

# ACO Detailed Itinerary Information

## 1 Before flights

### ✓ Checklist of things to do before leaving:

1. Sign up: Beware the cutoff date
2. Remember to order your tickets early
3. Pay travel expenses
4. Get the necessary vaccines
5. Prepare the right clothing
6. Prepare communication devices
7. Prepare for mosquitos and sun
8. Prepare dry food
9. Donate supplies
10. Collect and save contact information and base information

### ✓ Important Contact Information

Sign Up:

Mr. Zhifeng Yang, [jyang@artisan-usa.com](mailto:jyang@artisan-usa.com)

Youth Group Organizers:

Ms. Xiaohong Duan, [anthea.duan@gmail.com](mailto:anthea.duan@gmail.com)

Mr. Zhifeng Yang, [jyang@artisan-usa.com](mailto:jyang@artisan-usa.com)

Doctor Chris Liu, [Eastlift@hotmail.com](mailto:Eastlift@hotmail.com)

Medical Group Divisions Medical Team:

1. Chris Liu - Internist
2. Huiyi Chen - Ophthalmologist

Surgical Team:

1. Daniel Jiang - Obstetrician/Gynecologist
2. Rong Zhao - Anesthesiologist

Dental Team:

Thanh Dinh - Dentist

### ✓ Registration and Deadlines

1. Go to <https://africacriesout.net/>, download, fill, sign and upload the form. Each family is required to give a non-refundable donation of 1,000 US dollars, which will be used to supply medicine, rice, equipment and hospital rentals for Senegal communities.
2. The registration deadline is usually at the end of October; please check for updates in the group notifications.
3. Contact for registration info: Mr. Zhifeng Yang: [jyang@artisan-usa.com](mailto:jyang@artisan-usa.com)

### ✓ Trip Costs, the itinerary includes:

1. The registration fee requires a non-refundable donation of 1,000 US dollars per family, which will be used for medicine, rice, equipment, and hospital rentals.
2. Please purchase airplane tickets by yourself. • Plane tickets from New York to Senegal are approximately 1,000 USD per person, and the prices differentiate depending on the

time of purchase. • The main group will depart from the JFK airport in New York, and arrive in Senegal at the Dakar Airport. • ACO will provide purchase details (time/date) for tickets, so please pay attention to the group information.

3. In Africa, ACO will provide transportation, food, and accommodation: 1,100 USD per person.
4. For vaccines, check with your insurance company to see if they are covered. These out of pocket costs will vary from place to place. Please pay attention to “About Vaccines” for detailed information.
5. Please keep all receipts, because ACO will issue a tax-free receipt after the medical mission is completed.
6. For additional questions about fees, please contact Jack Yang at (516) 545-1289 or Xu Jun at 917-434-376.

### ✓ Regarding Plane Tickets:

1. Direct flights: Direct flights from New York JFK to Dakar are generally served by Air Senegal, and the return flight is served by Air Senegal or Delta Airlines. please purchase you own tickets.
2. Website to purchase the Direct Flight tickets
  1. <https://flyairsenegal.com/en/home/>
  2. Phone: 877-411-9134
3. Arrival point: Dakar International Airport. The departure point of the main group: New York JFK International Airport.
4. Transfer:
  1. You can meet at New York JFK Airport in the United States
  2. Please arrange your own itinerary for overseas transfers. Arrival point: Dakar International Airport
5. Please pay attention to the boarding and departure times.
6. Seat Reservation: You can make reservations when checking in or by phone in advance. Senegal Air reservation number: 877-411-9134
7. According to our experience, it is cheaper to purchase tickets 2-3 months in advance within the United States.

### ✓ Airport pickup and drop-off and ACO Africa local contact information

1. Departing from New York, USA:
  1. Please arrive at New York JFK Airport three hours in advance. Each person can carry two 50-pound luggage and a small backpack.
  2. ACO needs one of your luggage to carry donated medicines, computers, shoes, etc. If you are a family of two, please try to compress your luggage to give us more space.
2. ACO's local contact information in Africa: This information is required when entering the country, please save it.

