



TRIPS FOR HUMANITY

**Globe-trotting volunteer adventures for all.
See where you can make a difference.**



HUMANITAS
working for humanity



HELLO!

Are you ready for the cultural experience of a lifetime? To sleep under the stars and completely immerse yourself in the life of a rural African community? Our volunteering trips are all bespoke, which means that they are created with you and your skills in mind. We believe everyone has something to offer, whether you're a trades person, a gardener, administrator or full time parent, the most important thing to us is that you're up for a challenge and have a can-do approach.

All of our trips have two aims. To improve the lives of the people living in the rural village of Ayensuako in Ghana and assist them with agriculture, irrigation, education, environmental and social development projects. And to raise much needed funds for future projects, to help lift the community out of poverty and into a more sustainable future.

Previous volunteers will tell you that our trips are about having fun, building new friendships and learning about different cultures. We would love to welcome you as one of our team!

ABOUT US

We are a young, creative, grassroots charity that has worked for more than a decade to protect and care for some of the world's most vulnerable people. We believe that everyone is entitled to healthcare, an education and a family and we strive to provide these rights to people living in areas of extreme poverty and those who have been displaced by war.

We re-home abandoned and orphaned children in Romania, run schools in poverty stricken communities in Ghana and offer medical assistance to refugee children and their families living in refugee camps. We believe that investing in the education, care and rehabilitation of those whose rights have been denied is the most powerful way we can bring about long-term, positive change to individual lives and we are committed to doing this on a daily basis.

To date, our work has transformed the lives of over 47,000 people, with our projects reaching more than 6,000 vulnerable children and adults every single year. During the next decade, we aim to reach thousands more with the delivery of our unique education, social welfare and health care projects.

For our full story please visit our website

humanitascharity.org/about



EDUCATION MATTERS

In 2014 we set up a primary school located in the remote, rural community of Ayensuako in southern Ghana. We are now teaching 255 children aged 3-12 years who otherwise would not be in education. To continue to meet our pupil's needs, we are building a secondary school right next to our primary school. The new school will house six large classrooms, a library, sports ground and a water-well. It is a really exciting time for us, but we need your help to make our vision a reality. We need people to dig, paint, teach, read, write, blog, dance, sing and do whatever it is that you do best to share with the people of Ayensuako.

TRIP COSTS

To secure your space on one of our trips we will require a £100 non refundable deposit. The full trip costs of £1,400 must be paid eight weeks before departure. You can fundraise to help cover these costs by simply setting up a fundraising page on justgiving. Take a look at our fundraising ideas on page ten.

Your trip costs include accommodation, inland travel, food and drink in Ghana.

You will be required to cover the costs of your flights, malaria medication, yellow fever vaccination and visa.

Please remember the school project benefits from every pound over and above the amount that you raise.

Click [HERE](#) to pay your deposit online.

Click [HERE](#) to setup your fundraising page

****Min of five people per trip ****

TRIP GUIDE COST



DATES

19th February - 29th February | Closed trip

29th February - 7th March | Closed Trip

6th April - 10th April | Closed Trip

12th April - 17th April | Open Trip

8th July - 17th July | Open Trip

23rd October - 30th October | Open Trip

COSTS

Deposit: £100 when you book (non-refundable)

Min Fundraising: £1,400
(8 weeks before your trip)

MORE INFORMATION

Included:

- Accommodation during the trip, including 1 night accommodation in Accra - Mahogany Lodge
- Visit our school in the rural community of Ayensuako.
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water in Ayensuako
- Full back-up support including first aid qualified staff and first aid supplies.
- All trip management before, during and post trip
- All internal transfers
- All ground staff including English speaking team, drivers, cook and porters
- A Humanitas T-shirt

Not included:

- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Vaccinations (Yellow fever approx £58)
- Malaria medication
- Travel insurance
- Clothing & equipment listed on your kit list

Click [HERE](#) to pay your deposit online.

Click [HERE](#) to setup your fundraising page

****Min of five people per trip ****

ITINERARY OUTLINE



ITINERARY

Suggested flights: *Direct flights available with BA*

Outbound: 14:00 LHR - ARR ACCRA 19:35

Return: 23:00 ACCRA - ARR LHR 5:30am (next day)

Suggested itinerary

Fly LDN - ACCRA

First night accomodation in Accra, Mahogany Lodge approximately 10 minutes from the airport.

