



HOPE CORPS COUNTRY MANUAL

World Hope International – Mozambique



Preparing for Mozambique

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Preface

Welcome! This document is designed to partner with other Hope Corps materials to help you prepare for your experience in Mozambique. The *Getting It Right: Serving for Long-term Impact* manual and videos provide a general overview of World Hope International and its work around the world. They also include a wealth of information regarding how to cross cultures and how to embrace volunteerism more effectively. This manual, then, provides specific information for Hope Corps volunteers about Mozambique and the work of World Hope International-Mozambique.

World Hope International is a faith-based relief and development organization alleviating suffering and injustice through education, enterprise and community health. In collaboration with faith communities, like-minded organizations and individuals around the globe, World Hope seeks to empower people by creating locally sustainable programs in economic development, leadership and skills training, child sponsorship and community health education. World Hope believes that individuals and communities are transformed when the redemptive power of Jesus works in and through the local faith community to bring spiritual, social, economic and physical change.

International travel is always an adventure! Whether this is your first time abroad or you are a seasoned traveler, you will face various challenges on this journey to Mozambique, from logistical issues to cultural adjustments. These can be difficult for volunteers to deal with so the good preparation is essential. This document provides some basic information for volunteers as an introduction to the people and culture of Mozambique.

Volunteers are also encouraged to read carefully the sections pertaining to expected behavior and dress while in Mozambique. The culture is different from what volunteers are used to. But, volunteer work is most effective when volunteers are willing to put aside their own preferences and expectations and embrace those that are most appropriate for Christians in Mozambique. Information on areas such as appropriate dress are not meant to be cumbersome rules but are intended to help volunteers relate better to the Mozambican people and culture. Volunteers with questions in any of these areas should contact the Hope Corps office at hopecorps@worldhope.net or 1-888-466-4673 ext. 122.

Volunteers will encounter many new situations during this time with Hope Corps. Focusing on the people, rather than the conditions, helps to put things in perspective. A positive outlook, a humble spirit, and a flexible attitude are the most important things to bring!

Hope Corps staff

WHI-Mozambique staff

Part 1: Introduction to Mozambique



Government and History

The **Republic of Mozambique**, on the southeastern coast of Africa, is twice the size of California. Mozambique is bordered by Tanzania to the North, Swaziland and South Africa to the South, the Indian Ocean to the East, and Malawi, Zambia, and Zimbabwe to the West. Mozambique is 6 hours ahead of Eastern Standard Time. That means when it is 6 am on the US east coast, it is 12 noon in Mozambique.

Almost five centuries as a Portuguese colony ended with independence in 1975. Large-scale emigration, economic dependence on South Africa, a severe drought, and a prolonged civil war hindered the country's development until the mid 1990's. The ruling Front for the Liberation of Mozambique (FRELIMO) party formally abandoned Marxism in 1989, and a new constitution the following year provided for multiparty elections and a free market economy. An UN-negotiated peace agreement between FRELIMO and rebel Mozambique National Resistance (RENAMO) forces ended the fighting in 1992. In December 2004, Mozambique underwent a delicate transition as Joaquim Chissano stepped down after 18 years in office. His elected successor, Armando Guebuza, promised to continue the sound economic policies that have encouraged foreign investment. Mozambique has seen very strong

economic growth since the end of the civil war largely due to post-conflict reconstruction. (From the CIA World Factbook <https://www.cia.gov/library/publications/the-world-factbook/index.html>)

Major Holidays: Generally, offices and government buildings are closed on these major holidays.

January 1 New Year's Day	June 25 Independence Day (from Portugal in 1975)
February 3 Heroes' Day	September 7 Anniversary of the End of Armed Struggle
April 7 Women's Day	September 25 Anniversary of the Opening of Armed Struggle
May 1 Workers' Day	December 25 Family Day

Capital City: Maputo

Language: Portuguese is the country's official language, but there are over 17 other tribal language groups. The Portuguese spoken in Mozambique is Continental rather than South American (i.e. from Portugal rather than Brazil).

Population and Demographics

Population: 21,669,278 (Note: estimated population based on 1997 census and taking into account the effects of excess mortality due to AIDS.)

Religion: Catholic 23.8%, Muslim 17.8%, Zionist Christian 17.5%, other 17.8%, none 23.1% (1997 census). Much of recognized religion is mixed with local customs and ancestor worship, particularly the Zioni's (Zionist Christians).

