



FAME



TRIP PACKET MALAWI



JAN 31-FEB 11

OPEN TRIP



**"FOR WE ARE HIS WORKMANSHIP,
CREATED IN CHRIST JESUS TO DO GOOD
WORKS, WHICH GOD PREPARED IN
ADVANCE FOR US TO DO."
-EPHESIANS 2:10-**

**Welcome! We are so thrilled that you
are preparing to join FAME on our trip
to Malawi to partner with Akonda
Ministries.**

**Many exciting things happen when we
are on the field, and it is a blessing to
have you be a part of this team. As you
plan and pack, we are preparing for the
trip as well. We want you to have a
great trip, so please take the time to
read this whole trip packet carefully. It
should answer many of the questions
you have.**

**If you have further questions regarding
the trip, please direct them to Mallory
Fehl (mfehl@fameworld.org).**

**As I am sure you expect, life in Malawi
is very different from what we are used
to in the United States. Be ready to be
flexible and patient as we journey
together.**





FELLOWSHIP ASSOCIATES OF
MEDICAL EVANGELISM

LOCATED: INDIANAPOLIS, IN

Mission: FAME is sending help and hope in the name of Christ to the world's most vulnerable through medical evangelism.

Vision: To be a global leader in evangelism through healthcare.

Core Values:

- Evangelism
- Compassion
- Empowerment
- Sustainability
- Partnership

Core Activities:

- Give: Healthcare projects
- Send: Medical supplies
- Go: Short-term trips

Learn more:
www.fameworld.org

AKONDA

MINISTRIES

LOCATED: MALAWI

Mission: Akonda Ministries is dedicated to equipping the Malawian people with the essential tools to break the cycle of poverty and despair.

Goal: It is their goal to encourage and equip the Malawi people through spiritual and sustainable community development.

Core Activities:

- Medical clinic
- Disaster relief
- Business training
- Repairing wells
- School development
- Girls education
- Hunger relief
- Spiritual development

Learn more:

<https://www.akondaministries.com>



FINANCIAL DEADLINES

NOV 1ST: \$2,500

DEC 1ST: \$535

JAN 1ST: \$535

The total estimated trip cost is \$3,570 per person. This includes airfare, food, lodging, transportation in-country, travel insurance, training, interpreters, and an excursion. This does not include passport fees, immunizations, airline baggage, souvenirs, meals in airport, unexpected hotel expense, or incidentals. \$100.00 is usually sufficient to cover incidental expenses.

All funds should be submitted to FAME. Funds can be sent via checks or online using this link; <https://www.fameworld.org/mission-trips/>

Contributions are NOT refundable once submitted to FAME. If you are unable to go due to illness, or an emergency, money paid to that point may be applied, for up to one year, towards another trip.



TRAINING MEETINGS

NOV 12TH: 7:00PM

DEC 10TH: 7:00PM

JAN 7TH: 7:00PM

FAME uses a training program called Mission's Academy. Each participant will be given access to this online platform where they will work through the training modules. Much of the training will be done individually, and then three Zoom meetings will help further the discussion.

Each participant will be given three books that coincide with the training.

Book 1: A field guide that the participant uses as they work through the training.

Book 2: A 30 day devotional guide that each participant will work through 30 days prior to departing.

Book 3: A journal to use upon returning from the trip to assist with reverse culture shock.

RAISING SUPPORT



The most important thing in raising your finances for this trip is to understand that this mission is God's and not yours. Dedicate this to prayer. Trust that God can provide for you in a variety of ways.

The amount of money that you need to raise may seem insurmountable. Remember that funds can come from a number of sources over a period of several months, which will make it seem much more attainable. You may want to get family, your church, missions committee, neighbors, and interested people in your community involved.

The following are fund-raising ideas that others have used to raise their support:

- Assistance from your home church. Let your church know what you are doing. Ask for prayer and financial support. Ask the church to host to host fund-raising activities for you. Send letters to individual church members asking for their support. A sample support-raising letter is included in this packet.
- Assistance from family and friends. Send letters to relatives and friends asking for prayer and support. Enlist family and friends to help you with fundraising activities. Use your birthday and other gift-giving occasions to ask for support, in lieu of a traditional gift.
- Assistance from other churches. If there are other churches in which you have been involved, contact them, let them know your plans, and ask for their support.
- Hold fundraising activities. This includes such things as having a car wash, mission luncheon, auction, garage sale, bake sale, craft fair, doing odd jobs, go-fund me, etc. Use your imagination!

