



WOMEN OF STRENGTH



# Women of Strength

South Africa 2024

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About Your Trip

# Amor Europe Women of Strength

## South Africa 2024

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# Trip Information

We are so pleased that you have made the decision to become part of this year's UK Women of Strength South Africa team.

This year's Women of Strength team will build a home for a family trapped by poverty in the shanty township of Botleng. As well as serve alongside local women on a special project. The house is a simple design, ensuring that an unskilled group of people with a few hand tools can complete the project in as little as six days.

Alongside building a home, Women of Strength aims to provide you with a true taste of South Africa. From sampling authentic South African cuisine, to being impacted by the history, pain and challenges of this amazing nation.

We encourage you to see this year as an opportunity to be impacted and challenged by experiencing a people and culture that is different to yours:

- A people and culture that we will have the privilege to serve
- A people and culture that we will come to love
- A people and culture that we have much to learn from

This document seeks to provide you with all the information you will need to prepare for your trip.

## South Africa Programme

|         |  |
|---------|--|
| 9 July  | Fly to Johannesburg, South Africa            |
| 10 July | Orientation + training + team building       |
| 11 July | Build 1 & Community Outreach                 |
| 12 Jul  | Build 2 & Community Outreach                 |
| 13 July | Culture Excursion                            |
| 14 July | Church Day                                   |
| 15 July | Build 3 & Community Outreach                 |
| 16 July | Build 4 & Community Outreach                 |
| 17 July | Culture Excursion                            |
| 18 July | Build 5 & Community Outreach                 |
| 19 July | Finish build, house dedication & Celebration |
| 20 July | Breakfast, clean up and depart for airport   |
| 21 July | Arrive home                                  |

## Devotional

Throughout the trip we will have the opportunity to meet Jesus a fresh and be challenged to grow in our walk with him. This will included a devotional in the run up to the trip preparing our hearts for the oversea experiences as well as each day having time together to hear from God. This year's theme for the spiritual inputs is "What If..."

# Travel & On Location

## Accommodation

We will be staying at Hephzibah Kampterrein, near Delmas. The farm is staffed 24 hours per day to prevent unauthorised access to the site. The accommodation is in houses or dormitories, with a dining area, meeting room and sports field also available. Bedding is provided, but as July is still winter in SA, it can be cold, so those who feel the cold may want to bring an additional blanket.

## Food

You will have the opportunity to try real South African food! Meals are served in the main dining room. The food is of a good standard and is plentiful. Hot food is served at both breakfast and dinner, with a packed lunch being provided for eating at the work site. The group will clear and wash up their crockery and cutlery using the facilities provided. On one of the culture excursion days you will have the opportunity to try South African food at a restaurant in SOWETO.

## Toilets & Showers

The facilities at Hephzibah Kampterrein are fairly basic, but include a shower/bath, wash basin and flushable toilet in each accommodation hut or dormitory. Only drink bottled water and use similar for cleaning teeth.

## Worksite

Botleng is the township where the home will be built and is 20 minutes drive from Hephzibah Kampterrain by bus. The site and recipients of the home will have been chosen by the local pastors and the community.

Work starts on site at around 09:00 and finishes around 16:00 each day. The construction method is easy to work with and does not require any prior experience or skill.

From early afternoon, local children (perhaps as many as 50) will gather near the build site. We will rota a small team each day to play with and provide outreach to these children.

## Special Project

Women of strength trips include more than just a house building. You will work alongside women from across the world helping serve the community in another way. This will take place alongside the house build

The special project will included working alongside other local ladies and local high schools to help serve needs in the community. Previously the project has been working on Amor South Africa Project Period by creating reusable period pads and teaching the locals the skill as well. This year's project has still to be decided.

## Soweto Tour

This tour includes a visit to the places where key figures in South Africa's recent history such as Nelson Mandela and Bishop Desmond Tutu lived.

