

Prosthetic Promises trip info

- Trips are typically 14-16 days from leaving to return to the U.S. Flight options can differ since there are no direct flights, and we have team members coming from different locations. The last flight is into Livingstone, Zambia and then a 3-4 hour bus ride to New Day Orphanage where we stay in Mapanza, Zambia.
- Cost info:
 - Certified Prosthetist/Technician - Travel for prosthetic professionals who are fully trained with experience will be paid in full by PPIHN, including airline/travel tickets and lodging.
 - Training Prosthetist/Ancillary Professional – Training personnel, such as residents or newly certified practitioners, or other professionals, such as physical therapists, are asked to pay for airline tickets. PPIHN will cover lodging and food costs. Airline typically cost \$1,500-\$1,800.
 - Non-trained volunteer -- Volunteer who will assist the team where needed will be asked to pay all expenses in full, including travel and lodging. Cost for non-trained volunteer should be about \$2,000-\$2,200, which includes airfare, lodging and meals. .
- We stay in a guest house at New Day Orphanage. There are bunk beds, concrete floors and shower stalls, you can shower every day, electricity most of the time, fans (no A/C), a cook is hired to prepare meals for us while we're there, well water on site at NDO is safe to drink, don't drink the water offsite.
- The first few days and last few days of the trip are days when patients are there---we do fabrication in between. Non-trained volunteers will assist where needed.
- There is availability for you to interact with the kids at the orphanage---that can be anywhere from hanging out at recess to helping with a kids activity....we can get you coordinated with the staff at New Day in advance to our trip to get more info on how you can be at work with the kids/orphanage.
- What type of clothing to wear? Closed-toed shoes for being at the clinic working. Weather is generally warm during the day, a dry heat, cooler at night. Our clinic is up on a hill and usually has good air flow, so it does not get overly hot. Pants or capris below the knees for women. Women wear long skirts to church on Sunday (the church is a Baptist church, and NDO is a Baptist ministry). Scrubs are recommended for trained volunteers.
- CDC info for vaccinations for travel. We follow the “most travelers” guideline.
https://wwwnc.cdc.gov/travel/destinations/traveler/none/zambia?s_cid=ncezid-dgmg-travel-single-001

On a personal level:

- For flights, a bag with a change of clothes (if desired), snacks & activity for long flights. Consider compression socks for length of time on the plane.
- Put your passport in a secure place on your person; make a copy to leave at home.
- There are linens and towels at the guesthouse, and also a washing machine and dryer.
- Consider an international plan for cell phone to communicate with family/friends back home, though it does not always work well. There is Wi-Fi at the guesthouse, but it does not always work. There is not Wi-Fi at the clinic. Inform your family/friends that possible days without communication will occur.
- For charging personal items such as phone and camera battery, you will need something that's coverts to 110V from the standard 220V. Such as:
https://www.amazon.com/gp/product/B01E140XWA/ref=oh_aui_search_detailpage?ie=UTF8&th=1
- Take lightweight sleepwear. Fans only and no A/C.
- Wear comfortable shoes. The clinic floor is concrete, and we have long work days.
- Take snacks. Breakfast, lunch & dinner are provided, but if you get hungry in between you'll need your own food.
- Take a small backpack/bag to use daily as you go back and forth between the clinic and the orphanage so you can carry the personal items you may need or want.
- Take cash for personal purchases and souvenirs.