SAMPLE SUPPORT LETTER



The following is a form letter that can be used to solicit funds and prayer support. This is just an example. Please personalize it to meet your specific needs and situation.

Dear...

I am sending you this letter so that you might share in my excitement and in my prayerful anticipation of serving on the mission field this year. From (dates of trip), I will be in (name of city, country where serving), with a short-term mission team providing medical care, medical education, training, and working with local churches all for the purpose of taking Christ to the unreached and undeserved. My personal gifts and abilities will be used to their fullest, but more importantly, my love for Jesus will be shared with the people there.

I would like to ask you to join me in praying for God's wisdom and strength as I follow His leading. It is a humbling thing to ask for help, but at the same time it forces me to grow in my faith. While it's true that I need help funding the trip, PLEASE DO NOT make a financial donation to this cause if it would be done out of a sense of obligation. I understand that no one has unlimited funds and that unexpected expenses seem to appear in our lives, but, if you are able, and if it would bring you the joy that I believe it can, any amount would be greatly appreciated.

Regardless of the decision you make concerning my financial need, I would ask you to please let it not interfere with my request for your partnership in prayer. I am seeking to have someone committed to pray for me each day of the trip. If you are willing to be one of my prayer partners, please let me know. I know that God's desire is that I continually seek His direction as I make my needs and requests known to Him!

LETTER CONT...

Yes, I will partner (your name) in (his/her) efforts to advance the Kingdom of God in (name of country). I will commit to pray from (dates of trip) for every need to be met as (he/she) and the team faithfully answer God's call to make His glory known.

Name: _____

Address: _____

City, State, Zip _____

If you would like to make a donation to help, send me to (name of country), please follow the directions below. Your donation is both non-refundable and tax-deductible.

1. Make the check payable to FAME
2. Include a note stating your donation is designated for me

Address: FAME 4545 Southeastern Ave.
Indianapolis, IN 46203



TRIP POLICIES



- The trip leaders and the host missionary are the recognized authorities on the trip. Any defiance toward a trip leader or host missionary may result in immediate termination of your mission trip and you will be sent home at your expense.
- Conduct is to be that expected of a Christian person-willing to give and take and maintain the spirit of unity and harmony of the group, to extend politeness and courtesy to those with whom we come in contact (missionaries, nationals, team leaders, team members). A positive attitude is expected.
- Regardless of your personal religious belief, you will be expected to support the mission's stance as we help those in need.
- All trip participants are required to follow the trip schedule and participate in all group functions and team meetings. Permission to deviate from the scheduled activities must be obtained from the trip leaders.
- Always be on time for meals, devotions, and other activities.
- No smoking or tobacco of any form, illegal drugs, or alcohol is permitted while on the trip.
- Be mindful of your speech and behavior making sure it is appropriate for all settings.
- You will be expected to acclimate to the host culture. This may mean eating food you are unfamiliar with or participating in foreign customs. Complaining about or constantly comparing the differences from U.S. culture is considered inappropriate.
- Pairing off is NOT permitted, as it tends to distract from the real purpose of the trip. Males are not allowed in females' rooms and vice versa. (With the exception of married or related family members) Due to cultural considerations, public displays of affection are not acceptable.

- Separation from the group is not allowed without prior approval by the team leader. Always let the team leader or host missionary know your whereabouts. NEVER wander off or go exploring by yourself.
- It is important that you dress in a neat, clean, and modest fashion. Your appearance is important not only for the missionary's reputation, but in the way the local people will perceive you. You may have to submit to certain restrictions regarding dress or appearance. (This information will be given elsewhere)
- Due to cultural considerations, practical jokes are not permitted.
- Do not give gifts of any kind to nationals without consulting the host missionaries or trip leader. The preferred method of giving is through structured programs by the host mission. Careful consideration should be given to the sharing of your personal contact information with any nationals, except for our host missionary. Well intentioned friendships can quickly turn into a form of dependency using friendships to get material gifts.
- Play with the kids outside. No youth or children should be invited into your personal living space. This is for their protection, as well as yours.
- Do not brush your teeth with or drink the tap water.
- Cell phone use to make personal calls, post on social media, and texting should be done during free time either before our day begins or at the end. Do your best to be present with your team members, hosts, and patients always.

