



## Introduction to Africa Mission trip

If you have this manual in your hand, then you are one of the few who are about to embark upon the journey of a lifetime; a 2-week excursion to the African nations of Zambia, Malawi and Tanzania. In order for you to be fully prepared, we ask that you take the time to read through this manual in its entirety. Whether you are a seasoned traveler or a first-time rookie, the information contained within is invaluable to your being ready for this new adventure!

### **A Short History of Zambia and L3:**

In 2011, L3 International was launched with the intent to reach the least, last, and lost of the world with the Good News Gospel of Jesus Christ; particularly those in some of the most overlooked places on earth. Through this vision, L3 founders Nate and Rute Tanner were brought together with Pastor Paul Sichone and his ministry in Zambia, East Africa, and thus L3 Africa was born.

Since then, L3 has pioneered an orphanage, school, multiple church plants, bible schools, has conducted over 13 Gospel campaigns across the region with thousands giving their lives to the Lord, and provided an opportunity for many from the states to witness the power of God firsthand.

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## Section 1: So, You Really Want to Go?

### Not for the Faint of Heart

While there are many so-called "mission trips" out there, this particular adventure is definitely not your "normal" getaway. You will (literally) be thousands of miles from home; extremely limited internet or phone access; devoid of most modern conveniences; on an airplane for up to 10 hours at a time, and unfamiliarity in every instance- not to mention the creepy crawlies. Think of everything you enjoy at home; take that away, and you might be scratching the surface of what to expect on an L3 trip. Be warned, this is not for the faint of heart.

### No Whiners

Nobody likes complainers; therefore, whining and/or grumbling is not tolerated on this team. That is exactly what we are (a team) and the cohesiveness of that team is something we take very seriously. Not only are we representing L3 and our nation, but above all, we are representing Christ Himself. Therefore, we expect everyone to abide by that standard. Channel that energy towards sharing your testimony and preaching the Gospel!

### Keep a Positive Attitude

Similar to the "no whining", keeping a positive attitude in the midst of unfamiliar circumstances is essential to maximizing your time in Africa. If you can keep your cool when the easiest thing would be to just give up and give in, you will grow faster and stronger in the realm of wisdom and discernment- not to mention being an example to those around you. Many young people have attended these trips in the past, and they're always watching.

### Be Flexible

If there is a motto for every trip to Africa, it is "the flexible are never broken". The first thing most visitors to Zambia/Tanzania notice is how quickly plans change and schedules are rearranged. Despite leadership's best efforts to keep things consistent, inevitably there will be changes in protocol more than once. This is perhaps the hardest part of the trip to get used to; however, if you can adopt the attitude of "expect the unexpected", you will successfully navigate the ups and downs of the slower-paced African culture (and maybe even start to like it!).

### Be Teachable

The worst thing anyone could do to themselves on this trip is to go in thinking that they know everything and totally miss what the Lord has for them and for others through them. An unteachable heart is a hardened heart, and a hardened heart has no room for God to move within it. Therefore, be in prayer to make sure that your heart and spirit are ripe and ready to be filled up and poured out for the benefit of others. Don't miss what the Lord wants to do with you, within you, and through you.

## Section 2: What to Expect

## **A New Culture**

East African culture is completely different from the USA in a myriad of ways, and in order to prepare yourself adequately for this adventure, it's good to know what to expect when you step off that airplane into the mysterious beyond. If you've gotten this far, you're probably serious about going; let's see if you still are at the end of this section.

## **Leave your Expectations Behind**

First things first- dream pleasant dreams but don't be unrealistic about what to expect. Be prepared to be treated like an honored guest in every home, but stay humble. Throw your sense of time out the window; forget about air conditioning, and...well, just read the following:

## **Being (not) on Time**

As alluded to earlier, African time means "whenever we get there", not necessarily the time on the schedule. There have been times when a bus was to come at 9, but didn't actually get there until 11- thus, the plans for that day had to be adjusted. Expect for this to occur more than once and prepare yourself accordingly.

