



OUTREACH PARTNER PACKET

Contents

About Jewish Voice Ministries International	5
<i>Our Mission and Vision</i>	<i>5</i>
About The President	5
History of Jewish Voice Ministries Outreaches	5
Congregation & Leadership Development in Ethiopia	6
Who We Will Be Serving in Inchini	6
About Ethiopia	7
About Inchini.....	7
<i>Weather</i>	<i>7</i>
<i>Elevation</i>	<i>7</i>
<i>Time</i>	<i>7</i>
<i>Currency.....</i>	<i>7</i>
<i>Language</i>	<i>7</i>
Your Point of Contact-Outreach Engagement Manager.....	7
Official Outreach Dates	8
Land Package	8
Payment Schedule.....	8
Registration Closing Date	8
Cancellation Policy	8
Additional Financial Obligations.....	8
Registration Documents Required.....	9
Application Approval.....	9
Checklist.....	10
Checklist.....	11
Preparing For The Outreach	12
<i>Spiritual Preparation</i>	<i>12</i>
<i>Emotional Preparation.....</i>	<i>12</i>
<i>Physical Preparation</i>	<i>12</i>
Vaccines and Medicine.....	12
<i>Cost of vaccinations</i>	<i>12</i>

<i>When to get your vaccinations</i>	12
<i>Malaria</i>	12
<i>Which vaccinations do I need</i>	13
Booking Your Flights	15
<i>The Land Package does NOT include flights</i>	15
<i>When do I Book my Flights</i>	15
<i>How do I book my Flights?</i>	15
<i>Group Flight Schedule</i>	15
<i>Will there be a JVMI representative travelling with a group from the US?</i>	15
<i>I am from the US, do I have to fly with the group?</i>	15
<i>I do not live in the US, which flights should I book and when do I need to arrive and depart from Addis?</i>	16
<i>What if I am unable to arrive and depart at the designated times?</i>	16
<i>What is a Trip Zone?</i>	16
<i>How can I determine my Trip Zone?</i>	16
Hotel in Washington	18
Ethiopian Visa	18
Travel Insurance	18
Medical Professionals	19
What To Wear	19
What Not To Wear	20
Packing List	21
<i>Carry-on Luggage Checklist</i>	21
<i>Checked Luggage Checklist</i>	21
Luggage	22
<i>Luggage Tags</i>	22
<i>Luggage Requirements & Fees</i>	22
<i>Overweight Luggage</i>	23
<i>Baggage Fees</i>	23
In Ethiopia	23
<i>Arrival in Ethiopia</i>	23
<i>Meals</i>	23
<i>Accomodations-Camping</i>	23
<i>What does JVMI provide?</i>	23
<i>Campsite Restrooms and Showers</i>	23
<i>Learn more about camping with JVMI -Videos</i>	24

Accomodations-Saro Maria Hotel 24

Single Rooms..... 24

Outreach Schedule**25**

The Clinic.....**25**

Clinic Assignments..... 26

Clinic Orientation 26

Clinic Departments..... 26

Customs & Travel Information**27**

Health Tips**28**

Frequently Asked Questions.....**29**

Resources.....**31**

Share Your Outreach Experience**32**

About Jewish Voice Ministries International

Our Mission and Vision

We exist to transform lives and see all Israel saved. It is the mission of Jewish Voice Ministries to:

- Proclaim the Gospel
- Grow the Messianic Jewish community
- Engage the Church concerning Israel and the Jewish people

Jewish Voice carries out this mission through a many-faceted ministry that includes:

- Humanitarian medical outreaches
- Large-scale international festivals
- Congregation planting and leadership training
- Weekly television show, Jewish Voice
- Print media
- Speaking engagements

Our purpose is not only to reach the Jewish People with a message of atonement through faith in the living Messiah of Israel, but also to foster among Believers a love and concern for the Jewish People, and to teach them how to relate to and witness to Jewish People. Over the years, we have distributed thousands of tracts, books, CDs and DVDs with Jewish testimonies, teachings about modern Israel and Bible prophecy, and biblical methods of how to introduce Jewish People to their Messiah. In 2017, Jewish Voice celebrated 50 years of ministry.

About The President



Since 1984, President & CEO Jonathan Bernis has worked on the forefront of world evangelism, taking the Good News of Israel's Messiah to the far reaches of the earth, to the Jewish People, and also the Nations. Jonathan is the founding Rabbi of Congregation Shema Yisrael in Rochester, New York, where he served as Senior Messianic Rabbi from 1984 to 1993. He also founded and pastored the Messianic Center of St. Petersburg, Russia, where he lived and ministered from 1993 to 1997.

Today, as President of Jewish Voice Ministries International (JVMI), and our associated organizations in Canada and the United Kingdom, Jonathan directs all aspects of the ministry, including the weekly television program "Jewish Voice with Jonathan Bernis," which airs throughout the United States, Canada, Europe, Africa and Asia.

History of Jewish Voice Ministries Outreaches

Several times a year, Jewish Voice and teams of volunteers (Outreach Partners) offer desperately needed, free medical and dental care to poverty-stricken Jewish communities in Ethiopia, Zimbabwe, and India. We strategically plan our clinic schedule throughout the year to reach as many needy people around the world as possible.

The first JVMI medical clinic was in Gondar, Ethiopia in 1999 where we treated 1,300 patients. Those small beginnings have grown, thanks to the blessings of God, our skilled staff, and dedicated outreach partners. Presently, we treat an average of nearly 8,000 patients per short-term medical mission trip. In Ambo Meda in 2019 we treated over 17,000 patients, the most ever in JVMI history. In 2017, Jewish Voice celebrated serving

1 million overall ministry recipients and treating 400,000 medical outreach patients.

Through serving the Jewish People and their neighbors with free medical clinics, we have also welcomed thousands into God's kingdom as they have come to faith in Yeshua. Patients are invited into our prayer room where they have the opportunity to receive compassionate prayer and hear the Gospel of Yeshua (Jesus). This provides a unique opportunity for non-medical Outreach Partners to participate in our medical outreaches. In fact, while we need medical professionals, non-medical Outreach Partners are essential to the success and vision of our outreaches.

Congregation & Leadership Development in Ethiopia

We believe in discipling new Believers; therefore, we also plant new, and strengthen existing, congregations. We partner with other ministries to establish and operate Messianic Jewish Bible Institutes (MJBI) to equip leadership for Jewish ministry.

After several years of medical outreaches in Ethiopia, Jewish Voice Ministries International helped plant the first Messianic Jewish Congregation among the Ethiopia Jewish community in 2007. Since that time, we have participated in planting 22 congregations among three distinct historic Jewish communities in Ethiopia – the Beta Israel, the Beta Abraham, and the Gefat. As of 2015, the Beta Abraham and Gefat communities have begun planting their own congregations with limited assistance from JVMI – praise the Lord! We continue to support congregational work through monthly financial assistance and annual training to strengthen the basics of faith in Yeshua as uniquely Jewish communities. Our desire is to see the Lord continue to establish an Ethiopian Messianic Jewish Movement that is impacting the Church of Ethiopia and influencing the International Messianic Jewish Community.

