



August 3, 2018

Welcome ISL Traveler!

My name is Teddy Chuwa and I will be the Team Leader for your trip to Tanzania. I would like to thank you in advance for visiting our beautiful country. Here are some things to keep in mind while you prepare to travel:

- Make sure you have read the documents for Tanzania on your MyISL Portal.
- Laundry services will be available for a small fee, so don't over-pack.
- Don't forget to bring rain gear, hat/cap, sunglasses, insect repellent, sunscreen, enough scrubs for each workday, and hand sanitizer. Please bring your own stethoscope, otoscope (or otolite), and blood pressure cuff. Purified water will be provided, so please bring your own **reusable water bottle**.

If you would like to bring donations, these are the items that are most needed:

Urine analysis strips

Strips for Free Style Insulix or Rely On glucometers

Reading glasses

Blood pressure cuffs

Clotrimazol or any antifungal cream

Antifungal shampoo

Children's acetaminophen (Tylenol)

Vaginal infection treatments

Antihistamine

Toothbrushes, toothpaste, toys, school supplies, books for children

Here are your arrival instructions:

- Upon arrival at the airport go through immigration and then customs; when doing so, go through the "Nothing to Declare" line. Do not represent yourself as a healthcare professional or student arriving for study (this requires a special visa). Any over-the-counter meds you bring with you are donations for community projects.

- After exiting customs you will be met by an ISL Staff member holding an “ISL” sign identical to the logo above.

Here is a description of your housing:

Your hotel is located in Moshi at **Mailisita Village (6 miles from the city)**. The hotel is located within walking distance from the main Moshi Arusha Road and you will face the Stella Maris Primary School Right from there. The rooms have hot water, mosquito net, with private bathrooms, AC, Wi-Fi, satellite TV and a SUPERB view of the Kilimanjaro. Each room will have 2 to 3 volunteers. The hotel provides Laundry service for a fee.

Hotel Contact Information:

Name of the hotel: Stella Maris Lodge:

Phone No: +255 68 66 32 44

Email Address: Info@stellamarislodge.com

www.Mailisitafoundation.com

Your trip itinerary has been uploaded to your My ISL Portal and gives a fairly accurate schedule for your trip, but may change due to unforeseen circumstances. Our phone numbers are below. Keep them handy!

See you soon!



Teddy Chuwa

Country Coordinator TANZ: Teddy chuwa

Country Coordinator TANZ: +255 715 01 83 02

See you in Tanzania!