**Ms. Ana Paula Lima Oliveira**

**Phone 221 776959029**

**[senegalana@gmail.com](mailto:senegalana@gmail.com)**

Address of the base:

**Village de Kandan. Route de MBOUR. BP 336. Rufisque. Senegal , Code 12500.**

3. Please send Jack your flight arrival and departure times at Dakar Airport so that we can arrange for pick-up and drop-off. Mr. Jack Yang: [jyang@artisan-usa.com](mailto:jyang@artisan-usa.com).
4. There are customs officials at Dakar International Airport to provide assistance, please don't worry.

**✓ Regarding the departure date**

1. ACO starts the trip in March every year. Please refer to ACO notice for specific time.
2. Why choose March-April? June-September every year is also our summer vacation. It is the rainy season in West Africa, with many mosquitoes and high incidence of malaria and tropical diseases. March-April is the best season of the year in West Africa. It is the dry season with fewer mosquitoes; the weather temperature is relatively the coolest time of the year.

**✓ Regarding Visas:**

1. US passport holders do not need a visa and can pass through directly.
2. Chinese passport holders with a US green card do not need a pre-arranged visa. They can get a visa on arrival at the Senegal airport (though this process will be a bit slower). The green card and passport must be used together to be valid.
3. Chinese passport holders (without a US green card) will need to obtain a visa in advance. Due to Chinese airport regulations, Chinese citizens cannot exit without a valid visa and ticket. (We can assist in this process and currently, policy requires processing a month in advance. Please provide a copy of your passport).

**✓ About vaccinations:**

CDC Recommends that adults and children traveling to Africa get vaccines to protect themselves.

1. Please consult your family doctor for CDC-recommended vaccines, examples include: typhoid vaccine, hepatitis A vaccine, yellow fever vaccine, and COVID-19 vaccine.
2. Passport Health (<https://www.passporthealthusa.com/location>) and Travel Clinic provide vaccination services (though insurance coverage may vary). Contact them in advance as reservations may be needed.
3. Vaccinations may vary depending on the state in the US, and if your family doctor cannot provide vaccines, alternative vaccinators include CVS, Costco, etc. Contact them in advance as reservations may be needed.
4. Vaccination costs vary depending on your insurance coverage. Keep all receipts as Africa Cries Out will be issuing a tax-exempt receipt.
5. Children born in the US will usually receive two Hepatitis A vaccine shots, consult your doctor to see if your child needs another shot.
6. A single dose of yellow fever vaccine grants lifelong protection.

**✓ About communication, mobile roaming, and charging devices:**

1. Phones:
  - Please bring a phone with an easy-to-change SIM card.
  - US iPhones need to have a card slot, please check that your phone has one.

- US iPhones need to be unlocked, please check to see if it has been unlocked.
- 2. Wifi:
  - Buy a Huawei portable Wi-Fi router.
  - Charge the router before boarding the plane.
  - Label your Wi-Fi router with your passport name for easier SIM card distribution.
- 3. Power bank:
  - Carry the power bank with you on board the plane.
  - Prepare a power bank with a capacity of 10,000 mAh to 30,000 mAh.
  - Fully charge your power bank before you board.
- 4. Power plugs: Get a European adapter.
- 5. We will buy local African SIM cards (about \$20-\$40) at the airport. The SIM card should cover normal usage, and you can communicate with the US using messages, WhatsApp, or WeChat. You can also make international calls. Local Orange staff will assist with setting up.
- 6. It is recommended not to use US mobile roaming, as it generally does not work well in Africa.

### **Clothing and Other Personal Belongings:**

In Africa, it is about 100°F during the day and 60°F during the early morning and evening.

1. Pack at least 4 sets of summer clothes, and a fleece jacket. It is recommended to wear long sleeves and long pants to protect yourself from the sun and mosquitoes.
2. Wear travel shoes that can protect your feet for moving around.
3. Prepare personal hygiene/grooming products.
4. The base will provide towels, soap, clotheslines, and bedsheets. There will be no laundry service.

