

Integrated Health Mission

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

DATES & LOCATIONS

2023 Mission Location: Hope Center, Imo State, Nigeria

Dates: Monday, January 2, 2023 – Friday, January 6, 2023

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: Sentiero Hotels
Airport Rd, Aba-Owerri Expy, Ngor-Okpala, Imo State
website: <https://www.sentierohotels.com.ng/>
phone: +234-9060121582

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: \$1,000 to \$2000 to Abuja

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

14-day Tourist Visa: Varies per nationality. Please contact your local Nigerian embassy for visa information.

TRAVEL & ORIENTATION

Volunteers are responsible for booking flights. AIHWA will arrange transportation to and from Imo State.

Arrive: In Abuja on or before Friday, December 30th
Stay at the PJP II Catholic Center
Travel to Imo State Saturday Morning, December 31st
Stay at Senterio Hotels
Visit Hope Center for Mission Orientation Sunday Evening, January 1st

Depart: From Imo State to Abuja, Sunday Evening, January 8th
Stay at the PJP II Catholic Center
Leave from Abuja Monday, January 9th

What to Expect

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

PREPARATION

Besides being up to date on your routine vaccines, the U.S. Centers for Disease Control and Prevention recommends several vaccines before travel to Nigeria. These include: hepatitis A and B, typhoid, yellow fever and meningitis. Also consider taking prescription anti-malaria medication. 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.

WHAT TO PACK

Nigeria is close to the equator and therefore warm year-round.

We recommend packing:

- Clothing made from natural fabrics such as cotton and linen to stay cool and dry
- A hat and sunglasses to protect you from the sun
- Sunscreen with 10-hour protection
- Bug spray
- A travel adapter for electric appliances if your devices are not '230'
- Your own toiletries - your hotel will not provide you with shampoo/conditioner, razors, etc.

Do not bring the following items:

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

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 April of 2022 \$1 USD = 415 NGN. You should buy Naira at your local bank prior to leaving, or the airport in Nigeria. Foreign credit cards are not accepted in most 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: fixed price). 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 from March to November. The North's rainy season is from July to September