



2019 Learning Trip Application



Hope for Life is excited to announce our annual Learning Trip to Rwanda occurring November 9 - 19, 2019. This is an opportunity for you to learn about Hope for Life's ongoing efforts in fighting child homelessness. You will meet our talented Rwandan partners and children, get a glimpse into how your partnership is empowering lives, and be inspired to return home as advocates. We will have six weeks of pre-trip meetings, a 10-day trip, and two post-trip meetings as we explore the place God might have for us in supporting the work of His people in Rwanda and in our own community.



Upon completing this application, please return to Megan Chao, Hope for Life's US Executive Director by **August 5th** at megan@hopeforlife.us or

Hope for Life
PO Box 75684
Seattle, WA 98175

Personal Information: (please fill out one application per person)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell: _____

Email: _____

Trip Details: After reading each statement below, please initial.

I understand that the trip is estimated to cost approximately \$2,500 per person and that any costs incurred by the organization on my behalf are due within one month of returning home from Rwanda. Except for the administrative fee, the cost of the trip is not considered tax-deductible.
_____ (initials)

The trip is tentatively scheduled to begin on November 9, 2019 and to end on November 19, 2019. I understand that trip dates may fluctuate by 1-2 days based on flight schedules but that if it changes, I will have the choice of opting out. _____ (initials)

I have read the FAQ document and understand the purpose and values of this trip. _____ (initials)



Medical History:

Do you have any medical conditions that would impact your ability to travel?
If so, please briefly describe:

International trips can be strenuous and stressful. They may include transportation trips of 20 to 30 hours in duration. Travelers are required to be responsible for their own luggage, and must be flexible with plans and expectations. Climate in Rwanda can be very warm, which could affect your overall strength and energy. Individuals will need to obtain proper vaccination prior to travel and take anti-malarial medication during the trip. Due to poor tap water quality, you will be drinking bottled water.

I have read and understood these conditions: _____ (*initials*)



Application Questions: Please answer the questions below so that we can learn more about you and your interest in participating. Please note that applying does not guarantee your ability to participate.

- Why are you interested in participating in this trip? What do you hope the outcome of the trip will be?
- Have you ever been immersed in a culture different than your own, whether at home or another country?
- We are firm believers that a successful trip begins with pre-trip training and ends with team debriefing. Thus, we require all participants to attend 6-7 meetings prior to travel and two meetings upon returning home. Are you able to commit to making your attendance to these meetings a priority?
- What are your concerns in engaging in this experience?



Travel Health Information: Please keep this information for your own records.

All health information for travel to Rwanda can be found at:
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/rwanda>

Required Medication

- Anti-malarial medication
 - Although malaria can be treated with modern medicine, you put yourself at risk for minor to severe complications if contracted. Discuss the proper anti-malarial for you with your primary care doctor. *Information on choosing an anti-malarial can be found at:*
<https://www.cdc.gov/malaria/travelers/drugs.html>

We also recommend that you are up to date on the following routine vaccinations:

- Measles-mumps-rubella (MMR) vaccine
- Diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine
- Polio vaccine
- Yearly flu shot

We strongly encourage you to consider bringing personal medications commonly used in international travel as well:

- Loperamide (Imodium): Can be found over the counter, effective in treating traveler's diarrhea
- Ciprofloxacin: antibiotic typically used with GI infections related to eating unclean food
- Dramamine: common over the counter anti-nausea medication used for motion sickness in airplanes and bumpy car rides
- Sleep aid
- Benadryl
- Tylenol/ibuprofen
- Sunscreen!

Note: Before you travel, be sure to contact your primary care doctor for up to date travel recommendations required for your personal health.

