



SIFAT

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Want to know more about CARES and SIFAT? This page includes detailed information for coming to SIFAT, the programs and FAQs!

CARES FYI

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Basic Event Day Routine

Directions

For directions to our campus please refer to the directions page on the CARES Details Page www.sifat.org/caresdetails.html or download it here www.sifat.org/forms/directions.pdf.

Once you arrive to the campus, all groups for CARES will meet at the Village Store on Aldea Road. Groups will meet a guide and be directed to the Quonset Hut on campus. Please advise all drivers to stay

in their vehicles at the Village Store until your guide directs you to orientation. Note: Bathrooms are available at the Quonset Hut.

Arrival/Restroom Facilities/Lunch

Our staff has planned a nonstop, program-packed day for your group while at SIFAT. It is very important that groups arrive as planned and are ready to jump into our time frames once here. We do understand when delays occur, so if you perceive a possible delay please contact ASAP.

We ask that the group contact please advise students and adults to be ready to receive instructions immediately upon arrival, as we are limited because of time.

Restroom facilities will be available after your group's arrival. After using these facilities, groups are asked to be seated for orientation in our Quonset Hut. Group leaders and the SIFAT guide will be able to meet at this time to discuss instructions and any changes in the plans. Event schedules will be given to all adults at this time.

After a brief **orientation**, groups will take a short quarter-mile walk to the Global Village to begin programming. Once there, color groups will be assigned to their scheduled modules and will head out to their places in the village.

Latrines (Camp Style Bathrooms) are available throughout village. Opportunities to use the latrines will be given throughout the program. Students are advised to stay with their color group at all times, but if one must leave, an adult is required to accompany the student.

Lunch breaks will be scheduled during the middle of the day. Groups may bring a picnic /sack lunch. If group is eating a SIFAT meal, it will be served in the Community House. We also provide an optional programmed meal called the Hunger Banquet. Groups will be directed at meal time through this program.

After lunch, groups will resume their modules. Once all modules are completed, the entire group will meet and hike back to the Quonset Hut for restrooms and a **closing**.

Following the closing, groups will load vehicles and drive to the **Village Store**. Groups will enter the Village Store in rotation according to their color groups. During this time, all participants are asked to fill out a brief evaluation. Once the activities are completed groups depart.

SIFAT is very flexible and is happy to work with different groups to customize our programs to each group's need. Please make sure to voice any questions or specific needs at the time of booking.

Group Info

Group Separation - Groups will be split up into mini groups and will be given a **color band** to wear. Adults/Chaperones are needed for each group. The group leader/contact person will be responsible for assigning all participants (teachers, parents, chaperones and students) into equal groups. To save time,

color bands may be mailed to group leaders prior to event. In this case, participants should be wearing bands upon arrival.

Adults and Chaperones will all receive an **event schedule** upon arrival. It is vitally important that all leaders strive to maintain schedule times and rotate promptly. Our one-day events are filled with nonstop programming, so in an effort to make sure groups get to participate in everything while they're here, we ask that groups arrive on time and keep to the designated time schedule.

Around The World Program Details

(Please refer to CARES Webpage (www.sifat.org/cares.html) for more info on the focus of these programs)

Around The World Program Modules:

Latin American

Guatemala
Bolivia
Rope Bridge
Stick Weaving (Make and Take Craft)

Asia

Philippines
Nepal

Africa

Uganda
Liberia
Brick Making (if weather permits)

Hunger Banquet (Optional Meal Program)

Recommended for 4th – 12th graders. The hunger banquet is a program where groups experience world hunger firsthand. The group is split into First-, Second- and Third-world ratios. Third-world people are not given any food or drink. Second-world people are given a cup of herb broth. First-world people are escorted through a delicious buffet of hot food! The groups are then given time to interact with each other, and visually, the reality of world hunger is no longer just statistics. After a few minutes the group is brought back together, and a group discussion takes place. Afterwards, the entire group is invited to go through the buffet line and enjoy a delicious meal, perhaps feeling rather humble.

