



**Pothawira (Safe Haven) Christian Mission
Organization**

Malawi Trip



Pothawira
(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Malawi Trip Information Overview

Serving in Malawi / Pothawira is not just medical, we have something for everyone. This information is designed to give you a better understanding of the requirements and commitments to the Malawi trip. We are excited about the possibility to travel, adventure, serve and fellowship with you! The length of stay will depend on your schedule.

Please note that traveling to Malawi is a “Travel at Will” International Trip. A waiver (<https://www.hike4healthcare.com/forms>) needs to be complete and return to PI at pothawirash@gmail.com

Thank you for hearing God’s call to love and serve the least of these.

Our Mission:

The mission of Pothawira is to transform Malawi by serving others through a holistic approach that meets both the physical and spiritual needs. Pothawira focuses on serving the community of Salima by providing healthcare, orphan care, education, and sustainable economic development.

EXPENSES	
Considerations	<ul style="list-style-type: none"> ● Please be flexible ● Respect the culture and laws of the country ● Please be understanding of certain processes by staff on the ground. ● Respect your group leader(s) and the others in your group ● Show grace to one another and be patient ● Stay with the group ● Communicate any injuries, illnesses, fears or concerns ● Help each other ● Suffer a little and avoid complaining too much. ● Enjoy the blessings of traveling together ● Pray for one another ● Have fun!!!
Accommodations	Contact information: Eddah Harar at eddah@charistours.net Whatsapp: 265-999-760-981 See Malawi Lodging options page. 7
Meals	<ul style="list-style-type: none"> ● Main group meals and drinks at the guest house and resort. This includes breakfast and dinner. Lunch is often provided at Pothawira.. It will be important for you to pack snacks to hold you over. ● Individuals will be responsible for additional miscellaneous meals, drinks or snacks.
Incidentals	<ul style="list-style-type: none"> ● You will need a small amount of cash for incidental purchases such as souvenirs. ● We will get local currency at the airports for in-country transportation/incidentals. Maseko’s will guide you.
Supplies	<ul style="list-style-type: none"> ● Please let us know if the group is bringing any medical supplies. ● Please let us know if the group is thinking of bringing anything for the kids. There is a process for that.
Transportation	<ul style="list-style-type: none"> ● Eddah Hara will be the contact person
Baggage	<ul style="list-style-type: none"> ● Depends on the flight- usually 2 50lbs bags per person and one carry on and one personal item. (double check with all your airline carriers).
Last minute reminders General items and Trip Insurance	<ul style="list-style-type: none"> ● Call the issuing bank for any credit cards and/or ATM cards that you may use and give them your itinerary. Otherwise, the bank may suspect the card has been stolen and will not approve its use



Pothawira

(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Pothawira

	<ul style="list-style-type: none"> • If you are concerned about carrying cash with you, consider buying a money belt. • If you want to use your cell phones in Malawi, you can call your service provider and ask for an international package. Another option is to buy a phone with prepaid minutes when you get to Lilongwe, although this is not a guaranteed option. • Start taking your anti-malaria medication before leaving for Malawi as prescribed. • Make sure you have your adaptors for Malawi so you can recharge batteries, cameras, etc. • Call the airline to give them your frequent flyer numbers and make any seat changes
Airport Day	<ul style="list-style-type: none"> • Arrive at least 3-4 hours before departure. (remember it's an International flight) • Print itinerary and bring it to the airline check in counter. • Bring your passport and immunization documents. • In your carry-on bag, bring a toothbrush, toothpaste, ear plugs, eye mask and an extra set of clean clothing in case your luggage is lost. • e. Bring all of your prescriptions, vitamins, and medications with you in your carry-on. DO NOT pack anything valuable in your checked luggage.

