



TRIP PACKET TANZANIA



AUGUST 17-27, 2025



"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 thrilled that you are preparing to join FAME on this trip to Tanzania to partner with *Remember the Children*.

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 time to read this whole trip packet carefully. It should answer many of your questions.

If you have further questions regarding the trip, please direct them to Vanessa Scheel (vscheel@fameworld.org).

As I am sure you expect, life in Tanzania 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 OF ASSOCIATES
OF MEDICAL EVANGELISM**

LOCATION: 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



REMEMBER THE CHILDREN

LOCATION: TABORA, TANZANIA

About: Remember the Children was founded in 1996 to minister to the orphaned and forgotten in Romania. In 2017, RtC expanded to do the same in Tanzania. RtC provides loving families, food, housing, medical care, education, and biblical mentorship to help children and families grow, heal, and thrive - being transformed in Christ to be everyday leaders in their community.

Mission: Transforming lives and communities through leadership development, church planting, and orphan care.

Vision: Transformed leaders impacting communities with the love of Christ.

Core Activities:

- Leadership Development
- Church planting
- Orphan care

Learn more: <https://www.remember-the-children.org>



FINANCIAL DEADLINES

JUNE 9TH: \$2,000

JUNE 30TH: \$720

JULY 21ST: \$719

The total estimated trip cost due to FAME is \$3,439 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, 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/giving-hope-through-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.



MEETING DATES

MAY 29 @ 7PM EST

JUNE 19 @ 7PM EST

JULY 17 @ 7PM EST

SEP 12 @ 6PM EST

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. A portion of each pre-trip meeting will be dedicated to discussing a section of the training program

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 re-entry upon return.

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.

Address: _____

City, State, Zip _____

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





Tanzania (Quick Facts)

Official Name: United Republic of Tanzania

Government: Republic

Capital: Dar es Salaam (Administrative),
Dodoma (Legislative)

Population: 66.62 million (2023)

Official Language: Swahili, English

Currency: Tanzanian shilling

Area: 335,755 square miles (947,300 square
km)

Climate: Tropical

Flag:





Tanzania (Geography)

Tanzania is the largest country in East Africa and includes the islands of Zanzibar, Pemba, and Mafia. It is bordered by the Indian Ocean and eight other countries: Kenya, Uganda, Rwanda, Burundi, Democratic Republic of Congo, Zambia, Malawi, and Mozambique.

Mount Kilimanjaro is located in northern Tanzania, near the border of Tanzania and Kenya. Technically a dormant volcano, it is the tallest peak found on the continent of Africa.

For this trip, we will fly into Tabora, Tanzania via Dar es Salaam. Tabora is in Western Tanzania, which is known for its rough, remote frontier land.





Tanzania (Language)

Swahili (also known as “Kiswahili” in Swahili) and English are the official languages of Tanzania. Swahili is spoken by approximately 90% of the population, the majority speaking it as a first or second language. English is spoken by approximately 10% of the population and is primarily used in foreign relations, schools, higher education, tourism, diplomacy, and international business sectors.

In addition to its official languages, Tanzania is a linguistically diverse country with over 120 languages spoken. Populations speaking distinct native languages are concentrated in different regions of the country. For example, the most widely spoken native language, Sukuma (approx. 16% prevalence), is predominately spoken in the northern and central regions of Tanzania. Many Tanzanians are multilingual, speaking their native languages along with Swahili and, in some cases, English.

To learn more:

Basic Swahili phrases:

<https://www.joagrosafaris.com/basic-swahili-phrases-for-travelers/>

Peace Corps Swahili Guide*:

<https://www.livelingua.com/peace-corps/Kiswahili/Peace%20Corps%20Kiswahili%20for%20Tanzania.pdf>

*Note: this guide is much more comprehensive but is dated.



Tanzania (Brief History)

Tanzania is deemed the “cradle of civilization” as archeologists unearthed what are believed to be the oldest remains of human ancestors here. Artifacts found in Tanzania evidence early history of indigenous groups migration, civilization, hunter-gatherer communities, cattle-herding, and development of farming techniques.

