

HEALING EVERY NATION **Guidance for short term mission**

Thank you for showing an interest in joining a short term mission to Mozambique and Malawi with Healing Every Nation. For further information about HEN please see their website www.healingeverynation.org.

HEN is a fairly new mission organisation reaching out in frontier and pioneer situations. It does not have the resources available to many larger mission groups and you go on the mission with the understanding that, while you will have your team leaders' support, you have to accept responsibility for yourself. To that end there is a lower age limit of 18 years for young people travelling without their parents. What happens on each trip depends on the skills of the group and strategic planning takes place once the group and their skills have been identified. However, it is the aim, indeed essential, that any work that is done is

- God glorifying
- sustainable
- empowering to the people.

Application Process

HEN will need to assure itself of the suitability of all those who volunteer for an STM (short term mission) trip. The process to follow is:

- Read this information and the information about HEN on its website.
- Complete the application form and questionnaire
- Supply two references
- Sign the declaration form

Note: HEN reserves the right to decline any offer of service without giving a reason and the decision for that particular application is final although a fresh application at a later date may be given new consideration.

Applications to Hen for STM should normally be made 6 months in advance. Late applications may be considered but approval is not guaranteed.

Do not book flights etc until you have received confirmation that you have been accepted to go on the mission trip. Once you have been accepted you must secure travel insurance before any flights will be booked. Assistance and/or direction re flights will be given and they will probably be done, as far as is possible, as a block booking so that the team can travel together. This is good for team bonding and also practical as it saves multiple trips to an airport to collect team members.

If you are interested in doing background reading before going on the trip here are a few suggestions

- Any biography about David Livingstone
- The Shackled Continent by Robert Guest (a columnist with the Economist. Excellent book if you are interested in Africa's economic problems) Pan (MacMillan)
- Africa Bible Commentary – Tokunboh Adeyembo. Zondervan
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INFO FOR STM WITH HEN IN AFRICA

Travel arrangements.

Here are some useful websites if travelling from UK & Europe,

MTS – mtstravel.com,
SIAMA – siama.nl,
Dial-a-flight – dialaflight.co.uk

These three travel agents deal with mission trips, although Dial-a-flight do not deal solely with mission trips. Booking early does mean that you have more options and cheaper fares. There are various cut off points in the travel industry with their fare brackets, November and March seem to be two key months. Although it is easy now to book travel online, with a larger group and the slightly more complicated travel a travel agent is a good investment.

The cheapest flight does not necessarily mean the cheapest travel overall. Please ask the leaders of HEN where they would like you to arrive. Please consider the convenience and the cost to HEN. In any stopover, accommodation, food and transport costs also need to be taken into account. Accommodation in J'burg is not cheap and neither are the transport transfers to and from the airport. Lilongwe is 6hrs by road from Blantyre and Maputo 1,200km and 14-16hrs by road to Chimoio..

If there is a larger group (6 or more) car hire also becomes a more viable option. It is also possible to drive from J'burg through Zimbabwe. The roads are good and the border crossings straight forward. Driving in Africa is not for the fainthearted and **HEN does not recommend it** for reasons of road safety, robbery and violence. Advice on travel is constantly updated and it is wise to check any government advice on the UK Foreign Office website. (Website: www.fco.gov.uk /Know before you go)However, do not travel on the roads in any African country after dark.

Passport and Visas

Check the expiry date for your passport. Most countries will expect your passport still to be valid for 3 - 6 months after you leave the country. At other times you will be expected to have some double pages available for visas. It is best to be as respectful as possible towards officials. Please inquire in advance what visas you will need and ask HEN whether they want you to obtain them in your country of origin or on arrival.

Photocopy x2 all your travel documents, picture page of your passport, relevant visa pages or visas, travel insurance, flight details, any car hire details. Leave one copy at home with someone who can access them easily in an emergency. Take the other set of photocopies with you and keep them in a secure place but separate from the original documents. It is also useful to copy passport number, visa number, flight number, booking codes etc into a diary or mobile phone. Carry a couple of spare passport sized photos. This all may be useful if documents get lost, stolen, wet or burnt and will save valuable time and stress.