GOLDEN RULES

- 1.No Complaining
- 2.Do everything you are asked
- 3.Leave every space cleaner than you found it





MALAWI

(History)

The part of Africa now known as Malawi was settled by migrating Bantu groups around the 10th century. Centuries later in 1891 the area was colonised by the British. In 1953 Malawi, then known as Nyasaland, a protectorate of the United Kingdom, became a protectorate within the semi-independent Federation of Rhodesia and Nyasaland. The Federation was dissolved in 1963. In 1964 the protectorate over Nyasaland was ended and Nyasaland became an independent country under Queen Elizabeth II with the new name Malawi. Two years later it became a republic.

Upon gaining independence it became a totalitarian one-party state under the presidency of Hastings Banda, who remained president until 1994. Malawi has a democratic, multi-party government headed by an elected president. Malawi's foreign policy is pro-Western and includes positive diplomatic relations with most countries and participation in several international organizations.

Malawi has a low life expectancy and high infant mortality. There is a diverse population of native peoples, Asians and Europeans, with several languages spoken and an array of religious beliefs. Although there was periodic regional conflict fueled in part by ethnic divisions in the past, by 2008 it had diminished considerably and the concept of a Malawian nationality had reemerged.

Read More Below:

<https://www.siyabona.com/history-of-malawi.html>

<https://www.britannica.com/place/Malawi>

<https://en.wikipedia.org/wiki/Malawi>



MALAWI

(Geography)

Completely landlocked in southeast Africa, Malawi borders Zambia, Tanzania, and Mozambique. Malawi's southern tip lies 130 miles inland from the sea. Altitude varies from less than 200 feet above sea level at Nsanje in the south to almost 10,000 feet at the peak of Mount Mulanje. Malawi's topography consists of high, well-watered plateaus broken by large hills.

Malawi covers 46,066 square miles and is about the size of Pennsylvania. A deep depression, its chief physical feature, runs through the center and forms part of the Great Rift Valley. In this depression are Lake Malawi and the Shire Valley. Lake Malawi, about 1,500 feet above sea level and 380 miles long, is Africa's third largest lake and Malawi's major tourist attraction. In Malawi's north and central areas are the Nyika, Vipya, and Dedza uplands, rising from 5,000 to 8,000 feet above sea level. In the south, the Shire Highlands plateau averages 3,000-4,000 feet, with occasional peaks such as Zomba (7,000 feet) and Mulanje (10,000 feet).





MALAWI

(People & Culture)

Malawians are arguably some of the friendliest people in the world and every visitor will be welcomed with a hearty smile on arrival in Malawi. Malawians are very friendly, calm, pleasant and hospitable. The character and generosity of Malawians is the reason why Malawi is known as the 'Warm Heart of Africa'.

Malawians are, by and large, honest, conservative, good-humored, and mild-tempered. They tend to be quiet and are always smiling. The Malawian traits of discipline, hard work, and perseverance come from a long tradition of strict social discipline that is imparted from birth. Children in Malawi learn to fear and respect elders. These attitudes are implanted at different stages of life, but the most important time for this is at puberty, when both girls and boys undergo community counseling. For strangers, this strict disciplinary code translates into warmth and helpfulness.

<https://www.malawiembassyusa.com/culture#:~:text=Malawians%20are%20very%20friendly%2C%20calm,'Warm%20Heart%20of%20Africa'.&text=The%20charm%20of%20Malawi%20doesn,languages%20%2D%20continue%20to%20fascinate%20visitors.>





MALAWI

(Nature)

The flora and fauna are much influenced by the geography of the region. Malawi is a land-locked country, dominated by the Great Rift Valley which has a north – south orientation, and is 860 km (534 mi) long and between 90 and 200 km (56 and 124 mi) wide. The main feature is Lake Malawi which forms much of the eastern boundary of the country. The lake is drained by the Shire River which flows southwards to join the lower Zambezi in neighbouring Mozambique. Lake Malawi is 460 m (1,500 ft) above sea level but is 700 m (2,300 ft) deep in places. It is bordered on the west by a narrow plain, above which the land rises steeply to form high plateaux, generally between 900 and 1,200 m (3,000 and 3,900 ft) above sea level. To the north, the Nyik Plateau rises to 2,600 m (8,500 ft). To the south lie the gently rolling Shire Highlands, and to the extreme south the land falls away towards the Zambezi floodplain. Lake Chilwa, the second biggest lake, is near the Mozambique border and has no outlet.[2].





