



ZAMBIA 2010

LOVE'S DOOR / ALL NATIONS

Livingstone, Zambia

HANDBOOK



ZAMBIA!

Facts About Zambia

- Located in Southern Africa, Zambia is slightly larger than the U.S. state of Texas.
- Seven countries border Zambia: Angola, Democratic Republic of the Congo, Malawi, Mozambique, Namibia, Tanzania, and Zimbabwe.
- Zambia's terrain is mostly high plateau with some hills and mountains. Its lowest point is the Zambezi river at 329 m and its highest point is an unnamed location in Mafinga Hills standing at 2,301 m.
- Largest cities, with population Lusaka 1,394,000 (2003 estimate) Kitwe 376,124 (2000) Ndola 374,757 (2000) Chingola 241,612 (2000) Kabwe 233,197 (1999 estimate). Zambia is one of the most highly urbanised countries in sub-Saharan Africa with 44% of the population concentrated in a few urban areas along the major transport corridors, while rural areas are sparsely populated.
- Zambia has a tropical climate which is modified by altitude. Zambia is warm all year round, but has three distinct seasons. Between December and April the weather is hot and wet; from May to August it is cooler and dry; between September and November conditions are hot and dry. Average summer temperatures range between 77°F to 95°F (25°C to 35°C), while in winter the variation increases ranging from 43°F to 75°F (6°C to 24°C).
- Zambia's natural resources include copper, cobalt, zinc, lead, coal, emeralds, gold, silver, uranium, and hydropower.
- Wildlife experts consider Zambia to be one of the best places in Africa to see wildlife.
- Zambia has a population of almost 11 million.
- Life expectancy is around 39 years. Birth rate is on average 5.47 per woman. 16.5% of the population is believed to have HIV/AIDS. Literacy rate is at 80%.
- Seven in ten Zambians live on less than \$1 a day.
- Aids prevalence among adults is approximately 33 percent.
- The official language of Zambia is English, though most Zambians speak at least one of seven major vernaculars - Bemba, Kaonda, Lozi, Lunda, Luvale, Nyanja, and Tonga; in addition, there are about 70 other indigenous languages and dialects.
- Zambia is a former British colony, known prior to its independence in 1964 as Northern Rhodesia.
- The territory of Northern Rhodesia was administered by the South Africa Company from 1891 until takeover by the UK in 1923. During the 1920s and 1930s, advances in mining spurred development and immigration. The name was changed to Zambia upon independence in 1964, named for the Zambezi River.
- In 1855, David Livingstone explored large parts of Zambia searching for the source of the Nile River and discovered Victoria Falls.
- Zambia is officially a Christian nation. Religious affiliations Roman Catholic 33 percent Protestant 30 percent Independent Christian 17 percent Ethno-religionist or indigenous beliefs 10 percent Hindu 4% Baha'i 2 percent Other 4 percent
- Per capita annual incomes are currently at about one-half their levels at independence and, at \$395, place the country among the world's poorest nations.

TIPS FOR A HAPPY TIME

- Exchanging your money on the street is not worth the hassle or the risk of getting robbed or cheated. If you need to change money go to an exchange bureau that deals with that. The Zambian currency is the Kwacha (ZMK). 1 US Dollar = 5,782.70 Zambian Kwacha. 1 South African Rand = 642.551 Zambian Kwacha. 1 Euro = 7,505.25 Zambian Kwacha. [***UPDATE THIS ***]
- Debit card is the best way to access money (VISA, not Mastercard).
- Do not carry large amounts of cash. The best way to carry cash is with a flat money purse that hangs under your clothes. When going to the village it is wise to only carry the amount you plan on giving away.
- Do not carry your passport, but DO carry a copy of your visa at all times. If a policeman asks for your passport, give him your copy. If he insists on your original, do not let him out of your sight.
- The weather in Livingstone is roughly 10 degrees F hotter than anywhere else in Zambia, and more humid. Jan - March it averages 86 degrees; gradually cooling to 75 degrees June thru August; then Sept - Nov is above 95. Rain is in the Nov - March summer season.
- The international dialing code for Zambia is +260. The outgoing code is 00 followed by the relevant country code (e.g. 001 for America).
- There are several Internet cafes in Livingstone offering full telephone, fax, telex and email facilities.
- If you have a cell phone that uses a SIM card, see if you can get it unlocked. Then buy a local SIM card when you arrive. This will allow you to pay local rates for calls you make. This will be nice for communication with other team members. Or a cell phone can be purchased here for about \$25 US.
- You don't face any more danger traveling in Zambia than in other parts of the world. Petty theft is probably the most common crime you are likely to come across when visiting Zambia. As a tourist with cameras and cash, you just have to be careful.
- Don't walk alone at night, especially in major towns and cities, and stick to well-lit areas even if you are walking with a group.
- Start taking your malaria pills before you depart as instructed by your doctor - usually 3 days ahead. Make sure you take them exactly on schedule, with food and water, without missing doses. Common side effects include photosensitivity when taking doxycycline and neuropsychiatric side effects when taking mefloquine.
- Obviously the best way to avoid malaria is to avoid getting bitten by mosquitoes. You will be provided with a mosquito net. Insect repellent is also helpful to have.