### **Medical Care, Insurance, and Medicine for Personal Use:**

1. Medical Insurance: Please consult your respective insurance company.
2. Malaria: Every year, March is Africa's dry season where mosquitoes are scarce and chances of malaria are very low. The base has malaria detection reagents and artemisinin. If you feel symptoms, please stay at the base and take the test. If the test is positive, take artemisinin for two days. Usually, there will be no problems, but if you have any doubts, it is recommended to ask your family doctor in advance.
3. Personal Medications: Please bring your own medicine and other health care products that you use daily. You can bring laxative medicine if you need it.
4. You can bring travel medicine, emergency kits, etc., according to your personal needs.

### **Bringing Food:**

1. Customs: You cannot bring fresh fruits/vegetables through customs, but you can bring dried fruit.
2. Snacks: Bring some snacks and instant noodles. Snacks can satisfy your cravings when you miss meals or when you are on the road.

### **Regarding Water Preparation:**

1. Drinking Water: The base provides safe drinking water.

2. Water Bottle: Please bring your own water bottle, 32oz or larger, to ensure adequate daily water intake.

### ✔ Sun Protection:

The African sun is very hot, so make preparations for protection.

- a. Sunscreen
- b. Sunhat
- c. Sunglasses
- d. Long sleeves and long pants are recommended
- e. Light jacket

### ✔ Mosquito Repellents:

1. Each person should bring a can of bug spray, Tiger Balm, etc. For example, the American brand 'Off Deep Woods.'
2. Anti-Mosquito: Sawyer Products SP657 Premium Permethrin Insect Repellent for Clothing, Gear & Tents, Trigger Spray, 24-Ounce
3. Insect Repelling Clothes: [Insect repelling clothes](#)

### ✔ Regarding Donated Items:

#### ◆ Computers:

1. Configuration: The configuration requirements for old computers are not high, but the hard disk needs to be checked. Generally, mechanical hard disks need to be replaced with solid-state drives (SSDs) for improved speed and reliability. If the computer already has an SSD, simply reformat and reinstall the system.
2. Battery: Check the laptop battery. Typically, the lifespan of a rechargeable battery is about 500 charge cycles, lasting around 3 to 4 years. If the battery needs replacement and it is not possible to replace it, please ensure to include the power plug.

#### ◆ Phones:

1. Reset: For old phones, clear the contents and remove it from your account (factory reset). For Apple phones, make sure to remove it from your iCloud account to avoid activation issues.
2. Charger: Ensure to include the charger and plug.

#### ◆ Sneakers:

We accept sneakers that are in good condition.

#### ◆ Medicines:

1. Vitamins
2. Painkillers

#### ◆ Other Donations:

If you or your organization want to help the people of Africa by donating via check, please write the check to Africa Cries Out. You or your organization will receive a U.S. tax-deductible receipt. The payee and mailing address of the check are as follows:

Check Payee:

Africa Cries Out

Mailing Address:  
Jun Xu, MD,  
1171 E Putnam Ave,  
Riverside, CT 06878

**✓ Regarding Youth Volunteers:**

1. We will work with you to lead by example, encourage dedication, stimulate children's ambition, guide positive thinking, cultivate leadership, and lay a good foundation for their life path.
2. Youth Activities: Including but not limited to:
  1. Pre-trip:
    - Publicity and dissemination (school clubs, social media platforms, etc.)
    - Collection of donated materials: used laptops, used phones, gently used shoes, commonly used medications, and more.
  2. During the trip:
    - Medical work: front desk, medicine distribution, doctor's assistant, operating room assistant, etc.
    - Team affairs: kitchen duties, news communication work
    - Learning courses: medical courses, video courses
  3. Post-trip:
    - Summary work: photography competitions, writing articles about the trip, preparing for the next year's trip to Africa

**✓ Regarding non-medical volunteers:**

Many participating adult non-medical personnel can engage in the following tasks, but not limited to:

- a. Publicity work: photography, video production, written promotion
- b. Team affairs: kitchen duties (though everyone does this), itinerary coordination, safety measures.

Also, please note: Just because you are not medically trained, it does not mean you cannot help out with things like triage or sorting medicine.

**✓ Regarding medical volunteers:**

1. The surgical team will perform surgeries at Dakar Hospital, with local doctors participating and ensuring postoperative care.
2. The dental team will be on base serving patients.
3. The general medical team will deliver medical services and medication to the base, villages, and leprosy villages.