Overview: The people of Mozambique, *Mozambicans*, represent a diverse population with varied cultural and religious geographical influences. The many indigenous tribes remain the core population with strong influences from the years of Portuguese colonial rule as well as the early Arab/Islamic traders. The more recent influx of immigrants from India and other Asian countries has added to the multicultural mix. This cultural mix is also reflected in religious beliefs and practices. Many Mozambicans claim Christianity (often Roman Catholic) or Islam as their religion. But they often still follow the traditional African religious animistic beliefs as well. Even pastors' children may be seen with "spirit strings" around their wrist, neck, or waist.

Mozambicans are very friendly, though sometimes more reserved with strangers. People and relationships are considered very important so it is considered polite to ask after the health and family of others. Men and women are called by "Papa" or "Mama" preceding their first name.

Climate and Topography

The climate varies from tropical to subtropical through the country with two basic seasons: the "rainy" season extends from October to March and the "dry" season from April to September. However, rainfall generally lessens farther inland. Temperatures vary with altitude and proximity to the coastline but are generally slightly cooler (low in the 60s) during the dry season and hotter (high in the upper 90s/100s) in the rainy season.

The Zambezi river flows through the center of the country. The northern area moves quickly from the lowlands at the coast to hills and then mountains farther west. Broad lowlands cover much of the south, although they eventually extend into mountains and plateaus farther south.

Housing and Family

In most of rural Mozambique, people build houses of mud brick with thatched or tin roofs. These homes are often circular but may be rectangular, and often several homes are built around a common area where much of daily living, including cooking, takes place. Cement block houses are more common in larger towns and cities, often with a protective wall around the house and surrounding yard.

The traditional family includes several generations living together under one roof. However, this is not as common now as in the past, since many families have been decimated by war and HIV/AIDS. Polygamy is also traditional and, though officially outlawed, is sometimes still practiced.



Meals and Food

Typical Mozambican food involves corn (*maize*) or rice. The maize is usually ground into meal and the cooked as a stiff porridge (*shima*) or made into small cakes. A stew with greens or other vegetables, and meat if available, is usually served alongside. Fried chicken, French fries (chips) and salads may be served at special occasions. Eating utensils are seldom used; many Mozambicans use the stiff porridge or a small cake to scoop up bites of other foods. Fresh fruit and vegetables are available seasonally.

Employment and Economy

In most of rural Mozambique, farming is the primary activity. Subsistence farmers raise corns, cassava, coconuts, peanuts, cashews, and some vegetables. However, food, especially corn, is still imported to meet the demand. The majority of the population lives below poverty level and the country is still dependant on foreign aid. Some of this comes through remittances from friends and relatives outside Mozambique but aid from government sources (such as the USAID) as well as non-governmental organizations (NGOs) like World Hope International play an important role in improving the economic situation. The currency is the *metical*, or plural *meticais*.



Transportation

The most common method of transportation for most Mozambicans is walking. Wealthier Mozambicans in larger towns and cities may own a vehicle. Taxis and mini-vans provide for-hire transportation within the cities and out into the rural areas. Vehicle traffic tends to move at high speeds and with little regulation. The major international airport is in Maputo, the capital city.

Arts and Entertainment

Music, dance, and story-telling are all very important in Mozambican life. Music and dance are often central to celebrations such as weddings and for some animistic religious rituals. The *marimba*, a percussion instrument similar to a xylophone, has been adopted in Western music but originated in Mozambique. Storytelling is another traditional art form. The national culture is rich in tales, proverbs, myths, and jokes that have been passed down from generation to generation.

Other Resources

Much information on Mozambique is available through other resources, such as books or websites. Volunteers are encouraged to access as much information as possible on Mozambique and issues they will be encountering. A visit to an online bookstore (e.g. Amazon.com) searching *Mozambique* yields a list of books that may be helpful. A brief list of some of the websites available are below.

HIV/AIDS information: www.unaids.com , www.unicef.com , www.cdc.com , and www.usaid.gov

Mozambique: <https://www.cia.gov/library/publications/the-world-factbook/geos/mz.html>, http://travel.state.gov/travel/cis_pa_tw/cis/cis_976.html, and <http://www.state.gov/r/pa/ei/bgn/7035.htm>.

Part 2: Hope Corps Volunteer Placements:

People and Community

Much of the work of Hope Corps volunteers involves getting to know the Mozambican people and building relationships. Below are some tips to ensure that volunteers' efforts are both appropriate and appreciated.