## **Lack of Creature Comforts**

Don't expect to have internet access (save for a scheduled few instances or unless you have data), a fridge full of food, total freedom, etc. It's okay to be without these things for a time and will help you focus on the tasks at hand. International plans tend to not be cheap, so keep that in mind before you go.

## **Cultural Bias**

What we mean is this: be careful not to fall into the trap of thinking, "well, this isn't the way we do things back home; therefore, I'm going to say something because my way is better." This is deeply disrespectful to our hosts and part of coming into a new culture is assimilation, i.e. become like the Greeks to win the Greeks. If someone asks your opinion, that's fine; however, to impose it is an entirely different matter.

## **Be a Team Player**

The strength of a team lies in the willingness of each member to come together, work together, and achieve a common goal. This trip will involve a group of strangers being expected to work together in a very short amount of time. Dying to self daily is a sure recipe for success on this trip, and considering others' needs before your own is the best way to be a blessing to your teammates. Remember, we're all in this together!

## **Sights, Smells, and Sounds**

These are definitely what hit you first when you step off the plane; having an idea of what you're walking into will aid in the transition process and help shorten the "culture shock" that can threaten to thwart your full experience in Africa. Be ready to drive on the "wrong" side of the road, smell everyone beside you (whether it's pleasant or not), and embrace the awkward!

## **New Food**

Don't expect your normal array of Pizza Hut, McDonald's, and Subway. Instead, be prepared for lots of chicken, rice, fruit (do NOT eat any from the vendors), cooked vegetables, potatoes, fish, some beef, and a local dish known as "shema" (think porridge). Raw foods that haven't been washed can carry pathogens; therefore, avoid them. Also, think small breakfast, big lunch, and really big dinner. If you have any medical food intolerances, there is grace for that; however, be realistic if your body will be able to handle the expected diet. Snack stands are everywhere and a few trips to the market are planned as well.

## **Foreign Languages**

Bimba and English are spoken in Zambia, while Swahili and English are the main dialects of Tanzania. Multiple languages are used in various tribes throughout both countries; however, the most common tongues will be those three (English, Bimba, and Swahili). Some common phrases include:

- *muh shani muqwai (Bimba, formal greeting)*
- *-twa to tela (Bimba for "thank you")*
- *-Jesa musuma ish de onse (Bimba, "God is good all the time")*
- *-asante (Swahili for "thank you")*

Having a few of these in the arsenal will assist with conversation and shows respect and honor to the local people.

## **Climate**

The weather in Zambia during May/June consistently stays between 75-85 degrees Fahrenheit during the day and in the 60's-70's at night. The air is dry and most of the terrain is rolling hills with foothills of mountains. As a comparison, think the foothills of the Rocky Mountains and the Southwestern USA, notably Arizona. Across the border in Tanzania, the humidity and rain increase as you are in a more temperate zone; very similar to the American Midwest.

## **Uncomfortable Surroundings**

While accommodations are taken into account as best we can, be ready to embrace what many would consider less than ideal surroundings, i.e. close quarters on the bus, long rides on bumpy roads; lack of sleep, cold showers (or lack thereof), and unpleasant smells.

### **Clothing Styles**

Typical fashion in Eastern Africa consists of bright, vibrant colors for both sexes. Men usually wear button-up shirts with jeans or khaki pants (occasionally you'll see someone with a t-shirt) and soccer jerseys are quite popular. Women typically wear a type of clothing called a "sari" which they wrap around like a skirt, along with shawls to carry the little ones. Skirts and brightly-colored, modest tops are in for the ladies.

### **Social Norms**

Zambia and Tanzania are quite conservative and long-held traditions are still quite important. Christianity and Islam exist together with Zambia considered "Christian" while Tanzania is split half and half. Men are typically seen as dominant and women are expected to stay at home and take care of the children. Most people live on small farms or in the city and run small businesses. Education is valued highly yet many children slip through the cracks as orphans; this is due to a high rate of HIV/AIDS deaths among many parents.

