



OHA Team Trip Information Packet

Summer Team 2020:

One Week Options - June 26th - July 4th, July 2nd - July 11th

Two Week Option - June 26th - July 11th

Hi y'all! We are so excited that you are interested in joining us this summer. Below you will find all critical information, necessary to understand before making your decision to join us.

Our Story

A steady supply of food, clean water, medical care, consistent education and the opportunity to make a living are all basic human needs that are easy to take for granted yet often deprived throughout many African countries. Our founders saw this first hand in Eswatini and Mozambique; two of the many countries where families struggle every day to make enough money to feed, clothe and provide for their own. One Heart Africa was established in 2010 to address these issues and make lasting, impactful change in these communities.

Our first project was constructing a preschool in Licilo, Mozambique to help disadvantaged, at-risk children. The preschool is a bright orange building with three classrooms that now holds 100 students tuition-free. We also drilled wells for clean water access in several different districts of the village to combat water borne illnesses. As a gift of gratitude, the village elders donated farmland to the school in order to farm fresh vegetables for the children's daily lunches. We can proudly say the farm is plentiful enough to provide food all year round for the children and create multiple jobs for villagers in order for them to earn an income. In 2018, we also began constructing a medical clinic on the school grounds to treat the students who are suffering from malaria, HIV, diarrhea, skin conditions, etc. We are currently in progress of completing the clinic and hope to open it in the near future.

In Eswatini, we pioneered a farm in a hot and dry region of the country where fresh food options are limited and jobs are scarce. We have hosted hundreds of people at the farm that come to learn and volunteer with our staff to build up infrastructure that can sustain the employees and their families. We have invested in aquaponic systems, organic soils, composting bins, rainwater collection, livestock and solar energy.

It is truly amazing to see how far we have come and how a little effort can go a long way in reshaping and impacting so many lives for the better. We have many more long-term goals and are very excited to see where the future takes us.

Our Mission

Our motto is "Educate, Equip and Empower," because we have focused our efforts on providing schooling to children in disadvantaged communities, building agricultural infrastructure / allocating natural resources to teach locals to make a living off the land, and promoting longevity and self-sufficiency to strengthen these communities.



All this can only be achieved through sustainable development, local partnership and servant leadership. Values serve as a guide for the mission of One Heart Africa. These values include hope, integrity, empathy, open-mindedness, solidarity and compassion.

Your Role

Every person is equipped with a unique set of skills that only they can provide to help our cause. Of course there are the typical jobs on a service trip (i.e. doctors, nurses, engineers etc.) However, we also need volunteers with open minds who are ready to jump on any task! Open-minded people, creative thinkers and hard workers are essential components to every trip and we would love to have you join us on this adventure.

On The Ground Logistics

- Accommodation: Dependent on number of team members. Most likely, a very large Airbnb in Macia and on the sustainable farm in Eswatini. More details to come.
- On-The-Ground Transportation: Vans aka Kombi's
- Food:
 - Breakfast: traditional english breakfast; eggs, toast, fruits & breakfast meat
 - Lunch: peanut butter & jelly sandwiches, fruits & chips
 - Dinner: family style dinner; variation each night depending on availability of food
 - *Food Allergies - please make us aware of any/all food allergies so we may accurately prepare to accommodate your needs

Need To Know Before You Go

- Trip Pricing

Estimated Total = \$3,500

 - Flights: \$2,200 (based off flight from JFK airport in NYC)
 - Accommodation: \$450
 - Travel Insurance: \$180
 - Team Funds: \$670, this covers food, in-country transportation, team supplies, tools needed, etc.
- Health
 - Necessary Immunizations
 - Hepatitis A
 - Tetanus - you should already have, please check that it is up-to-date
 - Typhoid
 - Necessary Medications
 - Azithromycin
 - Ciprofloxacin