- Listen to how people are introduced. Often, it is polite to use "Papa" or "Mama" with the individual's first name.
- Be prepared for unfamiliar movements in the handshake since some Mozambicans will greet with their traditional tribal handshake.
- Be prepared for the traditional Portuguese greeting of kissing both cheeks (women to women) and handholding (women to women or men to men), but do not initiate. (For men in particular, hand-holding denotes great trust and respect.) However, please note that there should not be physical contact between women and men beyond a handshake.
- Ask those you meet about their families and how they are doing. (Be careful though not to ask political questions or potentially painful questions, such as what happened to their families during the war. They may bring those topics up later but it is better to let them offer to share their story than to ask.)
- Greet children at eye-level. Asking them their name "Como te-chama?" is always a good conversation-starter. It is sometimes appropriate to bring small treats (such as stickers or candy) to hand out to children but always check with the local WHI staff before mentioning these items to the children.
- Keep in mind that direct eye contact is sometimes considered not appropriate. Children, especially, are usually told not to look directly into the eyes of an adult. So, expect that children may avert their eyes; this is a sign of respect.
- Take pictures (after asking permission!). But, in general, most Mozambicans like to have their picture taken, especially if it is with a digital camera so they can then see the picture on the screen.
- Follow direction from local WHI staff. They know the culture and customs and can prevent help prevent inappropriate actions. Good intentions are not enough; they must be implemented using culturally appropriate methods. When in doubt, ask.

Meals and Food

Arrangements for meals for volunteers will vary depending on the schedule. Meals at the guest flat or in a hotel or restaurant may be similar to American food but will likely not taste exactly the same. Most volunteers have at some opportunities to taste traditional Mozambican food.

- Be forewarned that, as a guest, volunteers may be served first. This is a sign of hospitality and respect. Also, do not be shy in filling your plate. Being able to provide food for a guest is important and so the hosts will want to make sure that guests get plenty. Also, keep in mind that it is considered impolite to refuse food or drink so try to take at least a little of whatever is offered in any home visited.

- Be prepared to use whatever utensil – fork or spoon – is offered. Many Mozambicans in rural areas will eat with their fingers but they will usually have at least one utensil available for each guest.
- Drink only bottled or canned soft drinks or water, unless the local WHI staff say otherwise. Non-bottled water can cause problems from minor stomach upset to serious health issues. (If a water filter is available, such as in the guest flat, it can be used to refill water bottles to take along each day.) If offered a glass of water, do not assume it is for your personal use. It may be a communal glass intended for everyone.
- For regular coffee drinkers, be prepared for instant coffee. Take-out coffee (i.e. Starbucks or other coffee shops) is not available.
- Wash hands frequently, especially handling or eating food. Often soap and water will be offered to guests prior to a meal. If not, use hand sanitizer but do so discretely. (If hand sanitizer is needed after a project, if possible, wait to use it until after returning to the vehicle or lodgings.)
- Pay attention to your body! Minor stomach upset is common with international travel but can easily lead to more serious issues. So be sure to let the team leader or supervisor know if there are any problems, even minor ones.

Lodging

Housing for volunteers depends on the planned projects and work. Some volunteers may stay at a guest flat that has a full kitchen with refrigerator, microwave, stove, hot pot, and water filter. Other volunteers may be scheduled to stay in a hotel. Any specific needs (i.e. sheets, towels, mosquito nets, etc.) will be communicated to volunteers in advance by Hope Corps staff.

The traditional Mozambican toilet facilities are separated into two separate huts. The hut with a hole in the ground is the appropriate place for urination the other is for defecation. It is important to follow this separation for both cultural and hygiene reasons.

Please note that the electrical voltage is different so appliances from the US will not work. If an appliance is essential, be sure to bring the appropriate electrical and plug adaptors.

Transportation

Airport Arrival: On the flight into Maputo International Airport, immigration and customs forms are usually handed out. After disembarking from the plane, all passengers must pass through a passport check where volunteers should be prepared to present their passport along with the completed immigration and customs forms. Volunteers should receive back their passport and the customs forms before moving to baggage claim. Luggage carts are usually available at no charge. Once each volunteer has all of his or her luggage, volunteers should proceed through Customs line marked “Nothing to Declare.” If asked, volunteers should state that they are visiting some missionaries. WHI-Mozambique staff will be at the airport to meet volunteers and provide transportation.

Ground Transportation: Volunteers should expect to do some walking during their time in Mozambique, but a vehicle and driver will be provided by the local WHI office for any long-distance travel within Mozambique. Most walking and even driving is done on dirt roads or paths so volunteers should expect to be dusty. Also, roads can be very rough so volunteers who suffer from motion sickness may want to take precautions.

Part 3: What to Bring

Travel Documents and Funds

Passport: In order to be allowed entry into Mozambique, volunteers need the following:

- an up-to-date passport that will be valid for at least six months after entry and that contains at least three clean (unstamped) visa pages
- ticket or flight itinerary showing return or ongoing travel out of Mozambique
- the \$25 visa fee (This is part of your Hope Corps budget and will be sent prior to the trip.)
- name and contact information for in country representative (This information is required on the visa form and will be provided by Hope Corps staff prior to the trip.)
- yellow health book (International Certificate of Vaccination) showing valid Yellow Fever vaccine.