The mainland of present-day Tanzania was previously separate from the island of Zanzibar. Early Arab traders influenced slave and ivory trades in East Africa, with a large and sustained presence in Zanzibar. The Portuguese arrived in the late 15th century, establishing trading posts and forts along the East African coast and in Zanzibar. In the 18th century, Omani Arabs displaced the Portuguese, taking control of Zanzibar and much of coastal East Africa.

The 19-20th centuries included periods of German and British colonial rule. The Germans first established a protectorate of the area that is now mainland Tanzania, making it a part of German East Africa, while Britain established a protectorate over Zanzibar. After World War I, the British took control of German East Africa under the League of Nations, renaming it “Tanganyika”. Although German and British powers developed infrastructure, resources, and trade, native populations were exploited for slave labor and suffered under colonial rule. David Livingstone, a Scottish missionary and explorer known for his efforts against the slave trade, traveled extensively through what is now Tanzania.

Post World War II, Tanganyika became a trust territory of the United Nations under British control. Tanganyika became self-governed in 1959 and gained independence in 1961, while Zanzibar became independent in 1963. In 1964, Tanganyika and Zanzibar unified to become the United Republic of Tanzania.



Tanzania (Nature)

Tanzania has great variety in its land regions, vegetation, and wildlife. It is home to the highest peak (Mount Kilimanjaro) and the deepest lake (Lake Tanganyika) on the continent of Africa.

From humid coastal areas to drier interior regions, Tanzania has mountain ranges, forests, woodlands, bush, grasslands, swamps, and desert areas. This diversity is influenced by the variation in elevation and rainfall across the country, creating a wide range of habitats, home to a vibrant variety of wildlife. Most notably, the iconic "Big Five" (lion, leopard, elephant, rhino, and buffalo) are native to Tanzania and are a great draw for international tourism. Many other large and small mammals, fish, and reptile species are found throughout the country.

Deforestation and desertification limit the habitat of Tanzania's wildlife, increasingly concentrating wild animal populations into game parks and preserves, such as Gombe and Serengeti National Parks. Gombe National Park is famous for its connection to zoologist Jane Goodall and her research on primates. Serengeti National Park is known for the Great Migration - the largest mammal migration on earth - where wildebeest, zebra, and other animals move between the Serengeti (Tanzania) and Masai Mara National Reserve (Kenya).



Tanzania (People & Culture)

There are over 120 ethnic groups, or tribes, in Tanzania. The 5 major tribes of Tanzania are the Sukuma, Nyamwezi, Chagga, Maasai, and Hadzathe Tribes. The Maasai, a nomadic, cattle-herding tribe is perhaps the most well-recognized tribe. Family life is central to Tanzania, going beyond immediate family to include extended family and friends. Milestones such as birth, naming children, reaching puberty, marriage, and death are all commemorated with traditional ceremonies by the entire community. Disputes are also often settled by panels of tribe members.

Agriculture is the main occupation in Tanzania, including farming, fishing, and forestry. Approximately 85% of Tanzanians live rurally, with urban environments being limited to larger cities. Traditional family roles are commonly upheld, with the father as the head of the family and breadwinner, and mother as the manager of the household and children. Young girls are considered marriageable in their early teens and traditions of matchmaking and paying a bride price are still common in Tanzania today. Polygamy is legal and culturally acceptable in Tanzania, although increasingly less common.

Music, dance, and art - carved wood, weaving, clay pots, and *tingatinga* painting - are a vibrant part of Tanzanian culture.



Tanzania (Religion)

Tanzania's religious demographics are influenced by its history of Arab rule and European colonization. Islam was introduced in Tanzania through the establishment of Arab trade in the country, whereas Christianity was first introduced in the form of Roman Catholicism as the Portuguese arrived and settled in Tanzania.