HEALTH	
Required Vaccinations	<ul style="list-style-type: none"> • Tetanus • Hepatitis A • Hepatitis B • Typhoid
Optional Vaccinations	<ul style="list-style-type: none"> • Yellow Fever (not needed for Malawi)-required for Zambia, if you decide to do a Safari. Will needed if traveled to Tanzania. • Meningitis (longer trips) 2 weeks
Health Departments for Vaccinations	<p>Check for the nearest local Health Department for vaccinations.</p> <ul style="list-style-type: none"> • Ensure you receive your vaccines at least 4-6 weeks prior to your trip to allow time for the immunizations to take effect. • The costs vary by agency. Some agencies charge for an office visit. If an entire family is traveling, getting immunizations together can sometimes save money. <p>Immunization Card- this is a recommendation only You have two choices when getting your immunizations...</p> <ol style="list-style-type: none"> Make an appointment with your doctor at least three months before you are scheduled to travel. When you schedule the appointment, tell your doctor when and where you will be traveling. They will check the CDC website and should have the appropriate vaccines ready for you when you go to your appointment. The doctor will give you an International Certificate of Vaccination. You might consider having this card with you to travel. just a recommendation. Visit your local health department. Again, call in advance and let them know when and where you will be traveling to ensure that they have the appropriate vaccines on hand when you visit the office. The health department will give you an International Certificate of Vaccination. You might consider having this card with you to travel. just a recommendation. For additional information, check the CDC's website regarding health information for travelers http://wwwnc.cdc.gov/travel
Doctor Visit Prior to Trip	<ul style="list-style-type: none"> • Prescription for Anti-Malaria pills (name the drugs- follow your doc's rec) see below • Prescription for Ciprofloxacin. (This is to keep on hand in case you contract bacteria from the food or water)- only diarrhea in Malawi, so take Ciprofloxacin for it. • Motion sickness medication. (Much of the terrain is rough and winding, if you struggle with motion sickness please talk with your doctor). • Prescription refills on any personal medications. You will not be able to get medication while in Africa. Only bring the number of pills you will need while on your trip in the original prescription bottle. <p style="text-align: center;">Vaccines, Prescriptions, & Other Medical</p> <ul style="list-style-type: none"> • Yellow Fever (1 shot, good for 10 years - Only some doctors can give this vaccine) • Typhoid (shot is good for 2 years; pill is good for 5 years) Many people report the pill makes them nauseous)



Pothawira

(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Pothawira

- Hep A (2 shots, good for life)
- Hep B (3 shots, good for life)
- DPT (Diphtheria/pertussis/tetanus)
- MMR (Measles, Mumps, Rubella)
- Cholera (only needed in the rainy season)

Prescriptions:

Anti-Malaria -

- Mefloquine (used this one for all my trips- once a week dosing)
- Doxycycline
- Malarone

Nausea and vomiting -

- Zofran (I will definitely be getting this)
- Inhaler
- Phernegan

Bacterias & Parasites -(intestinal disorders)

- Cipro (500mg) (I will definitely be getting this) generic
- Flagyl (250mg) (I will definitely be getting this) generic

Sleep -

- Ambien (This helps me on the night flight to Europe and the first night in Africa)

Over the Counter Medications:

- Tylenol Arthritis Pain (headaches) (650mg acetaminophen)
- Pepto Bismol (intestinal)
- Imodium (intestinal)
- Melatonin (sleep)
- Throat Lozenges (dusty)
- Afrin (dusty)
- Sinus Rinse (dusty)
- Benadryl (sleep, allergic, reactions)

Other Medical:

Physical Optional

- Make an appointment for a physical, any other tests, and your prescriptions with your doctor
- Bring your list of immunizations (**yellow card**, if you have one, to your appointment)
- Tell him when you will be in the countries you are traveling in
- He will go to the CDC site and check its recommended immunizations and prescriptions
- You may want to check the CDC site yourself before you go in:

<http://wwwnc.cdc.gov/travel/destinations/list.htm>

Additional medical items to bring:

- d. Personal prescription medication you take regularly. Consider bringing extra in case your bag is lost or stolen. Prescription medication should always be carried ON YOUR PERSON when in transit. Do not pack it in your checked luggage.
- e. Prescription medication specific to this trip. Talk with your physician about bringing or taking anti-malarial drugs (eg. Malarone), antibiotics (eg. Cipro), sleeping aids for the plane ride (eg. Ambien, melatonin, Alterill) or anti-motion sickness medication (eg. Meclizine or Bonine).
- f. Many people bring over-the-counter medications that they take as a preventative for gastro-intestinal issues. These include anti-diarrheal medicines such as loperamide (Imodium) or bismuth subsalicylate (Pepto-Bismol), and cold/allergy medication such as Sudafed, Mucinex, or other nasal sprays.
- g. Hand sanitizer—liquids and wipes
- h. Vitamins
- i. A copy of your medical insurance card
- j. Your immunization card
- k. Small first aid kit (bandages, anti-bacterial cream, etc.)



