

TANZANIA VISION TRIP



PURPOSE

- To experience firsthand the transformative work of Plant With Purpose
- To explore the complex issues of rural poverty and environmental degradation
- To equip supporters to speak on behalf of the rural poor, especially the importance of Plant With Purpose's holistic community development model
- To strengthen relationships among program participants and local staff

TRAVEL TIPS

Before Your Trip

- Read *Tending to Eden* by Scott Sabin and *When Helping Hurts* by Steve Corbett and Brian Fikkert.
- Spend time praying for your upcoming experience. The Lord has you here to learn about yourself and others, as well as the work God is doing to transform lives.
- Refer to the Center for Disease Control website and consult your primary care physician for vaccination and medication recommendations.
- Locate your passport and check its expiration date. Passports with fewer than six months before expiration will need to be renewed before travel.

During Your Trip

- Celebrate cultural differences.
- Be flexible.
- Pleasantries are very important. It is important to formally greet and take the time to get to know people before requesting information.
- Try to remember people's names, especially staff members.
- Local community members are very hospitable; it is important to express gratitude for what you receive.

During Your Trip

- Do not go anywhere without your trip leader's knowledge and permission, and do not go out alone.
- Respect authority. It is always best to maintain a friendly and respectful manner when talking with anyone in a position of authority, such as a government official, business leader, or other respected person (this includes removing sunglasses or hats while talking). Also, be careful to avoid criticism.
- You may be approached and asked to give money for school fees or other special needs. Plant With Purpose's policy is to support communities to meet their own needs and not to give cash. Please talk to your trip leader if you have questions.
- Water served at restaurants is usually safe to drink. Please consult with a staff member if you are unsure or order bottled water. It's best to be careful.
- Some toilets do not have the ability to flush paper. Please be aware if there is a trash bin.
- Voltage is the same as in the U.K.

VISA INFORMATION

- The U.S. Embassy recommends that U.S. citizens obtain visas before traveling to Tanzania, but visas are also available at ports of entry upon arrival. A passport valid for a minimum of six months before the expiration date and at least one blank visa page are required. Visas for U.S. citizens cost \$100 and must be paid for in cash with bills issued in 2006 or later.

HOW MUCH MONEY SHOULD I BRING?

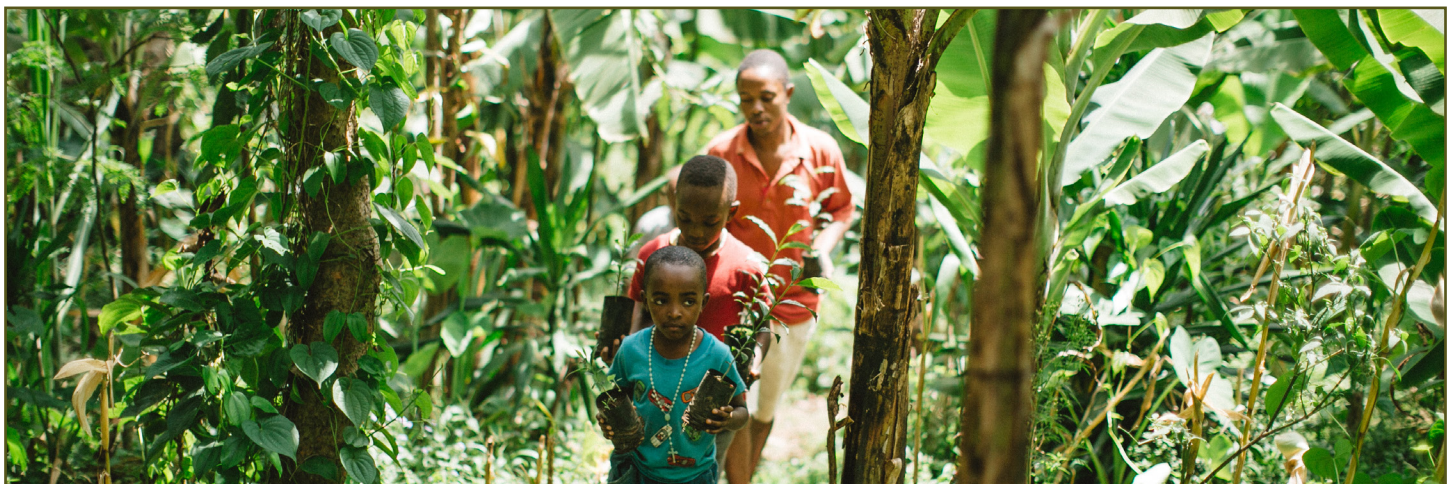
- Besides expenses en route to the country, you won't need much money. However, it's a good idea to have some cash for touring the city near the end of our trip. Many businesses accept U.S. dollars. Credit cards are difficult to use in most places, but ATMs are secure and easy to find.

