



PLANTING TOGETHER

**Participants' Information
for
Gather and Go
Camp and Outreaches**

Senegal 2019



This Planting Together Participants' Preparation Manual consists of two parts:

Part One

Home preparation materials for pre-teens and teenagers

These are designed to help your younger teen members prepare themselves for outreach in Senegal. Parents and other adults are invited to reflect on the principles proposed here (preparing ourselves spiritually, mentally and physically for outreach in Africa) and to use them as inspiration for your own preparation before your trip.

Part Two

Important information for participants and parents

This section contains all kinds of practical information that will help you prepare for your trip to Senegal, look after your health while there, and be a blessing to those we come into contact with.

Please read this section carefully, and contact your team leader if you have questions about the specific details of your team's involvement.

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The Great Green Wall and other “green” initiatives.

Some tips for staying healthy in Africa

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Cultural sensitivity in West Africa: helpful things to know

In order to keep the file size of this handbook as small as possible, we have not included many photos. You can find hundreds of photos from previous years on the Planting Together Facebook page, and there are several great video clips on the Planting Together YouTube channel. And, of course, you’ll find plenty more photos and information on the Planting Together website.

What this booklet is about



Congratulations! You've applied and been accepted for an outreach and practical service team, heading to West Africa in August 2019. No doubt your team leader has already given you lots of practical information that is relevant for your specific team, coming from your particular part of the world. The purpose of this participant's handbook is to help you prepare yourself mentally, physically and spiritually for your time in Africa, so that you can get the most out of your trip and be a blessing to those that you meet there. This book also summarises some of the practical information that may be useful to you (or to your parents) before you leave home.

1 Thessalonians 5 vs 21 - 24

Test everything, hold on to what is good, and avoid every kind of wrong. May God Himself, the God of peace, make you holy in every way. May your whole **spirit**, **soul** and **body** be kept blameless at the coming of our Lord Jesus Christ. The One who calls you is faithful and He will do it.

spirit soul body

You probably already know that we describe God as the "Trinity." There's only one God, but there are three different parts or aspects to His nature. The Bible teaches us about God the Father, God the Son (Jesus), and God the Holy Spirit. As human beings, we are made in God's image, and we also have three "parts" to our being; we have a body, a soul and a spirit.

When Paul prayed for the Thessalonians, He asked God to keep them fit and blameless in all three aspects of their lives. As you prepare to go to Africa this summer, it's important that you don't make preparations in only one of these areas and forget about the other two. This booklet is designed to help you prepare yourself in all three ways. It's to help you get ready or "fit to go."

It's not the sort of book where you start at the beginning and just read through to the end. We recommend you do some preparation every week in all three of these areas - from now until the time that you leave for your trip to West Africa. We're looking forward to seeing you there this summer!

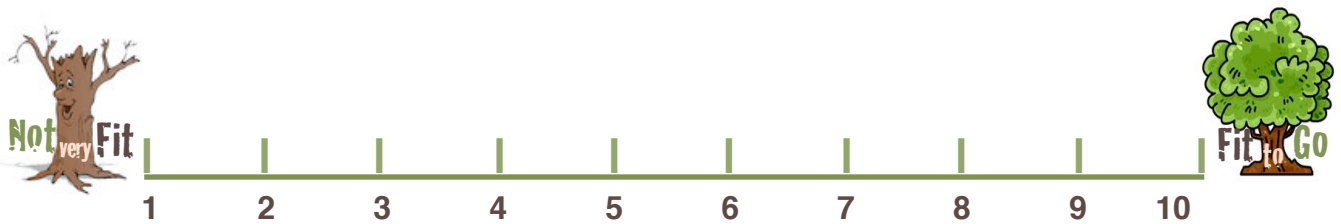


This handbook is written to equip and prepare team members of different ages and nationalities, including younger participants and those who have never been to Africa before.; please adapt and use it in the way that is most helpful for you.

Getting spiritually fit

Fit in SPIRIT

On a rating scale of one to ten, how spiritually “fit” are you?



Do you regularly spend time with God, talking to Him, worshipping Him, giving thanks or asking forgiveness? Do you listen to Him and know how to hear His voice? Do you read the Bible regularly and find things in it that you can apply to your own life in the 21st century? Or do you find that the busyness of school, work, friends, hobbies and social networking fill your weeks and often cause you to forget to make time for your friendship with God?



African people are often more conscious of the spiritual world than Europeans or Americans are. For some people, this may mean that they love to go to church, and to praise and worship Jesus. For others, it might mean that they are afraid of evil spirits and turn to the witchdoctor for help when they are sick or have a problem in their family.



As you prepare to go to Africa for outreach, it's good to make a plan for strengthening yourself in your faith and in your relationship with God.

