



BE PREPARED

AFRIKA IS NOT FOR THE FAINT HEARTED

A practical guide to the physical preparation for outreach and short-term missions in Africa

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<u>Name:</u>	
<u>OUTREACH / MISSION</u> <u>Dates</u>	
<u>Destination</u>	
<u>Purpose</u>	

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Introduction

Churches and religious organizations regularly send groups on mission trips and outreaches. Whether it is just a short-term outreach which spans over a few days and whether it's a Mid Term mission over a few weeks.

This tutorial aims to prepare each person physically. Churches are focusing on the Spiritual preparation for the type of outreach planned according to the relevant church group's doctrine, so that section is not going to be treated here at all. Our focus here falls on the physical preparation and to get you out to where you must go.

We all agree that reaching out and proclaim the Gospel is a Command of God, and I will quote confirmations of it from the Word throughout this document.

Outreaches are exciting but not easy at all, so much more if you haven't done proper preparation from the start. An outreach not only requires Spiritual preparation but needs physical and practical preparation as well. You're going to work on foreign soil.

WHY DO WE GO ON OUTREACHES?

The missionary assignment is the greatest and most important instruction given to any group of people on earth, it involves the most difficult task ever tackled, and its execution brings those involved into confrontation with the most formidable enemy there is, namely the kingdom of darkness under the command of Satan and his demons. We have received instructions from God that every Born-again Child of God must be serious about.

Matt. 28:18-20 " ¹⁸ And Jesus came and spoke unto them, saying, all power is given unto me in heaven and in earth.

¹⁹ Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:

²⁰ Teaching them to observe all things whatsoever I have commanded you: and, I am with you always, even unto the end of the world. Amen."

Matthew 16:24 "Then said Jesus unto his disciples, if any man will come after me, let him deny himself, and take up his cross, and follow me."

Luke 10:2 This was His instruction to them: " Therefore said he unto them, the harvest truly is great, but the laborers are few: pray ye therefore the Lord of the harvest, that he would send forth laborers into his harvest."

Matthew 28:19 "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost."

John 12:26 "If any man serves me, let him follow me; and where I am, there shall also my servant be: if any man serves me, him will my Father honor."

DOCUMENTATION

PERSONAL DOCUMENTATION

- When you are a resident from a SADEC country and travel within the SADEC countries, you only need your passport. No Visas are needed.
- Any country outside the SADEC group requires a Visa. You can apply for this at the relevant Embassy in your country of origin.
- There must be 10 open pages in your passport and must not expire within three months of your return date.
- When a person under 18 years of age accompanies a group, he/she must have an "UNABRIDGED Birth Certificate" available as well as letter of consent from both parents if they do not accompany the minor. The consent letter is available on home affairs.
- Where countries have medical requirements, you must keep the relevant immunization cards together with your other travel documentation. This is also applicable to COVID test and the new proposed proof of immunization.
- If your Medical Aid does not Cover Africa Travel, you need to take out International travel insurance and keep a copy together your documentation.
- If you own a drivers license it is recommended that you apply for an International driving permit at your nearest AA offices.
- Copy of the prescription if you are on prescribed medication.

VEHICLE DOCUMENTATION

- If you are the owner of the vehicle that are used during the outreach, (pickup, SUV or trailer) you must keep the following documents on hand.
- Original or certified Registration Documents.
- If it is still under lease purchase - A bank letter from the relevant bank or lease institution or finance house. They must give your permission to take the vehicle out of the country and across the border.
- Insurance confirmation letter for your vehicle.
- Certified copies of each document.
- International Driving Permit if you are going to drive a vehicle in another country.

PHYSICAL PREPARATION

Chances are 100% that you're going to drive far distances, walk far, work hard and sleep bad, not even mention poor eating habits at unpredicted hours.

Exercise

During your preparation time, get some exercise. Make time for a walk on uneven terrain. You will work and you will walk. Walk regularly with the shoes you plan to take along, it must be comfortable and well worn, otherwise you will struggle and most possible end up with blisters and other injuries. There won't be a pharmacy nearby for a plaster or ointment, nor for a pair of other shoes. Comfortable shoes are worth much more than stylish shoes. Walk in the park, on the farm or any safe place where you walk across uneven and rough territory. Africa is not paved or tarred.



Food

If you are fuzzy about it's going to be horrible for you. Learn ahead of time to eat maize porridge or Mealiepap as it is called in SA. In Africa, this is staple food. A refrigerator is going to be a luxury and therefore fresh meat too. Soya is a good substitute and very high in protein. Other strange dishes are Mopane Worms, Pumpkin leaves that are boiled like spinach, Whole pumpkin cooked on the fire, Cassava and hard white Corn. Meat is mainly goat meat and chicken. Vegetables such as Cabbage, tomatoes and onions is also mostly available.