Day 1: Fly to Accra

Day 2: Lunch in Accra and depart for Ayensuako (approx 3 hours drive)

Day 3: First day at the school, introductions - activities

Day 4: School activities

Day 5: School activities

Day 6: High School Celebration

Day 7: Day Breakfast and return to Accra and visit the local market, RTN LDN UK

*All of our trips are created and designed with you and the needs of the community in mind. Please note this is a rough itinerary.

Click [HERE](#) to pay your deposit online.

Click [HERE](#) to setup your fundraising page

****Min of five people per trip ****

Additional costs

Resource	Cost
Flights	£500.00 approximately
Malaria	£28.60 (there are variants of on the different types of malaria medication available subsequently, the cost will vary in accordance with the medication your GP prescribes)
Visa	£60.00
DBS	£24.00
Yellow Fever Vaccination	£58.00

Flights

BA are the only direct flight operator available. Flights are approx £450 - £500 please book ASAP to avoid disappointment. <https://www.britishairways.com/en-gb/home#/>

Accommodation in Accra

We stay at the Mahogany Lodge Hotel just 5 minutes away from Accra airport to help everyone to recover from the flight.

Typical group size

Each group is made up of minimum of 5 volunteers and the activities / itinerary will be tailored to suit your group.

Travel insurance

Please ensure that your travel insurance is up to date. Humanitas Charity takes no responsibility for insuring you or your belongings.

Visa

Your visa will need to be obtained from the Ghana Embassy in London and copy of your visa will need to be sent to your trip manager 4 weeks before departure. Once you have officially signed up to the trip we will send you a guideline to obtaining your visa.

We recommend applying at the earliest point you can for your visa, which is no more than 90 days prior to departure. A copy of your yellow fever certificate will be required to get your visa.

Disclosure Barring Service (DBS)

You will be required to complete a DBS check. Humanitas will facilitate this for you and will be in contact to ask for the proof of identification required to undertake the check.

FREQUENTLY ASKED QUESTIONS

How much spending money do I need and do I need to exchange currency prior to departure?

Your accommodation, food and drink are covered in your trip costs.. We do advise that you bring additional non-perishable snack foods for example cereal bars.

Please make your bank aware you are travelling abroad in case you would like additional spending money and wish to withdraw cash when we arrive. We will facilitate you having access to a cash point at the start of the trip. The local currency is the Ghanaian Cedi and the exchange rate as of February 2019 is 1 British Pound to 6.81 Ghanaian Cedi. There aren't any shops in Ayensuako, however we will take you to a local market during the trip where you can purchase local handmade Ghanaian crafts

Temperature

The average temperature in Accra, Ghana

May 30°C during the day to 24°C overnight.

October is 26°C during the morning, going up to 30 °C in the afternoon and falling to 22°C overnight.

Malaria prevention

We ask you to buy 100% deet repellent to make adequate provisions to minimise the risk of you being bitten by mosquitos.

Clothing

We recommend you bring lose fitting, light weight clothing and a hat to protect you from the sun. Short shorts, low tops or thin strapped vest tops are generally frowned upon by the local community - anything at the knee or below is fine. You will need sturdy footwear as the terrain can be rugged, sandals for outdoor terrain are fine. We also recommend leggings, trousers or longer shorts for women. White and pastel colours are not recommended for the evening as they attract bugs, so be sure to pack something of a darker colour.

Food

You will be eating a variety of food which will include local dishes, such as plantain and stews. Please make us aware of any dietary requirements you have on the forms below. All food will be prepared by our Ghanian Humanitas team and will be freshly prepared using safe water for your consumption. We ask that you only drink bottled water or other beverages provided by us and avoid ice and salad outside of this.

Accommodation

You will be staying in the remote village of Ayensuako. We believe this adds to your experience and allows a unique opportunity to immerse yourself into rural life and the community we support. Please note you will be staying in very basic conditions, below standard accommodation, however you will have access to a basic shower and toilet. You will be sleeping outside in a courtyard, under the African stars.

