

Welcome to Soddo Christian Hospital



Healthcare with the compassion of Jesus Christ



My help comes from the Lord, who made heaven and earth.

Thank you for your interest in Soddo Christian Hospital. We enjoy hosting visiting doctors, medical personnel, and others with specific skills to join us in the work that God is doing in this corner of Ethiopia.

This information is a resource to help you as you plan your trip. Please feel free to contact us with questions or concerns.

Working together for God's kingdom,

*Jackie Anderson,
Guest coordinator for the missionaries at SCH
visit@soddo.org*

Guest Orientation Information

Part one: Basic survival questions and description of Soddo Christian Hospital

Part two: Finances

Part three: Ready, Set, Go! What to do to get ready

Part four: Ethiopian culture

PART ONE

Where am I? What do I need to know?



Soddo Christian Hospital is located in southern Ethiopia, about 6 hours' drive south of Addis Abba. Soddo is the center of the Wolaitta tribe and is part of the SNNP state (Southern Nation, Nationalities, and Peoples Region). **St. Luke's Healthcare Foundation**, a non---profit organization in Wheaton, IL, was established to provide funding and assist with the operational management of the hospital.

The hospital desires to share the gospel and disciple people one person at a time. Quality healthcare is given in the name of Jesus. Visitors are expected to agree to a statement of beliefs (found in the visitor's application) and encouraged to attend a weekly chapel and a Sunday service.

CONTACT INFORMATION

- “ Website: www.soddo.org
- “ Mailing address:
Soddo Christian Hospital
P.O. Box 305
Soddo Wolaitta, Ethiopia
- “ Guest coordinator: Contact Jackie Anderson at visit@soddo.org
- “ Hospital Administrator e---mail address: Desalegn Enaro: desalegnenaro@gmail.com/
Phone number: 011---251---46---551---1163
- Medical director: Dr. Lealem Zenebe
lealexz@yahoo.com

US Contact:

Ken Amstutz, President St Luke's Health Care Foundation

ken@soddo.org

630-510-2222

Some General Information about the hospital and culture.

PROFILE

Soddo Christian Hospital is a young hospital that has been open since January 2005. Currently there are 142 beds. We have five wards: Orthopedics, General Surgery, OB/GYN, a small ICU, and one General Medical/Pediatrics ward. At present (and this is subject to change) the hospital has five Ethiopian general practice doctors and five African general surgery residents. There are total of eight PAACS surgical residents. Our expatriate staff includes one general surgeon, two orthopedic surgeons, one obstetrician/gynecologist, and one nurse practitioner. Our hospital also has a MOU with Soddo University, assisting in the education of their doctors, nurses, nurse anesthetists and health officers.

COMMON PROBLEMS

Tumors, cancer, trauma, malaria, TB, deformities, complications associated with childbirth, infertility, HIV, typhoid, malnutrition

LOCATION

Soddo is 330 km or 250 miles south of Addis in a mountainous region with warm weather at 7,000 feet elevation. Soddo, the city, is in the middle of the Wolaitta region with approximately 3 million people. The city of 70,000 overlooks the Great Rift Valley.

LANGUAGE

The educated national staff speaks English; Amharic is the official national language; Wolaitta is the local language of Soddo.

CLIMATE

Temperatures range from 85 degrees Fahrenheit in the daytime to 50 degrees at night. The rainy season is cooler, with highs in the 60s, and lasts from April to October.

RELIGION

Orthodox Christianity and Islam are the primary religions. There are more than 900 Evangelical churches in the Wolaitta area. Islam is spreading in this area.

FOOD

Injera is the national bread. It resembles a gray sourdough pancake. It is used to eat wat, (stew), which comes in a variety of forms such as meat dishes, legumes, vegetables and sauces.

WATER

Bottled water from a trusted source is recommended when travelling. It is readily available throughout the country. The hospital has well water. However, we filter all of our water. A water filter is available in all of the hospital compound's homes and guesthouses. All of the homes are equipped with hot water tanks.

ELECTRICITY

Soddo has electricity, but it is often unpredictable. The hospital has a generator that is set to go on when the Soddo electrical power goes off. This usually happens multiple times during the day. Voltage regulators are important to use with all electrical appliances but you must be careful that the wattage on your appliance does not exceed the voltage regulator capability. The plugs & outlets in Ethiopia look like this. It is called a “Euro Plug”:



They are 220V, which means you need to check your device to see if it can accept 220V. Most electronics like your mobile phone charger or computer charger will work with 220V; you just need a small adapter to change the plug configuration. You can find this out by checking the label on your device:



In this case (a Dell computer), the input allows for up to 240V, so you’re okay. All you need for this device is a plug adapter, and these cost about \$1 a piece. They look like this:



On devices that are only rated for 110V, you can use a small transformer like the one below. The key here though, is that the device has to be a low power device. Most small appliances with heating elements (like a hair dryer) are going to pull over 1000 watts of power. These small transformers are only rated up to 200 watts, so a hairdryer would fry them. But, for a low-

--power device that only needs 50 watts or so, here is what a transformer looks like. These run about \$20:



INTERNET

The hospital and guesthouses and missionary homes have broadband Internet. The charge for the Internet is included in your housing fee.

