



AMERICAN FOUNDATION
for CHILDREN *with* AIDS

Vacation with a Purpose

Matopos, Zimbabwe

June 22 – July 6, 2019



Thanks for your interest in our Volunteer with a Purpose trip to support the **American Foundation for Children with AIDS**. This initiative is designed to show you a bit of one of the countries where AFCA works and to help us raise funds for AFCA's programs. Funds are used for life-saving anti-retroviral (ARV) medication, food, livestock and seeds, training, and medical and humanitarian supplies for children affected by HIV/AIDS in Sub-Saharan Africa, as well as to increase awareness of the pediatric AIDS pandemic.

For this volunteer vacation, we stay and work in a village in Matopos, Zimbabwe. Our lodging in Matopos is at Morning Star, a group of comfortable, clean and solar powered homes, built like the local rounded huts of Zimbabwe and run and maintained by Chris and Norma Ferguson. Matopos is a gorgeous area of Zimbabwe, known for breathtaking scenery and rock formations known as kopjes. Morning Star is also the site of AFCA's Matopos Multiplication Center, where goats are bred for Livelihoods Programs, supporting children infected and/or infected by HIV/AIDS.

Getting There

Matopos is a somewhat far location, but not too remote. The team will meet in Bulawayo, Zimbabwe, the second largest city in the country. From there, an hour ride by van on tarmac roads which lead to unpaved roads, which leads to driving over large rocks until we reach our lodging. It is a beautiful ride and we'll be on the lookout for giraffe on the way.

Don't let the length of travel discourage you from considering this opportunity. We will try to meet on our way there and will travel together from an airport somewhere in route. And your reward for your efforts will be repaid immeasurably by the spectacular views along the way and amazing experience you will have once you get there!



Accommodations

The team will be staying at Morning Star, a volunteer center in Matopos, Zimbabwe. The rooms are shared, with a men/boys and women/girls dorm and some smaller quarters for married couples. There is no electricity, but solar power is used and you can recharge your electronics. Headlamps are advisable for walks outdoors. We will be using western-style toilets, even though the system is septic tanks.

Morning Star does not have hot water for showers, but they do provide us with solar shower bags, giving you a warm shower each day – or you can take a cold shower! Breakfast and dinner are served in the main house (right) and they are western-style and delicious! Fresh fruit and vegetables, pasta, potatoes, meat, eggs, cheese, etc., are all part of the daily fare available to guests. Lunches will be packed for the team on a daily basis and will be eaten on the work site. Water is always available. Some snacks, wine and beer are available to purchase in a small store.



Schedule



For most of us, it will take us two days to get to Bulawayo, Zimbabwe, due to long flights and time differences. You might have an overnight layover in Johannesburg, South Africa prior to flying to Bulawayo. USA citizens and those of some other countries are not required to have a visa while in South Africa, but be sure to check if your country does! USA citizens can purchase their Zimbabwe visas when arriving at the Bulawayo airport and they are less expensive than getting them in USA.

Along with the travel days, the project schedule includes:

- work days in Matopos, at schools, at the Multiplication Center, Morning Star, or where most needed
- rest and relaxation will be a day in Chobe National Park in Botswana

And for those with time either before or after our time in Matopos, a world of wonders and adventure await you in Zimbabwe including Victoria Falls (the team will not visit the Falls, but you are welcome to do so before flying home), Hwange National Park and the Matopos National Park. Of course, you can always add on a visit to Zambia, Namibia, South Africa, Malawi or another country.



Our Work Projects

Our work in Zimbabwe is very community oriented and we will work side by side with the local people to make our work a success. Some of the projects might include:

- Finishing the construction of a community center
- Minor construction, electrical or plumbing work
- Painting
- Setting up playground equipment
- Sewing projects
- Playing with babies and children
- Teaching English
 - Building fences
 - Helping with goats

The name of the game is FLEXIBILITY. Go with the flow and help wherever is needed. At this point, our plan is to work as stated above, but if another team comes before us and does what we had planned, we'll change our plans accordingly and we all must be flexible, knowing we are there to help and learn. And, don't worry – there is plenty of time for you to explore, hike, rock climb, play volleyball, take pictures, meditate, read, or relax.

Trip Cost: \$2350

AFCA works diligently with our host country partners to keep your Vacation with a Purpose fees as reasonable as possible while providing a comfortable, safe and interesting volunteer experience. Your fees cover the majority of your expenses while in-country so that there is no burden on the local host partner organization. Included are the following:

- Costs of tools, supplies, local labor for the work project (when applicable)
- Food and drinking water (except alcoholic drinks and personal snacks)
- Sleeping accommodations
- Entry to Chobe National Park
- In-country transportation, to and from the airport as well as to the project worksite
- Donation to AFCA and host partner



- Some team leader costs

The trip fees **do not include** airfare from your home to the host country; accommodations outside of the official trip dates; medical / emergency evacuation insurance; trip cancellation insurance; visas; vaccinations; any touristy attractions after the official date of the VWP trip is done.

NOTE: A \$300 non-refundable, non-transferable deposit is required to hold your spot on the team. All fees must be paid in full 45 days prior to departure.

If you do not have the financial means to pay the whole amount of the trip fees yourself, don't let that discourage you. Many team members raise all or a portion of their fees through donations from family and friends. Even if you have the financial means to pay the entire cost yourself, we strongly encourage individuals to fundraise for their trips. Any funds raised in excess of the trip fees will go directly to support AFCA programs. Fundraising also helps raise awareness of the mission of AFCA and its partners.

REMEMBER: THIS TRIP IS IN SUPPORT OF AFCA'S ANNUAL FUNDRAISING CAMPAIGN. So everyone is encouraged to fund-raise over and above the stated trip fees. **This is not a requirement.** But what a wonderful blessing it would be for us to be able make an even greater contribution to improving the lives of these children with AIDS.

About American Foundation for Children with AIDS

AFCA is a non-profit organization providing critical comprehensive services to infected and affected HIV+ children and their caregivers. Our programs are efficient, promoting self-reliance and sustainability. Since 2005, in collaboration with our in-country partners, we have served tens of thousands of families in some of the most underserved and marginalized communities in Africa. Our areas of impact include: medical support, livelihoods, educational support and emergency relief. Currently, AFCA is working in Democratic Republic of Congo, Kenya, Uganda and Zimbabwe.

The sub Saharan region of Africa is the worst affected by the AIDS crisis. In the 23 countries most heavily affected by HIV/AIDS, nineteen are in sub-Saharan Africa. Nine out of ten children living with HIV in the world call sub Saharan Africa home.

Though mostly adults of reproductive age contract HIV, the youngest and oldest generations can be the worst affected by the consequences. The region has two million children younger than 15 years living with HIV and 12 million orphans, having contracted it from their mothers during pregnancy, delivery or through breast milk. The epidemic is creating a generation of children forced to endure the illness as well as the loss of their parents and their own uncertain future.

In African culture, the orphaned children are taken in by their extended families. Three out of every four households in this region take care of one or more orphans. But diminishing economic conditions and high poverty levels have resulted in the abandonment of many of the children. For more information, visit their website at: www.AFCAids.org