MALAWI (Religion)

All but a fraction of a percent of Malawians practice some form of religion. Due to the influence of European missionaries, the most common religion in Malawi is Christianity. About 87% of people in Malawi practice some form of Christianity. Islam is less common, with about 11% of the population. Traditional religions, atheism, and scattered populations of Judaism, Sikh, Bahá'í, and Rastafarianism make up the remaining 2%.

Public primary schools in Malawi have required courses on religion, with some schools teaching the Bible and Christianity and others teaching a more general approach with morality and religion courses. There are also religious private schools available, but they require tuition.

Fortunately, the majority of Malawians live and work together in harmony despite religious differences. You will sometimes find Christian churches and Islamic mosques side by side





MALAWI

(Government/Economy)

The Government of Malawi has been a multi-party democracy since 1994. Under the 1995 constitution, the president, who is both chief of state and head of the government, is chosen through universal direct suffrage every 5 years. Malawi has a vice president who is elected with the president. The president has the option of appointing a second vice president, who must be from a different party. The members of the presidentially appointed cabinet can be drawn from either within or outside of the legislature. Malawi's National Assembly has 193 seats, all directly elected to serve 5-year terms. The constitution also provides for a second house, a Senate of 80 seats, but to date no action has been taken to create the Senate. The Senate is intended to provide representation for traditional leaders and the different geographical districts, as well as various special interest groups, such as women, youth, and the disabled.

**Current President
Lazarus Chakwera**





MALAWI

(Sports and Games)

Soccer is the most popular sport in Malawi. It is played by boys at all levels from makeshift village play fields to prep school league competition. Malawi fields a national football team. The country's biggest success was a third place finish at the 1987 All-Africa Games.

Netball has long been a popular sport for schoolgirls. Malawi is a full member of the International Federation of Netball Association, and is currently ranked sixth internationally. title of the 2012 Netball Africa Championship.

Basketball, volleyball, cross-country running, athletics, etc., have also received a lot of attention in Malawi.





MALAWI

(Food)

Malawi's population is made up mainly of subsistence farmers, with 80% of the population living in rural areas. Because of this, there is not a wide variety of foods available. Most people grow the same crops so that they can feed their families. Crops grown in Malawi include maize (corn), sweet potatoes, cassava, potatoes, tomatoes, greens (*bonongwe*, *mpiru* and pumpkin leaves), soybeans, groundnuts (peanuts), sugar cane, coffee, tea, and sorghum.

Cattle, goats, and chickens are generally raised for meat, and fish from Lake Malawi and local rivers are a staple of the Malawian diet. There are several species of fish eaten in Malawi, including *chambo*, *usipa*, *mpasa*, and *kampango*.

The classic food of Malawi is nsima, a patty made from cornmeal that is eaten with relish. You might hear that a meal is not complete if there is no nsima on the table.

In Malawi, most meals are eaten without utensils. Cooking is often done over a wood or charcoal fire, as many homes do not have electricity.





MALAWI (Language)

Malawi is a multilingual country. Although English is the official language, the 2008 census reports that only 26 percent of the population above the age of 14 is able to speak English. Other major languages spoken in Malawi include: Chewa, Yao, Tonga, Sena, and Elomwe.

For such a small country, Malawi has a pretty diverse amount of languages. There are about ten or eleven total if we don't count Chitipa, Malawi's northernmost district. Due to a variety of geographical and other factors, Chitipa alone has upwards of twenty languages. The main language used in Malawi is Chichewa, which is native to the Central Region. Here are the most common words and phrases that I hear daily, weekly, or multiple times a day here in Malawi.

Muli bwanji: How are you

Ndili bwino, kaya inu?: I am fine, what about you?

Ndili bwino, zikomo: I am fine, thanks

Zikomo: Thank you

Moni: Hello

Tiwonana: See you later

Chonde Pepani: Sorry

If you want to learn more, this is a great resource!

https://files.peacecorps.gov/multimedia/audio/languagelessons/malawi/MW_Chichewa_Language_Lessons.pdf



MALAWI

(Quick Facts)

Official Name: Republic of Malawi

Government: Multi Party Democracy

Capital: Lilongwe

Population: 20 million

Official Language: English/Chichewa

Official Religion: Protestant

Money: Malawian Kwacha

Area: 118,484 sq. km. (45,747 sq. mi.)