### **A Spiritual Battleground**

This is a section that everyone needs to pay very close attention to, i.e. the spiritual realm is very much a part of East African culture and what is considered superstition in the states is reality to most Africans.

### **Everything is in Your Face**

What we mean is this: deliverances, the possessed, and witch doctors are all very much a part of the culture you'll be walking into, and faith in society isn't divorced like it is in America. Despite a Christian presence, animistic and tribal belief systems dating back centuries still exist and dominate the lives of many Africans. You will be prepared and equipped to boldly proclaim the Gospel in this kind of environment, and literally see lives transformed with your own eyes.

### **The Villages**

Half of your time in Africa will be interacting with people throughout the numerous little villages spread across the nation, as well as the bustling city centers. You will be travelling in groups (minimum of 3-4 people) and expected to give an answer for the hope that you have as you seek to share Jesus with the people you meet. That could be anyone from inmates at a prison; a group of mothers nursing their infants, or a band of local kids playing soccer.

### **Street Evangelism**

Be prepared to go door to door or even preach to a crowd of alcoholics outside a tavern. Africans are more than willing to stop what they're doing and listen to what you have to say, and a translator is always available. The Lord loves to engineer circumstances for the praise of His glory, so don't be shy.

### **Sharing the Gospel**

Whether you are a seasoned veteran or have never tried it before, sharing the Gospel is the most important part of this trip. We will have a day of training to get everyone prepared in sharing the 5-point Gospel; however, practicing ahead of time with friends or family is always encouraged. To bring someone to a knowledge of the truth is to cover a multitude of sins and save a soul from death.

### **Giving your Testimony**

To share your personal story of how the Lord has impacted your life can be scary; especially if you're not used to it and then expected to share with strangers on the other side of the world. However, each team member has a unique story that no one can take away from you or argue with; we will always encourage you to step out of your comfort zone and be there as a source of support.

### **The Crusades**

This is perhaps the most exciting part of the entire outreach, i.e. crowds of thousands; a large outdoor stage, five nights of preaching the Gospel, and miracles happening right before your eyes. Be prepared to be used mightily in the sharing of God's love and power!

### **Praying for the Sick**

You will be taught how to pray for those who are affected by every kind of disease, sickness, and infirmity. Expect the lame, deaf, dumb, and blind to come seeking relief, and you have that power within you waiting to be released. Though the numbers may seem overwhelming, the key is to stay focused and keep your eyes on the prize of praying for the person right in front of you.

### **The Demon-Possessed**

This can be somewhat awkward for those who've never encountered it before; however, you have the authority to tell that spirit to leave and will be trained on what to do when you encounter a situation. As you become more familiar with praying for those with a spirit attached to them, you will grow in the Lord's confidence to tell it to go and never come back.

### **Miracles Happen Daily**

Keep expecting the Lord to do amazing things through you and your fellow teammates as you step out in faith and pray for the impossible. Africa is a reaping ground for the miraculous; many are weary and searching for a supernatural relief from

whatever they are suffering from. We go to share the radical love of Jesus and demonstrate that love through healings, deliverance, and the move of the Spirit.

## Section 3: How to Prepare

### Don't Be Caught Empty-Handed

What we mean is this: don't be found on the field in paralysis; scared and unable to do anything at all. This trip demands your all in every area; mental, physical, and spiritual. We will do the best we can to prepare you with what we have; however, the rest is up to you to pray and strengthen your inner man through the Spirit.

### Mentally

As the Word says, be sober-minded and vigilant- the enemy prowls around like a lion; looking for someone to devour. A weak-minded individual is more susceptible to panic, running away, and becoming lazy. Trade your fear for confidence; know that you will be used for the Gospel in a mighty way by the Lord Himself, and remember that He loves to involve us in accomplishing His will. This is why it is so important to keep yourself mentally tough before, during, and after Africa.

