

SAMPLE ITINERARY

Day 1– Flight:
Phoenix to Chicago
Chicago to London
London to Accra, Ghana
(It is long but we have so much fun!)

Day 2 – Arrive in Accra (capital) at night.
Stay the night in the Accra. Collect
Groceries for the week to take to Kete Krachi (the town we work in).

Day 3 – Leave Accra at 6am to travel
to Kete Krachi. 8-12 hours by private
driver/van. Multiple stops along the way
to several villages to pass out school
supplies and candy.

Day 4 – Spend the day at Village of life
home for rescued kids.

Day 5 – Teach art and technology
classes at Village of life.

Day 6 – Rent a canoe and tour lake Volta
and visit kids across lake Volta and meet
with the chiefs of the villages.

Day 7 – Tour the hospital and meet with the main doctor to learn what their
needs are. * Tour the high school if traveling with high school students.

Day 8 - 11 - Free day with all the kids at Village of life home.
(Various activities)

Day 12– Travel to Accra at 6am. Stop at a monkey sanctuary on the way back
for a couple of hours. Start the journey home. * Travel to Italy, Amsterdam,
London or Scotland for 2-7 nights on the way back.

We have a private cook and driver. Every day we eat breakfast, lunch & dinner outside under the
mango tree as a team. We spend every day at the orphanage either all day or in and out, before
and after other planned activities. We bring a projector and watch movies with the kids under the
stars every night.

* You have the option of traveling home after Africa or stopping in another country on the way
home with the team.



Immunization

Saves Lives

Get the necessary immunizations

Visit the Center for Disease Control's website, www.cdc.gov/travel/destination, navigate to Ghana and verify which immunizations are recommended prior to going to Ghana. Check with your health care provider regarding whether you have had any of these immunizations already and if not, what is covered by your insurance. The currently recommended shot/vaccines (as of January, 2017) are as follows:

- Typhoid – shot is good for 2 years, oral vaccine is good for 5 years
- Hepatitis A series
- Hepatitis B series
- Rabies
- Routine (especially tetanus, which is required every 7 years)
- Malaria preventative (check with your personal physician)
- Yellow Fever (MANDATORY)

We recommend Passport Health for your Yellow Fever vaccination if not all of them. Check with your insurance to see if they cover them. Most doctors offices do not carry the Yellow Fever so you will need to go to a specialty office for that like Passport Health. These specialty offices do not bill insurance but will give you what you need to bill them after you pay in full at your appointment. You do need an appointment to be seen.

Passport Health 8585 E Hartford Dr. #105 Scottsdale, Az. 85255 480-345-6800

PERMISSIONS AND LIABILITY RELEASE Ghana Mission Trip

Traveler: _____ Dates: _____

I understand that the Ghana mission trip for which this Permissions and Liability Release Form is being given is described as follows:

A mission trip is being coordinated by directors of Global Rescue Project, Inc., for adults and youth to travel to _____ on (date) _____. This mission trip may include work at Village of Life, schools, churches, and neighboring areas, as well as worship, fellowship, sight-seeing, and other experiential learning activities.

I hereby consent to my participation in the above-described event. I understand that my participation in this event presents varying degrees of risks—some of which are unknown—which may arise from a condition of the premises at which the various event activities are held and/or the areas we will pass through on our travels; from an action of any person in connection with the conduct of any planned or unplanned activity; or from other unforeseen elements. I acknowledge that such known and unknown risks exist, I understand that I may incur personal injury or property damage while participating in this event, and I fully and willingly agree to assume all risks associated with this event.

I consent to first aid and emergency medical care for myself by any mission team member (and/or any other adult appointed or designated by him/her) and authorize, if necessary, admission to a hospital or health care or diagnostic facility, and/ or medical evacuation, for treatment of injuries that are sustained while participating in this event.

I understand that I am responsible for any and all medical expenses that I may incur which are above and beyond the limits of this program. I give permission for the mission team leader (and/or any other adult appointed or designated by her) to provide transportation or arrange for transportation, if needed, for medical care.

I release and forever discharge Global Rescue Project Inc., their agents and volunteer servants, successors and assigns, directors, trustees, officers, and other representatives from any and all damages and causes of action either at law or in equity that I may have as a result of my participation in, attendance at, and travel to and from the event. Furthermore, I do hereby expressly stipulate, and agree to indemnify and hold forever harmless Global Rescue Project Inc., their agents and volunteer servants, successors and assigns, directors, trustees, officers, employees, and other representatives against loss from any and all present or future claims, demands, or actions in law or in equity that may hereafter be made or brought by me, by anyone on my behalf, or by anyone else on their behalf for damages or any other legal or equitable remedy on account of any injury, illness, physical condition, inconvenience or loss sustained by me/my child during the event or travel to and from the same.

I, the undersigned, hereby acknowledge that I have read the foregoing, understand its content, and have signed the same as my own free act and deed.

Participant: (please print): _____

Participant Signature _____

Date _____

EMERGENCY INFORMATION

Are there any medical restrictions or disabilities that we should know about?

Do you have any recurring health problems? _____

What is your blood type? _____

Please list any current medications you are taking. _____

List any known allergies to medications, foods, insect bites, etc.?

Has any allergic reaction ever required emergency medical care?