TIME DIFFERENCE

8 hours ahead of Eastern Standard Time USA and 7 hours ahead during daylight savings time.

CULTURAL DIFFERENCES

Ethiopia is unique within all African countries. It was never officially colonized, although the Italians occupied the country during WWII. They have a different calendar system with 13 months. Their New Year is our September 11, which follows their short month, Pagamie, of 5 days. In leap year it has 6 days. Their year is essentially 7 years different or earlier than ours. For example, 2013 is actually 2005 in Ethiopia. Ethiopia also goes by a different time system.

12 o'clock starts at 6am and noon is actually 6 o'clock. This may help when communicating with a taxi driver, etc.

TIPPING

At the airport, the tip for the porter is posted on a sign. For taxi drivers, the price is negotiated prior to the trip so an added tip is not necessary. Small tips, 5% --- 10% are acceptable at restaurants, coffee shops, etc. Sometimes your bill will have a service charge included and then an extra tip is not necessary. If a porter helps with your luggage, 3 to 5 birr a bag is acceptable. If someone helps carry your groceries, a small tip of 3 to 10 birr is acceptable.

For the workers employed by Soddo Christian Hospital, such as the driver, house helpers, guards, etc., they are paid through your guest house fees and van fees. Extra tips are not necessary or expected for these employees.

Part Two

Who Are We?

Our Long Term Missionaries

Dr. Duane and Jackie Anderson: Duane is an orthopedic surgeon, the field director for the hospital foundation, and assistant PAACS director. Jackie is a teacher and administers an English language education center on site. Both help the spiritual department in training discipleship groups. Their home church, Real Life Ministries, is supporting the spread of disciple making throughout the region's churches. Jackie and Duane are from Idaho and have been here since 2005. They have four grown children and many grandchildren.

Drs Andrew Chew & Sok Hui-Chew Andrew, a surgeon, and Sok-Hui, a physician, served three years (1992-1995) as SIM missionaries at Galmi Hospital (Niger, West Africa) with their three children – Carolyn, Timothy and Rebekah (then aged 5 years, 3 years and 8 months, respectively). Since their return to Adelaide (South Australia, Australia), Andrew has been back to Africa nine times – Niger (5), Cameroon (2) and Ethiopia (2) – either with family or leading teams of young people or doctors for cross cultural mission exposure, in addition to providing medical and surgical care. Andrew and Sok-Hui have also been involved in medical education in Fiji and India, respectively. Both Andrew and Sok-Hui are passionate about teaching, training and patient care, as well as discipleship.

Ato Desalegn: Our Ethiopian hospital administrator. He takes care of innumerable things for the hospital. Desalegn grew up in Soddo and obtained a graduate degree in microbiology in England and is an elder in the local evangelical church.

Dr. Mark and Allison Karnes: Mark is a “retired” obstetrician/gynecologist. Allison is a part--- time History and English teacher and also works with the hospital gardeners and cleaners. They have five grown children and many grandchildren. They are from Muskegon, Michigan. They joined the staff in January 2011. They are missionaries under Global Outreach International. Read more about the Karnes family on their personal blog: www.soddospecialdelivery.org.

Dr. Karl and Ingeborg Roth: The Roth's first came to Ethiopia in 1975 under the Norwegian Lutheran Mission, and worked at two different hospitals in Yrga Alem and Arba Minch.

Between then and 1995, they served two terms totally 11 years in Ethiopia. Karl worked as a surgeon, and served as the medical director at both hospitals. In the 1980s, during their time in Norway, Karl received additional training as a radiologist. Upon returning to Norway in 1995, Karl worked as a radiologist and the head of the Radiology Department at Ålesund Hospital. He was also at the same time a member of The Norwegian Lutheran Mission Executive Board. He now serves our hospital in the department of Radiology. Karl and Inge have been married for 46 years. They have four children (the two youngest being born in Ethiopia), and seven grandchildren.

Drs. Gary and Mary VanderKooi: The VanderKooi's are originally from DeKalb, Illinois, and have been in Soddo since 1994. Gary has a Ph.D. in Biochemistry and currently serves the hospital as Capital Account Coordinator, and Director of Construction and Planning. Mary is a physician whose specialty is Tropical Medicine, and she is the author of the Village Medical Manual, which is in its sixth edition. Gary and Mary have two children. The VanderKooi's serve through [Equip International](#).

Ruth Weber: Ruth is from Germany. She is an ICU nurse. She has 20 years' experience working in a rural clinic setting in Ethiopia. She will join the hospital in March of 2013 as an ICU nurse and will also do rural clinic outreach. Her email is eagle---47@gmx.de.

Adam and Dr. Michelle Yates: The Yates family is from Ventura, California. Michelle is a family physician and Adam is an electrical engineer. They have one child, Cole. Michelle and Adam are passionate about community transformation through training, discipling and empowering local Ethiopians. They are currently preparing for service and will be on the ground in 2014! They serve through [Christian Health Service Corps](#). Read more about the Yates family on their personal blog: www.simpsonyates.blogspot.com.

