



ETHIOPIA

TRAVEL TEAM GUIDE



A humanitarian adventure serving in the homes
and among the people of rural Ethiopia

Ethiopia

Unique among countries, Ethiopia is the oldest independent country in Africa. Except for a brief five year occupation by Italy, which left the country with a flare for pasta and pizza, Ethiopia's royal lineage ruled from ancient times until 1974. Tradition holds the royal lineage descends thru King Menelik, the son of Ethiopian Queen Sheba and Judean King Solomon. Ethiopian history also maintains that Solomon entrusted Menelik with the Ark of the Covenant and that the Ethiopian Orthodox high priest maintains the sacred relic in the Holy of Holies of a sanctuary located in the ancient capital city of Axum.

Ethiopia is considered the cradle of civilization and its National Museum maintains many of the world's oldest known skeletons, including "Lucy." Among the poorest people in the world, Ethiopians are renowned for their work ethic, general attitude of happiness, and love of family. This country of over 100 million impoverished people also hosts more than 740 thousand refugees, which ranks as the world's fifth largest refugee population.



Hope Arising

Hope Arising, a 501(c)(3) non-profit, empowers Ethiopian families to achieve perpetual self-reliance. Founded in 2007, our organization was established on the premise that each child will live healthy, gain education and achieve economic self-reliance for a future of hope. We provide educational support, micro-enterprise training and loans, health care and sanitation training, AIDS awareness and prevention instruction, infrastructure projects, and more.

the Ethiopian government, and LDS Charities, completed a twenty mile pipeline that provides clean water to 60,000 people. Latrines were constructed and hygiene training provided to enable young girls to complete their education. Medical, dental and volunteer teams travel regularly to Ethiopia and provide services and training.

We're proud to have the support of hundreds of volunteers from the United States, Canada, and around the world. All of our efforts are measured for effectiveness and designed to improve long-term outcomes and self-sufficiency.

Hope Arising's success and unique model was highlighted in the Arbinger Institute's book *The Outward Mindset*. Our volunteers have also been honored with the Crown Council's national Humanitarian of the Year Award and Brigham Young University's Distinguished Service Award.

Hope Arising, partnering with World Bank, Wonji Sugar Factory,



Travel Preparation

Volunteering in Ethiopia provides an opportunity to interact with and learn from a kind hearted and deeply cultured people. Each travel group's experience is unique and built specifically to utilize the skills and interests of the participating individuals. To prepare for your team's adventure, you will need the following:



- **Passport:** Each volunteer is responsible to obtain a current passport. The passport must be valid at least 6 months after the scheduled return date and should have at least 3 blank pages to accommodate entry visas and entry and exit stamps. Please provide

Hope Arising with a copy of your passport when you complete your travel application. Information on obtaining a passport is available from travel.state.gov.

- **Immunizations:** The Center for Disease Control recommends several immunizations for travel to Ethiopia. Some of these immunizations require multiple boosters, so early consultation with a medical professional is advised. More information is available from wwwnc.cdc.gov/travel/destinations/traveler/none/ethiopia.
- **Travel Application:** Prior to traveling, each participant must complete Hope Arising's travel application.
- **State Department Registration:** Hope Arising will register all volunteer team members with the American Embassy.

Sample Itinerary

Specific itineraries and dates are communicated as the team is organized, but are most often scheduled in the fall (October) and spring (March). The following provides an example of what to expect:

Day 1 Depart United States. Common layovers include London, Frankfurt, and Dubai. Time permitting, optional layover tours or activities may be available at your own expense.

Day 2 Arrive in Addis Ababa, Ethiopia

Days 3-7 Humanitarian work and community projects.

Day 8 Visit Addis Ababa and experience the country's history and culture.

Days 9-10 Return to the United States.

Humanitarian work and community projects (days 3-7) vary and are determined based on the unique skill sets of the volunteers. Examples of previous efforts include the following:

- Teaching English in schools
- Training teachers
- Providing feminine hygiene training
- Medical and dental clinics
- Constructing schools, roofs, latrines, etc.
- Offering small business training

In preparation for departure, the team will return to Addis Ababa and experience the capital's culture and history. Some of the group's activities may include visiting the following:

Entonto Maryam Church

Visit one of Addis Ababa's most revered churches and enjoy the views from the highest mount (10,500 ft.) overlooking the city. The church was constructed by Emperor Menelik II, who built his personal residence nearby.

Shopping District /Market

Purchase souvenirs from your trip.

