

# Rafiki Friends

a partnership with the Methodist Rafiki Village in Ghana, Africa



--Mission Trip To Rafiki--

A 16 day trip to Ghana, Africa with  
RafikiFriends, an organization that partners with  
Mississippi State University Wesley Foundation.

Application Packet

May/June, 2017

## ***Take a glimpse into the Rafiki story...***

The Methodist Rafiki Village is a home for the orphan or destitute child in Ghana, Africa. Their goal is to rescue children who are in life-threatening situations and raise them up to be used by God for Ghana and for the Kingdom.

Rafiki opened its doors in 2008 under the leadership of the Methodist Church of Ghana. They appointed Reverend Ekow Sey as the village Director. Rev. Sey's family had one goal: to rescue children in life threatening situations, and provide them with a home and education. Rev. Sey believed that if Rafiki could provide for these children what they needed to survive as well as to give them an education then they would be equipped and prepared to succeed in life after Rafiki.

Over the years, Rev. Sey has helped to build a home for growth, education, faith, and love for more than 34 children. These children are placed in homes with a mother. Just like other child, they have responsibilities and chores. At the village, there is a school where the children go to learn: Mathematics, Natural Science, Religion, English, Fanti, ICT, and more. The Rafiki School serves more than just the children at Rafiki. It is opened to children in the surrounding villages. It is Rafiki's hope that this will help provide the Rafiki children with opportunities to attain healthy social skills and emotional support so that when the times come and they are ready to leave Rafiki, they will be equipped.

There are over 30 staff members who make up the Rafiki Family. It is led by the current Village Director, Rev. Nana Abekah. There are 34 children who live on site who are under the influence of 5 mothers.

Rafiki receives financial support from the Methodist Church Ghana as well as partnering organizations like RafikiFriends who see the need and send support.

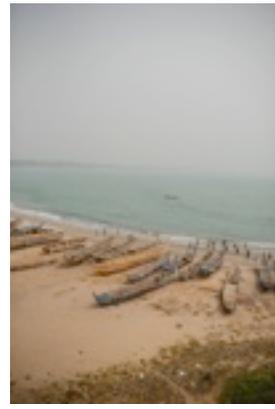
### **What is RafikiFriends?**

Rafiki is a Swahili word that translates to English as "friend." That is what we seek to do: to befriend orphans in the name of Jesus. RafikiFriends partners with the Rafiki Village in Ghana, Africa, by modeling the self-giving friendship that the Lord Jesus has offered us. We are no longer mere servants but friends of the King because He has given of Himself to break the bearers of enmity with God. In taking the Lord's friendship, we respond to His offer of "if you do what I command you are my friends." He has most certainly commanded us care for the orphan and child in need.

RafikiFriends partners with the Mississippi State University Wesley Foundation to raise support as well as to send groups of students on trips to Rafiki to build relationships with the children. Since 2008, the Wesley Foundation has sent over 78 friends to Ghana to visit Rafiki. Different trips have had different goals like: raising sponsorships, fire relief work, building rocket stoves, hosting vacation Bible schools, ect.

Our goal no matter what is to play the role of a supportive partner and not a rescuer. We go when we're needed and invited. We try to respect and blend in with Ghanaian culture. We try to not press our American expectations onto them. We recognize that this is a long-term partnership and will continue to build over time. Short-term trips help to build relationships with the children, raise monthly sponsorships, and help to meet certain needs that Rafiki has momentarily.

***This is only the beginning of the story. God is still writing...and we're humbled to be part of it.***





Thank you for your interest in going to Ghana with RafikiFriends through Wesley Foundation, and for stepping out in faith and following what God has put on your heart. Applications must be filled out and returned by **Tuesday, January 17. Applications can be emailed to: [katieheckel2@gmail.com](mailto:katieheckel2@gmail.com).**

Full name: \_\_\_\_\_

Current address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_ What year are you in school?: \_\_\_\_\_

Birthplace: \_\_\_\_\_

Passport Number: \_\_\_\_\_ Issue Date: \_\_\_\_\_

Exp.Date: \_\_\_\_\_

What motivates you to want to go and serve overseas?

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What mission work experiences do you have in the USA?

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Have you been on an overseas mission trip before? What did you do and what did you learn?

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Describe your gifts and strengths.

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Do you have any concerns or fears about this experience? Please explain.

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Do you have any health issues that the leader should know about?

