ADRA

CONNECTIONS



TRIP GUIDE

VANUATU

> Life's most persistent and urgent question is,
> 'What are you doing for others?'
> –Dr. Martin Luther King, Jr.

What is ADRA Connections?

Connections is the word that defines us today. It's laughter when friends are together. It's the spark you feel when you experience a new culture. It's that uplifting feeling when you change someone's life.

The ADRA Connections program is the branch of ADRA that coordinates short-term volunteer trips so that you can have the opportunity to experience our field work. By working through one of our offices around the world, every ADRA Connections project is sustainable and will have a lasting impact on the community.

ADRA Connections is more than a mission trip. It's a life-changing experience. It's a journey. It's an adventure that you don't want to miss. So, put a pin in your map and make your mark in the world!

If you're looking for outdoor adventures, serving others, making new friends, or reflecting on God's goodness in your life, this year's ADRA Connections trip to Vanuatu is going to be all that and more!

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About Vanuatu

Vanuatu, formally known as New Hebrides, is a beautiful country populated with people who are laid-back and happy. It has a deeply traditional society where nearly all the population are indigenous Melanesian. Vanuatu's economy is mostly subsistence agriculture, and is hindered by the countries isolation and vulnerability to natural disasters. The area that the 83 islands cover is vast and logistics can be difficult.

Expectations

Vanuatu is a developing nation with challenges affecting daily life that you may not face at home. We ask all volunteers to come out with a flexible and open-minded attitude to make sure you have the best experience.

While we plan and endeavour to make your trip run as smoothly as possible, sometimes there are things that are completely out of our control. Weather can cause havoc to flight and boat schedules, sometimes lasting for days. Limited space on transportation means multiple flights may have to be arranged. With 83 islands, logistically getting supplies and people to a location is often a project in itself.

Compromises and sacrifices might be asked of you. While it may be difficult to accept things haven't gone according to plan, the ADRA Vanuatu staff will do their very best to help you achieve your purpose in Vanuatu.

YOUR HEALTH

Malaria

Vanuatu poses a risk to every resident and visitor of contracting malaria or dengue fever from mosquitoes. We highly recommend you take anti-malaria medication. However, there is no such medicine to prevent or treat dengue fever. For both, we highly recommend you wear insect repellent, and when temperature permits (especially at dawn and dusk), you wear clothing that covers most of your skin.

Taking preventative measures is better than employing a cure. Use insect repellent at all times.

While not proven, many people highly recommend and swear by taking Vitamin B to prevent mosquito bites. Berocca is high in vitamin B as well as other vitamins. If you are use to taking Berocca, it may not hurt to try this method as well as boosting your immune system during your stay.

Please also ask your GP about the effects of the anti-malaria medication you are taking. Most give a high sensitivity to sunlight making it easier for you to burn, and a common symptom is feel nauseous, especially if not taken with food.

Personal Hygiene

Because of Vanuatu's tropical climate, any cuts, scrapes and open wounds can rapidly become infected. You must treat any wounds immediately with disinfectant.

Make sure you wash your hands as frequently as clean water permits - when it doesn't, use hand sanitiser. If your group is working with a community to install a water system, don't expect consistent access to clean water. We will ensure you have enough clean water for drinking each day - do not share bottles. You may not have access to plumbed showers each day, but depending on the location there may be a stream or ocean to bath in.

Sun and Water Smart

While experiencing a different routine, you may not realise your water intake could be considerable less at a time you need considerably more. Take note of how much you are drinking to ensure you're staying hydrated. While you many experience many overcast days, one day of sunburn is enough to make the rest of your trip uncomfortable. Wear sunscreen and a hat daily.

Medical Accessibility

Please be aware that your project might be in a remote location. If this is the case, a medical facility could likely be hours away, and even then, may not have sufficient staffing or equipment needed if a serious medical need arises. Please take care to avoid sickness, treat any cuts or wounds immediately, do not put yourself in danger, and be extra careful if trying to copy a local Ni-Vanuatu (for example attempting to climb a coconut tree or using a bush knife).