Other Christian denominations increased missions efforts during German and British colonial periods. David Livingstone, a Scottish physician and missionary known for his opposition of slavery in East Africa, traversed through Tanzania on many of his journeys. In the present-day, Roman Catholic and Protestant traditions are the most widely followed Christian denominations, however many other Christian denominations can be found throughout the country.

Christianity is followed by 30% of the population, while Islam is practiced by 35% of mainland and 99% of island populations. Both Christian and Islamic holidays are celebrated in Tanzania. Another 35% of the population follows traditional beliefs, in which there is a high reverence for ancestral spirits and nature. In many rural areas, Christian and Islamic religious beliefs are combined with traditional tribal beliefs.



Tanzania (Government & Economy)

The United Republic of Tanzania is governed by an elected president as the head of state and government. Zanzibar also has its own elected president who is head of the semi-autonomous government of Zanzibar. The presidential term is 5 years, with a two-term limit. Additionally, the president appoints a prime minister and the country is divided into 25 regions (20 mainland and 5 island regions), each with a regional commissioner. Regions are further divided into districts, which are headed by district commissioners. Both regional and district commissioners are appointed by the central government.

Agricultural, service, and industrial sectors are the largest components of Tanzania's economy. Although Tanzania is rich in natural resources, it is considered one of the poorest countries in the world. Major crops include corn, rice, bananas, sorghum, cassava, and sweet potatoes. Main exports include coffee, gold, cashew nuts, and cotton. Additionally, diamonds, tin, and other metals and gemstones, including tanzanite, are mined in Tanzania.

Current President:
Samia Suluhu Hassan
(2021-Present)
First female president





Tanzania (Sports & Games)

Soccer ("football") is the most popular sport in Tanzania. From groups of school children with homemade soccer balls, to the mainland professional league, soccer is widely played and followed. Running ("athletics") is also a popular sport in Tanzania. Marathons are regularly held, including The Kilimanjaro Marathon, and several Tanzanian runners have placed in international competitions. In addition to soccer and athletics, boxing, rugby, basketball, netball (a game similar to basketball, without dribbling), volleyball, and and cricket, are also popular sports.

Bao is popular board game played using a board, with four rows of hollow pits carved into it, and seeds. The two rows nearest to each player belong to them and a certain number of seeds start in each pit. It is a fast-paced game, in which players take turns moving the seeds around the pits in the board to collect more seeds. The object of the game is for one player to collect all the seeds on the board.





Tanzania (Food)

Rice, grains, and bananas are staples of the Tanzanian diet. The national dish of Tanzania, **ugali**, is made from flour (cassava, cornmeal, millet, or sorghum) that is boiled and pounded into a dough-like consistency and eaten with meat, stew, or vegetables.

In Tanzania, it is common to eat with your hands. A bowl of water for handwashing is typically passed around before and after meals. Meals are shared together among families and friends, and often eaten from a communal bowl. The proper custom for eating in this way is to use only your right hand when putting food into your mouth or selecting food from the communal bowl.

Other popular dishes include: **mandazi**, a fried coconut bread and popular breakfast, **ndizi nyama** a stew of fried plantains, meat or fish, and vegetables, **mchuzi wa samaki**, a fish curry popular in Zanzibar, **pilau**, a spicy cooked rice, often made for celebrations, and **mchicha**, a common side dish of dark leafy greens in a coconut curry sauce.

International cuisines, supermarkets, and fast food restaurants can be found in more urban areas, however the majority of foodstuffs in Tanzania are farmed, sold, and purchased in local markets.



Tanzania (Clothing)

Traditional Tanzanian attire include *kangas*, *koifas*, *shukas*, and beaded jewelry and accessories. A *kanga* is a piece of cloth, brightly colored and patterned, worn as a wraparound skirt, dress, or headscarf for women and used to make pants and shirts for men. Each *kanga* pattern is meaningful, sometimes even including a proverb or saying within the pattern. A *koifa* (literally "hat" in Swahili) is a hat worn by men. Originally a sign of rank and leadership, it is still worn today, especially for significant events. A *shuka* is the iconic traditional dress of the Maasai tribe. It is a bright red cloth worn draped around the shoulders.