Who We Will Be Serving in Inchini

We will be serving the Gefat Jewish community and their neighbors in Inchini. The Ethiopian Jews we serve are divided into three distinct groups: the Beta Israel, the Beta Abraham, and the Gefat tribe of Southern Ethiopia. Originally from Gondar, Ethiopia, the Beta Israel people trace their heritage to the legendary union of Solomon and the Queen of Sheba. Although they are often referred to in derogatory terms by those outside of their group, they've maintained a Jewish identity both openly and inwardly despite this persecution. The Beta Israel has been recognized by the State of Israel and is to date the only historically Israelite group in Africa to have been accepted for Aliyah to Israel.

The Beta Abraham, by contrast, also trace their roots to Gondar, Ethiopia, and the surrounding areas; however, they moved south more recently to Addis Ababa where they encountered severe persecution and were forced to either convert to Orthodox Christianity or give up their farmland. Many, if not most, made public conversions, but continue to maintain their secret Jewish customs and worship at home behind closed doors. This community numbers tens of thousands of people who live in a slum on the edges of Addis Ababa. To date, the Beta Abraham have not been recognized by the State of Israel since the rabbis consider them to have forfeited their Jewishness when they converted—even if these conversions were done under duress. Jewish Voice serves this community as we are certain the Beta Abraham are indeed still Jewish.

The Gefat tribe of Southern Ethiopia also traces their history to the Beta Israel of Gondar, but migrated to the southern reaches of Ethiopia centuries ago, allegedly blowing the shofar as they went. Gefat literally means “the blowers.” They, too, encountered prejudice and persecution amidst the other southern Ethiopian peoples, and most live humble lives on the outskirts of southern Ethiopian cities. They have been given the derogatory name “fuga” by the local community—a play on the word Gefat, which says these people should “just blow away and disappear.” These three Jewish groups may appear to be like others in their culture since circumcision is almost universally practiced as a nation in Ethiopia and most of their fellow citizens also avoid eating meats which are

biblically unclean.

About Ethiopia

- Located in East Africa, Ethiopia is the second most-populated country in Africa, with a population of more than 90 million people.
- It is landlocked and borders Kenya, South Sudan, Somali, Djibouti and Sudan. Addis Ababa, the capital city, is the highest capital city in Africa, at 2,400 meters.
- Allegedly, the Ark of the Covenant that holds the 10 Commandments is in a church in this country.
- It is one of the few countries that were not colonized, though Italians occupied it for at least five years.

About Inchini

Weather

Ethiopia experiences two main seasons - a dry season and a rainy season. The short rain season, known as the Belg, is September, October, and November. It is also known as the harvest season.

Average daytime temperature: 71-78°F (22-26°C)

Average evening temperature: 54-60°F (44-52°C)

Humidity: 39-56%

Elevation

Elevation in Inchini: 7,116 feet (2,168 meters)

Elevation in Addis Ababa: 7,726 feet (2,355 meters)

Time

Ethiopia is 7 hours ahead of East Coast USA time (i.e. 2 A.M. in NY is 9 A.M. in Ethiopia).

Currency

The birr is the currency used in Ethiopia and the currency code for birr is ETB. Ethiopia is still primarily a cash economy. Credit cards and travelers checks are not accepted at most hotels, restaurants, shops, or other local facilities. US dollars can be exchanged at the hotel in Addis Ababa. The exchange rate fluctuates and is currently about 28 Birr to the dollar. A cup of coffee is about \$1 USD = 28 Birr. A bag of coffee beans is about \$7-\$8.00 USD or 200 Birr.

Language

The majority of people in Inchini speak Amharic. Following are a few Amharic words that may be beneficial for you to learn. It is helpful to go online and hear how the words are pronounced.

Greeting: Salam

Thank you: Amasegenalo

Excuse Me: Yikerta

Please: ebakih (man) ebakish (woman)

Goodbye: Ciao

Yes: Ow

There are several websites that provide more Amharic words and phrases that may be useful.

Learn Amharic: <https://www.17-minute-world-languages.com/en/amharic/>

Your Point of Contact-Outreach Engagement Manager

Thank you for answering the call to serve with Jewish Voice. My name is Celeste Peters. I am the Outreach Engagement Manager for this outreach. I am your point of contact and will be assisting you as you prepare for a life changing event. Please check your email regularly because you will be receiving important information

regarding your trip. If you are not receiving emails please check your *Junk Box* or contact me. Yohanna Elliott will also be assisting you as you prepare for the outreach.

For "Everyone who calls upon the name of Adonai shall be saved." How then shall they call on the One in whom they have not trusted? And how shall they trust in the One they have not heard of? And how shall they hear without someone proclaiming? And how shall they proclaim unless they are sent? As it is written, 'How beautiful are the feet of those who proclaim good news of good things!' (Romans 10:13-15)

Official Outreach Dates

Thursday, 24 October – Sunday, 3 November 2019

The official outreach dates are the dates the group departs from the U.S. and returns to the U.S.

Land Package

The Land Package includes travel insurance, in country: double occupancy lodging at the group hotel, group meals, and ground transportation during the scheduled outreach dates. It also includes a tent and cot, while at the campsite. You are responsible for making your roundtrip flight arrangements from your home city to Ethiopia.

Land Package Cost: \$1,450*

*There are additional financial obligations-See the section titled *Additional Financial Obligations* for more details.

Payment Schedule

A \$250 non-refundable application processing fee is due when the application is submitted. This fee is applied to the cost of the outreach. The balance is due 29 August 2019.

Registration Closing Date

The application for the Inchini Medical Outreach closes on 29 August 2019.

Cancellation Policy

Jewish Voice Ministries International (JVMI) is a non-profit, 501 (c) (3) organization. Donations to JVMI are generally tax deductible as long as JVMI has complete discretion and control over use of all donated funds. Because JVMI maintains the required discretion and control, donations cannot be refunded. If you need to cancel your trip you have the following options for funds donated:

1. Funds can be used on a future trip taken within 12 months.
2. Funds can be transferred to another person.
3. Funds can be donated to the general medical clinic fund.

Additional Financial Obligations

In addition to the package cost, you are also responsible for the following costs:

Passport: You are required to have a passport to travel to Ethiopia. *Fees vary.*

Ethiopian 2 year Business Visa: *\$70.00 plus \$14 mailing costs for US residents.* The costs are subject to change. The costs for visas for non US residents varies.

Roundtrip Airfare to Addis Ababa: *Costs vary.*

Fairfield Inn & Suites Hotel in Washington, DC (for Outreach Partners choosing to stay overnight in Washington the day before the group flight departs). *\$129.00 plus taxes.*

Vaccinations & Malaria Medication: Costs vary from *\$500-\$2,000*

Personal Spending Cash: Varies. Amount will vary, depending on quantity of personal shopping. We suggest bringing *\$100-\$300* cash.

Registration Documents Required

All Outreach Partners are required to submit the following documents to JVMI. If you are a past Outreach Partner you do not need to resubmit a photo or a copy of your passport unless there have been changes.