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## EXPECTATIONS

- You want to serve others and are open to God using this trip to shape you.
- You agree that this trip is bigger than you.
- You are okay with being hot and dirty at the end of each day.
- You will commit to the team and be a good team player.
- You understand that what you will see and what you will experience can change your life.
- You agree to respect your team members and extend the grace God has extended you when there are differences between us.
- You are willing to be uncomfortable at times and to not know all the answers.
- You are expected to raise your own money or work for it.
- If you send out support letters, you are expected to write thank you notes to all contributors.
- Even though this trip is a short-term mission trip, you agree to make it a long-term mission in your life by joining the RafikiFriends team and raising sponsorship for children and Rafiki in the years to come.
- You will prepare for the trip by reading *When Helping Hurts* or *Toxic Charity*.
- You'll agree to 'go with the flow' and adapt to the Ghanaian culture.
- You will try to eat the food that is provided (even if you do not like it).
- You will try your best to not press American culture unto the Ghanaians we are serving
- You will respect the culture and do your best to not offend anyone.

I agree with the above expectation, release and certify that the information in this application is true to the best of my knowledge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Print Name)

We, \_\_\_\_\_, parents/guardians of \_\_\_\_\_ support him/her in pursuing God's commandments to love Him and to love our neighbors by allowing him/her to travel overseas to take care of the children at the Methodist Rafiki Village in Ghana, Africa. We give our consent to RafikiFriends through the Wesley Foundation for our child to be a part of this journey.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Print Name)



## Africa Budget

<u>Item</u>	<u>Projected Cost</u>
1. Airline Tickets	\$1300-1600
2. Rooms	\$0-\$250
3. Gas \$2 per day/ per person/ 14 days	\$32
4. Food (included bottle water) \$20 a day	\$280
5. Passport	\$150
6. Visa	\$130
7. Shots (Varies depending on insurance)	\$400
8. Sight-Seeing (Cape Coast)	\$25
9. Gifts to bring home (varies)	\$100
10. Director gift	\$50
11. Insurance (travel and medical)	\$145
12. Deposit Fee	\$100
<b>Total:</b>	

Raise the money for the mission trip in stages:

1. Deposit Fee (non-refundable): \$100 per person
2. Plane Ticket: \$1500-\$1700
3. Visa + Insurances + Shots
4. Incountry Fee: (Due one month upon arrival) \$500ish

# Ghana checklist

2016

## Documents:

- Passport
- Visa—acquired via Ghanaian embassy in Washington. Pay the higher processing fee—its worth it. Also, make sure to send pre-paid return envelope, with FedEx document acknowledging.
- Tickets
- Credit Card—You need one. Visa or mastercard only.
- Back-up Documents
- Health Documents—a certificate stating you have received the yellow fever shot is required to enter Ghana
- A photo ID is required upon check-in at US airports
- Re-confirm your plane tickets 72 hours out

## SECURITY

- Travel med insurance-- short-term or long-term—different options are---
  - a) American Express
  - b) Med-Jet in Birmingham (HIGHLY RECOMMENDED—their air-evac insurance and procedure is the best- please see end of checklist.
  - c) UMVIM insurance for Methodist church/affiliated groupsWhichever one you use, carry their card with you, and familiarize yourself, and someone else, with way to activate Air-evac procedure/insurance.
- Passport -- secure at all times

## Health and Hygiene

- Shots: yellow fever shot is a must.
  - CDC has recommendations: Hep A (B for health workers as well), Typhoid Fever, meningococcal. Check tetanus/polio boosters as well.

The only one that you MUST have is: YELLOW FEVER and ANTI-MALARIA PILLS

- Pack Imodium/ Senokot, water-soluble multi-vitamins, antibiotics, prescription anti-diarrhea and anti-nausea
- Pack any personal meds—and put in carry-on

## HANDLING OF FUNDS

- 1) For this upcoming trip, all money will go through the Wesley Foundation.

## CULTURE

- 1) public displays of affection are not the rule (exception—children)
- 2) ask permission to take pictures of people
- 3) modest apparel/swimsuit
  - b. Women need to wear skirts; or longer shorts.
- 4) be very selective with email/contact information
- 5) gifts for hosts/special friend/trinkets for children (don't give in public, except the childrens' trinkets)--Must clear with Village Director first before giving any gifts.
- 6) aggressive capitalism!—selling at the airport, the market, the street
- 7) DON'T PROMISE WHAT YOU CAN'T DELIVER
- 8) Don't get into politics
- 9) The deference that is given to Americans—respect but don't abuse.
- 10) **Traffic**--- Drivers in Ghana and sub-saharan Africa do not drive like most Americans, and their driving habits can take an American off-guard 1st time you see it. Street vendors will line major city intersections selling products and walk up to your window. It's how they do business. Just ignore them.
- 11) **Church protocol**--- you will often, or someone in your group, will be given an opportunity to speak. Please take it. The service will vary from charismatic to formal/charismatic. The offering is offered by dancing up to the altar.
- 12) **The Presentation**-- you and/or your group will be introduced sometime to the resident bishop or chief of the village, or to a church. There is a protocol for each one. Follow Mathias' lead on it, it's not hard, but don't fail to take it seriously. We would be much more casual, but they are not—it's important to them. Also, when you leave a place, your tip needs to be public with the hotel staff (don't leave it with one hotel staff person.)
- 13) Don't use your left hand to touch people/greet people. ALWAYS use the right.
- 14) Eat everything that's put in front of you. It is considered rude to waste food there, especially when so many people are lacking it.
- 15) Street traffic is very dangerous—don't assume traffic will stop for you as a pedestrian—they won't.
- 16) Bag handlers at incoming airport arrival—can be a problem—let Katie handle it. Do not let anyone else take your bags.
- 17) Tipping is always a good idea, if warranted.
- 18) Hot showers, even in the better places, can be very erratic. DO NOT TOUCH SETTINGS IN THE BATHROOMS/ROOMS—ELECTRICITY IS 220 VOLTS, NOT 110.
- 19) Chewing gum in public/church is very offensive

