



AFRICA CRIES OUT • ANNUAL MEDICAL MISSION • SENEGAL

Mission Handout Book

Everything your family needs to prepare for the March 2027 mission — travel and flights, health and safety, packing, base-camp life, and how we serve together in Senegal.

March 11 – 28, 2027 • two groups • JFK ⇌ Dakar (DSS)

africacriesout.org/go.html · prepared September 2026 — details may be updated before departure

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SECTION 1

Trip dates & travel schedule

Two overlapping groups — you choose your group when you register.

Group 1

March 11 – 19, 2027

About one week on the ground

Departure — Delta DL216, JFK departs 7:45 PM Mar 11 → Dakar (DSS)
arrives 8:20 AM Mar 12

Return — Delta DL217, DSS departs 9:00 AM Mar 19 → JFK arrives 1:30 PM
Mar 19

Group 2

March 18 – 28, 2027

Longer stay, second wave of clinics

Departure — Delta DL216, JFK departs 7:45 PM Mar 18 → Dakar (DSS)
arrives 8:20 AM Mar 19

Return — Delta DL217, DSS departs 9:00 AM Mar 28 → JFK arrives 1:30 PM
Mar 28



Departure day: meet the group beside the Delta Air Lines counter at JFK at 4:30 PM and plan to arrive three hours before departure. Delta operates the nonstop round trip between New York (JFK) and Dakar (DSS).

SECTION 2

Registration

Register online — the website always carries the latest requirements.

1

Register on the website

Go to africacriesout.org → Go · Join the Mission Trip, create your family account, and follow the instructions to complete each family member's registration.

2

Make the family registration donation

Each family is asked to make a nonrefundable donation of \$1,100. These funds support medicines, equipment, hospital rental, and food for local communities in Senegal.

3

Watch the deadlines

Payments, flight information, and any waiver requests are due by February 15, 2027. The portal shows your family's balance and due dates.

4

Questions about registration?

Contact the registration team at registration@africacriesout.org.



\$1,100

per family · nonrefundable registration donation

Tax-deductible — Africa Cries Out issues receipts after the mission.

Due Feb 15, 2027

Trip costs

What a family budgets for the mission. The registration portal shows your exact fees.

\$1,100

Registration donation · per family

Nonrefundable; funds medicines, equipment, hospital rental and food donation to local communities in Senegal.

\$1,300

Program fee · per person, early-bird

Lodging, local transportation, and meals in Africa. Regular rate afterward: \$1,500.

≈\$1,500

Airfare · per person

You purchase your own JFK–Dakar ticket; prices vary by purchase date. ACO shares ticketing details.

\$33

TripArmor insurance · per person

Required group travel insurance, collected with your trip balance. Not tax-deductible.

What you need to do

- Confirm that all fees are paid one month before the mission trip’s start date (portal deadline: February 15, 2027).
- Keep all receipts — after the medical outreach trip, Africa Cries Out issues tax-deductible receipts for donation portions.
- Questions about costs? Write to registration@afRICACRIESout.org.

SECTION 4

Flights & luggage

Volunteers purchase their own tickets; ACO coordinates the group.



Book your own ticket

Follow the trip schedule and group announcements. Domestic connecting tickets are usually cheaper 2–3 months in advance. Travelers connecting outside the U.S. arrange their own itinerary.



Departure day

Arrange your own transportation to the airport. Arrive at JFK three hours before departure and meet the group beside the Delta counter at 4:30 PM.



Carry your ticket's credit card

Bring the credit card used to buy your ticket. Delta may ask to verify it at check-in or the gate for international flights — travelers without it have been denied boarding.



Traveling separately?

Enter the correct flight information directly into your application. If you have any concerns, email your Dakar arrival and departure flight times to registration@africacriesout.org so we can arrange your airport pickup and drop-off.



Luggage

Personal luggage —

pack lightly; limit personal gear to one carry-on suitcase and one backpack.

Families —

share luggage space and pack compactly so we can maximise room for critical donations.

Checked bags — if possible, reserve your 50-lb checked-bag allowance entirely for donated medicines and supplies. You need not provide a bag — just the allowance; ACO packs and prepares the supplies for check-in.

SECTION 5

Visa & documents

Three months before departure, confirm whether your family needs visas — and apply promptly.