- Color Headshot: The color headshot is used for your name badge.
- Copy of Passport: The passport is used for visa approval, booking airline tickets, and for hotel registration.
- Pastoral Recommendation Form

Application Approval

Your registration is pending until all the required documents are submitted, all payments are made, and your application and Pastoral Recommendation form is approved. You will receive a confirmation email when you have been approved for the outreach. We will notify you within five (5) days of receipt of your application and your Pastoral Recommendation form, if you have been approved to serve with Jewish Voice on the Medical Outreach.

Checklist

- 2 September: The Outreach Engagement Manager will send you the visa application.**
- 29 August: Medical Credentials Due**
- 1 September: Watch the the camping videos:**
Camping with Jewish Voice – How to Pack (video): <http://bit.ly/1lojzR4>
Campsite Tour (video): <http://bit.ly/1V2v2ln>
- 2 September: Mail your visa application**
- 10 September: Learn more about the Scattered Tribes of Ethiopia:**
Watch the video: <https://www.youtube.com/watch?v=-7JqMPPnu24>
- 12 September: The visa application is due**
- 1 October: Learn Amharic:** <https://www.17-minute-world-languages.com/en/amharic/>
- 7 October: Book your hotel reservation at the Fairfield Inn & Suites:** Contact Fairfield Inn & Suites Hotel if you are planning to stay in Washington, DC overnight.

10 October

- Read the Travel Insurance Policy**
- Shop.** Shop for a sleeping bag and other items needed for the outreach. Use the Packing List.

20 October: Set up Whats App or Skyppe on your phone

21 October

- Leave a copy of your itinerary and the Partner Packet with your family or a friend
- Make 2 copies of your passport and itinerary. Place a copy in your carry-on bag or personal bag and a copy in your checked bag.
- Pack- Use the Packing List
- 23 October:** Arrive in Washington Dulles
- 24 October:** Group departs from Washington Dulles Airport

Preparing For The Outreach

Preparation for a mission trip begins several months before travel. As part of the preparation for your trip, you should be aware that there are emotional, spiritual, and physical demands while on a mission trip. These components can impact your experience in a positive or negative way depending on how you prepare, your personality and disposition. Following are some areas to consider while preparing for your trip.

Spiritual Preparation



God will use you to bless His people. You will be part of bringing them medical care, and most importantly bringing them new hope, the eternal hope of Yeshua. Please ask your friends, family, and congregation to pray for you, the patients, and the team before, during, and after the outreach. Psalm 133 explains that when brethren dwell together in unity there's a mighty anointing that flows that causes everlasting life. A list of specific prayer requests will be sent to you 2-3

weeks prior to your trip.

Emotional Preparation

One of the best attitudes to have is flexibility. On these trips things do not always go as scheduled. You are often required to adapt to situations that are not normal to you such as the culture, food, and living quarters. Keep a positive attitude and pray.

Physical Preparation

A mission trip can be physically demanding. It is beneficial to include some exercise habits in your schedule prior to the trip. You may be required to climb up and down stairs at the airport. There is also some walking required at the clinic. The elevation is over 6,000 feet above sea level. The air pollution can be challenging. The roads are dusty **and there are harsh exhaust fumes from the cars. Please check with your doctor if you have respiratory issues. Also, plan to bring a mask, scarf, or handkerchief to cover your nose and mouth.**

Vaccines and Medicine

JVMI staff is not medically trained and therefore, it is our policy to refer you to your doctor and the Center for Disease Control (CDC) regarding what vaccinations are needed. Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.

Cost of vaccinations

The cost of vaccinations vary and may range from \$500-\$2,000. Please check with your physician, a local clinic, or a travel clinic.

When to get your vaccinations

To receive the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if needed. Even if you have less than four weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

Malaria

- Areas of Ethiopia with Malaria: All areas <2,500 m (<8,202 ft.), except none in Addis Ababa.
- **Malaria transmission is known to occur in Inchini and malaria medicine is recommended.**

- You will need to discuss with your doctor the best ways for you to avoid getting sick with malaria.
- Ways to prevent malaria include the following:
 - Taking a prescription antimalarial drug (**Chloroquine is NOT an effective antimalarial drug in Ethiopia and should not be taken to prevent malaria in this region. Recommended chemoprophylaxis:** Atovaquone-proguanil, doxycycline, or mefloquine.
 - Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
 - Sleeping in air-conditioned or well-screened rooms or using bed nets.

Which vaccinations do I need

The following information was taken from the Center for Disease Control (CDC) website.

For more information visit the CDC website.

http://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/ethiopia?s_cid=ncezid-dgmg-travel-single-001

All Travelers	
You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.	
Routine Vaccines	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.
Most Travelers	
Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.	
Hepatitis A	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Ethiopia regardless of where you are eating or staying.
Typhoid	You can get typhoid through contaminated food or water in Ethiopia. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
Some Travelers	
Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.	
Cholera	Cholera is a risk in parts of Ethiopia. CDC recommends this vaccine for adults who are traveling to an area of active cholera transmission. Most people do not travel to areas of active cholera transmission. Avoiding unsafe food and water can also prevent many cholera infections. Cholera is rare in travelers but can be severe. Certain factors may increase the risk of getting cholera or having severe disease.
Hepatitis B	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.
Malaria	Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas.
Meningitis (Meningococcal disease)	CDC recommends this vaccine if you plan to visit parts of Ethiopia located in the meningitis belt during the dry season (December–June), when the disease is most common.
Rabies	Rabies can be found in dogs, bats, and other mammals in Ethiopia, so CDC recommends this vaccine for the following groups: Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). People who are taking long trips or moving to Ethiopia Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.
Yellow Fever	Yellow fever is a risk in certain parts of Ethiopia, so CDC recommends the yellow fever vaccine for travelers 9 months of age or older to these areas. Ethiopia requires proof of yellow fever vaccination if you are traveling from a country with risk of yellow fever (this does not include the US - for complete list visit the CDC website. The CDC recommends the yellow fever vaccination.

Booking Your Flights

The Land Package does NOT include flights.

When do I Book my Flights

All flights must be booked by 29 August 2019

How do I book my Flights?

Please book all your tickets through Travel Leaders, the JVMI preferred travel agency.

- Travel Leaders is often able to provide humanitarian airfares. They provide 24 hour emergency service and will assist you if your flight is delayed or cancelled or if you encounter issues during your travels.
- Connecting your international and domestic flights on one ticket may provide lower airfares and may also eliminate domestic baggage fees.
- Travel Leaders charges a \$30 service fee per ticket.
- Travel Leaders Contact:
Debbie Havrilak Email: debbie.havrilak@travelleaders.com Ph: 800-622-3342
Debbie's Hours: M-Th 9AM-4PM PT. All other hours please ask for the Missions Dept.
- Payment for your tickets should be made directly to Travel Leaders.
- The airline may charge you a baggage fee for your domestic carry on and/or checked bags. Please check with the travel agent for information.
- Inform the travel agent of seat requests, meal requests, frequent flyer number, and any other special needs. Review your itinerary and ensure all information is correct: name as it appear on your passport, correct flights, times, and departure and arrival cities, and seating and meal requests

Group Flight Schedule

Note: |ADD- Bole International Airport in Addis Ababa |IAD-Dulles International Airport in Washington
ET- Ethiopian Airlines

GROUP FLIGHT SCHEDULE				
ET FLT 501	DEPART IAD	24 OCT 11:00 AM	ARRIVE ADD	25 OCT 7:15 AM
ET FLT 500	DEPART ADD	2 NOV 10:45 PM	ARRIVE IAD	3 NOV 8:40 AM

Will there be a JVMI representative travelling with a group from the US?

