

Soddo Christian Hospital

Wolaita Soddo, Ethiopia



Outpatient Department



Physicians at work



PAACS Faculty and Residents



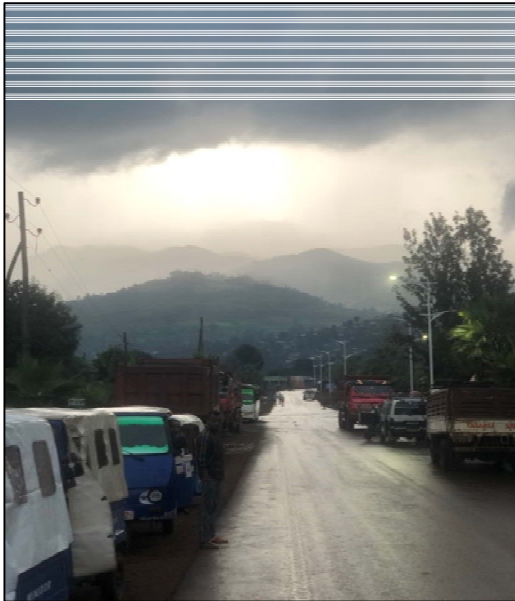
Around the hospital



Housing area



Scenes in Soddo



Soddo Christian Hospital Wolaita Soddo, Ethiopia

General Information

<i>Mission:</i>	St. Luke' s Healthcare Foundation
<i>Mailing Address:</i>	Soddo Christian Hospital P.O. Box 305 Wolaita Soddo, Ethiopia
<i>Telephone:</i>	+251-988 695 018
<i>Fax:</i>	+251-465 512 409
<i>Contact:</i>	Jackie Anderson, Guest Coordinator I Amy Hinrichs, Guest Coordinator II
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<i>Number of Beds:</i>	140
<i>Time Difference:</i>	+ 8 Hours Eastern Standard Time + 7 Hours Eastern Daylight Time

Soddo Christian Hospital

Soddo Christian Hospital (SCH) has been serving the community of Wolaita Soddo since January 2005. The 140-bed general hospital consists of five (5) patient wards, an ICU, and six (6) operating rooms. Missionary homes, a guest house, and surgical resident housing are co-located on the beautifully landscaped grounds of the hospital. SCH is a Pan African Academy of Christian Surgeons (PAACS) training site for general surgery and orthopedic surgery.

Common disorders include prostate problems, intestinal obstruction, rheumatic heart disease, tumors, prolapse, cancers, malaria, TB, malnutrition, HIV and deformities from polio and other causes. Acute trauma, traumatic brain injuries, and shoulder and elbow dislocations are common. Typhoid, infertility and complications from childbirth are also frequent.

Soddo is 195 miles south of Addis Ababa, in a mountainous area at 6,700 feet elevation. The city of Soddo is in the Wolaita region with an overall population of approximately two million people. In the previous ten years, the population of the city has grown quickly from about 70,000 people nearly 300,000. Much of the growth can be attributed to the establishment of Wolaita Soddo University, located just a few miles from the hospital. The Wolaita area is one of the poorest in the country. The hospital is nestled on a hill in the middle of the city, with a campus that includes approximately 10 buildings, plus homes and storage areas. This campus is guarded 24 hours a day.

Temperatures range from 50-60 degrees at night (both rainy and dry seasons), with daytime temperatures ranging from 75-85 degrees. The rainy season is from April to September, with daytime highs in the 60s. From October through March, highs are in the 80s with low humidity.

Islam, Orthodox Christianity, and Evangelical Christianity are the primary religions of the area. Protestants make up about 15% of the overall population. The local area around Soddo is largely Protestant from evangelism and church planting by SIM missionaries approximately 90 years ago.

English is spoken by most hospital staff; however, Amharic is the official language of Ethiopia. Wolaitinia is the local language of Soddo.

Preparing To Visit Soddo

MEDICAL CREDENTIALS:

All physicians are required to obtain an Ethiopian medical license. Once obtained it is valid for up to 5 years. Your World Medical Mission contact will provide a list of the required documents which must be sent to World Medical Mission at least one month prior to your US departure date.