When you are at the camp, feel free to eat camp food, by this I mean the luxuries you were able to purchase or bring along, BUT when a local resident offers you a meal you are not allowed to refuse this meal. It is seen as bad manners and they may take offence which will jeopardize the whole mission. Refusing food creates the impression that you think you're better than them,

Pack some additional energy bars in your bags. You can eat it in your bed in the evening where you're alone - NEVER eat you candy in front of the residents.



Water

Water in Africa comes from boreholes, rivers and water wells. The water in some places are delicious and others are awful. Find out from the local people whether the water is safe for drinking. Don't just assume it is safe. It will cost you dearly. If it is possibly taking some drops or pills on the trip to purify the water and to kill any bacteria and germs. Chances of having an upset stomach (even if the water is safe) are huge. I also suggest taking some Game Isotonic drink to make the water taste better. It also helps against exhaustion and replace important salts, minerals and electrolytes. Make sure you always have an extra water bottle that you can refill when you get to a water point. You never know where the next water well is and what the quality of the water will be.



Bathroom Amenities

The chances of getting a hot tub or shower in Africa is very rare. Learn to wash out of a basin with cold water. There's a 90% chance that is what you're going to get and must do. Teach yourself a routine. Wash your face first, then your hair, Then use the soapy water of your hair to wash the rest of your body. The "Bathroom" will most properly be a grass cubicle somewhere in the bush



Toilet

This is one of the toughest adjustments. Most African countries make use of pit toilets. Unfortunately, this is the one thing you can't practice for at home. Therefore, just learn to be able to squat comfortably. The rest you will have to learn there. Most of the toilets smell horrible and aren't clean at all. Wear shoes if you use it and take a bottle of toilet spray with you to spray before you enter. This might make your time there a bit easier. This is the one place where you can't sit down, relax and read a book.



Sleep

If camping is part of your planning and you want to take your thin roll-up Yoga mattress or plan on just sleeping in your sleeping bag, do it for a few nights at home prior to leaving the comfort of your home. Getting there only to find out it doesn't work is a bit too late. Also keep in mind that the camp sites are not as beautiful as holiday campsites. It is not paved or on beautiful green lawns. The chances of you pitching your tent between rocks and thorns are big. Plan thoroughly. Take a small ground sail for under your tent. It takes little place. If you decide to use an inflatable mattress, remember your "patch" and the pump.

Also, please make sure you know pitch your tent and take it down again. Also Make sure all your tent poles are there. The last thing you want when you arrive at camp is an unusable tent.



BORDER POSTS AND CUSTOMS

Border posts are very busy, many from different countries come and go. It takes time. Remember you are a visitor. You can't through a tantrum when you must stand in the heat for a long line. Practice your Patience. Make sure when you are through a Border Post that your passport is indeed stamped in or out. It often happens that a passport is returned without being stamped with the corrected dates.

Do what they ask you. If you must stand in ten rows for different things then you do it, and you do it with a smile. If you are rude and aggressive, they will not tolerate it and you WILL get locked up.

Do your homework and plan carefully which border posts you will use for entering and exiting the countries. Find out what is their working hours — many border posts aren't open 24 hours. Enquire about border fees and compulsory third-party insurance payable.

There are no shops to buy soft drinks, water and edibles on the border posts. Make sure to pre-pack some or at least stop and buy at the last town before the border post. If there is a problem with paperwork for one person or vehicle in your group, it can be a very long day at the border.

Know the exchange rate of the different countries' currencies. There are "runners" on every border post where you can swap money. This is NOT the legal way, but sometimes the only option. Be careful. They are overwhelming and will give you the wrong amount. In the end, you lose a lot of money. If you need to swap on the border, choose one person and ask him that the other should move away. Then negotiate the exchange rate and make your own calculations. You will never get the correct exchange rate, but you can negotiate for a near value, they also must make money. Calculate for you a value you are willing to accept and stick to it. Eg. R10.00 = 380 Malawi Kwachas (MWK). We were willing to swap at 300 MWK. Make notes of neighbouring countries' values e.g. Zambia Kwacha versus Malawi Kwacha.

NB: NO PHOTOS MAY BE TAKEN ON OR OFF THE BORDER POST OR ANY OFFICER OR BUILDING. NEITHER OF YOURSELF IN FRONT OF THE BUILDING OR GATE.

<i>SOUTH AFRICA</i>	<i>R1 =</i>	<i>R10 =</i>

DRIVE OR FLY

Drive

Driving through Africa is exciting. It's beautiful, interesting and informative but it is very exhausting.

