



SAMMinistries
COMMITTED TO SERVE

Short Term Visitor Policy Manual Mozambique

Please take the time to read this information carefully.

It contains information that is vital to your visit to Mozambique. Once you have read the “Important FAQ’s” section on the “volunteer->Mozambique” page on our website, and read this policy manual and agreed to its terms, please sign here and submit to the missionary who is coordinating your visit.

Signature _____ Date _____

1. Introduction

Welcome to our world! We are excited about your visit and we are confident that not only will you enjoy your time with our people and us, but also God has a specific reason for this time in your life. Often, life is so full with learning and earning that it is easy to lose sight of what life is really all about and how incredibly blessed we really are. And that above all else, life has to be about “returning”; returning personally to our Creator to reconnect with Him as our source of life and for life, and returning some of the amazing richness our Creator has entrusted to us be it financial resources or the sharing of our education, talents, gifts and abilities.

Your time here is an investment in the people of Mozambique and you will contribute in ways you are not even aware. And when you finally do get back home to learn and earn some more, remember you are invited to join the ranks of others like you who represent this place, these people, and the work of empowering them, to be what God created them to be.

Arriving here will feel like landing on another planet! Some things will look and you may be misled to think that everything here is the same as back home. Don’t believe it! This is really a different world with a different language, a different way of seeing the world, a different way of interpreting reality, as well as a different political reality where our norms can be interpreted as rude or even hostile. For these and many other reasons that you will have to trust us on, we have put together these policies. We ask you to read through and please abide by them during your stay with us. If something seems hard to understand or even sounds strange, feel free to ask us about it. But please know that our entire team has carefully prepared these policies after much painful experience.

One thing that may surprise you when you get here is that you will find that we do not do everything “right”. There are many shortcomings we have for many reasons. If you come across any of these, please feel free to share some practical suggestions as to how you think things can be improved and let us know. We value productive input.

Thank you for your willingness to serve with us.

2. Schedule and Participation

As a partner in the work we are doing, we want you to gain a full appreciation for all that goes on and want you to be able to participate fully. In order to achieve this we ask that you...

- Attend our morning devotions which start at 7:00 AM. Please do your best to be there as this is also when we finalize the day's schedule and coordinate our work.
- Prepare to share during the devotional time. If you are only here for a week, we will try to fit you in on at least one of the mornings. If you are here longer, you may be asked to share a number of times. (You will be given enough advance warning to prepare). Although our focus is primarily on a Bible passage or truth, you may choose to share something about your personal relationship with God, or simply a part of your life experience or a truth that you have found to be important in your personal life journey.
- We would appreciate you to be prompt and diligent in your work schedule to ensure that our staff and others you are working with learn the value and see the example of a strong work ethic. Not only so, but this practically emphasizes that Loving God and Loving People means living that out through plain and simple hard work (service).
- Although we will do our best to put you to work in your area of passion and interest, you will be given the privilege to serve to meet needs in ways which at times may seem rather menial or just plain laborious (slave labor 😞).
- Please help to keep the accommodation unit clean and in good order. If you encounter any problems or breakages, please inform the missionary responsible for hospitality as soon as possible.
- Please make sure accommodation unit supplies remain in the unit or are returned to the unit and please help care for linens by keeping it in the unit and keeping bedding off the ground.

3. Transportation

Note: all travel costs from the airport to the mission and back are **at the visitor or short-termers' expense. Please let us know if you will be requiring transport and you will be notified of the current rate (currently the rate is \$45 for pickup and the same for return to Chimoio airport, and \$360 for Beira pick up and the same for return – this cost can be shared if you come with other team members).**

Vehicle: For ministry transport which the mission requests you to do and for which it has a budget, mission transport will be provided. Any individual ministry projects you may wish to take on (once approved by the mission) you will have to provide your own transport or pay for the use of mission transport (if vehicle is available at that time). Note: the mission van, if driven requires a heavy-duty license (Class 1, CDL).

Other forms of transport are:

Chapa: These are local taxi vans. Their schedules are unpredictable as is the skill of their drivers, especially if they have been drinking--ride at your own risk.

Cost: \$10 to town and back.