A key part of the tour will be a visiting different historic sites that played a major role in the SOWETOW uprising. You will also be looking at various key women in uprising.

There will be the opportunity during this tour to purchase gifts and souvenirs from local street traders.

## Personal Cash

You may need a small amount of money for snacks and souvenirs. The amount is completely at your discretion, although we suggest you should not bring more than £60. Please bring South African Rand. British pounds will only be used in the airport so do not bring these for spending overseas!

## **Travel & Medical Insurance**

Amor Europe will provide group insurance which is included in the cost of your trip. If you would like a copy of the insurance policy, please ask your Group Leader.

## **Emergency Phone Numbers**

We will provide you with a phone number that your contacts back home will be able to use should they need to contact you while you are in South Africa.

## **Medical Emergencies**

We will have a medical kit for basic medical problems on the worksite at all times. All

medical treatment will be performed by South African medics/doctors. In serious cases an ambulance will pick up a casualty and take them to the nearby South African emergency hospital, which is located in Springs – 30 minutes from Ebenezer, 25 minutes from Botleng.

## **Health Advice**

Amor Europe are not qualified to advise you on vaccinations. You should seek professional advice from your own doctor or travel clinic. Please ensure you do this early, as some vaccinations need to be taken well in advance of your trip.

## Kit List

Each person is expected to bring the following items. It is important that these items do not take up more space than the airline will allow. We therefore strongly recommend that you pack a limited amount of clothing since this is a work situation and you will not need more than two sets of work clothes. Please follow the kit list for your own protection, safety and comfort. Remember it will be winter in SA for evening

| Your kit checklist...   |            |                 |
|---|------------|-----------------|
| Item to bring   | I have it! | I've packed it! |
| <b>For night and sleeping...</b>  |            |                 |
| • nightwear   |            |                 |
| • additional blanket (bedding is provided, however it is winter in SA so may feel cold – sleeping bag is a good choice) |            |                 |
| • torch with spare batteries  |            |                 |
| <b>For wash and hygiene...</b>  |            |                 |
| • toiletries (toothbrush, toothpaste, soap, shower gel, shampoo)  |            |                 |
| • towel and flannel   |            |                 |
| • toilet bag — containing baby wipes, antibacterial hand gel (toilet paper is provided)                                 |            |                 |
| • Face mask   |            |                 |
| • Any personal medication   |            |                 |
| <b>For worksite...</b>  |            |                 |
| • work clothes (nothing sleeveless, no shorts allowed, full length trousers only, jacket as it is SA winter)            |            |                 |
| • work shoes (sturdy, no open-toe shoes allowed)  |            |                 |
| • work gloves   |            |                 |
| • sun hat — ensure it covers neck and ears  |            |                 |
| • sunblock, sun screen (high SPF, 30 or preferably 50)  |            |                 |
| • insect repellent  |            |                 |
| • drinking bottle (large 1.5 litre minimum) — for water on the worksite, labelled clearly with your name                |            |                 |
| <b>For personal comfort...</b>  |            |                 |
| • camp clothes — shorts and dresses are ok, however pack warm as once the sun goes down it is cold                      |            |                 |
| • non-work shoes (these must be comfortable)  |            |                 |
| • sunglasses  |            |                 |
| • lip balm  |            |                 |
| • Excursion Clothes & Church Clothes  |            |                 |
| <b>More essentials...</b>   |            |                 |
| • rain wear, kagoule  |            |                 |
| • money pouch   |            |                 |
| • Bible, notebook, pen  |            |                 |

**DO NOT BRING:** alcoholic beverages, non-prescription drugs

# Money Matters

## Questions about Trip Fees

### What does the trip fee cover?

Your fees covers all the following...

- **Travel Costs**
  - Flights to and from South Africa, plus onward travel.
  - Travel between campsite and worksite.