Family Physician & Phone #: _____

Name of health insurance company: _____

Policy #: _____

Under 18 years of age

By my signature below, I authorize Global Rescue Project, and / or their representative's to seek medical attention and treatment for:

_____ should the need arise during the

trip to: _____ (date of trip) _____

Parent or guardian's name: _____

Date: _____

IN CASE OF EMERGENCY NOTIFY:

Name: _____ Relationship _____

Date: _____ Cell _____ City & State _____

RULES OF CONDUCT

We at Global Rescue Project see mission trips as an opportunity for spiritual growth for all individuals and families who choose to participate. We believe mission trips are an opportunity for people to grow in their faith and find their passion in life. This is highlighted by opportunities to speak, listen, comfort, and serve children/adults we will encounter. We believe mission trips are a privilege for all who attend, and there is an expectation that trip members will conduct themselves during the planning phase, mission phase, and return phase with integrity and conduct that will portray; honesty, love, respect and cooperation.

The character traits we expect to see are:

Being open and honest with the group leader about any personal, emotional, medical, criminal or financial struggle that may jeopardize your ability to serve on a mission trip, or may place yourself or other trip members in danger.

Having a flexible attitude and willingness to work as a team member, placing your personal needs aside to function as a servant and team player with the mission team and the people you will be serving on the mission field.

Treating others with love and respect. Having a willingness to work through conflict, disputes and problem solve with a kind and loving attitude and an openness to asking for/and giving forgiveness when resolving conflict.

Being willing to ask for help when needed, and help others when they are in need. Attending and participating in mission trip planning meetings and activities.

No inappropriate male/female contact or relationships among team members or with the nationals.

We do not want to discourage you from making Ghanaian friends, most that you come in contact with will have very good intentions. If anyone asks you for any money or items of value, please see your group leader. We realize that being around a poverty stricken country, it is tempting to want to help. Giving money to one... will only start another and another. Do not allow yourself to become a target. It is our mission to assist, but be wise about it. Please do not give your phone number or any other personal information out. This pertains to contacts after the trip...such as facebook, twitter, etc. Don't Make Promises. I cannot emphasize this enough!

Many times on the mission field our hearts are broken and we want to help and give. We must be careful that our good intentions don't hurt the people we seek to help. Please remember that you are in a foreign country and the laws are not even close to the laws in the US. Do not Make Promises to anyone on the mission field. We have had many broken hearted people/children when the things that they were promised failed to happen and at no fault of the person that made the promise. Do not discuss adoption with the children or staff.

Respect for the local people and their culture in all places and at all times. We do want you to take photos to remember your trip. But please do not let it become your only focus. Just simply ask permission to take their photo...they understand photo in English. If you take any photos out of the bus windows, please do so very discreetly, they are very proud people and do not necessarily appreciate being on display.

Respect for team members, mission house workers, interpreters, orphanage workers and their personal property. They are working with us, not just for us! At the orphanage, please respect the privacy of our house parents personal quarters.

Bathrooms: There is NO hot water. As bad as this seems, it will cause you very little discomfort due to the heat. Water is limited, so keep it simple. Please respect others, you may be comfortable walking around in the nude, 1/2 nude or using the bathroom with the door open, but I guarantee you will make others uncomfortable...so contain yourself please.

As a member of a mission trip team I also agree, while on the mission field, to abstain from the abuse of alcohol and/or the use of illegal narcotics while on this trip. It is ILLEGAL to smoke in public in Ghana.

Inappropriate language is not permitted including jokes or gestures.

I have read and understand the Global Rescue Project Mission Trip Code of Conduct and I agree to conduct myself in a like manner. I understand that by not following this code of conduct I may be denied the opportunity to serve on a mission trip

HAVE FUN!!!!!!

Signed: _____

Date: _____

Packing List

- 1 Backpack
- 1 Carry on luggage
- Hat & sunglasses
- 1 pair of walking shoes & socks
- Flip flops (quick on & off)
- Shorts, dresses, PJ's
- 1 Bath towel that you can leave there
- Queen or king flat sheet
- Personal toiletries
- Neck pillow for plane
- Small flashlight
- Small lantern (battery operated)
- Diarrhea medication (walgreens brand is best)
- Hand sanitizer
- Garbage bag for dirty clothes
- All medications currently taken
- Camera (optional)
- Sunblock (lotion is better than spray)
- Bug spray with deet
- Ibuprofen or tylenol
- Z-pack antibiotic (just in case)
- Brush/comb
- Favorite snacks (beef jerky, granola bars etc...)
- Electrical adapter for charging
- Charger
- Books
- Laptop for entertainment at night time

We have someone that does laundry for us so you only need to bring 5 bottoms and she will wash them and you can wear them again. We provide GRP t-shirts for every day you are in Ghana. All your personal items need to fit in personal backpack and carry on. If you are visiting another country on the way home with the team and you need to pack warm clothes we can check them with the luggage. All liquids can be checked with the bags we check. I recommend one normal size shampoo and body wash instead of several little ones.

I strongly recommend wearing sweat pants and a sweat shirt on the plane so you can sleep in them while in Ghana. We have air conditioning (most of the time) at our guest house in Kete Krachi but it is one temp. There are no blankets so you will need to sleep in sweats. THERE IS NO ROOM TO PACK BLANKETS SO PLEASE WEAR SWEATS TO SLEEP IN.

***** We have a cell phone in Ghana that the team can use to communicate back home. It is really expensive to use your phone from the states.**