

Welcome to Soddo Christian Hospital





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

We hope that your time here will be a wonderful experience as you join us in the work that God is doing in Ethiopia and beyond.

This information is a resource to help you prepare for your stay. Please feel free to contact me with questions or concerns.

Working together for God's kingdom,

SCH Guest coordinator

visit@soddo.org

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PART 1

Where is Soddo?



Soddo Christian Hospital (SCH) is located in southern Ethiopia, about 6 hours south of Addis Abba. Soddo is in a mountainous area at about 6,700 feet of elevation.

Soddo is in the Wolaita region, which is part of the SNNPR state (Southern Nations, Nationalities, and Peoples Region) with approximately 2 million people. The town of Soddo has grown to nearly 300,000 people.

St. Luke's Healthcare Foundation, a non-profit organization based in Wheaton, IL, was established to provide funding and assist with the operational management of the hospital. The vision of the hospital is to provide excellent medical care, make disciples of Christ, and train African health care professionals. 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
- Guest coordinator: visit@soddo.org
- Hospital Administrator: Ephrem Gabresilasse; e-mail address: ephremg@soddo.org Phone number: 091 080 3118
- Medical director: Dr. Nebiyat Samuel
- Mailing address:
Soddo Christian Hospital
P.O. Box 305
Soddo Wolaita, Ethiopia

GENERAL INFORMATION ABOUT THE HOSPITAL AND CULTURE

PROFILE

Soddo Christian Hospital (SCH) has been open since January 2005. Currently there are 140 beds with 6 wards: Orthopedics, General Surgery, OB/GYN, ICU, Emergency/Outpatient, and one General Medical/Pediatrics ward. The hospital employs approximately 400 Ethiopians, including 12 Ethiopian general practice doctors. SCH is a training program for general surgery and orthopedic surgery through the Pan-African Academy of Christian Surgeons (PAACS).

COMMON DISORDERS

Tumors, cancer, acute trauma, traumatic brain injury, malaria, TB, deformities, rheumatic heart disease, HIV, typhoid, and malnutrition. Common issues for women include complications associated with childbirth, infertility, and prolapse.

LANGUAGE

Amharic is the official national language; Wolaitinia is the local language of Soddo. Many hospital employees speak English.

CLIMATE

Temperatures range from 75- 85 degrees Fahrenheit in the daytime to 50-60 degrees at night. The rainy season (April – September) is cooler, with highs in the 60s.

RELIGION

Orthodox Christianity, Islam, and Evangelical Christianity are the primary religions in the area.

TIME DIFFERENCE

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

CALENDAR AND TIME

Ethiopia is unique within all African countries. There is a unique calendar system with 13 months. Ethiopian New Year is Gregorian (world) calendar's September 11, which follows the short month, Pagome, of 5 days. In leap year,

Pagome has 6 days. The Ethiopian calendar year is 8 years different (earlier) than the Gregorian calendar. Ethiopia also goes by a different time system in which the day begins at 6am; noon is considered 6 o'clock. When speaking with nationals, you should confirm whether the time is Ethiopian time or international time. Check with your host about how to document dates/times in the department in which you are serving.

TIPPING

The fees you pay for the guest house and van transportation are used to pay the salaries of the driver, house helpers, guards, etc. You should not tip these employees because it will upset the pay scale balance we have established amongst our work force. If someone provides a service for you outside of working hours, please contact your host or guest coordinator regarding the appropriate compensation. Please do not give gifts to workers without speaking to long-term missionary staff first. At restaurants, small tips, 5% - 10% are acceptable. Sometimes your bill will have a service charge included, in which case an extra tip is not necessary.

Part 2

What do I need to know about my visit?

DOCUMENTS

PASSPORT

Your passport must be valid for six months after your return date and must have at least two blank pages, which are 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 extra copies 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, non-medical volunteers, spouses, and children, **must purchase a 30 or 90 -day single-entry tourist visa** online before departure from your home country. Nothing from the hospital is required for this application.

There is only ONE official e-visa web site. All other web sites are fraudulent.

<https://www.evisa.gov.et/#/home>

It is very important to bring a paper copy of e-visa completed documents with you to Ethiopia.

CURRENCY & FINANCES

The official currency for Ethiopia is the Ethiopian Birr. For the most current exchange rate, visit <https://www.oanda.com/rw-en/>.