IMMUNIZATIONS REQUIRED TO ENTER THE COUNTRY:

None

IMMUNIZATIONS RECOMMENDED:

Yellow Fever

Recommended

Hepatitis "A"

Recommended for most travelers, including those with "standard" itineraries and accommodations.

Hepatitis "B"

Considered for most travelers; recommended for those exposed through medical treatment.

Malaria:

The long-term staff at Soddo Christian Hospital do not take malaria prophylaxis; however, short-term visitors may elect to. In the town of Soddo, the prevalence of malaria is low.

Meningitis (Meningococcal Disease):

Recommended for most travelers, especially if travel takes place during the dry season (December-June).

Polio:

Single lifetime additional IPV dose recommended for adults who received routine vaccination series as children; routine series recommended for unvaccinated or incompletely vaccinated children and adults and those with unknown vaccination status.

Rabies:

Recommended for travelers involved in outdoor and other activities that might bring them into direct contact with dogs, bats, and other mammals.

Typhoid:

Recommended for most travelers, especially those visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

For the most current information regarding immunizations visit www.cdc.gov.

OTHER MEDICATIONS:

If you are taking prescription medications, you should carry a supply with you in your carry-on luggage for the duration of your trip. It is also recommended you bring a signed and dated statement of health from your primary provider, indicating all major health issues and current medications.

PASSPORT:

Your passport must be valid for six months after your return date and must have at least two blank pages, needed to obtain your visa. Children of all ages must have a passport to travel. It is recommended you leave a colored copy of the inside picture page of your passport with your emergency contact and bring another colored copy with you to Soddo. Store these in a different location than your original passport in case of theft or loss. Other suggestions include having a digital copy on file and bringing extra passport photos with you as you travel.

VISA:

All medical volunteers are required to obtain an Ethiopian business visa in the United States prior to departure. If your visit is 30 days or less, the business visa can be obtained online. Your WMM Logistics Coordinator will send you some documents from the hospital that must be submitted with your online visa application. If your visit exceeds 90 days, the Logistics Coordinator will help you obtain a two-year multi-entry business visa from the Ethiopian Embassy in Washington, D.C. This process requires you to send your passport to the embassy, so please factor that time into your pre-trip planning.

Non-medical volunteers, spouses, and children, may purchase a 30-day single-entry tourist visa online before departure. Nothing from the hospital is required for this application. A tourist visa may also be obtained at Bole Airport in Addis Ababa upon arrival, but the online process will save you time.

TRAVEL INSURANCE

Travel health insurance coverage that provides for emergency medical evacuation and repatriation of remains is required for your trip. Check with your current insurance provider to see if you will be covered overseas. World Medical Mission partners with LifeStore Insurance to provide a plan of coverage specifically designed for WMM volunteers. You will be receiving a brochure that will provide additional information about the policy, including how to apply and the cost. You are not required to purchase through LifeStore Insurance. Comparable coverage is acceptable. Verification of coverage is required.

CURRENCY & FINANCES:

The official currency for Ethiopia is the Ethiopian Birr. For the most current exchange rate, visit www.oanda.com.

All US currency must be in good condition; no tears, no markings and of the most recent issue date. Bills in poor condition will not be accepted or allowed to be exchanged. Currency can be changed at Bole Airport in Addis Ababa upon your arrival.

Traveler's checks or personal checks are not accepted anywhere in Ethiopia. Please do not bring them with you as you travel. Most hotels and large grocery stores in Addis Ababa accept credit cards; however, to date, no businesses in Soddo accept credit cards. All transactions are in cash.

ATM withdrawals are the easiest way to obtain Ethiopian Birr, and they are now plentiful in Addis Ababa and Soddo. The hospital van driver or your host at SCH can take you to an ATM.

Please use caution and be discreet when exchanging money to prevent theft. That said, do not be alarmed if people crowd around you at the ATM. This is normal behavior, and Ethiopians are this way with everyone, not just foreigners. Make sure to completely secure your money before leaving the bank or ATM.

TIPPING:

At the airport, the recommended tip for the porter (carrier) is posted. Typically 10-20 Ethiopian Birr per bag is appropriate. Unfortunately, the porters at the airport can become argumentative about the money they think you should pay them despite the sign. A good practice is to settle the amount you will pay before heading to the parking lot. If you need assistance dealing with the porter, the SCH driver can help you.

