

ARUSHA, TANZANIA SUMMER MISSION TRIP



May 25/26 to June 8/9

Missionary Contact: Sid Aultman
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Faulkner Contact: Rick & Marinda Trull
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AFRICA

- **Size:** 11,608,000 sq. miles; second largest continent
- **% of Earth's Land:** 20.2%
- **Population:** 1.34 Billion (2022)
- **Sub-Sahara Africa Population:** 1.17 Billion
- **Number of Countries:** 54
- **World's Longest River:** Nile
- **World's Largest Desert:** Sahara

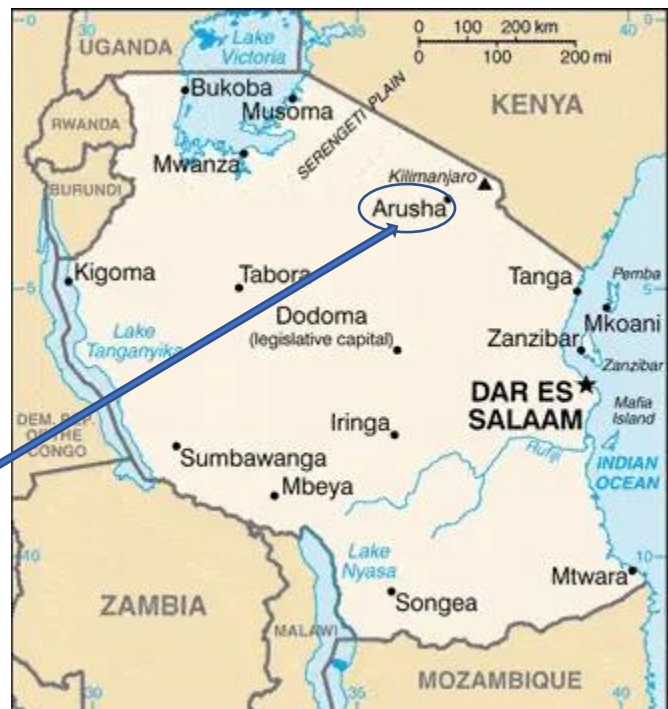


United Republic of Tanzania

- **Population:** 59,148,264 (2020)
- **Capital:** Dodoma
- **Official Language:** Swahili & English
- **Land Area:** 365,756 sq. miles
- **Currency:** Tanzania Shilling

Arusha Region

- **Six Districts**
- **Regional Population:** 1,694,310 (2012)
- **Metro Area Population:** 519,000 (2022)
- **Location:** Northern Tanzania
- **Land Area:** 14,508 sq. miles
- **Average Education:** 2.7 of 12
- **Literacy Rate:** 78%
- **Average Annual Income:** \$1,140
- **Exchange Rate:** 2,332 TZS to \$1
- **Average temperatures should be 55-77 degrees**
- **Elevation:** 4,593ft above seal level (bring a jacket for the evenings)
- **Arusha is 8 hours ahead of us Alabama (good to remember if calling home)**



Sample Schedule of Activities

(Dates vary from year to year)

WEEK 1

Group Departure – May 23/24

Depart Atlanta (ATL)

Arrive Kilimanjaro Int. Airport (JRO) May 26 or 27.

Sat. – May 25

**Settle in
Orientation**

Sun. – May 26

Church

Mon. – May 27

Safari for Souls

Tues. – May 28

Safari for Souls

Wed. – May 29

Safari for Souls

Thur. – May 30

Safari for Souls

Fri. – May 31

Safari for Souls

Sat. – June 1

Safari for Souls

WEEK 2

Sun. – June 2

Church

Mon. – June 3

Special project

Tues. – June 4

Special project

Wed. – June 5

Game park

Thur. – June 6

Open

DEPARTURE: June 7/8

Thur./Fri.

Depart Arusha (JRO)

Arrive Atlanta (ATL)

General Notes

Arusha is a key hub and that by strengthening the congregations in Arusha, the Gospel will spread through the church in Tanzania and East Africa. Most people only walk, so they are trying to establish congregations at 1.5 mile intervals. Arusha is growing exponentially and many people come to Arusha on business and then go back to home villages, bringing the Gospel with them.