For UK citizens no visa is required for Malawi but a visa is required for Mozambique. To obtain a visa for Mozambique you can either go through the Mozambique High Commission in London www.mozambiquehc.org.uk or visas can also be obtained in J'burg or Lilongwe. Visas are slightly cheaper in Africa but you must ensure that you have built the time required to get them into your travel and work schedule. Ensure that you will not be delaying the rest of the team. It is impossible to get into Mozambique without a visa. You must also establish whether you will need a single or multiple entry visa. If you are sending a passport to the High Commission send it registered mail but don't ask for guaranteed delivery by 9:30 – the H.C. doesn't open until 10am and it will just go back to the sorting office where it can be stuck for weeks! 1pm delivery is fine!

Health

Consult a reputable health travel specialist in plenty of time. You should also check to see which vaccinations are required or advised. Protection against malaria is essential regardless of the time of year.

Equipment

Sleep mat, sleeping bag, travel pillow, mosquito net, water bottle, insect repellent, sunscreen, first aid kit (travel one with syringes and drip), torch, head torch, spare batteries spare bulbs for torch, travel towel, utility tool/penknife, hat, sunglasses, warmer sweater for evenings/mornings, cheap watch, hand sanitizer, flask, lighters, Leave expensive or valuable jewellery at home.

Easy to launder clothes – take as few as possible, and keep them all in sealable bags. Dust gets everywhere!. You may be asked to carry supplies and aid which could go in the bag going into the hold of the plane and you would pack your personal requirements in your carry on bags.

Check what cooking equipment and utensils will be available for you to use. Some suggested equipment: 3 pans(2 large, 1 small), 1 large mixing bowl, lighters or matches, plates, bowls, mugs, wooden spoons, chopping board/sheets, sharp knives, ladle, serving spoon, kettle, teapot, flask. A folding seat may add to your comfort.

Money

Food and water are expensive. If you shop in the supermarket in Blantyre the prices are about the same as in the UK. Fuel is also not cheap and 'petrol stations' are few and far between. If HEN provide your transport you should see that they are fully reimbursed for the cost of fuel. There are banks and bank machines in places such as Blantyre. Money can also be exchanged at the airport when you arrive (in Blantyre at least) Local currency is required for all purchases outside the major cities and in particular for taxes leaving/arriving in Malawi and Mozambique. Dollars are more readily exchanged than Pound Sterling and Travellers Cheques are difficult to exchange. Credit Cards should not be relied upon and kept only for emergencies.

Food

Groups will be expected to make their own catering arrangements unless otherwise indicated by HEN. Food is readily available at the supermarket in Blantyre and also at some other smaller stores. There is no refrigeration. Remember, you will have to take all your food with you. Here's a list of suggested items.

Tea, Coffee, Dried milk, UHT milk, Baking powder, cornflower, baking flour, porage oats, oatmeal, rice, maize flour, lentils, pasta, semolina, couscous, Diluting juice, Sugar, Salt and pepper, dates, Peanut butter, Oil/olive and vegetable, Aromat, Parmesan cheese, herbs, curry powder, garlic, bouillon, packet soup, tomato sauce, pasta sauces, jam, honey, syrup, sweet biscuits, savoury biscuits, cereal bars. Tinned fish, ham, fruit, tomatoes, beans. Dried fruit. Instant puddings. Sweets, sugary drinks to boost energy. As much fresh vegetables and fruit as your group will eat. Tin foil, Cling film, food bags, Jif, hand soap, washing up liquid, pot scourers.

Menu suggestions

This will be somewhat dependent on your budget! If you are part of a small group then some dehydrated meals for camping would be useful. Baked potatoes, egg rice, kedgeree, curried eggs, tuna and pasta, pasta and tomatoes, pasta and pesto, pasta and veg, cous cous and veg, rice and beans, bean stew, lentil soup, vegetable soup, sweet potato curry, sweet potato frittata, pancakes, instant puddings, tinned fruit, sweets. Be prepared to eat simply.