Pothawira

(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Pothawira

<p>Food/Water in Africa</p>	<ul style="list-style-type: none"> • We will purchase bottled water and coke products. Cherry Plum is a big hit in Malawi! It is not safe to drink in-bottled water. Do not drink tap water, fountain drinks or use ice cubes. Be sure to clean the lip of cans or bottles. • It is advised to use bottled water to brush your teeth while in Malawi. • As beautiful as Lake Malawi looks, there is Schistosoma, a parasite that causes bilharzia. You may go to the beach and take pictures, but it is advised not to set into the water. Please speak with host • The food is different. They eat a lot of nsima, rice, chicken and beef. It is not bad but definitely not American. If you stay in a hotel you eat breakfast and dinner at the resort or hotel. Lunch provided at Pothawira while you work. Bring snacks with you as well. • [Sometimes] lunch is late. It is a good idea to always have a few snacks with you. • Avoid uncooked foods, limit fruits to what you can peel. • Foods of particular concern include green salads, uncooked vegetables, raw meat, and shellfish. If you peel your fruit yourself, it is generally safe. • If in question about a particular food item, ask. .
<p>Medical Conditions</p>	<ul style="list-style-type: none"> • Please let us know if you have any medical conditions. This is for your safety in cases of an emergency. • It is critical you let us know if you have been sick prior to the trip or believe you may be getting sick. Even if it's a common cold. • Any information will be considered confidential and not shared outside unless relevant in cases of emergency.
<p>Staying Healthy</p>	<ul style="list-style-type: none"> • Wash your hands frequently with soap and water or use an alcohol based hand sanitizer. • Malaria is a serious disease that is transmitted to humans by the bite of an infected mosquito. Symptoms may include fever and flu-like illness, including chills, headache, muscle aches, and fatigue. Malaria may cause anemia and jaundice. Infections, if not promptly treated, may cause kidney failure, coma, and death. Malaria is hyper-endemic and is present throughout the year and in most of the country. It is imperative that you take your malaria prophylaxis as directed by your physician. Use bug spray daily to prevent bites and sleep under the mosquito nets. Bug repellent incense is in your rooms. It is a good idea to light these as evening starts to fall. • If you believe you are experiencing any malaria related symptoms, let someone know IMMEDIATELY. • If you have any signs of intestinal issues or stomach flu type symptoms, begin to take your Ciproflaxin and inform someone immediately. • Carry some tissues with you. If you have to go to the bathroom, toilet paper is hard to find. Use purell on your hands after using restroom facilities. Do not set anything on the floors. • Avoid contact with animals. • Always wear shoes or sandals. Do not walk around in your bare feet. This is a mode for contacting a parasite.
<p>Post Trip Doctor Visit</p>	<ul style="list-style-type: none"> • If you become ill after your trip (even up to a year) be sure to let your doctor know you were in Africa and what country.

<p>What to Pack</p>	
	<p>Flashlight for power outages that occur frequently (headlamps are great)</p>
	<p>Camera and/or video camera with extra batteries and memory sticks and mini-alarm clock if you choose.</p>
	<p>Clothing-(Check with Anne or Eddah)</p> <ul style="list-style-type: none"> • It is winter in Africa around May-August. The low is about 57 degrees and the high is about 78 degrees. The mornings and evenings can feel cold and windy, but the afternoons warm up nicely. • The overall custom is to dress modestly and a slightly more formal than the US • Jeans are acceptable. Women may wear trousers or skirts below the knee • Plain T-shirts or decorative T-shirts are acceptable • Women dress modestly in Africa. Therefore, it is not appropriate to wear tank tops, sleeveless shirts, deep V-neck shirts or shirts that will show your stomach or back or cleavage.