Dining

Experience the local cuisine including injera (or go safe with Italian or American dining).

National Museum of Ethiopia

Discover the history of one of the world's oldest countries and view the bones of Lucy, one the world's earliest citizens.



Political Sensitivity

Ethiopia does not enjoy the same degree of free speech or political expression as many countries of the world. Because political questions and discussions can cause discomfort or danger for the

local people, please refrain from engaging in any political discussion.

Packing and Clothing Recommendations

International airlines allow each passenger to carry 2 suitcases weighing 50 pounds each. Travel volunteers are asked to limit their belongings to one suitcase, allowing Hope Arising to use the second for supplies and necessities.

The recommended packing list follows:

Pants:

- Slacks and jeans (Men and women)
- Dress for Sunday service (women)
- Shorts should not worn in public

Shirts:

- Several short sleeve shirts
- Lightweight jacket or long-sleeved shirt

Shoes:

- Comfortable, athletic shoes for working and walking
- Flip-flops or rubber sandals for showering

Other:

- Socks
- Underclothes
- Pajamas (may not have private sleeping arrangements)
- Hats, bandanas, or scarves (for hair covering and sun protection)
- Sunglasses

Toiletries:

- Antibacterial wet wipes or baby wipes (travel size). Useful for frequent handwashing and handy for restrooms.
- Basic medical kit: Band-Aids, moleskin (for blisters), ibuprofen or Tylenol, hydrocortisone cream, anti-diarrheal, and antiseptic wipes
- Feminine supplies, if needed
- Small packets of toilet tissue. Restrooms do not supply paper products and keeping tissue in your pocket or back pack is advisable.
- Toothbrush, toothpaste, shampoo, and any other toiletries you regularly use.
- Comb or brush.
- Travel hairdryer (220V) and appropriate plug adapter
- Extra pair of contacts (if you wear them)
- Sunscreen, 30 SPF or stronger
- Insect repellent (35% DEET)
- Medications

Ethiopians are conservative in dress. Arms and legs are usually covered, although short sleeves are acceptable. If there is any doubt about clothing, please err on the side of conservatism.



Other Items

- Silk sleep sack (optional)
- Earplugs (optional to reduce night time noise)
- An electrical converter (220V to 110V) and a European-type plug adapter. Check the wattage of your electronics to ensure you have necessary converters and adapters. Electronics not compatible with 220V and 50 Hz require a wattage converter.
- Flashlight
- Chargers or extra batteries for electronics
- A journal to record impressions and experiences
- Amharic phrasebook/dictionary
- Work Gloves for project (as applicable)

Food

- Packable lunch food

Donations and Expenses

Hope Arising believes humanitarian work changes the lives of those who volunteer and we work to make our programs inclusive. Each volunteer is asked to donate to or fundraise for Hope Arising an amount that enables our volunteer teams and associated projects to succeed. If you want to join our travel team, plan to donate **\$3,900**.

Hope Arising will arrange round trip airfare to Ethiopia in addition to covering the in-country team and project expenses.



In-country and project expenses include:

- Hotel (double occupancy)
- Meals (breakfasts and dinner)
- Transportation
- Translation services & Projects

Volunteers should be prepared to cover personal expenses as they travel including the following:

- Passport
- Ethiopian visa (currently \$50)
- Immunizations
- Souvenirs
- Activities on lay-overs

Donation Schedule

Donations purchase airfare, fund projects, and secure supplies. Because expenses are incurred prior to travel, **donations are non-refundable**.

A donation schedule will be provided for each travel team, but will closely follow the following schedule:

<u>Days Before Travel</u>	<u>Amount</u>
150	\$ 500
120	1,500
90	1,000
45	900
Total	\$3,900

Checks (preferred), should be made payable to Hope Arising and mailed to:

Hope Arising
3760 E. Leah Lane
Gilbert, Arizona 85234.

Alternatively, credit card or PayPal donations may be made on our website: hopearising.org/donate

If others are donating as a result of your fundraising, please encourage them to include a note or reference to your efforts.

Cancellation or Rescheduling

Donations purchase airfare, fund projects, and secure supplies. Because expenses are incurred prior to travel, **donations are non-refundable**.

If an individual cancels participation or in the unlikely event Hope Arising must reschedule or cancel a volunteer team, reason-

able efforts will be made to provide individuals the opportunity to participate on a future volunteer team. However, we cannot guarantee future service opportunities as they rely on additional fundraising and donations.