CURRENCY

- Check Google for the most up-to-date exchange rate between USD and Tanzania Shillings (TZS).
- You can access local currency through an ATM or by exchanging money at a bank.

IN CASE OF EMERGENCY

- Contact the Plant With Purpose San Diego office at 858.274.3718
- After business hours contact Program Officer Milmer Martinez at 858.366.3445



PACKING LIST

- Passport (with at least 6 months before expiration date)
- Phrase book
- Hiking boots or tennis shoes
- Clothes that can get muddy, but are still presentable
- Long pants for community visits. Do not wear shorts. Knee-length skirts are okay.
- Long-sleeved shirts or jacket
- Comfortable clothes to wear at the hotel (still long pants)
- Pajamas
- Toiletries
- Over-the-counter meds such as Pepto
- Ear plugs
- Flip flops or sandals
- Swimsuits (optional: if tourism days involve swimming)

ITEMS FOR DAYPACK

- Water bottle
- Journal, pen, and Bible
- Insect repellent
- Rain poncho or umbrella
- Flashlight or headlamp
- Sunglasses, hat, and sunscreen
- Energy bar and snacks
- Photos of your family to share



*Plant With Purpose aims to focus its programs in priority sub-watersheds, which are outlined in green. Dots represent communities where Plant With Purpose works. The red houses are the Plant With Purpose offices.

DEADLINES

- **3 months:** pay \$200 nonrefundable deposit, submit application and waiver
- **2 months:** book flights and purchase travel insurance
- **1 month:** pay balance
- **2 weeks:** pre-trip meeting

SAMPLE ITINERARY

- **Day 1:** travel day
- **Day 2:** orientation, community visit
- **Day 3-4:** final community visit, sight-seeing, debrief
- **Day 5:** travel day

PHOTO GUIDELINES FOR VISION TRIP PARTICIPANTS

Plant With Purpose believes that all people are created in the image of God and, therefore, we are to interact with and portray everyone we meet with dignity. Sharing pictures is one of the best ways to communicate Plant With Purpose's international program. However, Plant With Purpose works with vulnerable communities where sharing trip information, including photos online, could increase attention and access to these families and children. In addition, many of the countries where Plant With Purpose works have specific legislation and standards in regards to taking people's pictures and sharing their information.

At Plant With Purpose, we want to proactively take steps to protect children and families from any unsafe or inappropriate use of participant information. This includes posting personal details like pictures with identifiers such as full names and community names.

Please abide by the following guidelines when taking and posting pictures:

While visiting the program:

- Always ask permission to take a person's picture.
- If a minor is involved, ask the parent's permission to take the picture.
- Be intentional that your pictures communicate dignity, improved circumstances, and avoid making participants appear like victims (inappropriately dressed, sick, covered in flies, etc.). Aim to only share photos that the subject would be proud of.

Sharing information online:

- If you need to post names, only use first names. Please don't tag people in the photographs.
- Use the region or country when talking about location. Do not use specific community names.
- GPS data on smartphones and digital cameras could potentially pinpoint the location of the individual in the image. Pictures must not contain metadata that would allow someone to figure out where the image was taken (search "geotagging" for more information).



Partnering farmers in Tanzania are able to competitively sell their produce with a certified organic label.