



Thembalitsha

THEMBALITSHA FOUNDATION

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www.thembalitsha.org.za

FAQ's for Mission Trips

Things to think about before you plan your trip.

What do I budget for?

Car Rental: (search online)

Petrol/Gas/parking fees:

Bed & Breakfast:

Food: about \$10 per person for lunch and dinner (each)

Tours/Sightseeing: (search online)

Cell phones: (rental + prepaid minutes)

Snacks/drinks:

Who books our flights and how?

You book your flights. You can do so on line or through an agency. Make sure that you leave enough time on your layover to make it to the right terminal. Some groups like to have an 8 hours lay over in Europe so that they can do some sight seeing.

Will we need to get visas?

You will not need any special visas. You will simply enter the country as tourists. Visas are needed only if your stay is over 3 months.

What are the age requirements?

No volunteers under the age of 21 are permitted. Minors are only allowed to come to Thembalitsha if they are a part of a mission trip (a group of people). **The sending organization/church needs all minors (under the age of 18) to fill**

out a parental consent form prior to their departure. All visitors/volunteers will sign a service agreement/waiver when they arrive at our organization.

Where will we be staying?

We highly recommend staying at “Mooring House”. You will need to contact them and make your own arrangements. If you choose to make your own meals, you have access to a kitchen and the living area. This location has easy access to the N2, the mall, the church and the church office.

How is our transportation handled?

You are in charge of renting vehicles at the airport once you arrive. You can make these arrangements online prior to your arrival.

What are the types of service projects in Thembalitsha?

Thembalitsha is one large organization with many ministries. These ministries include ThembaCare (Grabouw and Athlone), Graceland, School of Hope, Village of Hope and Bosom Buddies. Please read more information at www.thembalitsha.org.za

Do we need shots or vaccinations?

We (South Africa or Thembalitsha) do not require you to get any vaccinations. Feel free to do so at your own discretion.

How long should our trip be?

We recommend your stay be about 2 weeks, in order to gain the full experience.

Should we be concerned for our safety or security?

Always use precaution. We request that you not be out alone after dark and never walk unaccompanied. Do not leave your backpack or laptop in a visible location in your car. Always lock your doors as you would in any country.

Will we have access to medical care?

Yes, you will have access to medical care. **The team will need to purchase additional medical/missionary insurance for the time you will be with us.** We (South Africa or Thembalitsha) do not require you to get any vaccinations. Feel free to do so at your own discretion. It is recommended that you bring your own medication. If you should be ill on your visit with us, there are hospitals and pharmacies near by. We also have registered nurses at different locations within Thembalitsha.

What are our options on a day of recreation?

Capetown Tour Bus

Green Market (souvenir shopping)

Moyo's Restaurant (cultural meal and entertainment)

Cape Point
Robben Island
Shark Diving
Whale Watching
Day Safari
Surfing
Summerset Mall
Waterfront Mall/Capetown walk.

Can I drink the water?

Yes, you can drink the water from the tap but do so at your own discretion. Do not drink the water from the townships. There is bottled water available to purchase.

Should I be concerned with my food options?

There is a variety of types of food here, pizza, pasta, sandwiches, soups, salads, seafood and much more. You can buy your food from the store, restaurant or make your own from home.

What should I pack?

Check with your airlines on your weight limit, not all airlines have the same requirements. Bring your personal toiletries, towel, tennis shoes, clothes, and camera. If you have forgotten anything, there are stores and malls you will have access to. Note that our winter is in the middle of the year and our summer is at the end/beginning (check the weather online). You will need a cell phone. If you are bringing your own, check that it has a SIM card. Call your provider to unlock your phone. You can rent phones. We use prepaid phone cards. You will need to wait till you arrive to purchase an adaptor and converter for your electronics. Our outlets differ from yours and are 220 volts.

What is HIV?

It has been more than 20 years since HIV/AIDS was first diagnosed. Still, thousands of people are infected each year. AIDS is a deadly disease. No cure, nor is there a vaccine to prevent infection. HIV infection however is largely preventable. HIV stands for the Human Immunodeficiency Virus. This is the virus that leads to Acquired Immune Deficiency Syndrome (AIDS). HIV cannot survive outside the body. In order to be infected, the virus must enter your bloodstream.

HIV is transmitted through:

- * Pregnancy, delivery and breast feeding (from an HIV-infected mother to her infant)
- * Unprotected sexual intercourse (vaginal, anal or oral), semen, pre-ejaculate, vaginal secretions.
- * Shared needles or equipment for injecting drugs
- * Unsterilized needles for tattooing, skin piercing or acupuncture
- * Occupational exposure in health care settings

Over a period of years, HIV weakens the body's immune system to the point where it can no longer fight infection. On average, it takes 10 years to progress (in a 1st world nation) from an initial HIV infection to AIDS. People with HIV can live for a number of years with no external sign or symptom of the disease, and may unknowingly infect others. The only way to know if you have the virus is to have an HIV blood test. When the body can no longer fight infection, the disease is known as AIDS. The infections associated with AIDS are called 'opportunistic' because they take advantage of the body's weakened immune system. It is the opportunistic infection, and not AIDS, that causes death. The bottom line, prevention is the key to being safe.

***Note:** Additional information will be sent once you have made contact with us and your trip is approved. The above information are things you need to think about prior to planning your trip.