For taxi drivers, the price is negotiated prior to the trip, so an added tip is not necessary.

Small tips between 5% -10% are appropriate at restaurants, coffee shops, etc. Sometimes your bill will have a service charge included, in which case an extra tip is not necessary. If someone helps carry your groceries, a tip of 3 - 10 Ethiopian Birr is acceptable.

NOTE: Workers employed by Soddo Christian Hospital, such as drivers, house helpers, guards, etc., are paid through guest house fees and van fees and receive a good salary. Tips are not necessary or expected for these employees. Please DO NOT tip them.

CLOTHING/DRESS:

Men

While in the hospital, pants or jeans, a shirt and lab coat are appropriate attire. Scrubs are also acceptable. Ties are not required. A long-sleeved shirt or a jacket is preferred attire for church off of the campus. Modest shorts and shirts are appropriate for sports and/or hiking (no bare chest or sleeveless shirts). Bring comfortable, sturdy shoes. During the rainy season (May - September), warmer clothing is necessary for the evening, as well as rain gear, especially shoes that can withstand rain and mud.

Women

Appropriate attire for female physicians in the hospital is pants or skirt, a shirt and a lab coat. Scrubs are also acceptable. Pants, jeans, yoga pants or capris are acceptable for women in the housing area. Long skirts (below the knee or longer) should be worn in the more rural areas. No shorts may be worn. Shirts should be modest, not tight fitting, and covering shoulders and midriff (no sleeveless shirts and no cleavage should be visible). For exercise, capris/running pants and short sleeve shirts are appropriate. Long scarves and wraps are used in the evenings. Bring comfortable, sturdy shoes. During the rainy season (May - September), warmer clothing is necessary for the evening, as well as rain gear, especially shoes that can withstand rain and mud.

SPECIAL NOTE REGARDING MAKEUP: Ethiopian culture associates heavy eye and face makeup with prostitution. If wearing makeup, keep the application light.

Children

Appropriate dress for children includes modest shirts/pants and dresses for the little girls. Play clothes are appropriate in the housing area. Children age 11 or older should dress as adults. Modesty is key for children greater than 11 years old (no bare chest for boys, no sleeveless or midriff tops for girls, no short shorts). If attending church off the campus, children should wear Sunday best.

Attire for church on the missionary campus is casual.

SUGGESTED ITEMS TO BRING FROM HOME:

- Lab coat and Scrubs
- Surgical mask
- Surgical gloves if you wear sizes other than 7.5 or 8 (or require special gloves e.g. Biogel)
- Surgical eye protection
- Shoes for operating room
- Insect repellent- 30-35% DEET concentration
- Prescription medications - (carry a supply in your carry-on bag)
- OTC medications
- Personal toiletries
- Antihistamine cream or steroid cream
- Sunscreen
- Hat for sun protection
- Raincoat
- Umbrella
- Boots or rubber shoes for the rainy season
- Light Sweater/Fleece/Jacket depending on time of year. Evenings can be cool.
- Flashlight with batteries
- Camera
- Pens
- Games/Cards
- Laptop
- Adapter plugs and transformer (also available in guesthouse)
- Favorite snacks or necessary food items that aren't available here
- Chargers

IN-COUNTRY TRAVEL

The Samaritan's Purse Global Security Team strongly suggests that volunteers travel from Addis to Soddo via plane instead of ground transportation. Unless specifically requested, your WMM Logistics Coordinator will arrange air travel from Addis Ababa to Soddo by way of the airport in Arba Minch. Once you have claimed your bags, the hospital driver will meet you outside the small terminal in Arba Minch and drive you to the hospital, approximately 2 hours away.

Some visitors spend a night in Addis before catching the domestic flight to Arba Minch. The hospital recommends staying at Hotel Lobelia near Bole International Airport. The hotel has an efficient and free airport shuttle service, free breakfast, a restaurant, internet, generator power and hot water. Reservations for the hotel can be made online.

If you are unable to fly to Arba Minch, the hospital will send a driver to pick you up in Addis, either at the airport or the hotel. You will have the option to grocery shop in Addis prior to leaving town. Please communicate your desire to do so prior to your arrival in country so the driver can bring a cooler for your use.

The drive from Addis Ababa is approximately six hours. The roads are paved but can be congested and slow moving at times due to pot holes, road construction, pedestrians and animals on the road.