Jude vs 20

As for you, dear friends, build yourselves up in your most holy faith, and pray as the Holy Spirit leads you.

Make your own action plan

Spend some time thinking, or praying, about what kind of action plan would help you “build yourself up in your faith” and increase your spiritual “fitness” as you prepare to leave for your outreach in Africa.

Perhaps you'd like to plan specific times in your week for praying, for praising God or for reading the Bible. Make your plan realistic; it's better to plan to spend twenty minutes with God three times a week, and actually *do* it, than planning to pray for an hour every day and never actually getting round to it.

You can use the next page to write your personal action plan, or perhaps to keep notes of things that God shows you or says to you during your times of prayer.

The pages following that can be used as kind of a “quiet time journal” to help you get spiritually fitter for your Planting Together outreach.



Fit in SPIRIT - my action plan

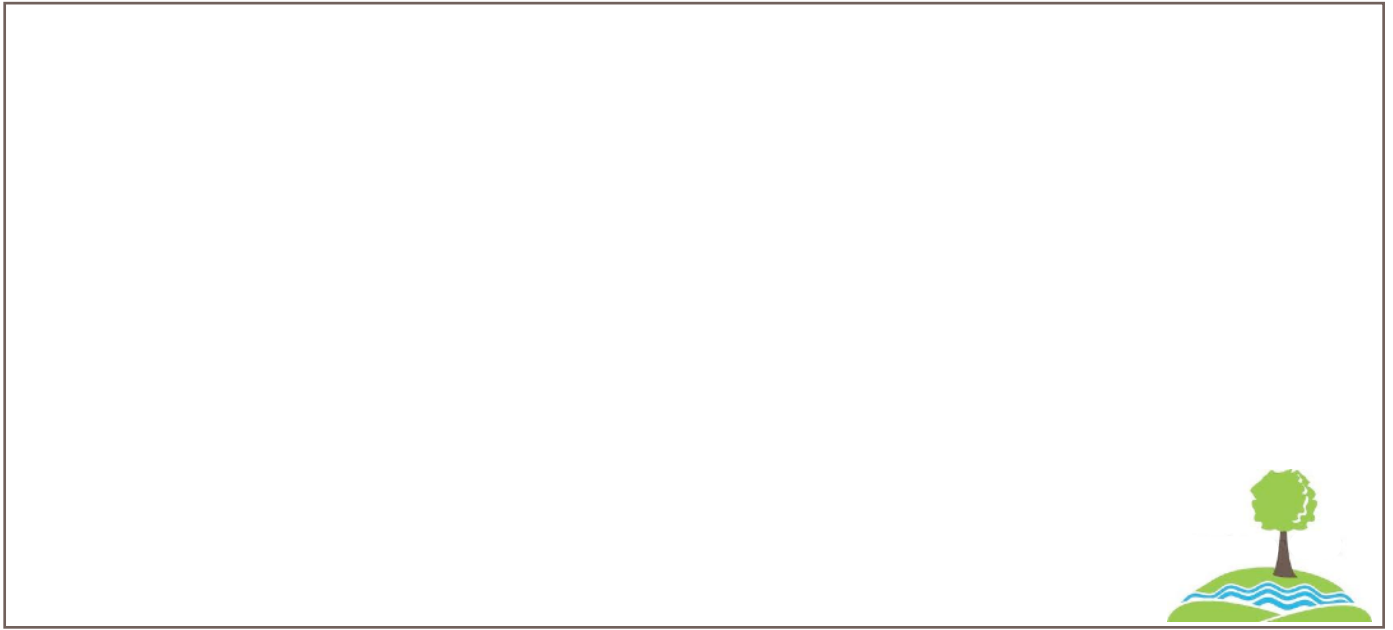


Day 1 **Read Psalm 1 vs 1 - 6**

Fit in SPIRIT

A tree planted near water is going to grow stronger and greener than a tree in a dry place. As you read this psalm, can you find one or two things that a person needs to do in order to be like "a tree planted by streams of water"? (vs 1 - 2)