U.S. passport

No visa needed — proceed directly through immigration on arrival in Senegal.



Chinese passport + U.S. green card

No advance visa needed — a visa is issued on arrival at the Senegal airport. Present the green card and passport together.



Chinese passport without a green card

A visa must be obtained in advance — Chinese airport rules do not allow departure without a valid visa and airline ticket. ACO can assist with an application service: apply at least one month ahead and provide a passport copy.



Bring a paper copy of your vaccination record — Senegal immigration may ask for it on entry (see next section).



Traveling with children

Minors —

carry a copy of the child's birth certificate (proof of the parent-child relationship for immigration).

A child who is not your own — also carry a notarized letter of parental consent from the child's parents authorizing you to travel with them; border officers may ask for it.

Vaccines & health preparation

The CDC recommends travel vaccinations for adults and children traveling to Africa.

Commonly recommended

Yellow fever — required. One dose provides lifelong protection.

- Typhoid fever — CDC-recommended for most travelers to Senegal; confirm with your clinician
- Hepatitis A & B — most people born in the U.S. or China had these in childhood; ask your physician whether a booster is needed
- Meningococcal — Senegal is in the “meningitis belt”; the CDC recommends it for travel in the Dec–June dry season, which includes March. Ask your clinician
- Malaria prevention — consult your physician about preventive medication. March is Senegal’s dry season, which lowers transmission; the ACO base also keeps artemisinin and rapid malaria test kits

This list is general guidance only. Each family member’s actual vaccinations should be decided by their own physician, following current CDC guidance for Senegal.



Three months before departure

Make an appointment with your primary-care clinician or a travel clinic (e.g. Passport Health). Call early — vaccines may need to be ordered, and availability varies by state (CVS, Costco, and similar providers also carry some).



Costs & receipts

Vaccination costs vary with insurance coverage — ask your insurer what is covered. Keep receipts.



Before departure

Confirm you will carry a paper copy of your vaccination record for Senegal immigration.

Travel insurance — TripArmor

Every participant, children included, is enrolled in ACO’s group plan: TripArmor Post-Departure.



\$33

per person, trips up to 30 days — no age bands.
Collected with your trip balance; an insurance charge,
not a donation, and not tax-deductible.

What it covers (per person)

- Accident & sickness medical — up to \$100,000
- Emergency evacuation & repatriation — up to \$1,000,000
- Political / security / disaster evacuation — up to \$25,000
- Trip interruption — up to \$1,000
- Trip delay — \$200/day, up to \$750
- Missed connection — up to \$1,500
- Baggage & personal effects — up to \$1,500
- TeleDoc 24/7 telehealth — included



Not included: trip cancellation and Cancel-For-Any-Reason coverage. Families who want those may buy an upgraded TripArmor plan on their own — the CFAR upgrade must be purchased within 20 days of your first trip payment. The TripArmor policy certificate governs exact benefits, limits, and exclusions.

Packing guidance

Days can reach 100°F; early mornings and evenings may be in the 60s.



Clothing

- Enough changes of summer clothing + one fleece or jacket
- Long sleeves & long pants can add mosquito and sun protection
- Closed-toe walking shoes, shower shoes



Sun protection

- Sunscreen, sun hat, sunglasses
- Optional: lightweight sun-protective jacket



Mosquito protection

- Insect repellent; medicated balm or cooling oil
- Optional: treat clothing and gear with permethrin before the trip



Food & water

- An insulated water bottle to keep drinks at the right temperature; electrolyte powder; a few snacks
- No fresh fruit or vegetables through customs — shelf-stable dried fruit is allowed on declaration



Power

- European-style plug adapter — essential
- Power banks in hand luggage only; for 101–160 Wh units, bring no more than two, fully charged



Personal items

- Your own medications (allergy, pain relief, diarrhea, constipation, etc.)
- Toiletries — the base provides shampoo, soap, clotheslines, towels and bed linens; no laundry service

Devices & communication

Stay reachable — for your family at home and for the team on the ground.



Your phone — three options

Option 1 • International roaming —

convenient, but usually costs more; some U.S. carrier plans have very weak coverage in Senegal.

Option 2 • Physical local SIM —

needs a phone with a SIM slot that your carrier has fully unlocked; swap in a local SIM after arriving at the base.

