



 **AdventHealth** | **Global Missions**

**ETHIOPIA – Addis Ababa Mission Trip
Primary Care and School Project
April 2 – 13, 2026**

Entry and Exit Requirements for Ethiopia

1. Passport:

All passports must be valid for at least six months **after** the dates of intended travel. We recommend that you always keep a copy of your passport with you while traveling through Ethiopia.

2. Visas:

All U.S. citizens are required to obtain a visa to legally enter Ethiopia. Do not travel to Ethiopia unless you have an approved e-Visa. Travelers without a valid visa will be denied entry. To avoid any disruption to your travel, print and carry a copy of your e-Visa with you.

AdventHealth Global Missions will assist you in securing a visa. An email will be sent once closer to our travel dates.

3. World Health Organization (WHO) card with yellow fever vaccination.

We recommend all participants visit a travel clinic prior to our mission trip to Ethiopia to consult with a physician regarding recommended vaccines and medications.

AdventHealth Global Missions can assist you in finding a travel clinic.

Immunizations

In addition to the Covid-19 vaccine, we recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations is available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Health and Safety Protocol as established by AdventHealth Global Missions

The health and safety of our volunteer team and security within our destination/host country is of utmost priority. Any volunteer wanting to travel on an AdventHealth Global Missions' trip must:

- ☐ Adhere to the vaccine requirements of our host country and our host institution, including covid testing if required.
- ☐ Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning, and afternoon commute on the bus and during clinic hours.
- ☐ Comply with airline and transit country masking requirements, if applicable, during to and from travel to destination.

Trip Cost and Due Dates

The total trip cost is \$2,500

Payment	Due Date	Amount
Deposit	Due upon acceptance	\$500
1 st Payment	Friday, February 13, 2026	\$1,250
2 nd Payment	Friday, March 13, 2026	\$1,250
	TOTAL	\$3,000

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met. Trip cost may vary depending on departure city – cost listed is based on departure out of Orlando, FL.

Payment Options:

1. Website: <https://give.adventhealth.com/campaign/global-missions-ethiopia-trip/c549624>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the “AdventHealth Foundation Central Florida” to our address:

AdventHealth Global Missions
870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight to locations
- Hotel/Accommodations
- Excursions
- Ground Transportation
- Meals and Drinking Water
- Short-Term Travel Insurance

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while in the airports traveling to and from Ethiopia
- Medications, some which may be covered by your health plan
- Personal Tips, ex: for laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Souvenirs, gifts, and any personal extras such as beverages

Travel Schedule

Tentative schedule shown below, *subject to change*.

Day	Date	Activity
1	Thursday April 2	Departure: Orlando, FL
2	Friday April 3	Arrival in Addis Ababa
3	Saturday April 4	Tour of Addis Ababa city / Rest day. Acclimate to the new time zone
4	Sunday April 5	CLINIC DAY
5	Monday April 6	CLINIC DAY
6	Tuesday April 7	CLINIC DAY
7	Wednesday April 8	CLINIC DAY
8	Thursday April 9	CLINIC DAY
9	Friday April 10	Excursion Day
10	Saturday April 11	Excursion Day
11	Sunday April 12	Excursion & Departure from Addis Ababa
12	Monday April 13	Arrival in Orlando, FL

****Flight itinerary will be emailed to you once flight has been finalized.**

Weather and Atmosphere

The capital of Ethiopia, Addis Ababa, is located at an elevation of 7,726 feet/2,355 meters, and as such its climate remains relatively cool throughout the year. Even in the hottest months (March to May), average highs rarely exceed 77°F/25°C. Throughout the year, temperatures drop quickly once the sun goes down, and frosty mornings are common.

Daily high temperatures are around 71°F.

Elevation

Addis Ababa's elevation is 7,726 feet, which can prove to be a challenge as most of us are not used to living in places of high elevation. At these heights, the oxygen level in the atmosphere is decreased, and some experience altitude sickness.

Tips in Avoiding Altitude Sickness³

1. **Hydrate** – the best way for your body to adjust to high altitude is to drink plenty of fluids, at least double what you normally drink.
2. **Replenish** – eat foods rich in potassium and complex carbohydrates and decrease salt intake.
3. **Easy does it** – dial back the effort if you're short of breath, sore, or consistently fatigued.
4. **Shade yourself** – properly apply sunscreen at all times, there is little protection from the sun otherwise.
5. **Doctor's orders** – if you're concerned about altitude sickness, visit your doctor before the trip. There are several medications used to prevent high altitude illness; the most common being acetazolamide (Diamox). Your doctor will advise you whether this medication is appropriate for you. You may also want to bring ibuprofen (Advil) and acetaminophen (Tylenol) in case you are afflicted with headaches.
6. **Prepare** – days may be warm, but as soon as the sun sets nights can be very cold.
7. **Seek help** – make sure you alert your trip leader if you are feeling ill.