It is important to remember that the visa process may take some time. Visas are usually completed by hand so volunteers will likely need to wait with their luggage for their name to be called. In order to make the process as smooth and efficient as possible, volunteers should (1) make sure they answer each question on the visa paperwork, even if information is repeated, and (2) be patient and understanding. Customs officials may not speak English well but they can easily understand bored looks or expressions of frustration. Americans often have poor reputations as tourists so a good attitude and a positive demeanor is essential.

Money: The Hope Corps budget covers all regular volunteer expenses including food, housing, transportation, and appropriate tips. However, some volunteers may wish to bring additional funds for gifts, souvenirs, etc. South African rand and US dollars are accepted in some larger stores and hotels but money must usually be exchanged for the Mozambican currency, *meticaís*. Volunteers can bring funds these two ways:

1. cash: New-style (with the “big face”) \$50 and \$100 bills get the best exchange rate, but avoid bringing bills that look grand new (i.e. no wrinkles). Banks and exchange bureaus may refuse to exchange old-style bills (with the smaller faces) or brand new bills. \$5, \$10 and \$20 bills will not get a good exchange rate and so should be not brought. Try not to exchange more money than needed since exchanging money back is difficult.
2. credit/debit cards: Several ATMs in English are available in Xai-Xai. The advantage to these is that they use *meticaís* so funds do not have to be exchanged. However many banks and financial institutions charge an international transaction fee. It is a good idea to find out ahead of time about the transaction fee and to let your bank know when and where you will be traveling or the transaction may be denied.

Volunteers should note that traveler’s checks are usually not accepted at banks and exchange bureaus and so should not be brought.

Technology

Volunteers are encouraged, generally, to leave expensive technology items at home. These items can be distractions from the team and the work of the team. Also, volunteers should let friends and family know that opportunities for phone calls or emails back to the US will be minimal, although there is some email access at the WHI office. Emergency contact information will be provided by Hope Corps staff prior to the placement. Volunteers are generally encouraged not to bring personal laptops unless for a specific project.

Clothes and Shoes

Volunteers need to choose clothing carefully in order to be sure they are practical yet modest by Mozambican standards. Remember that any laundry will have to be done by hand so all clothes brought should be washable.

Women: Women should wear skirts or dresses every day. Casual skirts are fine for most occasions but a nicer skirt/dress is appropriate for Sunday church. (Mozambican women dress their very best for special occasions.) Skirts should not be tight fitting and should come below the knee, even when sitting down. Tight or short skirts are considered evidence of promiscuity in Mozambican culture. (In addition, tight-fitting clothes are generally less cool than loose-fitting ones.) Many Mozambican women purchase colorful skirt fabric (*capulana*) to wear over an all-purpose skirt. Volunteers who are in Mozambique for an extended time may wish to adopt this custom.

Also, sleeveless shirts/blouses are acceptable for everyday wear, but not for Sunday church so have



a sleeved top available for Sunday. Spaghetti straps, tank tops, halter-tops or strapless tops are never appropriate. Shirts/blouses should be long enough to reach the top of the skirt; no midriff or undergarment should be visible, even when bending or stretching.

A trip to the beach may be included in the itinerary. If so, women should wear a modest one piece or tankini. A beach cover-up or shorts/t-shirt should be worn on the way to the beach. Shorts are not appropriate attire except for in the privacy of the team lodging or on the way to the beach.

Customs are changing in Mozambique just as they are everywhere in the world so there will be Mozambican

women in pants, especially in the larger cities. However, it is still important for Hope Corps volunteers to follow these guidelines to ensure that their actions are not misinterpreted by others.

Women are also asked to remove any body piercings, besides earrings (i.e. tongue, nose, eyebrow, lip, etc.), in order to be culturally sensitive.

Men: Men should wear long pants (slacks or jeans) each day. Shorts may be acceptable for physical labor such as building projects but keep in mind that in Mozambican culture only young boys wear shorts in public. Nice dress slacks are needed for Sunday church.

T-shirts or polo shirts are acceptable for every day wear. A button-down shirt is needed for Sunday church. Sleeveless shirts are never appropriate. Shirts should reach the top of the pant; visible boxers are not appropriate.

A trip to the beach may be included in the itinerary. If so, men should wear a modest swimming trunks. A t-shirt should also be worn on the way to the beach.

Men are also asked to remove any body piercings (i.e. ears, tongue, nose, eyebrow, lip, etc.) in order to be culturally sensitive.