We will work with the Kisongo and Kwa Mrombo churches of Christ, and other Arusha congregations, to reach souls during the campaign. The local workers will have Bible studies set up for us once we arrive. When a person or family in Arusha has a Bible study with us (the church) for the 3rd time, they receive a Bible to keep. The Bible is extremely valuable to them, because they likely do not have their own printed copy of God's Word. Children can read better than adults much of the time. Everyone who goes on the trip will conduct or help with the Bible studies.

There will be quite a bit of walking so bring some good walking shoes. Women will need to wear a long skirt or a Konga, which is a cloth wrapping. The dress code is due to cultural reasons. Men need to wear long pants. No suits are required. This dress code will need to be followed during Safari for Souls, worship, and any visits with locals. Please be considerate as we are in a foreign country and not in the United States.

You will be staying in dorm-style rooms at the Andrew Connally School of Preaching. Each room has 2-4 beds. Bathrooms are shared between two rooms ("Jack and Jill" style bathrooms). There is a common microwave and a small refrigerator. The school has clean twin-mattress sheets. However, you can choose to bring new sheets and leave them as a donation if you would prefer. Your own pillowcase is nice. If you really need a certain pillow, you can pack it. The school has clean towels, but you can choose to bring your own and leave them if you would like.

Estimated Mission Trip Cost

Arusha, Tanzania – Summer 2024

Dates of Mission Trip: Friday, May 23/24 – Friday, June 7/8

Mission Trip Costs:

Ticket cost	\$1800 (approximately)
Passport (*if you don't have one)	130
Visa	100
Shots	~200 (depending on what you select)
Spending money	100
Game Park Excursion	250
Meals Out	<u>100</u>
Total	\$2,680

* If anyone would like to donate Bibles to be given to local Tanzanians during this trip, they cost \$10 per Bible.

* Room and board is typically \$5 per person per night, to pay for workers to clean, and wash clothes. This is also going to be donated.

* Food during the week for the campaigners and translators will be provided, with funds raised separately.

* Bottled waters will be provided. Please drink only bottled water.

Required Medical and Emergency Evacuation Insurance:

It is required that you purchase emergency insurance to cover you during your travel and time abroad. It is usually inexpensive and good to have in case of emergency. Two possible sources are noted below but this is not an endorsement of them. There are others available on the web and through the travel agent. Please select the insurance that best fits your needs and fill out the form in the back of this packet related to the insurance (Appendix 1). ***You will need to submit proof of travel insurance to Dr. Trull prior to this trip as required by Faulkner University.***

Evacuation and Medical Insurance options:

<https://www.emergencyassistanceplus.com/> (this company provides travel insurance)

<http://www.travelinsurance.com/?gclid=CPCc04qcz70CF7Aod1V0AsA> (site searches for options)

Booking Tickets:

Email me the name on your passport and date of birth.

Email me your passport number with its issue and expiration dates after you receive it.

Email me your cell phone number and address you will be at before leaving on the mission trip.

CONTACTS PHONE NUMBERS

Arusha, Tanzania

Missionary's contact information: Sid Aultman – (205) 585-6800; sid@theoverlandgroup.com

Andrew Connelly School of Preaching contact information: Charles Herbeth – cmwanga3@gmail.com

Faulkner University's mission trip sponsor's information

Dr. Rick Trull – Office: (334) 386-7156; Cell: (334) 392-2605; rtrull@faulkner.edu

Dr. Todd Brenneman – Office: (334) 386-7662; Cell: tbrenneman@faulkner.edu

Writing a Fund-Raising Letter

Faulkner's Bible Department will provide a cover lettering indicating its sponsorship of the mission trip

Include these elements in your fundraising letter. (See sample letter below):

- Introduce yourself
- Include your address
- Tell of your interest in missions (include previous trips if any)
- Describe the mission activity and how those inviting you will use you in their work
- Explain how you think this mission trip will benefit you personally and in your ministry
- Note enclosed information and letters from Faulkner University
- Explain what your financial needs are
- Include the address of the congregation that is sponsoring you and where to send the money
- Thank them in advance for their assistance (you will thank them afterwards as well)
- You can include a self-addressed stamped envelope which can be helpful
- Remember to write a thank you to everyone and every church that contributes to your trip
- Remember to send a report about the trip to everyone who supported you. They will be more willing to support you again for another trip.