Water

Allow 2 litres per person per day plus extra for hot drinks and cooking. Buy enough for all your needs at the start of your trip. Drink only bottled water.

Other information

Cooking is done over an open fire (wood is collected for you.) So remember to allow extra time. Any surplus boiled water can be put into flasks to make for a speedier kettle boil the next time, or for a quick cuppa if the fire has gone out. It is always useful to have some water on to boil if there is a fire on. You can make an oven with one smaller pan inside a larger one. The Africans will expect to eat along with you. Their customs dictate that they wouldn't eat without sharing and expect us to do the same. It gets dark around 6pm and you will probably go to bed about 9p.m ..

Camping showers are great! Fill them with water in the morning and when you come home at the end of the day the water is lovely and warm. If you want to be sure of getting a shower take one with you, they aren't expensive or heavy. Always use a mosquito net.

Toilets – these may be in the bush or pit latrines, requiring you to squat. Bury everything, especially toilet paper! Hand wipes are good to have close to hand as well as toilet roll. Stamping the ground before you start will chase away animals and insects such as snakes and scorpions. Shoes are safer than sandals. Conserve water at all times. Don't use good drinking water for washing up or personal hygiene apart from tooth brushing and even then use only as little water as you need and put it in a mug.

Local conditions and culture

Malawi and Mozambique are poor countries. Water is generally unsafe for drinking and the diet of the people is limited. Be especially careful if you are eating out that you don't take salad, you could suffer diarrhoea and vomiting. Drink plenty. Avoid dehydration.

You are a visitor in whichever country you are in so be respectful of the government and the people. Do not discuss political or other sensitive issues with the local people. The full time workers in HEN are aware of all the local conditions and have spent time considering the best ways to work. However, they are willing to discuss any observations you may have. You will encounter extreme poverty and guidance on how to cope with this will be given by HEN's staff. Please consult with the directors of HEN before giving any gifts to staff.

Travel and accommodation – travel is on rough dusty roads. Journey times can be long. Accommodation is generally very simple, but generally clean, with mats on the floor for sleeping. You Will need to be flexible and patient about times and schedules. Remember, planning is everything but the plan is nothing!

Photography

Feel free to take as many appropriate photographs as you wish, they will form part of a wonderful memory of your time with HEN. At times however, it may not be appropriate to use your camera or video recorder. Use your own discretion and accept the direction of the leaders. It is important that you **do not post any photographs taken during your time with HEN on the internet without permission from the directors**. This is for the protection of those in the photograph and in particular any children.

Team time

As part of the ethos of HEN each team is required to have a time of corporate devotion and worship. The timing and structure will vary from team to team. Spending 24/7 with a group of people in an alien environment can be difficult. However, complaints and murmurings can quickly lead to dissension which can spread and ruin the effectiveness of a work. Take any issues you have to your group leaders and look for a solution as soon as possible, prayer is a good place to start!

Finances

As stated earlier HEN is a small mission in its embryonic stages so does not have any financial reserves. All its resources go towards accomplishing the work it does with the children. HEN can in no way be responsible for the expenses of volunteers and any expenses incurred will need to be recovered. The cost for an STM will be kept to a minimum but the expected costs would be; air fares, accommodation in transit, visas, vaccinations, local taxes (border fees), accommodation, transport, cost of translators and an administration charge levied by HEN. If you are able to make an additional contribution to the work of HEN that would be most welcome.

Fundraising

You are free to fundraise in any way that is consistent with the ethos of HEN. However, you must make it clear whether you are fund raising to cover your own costs, for the particular project you are going to be involved in or for any other aspect of HEN's work. Fund raising for any or all of these is acceptable. HEN does have a child sponsorship scheme which seeks to ensure the sustainability of the feeding programme. If you think you can sponsor a child or know of any people who can please request a Child Sponsorship form.

Finally!

HEN looks forward to welcoming you at its child centres in Malawi and Mozambique. We confidently expect that your STM will be memorable, life changing and most importantly a blessing to you and those you have met.

Please take the time to fill in the forms and remember to sign the undertakings.