By coming on an ADRA Connections trip, you are recognising that you will not be able to receive the same medical care that you would in your home country.

Eating Fish

Fish is a staple food in Vanuatu. However, be aware that there is a risk some fish may contain a toxin harmful to your health. Ciguatera poisoning is a form of food poisoning caused by eating fish carrying the toxin. The poison is produced on algae growing in warm ocean reef areas. Fish eat this algae, which is then passed onto humans.
The following fish have been found to contain ciguatera: chinaman, red bass, paddle tail, coral trout, Spanish mackerel, red emperor, wrasse, reef cod, sturgeon fish, trevally and kingfish.

Infected fish have no change in appearance or smell. Larger fish can contract the toxin by eating smaller fish. There is no process known that can remove the toxin. Symptoms can start from 1 hour to 24 hours after digesting a contaminated fish.

Symptoms Include:

- Tingling and numbness in fingers, toes, around lips, tongue, mouth and throat
- Burning sensation or skin pain on contact with cold water
- Joint and muscle pains with muscular weakness
- Nausea, vomiting, diarrhoea and/or abdominal cramps
- Headache, fatigue and fainting
- Extreme itchiness, often worsened by drinking alcohol
- Difficulty breathing in severe cases.

There is no effective treatment or antidote for ciguatera poisoning. The mainstay of treatment is supportive care.

While it may be tempting to enjoy freshly cooked fish, we strongly suggest you don't take the risk.

Coral Cuts

Vanuatu boasts of spectacular underwater scenery we hope you have a chance to enjoy. Because coral formations are rigid and sharp, injury can occur after accidental contact leaving a small amount of animal protein and calcareous material in the wound. The small, harmless appearing cut may very quickly develop into an infected wound.

To treat coral cuts, wash out cuts with hydrogen peroxide (splash on and leave for 30 seconds. It is essential you wash the hydrogen peroxide off after this time). The hydrogen peroxide will kill the bacteria. If infection does occur the cuts will turn red and produce pus. At this stage, applying an antibiotic cream (Bactroban) is necessary. ADRA will supply hydrogen peroxide and Bactroban.

Cold and Flu

Even in the tropics one can easily catch a cold. Please take personal treatment in case you catch a cold. Please also ensure you keep your distance from the team and rest for a speedy recovery.

Traveller's Diarrhoea

Many people travelling to any destination in the world may experience traveller's diarrhoea. While it may only last a few days, it's important to treat it as effectively as possible without passing it on to other team members.

To prevent catching a bacteria or parasite, make sure you practice good hygiene habits (e.g. wash your hands after going to the toilet and before eating).

In treatment of diarrhoea; the most important thing is to keep hydrated; drink plenty of water and bring oral re-hydration sachets with you as well as a 'stopper' (like Gastrostop or Immodium). If you are somewhere you can rest and be near a toilet, do not take the stopper as it is best to allow you body to get what it needs to out of your system. However if you must travel, a stopper will make your trip a lot more comfortable.

If you start to feel unwell and think you may be getting diarrhoea, a natural remedy is to take activated charcoal tablets or capsules.

Medical Kit

ADRA will provide a first aid kit for treatment of minor wounds and injuries - but please don't rely on the kit for your personal medical needs. You may wish to take a small supply of medicines and/or daily vitamins for yourself.



ARRIVAL

Visa

You will need a Tourist VISA, which you can obtain on arrival

1. Confirmed return ticket / e-ticket itinerary

If you do not hold a Visa for one way entry into Vanuatu, you must have a print out of a return ticket which must be sighted at the time of check-in or uplift will be denied.

2. A valid passport

With at least 6 months validity.

3. A Visa or relevant travel documents for re-entry.

To the country from where you commenced your travel based on your passport origin.

4. Maximum stay for visitors is 30 days only.

Airport

There is an international departure tax of 3000VUV per person (over the age of 12) which is included in airfares. A separate provincial tax of 200 vatu is payable for departures from Port Vila (Bauerfield), Emae (Siwo Airport), Tongoa (Pele Airport), Epi (Valesdir and Laman Bay Airport), and Espiritu Sant (Pekoa Airport). This 200VUV ($2.50) is not included in airfares so must be paid separately before travel.