- It is very important to treat malaria as soon as symptoms arise. Symptoms include chills, fevers, headache, nausea and vomiting. Antimalarial drugs do not prevent you from getting malaria, but they kill the parasites at an early stage of development. This means your bout of malaria will be a lot less severe than if you had never taken pills to begin with. Trust the local doctors. They are familiar with the strains of malaria in the area and how to treat the disease effectively

(Formal)- Dialogue	
Mutozi chwani/ Kibusiwu	Good morning/ day/ evening
Mutozi chwani /Kibusiwu ima	Good morning/ day/ evening madam
Mutozi/utozi chwani?	How are you?
Ni tozi hande.Wena utozi chwani?Lit. means how have you risen?)	I am fine and how are you?
Ni inzi fela hande	I am well
Greeting a group	
Mulumela Basali ni Bana	Good day ladies and gentlemen
Mulumela ime	Good day madam
Enisha Mulumela	How are you (pl)?
Lu wiinzi hande.Ulumele/Mulumela?	We are well and how are you?
Ni nzi Hande	I am well
Luitumezi	Thank you
(Informal)- Dialogue	
Mulumela Ndate	Good day sir
Mulumela Ima	Good day madam
Mutozi/utozi chwani?	How are you? (Formal/informal)

LOZI LESSONS

The area in which we are working is the Toka Leya tribe, but the village of Singanga is Lozi. The main trade language in the cities of Zambia, especially in Livingstone, is Nyanja.

Libizo Laka Kina Ashley	My name is Ashley
Libizo laka lamafelelezo kina Jones	My last name is Jones
Kiwe na mang?	What is your name?
Ni zwa kwa Amerika	I am from America
Uzwa kakayi?	Where are you from?
Libizo la yo ki Martin	His name is Martin
Libizo lahae lamafelelezo ki Daniel	His last name is Daniel
Uzwa kwa Amerika?	Are you from America?
Ni tusa bathu	I am a volunteer

ON MISSION TOGETHER IN LIVINGSTONE

PREPARATION

How can you make the most of your short-term trip to Zambia?

The three most important ingredients to your experience will be preparation, prayer and perspective (attitude).

- You should **prepare** yourself spiritually, mentally and physically. Take care of any spiritual holes in your armor. Know that there will be a spiritual battle with the forces of darkness and he will distract you at your most vulnerable point. Be mentally prepared for difficulty and uncomfortable situations.
- Much time should be devoted to **prayer** before going and while here. Pray for the country and people of Zambia, their missionaries, your team members and the work that you will be doing. We will spend time during the first week in orientation.
- Your **attitude** should be one of **service, flexibility and commitment**. Your mission is to serve the people we meet. Being a servant is not an easy life! It means dying to self. Be willing to "roll with the punches" and be completely flexible. Be ready to pray for the Lord to open closed doors. Your time on outreach will include some physical activities that will include dealing with heat, going on fairly long walks during house-to-house visitation, being in contact with dirt and disease, etc.

RESPONSIBILITIES

Interns – you will be here to serve in the areas most needed. Please be flexible and willing to be guided. You will probably have areas of strength and passion that we want to make the most of. But that may not always be the case – we are all needed to do the chores, the urgent things, the things that are best for the whole mission, not just your personal agenda.

Each intern will have a Personal Partner to meet with weekly. Use this person – share your fears, your weaknesses, the things you long for and feel called to. Allow this person to speak into your life and challenge you.

You will be invited to participate in some of our leadership meetings. We want you to feel ownership of the ministry; we want you to contribute your thoughts and passions as well. However, decisions and directions will come from the staff. Please keep an attitude of respect and submission to them.

Each person has responsibilities he/she will be required to do. Please do them diligently, without being reminded. Take initiative, ask God for insight, ask your team members for counsel, do whatever you can do to do the best job you can with your areas of service.

Teams - If you are coming as part of a team, you have your own internal leadership. You will also be assigned a Team Guide to assist you during your time here. We will give you general guidelines and schedules, but you will have some freedom to set your own directions within that framework. It is so important that we have good communication and agreement between all parties in order to make the most of your time. Make it your aim to benefit and support the long-term ministry in all things – even if you do not agree or understand some of the policies or practices. After all, we will continue to bear the consequences of your ministry after you leave.