Cultural Awareness:

If you do stay in Addis Ababa, be aware that Addis is a dense city of 3-4 million people. As you travel through various areas of the city, you will notice neighborhoods visually separated by socioeconomic status. It is not uncommon to see a high number of pedestrians soliciting in the streets, homeless individuals, fast paced and high-volume traffic, etc. Avoid engaging in any activities that would put yourself or those around you at risk and be on the watch for pickpockets in both Addis and Soddo. Be **conscious** of your surroundings and what you are doing.

You will encounter people of all ages begging, many with physical deformities. In general, you are encouraged not to give money to children. Be warned that if you do give money to someone in public you can quickly get overwhelmed by a crowd. Beggars will tug at your heart strings, but you must keep your personal safety in mind.

While in Soddo, please speak to your host if you are wanting to give money or a gift to someone at the hospital or in public.

The Ethiopian calendar is different from the world calendar. Ethiopia has twelve months of exactly 30 days each, plus five or six days in the 13th month called Pagome. The first day of the Ethiopian year is usually September 11 on the Gregorian calendar. There is an 8-year gap between the Ethiopian and Gregorian calendars.

The Ethiopian way of telling time is similar to Bible times. The clock for the new day begins at dawn (6 AM) rather than midnight. When making an appointment with an Ethiopian, it's best to clarify "international time" or "Ethiopian time."

SODDO CHRISTIAN HOSPITAL MISSION CAMPUS

HOUSING AND FOOD:

Volunteers typically stay in a two-story, five-bedroom house that has been converted to a guesthouse. It is located in the missionary housing area in the rear section of the hospital. There are two (2) bathrooms which are shared among the guests, a large shared living area, kitchen and large dining table. Volunteers may also be assigned to the home of a long-term missionary who is away on furlough.

The guesthouse has a full-time housekeeper Monday thru Friday, 9 AM to 5 PM. She cleans, washes dishes and laundry, and will do food shopping with you or for you. On the weekends, guests must keep the kitchen clean between meals.

You may order Ethiopian and/or non-Ethiopian meals from the mission guesthouse with 36 hours' notice. The cost of the meals will be added to your hospital invoice that you pay at the end of your stay (refer to budget worksheet). All medical and non-medical volunteers may choose to eat lunch at the hospital cafe. You can pay for those meals at the café at the time of purchase. If you are in a missionary's home, that house helper may be available to prepare lunch or dinner meals during the week. Most house helpers make basic meals such as spaghetti, soups, and pizza, but all of them make delicious Ethiopian dishes. Both the mission guesthouse and missionary homes have house help available for cleaning, laundry and shopping.

Note:

- Many foods can be purchased in the city of Soddo. These items include beef, potatoes, carrots, onions, garlic, cabbage, lentils and dried beans, beets, tomatoes, pasta, oatmeal, popcorn, bananas, avocados, mangos, papayas, apples, oranges, lemons, fresh ginger, green beans, eggs, basmati rice, white flour, granulated sugar, powdered milk, tea and coffee abound. Canned/package items, such as tomato sauce, corn, beans, oil, tuna fish and ramen noodles are regularly stocked in Soddo.
- Items recommended for purchase in Addis Ababa are cheese, yogurt, strawberries, pork products, butter and chicken. The chicken in Soddo can be remarkably tough or not available at all.
- Please note that fresh fruits and vegetables should be washed with soap and water and then soaked in a chlorine solution (one tsp. of bleach per liter of water) for 20-30 minutes
- You may choose to cook for yourself, eat from the guest menu, visit local restaurants, or a combination of these. Volunteers are frequently invited to share evening meals with the long-term missionaries. Surgical volunteers eat lunch (Ethiopian food) with the OR staff.

