



# MISSION TRIPS

Bringing hope and restoration to the imprisoned children of Africa, in Jesus' name.

## About Sixty Feet

The mission of SixtyFeet is to bring hope and restoration to the imprisoned children of Africa, in Jesus' name. Our work is twofold:

1. We work to meet immediate needs in the juvenile prisons by providing medical care, mentoring, food, clean water, shelter and bedding.
2. We also seek to provide long term restoration for the children we serve through education, counseling, justice/legal support, and sharing the Gospel through Bible studies, preaching and intentional prayer.

SixtyFeet was created in 2010 by a small group of Atlanta businessmen with a desire to bring hope and restoration to the imprisoned children of Africa through the love of Jesus Christ. From our humble beginnings, the ministry has grown into a multi-faceted, international operation with a staff of 30+ individuals and an annual operating budget of over \$1MM. We give all glory to God in every aspect of our work and ministry.

### Our Guiding Verse:

"I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."  
- Matthew 25:40

## Mission Trip Goals and Objectives

Traveling to Africa with Sixty Feet is not your average missions experience. Our trips are not project oriented but **people oriented**. We seek to provide our teams with opportunities to learn about and experience the culture and the mission field in which we serve. We desire for our teams to be relational in nature and consistent with the long term work of SixtyFeet.

Specific trip itineraries and schedules are determined on a team-by-team basis and depend upon current needs in the facilities as well as the individual gifts/interests of the team members. Your team itinerary will be finalized by 20 days prior to travel -- but we do advise all of our participants to stay flexible. When traveling to Africa, even the best laid plans are subject to modification.



# Payment Information

The approximate cost of the trip is \$3,000 + shots, depending on airfare. The fee is comprised of the following: ground fees, including transportation, lodging, food, insurance and administrative fees are \$1,000 per person and airfare is approximately \$2,000.

We require a \$200 deposit in order to hold your place on the team. This deposit is later applied to the ground fees. Money for airfare, typically around \$2,000, is due 90 days prior to travel. The remaining \$800 in ground fees is due 30 days prior to travel.

## Background on Uganda and SixtyFeet

Uganda is a landlocked country in East Africa. It is also known as the "Pearl of Africa." The country is roughly the size of the state of Oregon and has a population of more than 30 million people. For decades, Uganda's economy suffered from devastating economic policies and instability, war and the HIV/AIDS epidemic, leaving Uganda as one of the poorest countries in the world. Today, over half (51%) of the population lives in extreme poverty (on less than \$1 per day), 1 in 3 people do not have access to a safe water source and illiteracy runs rampant, particularly among females. Young children are often kept out of school in order to work, beg, fetch water or care for younger children or babies.

Despite these conditions, SixtyFeet has been blessed and encouraged to consistently meet Ugandans who embody spirits of joy, hope and devoted faithfulness to our Lord. Ugandans care for one another and, as a people, they do everything in their power to care for their country's orphans. Many Ugandan families are fostering or have adopted domestically.



Our ministry serves six different facilities known Uganda as "remand centers." These places are essentially prisons for children. The facilities are overcrowded, understaffed and underfunded. While some of the children who live in the remand homes are true, convicted criminals, others are not. Some remand homes function as drop-off facilities for street beggars who have been rounded up by the police, they are unwanted step-children, they are refugees fleeing war-torn countries in Africa, they are handicapped and disabled orphans that no orphanage will accept.

There are a number of these remand centers located throughout the country. Our mission team will likely venture outside of Kampala for a day or overnight excursion to visit an outlying facility and experience another part of the country. Rough road conditions can make travel throughout the country difficult and slow. Below is a list of approximate travel times from the SixtyFeet guest house to other various areas of the country:

<b>Mbale</b>	4 hours	<b>Gulu</b>	5.5 hours
<b>Mpigi</b>	1 hour	<b>Naguru</b>	15 minutes
<b>Masindi</b>	3.5 hours	<b>Fort Portal</b>	9 hours
<b>Jinja</b>	3 hours	<b>Bwerenga</b>	45 minutes

## Travel to Uganda

### Passports

You must have a valid US passport to travel to Uganda. It takes up to 14 weeks and a birth certificate to obtain a passport so don't delay! Forms may be obtained at your local post office.