### Physically

While it is certainly not our intention to discriminate against those with physical disabilities or ailments, we want to be as realistic as possible regarding the demands of this trip. We strongly encourage everyone to get a physical; proper meds, and all required shots ahead of time. Be honest with yourself to see if you are up to the task; at the same time, pray into it heavily and believe that the Lord will use you- even if others say the opposite. One of our former teammates had been told by her doctors that travelling overseas was impossible for her; she promptly said, "no, I've got to go" and went on her merry way. All that to say, be prepared and full of faith for sitting, walking, building, and testing the limits.

### Spiritually

The most important part of the preparation; knowing who you are and whose you are in Christ. Zambia and Tanzania are battlegrounds for the Gospel, with opposing forces coming against you at every corner. These forces can come in multiple forms, i.e. fatigue, arguments, dissension, you name it. If one isn't vigilant about standing firm, the forces that be can keep you from growing and miss out on what the Lord has for you in Africa. Be consistent in prayer; committed to being led by the Spirit, and be faithful to reading the Word. Remember, you don't have to have all the answers- just know that you are loved by God and sent out with power to share that love with others!

## Section 4: What to Bring

### Basic Packing List-(50 lb. limit per person)

- ○ 1 daypack or personal item
- ○ 1 suitcase or duffel
- ○ Passport
- ○ Spending/emergency money (\$100-200 U.S. recommended)
- ○ Bug spray 100% DEET
- ○ Sunscreen
- ○ 1 pair of shower slippers (optional)
- ○ 1 pair of tennis shoes
- ○ Toothbrushes and toothbrush container
- ○ Shampoo and Conditioner
- ○ Soap
- ○ Deodorant
- ○ Contacts, Contacts case, and Solution
- ○ Glasses both prescription and sun
- ○ Female products
- ○ Body wash
- ○ Face wash
- ○ Bible, journal, and pens/pencils
- ○ Hand sanitizer
- ○ Water bottle

- ○ Laundry detergent (you can either wash your own clothes or pay for the hotel to)
- ○ Light jacket (the nights due get chilly)
- ○ a light towel (microfiber works the best easily cleaned and dried)
- ○ Flashlight

**Recommended Items:**

- ○ Snacks (peanut butter nutella, beef jerky, trail mix, etc.)
- ○ Toilet paper (extra to have on hand)
- ○ Camera, computer/iPad, cellphone, chargers. (please don't bring unnecessary electronics.)
- ○ Converter for outlet (Africa is 240v, as most electronics are dual voltage you will just need an adapter, sold at walmart)
- ○ Vitamin C, electrolytes, motion sickness meds, vitamins, fiber, etc.
- ○ Baby wipes/face wipes
- ○ Plastic bags (for dirty laundry)

**Clothing**

*Ladies*

- ○ Full length skirts must be past mid calf without slits
- ○ Modest casual tops (must have at minimal cap sleeves)
- ○ T-shirts
- ○ Modest shorts (knee length) to wear at work sites and the hotel
- ○ longer cotton shorts to wear under any skirts to prevent chaffing.
- ○ Under clothes

\*Note Items to leave at home Leggings unless used under skirts. Also tank tops should never be worn without something over top like a jacket or sweater.

\* If we get a day at the market, there will be an opportunity for you to buy skirts/saris like the African women wear; these are items that past participants have liked and brought home as gifts for friends and family.

*Gentlemen*

- ○ Some nice button-up shirts
- ○ T-shirts,
- ○ Long pants
- ○ Jeans
- ○ Shorts-to work in and wear around the hotel
- ○ Under clothes

\*Be sure to pack dressy button up shirt and long pants for Church. Long pants are required to be worn for any outreaches including villages and crusade.

\*Another popular item at the market is soccer jerseys (for the girls too) from various countries including Zambia/Tanzania.

**Shots and Medication (recommended)**

Hep. A

Hep. B

Tetanus

Polio

Typhoid (want to be extra safe)

**Required**

**Yellow Fever- (you must travel with paper verification of this vaccine)**

**Malaria pills- Malarone (required be sure to have enough for the full trip)**