- You may bake your own bread or purchase white bread within walking distance of the hospital campus. Keep in mind you will be baking at high altitude. You may also request your house helper make bread for you.
- Traditional restaurants in Soddo serve injera, wats and fruit juices (avocado, mango, papaya, pineapple); there are a few restaurants that serve other foods -- hamburgers, French fries, pasta, rice, etc. but it does not always have the same taste as typical Western food. When eating out, eat only hot, well-cooked food. Ask a long-term missionary to recommend a restaurant to you and take someone with you if you decide to eat at a restaurant in Soddo. Make sure others know which restaurant you are going to and when you expect to be back.
- The Ethiopian national dish is called *wat*. It is a stew (often spicy) accompanied by *injera*, a traditional large spongy grey pancake made of *teff* flour (GF) and water. *Teff* is unique to the country and is grown in the Ethiopian highlands. There are many varieties of *wat*; e.g., chicken, beef, lamb, vegetable, lentils, and ground split peas stewed with a hot spice called *berbere*. *Berberere* is made of dried red-hot pepper, herbs, spices, dried onions, dried garlic and salt ingredients. *Wat* is served by placing it on top of the *injera* which is served in a *mesob* (large basket tray). The food is eaten with fingers by tearing off a piece of *injera* and dipping it in the *wat*.

WATER:

Bottled water is readily available in the town of Soddo. **DO NOT** *drink water directly from the tap/faucet. Don't brush your teeth with tap water.* The guest house and each missionary home has a large water filter. Filtered tap water is safe for drinking.

COMMUNICATING ON CAMPUS:

Our long-term staff communicates using an app called Viber. We request that you download this app ***prior to arrival*** in Ethiopia so we can communicate easily while you are here. Viber is also used in case of emergencies.

CHILD SAFETY:

Soddo Christian Hospital adheres to the following child safety policy for guests on the campus:

1. Soddo Christian Hospital missionary community takes child safety very seriously and as such enforcement of this policy will be done with a "Zero Tolerance" method. If you are seen to be in violation of this policy, you will be asked to leave campus immediately.
2. Guests are not allowed to be alone with a child or children, unless specifically asked by their parent.
3. Children are not allowed to enter the guest house unattended by a teacher or parent. If a child tries to enter the guesthouse a guest should immediately ask the child to leave.

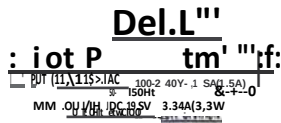
4. During community events that take place in the guesthouse, children should remain in common spaces and are not allowed in a guest room.
5. Guests are allowed to interact with children in public spaces in full view of the houses. No inappropriate contact or conduct is allowed.
6. Parents may at their discretion, allow guests to watch their children for set times. This does not imply permission to be alone with children beyond the time specified by the parents.

ELECTRICITY:

Soddo has electricity, but it is sometimes unreliable. 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. All you need for this device is a plug adapter. They look like this:



On devices that are only rated for 110V, you can use a small transformer like the one pictured below. The device must 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:



Note:

The hospital has a limited number of adapters to change the plug configuration for 220V electronic devices. There is also one (1) transformer for low power I IOV electronic devices. It is recommended that you bring your own adapter and transformer. *DO NOT bring hair dryers or other devices that pull more than 50 watts of power.* There is a hair dryer at the guesthouse for volunteers to use. Because electricity is on and off, it's wise to keep candles and flashlights close by

TELEPHONE/INTERNET:

Wireless internet and 3G are available in Soddo. Bring your own laptop and smart phone if you desire. You will be provided an internet password upon arrival. Be careful to lock up your computers and phones when you are away from them.

The visitor coordinator has a phone to lend out to short-term volunteers. If you prefer to use your own phone, a staff member can help you purchase a SIM card. Minutes and data can be purchased in town or at the hospital cafe.

HYGIENE/HELPFUL HEALTH HINTS:

- Please wash your hands with soap and water frequently to prevent the spread of germs.
- Toilets in the guesthouse and missionary homes are inside and "Western" style. However, while working in the hospital or in other public spaces, you will need to bring your own toilet tissue and dispose of used toilet tissue in the wastebasket. This is customary of the Ethiopian culture.
- Sanitary items must be knotted in a little plastic bag and placed in the trash.
- Garbage is taken out daily and burnt in an incinerator on the campus.
- Insect repellent: Please bring repellent for your body, as mosquitos and fleas are problematic. If you or your children are particularly prone to mosquito bites, try to stay in the house at twilight when the mosquitoes are most active, or be sure to put on bug repellent and wear clothes that cover your skin when going outside. Also avoid dark clothing, as it tends to attract mosquitoes.
- During dry season, your skin, lips and hair may become extra dry in Soddo. Consider bringing chapstick, lotion, and conditioner.
- Drink plenty of filtered water.
- Be careful not to eat uncooked foods that have not been thoroughly washed and

disinfected. Lettuce and cabbage are the worst offenders, carrying disease organisms that cannot easily be washed away or disinfected.