Pothawira

(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Pothawira

	<ul style="list-style-type: none"> • It is recommended to wear natural fabrics such as cotton • It is advisable to bring a light sweater or long sleeve shirt for cool evenings/early mornings. The best plan is to dress in layers for winter months. • No need to bring flat irons, hot rollers, curling irons etc.... One blow dryer per room should be fine. <p>Clothing Continue: Clothing should be conservative and modest.</p> <ul style="list-style-type: none"> • Men—long pants and shorts are appropriate for work sites. Short and long sleeve shirts are appropriate. • Women—long pants and longer capri pants for work at project site. Skirts for church should be knee length or longer. Short and long sleeve shirts are appropriate. NO TANK TOPS. Shirts should be modest and should not show excessive cleavage. • Men and women--Bring a lightweight jacket. It can be quite cool in the mornings and evenings and you will want the extra layer. • All clothing should be modest and conservative. No loud or “crazy” prints (skulls and crossbones, etc.) • Sturdy, comfortable shoes. Tennis shoes or boots are good choices. Note that the dirt is very red and will stain white shoes and socks. • Do NOT bring any gold, silver, or precious stones jewelry. • Put your name or initials with permanent marker on clothing labels to make it easier to find your clean, laundered clothes
	Converters for European outlets (Malawi use British style)
	It is advised not to rely upon hotel amenities
	<p>Small first aid kit that includes:</p> <ul style="list-style-type: none"> • Band-Aids • Sunscreen • Bug spray with at least 30% DEET • Aspirin/Advil • Anti-fungal cream • Imodium, Pepto or Tums • Purell Hand Sanitizer • Wet Wipes • Any prescription medication you need
	<p>Passport</p> <ul style="list-style-type: none"> • We advise that you take a photocopy of your passport and driver’s license and leave a copy with someone at home and bring a copy of the photocopy with you.

Travel Tips	
Boost Your Immune System	<p>Do everything you can to boost your immune system to prevent illness prior to our trip. The flight from the USA to Africa is nearly 16-20 hours. This will tax your body and reduce your immunities. You don’t want to be sick in a third world country!</p> <ul style="list-style-type: none"> • Maintain a sensible bedtime schedule several days before the trip • Take vitamins daily – extra doses of vitamin C • If you feel like you may be getting a cold, take a Zycam right away • Intentionally drink more water • Moderate exercise (do not overdo it) • Minimize alcohol
Jet Lag Prevention	<ul style="list-style-type: none"> • Set your watch to the new time as you begin the trip • Try to adapt your eating to the time schedule to which you're traveling • While in flight, avoid sleeping at times that wouldn't be appropriate for sleep at your destination. It may help to bring Tylenol PM, Ambien, melatonin to help you sleep on the plane • Make the most of any stopovers by making yourself comfortable and getting rest • Drink plenty of liquids, but avoid alcohol and caffeine
Packing Tips	<ul style="list-style-type: none"> • Leave any valuable or flashy jewelry/ watches at home. • No need to bring a full wallet of credit and reward cards. If you bring a credit card, try to limit it to one.



Pothawira

(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Pothawira

	<ul style="list-style-type: none"> ● Mix clothes in different bags in case any are stolen or delayed in transit. We recommend distributing supplies for Pothawira clinic and orphanage throughout all bags to ensure we have some upon arrival if all bags do not make it on time. ● Be sure to keep all your medication - prescription, over-the-counter, even vitamins - in their original containers ● You are allowed 100lbs (2 50lbs bags) on most flights, a carry on and a personal item. We recommend you maximize this and if you don't feel you will use all the space. Notify others in your group, Anne or Tony Alaniz because we always have supplies for the orphanage, clinic and school and may have you carry those in your unused space/suitcase to take there. ● Unfortunately, bags can get lost. We recommend you pack a change of clothes and key incidentals (such as medications, contact solutions, tooth brush, etc.) in your carry-on bag in the event this occurs.
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Luggage (Check with airline)	
Luggage Weight	<ul style="list-style-type: none"> ● THIS WILL DEPEND ON THE AIRLINE ● Passengers traveling to/from the U.S. on South African Airways are allowed to check 2 bags with a maximum length of 62 inches and 50 lbs. ● South African Airways limits the weight per bag to 20 kilos for the flight to Malawi but checking in as a group helps to distribute the weight.
Carry-on Bags	<ul style="list-style-type: none"> ● THIS WILL DEPEND ON THE AIRLINES
Labels & Locks	<ul style="list-style-type: none"> ● Ensure you have clear labels with your name, address and phone number on each of your bags (even carry-on). ● We recommend using TSA locks on your checked luggage. These locks can be opened by the TSA here in the states at the point of embarkation but not in the Africa countries.