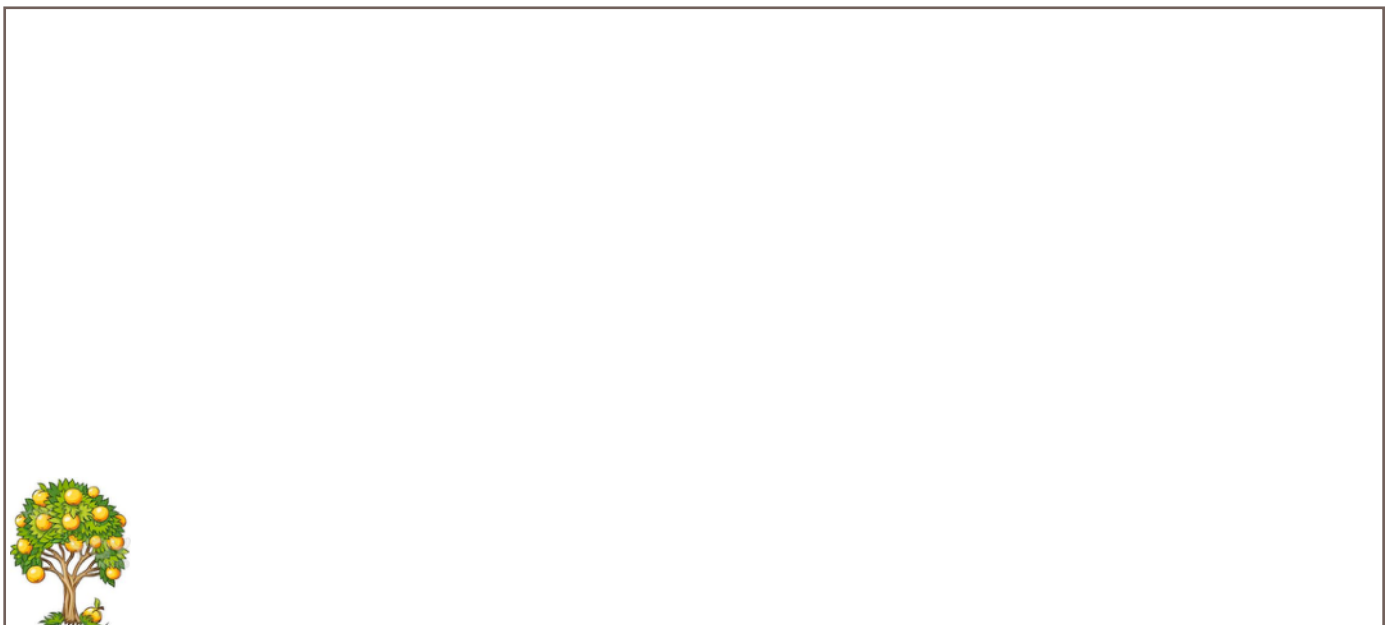
And what blessings does God promise to give to this kind of person? (vs 3 - 6)



Day 2 **Read Luke 6 vs 43 - 45 and Matthew 7: 16 - 23**

In this teaching, Jesus was comparing different kinds of people with different kinds of trees. According to these verses, what sort of things make a person like a "good tree," and what do you think Jesus meant by this?

What is the most important aspect of all - the one that characterises people who will enter the kingdom of heaven?



Day 3 **Read Galatians 5 vs 16 - 26**

Fit in SPIRIT

The apostle Paul also taught about good and bad fruit in the life of a Christian. As you read this passage, which of the bad fruits do you need to have victory over in your own life? And which of the nine good fruits do you particularly want to develop in your life over the coming weeks?



Day 4 **Read Jeremiah 17 vs 5 - 10**

How many differences can you find in this passage between the bush in the desert wasteland and the tree planted by the water? What two kinds of people do these plants represent? (See vs 5 and vs 7)
What about *you*? Ask God to search your heart and mind. (vs 10) Is your life becoming more like the bush or more like the tree?