Internal Flights

If your group in Vanuatu needs to take a domestic flight to get to your location, please be aware that the plane will most likely be a 7-seater (or even smaller). This is a different flying experience where some enjoy it, but most are nervous and taken by surprise. If you usually get motion sickness, please take appropriate medication. Because of the plane's size, the engine's noise is very loud inside. You might like to take ear plugs to soften the noise (you may be thankful for ear plugs if (sorry, when) a rooster decides it likes to disturb your sleep all through the night).



AROUND PORT VILA

Q: Are there ATMs in Port Vila?

A: Yes. There are plenty of ATMs where a VISA credit or debit card will allow you to withdrawal cash in Vatu. Please let your bank know before you come to Vanuatu of your visit overseas. Sometimes banks can put inconvenient blocks on accounts if a transaction looks suspicious. There is also a 3% fee on all international withdrawals. While you might see your bank in Vanuatu (i.e. ANZ or Westpac), it does not mean you can withdraw from them without a fee. Drawing from these banks will also incur an approximate $6 international withdrawal fee from the local bank - BRED bank ATMs waives this fee.

Q: Can we exchange foreign currency in Port Vila?

A: Yes. In town there are plenty of places to exchange currency, often offering a better rate than what you would receive at your departure airport in your home country.

Q: What is in Port Vila?

A: Port Vila is a melting pot catering for tourist and local life. Mixed in with restaurants and boutique shops, are craft markets, governmental offices, the stunning harbour view, dozens of souvenir shops and the famous 24-hour Port Vila food markets.

Q: How do we get around when we are in Port Vila?

A: If transport hasn't been arranged, you might find that you are easily within walking distance of your destination. From the ADRA office to town, it will take around 10 minutes to walk. The other most common form of transport is to take a bus. A bus is a van with a "B" on the number plate. Wave them down from the side of the road. Ask them if they are going to your location, "Yu go lo town?" Within Port Vila a bus fare will always costs 150vt, try and
have the correct change ready.

Q: Is water safe to drink there?

A: Tap water is safe to drink in Port Vila. For other locations you will be advised regarding your water situation.

Q: Will we have a chance to sightsee and go shopping?

A: If time permits, yes. We wouldn't want you to miss out on the spectacular beauty on Port Vila's doorstep!

Q: Is Port Vila safe?

A: The Ni-Vanuatus are extremely friendly and helpful, but have your wits about you as your would in your own country. While pick-pocketing is not common, there is no need to draw attention to yourself - use common sense. For most of your trip you will be under a tight schedule. However, if there is free time (especially at night) we strictly disallow ADRA Connections team members leaving the team or accommodation for their own safety without permission.

Q: What food will we eat?

Your food will be catered by local women who will use mostly local produce. It may be difficult to cater to special dietary requirements.

Q: Can I buy a phone SIM to stay in touch with family?

A: Yes. There are two providers in Vanuatu: Digicel and TVL. Both networks work in Port Vila, however, your project location may be covered by only one - or none. A SIM card costs around $5. You will need to add credit on top of this. It is easier to have the person you bought the SIM card from register your SIM card. ADRA Vanuatu will provide the team leader with a SIM and small amount of credit to communicate to the team efficiently when/if needed.

Q: What products can you buy from the local supermarket?

A: What products can you buy from yours? It's pretty much the same as most products are imported from Australia, New Zealand or France. You may not get the brand you want, but you'll be surprised as to what you can buy here.

Q: What is the weather like?

A: Tap water A: Vanuatu is a hot and humid climate. It is coolest between April and September and hotter and more humid from October to March. Daily temperature typically range from 20 °C to 32 °C, and are humid. The wettest and hottest months are December through to April, which also constitute the cyclone/wet season.

Q: Will we have internet access?

A: Internet access will be very limited due to time and accessibility. We ask that the team leader designate a person back in your home country to let all your family know you have arrived safely. ADRA will help get in touch with this person if needed. While at the project site, communication may be completely cut off as not all islands have phone network coverage.

