



Ghana Africa! Important Information

Dates:

July 26– Aug 2, 2019

Host Organization:
projectnyamensa.org

Age Groups:

Senior High and College-aged Students, Adults, & Families with Children 14 and above

Per Person Cost:
\$3500

Documents Required:

Passport valid for at least 6 months after date of trip

Language Spoken:
English

For more info, contact
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Life in Ghana

- Ghana was the first country in sub-Saharan Africa to gain independence post-colonialism. It gained its independence on March 6, 1957.
- Ghana was ranked as Africa's most peaceful country by the Global Peace Index.
- Lake Volta, in the Volta region of the country, is the world's largest man-made lake. It's 250 miles long and covers 3,283 square miles, or 3.6 percent of Ghana's area.
- Major languages in Ghana are English, African languages including Akan, Ewe & Twi. Ghanaians love soccer and built a large soccer stadium in the capital of Accra. Soccer is the national sport.
- Kofi Annan is one of the most well-known Ghanaians. He served as secretary-general of the United Nations from 1997- 2006.
- Ghana produces the second most cocoa beans in the world. Ivory Coast is No. 1.
- While in Ghana we will partner with Project Nya Mensa (PNN) which means meaning "God's helping hands" in the Twi dialect. PNN works with the Ghanaian government and organizations like Orphan's Promise and International Justice Mission to educate, encourage, feed, house and love more than 40 children who had been orphaned, abandoned, and/or trafficked. Their ages range from 1 thru 17 years of age.

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GHANA BOUND! IMPORTANT INFORMATION

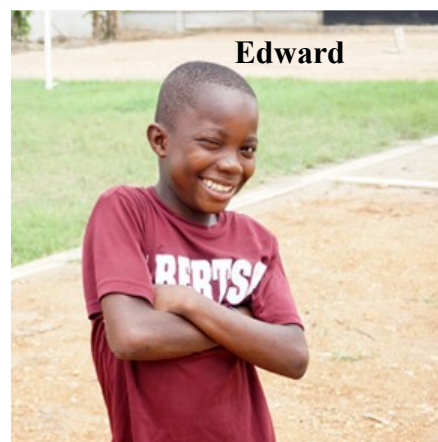


About the Camp

Accommodations are camp style - dorm rooms with bunk beds. We will have separate accommodations for males and females. Anywhere from 5-10 people in a room and each area has male/female bathroom and showers. Some, but not all, rooms have air conditioning; fans are available to help in the July heat and humidity. We will be staying at the Guest House Located at PNN and in an area over the chapel. It is clean and has plenty of outdoor space to play and be outside. We will eat dinner with the children most nights under a covered patio area. Breakfast and lunch will be in the Guest House Common Area.

What Happens on a Project?

Our team will depart from NY on Friday, July 26, at 10:36pm, flying through the night to arrive at Accra the next day. We will drive about 90 minutes to PNN and settle into camp on Saturday to recover from the travel. Sunday through Thursday we'll be working as a team in construction and children's ministry in the PNN and the surrounding community. The typical work day starts at 9am. We will be working on an ongoing construction project, either building or repairing a house for a family in the community or possibly a structure at PNN. Our primary ministry will be a Vacation Bible School for the children at PNN that will feature Bible Teaching and soccer instruction as part of a Sports Camp.



Meals will be prepared by PNN staff and you will eat as a team together for breakfast and dinner at the camp. Lunch is usually PBJ at the worksite or at PNN. After supper we will have a nightly group meeting where we will have a time of worship and prayer, debrief from the day, and talk about how we saw God at work throughout the day. We are planning to take a 1 day trip to the coast where we can swim and spend the day at the beach with the children from PNN.

Transportation to different ministry sites is provided by certified and licensed drivers in private buses. We will stay Thursday Night our final night at Golden Tulip Hotel in Accra and depart for NY on Friday.

Health Information

INOCULATIONS & MEDICATIONS:

We do recommend that all team members have updated tetanus. Ghana requires only a "Yellow Fever" vaccination but we always recommend that team members check with their physician or local travel clinic. They will suggest many other vaccinations but you don't need them. **Risk of Malaria is High for US travelers so you will need to be taking Malaria Meds before, during, and after your trip.** Cost for Yellow Fever vaccination and Malaria meds varies but plan for \$400 per person for medical visit and vaccination. You will need to attach the yellow "vaccination record" certifying that you have had your yellow fever vaccination to your passport in order to obtain your visa to enter Ghana.

