



ACTS OF WISDOM

ETHIOPIA



“ALL OF LIFE IS A MISSION TRIP.
WE ARE IN MISSION TO THE WORLD.”

-LEONARD SWEET

Welcome

Acts of Wisdom is so glad that you have decided to come on this amazing journey with us. While in Ethiopia you will experience a whole new culture, so may we suggest- relax! Take it all in! Don't worry about schedules, there isn't a hard time schedule. There will be times when things go as planned and there will be times when things don't go as planned, and that's okay! Experience the wonderful and rich culture this country has to offer. Talk with people and let them share their story with you! You will be glad that you did!

While in Ethiopia we will be doing mission work and also giving you time to experience the culture of Ethiopia.

Our Work:

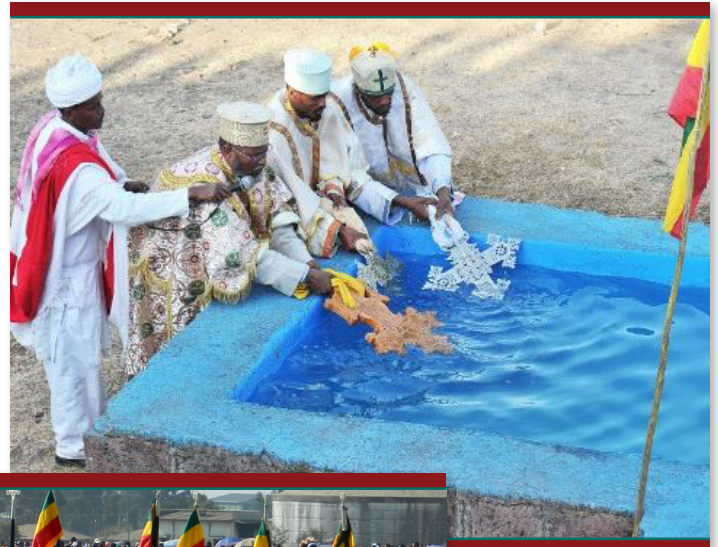
We will be gathering and delivering school books to children out in the rural areas of Ethiopia., particularly in the region of Gondar in the village of Robit. These school books are a vital part of children's education. Many don't have any access to school books, and some have one school book per every 7 students. Acts of Wisdom hopes to change that.

Part of our time is also about planning and planting new seeds for future opportunities with the schools of rural Ethiopia. There will be times where we are listening to the needs of the schools and of the people, which is a big part of missions. This helps us to understand how we can best help instead of assumptions being made.

Our Experience

We are also going during one of the most holy times of the year in Ethiopia- Timket! Timket is Amharic (the language of Ethiopia) and it means baptism. It is the Ethiopian Orthodox celebration of Epiphany where the baptism of Jesus is lifted up. Thousands come to be baptized and to celebrate this rich and wonderful celebration!

We always like to include a day or two of sightseeing on our trips after the work has been done so that people can see the beauty of this wonderful country. Plans vary from trip to trip as to what we will see, so please see the itinerary for your particular trip.



Various pictures of the Timket celebration. Timket is the Ethiopian Orthodox celebration of the Epiphany where the baptism of Jesus is lifted up.



Agenda: January 15-26, 2016

Day 1 – January 15th: Fly to DC

Day 2 – January 16th: DC to Addis

Day 3 – January 17th: Arrive in Addis. Spend day in Addis

Day 4 – January 18th: Fly to Gondar+ attend the eve ritual

Day 5 – January 19th: Gondar (excursion to Robit + Timket festival)

Day 6 – January 20th: Gondar (excursion to Robit)

Day 7 – January 21st: Gondar (excursion to Robit)

Day 8 – January 22nd: Gondar - Bahir-Dar (crossing Lake Tana on/by boat visiting monasteries and old churches on the islands)

Day 9 – January 23rd: Bahir Dar (Blue Nile falls, Market place and its vicinity)

Day 10 – January 24th: Fly back to Addis - Well Site Visits

Day 11 – January 25th: Shopping Day and Fly Back to United States

Day 12 – January 26th: Arrive Back in United States

Before The Trip

Before the trip each member will be given a journal to keep on the trip. This is a way for you to write down your experiences as you encounter them. You will also be asked to read the book: *Barefoot Church: Serving the Least in a Consumer Culture*. While this is a book for church, it also really expresses the mindset of missions and its importance in the life of people and churches. Plus, there will be some great stuff for you to take home and share with your congregation to learn about becoming more missional minded.