This is an excellent program and has a heart changing effect on the participants. The programming can be offered from a Faith Based or a Non Faith Based focus. *It is important to note that group contacts should withhold this program's details from students for effectiveness.* Knowing the outcome keeps students from fully engaging in the emotional realization this program usually provides.

Appropriate Technology Program Details

Appropriate Technology Program Modules:

Water

Water transporting activity
Experiment with bamboo pipes for transporting water
Learn about AT water pumps
Non Electric Water Purification (Solar and Heating)

Food - Basic

Learn about gathering food and growing food.
Food nutrition and Leaf For Life Activity
Hands on food preparation and solar dehydration

Food - Cooking

Cook Leaf For Life Tortilla on a adobe mud stove
Talk about smoke inhalation and deforestation
Explore solar cooking and fuel-efficient cooking stoves

Shelter

Learn about building with materials around you
Build a structure using these materials

The Global Village

CARES programs are held in our Global Village, located in a beautiful wooded area on our campus. Through the Village, groups explore different “developing” countries of the world. The Village includes countries from Africa, Asia and Latin America, as well as an urban slum village. In each region of the village, traditional style houses of the indigenous people of each country are represented.

Both CARES programs are hosted within the Global Village. The *Around the World* program focuses on the geography and cultural studies as groups visit each country. While the *Appropriate Technology* program is more focused on “Basic and Simple Technologies”, groups participate in these hands-on classes in the Global Village.

Please note that the setting is outdoors/woods. The terrain is rocky and hilly. There are cleared, easily accessible paths that wind through the village. However, some areas are not handicap accessible. Wild life and plant life are prominent. SIFAT recommends that groups abide by basic outdoor safety procedures at all times during the course of your visit.

What to Wear

Each CARES event is held in our outdoor Global Village. SIFAT suggests wearing casual clothing according to the season’s weather. Groups will be participating in hands-on activities, which include petting animals, making adobe mud bricks and crossing village creeks. It is important that all persons wear appropriate clothing.

Tennis Shoes, multi-layers tops, bug spray and sunscreen are encouraged. Groups are also advised not to wear expensive jewelry or any items of value.

What to Bring (Suggested but not required)

-Cameras -Bug Spray -Sunscreen -Umbrella
-Wristwatch for time keeping -Water bottles (water coolers are stationed throughout village)

-Spending money for the Village Store (SIFAT's gift shop)

Group Leader /Adult:

- Hand wipes -Students' Medicines (as needed)
- First Aid Kit (there are first aid kits in the village)
- Change of clothes if desired (mud brick making) / Car Interior Protector (Trash Bags or Newspaper)

Weather Conditions

CARES events are hosted in an outdoor setting and can be held during most light weather conditions. Groups may choose whether to participate during a light rain shower. Events will be canceled for serious storms. In the event of weather cancellation, groups are given opportunity to reschedule to another date according to SIFAT's availability.

The Village Store

The Village Store is a unique experience that all campus guests should plan to see during their visit. The store sells souvenirs and handmade items from many developing countries, as well as SIFAT. Proceeds from the sales of these items benefits the people with whom SIFAT works in developing countries and the SIFAT organization. Items include jewelry, hats, scarves, bags, clothing, hammocks, and much! Items for all ages are available. The Village Store also sells snacks and drinks. Items range in price from \$1 to \$100. The Village Store accepts cash, checks and Visa and MasterCard.

Delays or Cancellations

If groups are delayed for a CARES event, please call the SIFAT office and notify the program staff.

Cancellations

Please notify SIFAT program staff immediately if you need to cancel an event. If this information is not made available until after-hours, please send an email to your staff contact as soon as possible. If the cancellation occurs on the day of your CARES event, please call staff contact at the earliest time. Contact information will be given on your event confirmation email.

Deposits are nonrefundable if a cancellation is made less than two (2) weeks before your event date. If the cancellation is because of weather issues, groups may have the ability to reschedule according to SIFAT's event calendar.

Learn More About SIFAT

Website

Please check out more about the SIFAT organization on the web. Visit us at: www.sifat.org

For more information about the CARES programs please visit the CARES page at:
www.sifat.org/cares.html ; www.sifat.org/caresdetails.html

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