Food and Drink

Injera, a spongy unleavened bread made from teff grain, is the staple of every meal. All food is eaten with the hands, and pieces of injera are ripped into bite-sized pieces and used to dip and grab stews (*wat*) made of vegetables such as carrots and cabbage, spinach, potatoes, and lentils. The most common spice is *berberey*, which has a red pepper base.

The coffee ceremony is a common ritual. The server starts a fire and roasts green coffee beans while burning frankincense. Once roasted, the coffee beans are ground with a mortar and pestle, and the powder is placed in a traditional black pot called a *jebena*. Water is then added. The *jebena* is removed from the fire, and coffee is served after brewing for the proper length of time. Often, *kolo* (cooked whole-grain barley) is served with the coffee.

The school has a cafeteria/restaurant that will prepare many of our lunches and dinners, which will include vegetarian options. Do not eat food from a street vendor. Eat carefully. Not everything is perfectly safe, even if cooked.

Water

DO NOT drink tap water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to elevation changes you may encounter.

³ <http://www.snow.com/for-her/altitude-sickness-tips.aspx>

Miscellaneous

Foreign Currency

Ethiopia uses the Birr as their form of currency. The current exchange rate as of Sept.2025 is 1 USD = 143.11 Birr.

How much money should you bring?

The only money you'll need is for any extra food and souvenirs you may want to purchase. We will stop at the airport to exchange money; some vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA.

Electricity

The voltage in Ethiopia is 220V, you will need a voltage converter to use your electrical devices.

Note: some devices are able to work with a wide range of voltages, check the label before plugging in so you do not destroy your device. If you have any concerns with a special device i.e. a medical device, bring a voltage converter.

The plugs and sockets used in Ethiopia are type D, J, and L, you will need a plug adapter as the United States used A and B types.



Plugs:



Adapter:

You can find voltage converters and plug adapters in the travel section stores or online.

Time

Ethiopia is **8 hours ahead** of the time in Orlando, FL.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. **Cell phone and Wi-Fi access are extremely limited in Ethiopia**, please let your family and friends know that you may not be in contact at all times. We will make all efforts to have wi-fi be available, but that will not always be the case.

Packing Tips:

- Be a minimalist, don't over pack.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- You may wear scrubs, but they are not required during clinic days. If you do not own any scrubs, you can wear pants and a polo shirt.
- PLEASE leave jewelry at home and dress conservatively – no loud shirts, pants, shorts, etc.

Important Travel Tips

- Please do not go anywhere by yourself; always stay with the group.
- DO NOT let anyone take your passport "to expedite" your check-in.
- On immigration documents choose Tourism as reason for travel.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late).
- Remember: You are a guest in the Ethiopia, the rules and cultural norms may be different and more conservative.

Luggage Allowance

1. Suitcase Weight limit = 50 lbs.
2. Personal bag

You will be given a bag of medical supplies to include in your luggage that will be used on the trip.

Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions trip. The yellow highlighted items are the most important and you should definitely consider packing these items.

BASICS	TO TRAVEL:		Watch/Travel Alarm		TRAVEL AIDS	
	Passport		FUNDS		Pleasure reading	
	Copy of travel docs		Wallet		Chewing gum	
	Copy of passport		Cash		Snacks	
	Emergency contact info		Credit Cards		Earplugs	
	Medical insurance card		Foreign Currency		Sleeping mask	
	Headphones		Money belt		Travel pillow	
	Cell Phone & Charger				Motion-sickness remedy	
	Tablet & Charger					
CLOTHES	BASICS		Scrub Top		ACCESSORIES	
	Underwear		Scrub Bottom		Belt	
	Socks		OUTERWEAR		Wristwatch	
	Undershirts		Jacket		Glasses	
	Bras		Rain jacket		Sunglasses	
	Sleepwear (warm)		Scarves		Glasses case	
	CASUAL		FOOTWEAR		Hat	
	T-shirts		Hiking Shoes			
	Sweatshirts		Athletic/Comfy shoes			
	Pants/Jeans		Sandals/flip-flops			
HYGIENE	Toothbrush		Face cleanser		Feminine hygiene	
	Toothpaste		Moisturizer		Nail clippers	
	Dental floss/mouthwash		Sunscreen		Hand Sanitizer/wipes	
	Soap		Lip balm		Tissues	
	Deodorant		Contact lenses & case		Insect repellent	
	Shampoo		Saline solution		Prescription Medications	
	Conditioner		Shaving cream		Pain reliever	
	Brush or Comb		Razor		First-aid kit	
	Ponytail holders		Perfume/cologne		Vitamins	
	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	
EXTRAS	Camera		Reusable water bottle		DONATIONS	
	Umbrella		Travel sewing kit		Clothing	
	Towel		Journal/Pen		Toys	
	Guidebook		Plug adapter		School Supplies	
	Backpack/day bag		Voltage converter		Toiletries	
	Stain remover		Laundry bag			
	Important Phone numbers		Ziploc bags			
	Powdered drink packets		Stethoscope			
	Personal snacks		Personal medical tools			
	Flashlight & extra batteries		MED BAG supplied by GM			