

# Ambrym Work Teams and visitors information 2017

## What to bring:

### 1. **Passport & arrival card (given out on flight)**

You need a current passport with at least 6 months expiry on it.

We will give you an address for your entry form on your international flight.

2. **Travel insurance** is a good idea if your health insurance doesn't cover you internationally, which most won't, especially for emergency evacuation. We hope to not need it, but emergency evacuation will be very expensive without any sort of coverage and we are unable to cover your expenses if this is necessary.

### 3. **Updated vaccination (these are recommended but not compulsory - pls seek your own medical advice)**

- Tetanus
- MMR
- Hepatitis A & B (often can get these together in a shot). Be sure to start early. There are usually 3 rounds of shots several months apart.
- Any other routine vaccinations you aren't up-to-date on.
- Typhoid (taken orally)

4. **Malaria meds** (if you have time in Vila before coming out to Ambrym, you can get anti-malarial tablets much cheaper in Vanuatu at Healthwise pharmacy). Doxycycline 100mg is a good option. Again please seek medical advice on whether or not to take these.

5. **DEET mosquito repellent** (Ray's Tent City sell Bushman's) and **sunblock**.

6. **Water bottle x 2** (if you can get one with a filter inside that's great although we do have a water filter we use in the villages).

7. **Toiletries:** Towels - bring at least one quick dry of your own and another ordinary or beach towel. A combination shampoo/conditioner/body wash is ideal for in the village. Moisturizers and talc are also very useful. Of course, deodorant, toothbrush & paste are a must. Men - if planning to shave please bring disposable blades. Remember all liquids over 150mls must be stored in your checked in baggage not your hand luggage.

8. **Single bed sheet set** or double bed flat sheet sewn together at bottom/one side. In the months from May through to September you may also need to pack a light blanket or long sleeve top to wear at night.

9. **Sleeping mat** – Please buy or borrow a camping mat. You may not need it but you must take it. Bring a pillow-case you can put your clothing in to work for a pillow or pack a pillow. Another option is to purchase a single mattress (2-4 inch thickness) in town for about \$30 at virtually any Chinese store and leave it in the village when you're done.

10. **Torch** - headlamp is best option here. They are available from all camping stores and some department stores. Pack a couple of extra batteries just in case you need them.

11. **Clothing** - pack light, people in the village often share the same 3 shirts with their spouse for years. Don't bring nice things. Your clothes may get stained and torn and generally ruined with village work and washing. Clothing can sometimes take 2 days to dry, so although you don't need much, have enough clothing to last you between washes. Please all pack a small amount of washing powder to wash clothes.

a. Men can wear t-shirts and shorts - 3 of each (shorter shorts are not appropriate here). Swimming can be done in board shorts. A button-up shirt with a collar would be useful for Sundays. We usually don't wear long pants/trousers at all but you are welcome to bring one pair if you desire to and many village men will wear those Sundays. **(We will need one pair of light long pants if we are clearing bush - we will let you know if this applies to your time with us.)**

b. Women, please bring t-shirts (loose fit) and skirts (wraps are appropriate and very functional) below the knee that you are comfortable working in and sitting on the floor/ground in. Swimming can be done either in clothes or in a loose fitting swim shirt and board shorts. A skirt will have to be worn on top of board shorts to the ocean but it is ok to take it off to swim just in the long shorts.

In some villages women can wear pants/shorts but must be knee length. Best option is wear shorts under a wrap type skirt that can be worn when needed.

Most women wear an island dress on Sundays **(we can get at market before we go out to Island if you want to buy your own)**. Generally a longer skirt or dress suffices. Wearing board shorts under skirts for the boat ride into the village and for working is a good idea since you have to climb on top of the boat to get in and out.

## 12. Shoes

a. Some people find that they prefer to have socks and work boots or runners for working but be aware that these may get wet and muddy. We find that one nice pair of thongs or crocs that are sturdy enough for walking/hiking in but also for running around the village are the most versatile and practical footwear here. **(A cheap pair of sandals from Rays or Rivers are also handy.) For those taking the hike to the volcano good walking shoes/runners or hiking boots are the best options.**

Shoes are never to be worn in buildings or homes here so bring shoes you can easily remove when going in and out of houses. *Women coming to help with cooking, please note that other work team women have said you will definitely want a pair of thongs or sandals.* Water shoes are nice for hiking to the waterfall or swimming in the ocean.