Richard and Pam Slovek & Drew: Richard and Pam and their son, serve within the orthopedic surgery area at Soddo Christian Hospital. Richard and Pam have 8 grown children and 11 grandchildren and have interests in public health. They serve jointly under Medical Ambassadors International. Dr. Slovek graduated with honors from University Of Nebraska College Of Medicine in 1974, having over 42 years of diverse experiences, especially in Orthopedic Surgery.

Brian and Autumn Hodges *They* call their ministry at Soddo Christian Hospital, A Peace of Our Life, because Jesus is our peace, and He is the one putting together the pieces of our lives to make a beautiful picture. He is the masterful artist and thoughtful storyteller. He is the One articulating the many facets of our lives and putting them together to shine brightly for Him.

They hope to arrive in Soddo in early 2017. Brian's skill as an orthopedic surgeon will be to serve the people of Soddo, Ethiopia. Autumn will continue to home school and care for Elisabeth, Abigail, John, and Alexandria on a daily basis.

Amy and Kurt Hinrichs: Amy has a Master's of Science in Hospital Administration and Kurt is a civil engineer. They hope to arrive at Soddo in August 2017

PART THREE

Finances

This section explains the handling of expenses during your time here. Please read this carefully.

While we appreciate your willingness to serve, we ask for a small fee to help pay for supplies and maintenance. Our guesthouse can accommodate up to 10 people. Often we have long-term missionary homes available for our visitors when our long-termers are on furlough.

What you can expect?

- USA/ international tickets to Addis: \$1,500---\$2,000
- Visa fees: If you are not working at the hospital, you can get a tourist visa for \$50 (good for 30 days). If you are staying longer than 30 days, you will need to apply for a visa in advance. For those working at the hospital, you will need to obtain a business visa, \$50 to \$100 depending on length of service. You will need to apply for a business visa in advance. Go to this link for instructions:
<http://www.ethiopianembassy.org/ConsularServices/ConsularService.php?Page=VisaService01.htm&left=2#3>.
- Transportation to Soddo and back to Addis: \$200 per person round trip, the van fee from Arba Minch is \$30 each way. Arba Minch is a good alternative arrival point.
- Lodging in Addis: ranges from \$25 per person per night at the SIM mission guest house to \$75 --- \$200 per room at the nicer hotels. The Hotel Lobelia, near the airport has a free shuttle. You can find them on any travel site. Phone 251-91-169-2054
- Housing in Soddo: \$10 per day per person (paid to hospital). This includes internet, house help, and laundry. The supper meal plan is \$30 per week or \$6 per meal.
- Luggage: We ask that you bring a 50lb bag FOR hospital needs. The medical director or the guest coordinator will insure that these supplies are sent to your home address well in advance for your packing needs. Most airlines allow two 50lb bags per person, so you will not need to pay an additional fee. Carolyn Adolph is coordinating visitor extra luggage. Her email address is carolyn@soddo.org

All prices are approximate and subject to change at any time. We can give you a receipt for tax purposes. The guest coordinator will provide a bill and you can pay your host or the coordinator.

- **Transportation:** We have two hospital vans and one of these can be scheduled to pick you up from the airport in Addis Ababa and drive you to Soddo. The price is set at \$100 per person each way; round-trip \$200 per person. The van trip from Arba Minch is just \$30 each way. Please reserve this with the guest coordinator at visit@soddo.org.
- **Meals:**

Local food is available to buy in the markets, and we can help you shop. A shopping guide is included as an attachment. Lunch is served in the hospital or at the hospital café. There are also Ethiopian restaurants close by the hospital. Our guesthouse has a menu for a reasonable fee. Please contact the guest coordinator to arrange a meal plan prior to your trip. Or you may decide to cook yourself and our guesthouse is equipped with basic kitchen supplies.
- **Internet use:** bring your own laptop to connect to our wireless Internet.
- **Money:**
 - Money may be exchanged at the airport in the immigration area. All USD must be in very good condition and issued within the last three years.
 - There are many ATMs in Addis Abba.
 - There is an ATM machine in Soddo at the Dashen Bank that is fairly reliable.
 - The hospital prefers to be paid in Ethiopian Birr; the exchange is about 22 Birr to the dollar.
 - Keep your money hidden and do not show large amounts at one time. Theft is a big problem in Addis Abba. Watch your backpack, purses, and wallets.

DONATIONS

Soddo Christian Hospital is privately owned and funded by the St. Luke's Foundation. Tax-deductible donations can be made to our foundation in the U.S., and 96 percent of all donations will be used in Ethiopia.

If you give to the "**Benevolent Fund**," your money will be used to give medical care to the poor of Ethiopia who couldn't otherwise have access to healthcare.

If you donate to the "**Capital Expense Fund**," the money will be used to improve the hospital. Building improvements, equipment purchases, building expansion are the purposes for this fund.