Bicycle: Should you choose this type of transport, you would need to purchase your own and sell it when you leave.

Vehicle rental: Rental is available at the Chimoio airport now and should you require this, please let us know and we can confirm costs.

Getting to town: There is a \$45/round trip fee to go to Chimoio and back. Otherwise the cost of vehicle use is flat rate of US\$ 0.65/km.

4. Accommodations:

- Cottage/house: \$25/person/night, single occupancy, \$10 for each additional occupant. There are only a few cottages, and due to high demand these may not be available during your stay. Includes wifi at the office.
- Campsite: \$10/person/night, single occupancy, \$5 for each additional occupant, if using the mission's robust Safari tents.
- If you bring your own tent: \$5/person/night.
- Children 12 and under: Free.

Internet: Cost is included in accommodation fee and available at the mission office.

5. Visas & Passport: Additional information

*Please note: you will need the following information when filling in your visa form, especially the address. Be sure you have this written down and with you when you arrive in Mozambique.

1. You are a tourist visiting friends.
2. The mission's physical address is: Farma Mucombeze, Manica District, Province of Manica.
3. You are requesting 30 days (where it asks).

When you receive your passport with visa, please check your visa and ensure that the date on the visa is correct. On your departure, the immigration official will also check this stamp. (There are stiff fines for staying beyond the date stamped on your visa!)

You should plan on less than a 30 day stay (ie 28 or 29 days) as visas are issued on this basis. If you wish to stay longer than 30 days, you will need to purchase (same cost as first visa) and apply for a visa extension. This will take about 1 week to process and will give you an additional 3 weeks. **If you wish to stay longer than 30 days, please coordinate this with your contact person on the field.**

Stays of longer than 7 weeks require a specific work visa. This is a more involved and costly application process. Your missionary contact person will provide you with the list of requirements should the length of your stay require you to pursue a work visa.

You are responsible to initiate and follow up with filling out forms, etc. in the event your stay requires a visa extension (more than 30 days). Plan to pick up the forms and fill them out within a week of your arrival. They have to be submitted 2 weeks before you need your renewal. If you're unsure about what you need or when you need to do it, just ask.

6. Passport info:

Please ensure that there are least 2 blank pages left in your passport. Your passport must also be valid for at least 6 months beyond your return date.

Contact cell phone numbers for Mozambique team members:

Dwight Lagore (Mozambique field team leader): +258-86-010-1620

Lynn Lagore: +258-87-712-3268

If you need to reach us in Canada, contact the S.A.M. Ministries office at (780) 408-3268

Shannon Weiss (Canadian missionary): 86-010-1621

Joao Benjamim (Mozambican missionary): 87-196-5527

Janette Stone - (Canadian missionary): +258-87-003-5857 (when in Mozambique) +17809091456 (Canada)

Andy Kuret – (Swiss missionary): +258860101919

7. Personal Habits and Behavior

Although we as a mission and as individuals emphasize the freedom we have in Christ, it is our desire to ensure that our behavior reflects the mission we are working to achieve. As a result we request that you...

- Avoid making the development of a relationship with the opposite sex the purpose of your time here. This especially relates to responding in any way to proposals by our local staff and/or the local people. Our desire is that you focus on the purpose for your time here and although looking for a husband or wife is a good thing, this may not be the best place or time for you to do this.
- Please refrain from foul language and/or teaching the local people inappropriate English phrases or words. This includes media that portrays indecent or suggestive behavior.
- Please refrain from alcohol and tobacco use while at the mission.
- Although our local people are aware that our culture is different and clothing norms are unusual, please dress appropriately for the day's activities.
 - For ladies: capri's and skirts below the knees, mid-riff's covered. You can use shorts, capris or pants, if you prefer, beneath a local "capulana" or cloth wrap for outings and going to church.
 - For men: shorts are fine except for when attending church or other formal gathering. For these occasions' men should wear long pants. Please be aware that none of these are Biblically mandated but rather are done out of respect for our local people and the cultural norms.