Your Name
Your Address
City, State, Zip

Date

Recipient Name
Recipient Address
City, State, Zip

Dear _____,

I hope you are enjoying God's blessings in His service. I am planning to participate in a mission trip to Arusha, Tanzania in May of 2023. I will be going with others from Faulkner University to assist the local churches and mission. We will be participating in teaching Bible studies and/or doing various service projects identified by the church leaders and missionaries. We will be working out of the Andrew Connelly School of Preaching where we will be staying. We will also be visiting churches and villages in various areas to teach and encourage Christians in those areas. We will be working with the local leaders who will translate for us as we assist them in sharing the gospel message.

I hope to learn a lot from this mission experience (*add here how you think you will benefit from the mission experience and what you might learn about missions*).

I am writing you to ask for your prayers and financial support as I go on this mission trip. The cost of the plane ticket and all my travel and living expenses will amount to at least \$2,700. This is an opportunity for me to assist the Christian leaders, churches and missionaries with the work there while learning about how to do missions and what it might be like to be a missionary. I hope you will make this opportunity a reality. I would very much appreciate your assistance in prayers and finances. Please consider this mission effort.

Thank you for all you are doing in God's kingdom. I look forward to reporting back to you about the summer mission trip and the good things that were accomplished. God bless you in your continued involvement in reaching out to this world.

You may send your contributions to (*insert the church name who is sponsoring you and address and attention to the proper persons – I do not recommend getting funds directly but sometimes people want to give that way and, if so, go ahead*). Enclosed is a letter from the V.P. Black College of Biblical Studies at Faulkner University endorsing this mission effort. Thank you for considering my request.

In His service,

General Information for U.S. Visitors to Tanzania

Travel Logistics

- **Airline Ticket** (Atlanta to Kilimanjaro): Expect a cost in the range of \$1,800 and upwards for economy class. Flights from other major cities in the eastern USA are usually in this same general price range. It is best to fly from the USA into Amsterdam or Brussels and then connect to Kilimanjaro International Airport (JRO) using KLM Royal Dutch Airlines. Other airlines can be used such as Qatar Air. Some flights require connecting flights through Nairobi NBO or Dar es Salaam into JRO.
- **Passport:** A valid passport is required for North American and European visitors to Tanzania. Make sure your passport expiration date extends beyond your expected date of departure from Tanzania. Otherwise, if your passport expires while in country, you will need to visit the embassy in Dar es Salaam for renewal. Before leaving on your trip, make a copy of your passport's photo page. Upon arrival you may want to store your original passport for safekeeping and carry your copy to use at police checkpoints, banks, etc.
- **Driver's License:** Purchase an international driver's license if you expect to be driving while in Tanzania. An international driver's license can be obtained from most AAA offices. *Remember, traffic in Tanzania travels on the left.*
- **Visa:** US citizens are required to have a Tanzanian visa before entering Tanzania. A visa can be purchased on arrival at Kilimanjaro International Airport. The cost is \$100 and must be paid in cash (new U.S. currency should be taken). You may also purchase a visa in advance from a visa service provider in the US or online.
- **Immunizations (see checklist):** Important immunizations will require an estimated budget of \$200 to \$300 for first time visitors to Africa. (Immunizations are optional but recommended). Consult the Center for Disease Control (CDC) website regarding immunization recommendations. Do not forget that your latest tetanus shot needs to be less than five years old. Record all immunizations in an immunization record booklet and carry it with your travel documents. Malarone is the drug of choice for the anti-malarial medication.
- **COVID:** Be sure to have the most up-to-date information on the required COVID testing before traveling and for the return flight.

WHAT TO BRING

- Your **Bible**.
- Valid **passport, visa and immunization record**. *Check the expiration date on your passport so it does not expire while on your trip.* Make a copy of your passport and while in Africa keep the passport in a safe place. Carry the copy with you for routine in country use.
- Good, small **flashlight** and extra **batteries**.
- **Medications** you might be taking or think you will need. Certain prescription meds may be hard to obtain in Tanzania. Bring enough prescription medicines to last your whole trip. Many medicines are available in local pharmacies but do not assume that your particular medicines will be available.