What Are My Expectations? Check All That Apply

- New sights, sounds, tastes, touches and odors
- People living in extreme poverty
- Stories from new friends
- Many emotions
- Phone & email communication with people at home like usual
- Flexibility and ease of movement
- Everyone at home will want to hear my stories
- Lack of Amharic will make it hard for me to connect

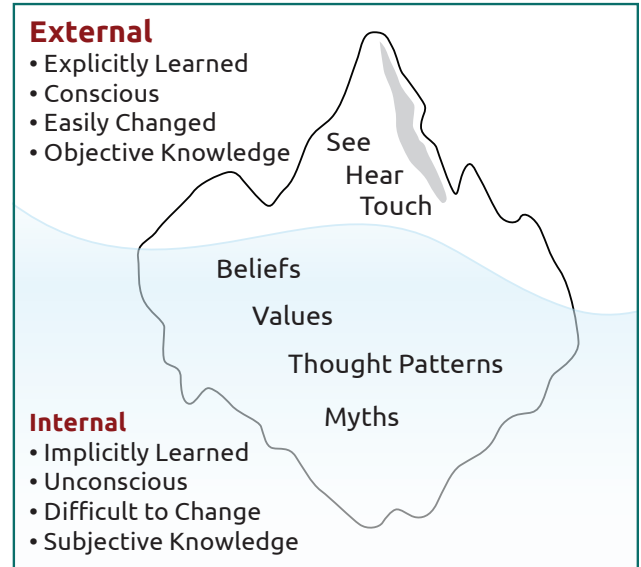
- Similar to trips I have had in the past
- Be changed by the experience
- No real expectations
- _____
- _____

Preparing Yourself to See a Different Culture

Culture is a big deal. It holds a community together. It is the total way of life of a particular group of people at a particular time in history. It is a way of life that includes the group's intellect, customs, ideas, traditions, symbols, social structures, values, language. Culture can be celebrated in a variety of ways, including music, art, dance, food and poetry.

We are all shaped by the culture in which we were raised. Our cultural inheritance comes to us without our asking. Think back to a time when you visited a culture or community quite different from your own. (Maybe it was the first time you spent the night at someone else's house!) How did it make you feel? Of what were you aware?

It is important for you to understand some of the cultural baggage you carry, as well as to understand that your view of the world has been shaped by the culture in which you were raised. Just as one pair of blue jeans does not fit all people; one way to view the world does not fit all people either.



Take some time to think about your own culture. What are the rituals, rhythms and norms that shape your life? What are the foods, songs, humor, practices, behaviors, perspectives or other things that make up your life?

Becoming culturally conscious includes:

Developing Awareness

- Admitting personal biases, stereotypes, and prejudices
- Becoming aware of cultural norms, attitudes, and beliefs
- Willingness to extend oneself psychologically and physically
- Recognizing comfort level in different situations

Acquiring Knowledge

- Knowing how your culture is viewed by others
- Reading about other cultures
- Watching movies and documentaries about other cultures, attending cultural events
- Visiting other countries

Developing and Maintaining Cross-Cultural Skills

- Making friends with people of different cultures
- Learning another language
- Learning verbal and nonverbal cues of other cultures
- Becoming more comfortable in cross-cultural situations
- Learning to negotiate between the person's beliefs and practices and the culture of your origin
- Attending continuing education seminars and workshops
- Learning to develop culturally relevant and appropriate programs, materials, and activities
- Ongoing evaluation of personal feelings and reactions

After The Trip

We have prepared short reflection for you to work on when you return. This reflection will help you think about what you saw, how you can apply what you saw, learned, and heard to your daily life and in the life of the congregation you serve. It will also help you to talk to your pastor and congregation about being a congregation that truly serves the least of these. Plan to have a Sunday where you share your stories and pictures with others. It helps to make it more personable for your faith community! About 3-4 weeks after you return you will receive a packet from Acts of Wisdom that will include a variety of tools to help you talk about your experience and how your congregation can help the children of Ethiopia by starting your own campaign to raise funds for educational supplies.