- When eating in an African village or an African restaurant, drink bottled water and soft drinks only. Most Ethiopians understand this and do the same themselves.
- Keep foods tightly covered that are left on the shelf, and rinse dishes thoroughly if they will not be washed until later. This will keep down the ant and roach population.

GIVING:

You may be approached by Ethiopians asking for money, scholarships, and other things both in the hospital, as well as in the community. You may answer that you are giving to the well-being of the hospital and are therefore serving the community in that way. Soddo hospital policy asks that staff not request help from foreign visitors. In the event you would like to help a national with whom you have formed a special relationship, you should consult with the guest coordinator (Jackie Anderson) or your host before making commitments or large gifts. Your host or the guest coordinator may also be able to discuss ways in which you can bless them discreetly and appropriately.

It is suggested that you not bring candy to hand out to children. This may lead to expectations among children that all foreigners may give them candy or other items.

ETHIOPIAN CULTURE

Ethiopia is unique amongst all African countries. It was never officially colonized, although the Italians occupied the country during WWII. Ethiopians are very friendly, always wanting to stop, shake hands and talk. They don't have a personal bubble, so they stand close, wanting to touch and show affection. It's common to see men walking down the street holding hands or with their arms around each other.

CULTURE SHOCK:

Every time we enter a culture different from our own, there is the potential to experience culture shock. There can be disorientation, a feeling of missing home, as well as unmet expectations. This may result in irritation, anger, being critical or fearful, or a lack of confidence. Prepare yourself to face new foods, dirt, ways of doing things, heat, noise, disillusionment, late arrivals, and disorganization. Do your best to be patient and gracious.

TIPS:

- Keep your sense of humor
- Greet people and smile! Greetings are very important in Ethiopia.
- Be flexible
- Take breaks

- Don't compare everything to the USA - refrain from complaining/comparing in front of your Ethiopian colleagues at the hospital. What may be appalling to you is possibly a vast improvement compared to just a few years ago.
- Keep reading your Bible and praying.
- Ask for help in understanding the culture
- Keep your expectations appropriate: you are here for a short time and won't change everything. In fact, it will be harmful for the institution and relationships if you focus on changing people and things. It's best to think of your time as an investment in an Ethiopian health care worker now that will reap benefits in the future, not necessarily immediately .
- Read what you can about Ethiopia before coming
- Visit the website: www.soddo.org

Resources

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

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

Elmer, Duane, "Cross-Cultural Servanthood" IVPress, 2006

For more information about international travel, please visit the following links: The

US State Department: (www.state.gov/countries)

Lonely Planet: (www.lonelyplanet.com)

CULTURAL APPROPRIATENESS:

Guests need to be aware of things that might hurt the ministry of the hospital. Visitors must be willing to place 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:

- When developing friendships of the opposite sex, remember relationships between single men and women are more serious here. Do not pursue a dating relationship.
- Visiting in a room alone with a person of the opposite sex must be done with visibly open doors or windows. Visiting in a bedroom is inappropriate.
- Holding hands or kissing between the opposite sex is not done publicly in traditional Ethiopian culture, even between a married couple. Please take care not to be offensive in public.
- Refrain from all alcoholic beverages. Do not patronize local bars, even if you are only drinking a soda.
- Blogs/Internet Posts: 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 not write anything that could put Ethiopia in a bad light. Do not post pictures of Ethiopians without their permission. Additional guidelines about social media usage are available in the guest house.

A NOTE FROM THE LONG-TERM MISSIONARIES AT SODDO

We are so happy you are considering a visit to Soddo. As with all overseas travel, at times people experience confusion or frustration. In hopes preparing for the challenges, we want to address a few issues for you to be aware of.

At times visitors have struggled with the lack of resources 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 and it takes time to build a smooth-running machine. Visitors often arrive with clearly defined goals and visions of what they will accomplish during their stay. Since the reality of life 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 are often struck by 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 homecountry. Always discuss these issues with long-term staff.

Please pray that God will prepare your heart for your time in Soddo. If you have any questions about SCH, the area, or your service here, please reach out at any time.