



HELPO NENOW



IMPACT ADVENTURE TRIP FAQ's



All Help One Now Trips are built to connect our partners and donors to the communities we serve through the building of relationships with local leaders, experiencing the beauty and adventure each country holds, and participating in intentional guided times of rest and reflection. We want you to return home from these trips with a renewed heart, mind, and soul, as well as a vision and passion for how we can work together to do good around the world!

1. Who can go on a Help One Now trip?

Help One Now empowers local leaders through friendship and partnership. We partner with leaders who are already working effectively in their respective communities. These leaders are friends and allies in the fight against extreme poverty. They are our greatest resource, and without them, sustainable change is impossible.

For this reason, we don't do traditional mission trips, as they can distract from the work of locals to influence change in their own communities.

Instead, we lead a limited number of Impact Adventure Trips for committed, long-term supporters of Help One Now and those interested in seeing our work first-hand and joining the story. On these trips, emphasis will be placed on connecting with the community, building lasting relationships with the local leaders, and brainstorming how you can unlock your human capital to partner together and support their work moving forward.



2. How long are your trips?

Trip length varies depending on the country visited and the type of trip. For example, an average vision trip to the Dominican Republic takes 4-5 days, while a church trip to Uganda might take closer to 7-10 days due to the length of travel and extra activities. We will work with you or your team to ensure the best experience possible within the time we have available together!



3. How much do trips cost? What does the cost cover?

Trip cost varies depending on location, airfare, time of year, schedule, and activities. We try to keep our vision trips to our Caribbean countries (Belize, the D.R., and Haiti) within the \$1,800-\$2,500 range, while trips to Peru and our African countries (Malawi, Uganda, and Zimbabwe) may range closer to \$3,000-\$4,000.

Your trip fees will include everything on your trip outside of personal expenses, such as souvenirs or extra drinks. The covered items include but are not limited to flights, lodging, meals, in-country transportation, translators, medical evacuation insurance, extra activities and excursions, and administration fees.

4. Are trip fees tax-deductible?

Yes! All trip fees paid on your Pure Charity registration for the trip will be counted as tax-deductible donations. You will receive a giving statement that includes all donations for tax purposes. The exception to this would be any fees paid for on your own for the trip, such as booking flights on your own or souvenirs and other in-country personal expenses.

5. Are minors allowed to go on a trip?

This is handled on a case-by-case basis. Typically, we allow teenagers to join our church trips and minors to join family and vision trips if accompanied by at least one parent. However, all situations must be discussed and approved by Help One Now before signing a minor up for a trip.



6. Where will we stay while on trips?

Lodging varies depending on your location and can include a combination of our local team's guesthouses and hotels. For the guesthouses, you can expect the following: safe, gated properties, running water, restrooms with showers, limited electricity, filtered water for drinking, and delicious food served! Our team vets all hotel lodging to ensure a safe, comfortable, and enjoyable experience!

7. Will I have my own room, or will I be sharing?

In most guesthouses and hotels, you will share a room (with your own bed) and bathroom with another person. This helps us keep the cost of trips down and leave room for larger groups to travel. There are exceptions to this when needed, and we can make arrangements for any personal lodging preferences.

8. I have registered for a trip, now what?

Once you register for your trip, we ask that you fill out all the information forms and pay for your trip as soon as possible! This will help us begin booking the logistics for your trip and book things like flights before prices increase. If you are fundraising for your trip or need to make special arrangements for payment, you can reach out to us with any questions or needs!

We will send a series of weekly email communications to trip participants beginning one month before the start of your trip. This will include a comprehensive trip packet with all of the information you need for the trip, as well as updates and reminders.

9. Should I have my vaccinations updated or get anything new?

Vaccination requirements vary from country to country. In our pre-trip communication, we will inform you of any required vaccinations for the country you are traveling to. However, most countries we work in only suggest being up to date on all of your routine vaccinations and consulting your doctor if there is a need for any additional precautionary vaccinations or medication (such as malaria-prevention medication).

