

Strong Harvest in Togo, West Africa

October 2017



The Problem:

Togo is the 12th poorest nation in the world,* which means that Togolese families are in deep need of the basics of life: good nutrition, clean water, and additional income.

- 30% of Togo's children are stunted due to malnutrition.**
- 39% of the people don't have access to clean drinking water**
- 69% of rural residents and 36% of urban dwellers live on less than \$1.90 per day.***

*Global Finance, **UNICEF, ***World Bank

We can do something to change this!

The Solution:

Through our Moringa Peer Education Program, Strong Harvest (SHI) is helping families to develop a pathway out of poverty through improved health, increased food security, and additional sources of family income.



We work closely with our West Africa Regional Coordinator, Jean Abou, who has a passion for improving family and community health in Togo and neighboring West African countries. We partner with Jean to bring SHI Peer Educator training to rural families, teaching them basic nutrition and how moringa can provide family-level answers to the issues of hunger and poverty that they face.

You can be a part of a team that will bring the life-changing knowledge of the amazing moringa tree to these rural families, empowering them with the knowledge they need to grow moringa and use it as a sustainable source of good nutrition, clean water, and economic opportunity. On this trip we'll provide Peer Educator training seminars in which people will learn not only about nutrition and moringa, but also how to share their knowledge with others. We'll also do a number of follow-up workshops with groups that have previously received Strong Harvest training.

Team members will play their parts in a variety of ways: team teaching and providing logistical support during the seminars; tree planting, pruning, and harvesting; participating in home visits and recording people's stories; building relationships with local people and team members; debrief and devotions;

sharing words of wisdom and encouragement; and there's always a place for photography and music skills. The team will share the various tasks, so we'll all have an opportunity to use our skills and abilities and to learn some new ones. SHI will provide all the preparation you'll need to be a valuable member of this team – flexibility, a loving spirit, and a desire to serve are the only requirements needed.

The most important thing about an experience like this is the cultural and relational connections you will make with the people you meet. We never fully know what to expect, and we are always amazed by how God weaves all the pieces together into an incredible experience that we could not possibly have planned on our own.



Trip Details:

Dates: October 24-31, 2017 (leave U.S. on 10/24, arrive in Togo on 10/25)

Activities will include:

- Training Seminar for 20-30 new Peer Educators
- Follow-up workshops for previously trained groups
- Village visits, church service, soaking in the culture, building friendships, etc.
- Sight-seeing excursion

Team Members:

- Must be a minimum of 18 years old
- Be in good health and not pregnant or to become pregnant soon (due to Zika)
- Able to attend 5-6 mandatory team meetings, including one 6-hr Peer Educator training
- Passport valid for at least 6 months beyond the date of arrival in Togo
- Able to make deposit, payments, and purchase airfare by due dates

Team Member Costs:

Team fees = \$1,150

Team fees include: Lodging, in-country meals, bottled water, translators, ground transportation, cultural excursion/sight-seeing day, SHI t-shirt, complete logistical coordination, team leadership and support, trip preparation information and guidance, team training and materials.

Other Expenses:

- Airfare = \$850-\$1,450 (depending on departure city and date of purchase)
- Baggage = \$50 (approx.)
- Travel medical insurance = \$50 (approx.)
- Entry Visa = \$30
- CDC recommended vaccines/prescription meds = \$0-\$300

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/togo>

Total estimated team member cost: \$2,130 - \$3,030

SHI helps you to raise funds for the above costs by providing fundraising tools, including an online fundraising page, and email and surface mail templates.

Personal Expenses (approximate):

Optional trip insurance to cover airfare = \$various amounts

In-transit food on travel days = \$50

Shopping, snacks, various tips for drivers, translators, etc. = \$100-200

Important dates:

- June 15:** \$100 nonrefundable deposit due (applied toward team fee)
Application and Liability Release form due
- Aug 1:** \$525 - 1st half of the team fees due
- Sept 15:** \$525 - 2nd half of the team fees due
Proof of international medical coverage due
- Before Sept 15:** Airfare purchased and a copy of itinerary sent to SHI