The hospital is charging patients for their care but at a very reasonable rate ----- \$150 for a surgery, \$1.25 to see a doctor, \$2.50 to see a specialist. We cover our national employees' salaries with this income, but we cannot improve our institution without outside help.

Visit soddo.org to make an easy online donation or make a check payable to St. Luke's Healthcare Foundation and designate on your check either **Benevolence Fund** for the care of the very poor or **Capital Expense Fund** for hospital improvements.

You can also receive a tax donation receipt for items that you donate to the hospital.

Send your receipt to Ken Amstutz:

Ken Amstutz, President

St Luke's Health Care Foundation

PO Box 4465

Wheaton, IL 60189---4465

Ethiopians asking for money, scholarships, and other things may approach you. We have a hospital policy that asks the staff not to request help from foreign visitors. You may answer that you are giving to the well---being of the hospital. You may pray and consider offering to help someone if you have developed a relationship; however, you should consult with a long---term missionary before making commitments or large gifts.

PART FOUR

READY! SET! GO!

APPLICATION

Physicians and residents from the United States or Canada may apply through World Medical Missions:

- **World Medical Missions/ Samaritan's Purse**
 - " Contact: Kasey Ivey
 - " 828---278---1144 (phone)
 - " 828---266---1055 (fax)
 - " kivey@samaritan.org
 - " Mailing address: P.O. Box 3000 Boone, NC 28607

Physicians OUTSIDE of the United States and Canada and other medical and non---medical personnel may apply directly through Soddo Christian Hospital.

To begin the application process directly with Soddo Christian Hospital, fill out the [preliminary information request form](#) located on our website: www.soddo.org/visit.

Once you hear back from the guest coordinator that your application has been approved, then you will need to have a background check completed.

- IF YOU LIVE IN THE UNITED STATES, fill out the background check form provided by the guest coordinator. The background check information should be sent to Ken Amstutz at ken@soddo.org. Also, please submit your application fee (to cover background check expenses) of \$25.00 to St. Luke's through our website: www.soddo.org/donate.
- IF YOU LIVE OUTSIDE OF THE UNITED STATES, please email a completed background check to visit@soddo.org.

PASSPORT

You must have a valid passport and all dependents must have a valid passport. Make a couple of copies of the inside page, leave one at home and carry the other apart from the passport. It is also a good idea to scan it and keep it in your email account. Make sure you have enough pages in your passport for visas.

VISAS

Physicians, residents, nurses, and other professionals planning to work at our hospital need to obtain a business visa. You will need 6 to 8 weeks before your travel date to process this request. Here is the link and information:

<http://www.ethiopianembassy.org/ConsularServices/ConsularService.php?Page=VisaService01.htm&left=2#3>.

The SCH guest coordinator or WMM placement coordinator will provide you with your letter of invitation.

For those not working or providing volunteer services at the hospital, a single entry visa can be purchased at the Addis Ababa Bole Airport that is good for 30 days. The current price is \$50.00. It is less expensive if bought in Addis and is the easiest way to go if you will be in the country for less than 30 days and will not need to re---enter Ethiopia. When you enter the immigration area, look to your left. There is a little office labeled Visas. You will fill out the paper work there. Depending on the line, it can take from 15 minutes up to an hour. If your stay in Ethiopia is more than 30 days, you will need to apply for a business visa or tourist visa before you travel with the Ethiopian Embassy in your home country.

TRAVEL

Fly to Addis Ababa, the capital city, and then drive about six hours to Soddo. You will spend a night in Addis if your flight arrives in the afternoon or evening. A representative of the hospital will meet you at the airport. Hotel reservations can be made at a SIM guesthouse (ethiopia.guesthouse@sim.org) or a hotel. The Hotel Lobelia, near the airport has a free shuttle. You can find them on any travel site. Phone 251-91-169-2054

A good source of information: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1113.html

HOUSING

If you have made reservations on our hospital compound, you will be staying in one of our guesthouses or another missionary's home. Our guesthouse has a shared living area and kitchen. We provide towels, bedding, toilet paper, and soap. Our kitchen is equipped with basic supplies for cooking. Please be prepared to share a bathroom and the common area with other guests.

FOOD

See attached Shopping Guide (Attachment #1) to aid you in food preparation for your trip and give you a description of grocery stores available in Addis Ababa.

Market days in town are Wednesdays and Saturdays, which is when we purchase the majority of our vegetables. We have several small grocery stores in Soddo. They are much smaller than your average gasoline quick---stops in the U.S.

A few other food tips

- Cooking and baking at high altitude is a challenge but fun, and we (wives) share ideas and adjustments to favorite recipes all the time.
- On weekends, it is not uncommon for us to get together and make pizzas in our outside pizza oven, barbeque burgers over the coals, share brunch over meetings, fellowship, and relax in our own little LAPA (gathering place) on the compound. We host visiting short---termers here also!
- White bread is available within walking distance from the hospital compound. Or you may request for your house helper to make bread for you.
- We purchase some food items in Addis once every two months: cheese, butter, flavored yogurt, cold cut meats, chicken and vegetables and fruits like green peppers, celery, apples and strawberries. If you would like some of these items while you are here, you should shop in Addis.
- Traditional restaurants in Soddo serve injera, wats, and fruit juices (avocado, mango, papaya, pineapple); there are a few restaurants that will serve other foods, Ethiopian style hamburgers, French fries, pasta, rice, etc.