- **Snack food** such as snack crackers, candy, or anything you like to munch on. Bring any specialty food items if you have specific dietary needs. Some food items are difficult to find in local stores (gluten free foods, for example).
 - **Wet wipes and hand sanitizer** are very highly recommended.
 - **Small overnight bag or backpack for day trips.**
 - **Jacket or sweater** if your trip is during the months of June – August. During the day it will warm up enough to wear short sleeves. Remember that seasons in the southern hemisphere are reversed from those in the northern hemisphere. June through August is cooler, December through February is hot, and November through March is the rainy season.
 - **Small umbrella** if your trip is during the months of November – March.
 - It is generally not culturally appropriate for women to wear pants in rural Tanzania, so females should bring comfortable **skirts or dresses**. Acceptable dress for church or church related activities is skirts or dresses. Preachers occasionally wear ties but in general dress is casual. More typical “tourist” style dress is acceptable in the cities and on safaris but conservative, modest dress is always appreciated by the local citizens.
 - Two pairs of comfortable **shoes**.
 - Easy to care for **clothes** as the laundry will all be done by hired personnel. Please mark all your clothes, including underwear, with your name or initials on them. Clothes from various travelers will be comingled for purposes of washing. If you do not mark your clothes, it creates a big sorting problem. Do not bring any clothing you are not willing to part with.
 - **Luggage:** When leaving the U.S., most airlines allow a person to check two **suitcases** weighing 50 pounds each at no added cost. *Please verify baggage details for both checked and carry-on luggage allowance with your airline; there may be exceptions and rules change frequently.*
- Remember to mark your luggage* with your name inside and out. Be sure to make a list of the contents of each piece of luggage in case they are lost. Weigh your suitcases before leaving for the airport.
- **Credit cards and debit cards** may be used with some businesses in town but credit card companies usually charge a foreign transaction fee. If you plan to use your credit card, call the credit card company before leaving the USA to let them know you will be in Africa.
 - It is best to bring your needed cash in U.S. crisp \$100 bills with no ink marks or blemishes. **You will get your best exchange rate if your bills are year 2000 or newer currency. Check the dates on your bills carefully in order to save money.** Traveler’s checks can be cashed in various locations; however, the rate of exchange is normally 3% to 5% less than cash. The U.S. Embassy advises that Americans should not use ATM’s in Tanzania. If you do, use an international bank as they are usually safe. Funds can be wire transferred into Tanzania if you should have an emergency situation arise but there is a substantial fee.
 - Bring any **recharging cords or extra batteries** for phones/cameras. Tanzanians may take offense to being photographed without first giving their permission.
 - Each person should bring a good pair of **sunglasses, mosquito repellent** lotion or spray, a **hat** and **sunscreen** especially important for any individuals at risk for skin cancer. Also, if you wear **prescription glasses** it would be wise to bring an extra pair.
 - If you choose to bring a **pocketknife**, be sure it’s in your checked luggage.

- A few small packages of **Kleenex tissues** would be nice to have.
- It would be good to bring a **small note pad and pen**, along with a journal to record events and places you visit, as well as the names of people you meet.

Electronics

The electricity in Tanzania is **220 volts at 50hz**, and the wall socket configuration is different from the USA. It is more convenient if you can “survive” without electronic appliances because of the voltage differences. If you do bring along a blow dryer/curling iron/shaver or whatever, be certain to also bring a step-down transformer suitable for Africa.

Most laptops will accept 220 current but be sure to check your specifications. You will still need a universal adapter that can plug into a foreign wall socket to allow an American style plug. Internet cafes are available, or you can use your laptop at wi-fi points. If you want to bring a cell phone and change out the SIM card upon arrival, you can purchase a card in Tanzania at a low cost.

Stay Healthy

- Do not eat anything unless it has been cooked or peeled. Be cautious with milk products.
- Bottled water is available. Do not use tap water or ground water for drinking or brushing your teeth unless it has been boiled for 5 minutes.
- Sleep under a mosquito net when possible.
- Always wear shoes when outdoors.
- Avoid swimming in streams and lakes unless they are known to be “safe” from infectious parasites.
- Take malaria prophylaxis unless there is a medical contraindication.
- Use a flashlight at night in rural areas to avoid an occasional snake.
- Use sunscreen to avoid sunburn and ultraviolet exposure.
- Wear a seat belt when traveling on the highways.

BEFORE YOU GO

- No immunizations are required before entering Tanzania, but the following are recommended by many health authorities. Consult the Center for Disease Control website regarding advisories for Tanzanian pre-travel immunizations. Consult the U.S. State Department website for any travel advisories.