For exchange, US currency must be in good condition; no tears, no markings, and of the most recent issue date. It is best to bring new \$100 bills. Currency 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, or in Soddo. Or, you may wish to withdraw money

from an ATM, the easiest way to obtain Ethiopian Birr. ATMs are plentiful in Addis Ababa and Soddo. There is an ATM on the hospital grounds, or the hospital van driver or your host at SCH can take you to an ATM outside of the campus.

Most hotels and large grocery stores in Addis Ababa accept credit cards; American Express and Discover are not accepted, but Visa and MasterCard are. To date, no businesses in Soddo accept credit or debit cards...all transactions are in cash.

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. Completely secure your money in your wallet or bag before leaving the bank or ATM.

AIRPORT TRANSFERS

You can request transportation from Addis Ababa or one of the regional airports (Hawassa or Arba Mintch) using the hospital's driver and van. One-way fees for transportation are payable to your host in either USD or Ethiopian Birr and are as follows:

Addis Ababa – Soddo	\$240
Hawassa – Soddo	\$120
Arba Mintch – Soddo	\$120

GUEST HOUSE

SCH offers a guest house on the hospital campus for visitors of the hospital.

NIGHTLY RATE:

The nightly guesthouse rate is \$20 per person for those volunteering at the hospital. Married couples will pay \$30/night. This price includes wireless internet, cleaning, and laundry. Those staying for longer periods of time may live in a separate house and have the option for paid house help.

You should plan to pay your guest house fees in cash once you arrive. Either Ethiopian Birr or USD are accepted.

PHONE:

It is possible to obtain an Ethiopian SIM card at the Bole Airport or in Soddo. Your phone must be unlocked for the SIM card to work. For international calling, it is best to use an internet-based source (WhatsApp, FaceTime, Facebook Messenger, etc.). In some departments a phone with a SIM card is available for guests.

INTERNET:

The hospital, guesthouses, and missionary homes have broadband Internet. The charge for the Internet is included in your housing fee. Ask the guest house coordinator for the password.

COMMUNICATING ON CAMPUS:

Our long-term staff communicate using an app called WhatsApp, and Telegram is widely used among our Ethiopian colleagues. We request that you download these apps *prior to arrival* in Ethiopia so we can communicate easily while you are here. Once you're here, you won't be able to download it with your American number. Additionally, from time to time certain internet services may be blocked, such as Telegram or FaceBook. Using a VPN can alleviate this problem. We encourage you to consider downloading a VPN prior to arrival.

HOUSEKEEPING:

Your house workers will come Monday through Friday to clean the kitchen, floors, and bathrooms. They will also do laundry if needed. Place your dirty laundry in the bins provided. Please help us conserve water by using your towel several times before washing. Your bedding will be washed and changed once a week.

GARBAGE:

Garbage is divided into 3 different containers:

- Compost: peels, skins, seeds (by the kitchen sink)
- Burnable: paper, cloth, medical items, soft plastic.
- Non-burnable: Diapers, bottles, reusable items, jars, tin cans

WASHING MACHINE:

Before using the washing machine, please read the instructions located in the drawer next to the refrigerator. If using liquid soap, called Largo, ¼ cup is adequate.

STOVE/OVEN:

The oven is electric, and the stovetop has electric and gas burners. To light the stove, turn the knob to the picture of the flame and hold a lit match to the burner. For the oven, set your temperature knob and then turn the oven knob to the appropriate setting. If you need assistance, ask the house worker, or your host/guest coordinator.

ELECTRICITY:

Soddo has electricity, but it is often unpredictable. The hospital has a generator set to go on when the electrical power goes off, which can occur multiple times each 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:



FOOD:

If you have special dietary needs, we encourage you to bring those items with you. You will have access to a kitchen during your stay. Some guests choose to eat meals at the hospital café or local restaurants. Injera is the national bread. It resembles a gray sourdough pancake and is used to eat wat (stew), which comes in a variety of forms such as meat dishes, legumes, vegetables, and sauces. Ethiopian food can be quite spicy. Other foods such as pizza, hamburgers, fish, and French fries are available in local restaurants. Meals at the hospital café are paid for at the café in Ethiopian Birr.

We invite you to use the kitchen facilities to cook and prepare your own meals. You can schedule a time with your host to escort you to the market or local grocery stores. Or you may write out the items you need and leave it on the kitchen table with some Ethiopian Birr.