MEDICAL:

Please bring a 2 WEEK supply of medications you are required to take.

Put your medications in your carry-on and keep it with you at all times during the project.

Should any health problems arise while you are on the trip, you will be treated promptly. We hope to have medical personnel from the church with us on the trip to help with basic medical care and injuries that may occur.



Travel Information

FLIGHT INFO:

We will depart JFK on Friday, July 26, meeting at 7pm and departing by 10:36pm via Delta Airlines flying non-stop to Accra and arriving 1:10pm. We will return to JFK on Saturday, August 3, departing on Friday, August 2, at 10:45pm and arriving at JFK on Saturday, August 3, at 5:35am. You will need to provide your own ground transportation to and from JFK.

LUGGAGE:

You must fit all of your clothes, tools, and personal stuff in one **50 LB** duffle bag, that you will live with in your room all week, and a carry-on bag/backpack. Don't check the carry-on with other luggage. Don't put tools in your carry-on. **Pack at least one change of clothing in your carry-on and basic necessities like a medication, in case the airline loses your checked luggage and those are the only items you have for several days.** It is not uncommon to have bags lost or delayed so be prepared by packing essential items in your carry-on. Do not take valuable jewelry or electronics. We cannot be responsible for anything you lose.

TRAVELING ATTIRE:

On arrival day, you may wear a comfortable pair of shorts/pants and your Team t-shirt. This will help us be identified as a group and create interesting conversations as we travel. Flight time to Accra is usually between 10-11 hours.

Camp Life

CLOTHING:

Your clothes should be functional and comfortable above all else. At PNN we recommend shorts or other loose cotton pants. But shorts are generally discouraged for cultural reasons and safety when working in the community, light cotton or Dri-fit long pants are preferable for both men and women. All shirts must have sleeves. Tank-tops, halters, mid-riffs, and tube tops are not allowed at camp or on worksites. Please bring one set of comfortable, casual/dress clothes for when our group is invited to a special event in the community such as church. **Ghana is known for being very hot and humid so be prepared for these conditions.** We will be in Ghana during rainy season. **You will be provided with a packing list.**

Long pants and shirts with short sleeves are required for the worksite. On the worksite, some clothing is inappropriate, such as shorts, tank tops, halters, mid-riffs, and sleeveless sun-dresses. As servants to people of another culture, we must be careful not to offend them by going beyond their standards of decorum. Please make modesty a priority with all the clothing you choose to take along.

MONEY:

While on a missions project you will need to bring money for souvenirs and optional activities. We will go to the Market on the last day in Accra Thursday or Friday. We recommend you bring \$200-300 dollars for spending money. All of your meals and expenses will be provided for during the week. If you want to buy extra food or drinks on the last day at the Golden Tulip Hotel, you will need to cover that expense.



Passport and Getting Your Visa

PASSPORT:

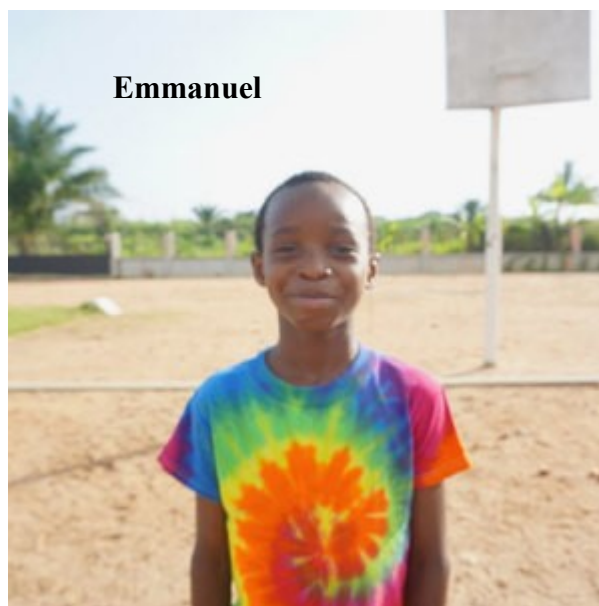
You must have a Passport to travel. When applying for a passport you will need to submit an application at least 10 weeks prior to departure. Passport applications are available at the nearest main branch of your United States Post Office. Allow for plenty of time in its delivery.