Moving from Mission Trip to Mission Life

- Take time to really reflect on the experience.
- Share your experience with everyone who will listen.
- Pray about your reflections, aggravations and hopes.
- Look around your own community to identify the real needs.
- Listen to others.
- Think about your own gifts.
- Brainstorm ways you might move from Mission Trip to Mission Life with a trusted friend or two.
- Take a step to try something local.
- Who can help you? Who can join you?
- Make a plan.
- Go for it!
- Evaluate what happened.
- Celebrate what you have learned.
- Begin again.

Language...

- Developing World, not 3rd World
- Notice volume and frequency. U.S. citizens often talk louder, dominate conversations or interrupt without even realizing it

Side-by-Side Posture...

- "Helping poor people" vs sharing gifts, learning together, partnering
- Them vs. Us
- Learn to pronounce names correctly
- Give away power

Check Assumptions...

- IQ is not related to economic status
- Low economic status does not equal unhappiness or vice versa
- Everyone has something to give and something to receive

My Hopes

Key Facts About Ethiopia

Location:

- Northeast Africa Time: GMT + 3
- Area: 1,133,380 sq km (437,600 sq miles)
- Population: 88 million (2010 est. by CIA World Factbook)
- Capital: Addis Ababa
- Government: Federal Republic
- Head of State: President Woldegiorgis Girma since 2001
- Head of Government: Prime Minister Meles Zenawi since 1995

Language:

Amharic is the official language, although about 80 other native tongues are spoken including Oromo, Somali and Tigrinya. English and Arabic are widely used and some Italian and French are spoken.

Religion:

Ethiopian Orthodox (Tewahido) and Coptic Church, mainly in the north, 43.5%; Islam, mainly in the east and south, 33.9%; Protestant, 18.6%; Roman Catholic, 0.7%; and other 0.7% (2007 Census).

Electricity:

220 volts AC, 50Hz.

Climate:

Temperatures typically depend on the altitude. The lowlands are generally hot and humid, with cooler temperatures in the Ethiopian Highlands. Generally speaking, the country has two seasons. The dry season runs from October to May and is the most pleasant time to visit, while June to September is the rainy season.

Social Conventions:

Casual wear is suitable for most places, but Ethiopians tend to be fairly formal and conservative in their dress. Private informal entertaining is very common. Some religious houses are not open to women.

Family Culture:

Family in Ethiopia includes immediate and extended relatives, neighbors, and friends. Faith and family are the foundation of the Ethiopian culture. Ethiopians are very respectful and loving. The elderly are considered very knowledgeable and are a very important part of the family structure. Children are usually raised in a large community that includes extended family and neighbors, and siblings are expected to help take care of each other.



Calendar:

The Ethiopian calendar is very similar to the Egyptian Coptic calendar – it has 13 months, 12 of 30 days each and the 13th month at the end of the year with 5 or 6 days, depending on whether it is a leap year. The year starts on September 11th (12th in a leap year). The Ethiopian calendar is 7 years behind the Gregorian calendar, so Ethiopia celebrated their millennium on September 12, 2007.

Businesses tend to understand western calendars and are familiar with western dates.

(Information collected through <http://www.selamta.net>, and the CIA World Factbook)

Preparing For Your Trip Entry/Exit Requirements

You will need 50 dollars for your visa for entry into Ethiopia. This will be done at the airport upon arrival.

Medical Recommendations

All travelers should visit either their personal physician or a travel health clinic 4-8 weeks before departure.

Vaccination Recommendations

Routine: If you are not up-to-date with routine shots such as, measles/mumps/rubella vaccine, diphtheria/pertussis/tetanus vaccine, polio etc.

- Yellow Fever- Recommended
- Hepatitis A- Recommended
- Hepatitis B- Recommended
- Typhoid- Recommended
- Meningitis- Recommended
- Polio- One time booster recommended for any adult traveler who completed the childhood series but never has polio vaccine as an adult.
- Malaria- A Pill Medication you will take prior to going, while there, and a few days after.
- Cipro- Antibiotic. Ask your doctor for it in case you get diarrhea.

While we have never had an emergency that necessitated the use of evacuation services, we do provide our travelers with information should they wish to purchase it for themselves. Each individual traveler is responsible for his or her own costs associated with any insurance coverage, co-pays, in-country treatment or evacuation costs. Acts of Wisdom is not liable for these expenses and to travel with the Acts of Wisdom group, each traveler must sign the Release of Liability at least four weeks before your departure.