8. Giving gifts

The desire of almost everyone who visits is to respond to at least a few of the great number of needs they encounter while visiting. This is quite normal and we encourage you to respond to this need in the following way:

- Do not under any conditions make commitments to support or give anyone anything. Please consult with the missionary responsible and after consultation, should you desire to meet a need, please channel this through the mission (the mission has identified key needs and ways in which you can contribute should you desire).

- If asked for anything, do not under any condition promise or even suggest that you may be willing to meet the need. The reason being that *any suggestion that you may be able to help is considered a promise* and becomes a problem for the mission after your departure.
- If you have brought items to donate or assist in a ministry, please declare these as soon as possible upon arrival and entrust these to the mission for use at the discretion of the mission. If some of these supplies or goods are to be used during your time here, the mission will ensure these are available.
- Should you be involved in a specific home or with a specific person for a period of time during your time here and you would like to help meet a specific need related to them, please coordinate this with the mission.
- If you would like to leave a gift or donation of appreciation for the staff, we have ongoing projects to improve their homes and help provide schooling for their children and we ask that you direct your gift toward that fund. There is always need for items like flashlights, insect repellent, soap, or any other items by the various programs should you choose to leave those behind. Please coordinate this *with the hospitality coordinator*.
- We do ask that should you plan an outing with any of the staff that you do so on their private time, and not during work hours so as not to interfere with work that needs to be done.

9. Other Protocols

We, like you, desire to ensure that we truly empower and equip our people to deal with the challenges of life. The reality is that although many of the people we serve are extremely poor, they need and deserve a high degree of respect above and beyond anything else. As a result please:

- Use the same discretion as you would in the developed world as relates to:
 - Interacting and physical contact with the children here.
 - Confidentiality regarding people's health information. This is especially true if you are entrusted with the status of an HIV positive person.
- Due to the way people here live, their yard is really their house, since this is where they live. Please clap and request entry into the area of their huts and/or kitchen (wherever the fire is) respecting that this is their personal living area. Also if you are welcomed, please practice simple respect regarding their living areas.
- If you would like to take photos, please ask for their permission first. In most instances, they're more than happy to have visitors take a few photos. If you have instant display and can show them a few of the photos/video clips, you'll be an instant hit. **We kindly request that you not promise to print and give, or send back after you leave, photos of people you've taken pictures of.** Our office supplies are hard to come by and it is impossible to fulfill all the requests for printed photos. If you are asked for a photo, an explanation that your pictures are digital and that they are only for viewing on machines (computers) is sufficient explanation.
- Although this may never be asked of you, do not give out your address or personal online details.

10. What You Need to Bring:

*Batteries for your cameras, etc

*Cord and adapter (our plugs are South African 3-prong, large, style) for your camera or other electronic devices (we use 220 volt electricity)

*Clothing:

- Women: Below-the-knee pants, capris or skirts. Casual and semi-casual dress is fine. Men: shorts and dress pants for church
- June-August is winter weather, so bring warm clothes and pj's for nighttime but summer clothes for daytime. Daytime highs are in the 20's. Nighttime lows are 5-15 Celsius.
- September-April is warm season, so bring lighter items. Daytime highs are generally mid to high 30's. Nighttime lows are in the 20's.
- April, May and September are the months where seasons change, so if you come during those times bring clothing that is appropriate for both seasons.
- It is always advisable to bring at least 1 sweater plus 1 pair of long, light-weight pants for possible hikes through the bush.
- November-March marks our rainy season so you may want to pack a small umbrella. The remaining months do see rain, but it is sporadic.

*Sunscreen and hats

*Bathing Suit – There are a few places with pools you may want to try out.

*Towel, facecloth

*Linen is not required. If you have space and have any you'd like to leave as a donation to our accommodation units, it is appreciated.

*Bug repellent with DEET (natural products and citronella are inadequate protection). Long socks and shoes can be helpful—though often not needed—to help reduce insect bites.

*Flashlight

*Medicine-see section below

11. Health Information

Because emergency services are poor here and your first line of response to health concerns is the mission nurse and team itself, guests are required to provide the mission nurse with information on on-going health issues and current prescription medications. If you have health conditions that are of concern to us, we may want to discuss these with you and obtain a doctor's note beforehand. This is simply to ensure that your doctor is aware of the health context and services here, and so we know that you are adequately prepared before coming.