Yes. A JVMI representative will be flying with the group from and to Washington, DC on the schedule shown below. **We strongly encourage all new Outreach Partners in the US, to travel with the group.**

I am from the US, do I have to fly with the group?

No. You are not required to fly with the group; however, we strongly encourage all new Outreach Partners departing from the US, to travel with the group. If you do not fly with the group please plan to arrive and depart at the preferred time stated below.

Arrive in Addis on Friday, 25 October between 6:00AM-8:00AM

Depart from Addis on Saturday, 2 November between 6:00PM-11:59PM.

I do not live in the US, which flights should I book and when do I need to arrive and depart from Addis?

Please plan to arrive in Addis Ababa, Ethiopia (Addis) and depart Addis at the preferred times stated below.

Arrive in Addis on Friday, 25 October between 6:00AM-8:00AM

Depart from Addis on Saturday, 2 November between 6:00PM-11:59PM

What if I am unable to arrive and depart at the designated times?

Please make every effort to arrive and depart within the designated times. All Outreach Partners will be categorized into a Trip Zone based upon your arrival and departure time from Addis.

What is a Trip Zone?

The Trip Zone defines who pays for and arranges, lodging, meals, and ground transportation when you arrive and depart from Addis Ababa, Ethiopia. All Outreach Partners will be categorized into a Zone.

Zone 1 (Arrival and Departure): All outreach partners who fly on the group flight schedule or arrive in Addis on Friday, 25 October between 6:00-8:00 AM and depart Addis between 6:00 PM-midnight on Saturday, 2 November, will be in Zone 1 and JVMI will provide lodging, meals, and transportation to and from the hotel.

Zone 2 (Arrival): You are in Zone 2 if you arrive on Friday, 25 October between 12:01 AM-5:59 AM. JVMI will make arrangements for transportation from the airport to the hotel and hotel arrangements for you. You are responsible for paying for the transportation and hotel, to JVMI prior to the outreach. If you arrive in Addis before the group on Friday, and are willing to wait at the airport for the group arrival, JVMI will provide the same accommodations as provided in Zone 1.

Arrival Zone 3 or Departure Zone 3: If you arrive in Addis on or prior to Thursday, 24 October or depart from Addis on or after Sunday, 3 November at 1:00 AM, you are responsible for your transportation to and from the hotel and your lodging accommodations. Please provide your transportation and lodging plans (how you are getting to and from the airport and the hotel where you are staying) to the Outreach Engagement Manager.

Flight Delays: If you are in Arrival Zone 1 or 2 or departure Zone 1 and your flight is delayed, JVMI will honor the initial zone you were registered under and will make accommodation changes as needed.

All Zones: Meals outside of group meals are at your own expense.

How can I determine my Trip Zone?

The schedule below provides information about what JVMI covers depending on your arrival and departure time from Addis. If you have questions please contact the Outreach Engagement Manager.

TRIP ZONE SCHEDULE				
ARRIVAL INTO ADDIS ABABA, ETHIOPIA				
Zone	Date and Time		Party responsible for making arrangements	Who pays
Zone 1	FRIDAY 25 OCTOBER 6:00 AM-8:00 AM <i>Group flight arrives Friday 25 October at 7:15 AM</i>	Transportation from airport to group hotel and group hotel accommodations	JVMI	JVMI
Zone 2	FRIDAY 25 OCTOBER 12:01 AM-5:59 AM	Transportation from airport to group hotel and group hotel accommodations	JVMI	Outreach Partner <i>All payments must be made prior to the trip.</i>
Zone 3	ON OR PRIOR TO THURSDAY 24 OCTOBER	Transportation from airport to group hotel and group hotel accommodations	Outreach Partner <i>Provide your transportation and lodging plans (how you are getting to and from the airport and the hotel where you are staying) to the Outreach Engagement Manager.</i>	Outreach Partner
DEPARTURE FROM ADDIS ABABA, ETHIOPIA				
Zone	Date and Time	Accommodations	Party responsible for making arrangements	Who pays
Zone 1	SATURDAY 2 NOVEMBER 6:00 PM-11:59 PM <i>Group flight departs Saturday 2 November at 10:50 PM</i>	Transportation from group hotel to airport and group hotel accommodations	JVMI	JVMI
Zone 2	NA	NA	NA	NA
Zone 3	ON OR AFTER SUNDAY 3 NOVEMBER 1:00 AM	Transportation from group hotel to airport and hotel accommodations	Outreach Partner <i>Provide your transportation and lodging plans (how you are getting to and from the airport and the hotel where you are staying) to the Outreach Engagement Manager.</i>	Outreach Partner

Hotel in Washington

If you plan to arrive in Washington, DC on Wednesday, 23 October, JVMI has arranged a discounted room rate at the Fairfield Inn & Suites hotel, which is about 20 minutes from the airport.

Fairfield Inn & Suites -Dulles Airport

Phone: 703-478-9777 Address: 485 Elden St., Herndon, VA 20170

- **The discounted room rate is \$129.00 plus taxes.** The cost of the hotel is NOT included in the package price. A continental breakfast is included in the room rate.
- **To receive the discounted rate, reservations must be made by 7 October.** There are a limited number of discounted rooms available so book your room as soon as possible. Let the hotel representative know you are with the Jewish Voice group. **You are responsible for making your own hotel reservations at the Fairfield Inn & Suites. Payment will be made directly to the hotel upon check out.**
- If you prefer to have a roommate to share the costs, contact Celeste Peters. We will make every effort to match you with another Outreach Partner.
- The hotel has a free shuttle service and will pick you up from the airport at Gate 2H. Call the hotel directly to schedule a pick up once you retrieve your luggage. The last shuttle pickup from the airport is at 11:00 pm. There are several Fairfield Inn & Suites in the area. Be sure the shuttle is for the Herndon location.

Ethiopian Visa

- Everyone is required to obtain an Ethiopian business visa prior to departure.
- The visa application and instructions on how to apply for a visa will be emailed to you at least 6-8 weeks prior to the trip. You must mail your actual passport (not a copy) along with the visa application.
- Your passport must be valid for at least 6 months beyond your return date and have at least two (2) blank pages for visa endorsements. The visa will be stamped in the back of your passport.
- A two (2) year business visa for US citizens is \$70. The mailing cost is \$14-\$20.
- Outreach Partners residing outside of the US will be sent country specific information for obtaining a visa.



Travel Insurance

JVMI will purchase a travel insurance policy for all Outreach Partners. The cost of the insurance is included in the cost of the trip. Trip Cancellation and Trip Interruption are not covered in this policy. Contact Faith Ventures to purchase additional coverage to supplement the policy provided by JVMI.