CLOTHING

All hospital volunteers, bring your own scrubs! Our hospital does not provide scrubs for visitors. You may also want to bring your own medical gloves. The hospital does not have a wide range of glove sizes.

Men

While in the hospital pants or jeans, shirt, and lab coat are appropriate attire. Scrubs are also acceptable. Ties are not required. Modest shorts and shirts are appropriate for sports or hiking. During the rainy season (June – October) warmer clothing is necessary for the evening as well as raingear especially rain boots for outdoors. Bring comfortable shoes.

Women

Pants, jeans or capris are acceptable for women on the hospital compound and around Soddo town. If you plan to visit more rural areas outside of Soddo, long skirts should be worn. When packing, think modesty. No shorts or sleeveless tops should be worn. Appropriate attire for female physicians in the hospital is scrubs or pants or skirt with a lab coat. During the rainy season (June – October) warmer clothing is necessary for the evening as well as raingear especially rain boots for outdoors. Bring comfortable shoes.

SPECIAL NOTE REGARDING MAKE---UP: Ethiopian culture associates heavy eye and face make---up with prostitution. Light make---up is okay.

Children

Dress children in shorts, dresses, or whatever is most comfortable. Children age 11 or older should dress as adults.

HYGIENE

- The basics count here: washing your hands with soap and water will fight off many germs.
- We have Western---style toilets in the guesthouse and missionary homes, but in the hospital, take your own toilet paper with you and put used toilet paper in the wastebasket. Public toilets are very limited on the drive between Addis and Soddo.
- Washing machines are available for use.
- Garbage is taken out every day and burnt once a week in the hospital incinerator. We compost vegetable waste.
- Water is limited; please use it sparingly.
- Electricity is on and off – keep candles and flash lights close by.
- Insect repellent: We struggle with fleas – please bring repellent for your body. Repellents for the rooms can be bought here.
- During dry season, your skin, lips and hair may become extra dry. Consider Chapstick, lotion and saline nasal spray or Afrin if you have allergies.

SUGGESTED ITEMS TO BRING

- Insect repellent (Fleas are the biggest problem)
- Antihistamine cream (Caladryl lotion is nice)
- Over the counter medications (pain relievers, allergy meds, decongestant, cough drops, cough syrup, cold medicines; anything you may normally take)
- If you have children, bring children’s ibuprofen and Tylenol
- Light sweater/fleece and rain jacket
- Umbrella
- White coat
- Pocket calculator
- Flashlight
- Camera
- Sunscreen

- Personal toiletries
- Pens
- Prescription medication
- Hat
- Boots or rubber shoes for the rainy season
- Games / cards
- Laptop if you want to connect to the internet
- (You will be supplied with towels and bed linens, pots and pans, etc.)

MEDICATIONS

Carry a supply of any regular prescription medications in your carry---on bag.

CREDENTIALS

It is required that all physicians obtain an Ethiopian medical license. In most cases the licenses are valid for up to 5 years. If applying through WMM, they will assist you in obtaining these documents. If applying directly through our hospital, email visit@soddo.org for any assistance.

Here is a list of the requirements:

Original board certification and/or residency diploma with a notarized copy
Original current medical license with a notarized copy
Official medical school transcript
Letter of good standing from current employer (2 years work experience minimum) employer
Physical exam from a licensed physician
Two passport photos
Copy of passport
If English is NOT your first language, you need an English language proficiency certificate
*Signed and completed license application form (attached below)

DHL Address:

Soddo Christian Hospital

Attn: Niccodimos Ezekiel

Bole International Airport

Addis Ababa, Ethiopia

Phone: +251---932295977 or +251---919415657

*** An attested copy must be certified by a notary using the attached form. First, the notarized copy must be sent to the Department of State for the state in which it was notarized for authentication. Second, it must be sent to the US Department of State for federal authentication. Third, it must be sent to the Ethiopian Embassy in Washington D.C. for final authentication.**

State of _____

County of _____

On this _____ day of _____ (month and year), I

certify that the preceding or attached document is a true, exact, complete, and

unaltered photocopy from the original document of

_____, (description
of document)

Presented to me by the document's custodian

_____ (Name of custodian).

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APPLICATION FORM FOR REGISTRATIION AND LICENSING

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Date of birth G.C-----Place of birth city, Country-----

4. 11.111: -----
Nationality-----

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Fill the application form in Amharic or both in Amharic and English.

GIVE---AWAYS

We do not encourage handouts as it can cause expectations among the nationals that all foreigners will give things away. If you form a special relationship with a national during your time here, please discuss with your host ways you can bless them discreetly and appropriately. It is suggested that you do not bring candy to hand out to children for the same reasons listed above. One idea is to purchase bananas or oranges locally instead.