****PLEASE bring enough of any prescription and other medications you use. They likely will not available here. If you have allergies, please bring self-treatment supplies (anti-histamines, epi-pen).**

Please ensure you carry any critical prescription medications in your carry-on luggage since checked luggage can go missing!

You are advised to please bring your own personal supply of the following medicines, since they are often required by visitors but may be unavailable locally.

- Tylenol (paracetamol/acetaminophen)
- Imodium (or other anti-diarrheal)
- Gravol or other anti-nausea medication. The natural ginger gravol is often not very effective.

- Anti-inflammatories (ie Advil or Ibuprofen)
- A tube of antihistamine cream (ie. Benadryl) for insect bites
- Band-aids and antibiotic salve

- **MALARIA**

Please note that malaria is endemic in Mozambique—meaning it is “high season” all year. Prophylaxis (medicine taken for prevention) is not optional. You must start malaria prophylaxis (Malarone, Mefloquine or Doxycycline) prior to coming and continue it after you leave. Except for very unique circumstances, visitors are required to comply with the decision to take anti-malaria treatment while here should the mission nurse (or in her absence, other mission staff) feel it is necessary based on symptoms.

We also strongly recommend that you purchase malaria treatment (Coartem) while here as standby, and recommend treating any flu-like symptoms (see below) with it as soon as possible—even without blood test--whether you are here or back in your home country. Remember to take this home with you in your carry-on or handbag in case you need it enroute. We will help you coordinate this during your stay.

Malaria symptoms:

Any combination of fever, weakness, headache, body aches, chills, nausea.

You can also experience diarrhea/vomiting and dry cough along with the above symptoms with malaria

If you experience these symptoms once you return home (and for up to 12 months afterwards), you should see your Dr. or go to a medicenter for malaria testing. Please remember to state that you were in Africa and should be tested for malaria. Sometimes initial tests are negative and repeat tests (every 12 hours) are necessary if symptoms continue.

- **IMMUNIZATIONS**

Required: Ensure regular immunizations are up to date.

Advisable, though not required:

- Hepatitis A
- Typhoid
- NOTE: We do not have Yellow Fever, however this vaccine is required if you come via South America or another Yellow Fever area. Check with your travel/public health clinic for further recommendations.

In terms of insurance, find out what your travel agent recommends. Extra medical coverage is advisable in order to cover possible costs. Emergency services are poor where we are and a flight to South Africa may be the only option. The flight, plus hospital fees, can be very costly.

- **OTHER HEALTH CONSIDERATIONS:** Please note that although the following items are extremely rare occurrences, they do bear mentioning.

Ticks: If you do bushwalking while here, especially in the hot rainy months, we advise using an insect repellent beforehand and make sure you check yourself for ticks afterwards.

“Mango” flies: If possible, it’s advisable that once your laundry is dry and off the wash line to avoid wearing it for 24 hours. **Although it is an extremely rare occurrence**, this fly can lay eggs on clothing. These survive for about 24 hours and if they come into contact with skin, can penetrate and grow into larva. Symptoms are an extremely itchy bite that gets bigger and itchier each day.

Intestinal parasites: Generally speaking, if you follow travel health guidelines related to hygiene and eating, your risk of picking up parasites is small. Worm medicine is available for purchase at the pharmacies here, however, and if you’d like you can pick some up and dose yourself at the close of your time here.

Short-term trips, pregnancy, and infants:

Due to the high malaria risk, the vulnerability of pregnant women to malaria, and the lack of adequate health services, we ask that pregnant women and moms with babies less than 3 months of age (at very least) postpone their plans to visit the Mozambican bush until the child is, preferably, 6 months old or older.

Because we serve in a developing country and in unpredictable conditions we cannot guarantee your safety, health, or comfort, and we cannot predict every possible eventuality that may happen during your visit. You can join with us though on our journey of trusting God for provision and protection. Although we will give as much time as possible to helping you settle in, adjust and get involved in mission activities, ongoing projects and commitments tend to keep us quite busy. Please plan on being as self-reliant as possible. This visit to Mozambique will challenge and stretch you and provide opportunities for God to do amazing things in your life!