- JVMI will provide you with a copy of the policy via email prior to the trip. **Please read the policy prior to departing for your trip.**
- The insurance card will be mailed to you. This travel insurance is good for one year and may be used for all your travels-not solely JVMI outreaches.
- If you have previously served with JVMI you may already have a valid insurance card. Please check your card for the expiration date. A new card will not be issued unless your current card has expired.
- Faith Ventures Contact Information:
Phone: 800-876-4994 Website: <http://www.faithventures.com/trip-cancellation/>

Medical Professionals

If you are one of the following medical professionals, you are required to obtain a license to practice in Ethiopia. We will send you a checklist with the medical credentials required for licensing.

Dentist	Ophthalmologist	Pharmacist	Registered Nurse
Dental Assistant	Optician	Physician	Nurse Practitioner
Dental Hygienist	Optometrist	Surgeon	Physical Therapist

What To Wear

The clinic where we work has a professional dress code. For non-medical professionals, business casual attire is acceptable.

Women: Dress slacks, khakis, cargo pants, and long skirts are appropriate for women. Jeans are permitted as long as they are professional (no holes-not faded). Most women in Ethiopia wear long dresses and skirts. Dress for Shabbat service is casual. Some women prefer to wear a long skirt or dress.



Men: Dress slacks, khakis, cargo pants, polo shirts, and collared shirts are appropriate for men. Jeans are permitted as long as they are professional (no holes-not faded).



Men & Women: Scrubs are also an option for non-medical professionals during the clinic.

Medical professionals: Scrubs (any color) and white or grey lab coats are mandatory for clinicians. We suggest bringing at least 3-6 sets of scrubs.

Shoes: Comfortable walking shoes, clean looking hiking boots, sneakers, or tennis shoes. Water resistant shoes/boots are best just in case it rains.

After Clinic Hours: Comfortable clothing, including jeans and sandals.

Shabbat Service: Casual dress is acceptable for Erve Shabbat and Shabbat service on Friday and Saturday, but some people prefer to dress more formal (Women: dresses or skirts, men: slacks & a button down shirt).

What Not To Wear

Please keep in mind that we are in a remote part of the country and you should not bring any items of clothing (or non-clothing items) that cannot be replaced or that you are worried could be ruined. Any items that may draw unwanted attention should not be worn.

The modesty standards are strict; please DO NOT wear:

- Anything sleeveless (unless hidden by other clothing)
- Low-cut blouses, tops, and dresses
- Shorts
- Anything with exposed bellies or knees
- T-shirts with logos or slogans
- Clothing that is tight and form-fitting
- Open-toed shoes or sandals should not be worn at the clinic but may be worn after clinic hours
- Jewelry should be conservative or none at all
- Black scarves and shawls are a sign of mourning and should not be worn at the clinic.

Packing List

Please use the carry-on and checked luggage checklists when packing. We will be in a remote area where there are no stores nearby. We suggest you bring a few change of clothes to wear in the evening (jeans). If you forget anything please check with the office or the Hospitality Manager. We may have some select items.

Carry-on Luggage Checklist

Following is a checklist of items that you should pack in your carry-on luggage. Liquids, deodorant, toothpaste, and gels must adhere to airline requirements of 3.4 ounces or less, and must fit in one quart-sized bag.

- Copies of all important documents (passport, flight itineraries, driver's license, emergency contact information, documents needed to obtain your visa, and this Partner Packet). Also have a copy of these documents in your phone.
- A change of clothing (in case your checked luggage is lost)
- Place a copy of your itinerary in your carry-on, checked luggage, and your personal bag.
- Personal spending cash-Debit & Credit Cards (Many places do not accept debit/credit cards). **ATMs are not easily accessible.**
- Prescription medicines (in their original RX pharmacy bottles/containers, showing they are prescribed to you), allergy meds, pain meds
- Mints, gum, cough drops
- Toiletries (toothbrush, toothpaste, soap, deodorant, shampoo, comb, brush, razor, lotion, etc.)
- Tissue
- Personal snacks (nuts, trail mix, dried fruit, etc.)
- Camera
- Wristwatch, headphones, phone charger
- Earplugs for sleeping
- Notebook or journal & writing utensil/Bible, Reading material (i.e. paperback, e-reader, etc.)
- Hand sanitizer, Wet Ones, Clorox wipes
- Travel pillow, small blanket, and light jacket or sweater for the plane
- Small amount of toilet tissue (most restrooms at the airport in Ethiopia do not have toilet tissue)

Checked Luggage Checklist

- Sleeping bag
- Flashlight
- Headlamp
- Lantern (for your tent)
- Lock (for your tent and luggage)
- Insect repellent containing DEET
- Permethrin (Spray inside of your luggage, pants and tops prior to trip to help ward off bugs and mosquitos). It can also be used to spray your bed to repel/kill bedbugs. This is a non-aerosol and can be found at Walmart, REI, or most camping stores. Be sure to wrap it in a zip lock or plastic bag to prevent leaking.
- The hotel provides sheets and pillow cases. You may want to bring your own or a sleeping bag or sleep sack.
- Washcloths (for the campsite and the hotel)
- Towel (for the campsite-the hotel provides towels)
- Sunglasses
- Shower shoes/flip flops
- Adapter kit / converter
- Small pack for personal items (i.e. money belt, fanny pack, small cross-body purse for carrying items from the campsite to the clinic)
- Personal hand sanitizer

- Travel alarm clock
- Melatonin to help you relax (Some people have problems sleeping and dealing with jet lag. Consult your physician)
- Sunscreen
- Aloe vera (for sun burn)
- Vitamins, electrolytes (change in diet, high altitude, and drinking a lot of water may deplete you of potassium and magnesium – causing severe cramping in your legs. We strongly suggest bringing some electrolytes and taking it daily)
- Adult diapers (these may be convenient for the long flight, the bus ride, or at the clinic)
- Toiletries and other personal hygiene products exceeding 3.4 ounces
- Rain jacket (we expect rain-bring a rain jacket and shoes that handle well in mud)
- Heavy jacket
- Hat
- Pajamas, socks
- Comfortable hiking boots, sneakers, or shoes (that will hold up in the mud)
- Jeans (or a change of clothes for the evening-We suggest a minimum of 3 outfits for after clinic hours)
- 2nd pair of comfortable shoes (for after clinic hours)
- Snacks (protein, nuts, peanut butter, jerky, tuna, sardines, chicken packets, oatmeal, your favorite snack, crackers, flavored water, instant coffee (Crystal Light, Starbucks Via, Gatorade, etc.)
- Bandana, scarf or face masks while travelling on dusty roads
- Trash bag(s) for soiled clothing, etc.
- Unscented de-odorizing spray (i.e. odorless Febreze) to de-odorize arm pits of shirts, towels, etc.
- Lollipops for children- optional
- Donations: If you want to bring a small donation there is always a need for newborn, baby and children's clothes and baby blankets.
- Gifts for translators (Physicians, Counseling and Prayer Partners, Coordinators, and other positions will be working closely with translators and may want to bless them with a small gift at the end of the clinic- an inspirational book in Amharic, worship CD, chocolates-pray and ask God what you should bring)

Luggage

Luggage Tags

JVMI will mail luggage tags to all Outreach Partners. Please attach these tags to your carry-on luggage, checked luggage, and personal handbag/backpack. This helps to easily identify all luggage belonging to JVMI Outreach Partners at the airport and the hotel.