Passports and IDs must be valid for at least 6 months after returning to the United States.

Visa: You must also obtain a Visa to enter Ghana prior to your departure. You will need to show the following to get a Visa, address of where you are staying, letter from PNN of what you will be doing in Ghana, Bank Statement individual or family showing you have money (this is for real), copies of your travel itineraries and plane e-tickets, proof of Yellow Fever Vac.

We recommend <https://www.itseasy.com/visa-expediting/Ghana> located in Great Neck or www.rushpassport.com located close to Penn Station NYC. Plan on spending about \$300 per person to obtain your Visa for Ghana by expeditors. You can obtain your Visa yourself going to the Ghanaian Consulate in Washington DC but it is a great deal of time and travel.

<https://www.ghanaembassydc.org/visas>





Odds and Ends:

PAPERWORK:

You will be emailed items necessary to obtain your Visa once deposits and payments are made. Vaccination for yellow fever and Visa should be completed by end of June

RESPONSIBILITIES:

All participants must prepare spiritually, emotionally, physically, and mentally prior to leaving on this trip; the preparation will have two phases. Individual preparation will be the focus from February-April. Team building will be the focus May-July. Participants are required to come to each team meeting (unless cleared with Pastor Jerry) and complete the preparatory materials prior to the trip. All participants must fundraise and be diligent in raising support for the costs of their trip. Pastor Jerry will help you with several fundraising opportunities such as letter writing, and various other opportunities to raise money prior to the trip but you need to be diligent and creative.

INSURANCE:

Each person is responsible to know his or her own medical insurance policies when traveling out of country; If your insurance does not cover emergency care when traveling out of country go to www.cdc.gov and look for advice on short term travel medical coverage. We will also purchase travel insurance.

CHILDREN'S MINISTRY:

Our team is responsible to provide ministry to children the week we are there. Everyone will participate in this, it is one of our most effective ways of reaching out into the community and encouraging the children of PNN. If you are interested in being the lead person for some aspect of this ministry let Pastor Jerry know. We will be responsible for the following skills training, games, testimonies, Bible story, songs, drama, and crafts. We will bring everything we need for Children's Ministry from home. The more organized we are, the smoother it will run. We will need to plan most of our sessions before we arrive in Ghana to avoid being stressed out.

EMERGENCY PHONE NUMBER AND EMAIL:

We discourage bringing cell phones and electronics, cell phones will work where we are going. There is cellular service but please check with your cellular carrier if you have coverage in Ghana prior to the trip. We will have the ability to call and an emergency number will be given to family members in the States so you can be reached.



GHANA BOUND! IMPORTANT INFORMATION



Schedules:

PAYMENT SCHEDULE:

Total cost of the trip is \$3500.00 does not include any fees for passport, Visa, Malaria medication, Yellow Fever vaccination or overweight luggage (Approximately, an additional \$600 per person cost).

- 02.10.19 - Deposit of \$1000.00 (You can submit a deposit sooner to reserve a spot)
- 03.03.19 1st Payment - \$500.00 (Total of \$1500.00 needs to be in account)
- 04.07.19 2nd Payment - \$500.00 (Total of \$2000.00 needs to be in account)
- 05.12.19 3rd Payment - \$500.00 (Total of \$2,500.00 needs to be in account)
- 06.09.19 4th Payment - \$500.00 (Total of \$3,000.00 needs to be in account)
- 07.07.19 5th Payment - \$500.00 (Total of \$3500.00 needs to be in account)

All checks should be made out to Shelter Rock Church. Checks can be mailed to Shelter Rock Church or given to Jerry O'Sullivan. Spots are limited to 20 and can only be reserved with a \$1000.00 non-refundable deposit. You can mail checks to Shelter Rock Church or drop in offering basket; just mark the envelope or in the memo of the check "Attn: Jerry - Ghana Trip". In order to be tax deductible, your name must NOT appear in the memo section of the check.

Payment will cover your airfare, lodging, transportation, and food while in Ghana. The only thing you will need to cover is spending money for souvenirs or if you plan to purchase extra snacks or drinks at Golden Tulip Hotel the final day of the trip.

