



## SOUTH AFRICA

### Winter School

**Dates:** June or July

**Individual Costs:** Approx. \$1,155. This includes food, lodging, in-country transportation, and travel/health insurance. This is an estimated cost and does not include international flights, and is based on a team of 10 people for 12 days in country.

**Project Costs:** \$1,178. This includes materials for all projects. This is a shared cost between all team members.



#### Winter School Project

Lutheran Hour Ministries (LHM)-South Africa is providing a Winter School (our summer months) opportunity to incorporate a Career Development class for students in 12<sup>th</sup> grade. This would be an outreach to those students who have fewer resources to better their math and science skills. Curriculum will be provided to the team prior to the trip, allowing time to prepare. A few items that will be needed for this project are flip charts, pens, name tags and exam pads. These items will be purchased in South Africa. LHM-SA will provide material for Bible study and devotions. This will be separate from the school curriculum.

#### Project Location

Johannesburg, some call it Jo'burg or Jozi while the Nguni people call it iGoli or City of Gold. The name refers to Johannesburg's beginnings as a 19th century gold rush town and today it is the country's commercial center. Economic strength, energy, a beautiful climate and a commercial edge make Johannesburg a fascinating place. Johannesburg is a divided city: the poor mostly live in the southern suburbs or on the peripheries of the far north, and the middle class live largely in the suburbs of the central and north. Around 20 percent of the city lives in abject poverty in informal settlements that lack proper roads, electricity, or any other kind of direct municipal service. Another 40 percent live in inadequate housing with insufficient municipal housing. South Africa is a parliamentary democracy and is in many respects a developed country, although much of its population lives in poverty.

### **Sample Itinerary**

- Day 1. Arrive and rest
- Day 2. Worship, visit ministry area and orientation
- Day 3. Workday
- Day 4. Workday
- Day 5. Workday
- Day 6. Workday
- Day 7. Workday
- Day 8. Sightseeing
- Day 9. Worship and sightseeing
- Day 10. Workday
- Day 11. Wrap up project
- Day 12. Depart for home

*A detailed itinerary will be provided to you by LHM according to your travel days and team size.*

### **Travel Documentation**

- US passport must be valid 6 months beyond intended stay
- Must have two blank (unstamped) visa pages in passport to enter the country
- Travelers into South Africa must carry the original “yellow card” for the yellow fever vaccine
- All travelers are advised to carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from their passport.
- Visas are not required for stays less than 90 days

### **Embassy of South Africa**

3051 Massachusetts Ave, NW

Washington, DC 20008

Tel: (202) 232-4400

Fax: (202) 265-1607

Email: [consular.wa@dirco.gov.za](mailto:consular.wa@dirco.gov.za)

Website: [saembassy@ogt11.com](mailto:saembassy@ogt11.com)

*Please visit the Embassy of South Africa website for the most current visa information.*

### **Sightseeing**

The team will be offered sightseeing trips outside of Johannesburg which include Kruger National Park and Mpumalanga also known as God’s Window. This is a separate cost not included in the individual budget.

### **Travel Insurance**

Medical Evacuation for all team members is mandatory and LHM provides insurance from AIG at the cost of \$3.30 a day. We will provide you with an insurance card with a policy number on it and a contact number in cases of extreme emergency – i.e. something that requires evacuation. The person you talk with will advise you on what to do in those circumstances. For all other claims please pay any bills that you incur and make a claim directly to the insurance company when your return.

### **Lodging and Meals**

Based on availability, accommodations can be made at a hotel called Lakeview Airport Lodge

[www.lakeviewairportlodge.co.za](http://www.lakeviewairportlodge.co.za) . It is approximately 12 miles from the worksite. Meals will be available at the Diocesan Centre-ELCSA.



## **Budget**

Sample budget based on 10 people for 12 days:

<b>Individual Costs</b>		
Travel Insurance	\$3.30 per person per day, including travel days	\$46.20
Lodging	\$47.50 @ 11 nights per person	\$522.50
Food- lunch & dinner	\$30 average for 12 days	\$360.00
Transportation (include airport)	\$10.75/day for transportation/12 days, \$38 round trip, to/from airport	\$167.00
Bottled Water	\$5 per day x12 days	\$60.00
Total		\$1,155.70

You must also budget for your international flights, miscellaneous cost with sightseeing and souvenirs. An airport tax should be included with your flight costs. Be sure to check this when booking your flights.

