

# PURE WaSH Justice Expedition

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# Amor Europe PURE WaSH Justice Expedition

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

## Contents

### Pure Justice Expedition - Introduction

### Overview

### Essential Information

### Finances & Money Matters

### Kit List

### Fund Raising

# Pure Justice Expedition - Introduction

We are so pleased that you are considering or have made the decision to become part of the Pure Justice Expedition Team. Amor Europe are committed to creating opportunities for people young & old to serve the poor in different counties around the world. Your experience starts today as you begin to prepare for an adventure you will remember for the rest of your life. 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, one that we:

- Will have the privilege to serve
- Come to love
- Have much to learn from

Our prayer for you is that this experience will profoundly impact you and transform your relationship with God and the way you see the world around you.

## Overview

Fly from Manchester or London. Once we arrive, we take a coach trip of up to either one hour, or 3 depending upon which region we're visiting. The accommodation for the week is usually a Guest House.

Day 1 - Arrive in our Guest House, which will be basic, but provide safe, comfortable and clean accommodation. Rooms will be either dormitory style with bunk beds and mosquito nets, and toilet block, or rooms for 2, or 3 people with on suite toilet, a room is typically a double bed, with a single mattress on the floor, with mosquito nets. Accommodation will provide us with meals; typically African, or British breakfast (omelette/fruit/tea/coffee); lunch (stew, rice & bread), in the evening you will enjoy a local dinner. This will usually also be our venue for morning meetings, a place to chill and entertain ourselves each evening.

Day 2. - Meet our local team made up of our partners, the local church & interpreters. We will spend this day getting to know one another and cultural exchange. Training and awareness including:

- Facts and awareness about WaSH
- Assembling filter interventions
- Starting, stopping, cleaning and maintaining filter interventions
- Impact Measurement
- Prayer
- Practicing together in a safe environment what to say when at the villages
- What to expect at the village on day one of distributions.

Day 3 – Day 6. - A typical day:

0700	Breakfast
0730	Encounter: Spiritual Development*
0830	Leave for Community Action

0930	Encounter: Community Action*
1400	Arrive back at accommodation for lunch
	Relax and chill
1800	Dinner
1900	Reflections
2000	Entertainment
2200	Bed

Encounter: Spiritual Development/love God and Community Action/love neighbour\*

*\*A personal encounter with the Father is what we long for. So, each day after breakfast we focus on Spiritual development, which includes worship, prayer & devotions, in other words being filled up; love God (Matt 22:37). This is then followed by Community Action, pouring out what you've just learnt; Love neighbour (Matt 22:39). The best way to show someone you love them is by serving. So, we go to rural villages where the need is greatest to distribute water filters, training on the use of filters, sanitation and hygiene awareness, we call this a WaSH intervention; all is done in the name of Jesus.*

Day 7. - If all the WaSH Interventions are completed, a day to relax, enjoy some of country as a team.

Day 8. - Experience a Church service, together share and celebrate what's been achieved. Travel to the airport for our flight home. Flights are usually overnight, and we arrive back in the UK in the early hours of Day 9.

## Essential Information

### Passport

You need a British Passport valid for the duration of our visit, it must also be valid for at least 3 months from the date of your return into the UK.

### Travel and Medical Insurance

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

### Emergency Phone Numbers

Later, we will provide you with a phone number that your loved ones will be able to use should they need to contact you while you are in Africa. We will also create a UK WhatsApp Group with a nominated contact, who if needed will communicate with your loved ones while we're on mission. We will try to communicate once a day, but communications are expensive and intermittent.

### Personal Cash

We recommend you bring 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 £50 in cash. This can be converted into the local currency on arrival.

## 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.

You must have a yellow fever vaccination and bring your yellow fever certificate with you on the trip. The yellow fever vaccine is not normally available for free on the NHS, so you'll have to pay for it, which typically costs around £60.

Africa can be hot and humid, if you suffer from any conditions associated with either of these issues, PLEASE consider this when deciding to go. Any questions please ask your Expedition Leader.

If you take Any prescription medicines, you will need to inform your Expedition Leader/Team First Aider. You must also bring a doctor's prescription for all prescription drugs.

## Finances & Money Matters

### Expedition Cost

Until your flight has been booked, the price of your Expedition is estimated.