CLOTHING

Males

Visiting males to Vanuatu can dress very much in the same way as in their home country. Most projects will contain large elements of physical dirty labour. Bring shorts and t-shirts you don't mind getting ruined. Church wear should be smart. Please take a button up shirt and pants (or smart shorts if weather is extremely hot) for church. Wearing sandals/flip-flops to church is acceptable.

Females

Ladies, please be prepared to visit a strong gender-based society. Wearing of shorts and pants is inappropriate, and when in a village - disrespectful. While fashion is changing here, there is strong tradition to cover the thighs to retain modesty. Please wear skirts that cover the knees. Whilst playing sports or swimming, you may wear shorts, but they must reach your knees and not be tight fitting. While swimming, wearing a t-shirt on top (or rashie) is appropriate. Due to the hot and humid climate, cotton clothing is recommended to keep cool. Please do not wear tight fitting tops or thin strapped singlets. Dress modesty applies to church clothing. Wearing sandals/flip-flops to church is fine.

MENTAL PREPARATION

- **Mentally:** It's likely that at some point during the trip things will not go as planned. So be FLEXIBLE, PATIENT, and UNDERSTANDING. If you prepare for changes, you will have a lot more fun. Sometimes the best experiences come as a result of unexpected circumstances.

- **Spiritually:** As you prepare to travel, remember the ultimate reason for this trip, and that's to serve others. Pray not only for the trip to go well, but also for the families that you will bless through your service. Thank God for the opportunity you have to serve others. Also, during the trip, find moments to enjoy God's creation and thank Him for it. Don't forget to look for opportunities to pray for friends on the trip and with other volunteers.

Indispensable Attitudes

Be flexible: If you like to have all your ducks in a row, remember that sooner or later something is bound to go against plan. There are many factors and variables that could come into play, so expect for some things to change or not to work out. Anxiety and frustrations are understandable, but flexibility will better help resolve problems. Think of this experience as an adventure and embrace every moment—new foods, new friends, new routines, and even those unplanned, chaotic things.

Think of the greater good: In a trip like this, it is important to remind ourselves that the good of others—our team and the local community—is more important that our own personal good. If you feel a "me first" attitude rising up, think about how it will affect your experience and impact others.

Be a servant to all: We are called to serve and to do so to the best of our ability. As you prepare to embark on this adventure, don't think of it only as a chance to see new places, but as an opportunity to impact somebody else through selfless acts of kindness and service. If you do this, don't be surprised by the positive impact that you'll have on other volunteers and the local community!

Respect those around you: Develop friendly and respectful relationships with all other volunteers. Remember that everyone has a unique perspective and will react in ways that are different to you. Think of this trip as an opportunity to get to know new people and develop life–long friendships

Be a learner: Very few people will ever have the experience that you're about to have! So, turn it into a learning opportunity that you can use to share with others when you return home. Take time to ask questions and learn about the families, values, dreams, and lives of the people that you will meet, whether they are local residents or other volunteers.

Packing List

What you bring with you could affect your trip. This is why you should consider carefully everything you want to pack. To help you in this process, please take a look at the following recommended packing list. As much as possible, aim to pack light.

PERSONAL PACKING LIST			
Travel packet			
Qty.	**Item**	**Needed**	**Packed**
1	Passport	YES	
1	Passport photocopy	Recommended	
1	Second form of ID in case you lose your passport	Recommended	
	Cash ($25 to $100) for incidentals (e.g. snack at the airport, souvenirs, etc.)	Recommended	
1	Credit card or debit card (if available)	Recommended	
1	Money belt or pouch	Recommended	
Luggage			
Qty.	**Item**	**Needed**	**Packed**
1	Medium–sized suitcase, duffel bag or Large backpack, (see “Luggage Allowance” section for more details)	YES	
1	School backpack or daypack	YES	
Clothing and shoes			
Qty.	**Item**	**Needed**	**Packed**
	Light, water–resistant jacket that will keep you warm on a 1cool evening or dry during a sudden downpour, yet can be stuffed away or worn loosely on a warmer day	YES	
	4-6 Pairs of shorts	YES	
	1 Paris of pants	YES	
	4–5 Short sleeve t–shirts or blouses	YES	
	1–2 Long sleeve shirts or moisture wicking shirt (great for the evenings and to keep mosquitoes at bay)	YES	
	4–5Pairs of cotton socks	YES	
	1-2 Hats	YES	

