



## Awaken – Adventure with Purpose

Discover. Connect. Transform.

### 1. Travel Documents & Entry Requirements

#### ✓ Passport

- Your passport **must be valid for at least 6 months** beyond your return date.
- If you don't have a passport, **apply immediately** at [U.S. Passport Services](#) (processing takes **6-8 weeks**).

#### ✓ Visa Requirements

- **Cameroon:** A visa is required for U.S. travelers. Apply online [here](#) or through the **Cameroonian Embassy in Washington, D.C.** (*Processing time: ~2-4 weeks*).
- **Rwanda:** A **visa on arrival (\$50 USD)** will be obtained upon entry.

#### ✓ Yellow Fever Card

- **Both Cameroon & Rwanda require proof of Yellow Fever vaccination** for entry.
- You must carry a **Yellow Card (International Certificate of Vaccination)** from the **CDC** or a **travel clinic**.

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### 2. Trip Overview

This journey blends **adventure, cultural immersion, and meaningful service**, offering an unforgettable experience across **Cameroon and Rwanda**.

#### Trip Highlights

- Explore **Yaoundé, Douala, and Kigali**.
- Enjoy **two out-of-city excursions**:
  - Visit a **gorilla sanctuary** in Cameroon.
  - Tour a **tea farm** in Rwanda.
- Optional **one-day safari** in Rwanda (*additional cost applies*).

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### 3. Make a Difference

- **Witness impact** – See how C-Life Alumni are applying their faith to lead and create change, even in challenging conditions.
- **Share your skills** – Teach or assist in income-generating training.
- **Find your place in Africa's transformation** – Discover ways to connect with and support Africa's future.



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### 4. Payment & Flight Logistics

#### Payment Details

- After reviewing your application, we'll call you to discuss your interest and answer any questions. You'll then receive a secure payment link or can pay via **Zelle (no fee)**. Online card payments will include a **7% surcharge**.
- A **\$1,000 deposit** secures your spot (*limited availability*). The deposit is **refundable if canceled at least 4 months before departure**.
- **\$1,000 deposit deadline: April 30, 2025.**
- **Full payment deadline: May 30, 2025.**

#### Flight Logistics

- The **trip cost does NOT include airfare**, so flights must be booked separately.
  - The trip starts in **Yaoundé (Nsimalen International - NSI)** and ends in **Kigali (Kigali International - KGL)**. When booking, select "**Multi-city**" instead of roundtrip.
  - **Airline options:**
    - **Budget-friendly** – Turkish Airlines, United, Delta (partnering with Air France & Brussels Airlines).
    - **Premium** – Qatar Airways, KLM, Royal Air Maroc.
  - Need help booking? **We're happy to assist!**
  - Want to extend your trip? **Stay longer in Rwanda for a safari** or explore **Kenya or Zanzibar** it will be up to you.
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### 5. Culture, Health & Packing Guide

#### Cultural Tips & Etiquette

- **Greetings Matter** – Handshakes are common, often with a smile. Always greet elders first.
- **Dress Modestly & Respectfully** – Rural areas and churches expect conservative attire.
- **Hospitality is Key** – Accepting food or drinks, even a little, is polite.
- **Be Flexible** – Embrace "**Africa time**"—things may not always run on strict schedules.
- **Photography Etiquette** – Always ask before taking photos of people or government sites.
- **Faith is Central** – Christianity is deeply rooted, and faith-based conversations are welcomed.



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- **Bargaining is Normal** – Polite negotiation is expected in markets.
- **Use Your Right Hand** – When giving, greeting, or eating, the right hand is preferred.

### Vaccines & Health Precautions

#### Required for Entry:

- ✓ **Yellow Fever** – Mandatory for both countries.
- ✓ **COVID-19** – Check the latest travel requirements.

#### Recommended:

- ✓ **Typhoid** – Protects against contaminated food/water.
- ✓ **Hepatitis A & B** – Common in developing regions.
- ✓ **Tetanus** – Boosters recommended every 10 years.
- ✓ **Malaria Prevention** – Both countries have malaria risks; consult your doctor for **anti-malaria meds (Malarone, Doxycycline, Lariam, etc.)**.

#### Other Health Tips:

- ✓ Bring **prescription meds in original packaging**.
- ✓ Use **bug spray (DEET-based)** to prevent mosquito bites.
- ✓ **Drink only bottled or purified water** (no tap water).
- ✓ Pack a **small first aid kit** (pain relievers, stomach meds, band-aids).

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### Packing List

#### *Essentials*

- ✓ **Passport & Visa** – Check entry requirements.
- ✓ **Yellow Fever Card** – Required for entry.
- ✓ **Travel Insurance** – Recommended for health/trip coverage.
- ✓ **Cash & Cards** – ATMs work in major cities, but bring **some USD** for exchanges.
- ✓ **Unlocked Phone & SIM Card** – A local SIM offers affordable calls and internet. You can also use **WhatsApp** for free calls.

#### *Clothing*

- ✓ **Light, breathable outfits** – Cameroon is warm and humid; Rwanda is cooler.
  - ✓ **Long skirts or pants** – Ideal for rural areas and churches.
  - ✓ **Light jacket or sweater** – Needed for Rwanda's cool nights.
  - ✓ **Comfortable walking shoes** – Essential for city tours and excursions.
  - ✓ **Sandals or flip-flops** – Great for casual wear.
  - ⊘ **Do NOT bring:** Expensive jewelry, large cash amounts, or valuables that can't be replaced.
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### 6. Trip Guidelines (Housekeeping Rules)

#### 1. Core Values & Expectations

As a faith-based organization, we uphold **kindness, flexibility, fun, service, and respect**.

Participants must:

- ✓ Approach the trip with a **servant-hearted attitude**.
- ✓ Respect **different cultures, traditions, and perspectives**.
- ✓ Support **team unity**, even when faced with challenges.
- ✓ Follow **all trip guidelines and respect local customs**.
- ✓ **No drunkenness or substance abuse** – This is a **faith-centered experience**, focused on connection, service, and cultural immersion.

#### 2. Cultural Awareness & Sensitivity

- ✓ **Embrace cultural differences** – Ask questions with curiosity and humility.
- ✓ **Dress modestly** – More guidance will be provided before departure.
- ✓ **Be mindful of photography** – Always ask permission before taking photos.

#### 3. Teamwork & Flexibility

- ✓ **Stay patient and adaptable** – Unexpected schedule changes may happen.
- ✓ **Support your teammates** – A positive attitude strengthens the group.
- ✓ **Communicate openly** – Let leaders know of any concerns or needs.

#### 4. Health & Safety

- ✓ Get **all required vaccines** before departure.
- ✓ Follow **basic health precautions** (bottled water, hygiene, etc.).
- ✓ Stay **with the group** and follow leader instructions.
- ✓ Inform a leader **if you feel unwell** or need help.

#### 5. Spiritual & Leadership Growth



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- ✓ Participate in **team devotionals and reflections**.
- ✓ Apply **servant leadership** in interactions and service projects.
- ✓ Be open to how **this journey may challenge and strengthen your faith**.

### **6. Trip Conduct & Commitment**

By joining this trip, you agree to:

- ✓ Follow **C-Life's code of conduct and leadership**.
- ✓ Show **integrity, responsibility, and respect** in all interactions.
- ✓ Honor your **commitment** by preparing mentally, spiritually, and physically.

⚠ **Failure to follow these guidelines may result in dismissal at your expense.**

We can't wait to experience this journey with you! For any questions, reach out to ✉️ Sheila Ngolesueh – [etongasheila@myclife.org](mailto:etongasheila@myclife.org)