Again, I urge you to make sure that proper route planning is done. Border posts hours, Border requirements and that you are prepared and have the correct info.

In South Africa, Botswana and Central and South Namibia there are enough shops for food. Anything further than that is a problem, therefore we suggest that if your team decides on driving, prepared food must be packed to eat lunch next to the road. In most of the major cities you will find shops but the small towns lack of places to buy take away meals. This also applies to bottled water. Stock up when you can find some.

Plan your route and overnight accommodation carefully. In Africa, there is no guarantee that you can drive a certain speed and arrive by a certain time. Africa time is unpredictable time. That's why it is called AFRICA TIME. Book accommodation for overnight beforehand and don't make a day's travel distance too long. The chances of you arriving at midnight are big. Mandatory road stops, bad roads and broken vehicles can cause a planned six-hours' drive to easily become a nine-hours' drive.

Fly

Many Outreach groups prefer to fly. Customs is easy and quick at the airports. Renting a vehicle in Africa can be a problem. Book in advance, make sure how many passengers are allowed per vehicle and if a driver comes with the vehicle. This is a nightmare when doing the logistics. For instance, a group of five booked a vehicle with the thought that five would fit comfortably with their luggage. On arrival it is found that there is a compulsory driver with the vehicle. Now suddenly it is six persons in the vehicle (Uncomfortable) with extra luggage and expenses.

VACCINATIONS AND MEDICAL REQUIREMENTS

A Huge part of Africa is Malaria territory. Please cater for this and make sure you know how and when to use your medication. There are several anti-Malaria products on the market. See what will work the best for you. If not sure consult your Doctor. Do not deem the use of Malaria medications unnecessary. This is a serious illness and can cause death.

Yellow Fever vaccination is a requirement in Zambia, Angola and several other African Countries. Although you might not come out of a Yellow Fever Area, they require the vaccination certification. It is available at most Travel Clinics.

Medical Travel Insurance is a MUST. No person should be allowed to travel without it. This is for all medical emergencies. It provides you with private hospitalization in Africa. It also takes care of Medical evacuation and repatriation in case of riots.

You should also take your own prescribed medication with you e.g. Asthma, Hypertension, Diabetes etc. A good first aid kit is also needed with plasters, bandages, Diarrhea and Nausea medications, Antihistamine, muscle relaxants, pain and fever medication etc.



Seasons

You NEED to consider the season, duration and environment you are packing for. YOU WILL sleep cold in the winter if you only take a sleeping bag.

Do thorough research on the countries and regions you intend to visit. Particularly take maximum and minimum temperatures into account as well as the average yearly rainfall for the period concerned.

Culture, Language and dresscode

Ladies take note on what to pack and what to wear. Tight trousers, shorts, Spaghetti or strapless tops and low necklines should be avoided. Respect the culture where you go. You are a visitor and guest in their country/region/village.

By studying their culture, you will also have a better understanding why they do things a certain way. Respect that. E.g. In Malawi, females may not eat with the males at the same table. They first serve the males and then the women sit around the corner on the floor where they will eat.

Make you a list of key sentences in the local language. E.G.:

Good day:	
My name is:	
What's your name?	
Where are we now?	
How are you?	
Goodbye	
Thank you so much	
Jesus loves you	

WHAT DO YOU PACK?

Packing correctly is of utmost importance. You don't want to struggle in the middle of the night to find your clothing or get your big suitcase out of a trailer. When driving, it is a good idea to use your day-backpack as your travel bag. In it you pack everything you're going to use along the way, Wallet, documents, vaccinations, medications, water etc. Also, two or three sets of clothing to use on the road. This means everything you need is handy and close by. No struggles with big lumpy bags. Pack every day clothing in a Ziplock bag. This packs easily and everything stays together.

In addition, you can put your pillow and a small Fleece blanket in the car. Nothing more. The rest of your luggage (Clothing Bag, Tent, mattress, sleeping bag, Bedding) can be packed in the back of the vehicle or trailer. Mark your bag, tent, sleeping bag and mattress. You don't want to lose them.

Pack an extra snack and bottle of water for the road and take extra funds for fresh water.

The packing list below serves only as a basic guideline.

FIRST AID		PERSONAL MEDICATION	
Pain Pills			
Anti- Inflammatory			
Antihistamine			
Deep Heat			
Diarrhea medication			
Nauseous remedy			
Antiseptic solution			
Cotton Wool			
Plasters			
Stretch Bandages			
Malaria Medication			

Notes

Luke 10:2 Therefore said he unto them, the harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest. ³ Go your ways: behold, I send you forth as lambs among wolves