Flag:





MALAWI

(Map)

Malawi is a landlocked country in southern central Africa in the Great Rift Valley, on the western shore of Lake Nyasa. Lilongwe is its capital city. Our team will fly into Blantyre and work in the surrounding area.



PASSPORT INFORMATION



- The US government requires a passport book for everyone traveling to and from international locations by air.
- When traveling internationally, your passport should be valid at least six months after entry in-country.
- If you do not have a passport, you need to start the application process now. Passport processing times vary widely so don't put this off. Processing could take up to 12 weeks or longer.
- Passport applications are available at your county clerks office or some local post offices. You can also obtain an online passport application at www.travel.state.gov
- You will need two regulation size passport pictures. Travel agents, American Automobile Associations, Wal-Mart, Walgreens, and CVS are possible places to have your passport photo taken.
- You will need a certified copy of your official birth certificate. Check with the health department in the county in which you were born if you do not already have this document.
- Current fee is \$165 for ages 16 and older, \$135 for under 16 years of age. Renewal fee for adults is \$130.

HEALTH/ VACCINES



There are no vaccines that are required to enter Malawi, however, FAME recommends that you read the CDC recommendations and make an informed decision.

(www.cdc.gov/travel)

- Typhoid
- Chickenpox
- Shingles
- Polio
- Rabies
- Hepatitis A (up to date) 2 doses
- Hepatitis B (up to date) 3 doses
- Hepatitis A & B (known as Twinrix, 3 doses is another option)
- MMR
- DPT
- Yellow Fever

**** We are not in a high malaria area, but there is Malaria in parts of Malawi. So, each traveler can make their own decision on taking malaria meds.**

Food and waterborne disease are the number one cause of illness in travelers. Traveler's diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water. Infections may cause diarrhea and vomiting, fever, or liver damage. Make sure your food and drinking water are safe. Do not eat or drink anything unless the host missionary or trip leader says it is safe to eat and drink.

STAYING HEALTHY



- Wash hands often with soap and water
- Drink bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes (bring your own refillable water bottle)
- Eat food (specifically meat) that is fully cooked
- Take any medications as directed
- Keep feet dry and clean to prevent fungal and parasitic infections
- Beware that we are in a high bug zone and always use bug spray during the day and evenings.
- **STAY HYDRATED!** (We are a chronically dehydrated species, and we need to drink water)
- Liquid IV, emergency, airborne, and other liquid supplements can aid in boosting your immune system and are recommended.
- Wear compression socks on long flights

PACKING LIST



- Passport
- Colored copy of the first two pages of your passport
- Bible/journal/pens
- Clothing (see next page)
- Shoes (ex: tennis shoes, sandals, flip flops, Chaco's)
- Sleepwear
- Raincoat/sweatshirt/jacket
- Swimsuit
- Sunglasses/hat
- Sunscreen/hydrocortisone/bug spray
- Toiletries
- Personal Medications
- Travel pillow, earplugs, compression socks
- Refillable water bottle
- Converter/adaptor
- Snacks (if desired)
- Drawstring bag/backpack
- Spending money
- Hand sanitizer/wet wipes
- 3 Trash Bags
- 1 Gallon Size Ziploc Box
- 3 Quart/Snack size Ziploc Bags
- **Medical participants (any instruments such as stethoscopes, otoscopes, etc.

**Your lodging will have bed linens, pillows, bath towels, and washcloths.

DRESS REQUIREMENTS



- Expect warm conditions and temperatures in the 80's-100's during the day. The evenings will range from 70-90 degrees.
- Pajamas should not be worn to breakfast or while outside the sleeping rooms
- Swimsuits must be modest
- Jewelry should be kept to a minimum
- Scrubs or similar attire will be worn for all clinic days.

Ladies:

Specifics will come later.

Men:

Specifics will come later.

**Following these guidelines is important not only for the mission's reputation, but also because it impacts how the local people perceive you. If you have questions about attire, please ask.

**If needed, the trip leader or host missionary may ask you to change into something different

FINAL COMMENTS

Congratulations on making it to the end of this trip packet! Hopefully most of the questions you had were answered here, but if not, please contact the leader below.

Mallory Fehl
mfehl@fameworld.org
(317) 737-5078