PERSONAL PACKING LIST

Clothing and shoes

Qty.	Item	Needed	Packed
1	Sunglasses	YES	
5–10	Pairs of underwear	YES	
1–2	Water proof or water–resistant shoes/boots comfortable for walking and working	YES	
1	Pair of sandals or shoes you don't mind getting wet	YES	
1	Pair of work gloves	YES	

Toiletries and more

Qty.	Item	Needed	Packed
1	Toothbrush	YES	
1	Toothpaste	YES	
1	Deodorant	YES	
1	Shampoo / Conditioner	YES	
1	Soap	YES	
1	Towel	YES	
1	Comb / Brush	YES	
1	Hand lotion	YES	
1	Insect repellant with DEET	YES	
1	Sunscreen (SPF 30–50 recommended)	YES	
1	Anti–itch cream for insect bites	YES	
	Prescription medications	YES	
1	Pepto–Bismol chewable tablets (1 box per person)	Recommended	
1	Imodium (1 package)	Recommended	
1	Neosporin or other antibiotic ointment (1 tube)	Recommended	
5–10	Band–Aids	Recommended	
1	Razor / shaving cream	Optional	
1	Hand sanitizer	Optional	

PERSONAL PACKING LIST

Toiletries and more

Qty.	Item	Needed	Packed
	If you wear contact lenses:		
1	Cleaning/rewetting solution (travel size)	Optional	
1–2	Sets of spare contact lenses	Optional	
1	Extra pair of eye–glasses with hard case	Optional	

Miscellaneous

Qty.	Item	Needed	Packed
3–5	Small/large Ziploc bags to keep important items dry (mobile phone, passport, etc.)	YES	
1	Water bottle (ADRA Connections will provide you with a 32 oz. Nalgene bottle before your trip)	YES	
1	Fandana – can be used as a bandana, headband, beanie, and other ways (ADRA Connections will provide you this. Helpful against the sun, dust, and sweat getting in the eyes)	YES	
1	Warm Sleeping Bag (rated to 32°F or 0°C)	YES	
1	Warm Blanket	Optional	
1	Head lamp or handheld flashlight with extra batteries	YES	
1–2	Book(s)	Optional	
1	Diary/notebook or sketchbook, pens/pencils	Optional	
	Snacks	Optional	
1	Travel pillow	Optional	
1	Small pocket knife	Optional	
1	Camera and charger	Optional	
2	Memory cards	Optional	
1	Waterproof camera case	Optional	



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The best experience on this trip was seeing the happiness in the faces of the people in the community. It was contagious!

–Kendrick

EMERGENCY CONTACT

If there are any emergencies while you're in Vanuatu the ADRA Vanuatu staff are there to manage the situation. If the situation is serious, here are some numbers you may find helpful.

For the local emergency services in Vanuatu, dial:
+678 22333 for fire,
+678 22222 for police
+678 25566 for medical assistance
(ProMedic Service)

ADRA Vanuatu Office
Telephone: +678 25500
PO Box 85, Port Vila, Vanuatu
Located on the SDA Mission compound directly behind Bon Marche Numbatu

RMS Insurance
AIG Travel Guard
To contact the Travel Guard global assistance centre from anywhere in the world +60 3 2772 5641

ADRA New Zealand
Telephone: +64 9 625 0888
124 Pah Road
Royal Oak
Auckland
info@adra.org.nz

New Zealand High Commission
Phone: +678 22933
La Casa d'Andrea e Luciano
Rue Pierre Lamy St
Port Vila
Vanuatu
PO Box 161

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To **appreciate** an ADRA Connections trip, you need to come into it with the **willingness** to experience something beyond yourself.

–Sarah May

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LOVE EACH OTHER AS I HAVE LOVED YOU.

JOHN 15:12

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