Keep your passport on you at all times during the trip to Uganda. You may want to purchase an undergarment passport holder. You will provide one copy of your passport to SixtyFeet ahead of time, but make an additional copy to keep with you.

### Visas

You must purchase an entry visa at the Entebbe airport in Uganda. You must have exactly \$50 US exactly (a crisp, clean, newer \$50 bill is all they will accept) for this purchase.

### Guest House:

All of our mission teams lodge at the SixtyFeet guest house located in the Makindye Hill area of Kampala. The guest house is centrally located and sits at an elevation far above the city, affording our guests both beautiful views and a break from the pollution of the city. Most guests find our guest house to be spacious, comfortable and westernized.

### Vaccines & Medications

Various vaccinations and medications are required for travel to Uganda. Your local health department or travel clinic can advise and administer these shots and medications. We urge you to consult with your personal physician to discuss the best options for you.

### Cell Phones

There will be two team cell phones available at all times in case of emergency. If you plan to bring your personal phone, be sure it has an international plan (although calling the US from Uganda can be

very, very expensive). In Uganda, cell phones run on the GSM network so CDMA phones (such as Sprint) will not work at all.

## Adapters and Internet

Internet will be available throughout the trip so laptops are great to bring. Skype is an inexpensive way to communicate with loved ones in the US. If you plan to bring your laptop, we recommend you bring an African power adapter. These are available for purchase at <http://www.brookstone.com/>

## Air Travel

The trip to Kampala, Uganda is a journey! The first leg of our trip is from Atlanta, GA to Amsterdam (or other European destination). Flight time approximately 8 hours. There will likely be a layover for several hours and then fly directly to Entebbe, Uganda. The flights arrive in Uganda very late at night. The drive from Entebbe into Kampala is approximately 1 hour.

## Baggage

Two bags weighing a maximum of 50 lbs each, one carry on and one personal item are allowed. Be sure to check the airline guidelines for specifics. Your carry-on luggage should include a full change of clothes, your toiletries (meeting TSA guidelines), your travel documents, any medications and “extras” for the flight such as books/Bible, camera, etc.

## Eating & Drinking

We will eat breakfast and dinner at the Sixty Feet Guest House each day. We will spend most days at the remand home so it's important that you pack snacks for each day in your bag. We suggest cliff bars, dried fruit, granola bars, etc. Food and water precautions are necessary at all times. Do not drink any tap water, use it to brush your teeth or open your mouth in the shower.

## The Language

The official language in Uganda is English; however most women and children in the villages and outer areas of the country will speak Luganda or the local tribal language. When we travel to the remand homes, there will be a member of the SixtyFeet staff available to translate.

## Personal Money

Uganda is almost exclusively a cash society. We suggest you bring a maximum of \$200 cash and bring one credit card in case of emergency or for use in Europe during your layover. You will need to notify your credit card company with the dates you will be in Africa so they do not disable your card when it's used abroad.

## Giving

SixtyFeet asks that you not offer any money to anyone at any time. If you feel led to meet a need, it can be done through a SixtyFeet representative at the appropriate time. Do not commit to solve a financial issue or commit to provide a gift to anyone at any time. We are in Uganda to serve and build relationships with our friends across the ocean. It is important for all parties involved to embrace healthy ministry and avoid unhealthy giving practices.

# A Typical Day on the Mission Field with SixtyFeet

A typical day will start with breakfast and morning devotions. After breakfast we will head out for our task of the day. Typically we will not come back to the guest house for lunch so be sure to fill up at breakfast and bring a snack and water. While in the remand homes and villages, be very sensitive to the locals and their culture. Be respectful in your speech and noise volume and use caution and common sense before taking photographs. Once our daily task is complete, we will return to the guest house for a quick rest and dinner and evening devotions/daily re-cap and prayer time.



## Wardrobe Recommendations

### Women

In Uganda, women dress conservatively so it's best to keep your clothing choices modest. Long skirts and pants are the best options. Shorts are not appropriate. No tank tops, halter tops or low cut blouses. Bring comfortable, closed toe shoes for daily wear and flip flops to wear around the guest house and in the shower.

