

Essential information for Short Term Volunteers

- Volunteers will be required to provide the funds for their own flights and subsistence in Zambia.
- Fund-raising is permitted to raise the cost of the travel and accommodation. However the fundraising activity must be agreed in advance by the Spirit of Paul McGirr so that it can be scheduled with other events taking place. A letter will be provided to you at this time to prove your authenticity. This letter must be provided to all potential donors on request.
- Time off or away from the project will be limited. Volunteers wanting to visit other areas of Zambia or Africa should arrange to do so after their commitment to the project has been fulfilled.
- Volunteers are required to
 - provide their own travel and medical insurance, arrange and pay for their own inoculations.
 - be sensitive to the economic, cultural and religious backgrounds of the region being visited and refrain from bad language and racial references. Dress and behave appropriately for the environment in which you are may be placed. Refrain from bringing valuable or items of special personal significance as secure storage is limited.
 - live and work with other volunteers.
 - to read, understand and sign a Volunteer Agreement.

Vaccinations

	Special Precautions
Diphtheria	Yes
Hepatitis A	Yes
Malaria	Yes
Rabies	Sometimes
Tetanus	Yes
Typhoid	Yes
Yellow Fever	Sometimes

Inoculation regulations can change at short notice. Please take medical advice in the case of doubt. Where 'Sometimes' appears in the table above, precautions may be required, depending on the season and region visited. Make an appointment with your GP as soon as possible.

Food and Drink

Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilised. Milk is pasteurised and dairy products are generally safe for consumption. Only eat well-cooked meat and fish, preferably served hot. Vegetables should be cooked and fruit peeled.

Other Risks

Avoid swimming and paddling in fresh water; swimming pools that are well chlorinated and maintained are safe. Vaccinations against tuberculosis and hepatitis B are sometimes advised.

Health Care

Health service is not free. Adequate health care cannot be assured outside main towns. It is advisable to carry basic medical supplies as they are limited in Zambia. Comprehensive health insurance is recommended and it should include emergency air evacuation coverage if you are spending time in remote parts of the country.

The Base

- Accommodation and food is being provided by the SMA. The food provided will be local in origin.
- The SMA has worked in this region for decades and their experience and knowledge will be invaluable to all volunteers.
- Smoking and the drinking of alcohol is prohibited within SMA grounds.

Travel

Travel is being arranged through the Spirit of Paul McGirr. Flights to Zambia vary widely in price. The earlier your placement can be confirmed the better value for money can be achieved.

- British Passport holders require a visa to enter Zambia. The visa application form is found online at www.zambianimmigration.gov.zm under 'Visa General'.

Also required are;

- 2 passport photos
- 60 US\$ cash (bank or exchange at the UK/Irish airport)
- a passport valid for more than 6 months
- Letter of support from the Spirit of Paul McGirr stating the purpose of travel and residential address while in Zambia

The form can be filled in advance of travel or can be found at the point of entry to Zambia (passport control in Lusaka).

Irish Passport holders do not currently require a visa.

Background to Zambia

Full Name	Republic of Zambia
Capital City	Lusaka
Area	752,600 sq km /290,579 sq miles
Population	11,200,000
Country Dialling Code	260
Time Zone	GMT/UTC +2 ()
Languages	English (official) Bemba (other)
Religion	Christian (50-75%), indigenous beliefs (50-75%); many people follow both
Currency	Zambia Kwacha (ZMK) £1 = 7,441ZMK (Feb 09)
Electricity	230V 50HzHz

Social Conventions

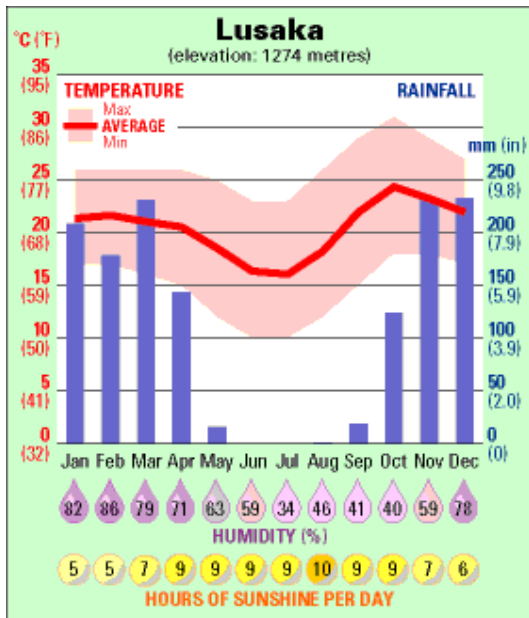
African culture and traditions remain prominent and there are various customs, folklore and traditional crafts in the different regions. Traditional dancing is popular and there are many colourful annual ceremonies that take place throughout the country. Visitors to the outlying areas should expect to be met with curiosity. Shaking hands is the normal form of greeting. Gifts are often offered to visitors as a sign of gratitude, friendship or honour. One should never refuse a gift but accept it with both hands.

Zambia Climate

Although Zambia lies in the tropics, the height of the plateau ensures that the climate is seldom unpleasantly hot, except in the valleys. There are three seasons: the cool, dry winter season from May to September; the hot, dry season in October and November; and the rainy season, which is even hotter, from December to April.

Required Clothing

Lightweights or tropical with rainwear. Temperatures can drop significantly at night so bring warm items of clothing for the evening and early morning.



Travel Advice

Most visits to Zambia are trouble free.

Travellers are advised to exercise caution when in the rural parts of the North Western, Copperbelt, Central and Luapula provinces that are close to the border areas with the Democratic Republic of Congo (DRC), particularly with the rural areas after dark. There are continuing reports of armed cross-border raids from the DRC. Travellers should also be aware that there is a risk of landmines on the Angola side of the Zambia/Angola border, as well as on the Zambia/Mozambique and Zambia/DRC borders.

The threat from terrorism is low, but travellers should be aware of the global risk of indiscriminate terrorist attacks which could be against civilian targets, including places frequented by foreigners.

Since early January 2008, heavy rains across Zambia have resulted in some flooding, particularly in Southern Province. Road travel may be affected. Travellers should check local reports for more information.

Travellers should avoid taking pictures of sites deemed sensitive by the Zambian government, including power stations, army barracks, airports and government buildings. If in doubt, do not take pictures.

This advice is based on information provided by the Foreign and Commonwealth Office in the UK. It is correct at time of publishing. As the situation can change rapidly, visitors are advised to contact the following organisation for the latest travel advice:

British Foreign and Commonwealth Office

Tel: 0845 850 2829.

Website: www.fco.gov.uk

Another website with valuable travel information is

www.tripadvisor.co.uk