



*Rescuing Forgotten Children, with Jesus' Love*

Ethiopia website page:  
[www.medicalmercy.org/Ethiopia.cfm](http://www.medicalmercy.org/Ethiopia.cfm)



## **LOCATION: Addis Ababa, Ethiopia**

**DATES: October 1-10, 2010**

**Co-Team Leaders:** David H. Beyda, MD and Kelly Ramsland, RN  
**Team Medical Officer:** David H. Beyda, MD  
**Crisis Response Director:** David H. Beyda, MD  
**Communication Officers:** Field Team: David H. Beyda, MD / USA Office: Jack Eans  
**Field Contact:** Peter Omran

### **Emergency Contact Information**

Families should try to contact team members in the evening at the hotels listed below (subject to hotel change).

For extreme emergencies, your family may try to reach Dr. Beyda via the following:

1. Dr. Beyda's World Wide Cellular: 602-228-8983
2. Dr. Beyda's UK world phone: 011 44 7872 856304 (direct dial from the US)
3. Email: [dbeyda@cox.net](mailto:dbeyda@cox.net) (email will be checked periodically.)

Please register your travel with the state department before your departure, the link for Arizona is as follows: <https://travelregistration.state.gov/ibrs/ui/>

### **Cost**

Trip cost to be decided once trip dates are finalized and airfare is confirmed.

This total includes all flights, hotel, uniforms, taxes, food, transportation, laundry, all in country hires and expenses. Travel Insurance will also be provided for emergency medical care and luggage loss. All incidentals such as long distance calls, etc. will be the team member's responsibility.

**Note:** Price subject to increases until airfare is booked and confirmed and deposit received.

**Note:** Airport meals on travel days and desserts are generally not included, unless otherwise informed by team leaders while on the field.

### **Cancellation Policy**

If you cancel after airfare has been secured then the \$300 non-refundable deposit will go toward what loss is acquired in refunding the ticket. If the loss exceeds the \$300 deposit, you are responsible for the difference. If at the point of cancellation you have sent in your trip funds, they will be returned to you minus anything you may owe for the canceling of your ticket above the \$300. If a paper ticket has been obtained for you, your ticket will be mailed to you and it is up to you to contact the airline and preserve any potential value of your airline ticket for future

travel. The same applies for an electronic ticket. It is the traveler's responsibility to preserve any future value of the e-ticket. We generally secure low cost restrictive airfare so you do risk loss of part or all of this value

If you cancel less than 2 weeks prior to departure, then a \$250.00 donation will be recorded for Medical Mercy and a tax receipt mailed to you. Then the balance of your funds will be returned to you.

- minus the \$250 donation
- minus the \$300 non refundable deposit
- minus any added difference lost in airfare cancellation

Keep in mind that after departure your entire trip is tax deductible and a tax receipt will be issued, therefore no refunds are possible after departure.

### **Trip Itinerary**

To be determined

### **Departure**

Medical Mercy will be securing all flight arrangements and your specific itinerary will be sent to you once arrangements are made. You are responsible for your seat selection. You can do this by contacting the airline on your itinerary.

**Please make sure you wear your Medical Mercy Polo shirt for travel.**

### **Luggage**

You may bring two bags to check in and one carry-on bag plus a purse or briefcase (airlines call this a "personal item"). One bag should be for your personal belongings and the other bag will be for medicines, equipment, supplies etc. This will allow us space for Medical Mercy clinic luggage and space on our vehicles in country. If you are not departing from Phoenix and are bringing extra supplies for the team you may bring two bags, if you are not bringing extra supplies for the team, please bring only one bag.

### **Hotel**

#### **Global Hotel**

P.O. Box 255465 Code 1000

Town: Addis Ababa, Ethiopia  
Telephone: +251-1-4664766/4169388  
Fax: +251-1-4673422  
Email: [globalhotel@ethionet.et](mailto:globalhotel@ethionet.et)



Medical Mercy has made reservations as a group. Please note that phone calls from Ethiopia will be expensive, and you should plan buy a phone card to use. Quad band and international phones should work in Addis Abba. Internet is \$2.00 per hour from the hotel. Wi-Fi is intermittently available from your room.

### **Target Community**

The population we will be caring for varies from the severely malnourished to the well educated. It depends on the area that we will be in. All of the MoM children in Addis are relatively healthy, but as we go out of the city north, the health care of the children deteriorates rapidly and the incidence of chronic illnesses increases.

## Facts and Figures

**A resident is an:**

Ethiopian

**National currency:**

Birr (ETB)

**Major national language(s):**

Amharic, Tigrinya, Oromigna.

**Ethiopia's principle ethnic groups are:**

Oromo (about 40%)

Amhara and Tigrea (32%)

Sidamo (9%)

## Time Zone

East African Time

Ethiopia is 10 hours ahead of Phoenix time

## Voltage



Ethiopia Plug Adapters: WA-10-11A-12A, #1, #4, #6

The grounded plug adapters (**WA-10, WA-11A, & WA-12A**) and the ungrounded plug adapters (**#1, #4, & #6**) are the recommended wall outlet plug adapters for Ethiopia.

At this time it appears Ethiopia is the only country with this particular combination of wall outlet configurations requiring these plug adapters. For more information, go to <http://international-electrical-supplies.com/ethiopia-plug-adapter.html>.

## Climate

The expected temperature will be between 50F-75F and rainy. For more information, go to [http://www.bbc.co.uk/weather/world/city\\_guides/results.shtml?tt=TT000200](http://www.bbc.co.uk/weather/world/city_guides/results.shtml?tt=TT000200).