Luggage Requirements & Fees

JVMI ships most items directly to the outreach location. There are some clinic supplies that we bring with us to reduce costs. **We ask Outreach Partners travelling with the group from Washington, DC to only bring one checked luggage so that you can check a bag of supplies packed by JVMI.** These supplies are critical for the clinic operation and we appreciate your help in transporting them. A bag will be assigned to you at the airport and the Group Leader will assist you in transferring these bags through customs and security. You do not have to physically lift these bags.

Outreach partners traveling from Washington, please follow the luggage requirements listed below.

1. One (1) fifty-pound bag
2. One (1) standard size carry-on, with a maximum weight of 15.4 lbs. (7kgs).
The carryon bag should be suitable for placement in the over-head rack or under the passenger's seat.
The sum of the three dimensions (L+W+H) shall not exceed (23 x 40 x 55 cm).
3. One (1) personal-type item such as a handbag or camera bag.

Overweight Luggage

The airline will charge you a fee if your checked luggage is overweight and will not allow you to take your carry-on luggage if it is overweight. Please weigh your bags to be certain they do not exceed the weight limit. **If you are not travelling with the group from Washington Dulles airport, please check with your airlines or travel agent regarding luggage requirements and baggage fees.**

Baggage Fees

Airlines may charge baggage fees for domestic flights. Please ensure you bring additional funds with you to cover the cost of any fees incurred, as you are required to personally pay for costs and fees associated with your domestic flights. Check with the travel agent if you have questions.

In Ethiopia

Arrival in Ethiopia

Once you arrive in Addis on Friday, 25 October, meet the group at the luggage claim area at the Addis airport. The Outreach Engagement Manager will provide more details regarding arrival in Addis.

Meals

JVMI will provide three meals a day (breakfast, lunch, and dinner). Lunch will be served at the clinic. Breakfast and dinner will be served at the campsite and is usually buffet style. Power bars, snacks, and bottled water will be provided in the office at the clinic.

Accommodations-Camping

We will be camping in Inchini from Saturday, 26 October-Friday, 1 November.

The camp site will be set up with large “event style” white tents which will provide additional protection from the elements and additional privacy. Each large white tent will house 2-3 individual tents within it. You will share a tent with another Outreach Partner.



Inside a tent



Campsite

Your tent is basically your room for the majority of the trip and where you will be storing your personal items. Our tents will be under surveillance 24/7 during the clinic week and will never be left alone. We encourage you to bring a small lock so that you can lock your tent during the day.

What does JVMI provide?

JVMI will provide you with a tent, a cot, and a pillow.

Campsite Restrooms and Showers

Male and female restroom tents will be available, along with separate “shower” tents. Hot water is available for a bucket style shower.

Learn more about camping with JVMI -Videos

Camping with Jewish Voice – How to Pack (video): <http://bit.ly/1lojzR4>

Campsite Tour (video): <http://bit.ly/1V2v2ln>

Accommodations-Saro Maria Hotel

We will be staying at the Saro Maria hotel in Addis Ababa on Friday, 25 October and Friday, 1 November. All

Outreach Partners will have a roommate unless you pay for a single room prior to the trip.

Hotel Amenities: Swimming pool, Restaurant, Full Service Spa (massage), Gift Shop, Gym, and Wi-Fi, and free airport shuttle service.

Hotel Services: Laundry and currency exchange

Website: <http://saromariahhotel.com/>

Email: stay@saromariahhotel.com

Phone: +251 11 667 2167

Address: 3355 Code 1250, Addis Ababa, Ethiopia



Single Rooms

Single rooms may be available for an additional fee. The single room fee must be requested and paid for by the trip closing date. Please check with the Outreach Engagement Manager for single room availability and details.

Outreach Schedule

Below is the proposed schedule for the outreach. The schedule is subject to change.



* Schedule subject to change

Friday, 25 October

7:15AM Group Flight Arrives from D.C. – Addis Ababa Bole International Airport
9:00AM Check-In at the Getfam Hotel
11:00AM-12:00PM Lunch at Hotel
1:00PM Group Excursion
6:00PM Erev Shabbat Dinner

Sunday, 27 October

5:15AM-6:00AM Morning Prayer
6:00AM-7:15AM Breakfast
7:30AM Depart for Clinic
8:00AM-9:00AM Clinic Orientation
9:00AM Clinic Tour
10:00AM-11:00AM Medical Professional Orientation
9:30AM-11:00AM Clinic Set-up
11:30AM-12:30PM Lunch
12:00PM Clinic Opens
4:30PM Last Patient Seen
5:00PM Return to Campsite
6:00PM Dinner
7:00PM Department Coordinator Meeting

Friday, 1 November

5:15AM-6:00AM Morning Prayer
5:45AM-6:30AM Breakfast
6:15AM Early Team Departs for Clinic
6:30AM-7:00AM Worship & Devotional
7:15AM Depart for Clinic
7:45AM-7:55AM Clinic Morning Meeting
8:00AM Clinic Opens
11:30AM-12:30PM Lunch
2:00PM Clinic Closes
2:00PM Clinic Breakdown
6:00PM Erev Shabbat Dinner

Saturday, 26 October

6:00AM-8:00AM Breakfast at Hotel
8:30AM Depart Hotel
12:00PM-1:30PM Lunch
2:30PM Clinic Set Up
3:00PM-5:30PM Clinic Set Up
6:00PM Dinner
7:00PM-8:00PM Worship & Prayer

*Monday – Thursday 28-31 October

5:15AM-6:00AM Morning Prayer
5:45AM-6:30AM Breakfast
6:15AM Early Team Departs for Clinic
6:30AM-7:00AM Worship & Devotional
7:15AM Depart for Clinic
7:45AM-7:55AM Clinic Morning Meeting
8:00AM Clinic Opens
11:30AM Lunch (Dismissed in shifts by department coordinator)
5:00PM Last Patient Seen
5:30PM Return to campsite
6:00PM Dinner

Saturday, 2 November

6:00AM-8:00AM Breakfast
9:45-10:30 Shabbat Blessings
10:30AM Depart Hotel for Lunch & Shopping
11:30PM Lunch
1:00PM Cultural Shopping
4:30PM Bags in Lobby
4:30PM Testimony Meeting
5:00PM Light Dinner
6:00PM Depart for Bole International Airport

***Monday 7:00PM-8:00PM** First Time Outreach Partner Meeting

***Wednesday 7:30PM-8:30PM** Worship and Prayer

The Clinic

The days are long and the clinic is very busy. We expect to see up to 8,000 patients in 6 days. The clinic site consists of building and tents. Some departments are housed in a permanent structure and others may provide services from a tent (as shown in the photo.)