- Global Rescue provides the most comprehensive services although they are quite expensive
- For general (and much more reasonable) traveler's insurance, we recommend searching **www.squaremouth.com**. For medical services in country, the best facility is the Swedish Medical Clinic. Their info can be found on their site at: **www.indevelop.se/medical-services/niva-3---under-medical-services/**



What To Pack

It will be easiest if you pack light with suitcases that are easy to transport around throughout your trip. Here are some suggestions of items to bring that will make your trip more enjoyable and stress-free!

- Sunglasses
- SPF 45 Sunscreen
- Backpack or fanny pack
- Walking rain proof shoes
- Light rain jacket with hood
- Long sleeve T-shirts
- Lightweight pants-jeans are good enough although it can get hot or wet. Also light colors, if possible, to protect against the sun
- Pepto Bismol
- Imodium
- Baby wipes
- Small towel for the field
- Soap, shampoo, toothpaste
- Hat, preferably with brim
- Mosquito spray
- Travel alarm clock
- Snacks: Protein bars, trail mix, jerky, dried fruits, nuts, etc. (Most often we are in the field through lunch. This will be your lunch)
- Small camera
- First aid kit (small)
- Small bottles of hand sanitizers (essential; use subtly)
- Small flashlights (for power outages) and extra batteries

** Ladies please bring a scarf or something to cover your head for when we enter churches. This is customary.*

Getting To Ethiopia Travel Tips

- Ethiopia's currency is the Birr (20.72 birr to 1 dollar on 7-21-15).
- US dollars are the best currency to carry, both in cash and travelers checks (only usable in Addis), though Euros are becoming common as well. You'll have no trouble exchanging cash or travelers checks in most cities. There are no ATMs that accept foreign cards, and credit-card advances are only a costly possibility in Addis Ababa. If bringing a credit card it's advisable to only use on US soil.
- Converting birr to US dollars or Euros can only be done for people holding exchange receipts and onward air tickets from Ethiopia. But, it is advised that you attempt to spend all of your birr prior to departing Ethiopia. We recommend you only convert small amounts at a time because it is nearly impossible to convert back to US dollars at the end of the trip.



Food and Drink

The staple food of Ethiopia is bread called injera, a pancake-like sour-dough bread made out of tef flour. Tef is a gluten-free grain about the size of a mustard seed, grown in the highlands. Tasty

vegetarian dishes and a variety of sauces called wat are served with meat or vegetables. The main spice in “red (k’ey)” foods is ber-beré, a powdered hot pepper; while “yellow” foods, usually called aleecha, are spiced mostly with ginger, garlic and cumin. Ye som megib—a selection of vegetable dishes that is served during times of fasting is a vegetarian specialty. Fish is treated as a delicacy in some parts of the country. Ethiopians eat with their right hands, using pieces of injera to pick up bites of entrées and side dishes. No utensils are used. Make sure you wash and sanitize your hands before these utensil free meals.

Please note: While community members often prepare food for visitors as a thank you, it is not recommended that you eat this food. Rather, you can accept a few pieces and discreetly pocket it to dispose of later. Remember to be gracious and polite in accepting these small tokens of appreciation, but do not feel obligated to eat food from the food.

Coffee Ceremony

Ethiopia is a great place for coffee lovers! The southern Ethiopian region of Kafa is probably the origin of coffee growing, with huge amounts of coffee being used as early as 1000 AD, from where it was taken to Yemen and spread to the rest of the world. Due to this advanced state of coffee civilization, you can be sure to get a decent cup of cappuccino or even mochaccino in Addis Ababa.

But, the coffee ceremony is perhaps the best way to experience this country’s coffee. Women start the ceremony by roasting raw coffee beans over charcoal. They will pass the smoky beans around to the people at the ceremony, allowing all to wave the smoke toward themselves, probably as a gesture of appreciation and good luck. After the beans are ground, hopefully with a

mortar and pestle, the grounds and water are added to a jebene, which is a clay pot with a narrow top. This is then boiled over the charcoal fire until the woman believes it is just right for serving, and sets the pot and its contents aside to allow settling of the grounds. As this is settling, the woman will burn incense (itan) and probably serve popcorn to the attendees. When ready, the coffee is served in demitasse cups, usually without handles. Note that the woman holds the pot high above the cups and does not slosh the contents, when pouring. It is appropriate to say “t’rue new” (“it is good”) to the woman. Some believe that if the coffee is not pleasing, the woman should start the ceremony again with new beans. The same grounds are used again for the second and third boiling and drinking. It is okay to limit your intake of the reboiling, if you do not want more than one of this very strong coffee. The names of the boilings are first, Awal; second, Towna; and third, Beraca. The whole experience might last up to one and one-half hours, providing all with time to discuss the affairs of the village, the country, and the world!