## Attire

In the clinic, scrubs should be worn. These have been given to you, and have our logo and names on them. We try to look as professional as possible. Your scrubs and travel polo will be mailed to you prior to departure. Outside of the clinic casual attire is acceptable. Women may also wear slacks, modest jewelry and make-up (do not take valuable jewelry or watches with you and ladies should not bring valuable wedding rings but opt for a simple band instead). Dress or skirt is suggested for women for church service on Sunday and possible mid-week service and nice button up shirt for men though short sleeves are okay.

## Currency

Ethiopian Birr is the official currency and current exchange rate is about 9.64 to the dollar. Credit Cards may be accepted by some better merchant shops and will secure the best rate of exchange on the international banking market for that day. Cash in USD is recommended to be brought and then exchanged in country. Hundreds work well. Smaller denominations are also fine for exchange – Be sure bills are clean and not torn. USD is not accepted for any type of payment, not even for tips. Banks and Hotels will exchange money for us. Travelers Checks are not recommended.

1 USD (US Dollar) = 9.64230 ETB (Ethiopian Birr)  
1 USD = 9.64230 ETB                      1 ETB = 0.10371 USD

**Currency rate changes daily.**

## Safety

Team members should not travel without a buddy and should not travel apart from the group without special arrangements with the team leaders. All currency, credit cards and the like should be carried in safe fashion such as in an over-the-neck/under-the-shirt travel wallet. Pickpockets are quite good at getting to pockets, belt-packs and over-the-shoulder purses or cameras.

## Packing List

Please pack all items into **one carry on** and **one piece of luggage to be checked**. This allows all team members to check a second Medical Mercy bag with medications and supplies. Extra baggage is very expensive and not included in our budget. Plan to pack at least one change of under clothes in your carry on as sometimes luggage arrives late.

## Standard List

### Medical Mercy Polo Shirt - to be worn for travel

- One set of church clothes
- Casual clothes that are neat in appearance
- Medical Mercy Scrubs 2 sets
- A light jacket suitable for rain and a travel size umbrella
- A warm sweatshirt or pullover
- Toiletries
- Personal medications for chronic medical problems
- Bible and Notebook
- Camera, film and batteries
- Passport and two color copies of the photo page
- Airline Tickets or e- ticket itinerary
- Wallet and cash (usually \$100-200 U.S. is adequate for souvenirs)
- Credit card for emergencies
- Secure carrier for cash/credit card, etc.
- Alcohol Gel Hand Cleanser 1 bottle to share at clinic, one small purse size for personal use
- Set of earplugs in case your roommate snores!
- Travel alarm clock
- Reading material for flights

*(continued on next page)*

Sunglasses

Small bottle of mosquito/bug repellent

Sunscreen

Kleenex (pocket variety) –TP is a luxury!

Safety pin or two

Plastic kitchen trash bag for wet/dirty clothing/shoes and general purpose

Snacks-protein bars, nuts and crystal light mixes to add to a H2O bottle, it is up to you

1 large bag of dum dums for the kids we see

### **Medical Equipment (if you are an Examiner)**

Stethoscope

Sphygmomanometer (B.P. Cuff)

Oto/Ophthalmoscope with tips (battery powered are best but not mandatory)

Scissor

Reflex Hammer

Anything else packable that you use often in your practice

## **MEDICAL**

### **Vaccines**

All travelers should be up-to-date on routine immunizations including Tetanus and Hepatitis A. Hepatitis B should be up to date for all examiners. Consult with your doctor about other potential exposures which are possible but less likely. Dengue fever has been a problem at times though no recent outbreaks are known.

***On this trip there may be mosquitoes and you will need to bring repellent (with active ingredient DEET). NOTE: Malaria is not prevalent in Addis, but if we travel to Bahir Dahr and or Ziway the prevalence of malaria is relatively high. Each team member should discuss the option of taking malaria prophylaxis medication (Malarone) with their personal physician prior to the trip and make their own decisions regarding this issue.***

### **Sunburn**

We will at times be exposed to some fairly intense sun particularly on our free day outings so wearing a hat and sunscreen is highly advisable.

### **Dehydration**

Working in hot, tropical climates makes it easy to get dehydrated. Bottled water will be provided for the team and you should make a conscious effort to stay hydrated during the week even when things get busy in the clinic. Signs of dehydration include nausea, loss of appetite, muscle cramps, lethargy, decreased urine output and dark/concentrated urine that may burn. Later more ominous signs include decreased sweating and hot dry skin. Please report any ill feelings to a team leader immediately. You may want to bring powder electrolyte replacement packets for your water.

### **Food Borne Illness**

We take all precautions to select “safe” restaurants and if local churches are cooking meals to follow our strict guidelines on hygiene and appropriate food preparation. Please follow team leaders advise while on the trip. Keep hands washed and use the alcohol gel cleansers frequently and particularly before meals. Avoid artificial nails and keep fingernails clean as well. At times illness does occur despite the best efforts of prevention so be sure to report any fever, nausea, vomiting, abdominal pain or diarrhea to the medical director.

### **Illness**

Please inform the team physician if you are feeling ill during the trip. The team medical officer will be well equipped to deal with any acute illness among team members. Insurance will be provided for accident, illness and/or emergency evacuation.

If after arriving home you experience any illness, but particularly fever, chills, nausea and vomiting, excessive diarrhea, please seek immediate medical attention from your physician and inform them that you have been overseas and to which country. This will greatly aid in rapid diagnosis and treatment.