The budget is an estimate and your team may choose to eat more or less expensive, which would affect your budget. We generally over-budget as much as possible so you do not run short of funds; it never hurts to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies that may occur or unexpected costs.

## **Project Costs**

Project costs are \$1,178.00 which covers all the materials needed for the winter school program. These costs are a shared cost from all the team members. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 6 weeks prior to departure and Individual Costs must be paid 2 to 3 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline.

## **Vaccine-Preventable Diseases**

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time. Although yellow fever is not a disease risk in South Africa, the government requires some travelers arriving from [countries with risk of yellow fever virus transmission](#) to present proof of yellow fever vaccination. If you will be traveling to South Africa from any country other than the United States, this requirement may affect you. For specific requirement details, see [Yellow Fever & Malaria Information, by Country](#).

<b>Vaccination or Disease</b>	<b>Recommendations or Requirements for Vaccine-Preventable Diseases</b>
<a href="#">Routine</a>	Recommended if you are not up-to-date with routine shots, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<a href="#">Hepatitis A</a> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection ( <a href="#">see map</a> ) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<a href="#">Hepatitis B</a>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission ( <a href="#">see map</a> ), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<a href="#">Typhoid</a>	Recommended for all unvaccinated people traveling to or working in Southern Africa, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

## [Rabies](#)

Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

## Malaria

**Areas of South Africa with Malaria:** Present in northeastern KwaZulu-Natal Province as far south as the Tugela River, Limpopo (Northern) Province, and Mpumalanga Province. Present in Kruger National Park. ([more information](#))

If you will be visiting an area of South Africa with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in South Africa: Atovaquone-proguanil, doxycycline, or mefloquine. For detailed information about each of these drugs, see [Table 3-11: Drugs used in the prophylaxis of malaria](#). For information that can help you and your doctor decide which of these drugs would be best for you, please see [Choosing a Drug to Prevent Malaria](#).

**Note: Chloroquine is NOT an effective antimalarial drug in South Africa and should not be taken to prevent malaria in this region.**

To find out more information on malaria throughout the world, you can use the [interactive CDC malaria map](#). You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

*This information is based on current information from CDC and often depends on where the team travels in South Africa. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.*

<http://www.cdc.gov/travel>

## **Forms**

*Please return all required forms to LHM St. Louis if you have not already done so.*

### **LHM Ministry-South Africa**

The Lutheran Hour Ministries (LHM) ministry center in South Africa was established in 1961, and has greatly expanded its outreach over the years. Ministry center staff and volunteers routinely visit inmates at Johannesburg's over-crowded prisons, where they share the Gospel and encourage them to enroll in Bible Correspondence Courses.

LHM—South Africa also places regular ads in newspapers that invite people to call in for counseling, prayer, or topical booklets. In this way, individuals in all of Southern Africa are being reached. The ministry center often receives visitors from Botswana, Malawi, and Zimbabwe.

LHM-South Africa conducts outreach using different forms of media broadcasting. The Lutheran Hour or a locally produced Christian program is broadcast through radio. The Puzzle Club and other children's video are for the Christmas and Easter seasons on television to give children an alternative television program. Currently LHM-South Africa is updating and expanding their website.

One of the biggest and most effective outreach programs LHM-South Africa is Drama. Outreach concerts are held once a month in partnership with a Lutheran congregation. People from the community are invited with counseling and prayer support offered afterwards. All attendees are invited to Sunday worship services and encouraged to contact LHM-South Africa for further counseling and prayer.

### **Contact Information**

The Lutheran Hour  
27 Basil Street  
Ferndale, 2160  
South Africa

**Mr. Sizakele Lugojobo, Director**

**Phone:** (27-11) 791-1661

**Fax:** (27-11) 792-8440

**Email:** [southafrica@lutheranmedia.net](mailto:southafrica@lutheranmedia.net)

**Website:** [www.lutheran.co.za](http://www.lutheran.co.za)

**Skype:** lutheranhour

**Ministry Established:** 1961



Through authentic cross-cultural experiences, you will have the opportunity to share the message of Christ's love.  
If you are interested in touching lives please call

**Chris Myers @ 314-317-4268 or email [christine.myers@lhm.org](mailto:christine.myers@lhm.org)**