Typhoid

Yellow Fever (now considered a lifetime immunization)

Tetanus toxoid (if no buster within the last 5 years)

Hepatitis A

Hepatitis B (especially for health care providers)

Oral medication for prevention of malaria (Mefloquine or others)

Vaccinations

Below are the CDC’s suggestions. These are available through the Department of Health in Montgomery by appointment. The CDC recommendation site for Tanzania is:

https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania?s_cid=ncezid-dgmq-travel-single-001

Vaccines for disease	Recommendations
Routine vaccines	Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include
COVID-19	All eligible travelers should be up to date with their COVID-19 vaccines. Please see Your COVID-19 Vaccination for more information.
Cholera	Vaccination may be considered for children and adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission are localized to Kigoma (last case reported May 2022) and Katavi (last case reported July 2022) in Tanzania. Cholera is rare in travelers but can be severe. Certain factors may increase the risk of getting cholera or having severe disease (more information). Avoiding unsafe food and water and washing your hands can also help prevent cholera.
Hepatitis A	Recommended for unvaccinated travelers one year old or older going to Tanzania.
Hepatitis B	Recommended for unvaccinated travelers younger than 60 years old traveling to Tanzania. Unvaccinated travelers 60 years and older may get vaccinated before traveling to Tanzania.
Malaria	CDC recommends that travelers going to certain areas of Tanzania take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. Talk to your doctor about which malaria medication you should take. Find country-specific information about malaria.
Rabies	Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife.
Typhoid	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.
Yellow Fever	Required if traveling from a country with risk of YF virus transmission and ≥ 1 year of age, including transit > 12 hours in an airport located in a country with risk of YF virus transmission. ¹ Generally not recommended for travelers to Tanzania.

FAULKNER MISSION GROUP

MISSION TRIP PREPERATION CHECKLIST

- Passport application (Certified Birth Certificate or old Passport):
 - Four Passport photos
 - Turn in Passport application at Post Office at least 3 months prior to departure date

- Fundraising:
 - Make a list of friends, family members, and churches to send fund raising letters
 - Ask for Bible Department cover letters to send with your fundraising letters
 - Fund raising letters out – the more the better (by December ideally)

- Tetanus shot up-to-date, (Recommend - Hepatitis A & B, and Typhoid)

- Forms and money to hand in:
 - Medical Form handed in
 - Personal Information Form handed-in
 - Faulkner Release Form
 - Ticket money by April 1

- Schedule of Mission Trip & emergency contacts and numbers

- \$100 entry visa

- Check you have the appropriate funds for the trip (See Estimated Cost)

- Begin malaria medicine 2 weeks before departure

- Pack light but enough for the time (see list)

Packing Suggestions for Arusha, Tanzania

Baggage Allowance: Going – maximum 2 bags of 50 lb. each going

- Bible
- Passport
- Extra passport photos
- Photocopy of your birth certificate
- Shot records
- Money/traveler's checks/credit or debit cards
- Journal, if desired.
- Camera and extra batteries if desired
- Towel-1, not too thick and washcloth if you need it
- Guys: Long pants (like bush pants, with pockets). T- shirts or button-down-the-front shirts. A three-button or button-down-the-front for Sunday.
- Girls: Dresses, skirts and blouses, or jumpers; not form-fitting and well below the knee. All blouses should have at least cap sleeves.
- Game park clothes (long shorts or whatever you're comfortable in on a dusty, daring day off!)
- Flipflops or waterproof sandals
- Comfortable, sturdy walking shoes for hilly, rocky terrain. An extra pair can be useful in case one pair gets wet.
- Light jacket (warm during day and cool at night)
- Clothing for cool and warm weather. Remember, no central air or heat. Days may be warm to hot. Nights are generally cool. (Some warm socks and a sweatshirt usually take care of this.)
- Rain poncho (optional)
- Cap/hat
- Flashlight/extra batteries
- Bug spray
- Suntan lotion
- Sunglasses
- Snacks, gum
- Toiletries (Extra shampoo, deodorant, soap, toothpaste can be bought there.)
- Waterless hand cleanser and/or wet ones type product. (Water is not always available.)
- Girls: Bring your preferred skin care products, personal hygiene products. Makeup should be extremely minimal (OR NONE).
- Girls: You may wear small, simple earrings. No expensive jewelry.
- Bring all contact lens supplies with you- often not available or very costly.
- Cards/games
- Any prescription meds you take regularly.
- Over the counter meds you take on a regular basis, i.e., Tylenol, Benadryl cream, Ibuprofen.
- A list of those you want/need to buy gifts for.
- Addresses, including e-mail, of anyone you might want to contact.
- Everyone should include 1-2 changes of clothes in their carry-on luggage in case suitcases get lost, with meds, contacts, glasses and such in it.
- All knives must be in checked luggage.
- Any items that might leak, such as shampoo, are best sealed in Ziplocs to prevent accidents.
- ***A loving heart, lots of flexibility and patience, an adventuresome spirit, and the desire to share God and Christ with others!***

