

Do's and Don'ts sheet for Zambia

Zambian - Orientation 2006

Modified July 2006

1. Do not think you are in your country. Act like you are visiting some body's place that you don't know so well. Be respectful of others even if you might disagree with them or the situation.
2. Eat only food that is either in a sealed package or served to you from either your host or in an acceptable restaurant.
3. Keep smiling while accepting or rejecting something.
4. Take things with your right hand. Avoid using your left hand while receiving something or eating.
5. When greeted, nod a little in response to show respect.
6. Wash you hands before eating.
7. Dress in modest and tidy cloth. Women should avoid shorts, sleeveless shirts, and transparent dresses/skirt. Remember, you are representing business. Men and women alike should avoid shorts, sandals, and other casual attire. Around the hotel is fine, but when you are out, remember your goal.
8. Take toilet paper to the village.
9. If you are offered fruit in the village, you may eat it. If a guide is around, it never hurts to ask if it is ok to eat the fruit. Never eat food that is prepared on the roadside unless you are confident that your stomach will be able to handle it.
10. Be sure to ask either your host, or your subject if it is OK to take pictures.
11. Do not go into a house without permission.
12. Learn to local greetings for the area in which you will be. Learning to say "Hi, How are you?" and "I am fine thank-you!" goes a long way in bridging the cultural gap.
13. Address people in a formal way especially when using their name. Most people are know as by their surnames, and first names are not often used.
14. Do not accept any proposals or requests for help from any individuals. Stick to the purpose of your visit.
15. Do not may any promises you can't or you won't fulfill. Whether this is sending pictures or promising help or writing letters, fulfill your commitments or don't make them

16. Be very cautious about who you give your mailing address to.

17. Always sleep with a mosquito net.

18. Drink lots of water – bottled water should be available at all times.

19. Wear sunscreen if you are in the sun lots.

If you ever have questions, never hesitate to ask your Zambian host or a guide for help.