## COMMUNICATION

- 1) AT&T -- International plans
- 2) some cell phones are adaptable—call your provider
- 3) **in-country cell phones are available cheaply**—incoming calls are usually free, even from the States.
- 4) Internet access is available at the good hotels, but don't count on it. If you need to get email, either check into your phone plan or (the only sure way) get a satellite modem on your American rate plan, and access via your laptop
- 5) The old-fashioned way—collect call

## EQUIPMENT

- 1) converter with adapter AND multi-voltage capability (220 volt there). **YOU HAVE TO HAVE 220-110 CONVERTER WITH PLUGS THAT WORK IN WEST AFRICA/UK.** The exception to this are laptops and other electrical equipment that are dual-voltage (110V-220V).

Also, NEVER plug anything into a live outlet—make sure it's off, plug what you have in, and then get the power on.

- 2) clothing for hot weather
- 3) snack foods are something you will want, especially for the longer stays. (peanut butter, granola bars)
- 4) any dietary/med personal need
- 5) personal toiletries on person/day travel
- 6) Insect repellent -- (6-30% Deet). As a precaution, anytime you go out of your room, have it on. Mosquitoes there are active at dawn, early evening, and night.
- 7) Anti-malarials appear to be only partially effective—repellent if used doesn't seem to fail.

## CLOTHING

- 1) loose fitting, short sleeves—it will be hot.
- 2) pants--- long pants for men for church. Girls: knee length shorts, skirts, dresses. Wide strap tank tops for women may be worn, as well as below knee length skirts.
- 3) hats
- 4) comfortable walking shoes
- 5) clothing for church—casual attire okay for smaller, dresses for women, nice shirt (polo) and khaki shorts
- 6) chaco's-a must

## CONTACT INFORMATION

### A. Rev. Echo Sey

Methodist Rafiki Satellite Village  
P.O. Box KU 230  
Winneba, Ghana  
cl) 011-233-206-449298

### B. Dr. Mathias Forson

P.O. Box CT 4454 Cantonment  
Accra, Ghana (you'll need this address for customs at Accra)  
cl) 011-233-244-940279  
o) 011-233-21-670-466  
h) 011-233-21-851-241

C. The U.S. Embassy is located at No. 24 Fourth Circular Road, Cantonments, Accra; telephone 233-21-741-000. The public entrance to the Consular Section is No. 19 Fifth Link Road, Cantonments, Accra; telephone 233-21-741-000, fax 233-21-741-362; afterhours 011- 233- 741-775.

Group registration with the embassy is recommended, and is available at the embassy web site.

## TRAVEL MEDICAL INSURANCE

MedjetAssist coverage provides medical evacuation should someone need it, flying an equipped private jet with medical personnel on board to come pick them up and take them to the hospital of their choice, anywhere in the world.

Insuremytrip coverage covers hospitalization costs in the event someone needs to be stabilized on the way to the plane.

There are many coverages out there that are far cheaper but none that offer the kind of protection these 2 companies together do.

Both companies have been gracious to work with us on the costs-- and both are the best in the business.

The InsuremyTrip link should be clicked on, and the policy "TruTravel Insurance Super Saver" selected--- it offers \$10,000 hospitalization (if you need it on the way to your MedJet) plus cancellation insurance that covers the price of your plane ticket.

