form, whether in print or told verbally, as well as any reproduction of your likeness in any form of media (including, but not limited to television, film, radio, or recording and literature). As a participant on a group mission trip, you grant, convey, and relinquish to WCD any and all rights that you may have in any television, film, radio, recording or printed versions of a testimony. This release shall be binding upon your heirs, personal representatives, successors, and assigns.

As mentioned in the trek brochure, it is clearly understood that *worldchild* will provide the opportunity for spiritual enrichment and is in no way responsible for the operations of the local agents and other transportation companies. WCD acts only as an agent for the passenger with respect to transportation, hotels, and all other related travel services, and assumes no responsibility, however caused, for personal injury, damage, loss, accident, expense, delay, act of God, or military action beyond their control. The passage ticket issued by the carrier is the sole contract between the passenger and the carrier. WCD is not responsible for unexpected transportation delays and changes, nor liable for additional expenses or loss of time which may be incurred. The airline/transportation companies concerned are not responsible for any acts, omissions, or events which may occur during the time passengers are not on board their vehicles. WCD reserves the right to accept or decline any person as a participant at any time, or to require any participants to withdraw from the tour at their own expense when such an action is determined appropriate by WCD staff to be in the best interest of the participant's health and safety, and that of the tour/trek group in general. WCD shall not be responsible for any inadvertent errors in the trek brochure or other descriptive materials. The itinerary is subject to change at any time without notice and for any reason without allowance of refund. On advancement of deposit to WCD, the depositor agrees to be bound by the terms and conditions here mentioned.