Items that are usually available in Soddo include:

- Vegetables – potatoes, carrots, cabbage, tomato, garlic, onion, green beans, eggplant
- Fruits- papaya, mango, bananas, pineapple, limes, avocado, oranges
- Meat- beef
- Other – rice, eggs, powdered milk, spices, corn, beans/legumes, tuna fish, ramen noodles, pasta, popcorn, white flour, oatmeal, oil

Typically not available in Soddo:

- Chicken, butter, cheese, yogurt, strawberries, pork. (Most can be purchased in Addis Ababa, if you are traveling from there)

WASHING PRODUCE:

All produce (whether bought in Addis/Soddo or from SCH gardens) will need to be washed and soaked in bleach water (1 teaspoon of bleach per liter of water) for 30 minutes. After soaking in bleach water, rinse with purified water

SOFT DRINKS:

Soft drinks are available in the guesthouse on the honor system. Please remember to put your birr in the provided box. The price is posted on the bulletin board.

USE AND REPLACE:

We have provided some basic cooking items like flour, sugar, and spices for your convenience. We have a “use and replace” policy. Please use what you need and replace what you used before the end of your stay.

WATER:

Drinking water from a trusted source, such as bottles or filters in the hospital, is necessary. Our hospital facilities mostly use well water, but city water may be piped in occasionally. **We recommend that you do not drink the water from the tap, not even for teeth brushing.** We have provided a water filter so you will have clean water at all times. Please refill the filter as needed so you will always have a good supply of clean water.

HOT WATER:

Hot water in the guest house is limited so please use it sparingly. Shower quickly!

ASK:

If you are lacking food supplies or cooking supplies, please ask your host first.

SECURITY:

The campus is monitored by guards 24 hours a day. The guest house workers have been with us for many years and are trustworthy. However, it is a good idea to hide valuables and money. If you leave the house at night and it will be vacant, lock the doors with the provided keys. We have provided keys to your individual rooms; however, your room will not be cleaned if it is locked.

THE BOOKSHELF:

The books and games on the bookshelf in the stairwell are for your use. These are items that past guests have left. If you would like to leave books or games, you are welcome to add to this collection.

COFFEE CEREMONY:

Ethiopia is famous for traditional coffee ceremonies where you can see how coffee is made by hand from green beans to a brewed cup. You can schedule a coffee ceremony with the guest house coordinator or hostess for a small charge.

SOUVENIRS:

There are a few items for sale in the guest house living room. Please leave the money in the appropriate box.

- Coffee beans – roasted by the wife of the guest house gardener.
- Miscellaneous baskets
- Headbands and dolls made by WRAPS ministry.

CHECK-OUT:

- Return all keys to your host or leave them in the key basket on the bookshelf.
- Collect a receipt from your host. Give your payment to your host in Ethiopian Birr or dollars.
- Remember to place money in the provided box for your soft drinks and any other frozen meals acquired during your stay.
- **Please do NOT leave any personal items or food items in the guesthouse.** If you wish to leave some things, take them to your host or the guest coordinator.

OTHER INFORMATION ABOUT YOUR VISIT

WHAT TO BRING ALONG

We recommend bringing the following items with you:

- Lab coat and Scrubs
- Surgical mask & hat
- 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 (malaria is not prevalent on campus, but some guests have been bothered by mosquito and flea bites)
- Prescription medications - (carry a supply in your carry-on bag)
- OTC medications
- Personal toiletries
- Sunscreen
- Hat for sun protection
- Raincoat
- Umbrella
- Appropriate shoes for the rainy weather
- Sweater/Fleece/Jacket. Evenings can be cool, especially June-October.
- 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

WHAT NOT TO BRING

The Government of Ethiopia forbids visitors to bring in these items. If they are found in your luggage, they will be confiscated and you will likely not receive them back:

- Binoculars
- Drones
- Satellite phones
- Walkie-talkies
- Telephoto camera lens

You are allowed to bring in a small number of new electronics and new clothing, but you should remove them from their original packaging and remove all tags so that it is clear you are not bringing in items for resale.

CHILD SAFETY POLICY

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.

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.

WEEKLY SCHEDULE:

We invite you to join us in the following weekly activities. Check with your host about location.