Alcoholic Drinks

Traditional alcoholic drinks include t’ella (local beer), t’ej (honey wine), and arakie, a knockout distilled alcoholic drink. For quenching thirst, sparkling mineral water is the most safe and refreshing option.



Water

Drink bottled water not tap water. It is possible to get bottled water at restaurants. Always remember to ask for an extra one to take to your room for brushing teeth and drinking. Each day we will get bottles of water to take with us out into the field.

Stomach illness can strike unpredictably. It usually lasts from 12- 24 hours. As long as you are cautious and always use your hand sanitizer before eating, this shouldn't happen to you! Also, always brush your teeth with bottled water. Avoid eating food handed to you by the country folk. Ethiopians are so generous and wish to share what they have. It is okay to accept it and indicate you will eat it later.

Tipping

Check your bill and follow standard tipping rules for an additional 10% if a service charge hasn't already been included. Don't worry, restaurant tabs are still very reasonable. You will also be responsible for tipping our drivers and our guide. It is customary to tip \$10 per person for the drivers and \$20 per person for our guide.

Safety

To avoid any dangerous situations, try to stay in groups at all times and to act appropriately so you do not draw unnecessary attention to yourself. Be aware of your surroundings and take the necessary precautions such as carrying a map and informing someone of your travel plans before leaving the hotel. It is best to remain vigilant and to be cautious when frequenting prominent public places and landmarks. Also be aware of unattended baggage or packages left in any location, including in mini-buses and taxis. We usually travel in groups, so this should not be a problem.

Crime

Just like cities in the rest of the world, pick-pocketing, "snatch and run" thefts, and other petty crimes are common in Addis Ababa. These are generally crimes of opportunity rather than planned attacks. Travelers should exercise caution in crowded areas and should avoid visiting the Mercato in Addis Ababa, a large open- air market. You should try to limit the amount of cash you carry and leave valuables, such as passports, jewelry, and airline tickets in a hotel safe or other secure place.



Staying in Addis Ababa

Hotels

Hotels are selected which have safe restaurants and pleasant accommodations. Some rooms have water heaters in the bath area which need to be turned on some time before one wishes to bathe.

Things to Do in Addis Ababa

- **Africa Hall** - The Africa Hall is situated opposite the Grand Palace. It has been the seat of the United Nations Economic Commission for Africa. The first African Heads of State Conference,

which brought the Organization of African Unity (OAU) into being, was held in this building in 1963, when Jim Sorensen was a missionary in Ethiopia. Inside you will find one of the finest works of Afework Tekle, depicting the Africans of yesterday, today and tomorrow in their struggle for freedom and progress.



- **Menelik Mausoleum** - Menelik Mausoleum is situated in the enclaves of the old palace under Batta Church. It was built in 1911 and houses the crypts of Emperor Menelik II, his wife, Empress Taitu and his daughter, Empress Zauditu. The mausoleum also yields numerous parchments, scrolls and other vernacular scripts.
- **Mercato** - This is the largest open market in all of Africa and one of the largest in the world. Everything one can think of (and we mean everything) is bought and sold in Mercato. If going to the mercato, be very careful to leave everything you do not wish to be stolen at the hotel. Pick pocketing is VERY common in this area and the crowds at the mercato make it the perfect environment for quick-fingered experts.
- **Mount Entoto** - Mount Entoto is the best location to observe the panoramic view of Addis Ababa both by day and night. On top of this hill stands St. Mary's Church built in 1885.
- **National Museum** - The National Museum is situated within the old palace, which is now Addis Ababa University. The museum contains numerous antiquities, various historical relics, archaeological, paleontologist objects including the 3.5 million-year-old skeleton of Dinkenesh (Lucy).
- **Trinity Cathedral** - Trinity Cathedral was built in 1941. It is the largest and most magnificent of all modern churches in the country ornamented with carvings, mosaics, and other artistic works including stained glass paintings of saints and apostles.