Besides assigned areas of responsibility, we all must carry our weight in being considerate of one another, keeping our rooms clean and orderly, encouraging those who need courage, having sweet attitudes, and being cooperative to the decisions of the group and the leaders.

CONDUCT AND PRACTICAL INFORMATION

1. Each team will have a Team Guide to walk with you and assist you. The team leaders should meet with the TG weekly to debrief their experience and ask questions, invite counsel and direction.
2. Each intern meet with your Personal Partner weekly.
3. Men may wear shorts in these villages, contrary to some places in Africa. Men are asked not to take off their shirts while working or walking around in the village. Women, please wear skirts (or chitengas) during ministry. Long pants or modest shorts can be worn when at home or the LD property (a sarong can be worn over long pants/shorts for ministry instead of a skirt). Please do not wear shorts while ministering (except while playing sport). The dress code is related to the customs of the people in the area.
4. Be careful not to take too many pictures while visiting in the village, as this can make you look more like a tourist than someone doing ministry. You may take as many pictures as you like during other ministry times.
5. The situations that the people live in will move you and you may want to give certain things away. **Anything given away must be given through a long term worker.** Do not promise to give anything away without speaking to the long term workers first! This includes gifts to be given to your interpreters. This is related to customs of the people and the fact that there may be hurt feelings of people left out.

6. At any time while on outreach please do not make promises of any kind to the people in the village (even if you don't think you have made a promise it can be construed that way - rather keep quiet and speak to the team leader when you get back to camp).
7. Show the love of Jesus to the people. Some may think that you are proud, rich people stooping down to their level. This is not true and this barrier will be broken down by love and by you making a special effort to be a friend, touch them in appropriate ways, engage in their lives, etc.
8. Please respect the culture of the people and do not talk down to them like children. While visiting, speak clearly and unhurried so that they can understand you.
9. Be very careful to maintain a high moral standard in conduct and speech. When we are separated from them by a language barrier, the only lasting message that we leave may be our actions. The relationships among team members are especially important for this reason.
10. Please guard yourself from forming any romantic relationships with people from the village. If you are being drawn to consider this, please, before you make any show of your desires to the person, share this with your Personal Partner or Team Leader and Team Guide.
11. Participation in morning group devotions is an important part of the overall outreach - we require this. Personal devotions should be a part of every day's routine, even though your regular routine will not be the same. You may have to make the extra effort to get up earlier, etc. for personal devotions.
12. Laundry will most likely be done by hand by each person. Make sure you allow time to do this during free time. Clothes should be initialled with permanent ink for easy identification.
13. Any major concerns should be discussed with the local staff.
14. If there is a set time for lights out, meals, etc. Be sensitive and respectful to other team members.
15. Team members should not leave the house after dark without the knowledge of the team leader and NEVER on their own. If you want to walk around, it should be by twos or more.
16. Please report any sickness, injury, animal bite or insect bite, discoloration or abnormal swelling to the medical person. Do not delay in reporting an illness or injury as this could cause a greater problem. A basic first aid kit will be available on-site.

VISION AND VALUES

Mission statement:

To be a community that is the hands and feet of Jesus in the dark places of this world; thru our vital connection with Jesus, extending His transforming love to the fatherless, the poor, and the lost.

In a word:

Loving the Least and the Lost

Our vision:

That every orphan be raised in God's transforming love, to become tomorrow's leader. That every village be filled with simple, self-reproducing, discipleship oriented house churches. That every Western believer has an opportunity to be forever changed by involvement in God's Work among the poor.

Our values:

1. **Dependence on Jesus** - we cannot do anything of value apart from His initiative, His power to accomplish, and His indwelling holiness to use these human vessels. We believe our vital connection *with* Him is our only hope for effective ministry *for* him.
 - a. Daily Prayer - we will give ourselves to daily private and corporate worship and prayer.
 - b. Guidance - we will not move apart from God's Words of timing and direction, trusting His ability to get thru to us, more than our ability to figure things out.