Bush in the desert



Tree by the water

Day 5 **Read John 15 vs 1 - 8**

Fit in SPIRIT

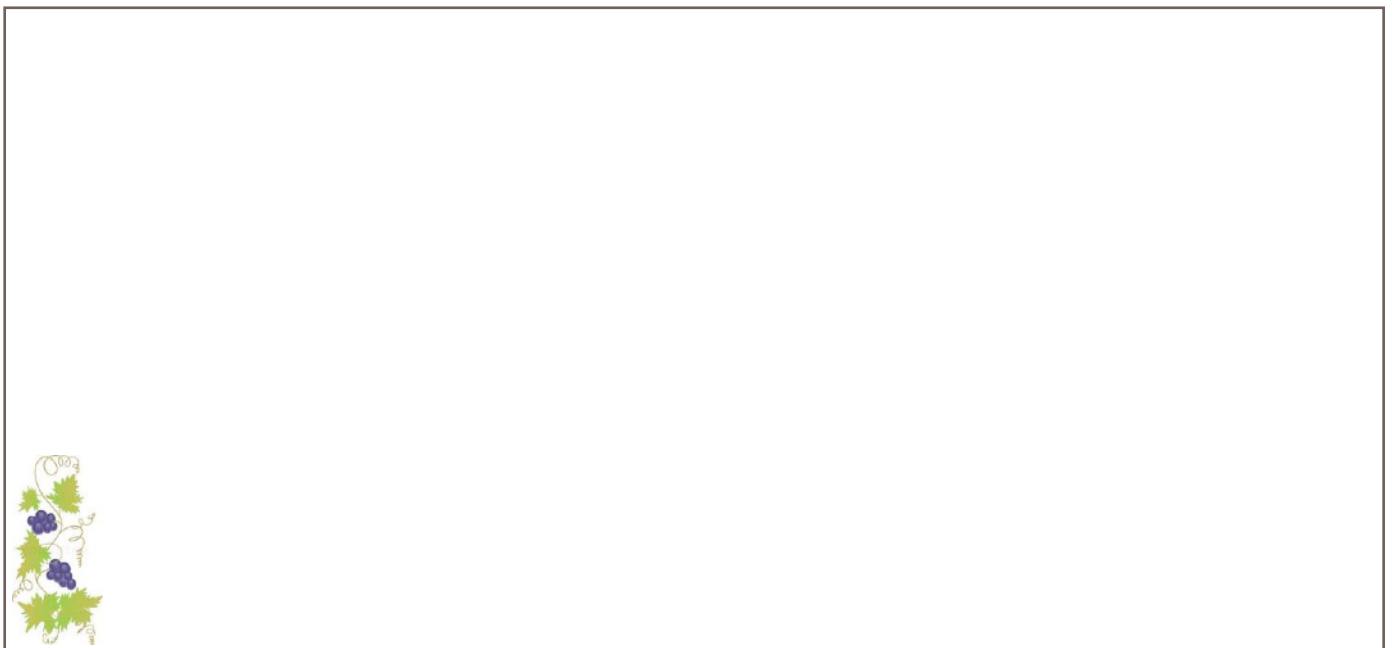
Now Jesus describes Himself as the vine, and says that we are like the branches. What can you do *this* month to help you stay attached to Jesus and bear good fruit?

What good fruit have you seen in your own life over the past year? And what things has God been "pruning" from your life over the past year?

What else is God saying to you through these verses today?



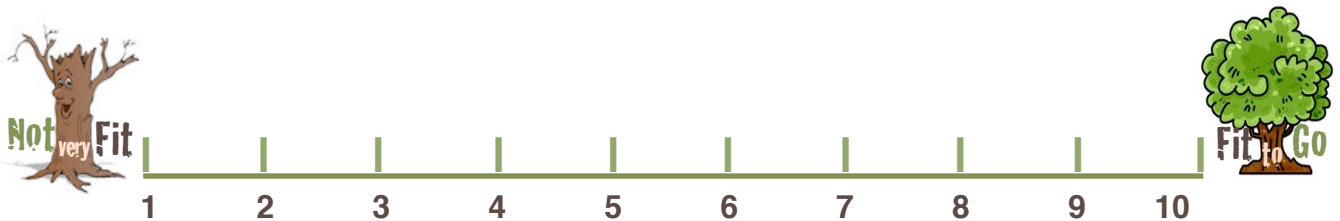
You can use this space to write a prayer or a letter to God.



Getting mentally fit

Fit in SOUL

On a rating scale of one to ten, how much do you know about life in Africa?



It's said that our "soul" is made up of the invisible parts of us, such as our mind, our will, our emotions, our personality... In getting "fit to go" to West Africa, we're going to focus mainly on the mind - the kind of knowledge and understanding that is important before going on a trip to Africa.

In the coming pages, you'll find all kinds of information that we've gathered to help you prepare - including tips and insights from the "Planting Together" teams that went to Senegal from 2011 to 2017. If you're under eighteen or you're someone who doesn't like to read a lot of info, it's probably a good idea to let your parents read these pages too, so that they're also aware of all the things that need to be done in preparation for an African outreach.

Also in the coming pages, you'll find examples of research that you can do for yourself, in order to have more insight and understanding of *why* we're targeting West Africa and *what* we'll be involved in doing there this year.

Finally, your team leader may also have given you information that is specific to your own team and outreach location. This probably includes all kinds of important details that will help you prepare practically for working as a team and coming to Africa together.

Make your own action plan

You may be getting this handbook well in advance of your outreach, or perhaps you've received it when there are only a few weeks left before your departure. Make your own plan for reading the necessary information and doing the practical things that need to be done over the coming weeks.

You may find the next couple of pages helpful for planning what to do and when to do it.



Fit in SOUL (MIND) - my action plan



Senegal's flag and freedom

Fit in SOUL

What does the Senegal flag look like and what do the colours represent?

In what year did Senegal become an independent nation, and how long have they had this flag?

If you are also going to another African nation, before or after planting, take time to find out about its flag and history too.