Option 3 • Digital eSIM — needs a phone that supports eSIM and is fully unlocked.



Local SIM & Wi-Fi

ACO buys a local SIM/eSIM for everyone on arrival at the Dakar airport. The starter data is enough for WhatsApp or WeChat; if you need more, you can top up easily later.



Before boarding

- Confirm your phone plan.
- Fully charge power banks.
- Join the team WhatsApp and WeChat groups — links are shared before departure; confirm you and your children are in the right group.

Base-camp life

Home for the mission: Village de Kandan, Route de Mbour, Rufisque — about an hour from Dakar.



Room assignments & lodging

- Two-story dorm — showers, flush toilets, clothes-drying areas; standard rooms sleep four (bunk beds)
- Men and women stay on separate floors (married couples too); teens room apart from opposite-sex parents; a parent may stay with younger children, provided they are the same gender



Base environment & daily routine

- Evenings are cool (60s–70s °F); no A/C. Mosquitoes are uncommon in the March dry season
- Lights out 10:30 PM — everyone back in rooms by 10:00 PM to rest for the next day's work



Meals

- The base dining hall serves three meals daily; packed lunches on travel days
- All food and drinking water come from the base — do not eat food from outside; your own snacks and dry foods are fine



Water safety

- Use only water sources designated by the base — never let your mouth touch local tap or well water, including for brushing teeth
- On travel days the vehicle always carries base-provided drinking water for you



SECTION 11

Where we serve



Village clinics each March

Volunteer clinicians and families set up mission clinics in villages across the Sandiara region — triage, consultation, treatment, pharmacy, and children’s programs, side by side with local church partners.



Two clinics, open year-round

A mission week ends, but illness does not — ACO keeps two local clinics running between missions.



The Dr. Idrissa Faye Memorial Hospital

Rising in Sandiara on land already purchased, named for the Senegalese doctor who gave his life to serving the poor. Mission teams see the work their giving builds.



Village outreach — including Fadiga

ACO’s story began in the leprosy village of Fadiga, in Kédougou. Some trips include optional village-outreach day trips, announced during registration.

Team expectations & our commitment



How we serve together

- Serve under the direction of team leadership and follow all safety guidance, including transportation and water rules.
- Youth serve in structured, age-appropriate roles under adult supervision — including clinic support under licensed professionals.
- Team life includes shared devotions and worship; roles that lead prayer or Gospel activities are carried by prepared Christian volunteers, and there are many meaningful ways to serve besides them.
- We come as guests — of the local church and of every village that receives us.



Care is never conditional

ACO serves with medical excellence, humility, and respect — protecting the freedom and dignity of every person we serve.

- Prayer and spiritual care are always voluntary.
- Prayer is never required or connected to medical care, medicine, food, or any other service.
- ACO seeks to support, not replace, local church leadership.
- The mission team comes for a short time — the local church remains in the community.

Prayer, reflection & culture



Prepare your heart

Before departure, pray for the villages we will serve, for the local church, and for your own family's part in the mission. Attend the orientation session and review this book together.



Daily rhythm on the ground

Mornings begin with team devotions and the day's briefing; evenings close with shared reflection — what we saw, what we learned, and where we saw God at work.



Culture & communication

French is Senegal's official language and Wolof is widely spoken — learn a few greetings (Bonjour! Nanga def?). Greet elders first, receive hospitality warmly, dress modestly, and always ask before photographing anyone.



Donations you can bring & key contacts



Donations welcomed on the trip

- Mobile phones — factory-reset with all content erased and removed from your personal account (iPhones: remove from iCloud or they cannot be activated). Include the charging plug.
- Athletic shoes — new.
- Medicines — vitamins, pain relievers, and similar over-the-counter items.

Giving by check?

Payable to Africa Cries Out — mail to:
Africa Cries Out · c/o Jun Xu, MD · 1171 E Putnam Avenue, Riverside, CT 06878, USA
A U.S. tax-deductible receipt is issued.



Key contacts

Registration — registration@afriacriesout.org (Liang Zhang)

Senegal arrival contact — Ms. Ana Paula Lima Oliveira · +221 77 695 9029 · senegalana@gmail.com

Base address — Village de Kandan, Route de Mbour, BP 336, Rufisque, Senegal 12500

General questions — info@afriacriesout.org · afriacriesout.org/go.html