Miscellaneous Information	
Culture/Customs	<ul style="list-style-type: none"> ● Malawi is known as the “warm heart of Africa”. As a rule, Malawians are very friendly people. It is customary to greet by shaking hands, of which there are many styles. Sometimes your hand will be held throughout the conversation. ● It is courteous to ask people for permission before taking pictures. Do not take photos of police officers, hospitals, or any officials. ● Music is part of Malawi's culture, with influences from the Zulu people of South Africa, the Islamic Yao people of Tanzania and others. Most of the tribes have their own music and dance styles with locally made drums and rattles. You will experience greetings of song and dance. It is appropriate to respond with thanksgiving and smiles. ● About 80% of the people in Malawi are Christian, with the rest being Muslim. There are a few Malawians who still practice traditional beliefs. ● The native language is Chewa. Some people in the towns /cities speak English. However, most villagers will not understand English. ● Chickens, goats, and an occasional pig are used to supplement the standard dish of boiled cornmeal called <i>nsima</i>. <i>Nsima</i> is eaten twice a day, usually at lunch and dinner, and is preferred by most people to rice or potatoes. Fruits are plentiful, including mangoes, melons, oranges, bananas, and pineapples. Vegetables are not popular. ● Soft drinks are quite prevalent, especially Coca-Cola, Fanta and Sobo ● The Malawi currency is called Kwacha. ● Men dress in a Western style, wearing shirts and trousers, women in villages often wear traditional attire consisting of two or three <i>chitenjes</i>, which are large pieces of colored fabric used as a skirt, a headdress, and a sarong like wrap that holds a small infant on the woman's back.
People Asking for Money in Villages	<ul style="list-style-type: none"> ● When we stop at various villages, it is possible that a child or adult may ask you for money. Or, they may want you to give them something you have. This does not happen a lot but does from time to time. If we leave something for the village (for example: soccer balls, toys, craft material, DVD's) it is customary to give it to the head elder of the church but let Pothawira know first.