FUNDRAISING SCHEDULE:

WE WILL SET UP AN ON-LINE GIVING PAGE AND PEOPLE CAN DONATE VIA CREDIT OR BANK CARD BY FEBRUARY 2019

MARCH: Letter Writing Campaign - Starts April of 2019. We will write letters to friends, family, asking them to help you with the costs of the trip. Write lots of letters as soon as possible to everyone you and your family knows. Don't be afraid to ask neighbors and people who you don't know all that well. People are excited to partner with you and be part of something that is God-sized. The earlier you start, the better. This is the major way that most people raise the funds they need. (Look for sample letter and instructions in writing letters. You CANNOT write to people at Shelter Rock Church without permission from Pastor Jerry)

MAY/JUNE:

Local group service project where we will focus on team building and also asking friends, family, and members of the congregation to sponsor our efforts as we work together in the community. If you have any idea of places we could serve as a team such as a clean up project, building project, or some other form of outreach, let Pastor Jerry know.



Josiah



Preparation

INDIVIDUAL PHASE FEBRUARY-APRIL:

We will have people from different backgrounds, ages and places in life. Students or people who live outside of Long Island are able to participate in the trip by completing a curriculum, that the entire team will be working through as individuals. Monthly homework will be due at the end of the month along with your payments. Homework assignments once completed can be emailed to Pastor Jerry or another specified group leader. Once you have confirmed you are going via deposit, forms will be emailed and curriculum will be sent out by mid-February, 2019. During this phase of preparation our team will practice various spiritual disciplines such as Bible study, scripture memorization, and fasting to prepare us for working with one another in Ghana. The key attributes we will seek to develop during this time are understanding what it means as a follower of Christ to be a Learner, Servant and Storyteller. Assignments must be handed in on time or you need to communicate with Pastor Jerry to let him know about any complications.

TEAM BUILDING PHASE MAY-JULY:

Everyone will play a role and must do their part if we are to do a God-sized thing in Ghana, this includes group preparation and team building. We will have monthly team meetings and spring service projects where we will have the opportunity to get to know one another and start to come together as a team. Attendance at team meetings is important and you need to let Pastor Jerry know if you cannot attend a team meeting before the scheduled date. A schedule will be sent out by mid-February.

We Ask for a High Standard

- Our team from SRC will be composed of 20 participants.
- The trip is open to College students, adults and families with children 14 years of age and up.
- As a team, we hope to be intentional about spiritual disciplines such as Bible study, prayer and hearing from God in the months leading up to the trip through personal and group devotionals and journaling.
- Team members must attend a church on a weekly basis.
- A maximum of two meetings can be missed without some formal make-up process. Please inform Pastor Jerry prior to a team meeting if you cannot attend. (Schedule will be given out in February)
- Team members must complete required individual and team preparation prior to the trip.
- Behavior, especially with the opposite sex, needs at all times to be honoring to the Lord.
- This is a work project and every member must be willing to work at whatever is being done, i.e., mix cement, lay block, dig, clean up, help in the kitchen, etc. Each is expected to do his or her share and nothing will be asked of anyone that he or she cannot do. Each one must be willing to work and cooperate with the leadership of your church and leadership provided by PNN.
- We ask skilled people to be aware that things may be done differently within your trade. Please be adaptable and flexible as we work together to the glory of God.
- Unless you are married to one another, we ask that there be no emotional/physical involvement or contact. Do not go into any rooms/dorms belonging to the opposite sex. No Public Displays of Affection (PDA) or pairing off is permitted. It tends to distract from the real purpose of the team. "No pairing off" offers a better relationship and more fellowship with the other team members.
- No smoking or use of drugs (let Pastor Jerry or the team medical person know if you are on a prescription or taking over-the-counter meds).
- No alcoholic beverages of any kind are to be consumed during the trip. This includes on the plane and meals at the end of the trip.
- No t-shirts that display cigarettes, alcohol products, drugs, rock groups, obscene or suggestive language. No tank tops, tube tops, mid-riffs, or halters.
- The only appropriate piercing would be for females who have their ears pierced. Anything other than ear piercing for females would be culturally insensitive to the people we are going to minister to.
- You must be willing to commit time and energy to individual and team preparation so that we come together as a team before we land in Ghana.