At the clinic we provide free services, including dental care (extractions and cleanings), cataract surgery, minor surgery, medical services (pediatrics, dermatology, gynecology, etc.). We also provide reading glasses, supplements and medicine, and distribute LifeStraws which filters water. More information about the clinic will be provided.



Thousands of people waiting in line to enter the medical clinic.

Clinic Assignments

Clinic positions are assigned 1-2 weeks prior to the outreach.

Clinic Orientation

A clinic orientation will be held prior to the clinic opening. It includes a tour of the clinic and more details about the operation of the clinic.

Clinic Departments

- **Line Management**- Line managers are responsible for the organization of patients arriving at the clinic, and the security of the entry gate and exit gate.



- **Triage**- Communicates with Line Management to request patients for triage as seats are available. Nurses take patients vitals and record them on the patient cards.
- **Dental**- Dentists and dental hygienists provide extractions and cleanings
- **Eye Surgery**-Ophthalmologists perform small incision surgeries to remove cataracts
- **Eye Department**-Opticians perform eye tests and refer patients to surgery as needed
- **Readers** (Reading Glasses)- Checks patient's vision and distributes reading glasses as needed
- **Medical**-Ob/Gyn, Pediatrics, General Physicians, Dermatology
- **Minor Surgery**: Surgeons perform low risk, minimally invasive procedures
- **Nursing Station/Urgent Care**-Patients are referred to this department by medical professionals in the medical department. Emergencies go directly to the nursing station on the recommendation of medical staff



- **Pharmacy**-Pharmacists distribute medications as prescribed by medical professionals in other departments in the clinic
- **Water Education**- Educates patients on the importance of consuming clean water and preventing illness. Distributes Lifestraws, a personal water filtration unit.
- **Spiritual Care**- Intercede for patients, the Gefat community and their neighbors, and the team.

Customs & Travel Information

- Wear comfortable clothes and shoes for the long flight. Compression socks may be helpful. Check with your doctor.
- The Group Leader will provide you with instructions on how to complete the customs form and answer questions when entering and leaving the country.
- Do not allow anyone in the airport to take your bags. If you need assistance we will provide it.
- **For your safety, do not go off alone in the airport or at any time during your stay in Ethiopia.** Travel in pairs or groups. Avoid walking alone at any time while in Ethiopia.
- Your personal luggage is your responsibility for the duration of the trip. Unless otherwise instructed, **DO NOT leave your luggage unattended anywhere.**
- **NO shofars or other animal horn products should be brought into or taken out of Ethiopia.** Owing ivory is illegal, including in jewelry. Wildlife products including objects made from horn, hide or bone, may be confiscated.
- Please keep in mind that we are in a remote part of the country and you should not bring any items (jewelry, clothes, or any other items) that cannot be replaced or that you are worried could be ruined.
- Secure your valuables and travel documents. A money belt/ fanny pack is suggested.
- **Always keep hotel doors locked and ask “who is at the door before opening it.”**
- Pick-pocketing, purse snatching, theft from vehicles, and other petty crimes are common in Addis Ababa in the market place and other areas frequented by tourists and foreigners. Do not display cash, cell phones, and valuable personal property. Remain vigilant and cautious.
- It is illegal to take pictures of government buildings, military installations, police/military personnel and key infrastructure such as roads, bridges, dams, and airfields. If you are caught photographing prohibited sites, you could be fined, your photographic equipment could be confiscated, and you could be detained/arrested. As a general practice, it is always advisable to avoid taking pictures of individuals without their clear consent.

Health Tips

To Stay Healthy:

- Wash your hands often with soap and water or use hand sanitizer.
- Do not touch your nose, mouth, or eyes with unwashed hands.
- Do not handle or eat food with unwashed hands.
- **Brush your teeth with bottled water**
- **Only drink bottled water. Carbonated drinks in cans or bottles are ok too. Avoid tap water, fountain drinks, and ice cubes. JVMI provides bottled water at the clinic, the campsite and at the hotel.**
- **Do not touch or feed any animals.**

Protect Yourself from Mosquito Bites:

- Pay special attention to mosquito protection between dusk and dawn as this is when malaria infected mosquitos tend to be most active.
- Wear long-sleeved shirts, long pants, and hats.
- Use insect repellents that contain DEET.
- Apply insect repellent to exposed skin.
- Do not put repellent on wounds or broken skin.
- Do not breathe in, swallow, or get into your eyes, DEET is toxic if swallowed. To apply to your face, apply product to hands and rub the product carefully over your face avoiding eyes and mouth.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). Do **not** use permethrin directly on skin.

To Avoid Getting Sick:

- Do not eat foods purchased from street vendors.
- Do not drink beverages with ice.
- Do not eat dairy products unless you know they have been pasteurized or boiled.
- Do not handle animals, including dogs, cats, or monkeys, to avoid bites and serious diseases including rabies.
- Do not swim in the water.
- Only eat thoroughly cooked foods or fruits and vegetables you have peeled yourself.
- To prevent fungal and parasitic infections, keep feet clean and dry and **do not go barefoot**.

African tick bites

African tick-bite fever is a bacterial infection that is spread through the bite of infected ticks. Symptoms usually appear within 2 weeks after a tick bite and often include fever, headache, muscle soreness, and a rash. At the site of the tick bite will be a red skin sore with a dark center.

What can travelers do to prevent African tick-bite fever?

There is no vaccine or medicine that prevents African tick-bite fever. Travelers can protect themselves by preventing tick bites. To prevent tick bites:

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Tuck in shirts, tuck pants into socks, and wear closed shoes instead of sandals to prevent bites.
- Avoid wooded and brushy areas with high grass, brush, and leaves. Walk in the center of hiking trails.
- Use a repellent that contains 20% or more DEET for protection that lasts up to several hours.
- Products containing DEET include Off!, Cutter, Sawyer, and Ultrathin.
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Follow package directions when applying repellent on children. Avoid applying repellent to their hands, eyes, and mouth.
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). You can buy pre-treated clothing and gear or treat them yourself. Treated clothing remains protective after multiple

washings. See the product information to find out how long the protection will last. If treating items yourself, follow the product instructions carefully. Do not use permethrin directly on skin.

Frequently Asked Questions

1. Will bottled water be provided?

Bottled water will be provided by JVMI at the hotel and the clinic. You should drink only bottled water. Stay hydrated. Use bottled water for brushing your teeth.

2. What is the food like?

Traditional Ethiopian food is normally spicy. We will try to include a sample of such food in our meals, but there will always be an option for non-spicy food. The Ethiopian diet is rich in carbohydrates and fried foods because of the high cost of protein. The meat is not as tender as our farm-raised selections. It is NOT safe to eat undercooked meat or to use non-pasteurized or non-boiled milk. **Never eat raw vegetables or fresh fruit unless served by our hotel.** If you have dietary restrictions or concerns, please contact the Outreach Engagement Manager.

