



Zambia Trip Information Sheet

Cost: approximately \$3,500

This cost includes:

\$1700-2500 for the plane ticket depending on the time of year

\$1000 for lodging, food, transportation while in Zambia

\$200 for vaccinations and other preparations

\$300 for spending money in Zambia (this figure is up to your discretion; however a minimum of **\$150** is required in case of emergency)

** Additional funds may be required to facilitate projects that you or your team wishes to accomplish during your time in Zambia

Things to take care of ASAP:

- **Passport** – Apply NOW if you don't have one. Getting or renewing a passport typically takes 4-6 weeks. If you do have a passport, make sure it is valid through 6 months after your date of return, and has at least 2 empty pages.
- **Visa** – Costs **\$100** per month. This is paid in customs as you enter Zambia. If your trip is longer than one month you must exit and re-enter the country in order to renew your visa. Visit zambiaembassy.org for further information
- **Vaccinations** –You should be up-to-date on your routine vaccinations (MMR, tetanus/diphtheria, polio booster, etc) Hepatitis A and B, and Typhoid vaccines are also strongly recommended. Visit www.cdc.gov/travel for latest information. The best local resource is the County Public Health Department. (Call and ask for a traveling immunization appointment). Receiving immunizations here is generally half the cost unless it is covered by your insurance. You do not need Yellow Fever or Rabies immunizations.
- **Malaria medicine**- Schedule an appointment with your doctor to get an anti-malarial prescription at least two weeks prior to your trip. We recommend Malarone. Different medications have different risks and effects depending on the regions you visit in Zambia, as detailed on the CDC site. Some team members in the past have chosen to take Doxycycline which is quite inexpensive, but not as effective as the Malarone.
- **Insurance** – You need to find out if your insurance covers you overseas. If not, you'll need to purchase travel insurance for the summer. Cost of Insurance varies depending on age and length of stay.
- Individuals or teams should get 2 copies of your passport, full legal name, insurance policy information, and emergency contact info to carry with you in country and leave with close friend or family member.