General Clothing Suggestions: The weather in Xai-Xai is generally hot and humid, since it is so close to the ocean, so volunteers should keep this in mind when preparing clothes. A couple general suggestions are below:

- Cotton and other natural fabrics are generally cooler than synthetic fabrics. Lighter-weight pants are usually more comfortable for men than jeans.
- Comfortable walking shoes are essential. The weather is hot and sometimes feet swell. Tennis shoes or sandals are appropriate. If you wear sandals, be prepared for your feet to get dusty during the day. Shower shoes or flip-flops may also be helpful in the showers.
- A sweater or light jacket may be needed for the airport and flights or for evenings during the cooler months, May through September.
- If in doubt, don't bring it or, after arrival, ask.

Medical and Health Supplies

Immunizations: The US Center for Disease Control website has the most current and up-to-date information regarding immunizations and other health issues. The website, www.cdc.gov has a Traveler's Health section with information on each country. Volunteers are asked to visit the Mozambique page and read the information provided. Using this information and past immunization records, volunteers can then work with their medical health professional regarding what further immunizations are needed. Some immunizations required multiple treatments over a period of time so volunteers should start this well in advance of the departure date.

Malaria Prophylaxis/Treatment: Antimalarials are necessary at any time of year. Volunteers should discuss methods of malaria prophylaxis (prevention) with their medical professional. However, in general the recommended medications are Malarone (for short stays) or Doxycycline (for longer stays). Lariam IS NOT recommended for Mozambique as mosquitoes are resistant. Volunteers who take Doxycycline should note that it increases sensitivity to the sun and so should take appropriate measures (i.e. wearing high SPF sunscreen at all times). Volunteers may also find it helpful to bring a curative dose of Malarone or Zithromax in case of contracting malaria.

In addition to medications, volunteers can limit their exposure to malaria by preventing mosquito bites. Bug spray and long pants/long-sleeved shirts can be helpful with this.

Sun/Heat: Temperatures in Mozambique can be very hot, and the sun is very strong. Even volunteers who do not normally sunburn often do in Mozambique. Volunteers are encouraged to take the following precautions:

- Use sunscreen with a high SPF and reapply frequently, especially if in the water.
- Limit your time at the beach between 10 am and 3 pm during the months of December, January, February and March.
- Drink water, lots of water. Increased perspiration cools down the body but also depletes the body's water resources. All of this moisture needs to be replaced.
- Notify the team leader of any nausea, dizziness, or fainting immediately. These can be early signs of heat exhaustion or heat stroke, both of which are serious health issues.

General Health Suggestions: Health problems can severely curtail volunteer activities so volunteers should monitor their own health carefully and notify the team leader of any problems. The following health tips are suggestions:

- Be prepared for stomach ailments by bringing Pepto Bismol (chewable tablets) or Immodium. The change in time zone, diet, etc. often affect visitors. Roads, especially in the rural areas, are rough so volunteers susceptible to motion sickness should be prepared.

- Care for any cuts or abrasions to the skin quickly and carefully. Use antibiotic ointment and a band-aid to prevent contamination/infection. (It is VERY easy for cuts to become infected in the warm, moist, tropical climate.)
- Bring adequate supplies of **ALL prescription or other medications** as they are likely not available in Mozambique. Volunteers are encouraged to bring extra supplies to last a few days longer than the trip, just in case return travel to the US is delayed. Pack medications in their original container, if possible, or, at least with the original label verify the contents.
- Bring adequate supplies of personal hygiene products since these are not readily available in Mozambique.
- Notify the team leader and Hope Corps staff of any special medical or dietary needs prior to the trip. The team leader should then convey that information to the local WHI staff as appropriate. **Volunteers with food allergies, especially nut allergies, should notify Hope Corps staff as soon as possible.** Peanuts are frequently used in Mozambican meals.

Attitudes and Expectations

The information above, along with the Packing List supplied in *Getting It Right: Serving for Long-term Impact*, give the basic information on what material items volunteers should bring with them to Mozambique. However, an equally important, maybe even more important, consideration is volunteers bringing with them the appropriate attitude and expectations for the work God has in store for this placement.

Expectations: Every person on a trip outside the US has certain expectations about the trip, what the food will be like, what they will see and do, how people will react to them, etc. It is important for volunteers to recognize that their expectations may or may not be realized. This does not mean that volunteers should not have high expectations, but it does mean that volunteers need to be open to changing their expectations to fit the situation. Maybe the team will be visiting two villages instead of three. Maybe the materials to build the piggery have not arrived so the afternoon is spent visiting with community members instead. Volunteers should view every opportunity, whether originally on the schedule or not, with a positive attitude and as a chance for God to work in and through them.