- c. Alter of Continual Sacrifice – we want to respond to the desire of God for a continual fire upon the alter of our devotion to Him. We have set apart a Room of Prayer, and at times will give ourselves to extended times of prayer, fasting and worship.
 - d. Sabbath Rest – we have set apart one day for unhurried devotion to knowing and loving God. We will not allow chores or pressures or social interaction to invade this time of solitude.
- 2. **Community** – our connection to Jesus as well as our response of love to the world, are to be lived out in the context of a loving community. Our church culture has taught us to value individuality, but the Spirit of God is calling us to reignite His value on Corporateness – Oneness. Body life in community is God’s way of refining and empowering – we give ourselves to it, even when it is uncomfortable to the self-life.
 - a. Daily Living – we will live in close proximity, sharing life, sharing our belongings, our feelings, our good and our bad. We will live vulnerably with one another, allowing our humanness to be refined by our brothers and sisters.
 - b. Accountability Group – we will encourage each person to be committed to another one or two for mutual accountability and personal growth.
 - c. Commitment – we will invite each person, whether long or short term, to commit to a term of partnership. This gives strength to the refining work of body-life – not allowing easy escape when things get tough.
 - d. Mutual Discernment – we will submit our sense of direction to the group, trusting Jesus to speak and confirm His plans.
- 3. **The Fatherless** – God’s Heart is indented with the most vulnerable in this world. As we serve them, we serve Jesus. The HIV pandemic, the worst human tragedy in history, is presenting an opportunity and obligation for the Church of Jesus we cannot miss. The giants that oppress Africa (HIV-AIDS, corrupt leaders, undisciplined church, poverty, etc) can be overcome within a generation by millions of transformed, highly educated, empowered orphans sent out to lead the continent.
 - a. Kid’s Homes – we are building clusters of financially self-sustaining homes for small families of kids who need the love of forever parents and the love of God to allow them to reach their potential. We will locate these clusters with partners around the world with similar vision and values.
 - b. Kids Empowered – we are also building systems to nurture and empower vulnerable and orphaned children living with loving relatives.
 - c. Kids Educated – we believe that education is a key ingredient to overcoming poverty and a worldview that keeps people oppressed by fear and hopelessness. We will find means to bring a good education to the areas that do not have it.

4. **Sustainability** – Non-dependence – We believe it is better to train a man to fish rather than give him a fish. Therefore we value training, equipping, giving dignity by encouraging personal responsibility. And we discourage giving gifts, creating dependency, creating passivity and beggar mentality.
 - a. Farming – we are partnering with Foundations for Farming (formerly Farming God’s Way) in training in conservation farming methods while discipling them in habits for success.
 - b. Business – we are encouraging, equipping and supporting business endeavors in the village thru micro-finance loans and training.
 - c. Giving Gifts – in an effort to counter-balance the dependency (begger) mentality bred into African society thru generations of well-meaning aid, we are assiduously guarding ourselves and our associates from giving gifts. We rather allow the needy one to contribute in whatever small way he can, before assisting him with what he cannot attain. Our goal is to give dignity by rewarding initiative and effort.
5. **Indigenous** – the job of the Western missionary is to empower the local people, thereby working himself out of a job. In everything we do we are trying to make our systems as simple, reproducible, and transferable as possible.
 - a. Local Leaders – We are empowering local emerging leaders to take ownership of the work we are doing, training them locally, and sending them to our training center in Cape Town SA.
 - b. Grassroots – our method of evangelism and discipleship is built on training local people to lead their own movement.
6. **Simple Church** – Jesus’ Body on earth is meant to reflect his historical, earthly body – Simple! Not organizationally or materially powerful. But simple groups of believers encouraging one another and worshiping their God. This is the best way to insure sincere faith and mutual discipleship. This is the best way to enable a movement that is sustainable.
 - a. Training For Trainers (T4T) – our main effort in evangelism and church planting is in training others to do it. The local people will best reach and build up their own people.
 - b. D Groups – we do not talk so much about starting house churches – this can be a distracting term. Rather we encourage Discipleship Groups.
 - c. Simple, Reproducible Methodology – we are training people to lead in a way that will allow and encourage participation and initiative by all. It is also simple enough that it can be transferred to generation after generation of disciples.
 - d. Celebration – we enjoy a monthly meeting of all the disciples coming together to celebrate the broader work of God in the area.
7. **Missions Equipping and Sending Base** – millions of young people are disengaged with the church and spiritual things because they have never seen the church being relevant to the issues and needs of the day. As we invite

Western young people to come and help in our efforts we sense the Heart of God to ignite again the youth to dynamic action, leading the world in the cause for Christ. We want to give ourselves to empowering, training and sending of those God sends to us.

- a. Base - we have been given a unique base in a beautiful and adventurous natural setting, while also in the middle of primitive villages - a perfect place for young people to find their own uncharted heart's purpose.
- b. Fathering - many youth need only the loving input from a Father and Mother to release them to their fullest potential. This is our gift to many whom God sends to us.
- c. Training - we are providing a simple training to those who come to help us, and an opportunity to put it into practice in real Africa. This is the best training one can have. For those wanting to go deeper with us we will refer them to the training center in Cape Town South Africa - All Nations CPX.

YOUR GOALS

Take some time in prayer and write down three personal goals for your time in Zambia.

1. _____

2. _____

3. _____