3. How much spending money should I bring?

Ground costs are covered in the package price, including hotel, travel, and meals. The only money needed would be for souvenirs, personal items, or emergencies. We recommend bringing \$100 to \$300 in new, smaller bills (\$1, \$5, \$10, and \$20 denominations). Traveler's checks are rarely accepted and there are very few shops that accept credit/debit cards. USD can be exchanged at the hotel. You will have an opportunity to exchange your money on Friday when we arrive, while we are in Addis. Souvenirs cost between \$3-\$10 USD. **ATMs are not easily accessible.**

4. Will a doctor be available and should I bring medicine?

Feel free to bring aspirin, cough drops, and any special medications, but make sure they are clearly labeled and in original containers if they are in your carry-on luggage. Should you become ill or need to see a doctor, our physicians will be able to assist you at that time.

5. Does the hotel offer laundry service?

Yes, for an additional fee you may utilize the hotel laundering services. Be aware that your clothes may be hung dry by the hotel. You must write all items down that you turn into the laundry service so all of your items are accounted for should something go missing. Also, you may bring laundry soap to hand-wash your clothing as well.

6. What is the electrical system in Ethiopia?



The electrical system in the U.S. operates on 110 volts, whereas Ethiopia uses 220 volts. The electrical sockets used in Ethiopia are of type C/E/F. Adapter kits containing converters and foreign plugs are available at consumer electronics or travel stores.

7. Is there air conditioning at the hotel?

No, there is no air conditioning at the hotel. Please keep in mind that the evenings are very cool and most days you will be at the clinic site. **The windows do not have screens so you do not want to open your windows.**

8. Should I bring my laptop or I-pad?

You are welcome to bring your laptop with you on the trip. Please keep in mind that JVMI is not responsible for your personal property. Please keep your laptop stored along with any other valuables in a safe place while you

are out of your room.

9. How can I communicate with my family?

There is no internet service available at the campsite. Internet service is available at the Getfam Hotel in Addis Ababa. **Please keep in mind that the connection, though available, is unreliable and is sometimes shut down by the government. Please let your family know that the service is unreliable and you may not be able to contact them during your time in Ethiopia.**

- Skype, Whats App, and Viber are apps that allow you to make international calls for free or for a charge. These apps should be set up on your phone prior to your trip
- Check with your cell phone provider regarding international connections and costs
- If you need to contact your family, please check with the Outreach Engagement Manager

10. How can my family reach me?

Your family can contact our Phoenix office in case of an emergency or to get an update on the team. In case of an emergency a member of our team will relay the message to the field. Please contact Yohanna Elliott at yelliott@jvmi.org or 602.971.8501

11. Where can I learn more about the medical clinics and what to expect?

Tach Gayint Medical Clinic: <https://www.youtube.com/watch?v=jY5fAFizinI>

Scattered Tribes of Ethiopia: <https://www.youtube.com/watch?v=-7JqMPPnu24>

A Day in the Life of a Medical Professional at the Medical Clinic:

<https://www.youtube.com/watch?v=RBgbx0Reulc&index=2&list=PLC502C996D146DFE8>

Resources

Please print a copy of this page and carry it in your carry-on luggage or personal bag and also provide a copy to a family member or friend so they have your contact information.

Jewish Voice Ministries International (JVMI)

General Phone: 602-971-8501 Yohanna Elliott Phone: 602.288.5755 Email: yelliott@jvmi.org Eric Pires : Field Operations Manager Ethiopia Phone #: 097 756 8941 Bill Sears : Logistic Manager Ethiopia Phone Number #: 096 670 0656	Celeste Peters : Outreach Engagement Manager and Group Leader Ethiopia Phone #: 093 030 4932 Office Phone: 602-288-8587 Cell Phone: 323.321.6953 *When calling Ethiopia from US or US phone, dial +251 plus the number (i.e. 011 251 97 56 8941)
---	---

Travel Agency

Travel Leaders International Travel agent: Debbie Havrilak Email: debbie.havrilak@travelleaders.com Phone: 800-622-3342 After Hours: 303-801-2380	Airline Contact Information Ethiopian Airlines Phone: 800-445-2733 Website: https://www.ethiopianairlines.com/US/EN/
	United Airlines Phone: 800-864-8331 Website: https://www.united.com

Hotel Contact Information

Fairfield Inn & Suites-Dulles International Airport Phone: 703-478-9777 Address: 485 Elden St., Herndon, VA 20170 <i>Shuttle pick up from the airport is at Gate 2H. Call the hotel directly to schedule a pick up once you obtain your bags from baggage claim area. The last shuttle pickup from the airport is at 11:00 pm.</i>	Saro Maria Hotel Website: http://saromariahhotel.com/ Email: stay@saromariahhotel.com Phone: +251 11 667 2167 Address: 3355 Code 1250, Addis Ababa, Ethiopia
--	---

Embassy Contact Information

US Embassy in Ethiopia Emergency #: 011-130-7016 ask to connect with the Duty Officer Phone: Embassy Switchboard: +251 11 130-6000 Lost passport: +251-(0)11-130-7016 8am-9am, 3pm-4pm E-mail: ConsACS@state.gov Fax: +(252) 11 124 2435 Entoto Street P.O. Box 1014 Addis Ababa, Ethiopia	
Canadian Embassy in Ethiopia Phone: +251 11 317 00 00 Email: addis@international.gc.ca Fax: +251 11 317 00 40 Old Airport Area, Nefas Silk Lafto Sub City Kebele 04, House No. 122 Addis Ababa, Ethiopia	Israeli Embassy in Ethiopia Phone: +251 11-646 0999 Email: embassy@addisababa.mfa.gov.il Fax: 251-11-6461961 Higher 16, Kebele 22, House No. 283 Yeka Sub-city P. O. Box 1266 Addis Ababa, Ethiopia

Share Your Outreach Experience

YOU CAN BE AN INSPIRATION



You're going to come home from this outreach with some wonderful stories. Stories about patients that won – or broke – your heart, stories about God moving and working in lives around you, and more. Your stories could very well be what inspire someone to join us on the next Outreach, or make a donation that helps buy medical supplies, or personally help someone else to come with us. Your stories matter, and we'd love to hear them!

Help us with: Stories • Photos • Videos

We may use your story in Jewish Voice's Magazine or Newsletter • Blog • Social Media

While you're on the trip you can also inspire others through your own social media accounts!

HERE'S HOW YOU CAN BE AN INSPIRATION

 <p>Share your thoughts, photos, and videos directly on our Facebook Page as soon as you have internet access. Once you are logged into Facebook, search for Jewish Voice Ministries International, "Like" us, and you will be able to share what's on your mind and upload photos or videos. Another way to share with us is to post on your own timeline and tag Jewish Voice Ministries International.</p>	 <p>Follow us at www.twitter.com/jewish_voice. When you write a tweet about the outreach, don't forget to include #JVMIOutreach. Example: Love working with @jewish_voice here in Zimbabwe. God is moving mightily! #JVMIOutreach</p>	 <p>You can also share with your friends by tagging us on Instagram with @jewish_voice, using hashtag #JVMIOutreach.</p> <p>After the trip, you can send your stories, photos and videos to: stories@jewishvoice.org.</p>
---	--	---

Thank you for being an inspiration!