Also, volunteers should keep in mind that schedules and work often follow different patterns than many are used to in the US. Below are a few examples.

- Be prepared for things to happen at a slower pace. Things will happen when they happen and not necessarily at the proscribed time. "There is always tomorrow."
- Be aware that electricity is very unreliable. It is common for it to go out on a Saturday and not be back on until late Sunday morning. This, of course, affects other aspects as well; for example, water might not be available since there if there is no electricity to run the pump. It also means that each volunteer should bring a flashlight and keep it close by at all times.
- Be prepared to be out of touch with family, friends, and the world events. Let family and friends know that email and phone access may not be possible so they should not necessarily expect to hear from you.
- Be aware that basic material necessities are in limited supply. Do not ask Mozambicans to lend or give something; it may be the only one they have.

- Be aware that the qualities of items, such as building materials, may not necessarily be the same as what volunteers are used to in the US. Many of the products are imported from China. Volunteers should be careful not to speak disparagingly about such things.
- Be aware that cultural mores and expectations will be different, and remember that it takes time for some of those to change, even in the Christian community. For example, new converts to Christianity may still have multiple wives. These issues are being dealt with as appropriate by Mozambican church leadership since resolving such issues is very complicated. Volunteers are asked to be sensitive to these new Christians and not comment on these situations.
- Remember to keep a sense of humor! Laughter can diffuse tension and anxiety that comes with unfamiliar surroundings and changing expectations.

Attitudes: Even the Mozambicans who do not understand English can read body language and attitude so it is essential that volunteers exhibit the flexible attitude of a learner. Volunteers are in Mozambique not only to help, but also to grow. Communicating a desire to learn about the culture and to get to know individuals shows care and respect. Things may be different, but different is not necessarily wrong. Respect the Mozambican cultural attitudes and practices; discuss any that are confusing with the team leader or local WHI staff. **Volunteers should not make suggestions for change in anything without checking with the in-country staff first.** They know best about what is culturally appropriate.

It is crucial that volunteers do not use derogatory statements, such as "the wrong side of the road" or "Why do they do it *that* way?" It is impossible to know whether those around speak English or not so always take care that comments are uplifting and encouraging.

Volunteers are encouraged to approach each activity or event with a servant heart to do whatever is needed and with an open curiosity to learn as much as possible about the Mozambican culture and the specific community.



Part 4: Having a Positive Impact

Once volunteers arrive in Mozambique, each volunteer has the opportunity to accomplish significant ministry towards the work in Mozambique; however, each volunteer also has equal power to, even unwittingly, halt or slow progress. Again, attention to the prevailing culture and expectations can ensure that their impact is positive. Hope Corps staff have worked carefully with the local WHI staff in Mozambique to identify ways that volunteers can positively influence the relief and development work in Mozambique and can demonstrate Christ love in a cultural appropriate manner.

Greetings and Personal Communication

Mozambicans place great importance on personal relationships so extended greetings, including asking about each others' health and families, are common; and, a time of general conversation often occurs before broaching the topic at hand. Volunteers are encouraged to be patient and to look for the positive aspects of these customs.

In addition, Mozambicans tend to communicate more indirectly since "saving face" and not giving offense are very important. In Mozambican culture, it is more acceptable to say "yes" but not follow through than to say "no" to start with, since it would be considered very rude to disagree with someone to his or her face. This practice is actually a sign of respect, although it does take some getting used for those used to more direct communication methods.

However, Mozambicans are much more likely to comment about physical characteristics and personal attributes, i.e. height, weight, or clothing. For Mozambicans, this is a gesture of goodwill and friendliness so Americans should be prepared.

Volunteers are encouraged to try to get to know the Mozambicans they come in contact with, even if the conversation is mostly words and gestures. This let them know that the volunteers are interested and enjoy being around them. Volunteers should be aware of their facial expressions, and try not to show any negative emotions (disapproval, judgment) on their faces. (This applies also to food; if something has an unpleasant taste, try not to show that on the face.) The Mozambicans will appreciate their effort to communicate and may even try to teach some words and phrases in Portuguese or the local language. But be prepared to laugh! Language learning is never easy.

Gifts: Volunteers may want to bring some small gifts for their hosts. Volunteers staying at the Wesleyan missionary guesthouse may want to bring items such as memory sticks/cards, current Christian CDs, candy, drink mix, or popcorn.