**It does NOT cover your travel costs to get to and from the airport in the UK.**
- **Travel & Medical Insurance**
  - A copy of the insurance will be sent out prior to the trip departure.
- **Food & Accommodation** — while on location.
- **Materials & Tools** — required for building the house and the special project
- **Local Scholarship** — covers the cost of some local ladies to be able to join our trip.

### Where do I send the money raised?

Please ensure you send funds to Amor Europe on a monthly basis. Bank details will be provided

### By when should my money be paid?

We have set the following deadline for sending in your money:

- Registration fees — £200
- end of November 2023 — £600
- end of February 2024 — £1,200
- end of April 2024 — £1,750
- Start of June 2024 — £2,300

Please do not save it all up and send it at the last moment! We have to pay the flights, insurance and various other costs in advance, so we need to have the funds sent into us as soon as they are raised.

### Gift Aid

If a UK taxpayer is able to donate, then please ask them to tick the Gift Aid box on the **Sponsor Form** or **Donation Slip**. The Gift Aid that Amor Europe receives on these donations will be used to manage the risks on exchange rate fluctuations. For this reason, Gift Aid cannot be added to the fundraising target.

Please note that donations can be Gift Aided only if they are given by tax paying persons not connected to you. Donations by your parents or immediate family, your church funds, another charity or from any other organisation cannot qualify for Gift Aid.

Please note that it is illegal for the money to be raised in small amounts and then ask a taxpayer (a non-relative) to send in a cheque for that amount using Gift Aid.

## What happens if I raise more than my target amount?

Many participants will raise funds over their target. Any surplus funds will be used as follows:

**Firstly**, to cover any other participants who did not reach the target funds; then

**Secondly**, money will go towards any of the following:

- a discretionary gift may be given to our partner agency in South Africa;
- funding for future South Africa trips;
- buying equipment to be stored in South Africa for future teams.

## What happens if I am unable to take part after all?

You will be asked to cover any expenses incurred on your behalf, up to the target amount, unless the withdrawal is for reasons covered by the Travel Insurance.

## Fundraising — Getting Started

It may seem ages until the trip but we encourage you to get started as soon as you can. Remember you can't just ask people for money without doing something in return. Keep people close to you updated on how you are doing, and don't feel that you are doing this alone. Get some help from friends, family, and supporters, and put on events and activities to raise the money.

Amor Europe will provide **Donation Slips**, **Sponsor Forms**, and **Info Flyers** which can be used to help you raise funds. You can also access them on our website: <https://www.amoreurope.org/build>

### About Donation Slips

Before giving these slips out, ensure you fill in your own name, and information about to whom to pay cheques. You can use these slips to place on seats before you talk about your forthcoming trip in a church service, or for people to take home and to return to you with a donation at a later date. Ask all donors to seal their gift in the envelope along with the slip, ensuring that their name, address, and donation amount is recorded if they intend to Gift Aid the money (and if so, please ensure they have ticked the Gift Aid box).

### About Sponsor Forms

The **Sponsor Form** can also be used to record donations, and will save you using lots of slips and envelopes. They could be used for events such as a sponsored swim, or cycle ride.

### About Info Flyers

The **Info Flyers** can be used to tell people about your trip, and what the money they give will go towards.

### Some fundraising hints

Ensure you knowledge about the trip in sufficient detail to answer general questions.



Remember that the fundraising challenge is as much a part of the experience trip as the trip itself. Start it sooner rather than later to ensure you have reached your fundraising target at least two weeks before the trip starts. Remember:

- always be polite and thank people as soon as they have donated any money;
- keep track of all slips and sponsor forms;
- ensure you get any adults who pay tax in the UK to Gift Aid the money they give;
- show people the flyers and tell people they can also go to the website « [amoreurope.org](http://amoreurope.org) » for more information;
- read the Questions under “Money Matters” for more information.

If you need any ideas for fundraising ideas, Amor Europe can send out our Fundraising Idea document to help you

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If you have any questions please contact Molly Fowlie – email: [mfowlie@amor.org](mailto:mfowlie@amor.org) / phone: 07576279787