You are responsible to pay all the cost. However, we encourage people to pay, and, or fundraise for half of the costs, the flights, accommodation, etc. The other half, in country and WaSH related costs are raised as a team, this builds friendships and team.

### What does the Expedition cost cover?

Your fee covers all the following:

- **Travel Costs**  
Flights to and from Africa, any compulsory Airport Security Fee.  
Onward travel when in Africa inc. travel between accommodation and the places we will be working
- **Travel & Medical Insurance**  
If you would like a copy of the insurance policy please ask you group leader.
- **Food & Accommodation** — while on location in Africa. There may be a meal on the flight if flight is longer than 7 hours, check with your Trip Leader.
- **Filters, buckets, IT costs, training and up to 4 follow-ups.**
- **3 Meetings At The Well** — 2 before the trip to meet the team, and prepare for mission together & one following your return, which is a celebration and a debrief. You will need to make your own way there and back. We will always try to hold them close to where most participants live.

### What is not included cost wise?

Travel costs to get you to and from the airport in the UK.

Passport

Inoculations – Most should be available from your GP, if they're one of the few that don't offer this free service, then you will need to go to a Travel Clinic. Yellow Fever is an example of this.

Clothes or other items you need

Travelling to and from 3 in person Meeting at the Wells

Any food/drink purchased at the airport.

## Where do I send the money raised?

Please send any of your trip costs to:

- Amor's Bank Account:
  - Bank: Metro Bank
  - Sort Code: 23 05 80
  - Account Number: 29601504

Reference: Reference: **IMPORTANT** for any payments always use a reference made up of the first 3 letters of the country, the last 2 numbers of the year & first three letters of your surname, so we know the payment allocated to you. For example, assumes Gambia, 2025 & Smith = GAM25Smi

Crowdfunding sites. Your Trip Leader can help you set up a crown fundraising site, Amor uses Stewardship.org, please use this organisation. We have lots of experience on fund raising to share, for example see the final section of this document!

## By when should my money be paid?

Please do not save it all up and send it at the last moment! We have lots of costs to pay for in advance, so we have set the following deadline for sending in your money:

- Immediately register and pay deposit — £150
- When flights need booking, outstanding flight cost to be paid — £750
- 3 months before expedition travel — £250
- Full outstanding balance 4 weeks before departure date

## Gift Aid

If a UK taxpayer is able to donate, then please ask them to tick the Gift Aid box on the Sponsor Form, Donation Slip or Crowdfunding sites. They can also complete an Amor Europe Gift Aid Form. This increases the value of the gift by 25%, so every £1 given becomes £1.25 received.

If you yourself are a UK taxpayer, you can donate up to £800 of your own money and claim Gift Aid towards your Expedition, e.g. an £800 donation means £200 of Gift Aid towards your trip cost. All other Gift Aid Amor Europe receives on your donations, or donations from others will be used to support the work of Pure.

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

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

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

- To cover any other participants who did not reach the target funds
- Funding Pure including more WaSH interventions.

### **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.

# 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.

## The Gambia 2026 Kit List

***Please print and tick off as you get your kit list together – remember to borrow before you buy, if you need to buy try a second-hand shop first...it's cheaper & better for the planet.***

Topic	Items	Qty	Tick	Comments
<b>Luggage</b>	Suite Case or holdall - Robust and large enough for all your items and your 10 water filters. Baggage allowance: check with Trip Leader, But usually it is 23KG hold luggage & 8KG cabin baggage	1		
	Rucksack for aircraft overhead storage. Plan will be to take this with you each day while in the village(s), to carry your water, snacks, hand sanitizer, wet wipes, snacks, any other essential items, hence backpack option may be best	1		
	Plastic wallet for your passport and other certificates	1		
<b>Documents</b>	Passport – Plus a photocopy of Identification page, for you & your emergency contact in UK	1		
	Yellow Fever Certificate	1		
	Safeguarding Pocket guide provided by Pure	1		
<b>Food / Drink</b>	Speciality teas. Note: standard tea and coffee is available at an additional charge.			
	Travel Cup (hot drinks), knife, fork, spoon, plate & bowl.	1		
	2 litre water bottle / write your name on it. Water bladder for your ruck sack is a good option instead of a water bottle.	1		
	Any treats you feel you may want to take, e.g., cereal bars, biscuits, or favourite snack, variety cereal packs			
<b>Medicines</b>	Any prescriptions medicines (inform Expedition Leader & First Aider if you have any). Bring Drs. Note for all prescription drugs)			
	Sufficient Insect repellent to last the duration both day, and night. Ensure maximum strength, for example Jungle Formula Maximum or <a href="#">Boots Repel Maximum DEET &amp; PMD Aerosol 125ml</a>   <a href="#">Boots</a>	Lots		
	High factor sun protection	1		