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Senegal's people



What's the population of Senegal (how many people)?

What kind of people groups do the Senegalese belong to and which languages do they speak?

What religion(s) or belief systems (worldview) do they have?

Senegal's currency and communication

What is Senegal's currency and what is its current exchange rate with the Euro (or with *your* currency) ?

If someone needs to contact you while you're in Senegal, what's the international dialling code?

Fit in SOUL



Senegal's politics

What are the three most interesting or significant facts you can find out about Senegal's president, government or political situation?

Senegal's geography



Looking at a map of Africa, find Senegal and the cities of Dakar (where the airport is) and Mbour (where our orientation camp will be held.) Does your map also show Mbar Toubab, where we'll be planting trees in the north of the country? Can you work out how many kilometres (or miles) you're likely to travel in Senegal, and make a guess at how much time those journeys will take?

What else can you find out about Senegal's landscape, climate, agriculture and food?



Making yourself understood

Fit in SOUL



How many words or phrases can you find out in one or more of the languages that you might encounter while on outreach in Senegal?

Here are some words in French and Wolof to get you started:

English	French	Wolof	Your language
Good morning	Bonjour	As salamou aleykoum	
How are you?	Comment ça va?	Nanga déf?	
I'm well	Je vais bien	Diam rekk	
Thank you	Merci	Dieuré dieuf	
Yes / No	Oui / Non	Waw / Dédet	
Do you speak French?	Vous parlez français?	Dégue nga toubab?	
Do you speak English?	Vous parlez anglais?	Dégue nga angalais?	
A little	Un peu	Touti rekk	
How much is this?	Çest combien?	Bi niata la?	
Sorry	Excusez-moi	Baal ma	
I don't have money	Je n'ai pas d'argent	Amouma khaliss	

Greetings

When someone greets you - *As salamou aleykoum* - it means, "Peace be with you." The correct reply is - *Oualeykoum salam* - "Peace be with you, too."



Dates for your Diary



Vaccinations...



Get malaria pills, insect repellent, sunscreen...



Payments due for outreach...



Insurance, visas...

Malarone

Start taking malaria pills...



Pack your bags...



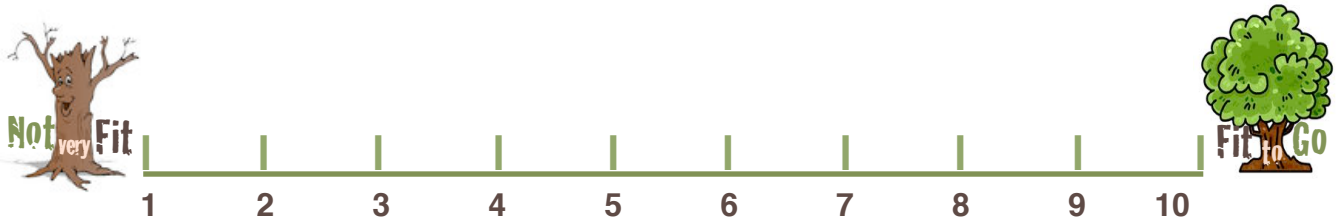
Flight to Dakar...

Arrive back home again...

Getting physically fit

Fit in BODY

On a rating scale of one to ten, how physically "fit" are you?



Do you walk or cycle a lot, or mostly get around by bus and car? Do you regularly take part in sports, dance or other physical activities, or are you more the kind of person that sits around watching TV, playing computer games or reading a book? Do you usually have lots of energy, or do you quickly get tired and out of breath?

During your Africa outreach, you will very probably need to walk every day, as well as carrying things (supplies, water, your own luggage...) and working outdoors in the hot African sunshine. What sort of things can you do, between now and then, to make sure that you are "fit to go" and prepared to get as much benefit as possible from your time there?

What sort of activities should you do more of (or do less of) in order to help you prepare for your trip?

What sort of exercise could you do on a regular basis to help you be physically stronger and increase your stamina?

What sort of foods should you eat more of (or eat less of) in order to feel more fit and well for your African adventure?

What other things could you do (or not do) to help you prepare for action and be "fit in body" during your time in West Africa?

What friend or family member could you recruit to help and support you as you put some effort into getting fit (or fitter) in time for outreach?

Make your own action plan

Everyone is different, and what works for someone else might not necessarily work for you. Spend some time thinking, or praying, about what kind of action plan would help you increase your general fitness and prepare yourself physically for your outreach in Africa.

You can brainstorm, make notes, or write your personal plan on the next page. Don't forget to find practical ways of helping yourself stick to the plan and enjoy the process of getting ready physically for outreach in Africa.