DONATED MEDICAL EQUIPMENT OR HOSPITAL SUPPLIES

We ask all volunteers to bring one 50lb bag of hospital supplies and equipment. We will help provide you with the appropriate documentation for these items.

If you are bringing donated items, such as medicine, equipment, or supplies, we need the following items from you in advance:

1) a letter on proper letterhead stationery stating that the items are a donation; 2) a list of the items being donated; and 3) a commercial invoice listing as low a price as possible. Please scan and email these documents to visit@soddo.org well before you come, so that they can be cleared with Customs in advance to make your entry into Ethiopia as possible. When you bring these items, scatter them around in all the different pieces of luggage so as not to make them obvious.

IMMUNIZATIONS

Currently no immunizations are required for entrance into Ethiopia. However, if you plan on flying to another African country, aka S. Africa, you WILL need your yellow fever documentation!

You can visit the www.cdc.gov for more information. Although no immunizations are required, we suggest you consider the following.

Recommended:

- " Hepatitis A and B
- " Typhoid – Booster needed every two years
- " Polio
- " Tetanus/Diphtheria— good for ten years
- " Meningococcal/meningitis—good for three to five years
- " Yellow Fever—good for ten years
- " Rabies—Expensive but good to have

MALARIA PROPHYLAXIS

Consult your physician. Choices: Doxycycline, Mefloquine, Malarone

WE HAVE FEW MOSQUITOES AT THIS ALTITUDE; HOWEVER, MALARIA IS BEING SEEN AT HIGHER ALTITUDES. THE DECISION TO TAKE PROPHYLAXIS IS UP TO YOU. THE LONG---TERM STAFF DOES NOT TAKE PROPHYLAXIS UNLESS WE ARE TRAVELING TO RURAL CLINICS IN THE COUNTRYSIDE OR THE SURROUNDING LAKES. YOU MAY PURCHASE COARTEM, THE MALARIA CURE, HERE IN SODDO AND WE RECOMMEND YOU TAKE ONE OF THESE BACK HOME WITH YOU.

PART FIVE

Practical Cultural Tips

RESOURCES

Steffes, Bruce, "Medical Missions: Get Ready! Get Set! Go!" 2009

Hale, Thomas, "On Being a Missionary", William Carey Library (Pasadena), 1995.

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1113.html

For more information about Ethiopia and especially Addis Abba you might want to visit the following excellent website put out by the American International School in Addis Abba.

<http://www.icsaddis.edu.et/sites/default/files/Welcome%20to%20Addis%20Guide%20July%202012%20web.pdf>

CULTURE SHOCK

Definition: disorientation that people feel when they enter a new culture. You feel you are missing things and have unmet expectations. It may result in irritation, anger, a critical spirit, fear or a lack of confidence.

You need to be ready to face new foods, dirt, chaos, heat, noise, disillusionment, late arrivals, and disorganization. The hospital is still new and the care will not be the same standard of the Western world. Be patient and help train for excellence.

TIPS

- " Keep your sense of humor
- " Greet people and smile! Greetings are VERY important here.
- " Be flexible
- " Take breaks
- " Don't compare everything to the USA
- " Stay in the Bible and in prayer
- " Ask for help in understanding the culture
- " Lower your expectations: you are here a short time and will not change everything
- " Read what you can about Ethiopia before coming

- " Visit the website: www.soddo.org

You may also experience reverse culture shock when returning to your own country. Some good books on short---term missions can be helpful to prepare.

Guests need to be aware of things that might hurt the ministry of the hospital. The apostle Paul said that even though everything is permissible, not everything is beneficial. Visitors need to be prepared to put limits and restrictions upon themselves and their lifestyles for the sake of the ministry.

The following guidelines will protect your and our reputation in the community:

1. When developing friendships of the opposite sex, remember relationships between single men and women are more serious here. Do not pursue a dating relationship. We suggest that single women wear a ring and declare themselves "promised."
2. Visiting in a room alone with a person of the opposite sex must be done with visibly open doors or windows.
3. Bars are not appropriate for any drinking, even soft drinks. The local church frowns on drinking any alcohol. We request that you refrain while here.
4. Holding hands or kissing between the opposite sex is not done in traditional Ethiopian culture. Please take care not to be offensive in public.
5. Please do not give handouts or expensive items as gifts. If you want to bless an Ethiopian friend while you are here, consult with your host first about an appropriate way to do this.
6. Blogs/Internet Posts: Also, please be aware that some Internet sites are blocked and/or monitored by the Ethiopian government. If you post things about your trip to Ethiopia on the Internet please do it in good taste and do not write anything that could put Ethiopia in a bad light. Also, many times blogspot.com is not accessible from here, so if you want to blog while you are here you should set up a different website.

A note from long---term missionaries here at Soddo:

It has been our experience that short---term visitors have had several frustrations in coming to spend time at Soddo Christian Hospital. In hopes of alleviating those frustrations, we wanted to address a few of the bigger ones.