Monday	6:00 am – 7 am	Men’s prayer
Wednesday:	8:00 am to 8:30 am	Hospital-wide Chapel Service Hospital Cafe
Thursday:	8:00 am to 9:30 am	Small Group Bible Studies Various locations Ask your host which one to attend

Friday	6:30 am to 7:30 a.m.	Women's prayer
Sunday:	11:00 am	Worship Service on campus

PART 3

How do I get around Soddo?

TRANSPORTATION IN AND AROUND SODDO

Many shops and restaurants are close enough to reach on foot. For longer trips or shopping trips, your host can show you how to hire a 3-wheeled taxi, called a bajaj. Always set your price before starting your trip. Tipping drivers is not expected.

SHOPPING

Soddo's grocery store options are expanding. Your host can take you shopping, and you are also allowed to make a list and give your house worker money to go shopping for you. Supermarkets carry:

- Ramen noodles
- Rice
- A variety of pastas
- Tomato paste
- Fruit juices
- Toothpaste, deodorant and other toiletry items
- Milk powder
- Oatmeal and dry cereals in boxes
- Oil
- Many other basic items

Fruit and vegetable stands sell cabbage, carrots, green beans, napa cabbage, potatoes, tomatoes, zucchini, cucumber, jalapenos, onions, eggs, bananas, apples, mango, papaya, avocado.

Bakeries in town sell a variety of white buns.

The hospital's café serves a variety of foods all day long. It is a great option for keeping yourself fe

CAFES AND RESTAURANTS

WRAPS CAFÉ

Located on the hospital campus, this restaurant is a wonderful place for breakfast, lunch, dinner, or tea/coffee throughout the day.

ABEBE ZELEKE HOTEL & RESTAURANT

Hotel and restaurant located one block from the Otona Mall. It has a big lawn with chairs and tables in the front.

From the hospital campus, turn left and then make a right at the roundabout. Follow the road and you will see it on the right (3/4 mile).

LEWI RESORT

Newer resort and restaurant on the outskirts of town. Offers a beautiful sunset view of the city. Be sure to order the delicious “Special Tea.”

You will need to arrange transportation to and from the restaurant, as it is several miles away.

MAXI CAFÉ AND RESTAURANT

The newest café/restaurant in the area. Offers macchiatos, breakfast, pizza, burgers, and traditional Ethiopian food. Outside dining available.

Outside the gate, go left to the roundabout. Take a right and walk about a quarter mile. Maxi is on the left.

NEGA HOTEL

A hotel located just two blocks away, on the other side of the convention center (Gutera). It also has a restaurant on the main floor.

Outside the main gate, take a left until the first street on the right. At the road, look across the street and Nega is to the left.

ROADHOUSE CAFÉ

An outdoor café close to the hospital. It is a good place to go for a coffee break during the day. They have good pastries and are known for the place to get a hamburger and fries in Soddo.

Located less than a block from the hospital. From the hospital campus, turn left and then make a quick right. The café is located on the corner with the white tents.

SANITAS CAFÉ

A popular café and restaurant in walking distance from the hospital with outside and inside dining. Sanitas serves cappuccinos, macchiatos, burgers, and pizzas, as well as Ethiopian food.

From the hospital campus, turn left and then make a right at the roundabout. Follow the road and you will see it on the left (3/4 mile).

PART 4

What should I know about Ethiopian Culture?

Ethiopia is a beautiful country with a rich heritage. There are many excellent resources for learning about the country.

For more information about travel to Ethiopia, please visit the following links:

- The US State Department: <https://www.state.gov/countries-areas/ethiopia/>
- Lonely Planet: <https://www.lonelyplanet.com/ethiopia>

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 your passport country - 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. Ethiopians delight in sharing and explaining their culture and customs to visitors.
- 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 our website: www.soddo.org

REVERSE CULTURE SHOCK:

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 (See list at the bottom of this section). Please 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. Be prepared to put limits and restrictions upon yourself and your lifestyles for the sake of the ministry.

The following guidelines will help to protect your and the SCH reputation in the community:

- When developing friendships with the opposite sex, remember relationships between single men and women are more serious here. Do not pursue a dating relationship.
- Visiting in an office alone with a person of the opposite sex must be done with visibly open doors or windows.
- 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.
- Holding hands or kissing between the opposite sexes is not done in traditional Ethiopian culture. Please take care not to be offensive in public.
- 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.