Fit in BODY - my action plan



The Planting Together Vision, and Dates for 2016

Back in 2010, when some KKI European leaders had been praying about future vision, they happened to hear testimonies about Youth with a Mission (YWAM) teams who had planted trees in different parts of Africa. In one region of Tanzania, more than half a million trees had been planted, with the result that environmental changes were noticed and the soil became more fertile for the growing of other crops. This had brought a very positive response from village and government leaders in those regions.

These testimonies planted a seed of vision: we realised that it would be possible for KKI and others from all over Europe and beyond to work together with Africans in tree planting initiatives, while reaching out to others in friendship evangelism or partnering with other missions in a variety of different ministry expressions.

This will be our seventh year of involvement with Senegal - sometimes with small pilot teams (the first in 2011), and sometimes in a bigger camp and outreach setting. You can see reports and testimonies of those times on our Website or our YouTube channel. We're excited that you are going to be with us in Africa this year, and hope that this little manual will help you and your team to prepare well!

Tree planting needs to happen in the rainy season, so that the newly planted seedlings are well watered and able to survive throughout the rest of the year. Senegal's planting season is in August, so this is why we are holding the "Gather and Go" camp and outreaches at that time of year.

The dates for 2019 will be from 10th - 25th August.



Gather and Go

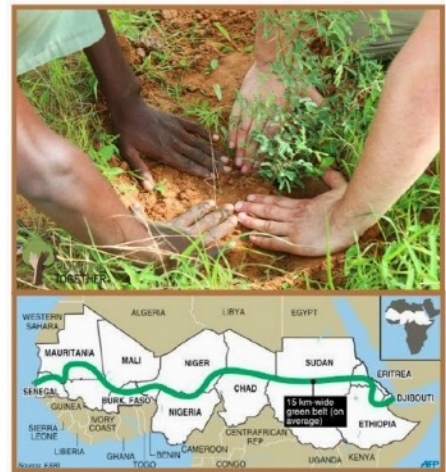
In August 2019, we're again inviting teams to gather in Senegal, for a 4-day preparation camp, followed by 7 - 8 days of tree planting in the north of the nation. After a couple of days of debriefing and rest, you can fly directly home again or can stay on in Senegal for a further week or more of outreach.



The Great Green Wall

Our Planting Together teams from 2011 to 2017 were able to work with a project called "La Grande Muraille Verte" - the Great Green Wall.

This is an ambitious environmental initiative that has been embraced by the governments of eleven African nations. The goal is to plant a wall of trees (approximately 15 km wide) right across Africa from West to East - a distance of almost eight thousand kilometres - and thus to help stop the advance of the Sahara desert which is moving southwards and threatening the homes of peoples in subsaharan Africa.



The Senegalese government has invited us to partner with them in planting these bands of tree seedlings across the northern frontier of their nation. Check out this article in the New York Times for more news about the Great Green Wall initiative: http://www.nytimes.com/2014/11/19/business/energy-environment/senegal-great-green-wall-sahara-desert.html?_r=0

Beersheba Project

Although this KKI initiative is called "Planting Together," actually planting trees is only one of the ways that we can strengthen the continent's natural resources. Another way is by helping natural regeneration to happen, which involves teaching farmers to nurture the trees that are already there - by protecting them from animals and especially by pruning them regularly in their early years of growth. Generally speaking, the pruning season is earlier in the year, and the planting season is when the rains come from mid-August to mid-September.

In previous years, we have partnered with the Beersheba Project to promote pruning and tree conservation, combining environmental concerns with church planting and economic self sustenance. Although we're not partnering with them in 2019, you might be interested to read more about what they do. See <http://beershebaproject.org>

Medical Ministry

One of the encouraging aspects in previous years has been the impact of our medical teams on the villages in the planting region. If you are a doctor, nurse, medical student or first aid person, this may an excellent way for you to use your practical skills in blessing remote African people who otherwise have no access to medical care. You can hear encouraging testimonies and get a glimpse of what this involves by watching the short medical team documentary on the Planting Together YouTube channel: <https://www.youtube.com/watch?v=vInRm9NSuX0>



Staying healthy in Africa



A few simple precautions will help to make sure that your outreach to West Africa isn't spoiled by sickness. Health facilities are reasonable in Dakar, but are limited in the rest of the nation. Here are some steps you can take to protect and care for your health during your time in West Africa.