13. **Hat** or bandanas (you will need something on your head)

14. **Remember no heavy suitcases - a lightweight back pack or a bag with big handles that you can carry on your back. There are bags with wheels that will work here but we can't guarantee that you will be able to wheel your bag once out on the work island.**

**Some helpful extras if you like:**

- Umbrella
- Camera
- A pocket knife **(don't pack in hand luggage)**

## Medical

- Bring a **basic first aid kit**  
Non-adhesive dressings, alcohol pads, etc.
- **Travel medicine**  
motion sickness meds especially for the boat ride
- Diarrhea meds
- Chewable pepto or Milanta tabs
- It is recommended that you pick up some de-worming meds at Healthwise in town on your way out. It is very inexpensive.
- **Band-aids** (due to how wet it is there, we have found that **only fabric ones stick**)
- **Ibuprofen and paracetamol**
- Let us know immediately if you have sores or skin issues. These can become infected and a problem very quickly if not treated.

## Other notes/considerations:

- **Mosquito net - we will let you know if you need to get one - we do have some we can share.**
- There are a few village houses we use that have cement floors and either wood siding or woven siding. Expect to not be especially comfortable but we'll try our best to make your time enjoyable. Just be aware that our toilet is an outhouse, showering is with a bucket and we do not have electricity or plumbing. Clothes are washed by hand and often stretch out because of it. They do have creatures living in the houses, but your mosquito net will keep them out of your space. There are no dangerous animals or bugs other than mosquitoes! :) (FYI - Vila does have centipedes that sting.)
- Jeans are not comfortable in the humidity and heat here. If you wear them and any other warm clothes on the international flight, feel free to leave them in Vila when you come out to Ambrym.
- Please don't bring tight-fitting or short clothing. Please respect our ministry and the clothing guidelines of the culture here. You will not need any sort of jewellery.
- Don't over pack. Remember that for your Vila to Ambrym flight, only 10kg is allowed.
- You may bring along a few gift items with you for villagers, but PLEASE do not give any of them out without our approval first. DO NOT agree to give or bring or send items for any villagers that ask (and they will ask). There is a widespread cargo cult mentality ([http://en.wikipedia.org/wiki/Cargo\\_cult](http://en.wikipedia.org/wiki/Cargo_cult)) in the Pacific and HUGE issues with jealousy. We obviously want to avoid any sort of situation that may encourage these problems, which could of course have big-time negative effects on the work God has given us to do here. Laminated pictures of what it is like where you are from or of your family is appropriate to bring and people will enjoy seeing them. If you feel you'd like to give things out, an appropriate item is a postcard with pictures of your home area. If you want to leave clothing or any other items behind, we are happy to disperse them appropriately after you've gone.

## Money

### You will need to provide money for the following:

**Travel to Vanuatu:** For flights from Australia, Baggage allowance is 23Kg but you cannot take that much on the in-country flights so do not pack that much. You may also be asked to share the weight of anything extra we take for the translators/Schools. We will pay this on your behalf - It has formed part of your overall travel costs.

b. **Food** (1000vt/day per person about \$10AUS). We will pay this on your behalf to the village. It has formed part of your overall travel costs.

In Vila you'll be providing your own meals. There are local supermarkets and a local market. Most often we shop for food and share the cost and the cooking at the hostel where we stay. We usually find somewhere to eat out in town if we don't cook at Sil. Expect to pay about the same or a bit more than in Australia.

### c. Travel in-country

i. Your ticket from Vila to Ambrym is with Air Vanuatu is covered in your overall cost. Baggage allowance is 10Kg.

ii. \$2.20 x 2 *departure tax* coming and going from Vila to Ambrym and back. (200vt/each way). This covered in your overall cost.

iii. *For the boat* to and from North Ambrym the bill is covered as well as the land transport is covered in your overall cost.

Transfer to and from Vila airport - this will form part of your overall cost and we will pay this on your behalf in Vila.

iv. \$10+ *for local bus rates* for running around Vila. Local rates are 150vt (around \$1.60AUS/\$1.70US) per person per one-way trip (for non-airport travel). Taxis are little more expensive. You must discuss the price before driving off in the taxi. They will charge you higher rates if you don't.

d. **\*Accommodations in Vila** is with SIL it is covered in your overall cost it also include utilities and internet.

e. **Any money for souvenirs**, etc. **Extra money in cash** (a few hundred dollars) **for emergencies would be a very good idea**. Even with insurance, most doctors/clinics here require payment upfront and you submit your own insurance later.

i. There are lots of fun touristy things to do in town if you'd like to arrange something for yourself or your team. It is expensive but there is diving, tours, snorkelling. Look online for details. We suggest:

1. Snorkelling at Iriki Resort 1500 vatu
2. Cascade waterfalls
3. Craft market (in town by the waterfront)
4. Zip line
5. Around the island tour (with Evergreen tours)
6. Scuba diving (Big Blue or Devil's Point Dive)
7. Restaurants -

ii. a. In Ambrym, there are guided tours of the volcano available. Sometimes we are given deals on these and sometimes full regular tourist prices are charged (in vatu).

b. Most recent highest costs: 2,000vt/person park entrance, 4,000vt/group guide fee, 3,000vt/group one-way truck fee (if you'd like to cut down your hiking), **is covered in your overall cost**.