FREQUENTLY ASKED QUESTIONS

What's the transfer time from the airport?

The transfer from the airport to the hotel in Accra is less than 10 minutes drive. The following day we will travel to Ayensuako, which is a three hour drive from Accra.

How many people am I travelling with?

Our trips comprise a minimum of five people. In addition to the Humanitas UK staff there will be a minimum of two Humanitas staff from our team in Ghana assisting with the trip. We always try to arrange meetings prior to departure, so that you can meet the team and the volunteers that you will be travelling with.

What's the local language?

English is the main language spoken in Ghana.

Should I bring valuables?

We recommend you do not bring valuables. We take no responsibility for the loss or damage of any valuables that you bring.

How safe is Ghana?

Please check the following website for Ghana travel advice from the UK government:

<https://www.gov.uk/foreign-travel-advice/ghana>

We advise that Ghana is a safe and stable country and that you will be accompanied by Humanitas team members throughout the entire duration of your trip who have extensive experience of working and travelling in Ghana.

Where is the nearest hospital?

The nearest hospital to Ayensuako is located in Swedru and is a 45-minute drive from the village.

What are the local people like?

Ghanaian people are extremely friendly and accommodating. Ghanaians are proud of their culture and love welcoming people from outside to integrate and mix in with their local customs and way of living. People do not like having their photo taken without their permission and can often become very upset if this occurs. This is not the case within our school and our staff and students are happy to be photographed.

Are we able to consume alcohol during the trip?

In the village of Ayensuako there is a small bar, however it is culturally frowned upon to drink in Ghana. You will be the only foreigners in the village, and representing the charity so we ask you to refrain from drinking alcohol whilst in the village.

MEDICAL REQUIREMENTS

Anti-malaria medication

Anti-malaria medication can be obtained from your local GP. There are various types of anti-malaria medication and we advise meeting with your GP to scope the most suitable option for you. This will need to be obtained as soon as possible as some forms of medication require you to start the course prior to departure.

Vaccinations

Yellow fever vaccination, is the **only legally required vaccination you need to visit Ghana.**

When you visit the vaccination they will suggest updating ALL your vaccinations, this is not necessary for this trip, but it is your choice whether to do so.

Yellow fever vaccination can be obtained from registered yellow fever vaccination centres. You can find your nearest centre on this list:

<https://nathnacyfzone.org.uk/search-results.php?srch=united%20kingdom>

The vaccination is lifelong in most cases; however, we recommend you talk to your GP regarding a booster if you have previously had the vaccination. The NHS recommend that you received a booster if you were last vaccinated more than 10 years ago.

We advise you book your vaccination as soon as is convenient for you to do so, you must be vaccinated 10 days prior to departure.

Please note the trip lead will be a qualified first aider.

Please see the list below for advice on other medication we ask that you bring with you.

- Mosquito repellent (we have limited mosquito nets in Ghana, please contact your trip manager to see availability, alternatively we suggest purchasing a pop up mosquito net)
- Sun screen
- Probiotics (it is advisable to take these with your anti malaria medication)
- Ibuprofen
- Paracetamol
- Anti- diarrhoea
- Laxatives



Set up a fundraising page

Once you have selected your sponsorship amount you can either set up your fundraising page here: <https://www.justgiving.com/humanitas>. Please notify us once you are set up. Then all you need to do is start sharing with friends.

Facebook birthday

YAY! It's your birthday... another year older and hopefully wiser. Now what do you really need? Anything? Why not ask friends to donate to Humanitas via the Facebook birthday fundraiser tool, it will really help boost your fundraising efforts.

Social media - spread the word

Tell people why you're doing your event. Your personal reasons will really help motivate your supporters. Facebook, Instagram & Twitter are ideal for inviting and updating your family and friends. If possible, write a blog about your progress, it doesn't have to be a masterpiece it just keeps your supporters involved. Don't forget to #Humanitas and Tag us into your posts.

Photos and video sharing

Please tag us in your journey. Hashtag #HumanitasCharity #tripsforhumanity #workingforhumanity
INSTA: @Humanitas_Charity // FB: HumanitasCharityPage // TW: Tweet4Humanity

Matched funding

Lots of companies run a Matched Giving Scheme, which could double the amount you raise. Find out if yours is one of them – and if not, why not suggest they do? It's tax-efficient for them too, which might help convince them!