- 1 Each team member should have adequate travel and medical insurance for the trip. Your team leader might be able to recommend possible insurance options for you.
- 2 If you are travelling to Africa for the first time, you will need a number of vaccinations to protect you from diseases which no longer exist in some other parts of the world, but which are still a risk in subSaharan Africa. These include:
 - yellow fever
 - hepatitis A and B
 - typhoid
 - polio



You should plan to have these vaccinations well in advance of your trip. You or your parents can check with a local doctor or a tropical medicine centre in your city/region; they will be able to give you further information about inoculations and costs, and will let you know if any other vaccinations (eg. rabies, meningitis) are recommended for the time when you are planning to travel. Many nations will require you to carry a "vaccination booklet" together with your passport. You may be asked for it on entering Africa, and probably also be asked to show it at the airport on your return to Europe.

Check, or have your parents check, that you are already be up to date with "routine" vaccinations against measles, mumps, rubella, diphtheria, pertussis (whooping cough) and tetanus; many nations have a programme of childhood vaccination against these diseases. If in doubt, you can probably check with your own doctor.

- 3 Protecting yourself from mosquito bites is one of the simplest, yet most important health precautions in Africa. It's vitally important that you take malaria tablets for the whole time that you are in Senegal. These can be obtained from your doctor or tropical medicine centre. Depending on the kind of anti-malarial pill you choose, you may need to begin taking them several days or weeks before your trip, and continue taking them for a week or two after you return to Europe.



A really good anti-mosquito lotion (jungle strength with D.E.E.T.!!) and perhaps a mosquito net are other ways of protecting yourself from bites. *Some* people find that "overdosing" on vitamin B pills also helps keep the mosquitoes at bay.

Staying healthy in Africa (cont'd)

If mosquitoes and malaria are the number one health hazard in Africa, the second is probably stomach bugs and diarrhoea arising from unwashed fruit or unfiltered water.



- 4 Outside of the city, we recommend using a water filter or purifier. Planting Together will provide water-purification filters, which are vital at planting and outreach locations where there may not even be sufficient bottled water to buy from shops.
- 5 If your team is doing your own cooking at any point, remember that fruit and vegetables can be disinfected by soaking them for twenty minutes in a solution of potassium permanganate or something similar. Avoid eating unwashed fruit, salad and vegetables.

- 6 Washing your hands regularly, and especially before eating anything, is a simple but effective health precaution. You could bring some pocket sized bottles of hand sanitising gel in your check in luggage. Antiseptic hand wipes can also be useful (though they are not so easy to dispose of when outdoors.)



- 7 Your team leaders will no doubt have organised to take a first aid kit for team use. If you usually need to take any kind of medication personally, please let your team leader know about this, and be sure to take sufficient medication with you. Some things are more easily available in Europe or the US than in Africa



We recommend that you bring sufficient sunscreen and insect repellent for your own use. It would be a pity if your trip was spoiled by a bad sunburn or by an excessive amount of mosquito bites.

You can use this space for your own notes or for things you want to add to your shopping list:

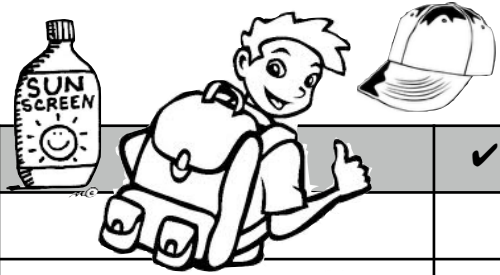
Packing your bag: what to bring with you



When planning your luggage for the Senegal trip, it's important to remember that every team member, from the youngest to the oldest, needs to be able to carry his own baggage. Please bring a small rucksack, rather than a suitcase, as it is more practical to carry on foot or load onto a bus. We have very limited space in the vehicles that transport us to the planting zone. *If anyone brings luggage that is too large to fit in the bus, we may need to ask them to purchase a smaller bag, and leave their larger luggage behind in Thiès.* It's also good to pack an even smaller backpack or "day bag" for daily use during outreach. Here are some of the recommendations made by the teams who worked with Planting Together in previous years. You may find that you don't need all of these items, but it's a good idea to come prepared.

What to bring		✓
Passport and vaccination book		
Photocopy of passport and vaccination book		
Neck bag or money belt to carry passport and money		
Bible, notebook and pen		
Small and light backpack for daily use		
2 pairs lightweight long trousers (not shorts)		
2 long skirts (for the girls!)		
1 pair long trousers for working/planting		
2 synthetic (non sweat) T-shirts for working	like football or cycle shirts	
3 shirts or T-shirts for other wear		
Fleece/sweater or jacket (for sleeping or in the plane)	washes well, dries easily	
Lightweight rain jacket or cagoule		
Socks, underwear and swimsuit		
1 pair closed shoes; good for walking and working in		
1 pair sandals; comfortable to walk in		
Pyjamas (or something to sleep in)		
Light air mattress or camping mat		
Light sheet (or a sheet sewn into a sleeping bag shape); maybe of microfibre material.	something that washes and dries easily	
Possibly a travel mosquito net	in case it's not provided	

