**Malawi 2014**

**July 26th – August 12th**

**Cost**

Below are costs from the last trip. Passport and Immunization costs may not apply for you, depending on what you already have. We are still awaiting confirmation from Mphatso (ELCM communications director) as to whether or not our costs for travel in Malawi will be different. Last time we travelled was right before the Kwacha was devalued, so I’m not sure how that relates to the current cost of gas prices. We are also travelling to a different part of Malawi this time (after working in Mponela), so that will affect how much gas we use as well. Malawi Travel cost includes accommodations and most lunches and dinners. We will take food to fix our own breakfasts (oatmeal, granola bars, etc.) and will buy other items (eggs, etc.) once in Malawi. I am not sure yet of a due date for the Malawi Travel money. Spending money is up to you and ranges for most people between $100 and $300. I did not include cancellation insurance as we did not get it last trip and it will be up to each person whether or not they want it.

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| **Item** | **Cost** |
| Passport | $110 |
| Immunizations | $225 |
| Deposit – Due Feb. 1st | $300 |
| Malawi Travel (in addition to deposit) | $1300 |
| Airplane Tickets | ~$2000 |
| Travel Insurance (Medical) | $65 |
| **TOTAL** | **~$4000** |

**Immunizations**

It is best to call the travel clinic 3 months out to check on what shots you need and make an appointment.

Carilion Clinic Infectious Disease, Tropical Medicine, & International Travel Clinic

2001 Crystal Spring Avenue, Suite 301

Roanoke, VA 24014

540-981-7715

Monday – Friday 8am – 4:30pm

**What you need according to the CDC site: http://wwwnc.cdc.gov/travel/destinations/traveler/none/malawi**

* Hepatitis
* Typhoid Fever
* Yellow Fever – if we fly through Ethiopia
* **Be up to date on: Tetanus, Diphtheria, Pertussis, Measles, Mumps, Rubella, Polio, Flu**
* Pneumococcal vaccine – over age 65 and anyone of any age that is suffering from cardiovascular disease, diabetes, renal disorders, liver diseases, sickle cell disease, asplenia, or immuno-suppressive disorders.
* Malaria Medication – Malarone is more expensive, but you take it for a shorter period of time and it has fewer restrictions on when you can take it.
* Stomach issues medication - Ciprofloxacin

**Possible Itinerary**

The itinerary below has been proposed to the ELCM and we will work with them to adjust it as it fits with their schedules and needs.

* Saturday, July 26th: flights leave Dulles airport for Malawi
* Sunday, July 27th: arrive in Lilongwe and stay at ELCM campus
* Monday, July 28th: have meetings at ELCM campus and visit bank and grocery store in town
* Tuesday, July 29th:travel to Mponela and get started working there
* Wednesday, July 30th - Friday August 1st: work in Mponela as needed (the Bishop mentioned possibly landscaping around the feeding center and helping with whatever stage they are on with the parish center).  We would love to stay at Madissi again if possible.
* Saturday, August 2nd: work in the morning. The Bishop said that Saturday afternoon is when they will probably want to dedicate the feeding center and well.
* Sunday, August 3rd: worship in Mponela
* Monday, August 4th: work in Mponela and travel South in the afternoon to our next destination
* Tuesday, August 5th - Saturday, August 9th: visit with congregations in Southern Malawi. Stay for a night or two at the ELCM cottage at Lake Malawi.  Spend one day visiting a nature preserve.  We would return to Lilongwe on Saturday to again stay at the ELCM campus.
* Sunday, August 10th: worship in Lilongwe
* Monday, August 11th: flights leave for US
* Tuesday, August 12th: arrive at Dulles airport and drive to Roanoke

Possible Activities while visiting other villages: bible studies, question and answer sessions, children’s ministry, serving at a feeding center, viewing ELDS projects (animal raising, AIDS awareness, etc.)