Many visitors have struggled with the lack of resources and development here at the hospital. Though we are certainly doing our best to improve in all of these areas, it is worth noting that the ministry here is fairly young. Visitors often arrive with clearly defined goals and visions of what they will accomplish during their stay. Since the reality of life here is often different than the expectations, it is helpful to maintain a sense of flexibility about these expectations. It is also helpful to make sure you and your hosting long-term missionary are on the same page about those expectations as they will be able to provide insight regarding what endeavors are feasible and needed in Soddo. As is common elsewhere, God often uses us in ways we did not expect but are meaningful nonetheless.

Additionally, visitors have expressed frustration with the magnitude of suffering and need in the people of Soddo and Ethiopia. This can be overwhelming in and of itself. Even more complex are the proper ways to address these needs. Most visitors have found it helpful to focus on the needs that can be adequately addressed during the duration of their visit. That is not to say that the long-term needs can't be met, but it is best to work in cooperation and consultation with the long-term staff before tackling those tasks. This is particularly true when trying to set up a longer term "sponsorship" to financially assist an Ethiopian national after the visitor has left for his or her home country.

A note from another visitor:

My name is Kinsey and I am a Labor & Delivery nurse. I came to Soddo Christian Hospital for one month with my husband who was a 4th year medical student. We came to see what missions looks like at a hospital in Africa since we are both interested in doing mission work in our future.

I learned many things from my time in Ethiopia and hope to share them with you in order to help prepare you for what to expect as a visiting nurse or health care professional. One thing I thought beforehand was that I would have a lot to offer since I was a Registered Nurse. I had been to Africa many times as a student, but this was my first time as a nurse, and I thought I would be able to do a lot more based on my education and experience. However, I quickly learned that my role at SCH would look drastically different than what I had anticipated. Although it was different than I expected, I believe with the right attitude, you can still have a great experience. So here are some recommendations I have for any visiting nurse or medical

professional:

---Be a LEARNER! There is always much to learn in a new culture. Not only are greetings and languages different, but even expectations and habits are different. Be careful not to come in expecting to change things overnight.

---Start with Relationships. It is a very relational culture and you will have a richer experience if you first take time to get to know the nurses and staff.

---If possible invest in one department mainly. You will develop better relationships and probably get to do more if you stay in one area as opposed to jumping from one area to another.

---Find out in certain departments what they may need or want to be taught. See if you can help teach in an area they feel is a need.

---Remember, this is a fully functioning hospital whether or not you are here. There is always room for improvement, but don't think you will come for 1 month and change the whole system. Maybe look for one area to seek improvement in, but be sensitive to the staff.

---Be FLEXIBLE! Be flexible in different roles. You may have a certain set of skills, but those skills may not be needed as much as you thought. Your role visiting will look very different than your role back home. Be open to being used in a different area or role than you are used to (educator, friend, and servant).

ATTACHMENTS:

1. GROCERY SHOPPING GUIDE
2. GROCERY STORES IN ADDIS ABABA
3. RECOMMENDED ACCOMODATIONS IN ADDIS ABABA (if you are booking your own reservations) Note:
All WMM volunteers will be booked at the SIM guest house by the guest coordinator.

Grocery Shopping Guide for Ethiopia

Available in Soddo

Fruits & Vegetables Apples/Kg

(in season very tart)

Avocado (count/Kg)

Bananas (count/Kg)

Cabbage (count)

Carrots/Kg

Cucumbers (seasonal/count)

Eggs (count)

Onions/Kg

Garlic/Kg

Ginger/Kg

Green beans/Kg (seasonal)

Hot Peppers/Kg

Limes (count)

Mangos (count)

Oranges (Kg/count)

Papaya (count)

Potatoes/Kg Plums

(seasonal/Kg)

Tomatoes/Kg

Zucchini (Kg/count)

Other

Beans (small read dried)(Kg)

Beef (chunks) Kg (grinder available for hospital community)

Bread (white)

Butter

Clorox

Coke (soft drinks)

Coconut milk

Coffee

Cornflakes Cereal

Flour

Foil

Jelly

Margarine

Matches

Milk (powdered)

Oatmeal

Oil

Peanuts

Peanut butter

Rice

Not Available---Bring from Home

Brown Sugar

Chocolate chips

Dried fruit

Mixes for bread (cornbread, biscuits, pancakes)

Mixes for dessert (brownies, cookies, muffins)

Mixes for drinks (Crystal Light / Gatorade)

Mixes for easy meals (mac & cheese, hamburger helper, etc.)

Nuts

Seasoning packages (chili, spaghetti sauce, etc.)

Your favorite spices

Your favorite snacks

Ziploc Bags

Supply changes all the time both for Addis and Soddo. Many more things are available but a general rule: if you see it and want it, buy it!