Packing your bag: what to bring with you



What to bring		✓
Toothbrush and toothpaste		
Enough sun protection cream for daily use		
Enough mosquito repellent (with DEET) for daily use		
Malaria pills; maybe diarrhoea pills		
Toiletries (deodorant, shampoo, etc)		
Hand sanitiser gel and/or wet wipes / baby wipes		
Travel wash or a block of solid soap in a plastic bag or soap container (for washing laundry)		
A "washing line (2-3m of twisted string would do): and a few clothes pegs for hanging up your laundry		
A light, small microfibre towel	washes easily - dries quickly	
2 rolls of toilet paper for the planting zone	and when travelling	
Baseball cap or sun hat to protect you when working		
Gardening gloves to protect your hands		
Sunglasses (that you don't mind working in)		
Personal water bottle (or empty plastic bottle)		
Maybe some water purifying pills		
Muesli bars or other energy snack food	for emergencies and delays	
Torch/flashlight for use at night; maybe a headlamp that can be worn with an elastic band		
Maybe a Swiss army knife	not in your hand luggage	
Maybe a camera		

Things you should probably leave at home:	
Computers, iPods, etc	not much internet available
Jewellery, make up, valuables	
Expensive clothes, tight clothing	

AFRICA

Preparing for coming to Africa



Mission leaders and pastors within Senegal, as well as members of the Planting Together pilot teams that we sent there in 2011 - 2012, have shared a few cultural insights with us that may not necessarily be obvious to teams from outside the continent. Your team leader will probably share

some of these things with you when you have a time of preparation and orientation as a team. Even if you've been to parts of Africa before, please take some time to read this information in advance, so that you can be a blessing to the people you'll work with, and can avoid accidentally causing offence by cultural insensitivity.

Understanding cultural differences

Different nations have different cultural values and customs. Things that are seen as completely "normal" by many people in Europe or Asia might be considered totally unacceptable in some African nations, and it would be a pity if you or one of your team members unintentionally did something to cause shock or offence to those we seek to bless and serve. Getting to know a new culture can be an adventure; you'll no doubt find it fun and interesting. Here are just a few tips that might help you prepare "mentally" for living and working in a different culture.

Clothing

Due to the influence of Islam in the nation of Senegal, people believe quite strongly that if you are speaking as a representative of God, you need to be dressed respectfully and appropriately. For this reason, it would be inappropriate for us to wear low cut sun tops and shorts or tight jeans; it's better to wear loose and modest clothing.

So, please remember that short clothing (shorts, short skirts, short tops that show the back and stomach) and tight clothing (tight trousers/pants, figure hugging shirts) and see-through clothing of any sort should be left at home. Men's trousers and womens'/girls' skirts should come to below knee level. Girls' dresses shouldn't have thin straps unless a T-shirt is worn underneath.

Be sensitive also to the sort of slogans or designs that might be printed on T-shirts. Plain and simple T-shirts are probably the best.

Other "externals"

Be warned that piercings, tattoos and unconventional hairstyles (shaved heads, dreadlocks, rastas, unusual hair colouring, etc) are likely to cause offence and could compromise our testimony.



Taking photos

You'll probably see many things that are new and different, and you might want to take photos of what you see. Remember that taking individual photos of people without their permission can be very offensive. Get talking with people first, and then ask their permission before taking photos of them. It might be better to have one person taking photos on behalf of the team than to have everyone carrying cameras as if we are a group of tourists.

Greetings

The appropriate Senegalese greeting both in rural villages and elsewhere is to shake hands with everyone. However, Senegalese men and women do not touch each other a lot, so be careful that we don't give a wrong impression of too-casual relationships between boys and girls in our team.

Food

Senegalese food may be very different to what you are used to, but try to be polite and sample local food that is offered to you by people you visit. It's likely that you'll be offered the national dish, Tiébou Dienn (pronounced cheebo-jen) which is a rice dish with fish and vegetables. Most Senegalese will serve the rice in a large dish, with the vegetables and fish in the centre. Six to eight people will sit around and all eat from the same dish - either with their hands or with spoons.



Islamic worldview and how we treat our Bibles

Also remember to show respect for our "holy book." Don't lay Bibles down on the ground; don't use Bibles that have underlinings or scribbled notes in the margin, as these things communicate a lack of respect for our scriptures and for the words of God.

Discoveries about culture and customs; your own notes:



PLANTING TOGETHER

**Home Preparation Materials
for
Senegal 201**

www.plantingtogether.com

See also our [Planting Together channel on YouTube](#)



or [Facebook page](#)

**For more information:
contact your team leader**