**✓ Main contents of the itinerary:**

The itinerary includes three main sections, but is not limited to these:

◆ Medical section:

- a. The surgical team will perform surgeries at Dakar Hospital, with local doctors participating and ensuring postoperative care.
- b. The dental team will be on base serving patients.
- c. The general medical team will deliver medical services and medication to the base, villages, and leprosy villages.

◆ Poverty Alleviation section:

- a. Distribute food, vegetable oil, and other supplies to remote villages.

◆ Youth Section:

- a. The youth group will set an example, teach other children and motivate others. This will help guide their positive thinking and develop their leadership skills.

**2 In Africa:**

✓ **Emergency Contact Information:**

For youth activities, please contact:

- Xiaohong Duan: [anthea.duan@gmail.com](mailto:anthea.duan@gmail.com)
- Jack Yang: [jyang@artisan-usa.com](mailto:jyang@artisan-usa.com)
- Dr. Chris Liu: [Eastlift@hotmail.com](mailto:Eastlift@hotmail.com)

In case of emergency, please contact:

- Jun Xu: 917-434-3767
- Jack Yang: 516-545-1289
- Dr. Chris Liu: 216-233-9140
- Dr. Huiyi Chen: 630-885-1855
- Xiaohong Duan: 408-230-6924

✓ **Base Medical Medication Preventive Measures:**

1. The CDC recommends taking Hydroxychloroquine 310 mg once a week to prevent malaria. Start one week before going to Africa, continue taking it weekly while in Africa, and for four weeks after returning.
2. The base has rapid malaria tests.
3. Based on our experience, March is not malaria season. We have prepared artemisinin for each person. If you feel unwell, take two tablets and then another two tablets 24 hours later.

✓ **Base accommodation arrangements:**

1. The base has a two-story dormitory building. Each floor has a bathroom with showers and flush toilets. Each dormitory has two bunk beds, providing a total of four beds. Some larger rooms have multiple beds.
2. Accommodation is arranged by keeping men and women staying in separate rooms.
3. For youth, boys and their mothers will stay separately, and girls and their fathers will stay separately. Each room will have an adult to take care of the youth.

4. The temperature is cool at night, approximately 60-70 degrees Fahrenheit or 15-21 degrees Celsius. There is no air conditioning or fans. If needed, please bring your own fan.
5. During the dry season in Africa, around March, there are very few mosquitoes, so we do not provide mosquito nets. If needed, please bring your own mosquito net.
6. Lights out is 10:30 PM every night. Parents, please ensure your children return to their rooms by 10:00 PM to rest and prepare for the next day's work.

#### ✔ **Base Food Supply:**

1. During your time in Africa, for safety reasons, all food and water will be provided by the base.
2. The base has a cafeteria that provides three meals a day. Typically, breakfast and dinner are at the cafeteria, and packed lunches are provided for travel days.
3. Do not consume any food from outside the base.
4. Please manage any snacks you bring into Africa yourself.

#### ✔ **Base Water Safety:**

1. During your time in Africa, for safety reasons, all water will be provided by the base. Please use the designated water sources.
2. There is specially designated water for brushing teeth in the dormitory. Do not use tap water.
3. On travel days, the designated vehicle will carry drinking water provided by the base. Do not use any non-base-provided water.

#### ✔ **Activity Schedule:**

Please refer to the two-week itinerary in March 2024.

#### 3 **After returning from the trip:**

##### ✔ **ACO Photography Competition:**

After the trip, ACO will host a photography competition. We welcome everyone to submit photos capturing the landscapes, stories, and people of the African journey.

##### ✔ **ACO Travel Experience:**

After the trip, you are invited to share your thoughts and experiences of the African journey in written form. ACO will publish these on its official website, public accounts, and other media platforms.

##### ✔ **Presidential Volunteer Award:**

1. After the trip, young volunteers from North America will receive a certificate of volunteer hours from ACO. They can use this to apply for the Presidential Volunteer Award based on their individual circumstances. ACO can assist in the application process.



2. Adult volunteers with similar needs should also contact ACO.
3. For more information, please visit: [Presidential Service Awards](#)

 **Providing Feedback to ACO:**

After the trip, feel free to provide constructive feedback to ACO to help us improve and better serve those in need. Your suggestions are valuable in our growth and impact.