

Missions for Humanity 2025 Tanzania Mission Trip

- **Passport - Required**

If you are interested in coming on a mission trip and either do not have a passport or your passport is not valid for at least 6 months after we return, please **apply for your passport ASAP, as it takes much longer now. You need your passport to apply for your Visa. Apply today!**

- **Visa: Required for Tanzania** – We will obtain online ahead of time –I will send you directions and the answers to the questions you will need to answer (probably in January) once tickets are purchased.
- **MFH is requiring all participants to be fully vaccinated for COVID.** Other necessary vaccinations are listed below.
- **Register at US Embassy** – Smart Traveler Program
 - **Tanzania - Level 2** (Level 1 is life is perfect)
 - **United Arab Emirates (Dubai) – Level 2** -Threat of missile and drone attacks

Tanzania Mission trip

Dates: Thursday, July 3, 2025– Saturday, July 19, 2025

Cost: as of 9/23/24 the cost of the **flight is \$1872.70** which includes three 50lbs bags free, choose your own seat at no additional charge, and an overnight in Dubai each direction, and dinner and breakfast at the hotel in Dubai. **Price is subject to change until the flight is booked.**

The flight on July 3rd leaves Boston at 11:05pm and we arrive home on Sunday July 19th at 2:10pm .

There is an overnight in Dubai going in each direction. On our way to Tanzania we arrive in Dubai about 7:30pm which is plenty early for you to go out and see Dubai (either on a tour or on your own). On our return we do not get into Dubai till 9:50pm so that doesn't really give you time for sightseeing.

Where we stay

We will be staying at the Mbagala Center in Dar es Salaam, Tanzania, which we have stayed at many times before, and travel each day (about 2 hours) from the Center to the village we will be working at that day. The center is very simple, but clean and safe. You can stay in a single, double or triple depending on how many people are traveling with you. Each room has its own bathroom with a toilet, sink and shower. For the most part the rooms only have cold water although they do supply a bucket so you can get hot water from the sink at the end of each hall. There are a couple of rooms with hot water. We eat breakfast and dinner at the Mbagala Center. **At lunch time we are out in the villages, so each person brings from home protein bars etc., whatever they want to eat for lunch.** We will purchase cases of bottled water when we get there for each person so you will always have plenty of fresh water to drink.

Room & Board Costs- Room / Breakfasts & Dinners/ Water etc. for 13 nights per person:

Single room	\$485
Double Room	\$415/person
Triple Room	\$385/person
Quad Room	\$355/person

Approximate Cost Breakdown

(Costs of flights are subject to change and not definite until booked. Room and Board may go up a tiny bit in January, but if so it will be very little)

Airfare as of 9/23/24

\$ 1,872.70 (last year \$1,864.45)

(See separate Flight Information sheet for flight details)

Room, Board, water, etc. 13 nights

Single room **\$485**

Double Room **\$415/person**

Triple Room **\$385/person**

Quad Room **\$355/person**

Donation for Caritas staff (per person)

\$ 40.00

Total Base Price (depending on room choice)

\$2,267.70 - \$2,397.70

Optional Expenses

- **Safari** depends on what you chose and how many go. \$???
- **Travel Insurance** (purchase on your own – cost depends on what you buy)
- **Tours in Dubai** (Last year the 4-hour city tour was \$50 per person)
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Not Included:

- Visa - \$100 US dollars that you purchase on-line ahead of time
- Drinks (other than water) at meals and other times
- Tips on safari (if you go on one)
- Tips at Mbagala Center
- Spending money for gifts

When is money Due?

To give you an idea of what is due when moneywise.....

- Flights must be paid upfront....
- Safari will require a 50% deposit when booked (about December) & the balance in May.....
- Room, Board, etc. expenses will be due in May

To book your flight you need to email me (kcrosson1@comcast.net) the following information:

- Name as it appears on your passport (or as it will appear on your passport if you are renewing it or getting one for the first time.) **Last name/First Name/Middle Name**
- Passport number
- Country Issued
- Date of Birth
- Date issued
- Date of Expiration **(must be more than 6 months or you must renew)**
- Seat Preference (window, aisle, middle, sitting with anyone particular)
- Phone number (mobile)
- Email
- Address

Additional Information

Medical - Vaccinations/Medications for Tanzania

You should all have the following medications/vaccinations before your trip to Tanzania. Some of these you have already had as part of normal life, but check to be sure they are current.

1. **Hepatitis A**
2. **Hepatitis B**
3. **Polio Booster**
4. **Tetanus (good for 10 years)**
5. **All Covid Vaccines**
6. **Typhoid**
 - **Typhoid Vaccine live oral Ty21a (VIVOTIF) capsule-** Take 1 capsule by mouth every other day for 4 doses. Take 1 hour before a meal., Disp: 4 capsule
Good to take this at least a month before the trip. – **Good for 5 years.** A shot is also available, but that is only effective for two years.
7. **Malaria Medication**
 - **Atovaquone-proguanil HCl 250-100 MG** per tablet, Take 1 tablet by mouth daily starting day 1 before trip to 7 days after.

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8. **Not necessary, but good to have for Travelers Diarrhea**
 - **Ciprofloxacin (CIPRO) 500 MG tablet,** Take 1 tablet (500 mg total) by mouth 2 (two) times a day, Disp: 8 tablet

Check with your insurance to see what is covered where. **I used GOOD RX and saved a lot of money on those that were not covered by insurance**

- Miriam Hospital Travel Clinic – Providence
- Travel clinic in the Cape
- Travel clinic outside of Boston

Clothing – Modest dress

- See recommended list of items to bring
- You may have clothes washed while you are there.
- Women (and usually men) do not wear shorts in public.
- Spray clothes????

Communication

- Internet available most times
- cell phones services - check with your provider- usually available

Currency – Tanzanian Shillings 2,736 Tz Shillings = \$1.00 (as of 10/5/24)
(fluctuates a lot)

- **Only New Style Money.** American dollars are accepted in Tanzania. **NO TEARS OR RIPS**
- **You receive a better rate of exchange if you exchange large (\$100's, 50's) bills.**

Current - 220V

- You need a 3 prong plug (UK size) Adaptor.
- You need a current converter if the items you will be charging don't state that they work on both currents.
- A 220 V power strip is great if you have a lot to plug in. Can purchase online.

Benefit Dinner Auction Fundraiser (Saturday, March 22, 2025): This is the main fundraiser that Missions for Humanity has. The money raised through this fundraiser pays for in country transportation, translators, doctor, dentist & nurse licenses, medications, supplies, Etc. etc. etc. **. Last year's Tanzania mission trip costs MFH \$ 34,321.38. See attached Auction information.**

We need each family going on a mission trip to support the fundraiser. Each family is asked to sell at least 10 books of raffle tickets, donate one item for the live or silent auction or raffle and, if at all possible, come to the dinner with all your friends.

Contact:

Kathy Crosson

- Home 508-672-7996
- Cell 508-972-2979
- kcrosson1@comcast.net

If you have any questions, please feel free to email or call me.

Kathy