Getting Around

Taxis: Inside Addis Ababa, taxis are a better option than the local buses. Be sure to bargain with the driver first! As a general rule, taxi drivers will add 2-3x the fair value price for foreigners so haggling is important. Unless you are familiar with Amharic and the bus system in Addis, do not get on the blue buses. It is NOT advisable to drive anywhere in Addis as traffic laws are almost non-existent and accidents caused while driving result in very steep punishments for the driver. **Mostly all of our driving will be in 4x4s that we have rented from the local travel agency.**

Eating Out

There are many restaurants in Addis Ababa which offer tasty and safe food. One can find Chinese, European, American, and, of course, Ethiopian cuisines. Our groups usually go out together to try the local food.

PLEASE NOTE: Avoid uncooked vegetables i.e. salads. Unless at a restaurant recommended by the group leader, avoid eating meats.



Complete Release of Liability

1. I, _____, [name of releasor], acknowledge that I have voluntarily applied to Acts of Wisdom (the "Sponsors") to participate in a trip organized by the Sponsors for the purposes of visiting one or more of the Sponsors' partner organizations in Ethiopia, learning how the Sponsors' programs in Ethiopia operate and observing firsthand the impact of these programs on beneficiaries in Ethiopia.
2. I have been fully advised and thoroughly informed of the risks and hazards of participating in such a mission trip, including but not limited to the risks and hazards inherent in travel to, and in, lesser developed countries of the world. I am voluntarily participating in this mission trip with knowledge of the potential danger involved, and I hereby agree to assume full responsibility for any and all risks, whether foreseen or unforeseen, of loss, illness, injury (including death), or damage resulting therefrom, whether caused by the negligence of the Sponsors or its Ethiopian affiliate or any of their respective officers, agents, directors, employees or representatives (the "Releasees") or otherwise.
3. I further acknowledge that in arranging accommodations for the mission trip, including but not limited to air and surface transportation, hotels, restaurants and the like, the Sponsors, Ethiopian affiliates and any travel agency engaged by the Sponsors or its Ethiopian affiliate are acting as my agent for such purpose and shall not be responsible for nor have any liability as a result of any loss, illness, injury (including death), or damage which may be caused as a result of such public accommodation.
4. As consideration for being permitted by the Sponsors to participate in the mission trip, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make any claim against, sue, or attach the property of, and will defend, hold harmless, and indemnify, the Releasees for any loss, illness, injury (including death), or damage of any kind resulting from my participation in the mission trip. I HEREBY RELEASE ALL OF THE RELEASEES FROM ALL LIABILITY OR RESPONSIBILITY WHATSOEVER FOR ANY LOSS, ILLNESS, INJURY (INCLUDING DEATH), OR DAMAGE, HOWEVER CAUSED, INCLUDING BUT NOT LIMITED TO THE NEGLIGENCE OF THE RELEASEES, WHETHER PASSIVE OR ACTIVE, THAT RESULTS FROM MY PARTICIPATION IN THE ACTS OF WISDOM MISSION TRIP, AND I CONSEQUENTLY RELEASE ALL OF THE RELEASEES FROM ALL ACTIONS, CLAIMS, OR DEMANDS THAT I, MY ASSIGNEES, HEIRS, DISTRIBUTEES, GUARDIANS, AND LEGAL REPRESENTATIVES NOW HAVE OR MAY HEREAFTER HAVE FOR ANY LOSS, ILLNESS, INJURY (INCLUDING DEATH), OR DAMAGE RESULTING FROM MY PARTICIPATION IN THE TRIP.
5. I have carefully read this agreement and fully understand its contents. I am at least 21 years old and legally competent to sign this agreement. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN THE SPONSORS AND ME AND I SIGN IT OF MY OWN FREE WILL. I hereby further agree that this release of liability shall be governed by and construed in accordance with the laws of the State of Texas, without regard to conflict of laws principles that may require the application of the laws of any other jurisdiction.

Signature: _____ Date: _____

Name [please print]: _____

DECLARATION OF WITNESS: I certify that _____ [name of releasor] acknowledged in my presence that [he/she] has read and fully understood the meaning and consequences of the foregoing release, and signed it in my presence.

Witness's Signature: _____ Date: _____

Witness's Name and Address [please print]: _____

CURRENT MEDICATION REGIMEN

MEDICATION	DOSAGE	FREQUENCY	CONDITION / SPECIAL NOTES

OTHER INFORMATION

Blank area for providing additional information.