## Cross-cultural awareness

- Rule of thumb - watch what the locals are doing. If they're doing it, go ahead. If they're not doing it and you want to, ask us first. Some areas of past concern are below but overall, use common sense.
- Physical touch. They don't really touch each other than shaking hands so please don't get physical.
- Levels of activity. Accessibility to healthcare is very minimal and possibly a few days out so be mindful of appropriate levels of activity and avoid anything that may be dangerous.
- Joking. Be very careful here. Because of language issues and cultural differences, you may be misinterpreted very negatively. As a general rule, please be kind.
- Standing too close or speaking loudly or too directly may be seen as aggressive.
- Many people in the village know a very small amount of English and some do not know any. Be aware that you may not be being understood and just because someone nods or smiles at the right time, doesn't necessarily mean they know what you are talking about. We will find someone to translate if you need to communicate something or feel like you're stuck.
- Kava. This is very significant in the country. We ask that you not try it in Ambrym. There are plenty of places to try it in Vila if you like. Disclaimer - this is not because we think it is bad or sinful but we are still trying to determine cultural appropriateness here. There are different groups that are very against it and many others for it.
- Compliments. Compliments on material goods are seen as requests for the item so be careful that you don't tell someone you like their dress or their pumpkin or...

They have a hard time with some of our names in the village. FYI - they'll probably give you some English name for you to use for them too that's different than their actual village name. If someone is calling for you they may say, "Gwen-o" or "John - o" or whatever - o.

## Phrases you can practice before you come if you like:

(Sorry Aussies; the pronunciation guide is based on US English. For Australians for the most part, in Bislama, say the word how it looks to you and you'll have it straight. Not sure how to help you out with N Ambrym - our vowels are too different for me to figure out a guide for you! )

English	Bislama	N Ambrym
Hello	Halo (ha low)	Ningale (ning ah lay)
Good morning	Gud moning (good moaning)	Tabungbung gerwu (tah bung bung ger wu)
Good afternoon (3-7PM)	Halo (ha low)	Terariu gerwu (tey rah ri oo ger wu)
Good night	Gud naet (good night)	Fangaren (fong ah ren)
Goodbye	Tata (tah tah)	Fangaren (fong ah ren)
How are you?	Olsem wanem	Mi yipe (me yee pay)
Thank you very much.	Tangkiu tumas (tang key you too moss)	Sipa mon (see paw moan)
Thank you for the food.	Tangkiu tumas lo kakae (tang you too moss low kuh ky)	Sipa mon tepan meye. (see paw moan tay pan may yay)
Yes	Yes	Hi i (he eee)
No	No	Ehe (ey hey)
Sorry	Sori tumas (so ree too moss)	Parinro (pa reen row)
What are you doing?	Yu stap mekem wanem? (you stop make em wanem)	Om ro mha? (ohm rom ha)
Stop here (useful for on the bus)	Stop ia (stope yah)	
Can you go to the market? (bus again)	Yu save go lo maket? (you saw vey go low mah ket)	Fo kea wa lon im ne maket? (foe kay ah waaa lone eem nay mah ket)
I'm going to the house/I'm going home.	Mi stap go lo haos. (me stop go low house)	Nam ro wa lon im (nom ro waaa lone eem)
What is this?	Wanem ia? (wanem yah)	Ha ngeli (hong ey lee)
My name is Laura	Nem blo mi, Lora. (name blow me, Laura)	San nge Lora. (song ey Laura)
What's your name?	Nem blo yu, hu? (name blow you, who)	Sam nge si? (sohm ngay see)
I'm from the US.	Mi blo US (me blow US)	Maning besau muru US. (ma ning bay sow moo roo US)
(You) come (here).	Kam (come)	Om me. (o may)
How much?	Hamas? (ha moss)	Be ha? (bay ha)
How many?	Hamas? (ha moss)	Be vi? (bay wii)
Where is Houghton?	Richard i stap wea? (Reach odd ee stop way ya)	Richard muru be? (Reach odd moo roo bay)
It's good, it's all good, you're welcome...	I no wan samting / i stret nomo. (ee no won sum ting / strayt no moe)	Bungaru (boong ah roo)
No worries, it's ok, got it, I understand, it's straight, it's fine.	Stret (strayt)	Maknon (mock nohn)
I'm sick.	Mi no harem gud. (me no har em good)	Nam ro mse. (nom rom say)
Where's the bathroom/toilet?	Toilet i stap wea? (toilet ee stop way ya)	Im kakae muru be? (eem kuh ky moo roo bay)
See you later.	Ale, tata. (ah lay, tah tah)	Ngakamare. (ngah kaw mar ray)
Finished/Done.	Finis (fee niece)	Monong (moe noang)