In addition to clothing pieces, handmade beaded jewelry and other items, including necklaces, bracelets, anklets, waist beads, head scarfs and wraps, are common accessories in Tanzania. Beadwork is also especially significant for the Maasi tribe, with different bead colors and patterns signifying the social and martial status, clan affiliation, and character traits of the wearer.

In present-day, the influence of Western fashion trends is evident, especially in urban areas, and everyday clothing is a mix of traditional and Western attire. Traditional attire is often worn for ceremonies and festivals

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.
- Your passport must also have at least 1 blank page.
- 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.

VISA INFORMATION



A visa will be required for entry to Tanzania. More information on the visa process - application instructions, cost, and timing - to come.

HEALT & VACCINES



There are no vaccines that are required to enter Tanzania, however, FAME recommends that you read the CDC recommendations and make an informed decision. (www.cdc.gov/travel)

Recommended by the CDC:

- Chickenpox (Varicella)
- Diptheria-Tetanus-Pertusis
- Flu (Influenza)
- Measles-Mumphs-Rubella (MMR)
- Polio
- Shingles
- Cholera
- Hepatitis A (up to date) 2 doses
- Hepatitis B (up to date) 3 doses
- Measles
- Rabies
- Typhoid
- Yellow Fever

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.

*You will not be in an area at risk for Malaria, but each traveler can determine if they want to take malaria prevention medication.

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
- STAY HYDRATED!
- Liquid IV, emergency, airborne, and other liquid supplements can aid in boosting your immune system and are recommended.

MEDS TO TRAVEL WITH



Below are a few common prescriptions or over the counter meds that are not required, but may be useful to have on hand when traveling.

- Dramamine
- Zofran
- Cirpo
- Azithromycin
- Tylenon/Ibuprofen
- Asprin
- Pepto/Tums
- Stool Softeners
- GasX

Travel/Plane Recommendations

- Travel Pillow
- Earplugs for plane rides
- Face Mask for plane rides
- Water Bottle (fill up in airports)
- Gum (helps ears adjust on planes)

PACKING LIST



- Passport
- Tourist Visa
- Colored copy of the first two pages of your passport
- Bible/journal/pens
- Clothing (see next page)
- Shoes (ex: tennis shoes, sandals, flip flops, Chacos)
- Sleepwear
- Sunglasses/hat
- Sunscreen/hydrocortisone/bug spray
- Toiletries
- Personal Medications
- Earplugs
- Travel pillow
- Refillable water bottle
- Converter/adaptor
- Snacks (if desired)
- Drawstring bag/backpack
- Spending money (\$50-\$100)
- Hand sanitizer/wet wipes
- 1 Toilet paper roll
- 3 large trash bags
- 1 box of gallon sized ziplocs
- 2 boxes of snack sized ziplocs
- 3 boxes of sandwich sized ziplocs
- **Medical participants (any instruments such as stethoscopes, otoscopes, etc.)

*This is a preliminary packing list, it could change as we get closer to the trip.

DRESS REQUIREMENTS



- August falls in Tanzania's dry season. Expect warm temperatures, reaching highs in the 80s during the day and lows in the 50s at night, with low humidity.
- Pajamas should not be worn to breakfast or while outside the sleeping rooms
- Jewelry should be kept to a minimum
- Scrubs or similar attire should be worn for all clinic days.

Ladies:

Women must wear skirts each day. For work days, scrubs should be worn as well as sturdy shoes. Shirts must be modest and skirts must reach below the knees. For church, a long skirt or dress should be worn.

Men:

For work days, scrubs should be worn as well as sturdy shoes. No tank tops or short shorts should be worn. For church, a dress shirt and pants should be worn.

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. If not, please contact your trip leader below.

With great joy,

Vanessa Scheel
vscheel@fameworld.org
(317) 935-9803