	<p>The Expedition Leader will be bringing a well-stocked first aid kit, BUT will NOT include medicines.</p> <p>If you are prone to travel sickness, heat, constipation, or diarrhoea, eczema, etc. please bring the best treatment that works for you. Like any foreign country, buying it in Africa is expensive.</p>			
<b>Clothing</b>	Comfortable loose clothing. The day and evening may be hot, circa. 30 degrees. In the day we may be walking through bush and on uneven track.			
<b>Day</b>	<p>Long trousers, ideally not tight fitting (heat). Ladies' long trousers (harem trousers) that elasticate at the ankle, which are cool and reduce risk of insects getting to your legs.</p> <p>No dress-code. However, be sensible and protect yourself against insects, for example long trousers, jeans, harem trousers. Wear modest clothing, if skirts, below the knee.</p>	3		
	Trainers, with socks. For safety reasons nothing open toed, no flip flops or sandals.	1 or 2 pairs		
	T-shirts are ok for men and woman. No vest tops for modesty purposes and to prevent sun burn.	5		
	A suitable hat, it will be hot & sunny every day	1		
<b>Evening</b>	It is not normally chilly in The Gambia. However, airplanes and airports can be. PLEASE bring suitable warm clothing, just in case. Fleece (use to travel in from UK).	1		
	Long trousers/track suit bottoms	1		
	Long sleeved top/hoody/track suit top	1		
	T shirt/polo shirt	1		
	Pair of Shorts	1		
	ALWAYS wear something on your feet. While at accommodation comfy indoor shoes, or flip flops to walk around your room and the accommodation...anything else is at your own risk.	1		
<b>Towel</b>	While at the accommodation – Micro Fibre are good, they take less room. We may go to the beach, so a beach towel is an option.	1		
<b>Hygiene</b>	All your usual items, for example deodorant, toothbrush, and paste.			
	<p>Shower gel – Mosquito's avoid lemon smells. So, ensure you bring <b>lemon</b> scented, for example ASDA's Original Source Lemon, or AVON Skin So-Soft lemon.</p> <p>If you are sharing a room, please consider one large bottle to share, instead of each bringing</p>			

	your own. It's cheaper and better for environment.			
	Antibacterial gel for your hands. Enough for the whole trip, for example every time you go to the loo, after you wash your hands, before and after you eat, when we're out and about.	Lots		
	Sanitary products for the ladies			
	Environmentally friendly wet wipes. There will be toilet paper in the accommodation. However, when we're in the villages there will be no toilet paper, or handwash facilities, wet wipes are ideal, also for use before you eat. Note: While in villages there will only be long-drop toilets, which will be smelly, a tip is Tiger Balm to apply under your nose: <a href="https://www.boots.com/tiger-balm-red-ointment-30g-10223197">https://www.boots.com/tiger-balm-red-ointment-30g-10223197</a>	1		
	<b>While in Africa be environmentally aware...take your rubbish back to the accommodation!!!</b>  Plastic Zipped bag (approx. 20x30cms) for personal waste while in villages (wet-wipes, plastic, snack wrappers, etc.)	1		
<b>Other</b>	Phone charger  Your trip leader will have a phone for emergency use. They will try to send a message each day to your emergency contacts providing a brief update for assurance purposes.	1		
	Mosquito nets. Should be there, but sometimes they're not in 100% great condition. You may feel more comfortable taking your own. On amazon they range in price from £10 - £20 (Speak to your room mates, they may have one already, to save the cost)	1		
	Ear plugs for sleeping in case you have a noisy neighbour. Also, rooster &/or pigeons, &/or rain on roof)	1 pair		
	Pillow (travel/otherwise). (Pillows are provided in the guest house, but can be firm)			
	Sunglasses (Not expensive brand)	1		
	Light cotton sheet – Not required, but optional for modesty while sleeping			
	Head torch for outside in evenings, and in case of power cut	1		
	A journal/notebook & pen. It's good to record your feelings and experiences each day.	1		
	Your Bible	1		
	Double, or even treble adaptor, just in case your bed is not close to the socket. You may want to consider sharing with a roommate.	1		
	Travel adaptors are <b>not</b> required, for example in The Gambia. They use the same plugs as we do,	N/A		