- Malaria Pills (we suggest Malarone since it is commonly known as the medication with the least side effects, consult your doctor for the medication fit best for you)
- Yellow Fever Protocol
Yellow fever is not a concern in Mozambique. However, if you are arriving from a country where yellow fever is present, Mozambique will require you to present your yellow book (received at the time you had your immunization) at the border for verification when arriving / departing Mozambique. If you are traveling with the group, this will not be a concern since we will all be traveling from Eswatini to Mozambique.
- International Health Insurance
This is included in the price of the trip. We will be providing travel insurance through World Nomads. You will be covered by the Standard Plan - Level 1. This sufficiently covers all possible emergency situations; please note we take all necessary precautions to never put our visitors at risk, however it is always 'better to be safe than sorry'. This insurance covers:
 - Trip Protection
 - Emergency Medical Insurance
 - Evacuation and Repatriation
 - Protection of Gear
- Documentation:
Passports / Visas: Each team member will be responsible for obtaining a valid passport that meets all requirements for entering South Africa / Mozambique.
 - Passport Requirements -
 - Passports must be valid six months from entry into Mozambique
 - Passports must have at least three blank passport pages for visa and entry / exit stamps
 - Visa Application Process - although visas can be obtained upon arrival in Mozambique, all team members are required to get their visas before departure from the US. We are able to assist you in this process with some of our volunteers located in NYC, very close to the Mozambique Mission at the United Nations. If you would like to apply for a visa through OHA, we will need you to provide the following by 06/01/2020 :
 - (4) Passport Photos
 - \$160 USD certified check
 - Completed Visa Application Form, we will send it to you once we receive & accept your application
 - Your valid passport with the above requirements



From there we will process your application & send your passport back with a tracking number for convenience.

- Sponsorships: Many of our volunteers subsidize their trips through sponsorships. This is a very effective way to raise money either to subsidize your trip and/or raise money to help fund programs during your trip.
 - Many volunteers fundraise through sponsorship letters, please let us know if you would like to send you any examples / the best way to go about sponsorship letters
 - Others raise funds through bake sales, church organizations, corporate sponsorships, local restaurant partnerships, 50/50 raffles with local groups / communities, garage sales, etc.
 - We are very happy to help with more fundraising ideas / guidance, let us know at info@oneheartafrica.org. We are happy to help!

Next Steps

Congratulations, you have finished reading the bulk of the information packet! In regards to next steps there are three options:

1. "I DEFINITELY WANT TO GO, I AM SO EXCITED!!!"

Wahoooo! Go to our trip application page at oneheartafrica.org/go/ to fill out the application. If you have any quick questions feel free to email info@oneheartafrica.org .

2. "I am still thinking, but I have more questions / would like more information"

We are very excited that you are considering our trip, we will be hosting a webinar on Thursday March 12, 2020 at 7:30pm to have an open conversation & field any questions from prospective volunteers. Look out on our Facebook page for more information.

3. "I think I will sit this one out, but how do I stay involved"

That is great too! There are many ways to stay involved; head on over to oneheartafrica.org/getinvolved for more information.

Frequently Asked Questions

1. Is it safe?

Both Eswatini and Mozambique are extremely safe, people are very happy to see us come and visit. We are there to help after all!

2. Is One Heart Africa affiliated with a denomination?



OHA is a 501(C)3 non-profit organization. We are not affiliated with a specific denomination although our founders were Christian. We believe that cross-religion collaboration, integration and acceptance is the core for a diverse group of individuals to wish to create a positive impact on disadvantaged communities.

3. Who will lead this trip?

One of our committed volunteers, Jami, will be leading this trip. She has been coming to Eswatini on and off for almost 10 years now. She also has experience leading travel groups and is very excited to lead this one.

4. Can I come as an individual?

Of course you can (some people say they even like it better)! You'll find that people involved with our organization are very affable and eager to make as many friends as possible.

5. Is my donation tax deductible?

Yes it is, we are a 501(C)3 organization!

6. What should I pack?

We love the enthusiasm! We will be releasing further information after we have closed the application, but if it is imperative to know the packing list before making your final decision, feel free to email info@oneheartafrica.org for a preliminary packing list.

If you have any further questions, please email info@oneheartafrica.org and we will get back to you ASAP!