10. I have food allergies and restrictions, who should I inform for meals?

Your Pure Charity trip info forms will ask you to note any food allergies or other medical needs. Please clarify any allergies or needs there, and our team will work with our in-country teams to ensure you always have safe food options! Many of our meals will also be at restaurants with different options.

We understand that some food allergies, such as Celiac, are also affected by where food is prepared and that many countries we work in do not have the same food preparation requirements or accommodations as the United States. In such cases, we recommend that you pack some snacks and options as backup, but we will do everything possible to ensure you also have some safe local options!

11. What clothing and supplies should I pack for my trip?

Please do not bring anything you absolutely can't live without (including jewelry and electronics). We recommend packing light and limiting your bags to carry-on only. For example, this could be a rolling suitcase in the overhead compartment and a backpack you can put at your feet.

Here is a list of some mandatory and suggested items to pack:

- VALID PASSPORT (with at least six months of validity) to be carried on your person at all times.
- Water bottle (to be refilled). It is typically hot on our trips, and we want you to stay hydrated and healthy!
- Clothing to fit your needs for the allotted time period: It is typically hot and humid in the daytime. Please dress modestly. Underwear and bra straps cannot show. A light jacket is recommended in case you get chilly at night or when it rains. We ask that you use discretion with types of clothing and be as honoring as possible to the local culture.
- Close-toed, comfortable shoes are suggested. It can be rainy and muddy in many of our communities.
- Toiletries (please do not wear perfumes/colognes or heavily scented items—unless you like becoming a snack for mosquitoes!!)
- Bug Spray - DEET (anti-mosquito) spray or wipes
- Snacks for when you're on the go, such as protein bars or trail mix. We will be on the go, and you may appreciate a snack to hold you over during the space between meals.
- Backpack with inside pockets to hold passport/cash.
- Spending money if you wish to purchase souvenirs, snacks, etc.
- Hat, sunglasses, & sunscreen.
- Hand sanitizer/wipes.
- A comfortable travel pillow for longer or overnight flights.
- Medicines. We strongly suggest bringing one universal bag of medicine as a precaution. Anti-nausea medication, electrolytes, and pain/fever medications are highly recommended. The Help One Now trip leader will also have these items on hand and available for the team.



12. Should I bring cash on the trip?

Help One Now will handle on-the-ground expenses such as lodging, transportation, meals, etc. But it's always nice to have some cash on you for souvenirs/gifts/alcoholic drinks, etc. We recommend about \$200 in personal cash, though many places will also accept cards.

We also recommend notifying your bank and/or credit card company that you will be traveling (providing the dates you will be away and locations to which you will be traveling); otherwise, they may decline transactions out of suspicion of fraudulent activity on your card. We also do not recommend bringing multiple credit cards with you. One credit card, in case of emergency, should be sufficient.

13. I registered for the trip and paid, but I need to cancel. Will I get a refund?

We completely understand that life can bring changes and schedules may shift. We will do everything possible to accommodate trip cancellation when needed. We try to always book fully refundable flights in case of cancellation, but other logistics and trip costs might not be refundable. We will handle all trip cancellations on a case-by-case basis and make sure you have options for refunds or rebooking your trip for a later date.

14. What are the expectations for interacting with the people we will be visiting?

We at Help One Now are honored that you have chosen to join us on this Learning Journey. We know you have come with the goal of listening, learning, and connecting with our local leaders as you brainstorm ways to partner with us and support their work. On this trip, you will have the opportunity to spend time with and get to know our incredible local leaders, as well as the families and children in the communities they serve.

We will meet many new individuals as a group and have the opportunity to celebrate and participate in the unique culture and traditions of the communities we visit. With these new introductions, you may have questions about how to interact in a healthy and appropriate way with the people you meet.

For in-depth information on healthy interactions, please consult our guidelines [HERE](#).