- 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 long-term missionaries here at Soddo:

We are so happy you are planning 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 from expectations, it is helpful to maintain a sense of flexibility about your expectations. It is also helpful to make sure you and your long-term missionary host 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 of the people of Soddo and Ethiopia. This in itself can be overwhelming. 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 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. Always discuss these issues with long-term staff.

As you anticipate your time in Soddo, please pray that God will prepare your spirit, soul, and body. If you have any questions about SCH, the area, or your service here, please reach out at any time.

RESOURCES FOR SERVING ABROAD

- 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" IV Press, 2006

PART 5

What about sightseeing?

If you are interested in visiting one of these sites, please setup a time with your host to direct you to an appropriate tour guide. The prices change depending on your guide and number of your group. You should agree on a price and then not pay more than the agreed quote. Your host can assist in knowing appropriate prices.

MOUNT DAMOTA

Climb the mountain right here in Soddo, which goes up to almost 10,000 feet. It will take about 6 hours to make it up and down. It is a challenging hike with gorgeous views. Take a guide, water, a snack, and your camera.

AJORA FALLS

Visit the spectacular twin falls about an hour drive from Soddo. Two separate but parallel waterfalls on the Soke and Ajacho rivers, set perhaps 100m apart and plunging in tandem over a cliff about 100m high into the thickly wooded gorge formed by the Soke River, a tributary of the Omo River.

MOCHE BORAGO CAVES

These caves are located up and around Mount Damota. You may travel by motorcycle or by car. It takes about an hour to get to the caves from Soddo.

ARBA MINCH

Arba Minch (40 Springs) received its name for the abundant local springs, which produce a groundwater forest. Tourists visit Arba Minch to see Ethiopia's wildlife in their natural habitats. Neche Sar National Park is immediately to the east of Arba Minch, its 514 square kilometers of territory include the "Bridge of God" (an isthmus between Lakes Abaya and Chamo), and the Neche Sar (English: white grass) plains east of the lakes. Here you can spot zebras, antelope, dik-diks, baboons, and monkeys. A stretch of the northwest shore of Lake Chamo is known as Crocodile Market, where hundreds of crocodiles gather to sun themselves. You can take a boat tour of the lake to spot crocodiles and hippopotami.

There are a number of hotels in Arba Minch, including the Paradise Lodge and Haile Resort. All have beautiful views. Room rates average around \$75-150 USD per night.

AWASSA

Awassa (also known as Hawassa) is a city on the shores of Lake Awassa in the Great Rift Valley. This is a great city to get away for some rest and relaxation. You can stay at one of the following nice resorts and enjoy beautiful lake views, good food, and spotting monkeys and birds. For some adventure, take a guided boat ride to watch hippos.

Haile Resort

One of Ethiopia's heroes is Haile Gebrselassie, the founder of this hotel. He is an Ethiopian long-distance track and road running athlete. He won two Olympic gold medals over 10,000 meters and four World Championship titles in the event.

This is a modern hotel with spacious, clean rooms. The hotel sits on Lake Awassa and has beautiful views. There is a spa with steam, sauna, and massage therapy. Other amenities include a swimming pool, kid's playground, tennis courts, and a restaurant overlooking the lake with good food.

The rooms are close to 2000 Ethiopian Birr or \$100 USD per night. Their website address is <http://www.hailerresort.com.et>.

Lewi Hotel and Resort

This is another lovely hotel located on Lake Awassa with beautiful views. This hotel has more of an African style. It also has a pool and a spa. The restaurant serves good food but watch out for the monkeys!

The rooms are close to 2000 Ethiopian Birr or \$100 USD per night. Their contact phone number is 0462-21-4143.

LAKE LANGANO

As it is free of Bilharzia (schistosomiasis), unlike all other freshwater lakes in Ethiopia, Lake Langano is popular with tourists and city-dwellers. There are a number of resorts around the lake. There are a variety of wildlife around the lake, including hippos, monkeys, baboons, warthogs, and a huge variety of birds. Lake Langano is located halfway between Addis Ababa and Soddo.

Bishangri Lodge

A natural retreat of outstanding beauty that combines five, unique ecological zones (wetlands, beach/lake, forest, dry pumice rocks, and the acacia shrub), a secluded setting that is host to over 400 bird species, and a diverse range of wildlife and plant life. This lodge has been designed on sound environmental principles utilizing solar power and biogas for energy.