Pothawira

(Haven) Christian Mission Organisation / P.O. Box 132, Salima

Pothawira

	<ul style="list-style-type: none"> ● If you want to make an offering to the church, talk with the host first. He will connect you with the appropriate elder. ● Please refrain from giving anything to the children or anyone on the staff. Please see adm for explanation. ● There is a strong sense of hierarchy and order we want to respect.
Responding to Beggars in General	<ul style="list-style-type: none"> ● Many of the world's poorest are children. Their needs are tremendous, and the desire to meet those needs is strong. But <i>we absolutely cannot give to beggars</i>. In many countries, giving to one will start a riot. In other countries, giving a piece of candy to a child in the clinic may be viewed as an attempt to bribe the child and can infuriate the parents. So please, do not give to beggars.
Time Schedule	<ul style="list-style-type: none"> ● You will be traveling to a third world country that is as far away from the American way of life as you can get. Developing countries tend to move on their own timetable and this can be a great annoyance to Americans. Please prepare yourself to "go with the flow". There are many times we may hurry up only to wait. Traffic, schedules, people emergencies often get in the way. And, if we do arrive on time, chances are the person we are meeting won't be on time. ● The days will be long and full. Please pray for God's patience and grace.
Malawi Lodging options	<ul style="list-style-type: none"> ● Hotel- we can provide options for those interested. Price range between \$100-\$150 a night. ● PSH campus rooms. First room sleeps up to 3 people and the second room sleeps 5 to 6 people per room (unless you double up). Price per day is \$50-\$60 a day. ● Be sure you sleep under your mosquito net each evening and during naps. ● Remember do not go into the lake under any circumstance.??? This can be discussed further while there. ● The electricity may go out, bring a flashlight. ● Generally, the water is warm for showers.
Safety	<ul style="list-style-type: none"> ● Malawi is considered a safe country and Malawians are rightfully known for their friendliness. However, the usual precautions should be taken as would be advised for any tourist anywhere. ● Always go in pairs. Do not walk around by yourself. Tell others when and where you are going, as well as when you will return. ● Keep your passport with you at all times if staying in a hotel/lodge. It is best to wear a passport holder. DO NOT LEAVE IT IN YOUR HOTEL ROOM or near windows. It's safe in the apartment. ● Do not leave any valuables in your hotel room.
Miscellaneous Reminder	<ul style="list-style-type: none"> ● Miscellaneous items to bring: <ul style="list-style-type: none"> ○ If you wear prescription glasses, bring an extra pair. ○ Camera (w/good telephoto if going on an animal safari) or video camera ○ Tripod, camera lens cleaning solution, and cloth ○ Spare batteries and/or battery recharger ○ Plug adapters (international kit), multi-plug or extension cord with multi-plug for simultaneous multi-device battery charging (i.e.—recharging your cell phone, camera batteries, and computer at the same time) ○ Voltage converters if needed for appliances like hair dryers, curling irons, etc. that run on 110 volts ○ Flashlight and/or headlamp ○ Toothpaste and toothbrush for the plane ride ○ Snacks. Do not eat in front of other people unless you are willing to share. Eating without sharing is considered rude. ○ Water bottle—water will be provided, but you will need a bottle to refill every day ○ Toiletries—toothbrush, toothpaste, contact lens solution, face wash, etc. ○ Extra roll of toilet paper (just in case!) ○ Towel—Bath towels are in short supply in Malawi. Bring one towel for yourself, and an extra towel to leave behind at the Maseko's' for use by future visitors, children, or patients ○ Computer (optional) ○ Cell phone with international coverage (optional) ○ Binoculars (optional) ○ Notebook/Journal and pen/pencil for writing down your thoughts and prayers at the end of the day ○ Small Bible ○ Credit card—note: each international transaction will be charged an additional fee, cash withdrawals will also incur an additional fee, these fees can quickly add up ○ ATM card—recommended over a credit card, don't forget your password or pin number ○ Eye mask, ear plugs, inflatable pillow for the plane ride ○ Emergency contact numbers to share with the group



Pothawira

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Pothawira

	<ul style="list-style-type: none"> o Extra clothing to give away at the project sites—bring clothing in a variety of sizes for the children, mamas, patients, and workers. o Traveling alarm clock or cell phone with alarm clock feature o Remember to pack at least one of the following: soccer ball, volleyball, Frisbee, jar of chewable multivitamins, or jar of gumballs, lollipops etc. These will be shared with the kids.
Malawian License	<p style="text-align: center;">Medical Personnel info</p> <p>Here is what is needed for the registration:</p> <ol style="list-style-type: none"> 1. The medical practitioners will have to fill out the "Medical Council Application" form. The nurses/midwives fill out the nursing registration form and the transcript form. Other documents needed to be sent with the filled-out application forms are: 2. Copies of your training/medical certification, 3. Copy of diploma certificate(s), 4. Certificate of good standing (letter from your employer stating when you started working with them and what you do at work - similar to recommendation letter), 5. Current evidence of nursing/medical registration, 6. Updated resume, 7. Other nursing/medical training certificates you have, 8. 2 passport photo sizes 9. \$250 fee each for those coming to do a medical camp (has to be 5 or more).

Contact Information/Communication	
Malawi Pothawira Partners	<p>Anne Alaniz- abalaniz@houstonmethodist.org pothawirash@gmail.com Whatsapp: 832-657-7744 or 8177933190</p> <p>Eddah Hara- eddah@charistours.net Whatsapp: 265-999-760-981</p>
Cell Pone	Please contact your cell phone service provider to find out the details and costs of international roaming charges. They can be high. You can get service at the resort in Malawi. Depending on your carrier, text messages are generally \$.50 per text (sent and received).
Credit Cards	If you plan to bring a credit card with you, contact the provider and let them know the dates and countries you will be traveling to (this includes countries we have layovers in).
Internet/E-Mail	The resort in Malawi has limited internet access. If you do get access, it is extremely slow. If you have an unlocked phone, you can purchase a Malawian sim card to use. Pothawira has the internet as well.



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