Ramen (soup)

Sugar

Salt

Soft Drinks

Spaghetti

Tea

Toilet paper

Tomato paste

Water (bottled)

Yeast

Yogurt (plain)

Available in Addis

Fruit and Vegetables

Most items sold pre---packaged or by count/Kg

Apples
Broccoli
Cantaloupe
Cauliflower
Cucumbers (if not in season)
Eggplant
Fresh Basil, Oregano, cilantro
Grapes
Lettuce
Bell Peppers (all colors)
Pineapple
Strawberries
Watermelon
Zucchini

Other

Baby food
Bacon
Baking Powder
Beans (canned and various dried)
Canned Vegetables
Cereal
Cheese---Gouda (local) or various imported
Chicken (breasts---sometimes)
Candy
Cocoa
Coffee beans (whole packaged)
Coffee (ground)
Cookies
Corn (canned)
Crackers
Cream (in box)
Diapers (various brands; sometimes Pampers)
Fruit (canned)
Nuts (very expensive)
Plastic wrap
Powdered Sugar
Raisins
Spices & extracts (limited)
Syrup (sometimes)
Tomatoes (canned)
Tomato Sauce
Tuna
Yeast
Yogurt (flavored and plain)

Grocery stores in Addis

Bambis Supermarket

Located on Asmara Road. Perhaps the favorite of the expat community, **Bambis has nice selections of just about anything you really need. This is the closest you get to a “one stop shop” in Ethiopia.**

You can find deli meats, including baked ham and roasted turkey, and several varieties of cheese. Bambis also carries a good selection of health and beauty items, including diapers. Their upstairs department store area has paper products, including children's birthday party wares!

If you really need something special from the deli or butcher, you can call in the morning and they will hold it for you.

Contact Info: 011 --- 550---5584.

Fantu Supermarkets

Four locations: There are two Fantu supermarkets on Bole Road, one near Novis and the other across the street. There is one on Debre Zeit road and one at Old Airport, near the International Community School.

The one at Old Airport is the easiest to navigate, and if you have small children you can actually put them in the cart and wheel down the aisles. The Old Airport Fantu is across from the Canadian Embassy. **Fantu is known for a wider selection of American products but it comes with a substantial price tag!** Fantu is famous for carrying their own line of sugar and flour.

Contact Info: Bole Rd, 011---662---6562, Old Airport 011---371---8741, Debre Zeit Rd 011---416---6360.

Novis Grocery Stores

Five locations. Novis is located at the Hilton Hotel (smallest store), the Old Airport area (across from the Evangelical Church), on Bole Road, on Churchill across the street from Shi Solomon's, and in the Piazza next to the British Council on Adwa Road. Many people favor Novis in the Old Airport area. **Novis is known for their quality meats and cheeses.** Novis also carries prepared meals in their freezer section from the Blue Tops restaurant and ice cream from Pinguino. These stores have nice varieties of pastas and canned veggies, like artichoke hearts; you can also find pesto here. Novis carries the largest supply of cake decorating items (not toppers, but food colorings and decorations).

Shoa Supermarkets

There are at least two locations, one on Bole Road and the other in the Old Airport area. The Old Airport Shoa is very new, quite large (by our standards) and situated in a mall. They often have chicken breasts, good cheese and a nice health and beauty department. **Shoa has the best prices!**

Addis Ababa Accommodations

1. Four Star Hotels popular with business travelers, government officials, and tourists.
 - a. Sheraton --- \$300 night – Make your own reservations online at www.sheratonaddis.com. Email SCH guest coordinator the dates of your reservations.
 - b. Hilton --- \$250 night – Make your own reservations online at <http://www3.hilton.com/en/hotels/ethiopia/hilton---addis---ababa---ADDHITW/index.html>. Email SCH guest coordinator the dates of your reservations.
 - c. Radisson Blu --- \$250 night – Make your own reservations online at <http://www.radissonblu.com/hotel---addisababa>. Email SCH guest coordinator the dates of your reservations.

2. Three Star Guest Houses
 - a. Yebsabi Guest House – Rooms from \$50 per night --- \$80 per night, breakfast included. \$35 fee for extra beds. Make your own reservations online at www.yebsabi.com. Email SCH guest coordinator the dates of your reservations.
If you are having trouble reserving your room online, contact the SCH guest coordinator for assistance.
 - b. GT Guest House – Rooms from \$40 per night --- \$140 per night, breakfast included. Make your own reservations online at www.gtguesthouse.com. Email SCH guest coordinator the dates of your reservations. If you are having trouble reserving your room online, contact the SCH guest coordinator for assistance.

3. Two Star Guest House
 - a. SIM Mission Guest House --- \$16 per night per adult & \$7 per night per child. Meals are available at \$4 per meal per person. Private rooms with shared hall bathrooms. You can make your own reservations by emailing ethiopia.guesthouse@sim.org. If you need assistance with your reservation, the SCH guest coordinator will be happy to help you. Email SCH guest coordinator the dates of your reservations.

4. Three Star Hotels that have been recommended by previous guests
 - a. The Siyonet Hotel --- \$120 per night, breakfast included. Make your own reservations online at www.siyonathoteladdisababa.com.

- b. The Harmony Hotel --- \$110 --- \$175 per night, breakfast included. Make your own reservations online at www.harmonyhotelethiopia.com