All gifts for Mozambican staff or hosts should be approved in advance by WHI-Mozambique country director. But, generic gifts such as children's books, kitchen items (hand towels, pot holders), photo albums, clothing (t-shirts, socks), first aid supplies (antibiotic cream, band aids), school supplies (pencils, exercise books, rulers), soccer balls, or hard candy (not chocolate) are usually appropriate and appreciated. Since many Mozambican households include extended family, it is usually better to



bring several more generic items rather than items for specific people. For example, if the host family has two children, bringing only two toys will leave out the other cousins or young relatives living in the house. Volunteers should either bring something that can be shared, like a ball or a bag of candy, or else bring several of the same item.

Female and Male Interactions: Since the only contact many people from other countries have with Americans is through television, most developing cultures consider American women promiscuous. Female volunteers should adhere to standards of utmost modesty and discretion when interacting with men in the host country. Male volunteers should also be careful in their interactions with women in the host country to ensure no misunderstandings. Ignoring these guidelines can result in early return/dismissal of volunteer(s).

- Each volunteer needs to focus on the purpose and reason for serving in Mozambique. It is inappropriate for volunteers to build romantic relationships with other volunteers during the trip—even if both are single.
- Volunteers are also asked not to develop romantic attachments with any person from the host country. Sometimes, general friendliness can be misinterpreted as flirting; therefore, volunteers should focus on building relationships in the host country with those of the same gender. For example, women with women and men with men.
- A male and female (except husband and wife) are never to be alone as couples in Mozambican culture. This is changing in some of the larger cities but is still generally considered wrong. If a male and female volunteer need to have a private conversation, the door to the room should be left open.
- Male volunteers should avoid physical contact with Mozambican women, except for greeting with a handshake. Mozambican women may greet with a kiss on each cheek but men should not initiate this greeting.
- Female volunteers should avoid physical contact with Mozambican men, except for greeting with a handshake.
- Volunteers should be careful when giving gifts to be sure that they are not misinterpreted. Local WHI staff can be helpful with this.

Any inappropriate behavior or uncomfortable situations should be reported immediately to the team leader who can then address the situation, as needed, with the local WHI staff or others.

Personal Security

All Hope Corps volunteer placements are planned with care for safety and security. However, safety and security cannot be guaranteed. Volunteers should use common sense and follow these tips to be as safe as possible:

- Keep hold of all belongings, especially in restaurants or public places. Be aware that pickpockets and thieves sometimes work in pairs, with one providing a distraction so that the other can steal unnoticed.
- Handle money discreetly. Try to open a wallet or purse so that the contents are not displayed. Be particularly careful at currency exchange locations. Keep money in a secure place, such as inside a zipper pocket on a bag or in a front pocket, or consider separating large amounts and keeping some in several different places (i.e. some in one bag, some in another, some in a money belt, etc.). Do not carry funds in a back pants pocket since that is easier to steal.

- Be conscious of personal safety at all times. Watch what is going on around you. The image a person presents is often the most powerful and effective deterrent to assailants. Shy, meek, or submissive images tend to make a person appear as a victim. Conversely, a confident, self-assurance image and demeanor will deter most assailants.
- Stay in small groups or pairs. Female volunteers, in particular, should never walk alone, but male volunteers should also avoid walking alone. No volunteer should even go to the beach alone.
- Be prepared to say “no” to curio sellers at the beach. They usually understand English but it is in their best interest not to take no for an answer so they will likely keep pressing to make a sale. This is one time when a firm “no” is not considered insulting.

Public Speaking

Offering guests at a church service or meeting the opportunity to “bring greetings” is considered a gesture of hospitality and respect. So, often, although not always, volunteers who attend a church service may be invited to greet the congregation. The team leader (or one team member) should speak on behalf of the whole team. This will usually happen with the help of a translator so the team leader (or whoever is speaking) should take care to speak slowly and clearly and to pause after each sentence for the translator. A greeting does not need to be long but typically includes the following:

- Thanks for being included in the service and for being given the opportunity to speak.
- Thanks to God for all He has done. (This can be general thanks or specific to the situation.)
- Introduction of the team members and a brief explanation of what they are doing in Mozambique.
- Statement of how glad the volunteers are to be visiting Mozambique and this particular area.

A quick review of the greetings in some of the New Testament epistles gives an idea of what these greetings are often like.

If asked to give a longer testimony or devotions, volunteers should keep the following suggestions in mind:

- Focus on what Christ has done for you, in terms of spiritual and emotional benefits. Avoid stressing material success.
- Focus on the positive aspects of your being in Mozambique. Avoid telling of any personal sacrifices made to come on the trip.
- Let translator read scripture in local language. Give interpreter scripture reference in advance if possible.
- Use clear, simple language. Leave out slang, idioms, religious clichés or unfamiliar references (such as specific people or places in the US). The team leader or local WHI staff can help with this. Avoid jokes and poetry since neither translate well.
- Keep focused on the next part of the speech. Think of the next sentence while waiting for the translator to finish.
- Face the audience, and, as much as possible, look up and at the audience. Smile when appropriate. Try to show your excitement and gladness on your face.
- Thank the audience for the opportunity to share at the end. Thank the translator for his or her hard work.