### Men

Pack jeans or lightweight cargo/khaki pants. Short and long sleeved collared shirts are best and will provide more protection from mosquitos and the equatorial sun. Shirts should be lightweight and light colored to protect against the heat. Bring comfortable shoes and baseball caps for daytime work.

## Extra Notes

Several clean shirts and 2 or 3 pairs of pants/skirts is sufficient. Be sure to keep one change of clothing in your carry-on luggage. If you plan on checking a second bag, it is good to split up essential clothing between the 2 bags – if one bag gets lost, you will at least have half of your essentials.

Travelers to Uganda often pack their clothing inside their suitcase in large ziplock bags. Taking this precaution will protect your clothing from heavy rainfall which is common in this part of the world.

## Guesthouse Information:

The guesthouse has WiFi for your convenience. Signs on the downstairs door give you the login/ passwords. It does, however, limit the number of users at a time. Please make sure to disconnect from the WiFi when you are finished, so others can use it.

When taking a bath, please turn on the hot water heater switch at least 10 minutes before you use it and turn it off when you are done. The first floor bathtub does not have hot water, unfortunately. There is a shower located below the kitchen (access from the kitchen) for you to use if you'd rather have hot water.

At night, please make sure the outside lights are on. The switch is located at the doorway entrance.

Before you leave, please strip your bedding and leave them in a laundry basket downstairs, along with any used towels. Also, please make sure all water heaters are turned OFF.

If you brought donations for our staff, please leave them in the bin downstairs labeled "donations".

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# Additional Documents

Prior to booking your travel, the following documents must be completed and approved.

**Pastoral Reference Form:**

[HTTP://WWW.FRIENDSOFSIXTYFEET.ORG/WP-CONTENT/UPLOADS/2012/05/SF-PASTORAL-REFERENCE-FORM.PDF](http://www.friendsofsixtyfeet.org/wp-content/uploads/2012/05/SF-PASTORAL-REFERENCE-FORM.PDF)

**Short Term Application:**

[HTTP://WWW.FRIENDSOFSIXTYFEET.ORG/WP-CONTENT/UPLOADS/2012/05/SIXTY-FEET-SHORT-TERM-APPLICATION.PDF](http://www.friendsofsixtyfeet.org/wp-content/uploads/2012/05/SIXTY-FEET-SHORT-TERM-APPLICATION.PDF)

**Liability Release Form:**

[HTTP://WWW.FRIENDSOFSIXTYFEET.ORG/WP-CONTENT/UPLOADS/2012/05/SIXTY-FEET-LIABILITY-RELEASE-FORM.PDF](http://www.friendsofsixtyfeet.org/wp-content/uploads/2012/05/SIXTY-FEET-LIABILITY-RELEASE-FORM.PDF)

**IMPORTANT:** We also request that you scan and email your Health Insurance card, Driver's License and Passport.

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# Packing List

\*Be sure to keep your travel documents on you at all times.

*Bible  
Deodorant  
Razor  
Shampoo/Dry shampoo  
Soap  
Brush/Comb  
Feminine Products  
Pocket Kleenex  
Glasses/Contacts  
Contact solution  
Wet Wipes & Hand Sanitize*

*Personal medications  
Aspirin/Tylenol  
Anti-diarrhea medication  
Insect repellent with DEET  
Personal first aid kit  
Sleep aid (we suggest Ambien)  
Cold/Allergy medication  
Powdered Gatorade  
Toothbrush+ Extra & Toothpaste  
High SPF Sunscreen  
Ear plugs*

*African Power Adaptor  
Laptop Computer  
ipod/Books for Flight  
Camera  
Travel Alarm Clock  
Day pack/shoulder bag  
Snacks  
Travel pillow for flight  
Flashlight  
Sunglasses*



## Clothing Suggestions:

*6-7 skirts/pants  
6-7 shirts  
Casual clothing for guest house  
Lightweight jacket/windbreaker  
Clean, comfortable outfit to wear for flight home*