

Integrated Health Mission

Thank you for volunteering to work for the AIHWA Healthcare Mission! We look forward to working with you.

DATES & LOCATIONS

2021 Mission Location: Hope Center, Imo State, Nigeria

Travel Dates: Book your flight to arrive in Abuja on or before **Friday, March 5, 2021** Book departing flight from Abuja to the USA for **Saturday, March 15, 2021**

Abuja Hotel: Pope John Paul II Catholic Center
27 Bangui Street of Adetokunbo Ademola Crescent
Wuse II, Abuja Nigeria
website: popejohnpaulcatholiccenter.com/hotel
phone: +234-7036772936

Imo State: Chris VI Hotels
KM 32, Owerri-Umuahia Road, Ahiara Junction,
Mbaise, Imo State
website: chrisvihotels.com
phone: 0815-950-5050

COST

Volunteers are responsible for all airfare, room and board, and visa fees. You may do fundraising to cover travel expenses. All funds raised for AIHWA or mission travel expenses are tax-deductible.

Anticipated Airfare: \$1,400 to \$2000 to Abuja

Abuja to Owerri: \$200 to and from Owerri

Room & Board: \$70 per day (rate is subsidized by AIHWA)

14-day Tourist Visa: Details and cost available through IOS Integrated Solution
Normal processing time for a Nigerian visa is
2-3 business days (Sundays-Thursdays).

TRAVEL & ORIENTATION

Volunteers are responsible for booking flights. AIHWA will help arrange transportation to and from Imo State. Volunteers can reimburse the cost of this flight upon arrival.

Friday, March 5th

Arrive In Abuja

- Stay at the PJP II Catholic Center

Sunday Morning, March 7th

- Travel to Owerri, Imo State
- Stay at Chris VI Hotels

Sunday Morning, March 7th

- Visit Hope Center for orientation

Friday March 14th

Depart from Imo State in the morning

- Stay at the PJP II Catholic Center in Abuja

Saturday, March 15th

- Leave from Abuja to return to the U.S.

What to Expect

Whether you have traveled to Africa, or not, here are some things to keep in mind.

PREPARATION

Consult a doctor specializing in travel medicine for the latest on what vaccinations and medicines you will need. You should do so at least four weeks before traveling to give the immunizations time to take effect.

The U.S. Centers for Disease Control and Prevention recommends these vaccines before travel to Nigeria: hepatitis A and B, typhoid, yellow fever and meningitis. Also consider taking prescription anti-malaria medication.

THINGS TO KNOW

Language There are over 500 languages spoken in Nigeria. One of the official languages in Nigeria is English. Most citizens have a good understanding of English and they will not hesitate to ask you to clarify what you mean, or admit that they do not understand your phrasing or accent. Do not assume that a Nigerian's inability to answer you indicates ignorance.

Currency Nigeria's currency is the Naira (NGN). In May 2019, one US dollar equaled 360 NGN. You should buy Naira using U.S. dollars at the airport. Foreign credit cards are not accepted in many of the stores or even hotels in Nigeria.

Shopping and Haggling Shops like supermarkets and restaurants typically charge fixed prices. At markets, you are supposed to haggle for your goods (except bread: its price is fixed). Typically, the real price is about half the price that is first asked. After agreeing on a price, don't walk away without buying, this is considered very rude. It is best to go to the market with a Nigerian friend you trust. That way, the seller will know you can't be tricked into paying a higher price than normal.

Weather Nigeria is close to the equator and therefore warm year-round. The rainy season in the south is March, April, May, June, July, August, September, October, and November. The north's rainy season is from July to September

WHAT TO PACK

We recommend packing:

- Clothing made from natural fabrics, such as linen and cotton that will keep you cool during the day
- Clothes with light, neutral colors but not white — because it may easily get dirty and dusty
- A hat or cap to protect you from the sun
- Sunscreen with 10-hour protection
- Sunglasses.
- A travel adapter for electric appliances if your devices are not 230

Don't bring the following items:

- Military/combat clothing or items with camouflage print. It is illegal to have army/combat type clothing or print.