Events

Running an event can be as simple as organising a special dinner at home, to wild themed events. We are happy to support you to create the perfect event to help maximise your fundraising efforts.

Challenges

Challenges are a great way of fundraising, whether you jump on your bike or jump from a plane, take on a sponsored challenge to help you reach your goal.

Gift Aid

Any UK tax-payer who donates to you can include Gift Aid, which means an extra 25% is added onto their donation. That's another £1 for every £4 you raise! It makes a huge difference. So please make sure any UK taxpayers tick the Gift Aid box on your sponsorship form, and include their full name and home address including postcode – we need this information to claim the Gift Aid.

**“The people and children of Ayensuako
have given me a new lease of life. Ghana
you have my heart; I will see you next year”**

- Alexandra, Volunteer 2016





[HUMANITASCHARITY.ORG/TRIPSFORHUMANITY](https://humanitascharity.org/tripsforhumanity)

FOLLOW US ONLINE



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PHONE +44(0)7540 142 258



HUMANITAS
working for humanity

Consent form

PLEASE RETURN THESE SHEETS

Name	
Date of birth	
I have read the information sheet. I agree to participate on this trip.	
SIGNED:	PRINT NAME:
Medical information <i>Please circle YES/NO where appropriate and provide more information in the box on the right where necessary.</i>	
Name, address and phone number of doctor	
Any conditions requiring medical treatment, including medication? YES/NO If YES, please give brief details	
Please outline any food or other allergies and special dietary requirements	
Any recent illness or accident staff should be aware of? YES/NO If YES, please specify	
Are you allergic to any medication? YES/NO If YES, please specify	
When did you last have a tetanus injection?	
Do you have the relevant vaccinations for the country of travel? YES/NO If YES please specify which vaccinations you have had. <i>Please note: without the appropriate vaccinations you will be unable to travel</i>	

Please note here any disabilities you may have including physical, learning difficulties or mental health that staff should be aware of.	
I would like to take part in the specified trip and having read the information provided agree to taking part in the activities listed.	
SIGNED:	PRINT NAME:
I confirm that I am in good health and I consider myself fit to participate.	
SIGNED:	PRINT NAME:
I consent to any emergency medical treatment required during the course of the activities.	
SIGNED:	PRINT NAME:

Contact information	
Home address	
Postcode	
Home phone number	
Mobile	
Email address	
Emergency contact information	
Name	
Relationship to you	
Home address	
Postcode	
Home phone number	
Mobile	
Email address	
Name of second emergency contact	
Relationship to you	
Home address	

Postcode	
Home phone number	
Mobile	
Email address	
SIGNED:	PRINT NAME:

Flights

I hereby acknowledge that in the instance that I withdraw from the trip the cost of my flight is non-refundable.

Signed:

Print name:

Date:

Humanitas Image Consent Form

Please print all details in the white space below, except where otherwise stated.

Name (Block Capitals)					
<p>I understand that the image(s) will only be used for the following purposes:</p> <ul style="list-style-type: none"> • Electronic and printed information, displays and exhibitions relating to the activity shown in the picture • Any similar marketing campaign related to the activity • Humanitas social media channels • Humanitas website <p>I understand that the image(s) will NOT be used for anything which may be viewed as negative in tone or that may cause offence, embarrassment or distress.</p> <p>I understand that the image(s) will only be used and stored for a period of up to 10 years after the date that the image was taken.</p>					
Having read the statement above do you give your consent for the image(s) to be used? (Please put a tick in appropriate box)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30px;"></td> <td style="text-align: center;">YES, I give my consent for image(s) to be used</td> </tr> <tr> <td style="width: 30px;"></td> <td style="text-align: center;">NO, I do not give my consent for image(s) to be used</td> </tr> </table>		YES, I give my consent for image(s) to be used		NO, I do not give my consent for image(s) to be used
	YES, I give my consent for image(s) to be used				
	NO, I do not give my consent for image(s) to be used				
Signature of person					
Date (Day/Month/Year)					

Once completed, please return this form to:

Genevieve Jones-Hernandez

07540 142 258

genevieve@humanitascharity.org