	i.e., type G & they operate on a 230V supply voltage at 50Hz.			
	Credit cards accepted in some large ships, and in the airport. Most shops take cash. You cant obtain Gambian currency in the UK. So, for small gifts, and presents take UK £s. They're widely exchangeable. You can also take US \$'s, but make sure the notes are no older than 5 years	£50		
<b>Don't Bring</b>	For your consideration: This is a mission trip. Even if you don't wear branded clothing, simply wearing a smart watch, having a smart phone, using ear buds, all play to the stereotype of westerners as having everything, material wise. Please be sensitive to those we seek to serve.			
	<b>IF</b> you plan to bring an expensive camera, DON'T place it in your suitcase, which will be stored in aircraft hold, carry it with you at all times in your hand luggage.			
	Electric or electronic gadgets, for example hair straighteners, hair dryers, gaming devices			
	Alcoholic beverages, or recreational drugs			

Any questions or concerns please contact your Trip Leader.

## FUNDRAISING — GETTING STARTED

It is never too early to start to fund raise. 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. When you return thank all your supporters, share your story from your mission trip.

Your Group Leader can provide **Donation Slips**, **Sponsor Forms**, and **Info Flyers** which can be used to help you raise funds. If you wish to use these in large quantities, please **ask your Group Leader for more copies**.

### About Donation Slips

Ask your Group Leader for **Donation Slips**. Before giving these slips out, ensure to fill in your own name, and information about to whom to pay cheques (your Group Leader should have done this for you). 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). ***Form below for printing purposes***

### 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. ***Form below for printing purposes!***

### 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 know 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

- Don't be afraid to ask, the worst people can say is no
- 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, [www.amoreurope.org/pure](http://www.amoreurope.org/pure) for more information;
- Read the Questions under "Finance & Money Matters" for more information.

Ask your Expedition Leader for the "Fundraising Ideas," booklet to get your creativity started, or click here: <https://www.amoreurope.org/pure-expeditions>. Look at any expedition and then downloads.

# Donation Slip

## Pure Justice Expedition Africa

form no:	
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participant's name		participant's address	
Phone number			

I will be travelling to Africa to be part of a UK team to raise families out of water poverty and setting. This 9-day Expedition is organised by **Amor Europe**, a Christian charity based in the UK. To make this trip possible I will need to raise financial support. All proceeds will go towards the direct costs of the trip and the participants must raise all the money themselves. Please make this trip possible by donating. Please make cheques payable to "\_\_\_\_\_".

Full Name *	Full Address *	Post Code *	date collected	amount sponsored	total collected	gift aid Y / N

**NOTE:** \* these details are required for Gift Aid. If you are a UK taxpayer, please Gift Aid your donation.

page total	£
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## Sponsor Form

v2b — July 2019

### Pure Justice Expedition **Africa**

form no:

participant's name	<input type="text"/>	participant's address	<input type="text"/>
phone number	<input type="text"/>		

I will be travelling to Africa to be part of a UK team to raise young girls out of period poverty and setting up marginalised women in a sustainable PAD business. This 9-day Expedition is organised by **Amor Europe**, a Christian charity based in the UK. To make this trip possible I will need to raise financial support. All proceeds will go towards the direct costs of the trip and the participants must raise all the money themselves. Please make this trip possible by donating. Please make cheques payable to "\_\_\_\_\_".

Full Name *	Full Address *	Post Code *	date collected	amount sponsored	total collected	gift aid Y / N

NOTE: \* these details are required for Gift Aid. If you are a UK taxpayer, please Gift Aid your donation.

page total £