**Faulkner University Mission Group
Missions Participants Information Form**

Personal Information

Name

Date of Birth

Street Address

Age

City, State, Zip Code

Passport Number

Occupation/Year of School

Home Congregation

Name of Group Leader

Previous Mission Trip

If so, where?

Emergency Contacts

Contact in Case of Emergency

Additional Contact

Relation of Contact

Relationship of Contact

Street Address

Street Address

City, State, Zip Code

City, State, Zip Code

Home Phone

Home Phone

Work Phone

Work Phone

**Faulkner University Mission Group
Missions Participants Medical Information**

Medical Information

Your Name

Contact Person's Name

Name of Physician

Physician's Phone Number

Pertinent Medical History

Current Medications

Allergies

APPENDIX 1

ACKNOWLEDGEMENT OF MEDICAL INSURANCE REQUIREMENT & RELEASE

I understand and acknowledge that an absolute prerequisite of my being allowed to participate in the Arusha, Tanzania Mission Trip is that I must have in force prior to departure and keep in force for the duration of the trip, a medical insurance policy that will be honored in the country/countries to which and/or through which the trip will be made.

I understand and acknowledge as an absolute pre-requisite to my participation in the Tanzania Mission Trip that I must both affirmatively represent (and I do so represent by signing below) that I have secured such medical insurance coverage or will secure such coverage **AND** that I must present written proof of such coverage to Dr. Richard Trull, Jr. at whatever time prior to departure he requires it. I understand and agree that failure to comply with these requirements will result in my not being allowed to make the trip and that I will not be entitled to any refunds of any funds previously deposited toward making the trip.

I understand and acknowledge that I must have in my possession at all times during the trip whatever proof of insurance is required for the rendition of medical services in the country/countries to which and/or through which the trip will be made.

I understand and acknowledge that neither Faulkner University nor any of its representatives in their individual capacities will be in any way responsible for covering my medical bills, including co-payments and deductibles, if I require medical services on the trip. I further understand that no representative of Faulkner University on the Tanzania Mission Trip has the power to obligate Faulkner University to be in any way responsible for my medical bills, including co-payments and deductibles, if I require medical services on the trip; only Dr. Mitch Henry, President of Faulkner University can so obligate the University.

I understand and agree that neither Dr. Trull's acceptance of my representation that I have the aforementioned medical insurance coverage nor Dr. Trull's acceptance of my submitted written proof of such coverage will in any way operate to make Faulkner University or Dr. Richard Trull, Jr. or any other Faulkner representative responsible for any medical services I require on the trip in the event that my medical insurer does not cover expenses for the services I require.

In consideration of being permitted to participate in Faulkner University's Tanzania Mission Trip, the undersigned student and/or his or her spouse and/or his or her parent(s) and/or guardian(s), (hereinafter student) for himself/herself and his/her legal representatives, heirs and assigns, hereby releases, waives and discharges Faulkner University, its Board of Trustees, its officers, administrators, employees (both faculty and staff) and any and all volunteers acting in conjunction with same (hereinafter, Faulkner University), from all liability for any and all loss or damage, and any claim or damages resulting or arising therefrom, on account the student or the participant not having in place the aforementioned medical insurance coverage.

Student expressly agrees that this acknowledgement and release agreement is intended to be as broad and inclusive as permitted by the laws of the State of Alabama, that it is governed by the laws of said State, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

In witness whereof, the undersigned has/have executed this release.

Printed name of participant

Signature of participant

Date

Printed name of Witness

Signature of Witness

Date

Printed name of spouse of participant

Signature of spouse of participant

Date

Printed name of Witness

Signature of Witness

Date

Printed name of parent/guardian #1 of participant

Signature of parent/guardian #1

Date

Printed name of Witness

Signature of Witness

Date

Printed name of parent/guardian #2 of participant

Signature of parent/guardian #2

Date

Printed name of Witness

Signature of Witness

Date