Ghana Embassy in Washington-- [www.ghanaembassy.org](http://www.ghanaembassy.org)

U.S. Embassy in Ghana-- <http://ghana.usembassy.gov>

Center for Disease Control-- [www.cdc.gov](http://www.cdc.gov)

U.S. State Department-- [www.state.gov](http://www.state.gov)

Rafiki Orphanage Sponsorship: [www.rafikifriends.org](http://www.rafikifriends.org)

## RAFIKIFRIENDS Waiver of Liability 2016

I understand the nature and dangers of travel, and I FULLY UNDERSTAND that the trip I am about to go on involves the risk of SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH. These risks may be caused by my own actions, or inaction's, the actions or inaction's of others participating in the activity, and/or the condition in which the activity takes place. There may be other risks and social and economic losses either not known to me or not readily foreseeable at the time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS OF LOSSES, COSTS, AND DAMAGES incurred as a result of my trip. I hereby RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS, RAFIKI FRIENDS, its director and board of directors from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releases" or otherwise, including negligent rescue operations and further agree that if, despite this release, I or anyone on my behalf, makes a claim against any of the Releases named above, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGES OR COSTS THAT MAY INCUR AS THE RESULT OF SUCH CLAIM.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, ACKNOWLEDGE NO PROMISES HAVE BEEN MADE TO ME, AND INTEND IT TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EFFECT ALLOWED BY LAW.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

### Parental Consent and Indemnification Agreement

I, the minor's parent and/or legal guardian, understand that no promises have been made as to the above referenced activities, and I understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of notary public

\_\_\_\_\_  
Seal

\_\_\_\_\_  
Date

## How To Fill Out Visa Form

Print Form Here: [http://www.ghanaembassy.org/uploads/files/Visa\\_Application\\_Form.pdf](http://www.ghanaembassy.org/uploads/files/Visa_Application_Form.pdf)

At The top of the page, mark SINGLE ENTRY.

1. WRITE IN ALL CAPS
2. Fill out 2 forms
3. SURNAME=LAST NAME
4. PROFESSION/OCCUPATION: STUDENT
5. BUSINESS ADDRESS: LEAVE BLANK
6. RETURN TICKET? YES must write your e-ticket # here
7. Names, addresses and telephone numbers:
  - A. Rev. Echo Sey  
Methodist Rafiki Satellite Village  
P.O. Box KU 230  
Winneba, Ghana  
cl) 011-233-206-449298
  - B. Dr. Mathias Forson  
P.O. Box CT 4454 Cantonment  
Accra, Ghana  
cl) 011-233-244-940279
8. Purpose of trip: TOURISM
9. Leave the employment blank
10. Amount of money: \$200-\$400, CREDIT CARD
11. Attach two passport size photos (get them done at wal-greens, cvs, ect) at the top of each form.
12. Send Visa Form, money order of \$60 (get from post office) and passport in an **express mail envelope** to:

Embassy of Ghana, 3512 International Drive NW - Washington DC 20008

**\*\*\*\*\*ALSO INCLUDE IN THE ENVELOPE A RETURN ENVELOPE**

**BACK TO THEM ADDRESSED TO YOU\*\*\*\*\***

# Things to Pack for Africa

**MUST BRING:**  Passport,  Drivers License,  Credit Card,  Yellow Fever Card,  Flight Information (Blue Ticket)

## Medicines:

- Pepto Bis, Acidophillus Lacto-Bacillus
- Malarone (or doxycycline)- Malaria Medicine
- Anti-Diarrhea, Dramamine, Phenergin
- Benadryl, anti-itch medicine, bandaids, tylenol PM, triple antibiotic ointment

## Clothing:

- Girls:  Skirts,  t-shirts,  swim suit (one piece),  shorts
- Guys:  T-shirts,  shorts,  Khaki pants for church,  polo for church,  swimming trunks

## Hair:

- bandana,  hat,  headband,  bobby pins,  rubber bands,  hair brush,
- shampoo,  conditioner,  scrunchy gel,

## Shoes:

- Chacos,  flip flops for shower and beach,  tennis shoes (optional), socks

## Miscellaneous:

- international adapter (220 Watts)  insect repellent (DEET)  Bible  books
- ipod  camera  camera charger  extra memory charger  hand sanitizer
- clothes pens  sunglasses  headphones  eno  headlamp  water bottle

## Bedding:

- pillow,  pillow case,  extra pillow case,  light sheet

## Toiletries:

- Deodorant,  body wash,  contact solution,  contact case,  tooth brush,
- tooth paste,  lotion,  sunscreen,  make-up remover,  face wash,
- bath wash,  towel

## Food:

- Crystal lights,  granola bars,  gum,  breakfast bars,  peanut butter crackers,  peanut butter,

## Documents:

- copies of birth certificate,  copies of social security card,  blood type,
- copies of drivers license,  copies of insurance card,  copies of passport,
- copies of yellow fever card, Credit Card copy(GET POUCH TO HOLD ALL)--3 copies each (one for suitcase, one for Katie, one on your carry on)

## Money:

- Credit card,  cash,  wallet or pouch (hide some in different places)

## Bags:

You can check 2 and carry on 2. Weight Limit: 50 lbs for checked bags.