

Prosthetic Promises trip info

- Trips are typically around two weeks. Flight options can differ since there are no direct flights. 2 days travel to get to Zambia from the U.S. Last flight is into Livingstone, Zambia. Then a 3-4 hour bus ride to New Day Orphanage where we stay.
- 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 tickets typically cost about \$1,500-\$1,800. Airfare is purchased all together and you just reimburse Prosthetic Promises.
 - Non-trained volunteer -- Volunteer who will assist the team where needed will be asked to pay in full all expenses including travel and lodging. Cost for non-trained volunteer should be about \$2,000-\$2,500, which includes airfare, lodging and meals. Airfare is purchased all together and you just reimburse Prosthetic Promises.
 - ****We appreciate any team member's fundraising efforts they can do to help the cause. Share with friends and family that you are going on a trip, what the PPIHN mission is all about and help spread the word.**
- We stay in a guest house at New Day Orphanage, which is a bit like church camp. There's bunk beds, concrete floors and shower stalls, you can shower every day, electricity most of the time, toilets like we're used to, fans (no A/C), wi-fi most of the time, 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.
- Safety info: New Day Orphanage is a closed compound with gate guard. The guesthouse doors are locked at night. Our team travels with Protashow, our Zambian team member, or a New Day staff when in Zambia.
- 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.
- What type of clothing to wear? Closed toed shoes for being at the clinic working. Weather should be upper 80s during the day, a dry heat, cooler at night. Our clinic is up on a hill and usually has good air flow through it so not too bad heat wise. 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-dgmq-travel-single-001

On a personal level:

- For traveling, a bag with a change of clothes (if desired) & personal items. Consider compression socks for length of time on the plane. Put your passport in a secure place on your person; make sure you made a copy of it to place in a separate place and a copy to leave at home.
- There are linens and towels at the guesthouse. There is also a washing machine and dryer.
- Consider an international plan for cell phone to communicate with family/friends back home. There is Wi-Fi most of the time at the guesthouse so if you want to email or message with What'sApp, etc you can do that. The cell service works most of the time when you're outside of the guesthouse (metal roof on guesthouse makes the service for cell phones inside kind of patchy).
- For charging personal items such as phone and camera battery, you will need something that's coverts to 110V from the standard 220V there. Such as:
https://www.amazon.com/gp/product/B01E140XWA/ref=oh_aui_search_detailpage?ie=UTF8&th=1
- Take lightweight sleepwear!
- Wear comfortable shoes!! If your suitcase room permits take more than 1 pair: for church and another pair for daily wear.
- 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. It's hard to say how much, but consider more than \$200. For personal purchases and souvenirs.