The restaurant is known for good food. You can also enjoy many activities like mountain biking, horse riding, fishing, trekking, and bird and hippo spotting.

The rooms are called Godjos and are equipped with 2 double beds and an en suite bathroom. The rates range from \$80 USD for one person up to \$300 USD for 4 people. Their website is <http://www.bishangari.com/>.

Sebana Beach Resort

The resort's unusual landscape offers both a serene beachfront and a cliff-top view of the lake. The resort has a spa and wellness center, a beachfront bar, and a restaurant with a panoramic view of the lake.

Each room is a small bungalow with a private bathroom. The rooms range from \$50 USD to \$150 USD per night with a maximum of 5 persons. Their website is <http://www.sabanalangano.com/>.

PART 6

Who Is on the Long-term SCH Team?

Dr. Duane and Jackie Anderson: Duane is an orthopedic surgeon, the field director for the hospital foundation, and director of PAACS Ortho. Jackie is a teacher. 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 eleven grandchildren.

Dr. Mark and Allison Karnes: Mark is a "retired" obstetrician/gynecologist. Allison has a ministry called WRAPS which makes menstrual pads for school girls. 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 [here](#).

Drs. Gary and Mary Vanderkooi: The Vanderkoois 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 Vanderkoois serve through [Equip International](#).

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 son and two daughters. Michelle and Adam are passionate about community transformation through training, discipling and empowering local Ethiopians. They serve through [Christian Health Service Corps](#). Read more about the Yates family [here](#).

Kurt and Amy Hinrichs: The Hinrichs began serving full-time in Soddo in 2017. Kurt is a civil engineer who is serving as the Facilities Engineer and Assistant CEO. He is using his experience in design and construction to expand the hospital's facilities and improve the maintenance of the existing facilities. Amy's background in health care administration has been helpful as she supports the international medical staff with their training and licensing programs as well as supporting others when they are away. Amy and Kurt have two adult children in the United States, and their youngest son, Joseph, attends Rift Valley Academy in Kenya.

Drs. Nate and Cheryl Ross: Nate and Cheryl Ross were both raised in Indiana and spent 20 years working in Birmingham, Alabama. As an OB-GYN, Nate focuses on caring for women's health needs and training young physicians. Cheryl has served as college instructor of communication and leadership, as well as on a church ministry staff. Together they direct SCH's college intern program. In their free time, they are both avid distance runners and bloggers (www.nateandcheryl.wordpress.com) They are sent by their local church in Birmingham. Read more at www.fullnesscf.org/missions/nate-cheryl-ross

Dr. Tim and Laura Love: Tim and Laura met during an internship in Ethiopia while in college and after more than 16 years of deciphering their call and preparation they arrived with their family in August 2019.

Tim is a board-certified general surgeon with an additional master's degree in public health. Laura has a master's in social work and currently educates their three children after working for many years in international adoption. Please visit their website and/or blog to learn more: www.LoveEthiopia.org or <https://www.mtw.org/missionaries/details/love-dr-tim-and-laura>

PART 7

How can I support Soddo Christian Hospital?

Our hospital was established by St. Luke's Health Care Foundation, a US-registered 501 (c) 3. Long-term missionaries are not paid a salary by the hospital – each one is sent by a church/mission agency and financially supported from abroad. Patients are charged for services rendered, and this income pays the salaries of the 425+ Ethiopian employees, from surgeons to gardeners.

GIVE

By giving to the Benevolence Fund, you can pay for the care of a patient who cannot afford their own bill. People who contribute to this fund monthly give our doctors the assurance that they won't have to turn anyone away because of inability to pay.

The hospital has a variety of capital improvement projects going on at any time, from expanding a patient ward to purchasing new equipment. You can discover what the current projects are by asking your host or visiting the hospital's website at www.soddo.org.

Visit soddo.org to donate online or mail a check payable to St. Luke's Healthcare Foundation and send to PO Box 4465, Wheaton, IL 60189-4465. You will receive a tax receipt for your donation, regardless of your method of giving.

TELL

Please tell your family and friends about what you saw and participated in during your visit. SCH has active Facebook and Instagram accounts; please like and share our posts so more people will know about the work being done.

PRAY

Pray that God's purposes would be accomplished at Soddo Christian Hospital.