Part 5: World Hope International - Mozambique

Office address: Rue De Mozambique #141, Xai Xai, Mozambique

Country Director: Mr. José Mendes

World Hope International – Mozambique focuses on projects in the three areas below.

Rural Development

Animal Multiplication: The animal husbandry project is a sustainable program, crucial to reducing poverty in rural communities. Income from livestock and their many products – milk, eggs, meat – can enable poor families to put food on the table, improve their nutrition, send their children to school, and afford health care. However, in many countries poor farmers have lost their livestock through civil war and other conflicts. Since the cost of purchasing animals is out of reach for many poor farmers, most of whom live on less than \$1 per day, WHI provides the farmer with livestock such as chickens, pigs, goats, sheep, and cows. When the livestock produce offspring, the farmer “pays back” the livestock to the program which will then provide for other farmers in need.



Wells: Poverty and clean water are closely linked. Unclean water produces diseases that affect the poor in a disproportionate way. Without clean water many people become sick with water-borne illnesses that lower their capacity to work, care for their children, or attend school.

WHI is working to provide access to clean, life-giving water in Mozambique through drilled wells. A community well serves approximately 700 people and drastically reduces disease and death caused by consuming polluted water.

HIV/AIDS Prevention and Education

Reports have shown that youth under the age of 25 account for almost half of HIV/AIDS infections. WHI has taken deliberate steps to target young people in raising awareness on the dangers of this deadly pandemic using The Reach4Life (R4L) program to teach youth in schools in Mozambique how to make healthy life decisions.

R4L is a biblically based curriculum that not only teaches youth to make wise life decisions saving them from HIV/AIDS but also to live a life pleasing before God. When R4L is introduced to a school it is presented to the entire student body. Then R4L staff and volunteers run small group sessions in which students are free to learn and discuss amongst themselves 40 lessons in the R4L book Years of civil war and unrest until the mid-1990s caused over one million refugees to flee Mozambique. They had nothing when they returned, no seed for crops, no tools for farming, and no animals. The poverty that ensued left many sick from food and water borne illnesses. Now, less than half of Mozambique’s population of over 21 million people is literate and 13% are HIV positive. World Hope International (WHI) is working to relieve poverty in Mozambique through rural development and HIV/AIDS prevention programs.

Community Orphan Trusts

The Community Orphan Trust (COT or Trust) brings together community members and families to care for and support orphans and vulnerable children (OVC) as well as people living with HIV/AIDS (PLWHA) in Southern Africa. Children are suffering from emotional distress and health issues, and facing stigma and discrimination under the burden of the HIV/AIDS epidemic. Volunteer caregivers are trained in the community to provide psychosocial support and counseling for OVC and families; promote community education for improved health and nutrition; and create awareness about HIV/AIDS.

The COT program provides the following key services:

- Livelihood support to caregivers affected by HIV/AIDS to ensure food security through agricultural interventions. These caregivers are trained in agricultural skills, basic trade skills, water and irrigation, income generating skills (i.e. sewing), business and cash management and marketing skills. The community is provided with start-up funding to plant a garden, and one additional livelihood project selected by the members. The distributions from the livelihood projects cover 20 to 30 percent of caregivers' monthly costs.
- Psychosocial support for OVC and PLWHA through trained caregivers to provide emotional care to OVC and to encourage positive living for PLWHA.
- Health support including training of home based care providers to provide palliative care for PLWHA and other COT members on safe motherhood, child growth monitoring, and community health education (immunization, malaria, nutrition, etc.). Other activities include community conversation groups to reduce stigma and discrimination against PLWHA and OVC

Africans have a rich cultural tradition of caring for extended family and community members in times of need, but the AIDS pandemic has completely overwhelmed their resources. By pairing U.S. churches and organizations with trusts, World Hope International helps create a means of sustainable resources for the trust to meet the needs of its orphans. Each trust determines its own means toward self-sufficiency within the structure of the trust.

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Hope Corps

Mission Statement

Hope Corps seeks to mobilize individuals and organizations by exercising their specific gifts (personal and financial) and abilities by working in partnership with persons around the world for the purposes of relief and development.

Purpose Statement

To provide opportunities for Christian adults to use their specific skills to train and enable individuals worldwide to improve their quality of life and become self-sustaining while integrating a faith-based lifestyle.

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