



WELCOME PACKET

WOMEN OF STRENGTH 2026

Amor Ministries
3911 Cleveland Ave
PO Box 3279
San Diego, CA 92163
619-662-1200 x 3
tripservices@amor.org

TABLE OF CONTENTS

WELCOME TO WOMEN OF STRENGTH	3
REGISTRATION PROCESS	4
Projects	5
BUILD	
PAD	
The Almond Tree	
Devotionals	
What to Expect: Camp	6
Camp	
Bathrooms & Showers	
Downtime	
What to Expect: Food, Worksite	7
Food	
Sample Menu	
Worksite	
What to Expect: Currency, Culture Tour	8
Personal Cash	
Soweto Tour	
Emergencies	
Tentative Itinerary	9
Travel and Flights	10
Trip Cost & Fundraising	11
Packing List	12

WOMEN OF STRENGTH



WELCOME!

We are so pleased that you have made the decision to join Amor's 2026 Women of Strength South Africa team!

Gayla Congdon, Amor Co-Founder, had a vision of creating a global network of women who are empowered to serve others, build meaningful connections, and grow in faith together while seeking to love and care for the outcast and broken as we are called to do, through an impactful and transformative experience.

On the Women of Strength (WOS) trip, you will not only help build a home alongside a family, but you will also engage in an impactful outreach program. WOS aims to provide you with a true taste of South Africa as well - from sampling authentic South African cuisine, to learning about the history, pain, and challenges of this amazing nation.

We encourage you to see this trip as an opportunity to be impacted and challenged by experiencing people and a culture that is different to yours:

- People and culture that we will have the privilege to serve alongside
- People and culture that we will come to love
- People and culture that we have much to learn from
- People and culture that we will walk in faith with

About Amor South Africa:

Scott Congdon, Amor Co-Founder, had a dream for Amor to serve in South Africa with the goal of building hope in the name of Jesus for people globally. In 2009, this dream started to become a reality. Over the last 15 years, a pastor board has been formed and the team on the ground has grown.

Amor South Africa has a heart for serving the poor and sharing the love of Christ to all its people. This is achieved through their 4 areas of service:

- *BUILD*: The core principle of Amor, building home to keep families together. This is achieved yearly through corporate sponsors, international groups and trips.
- *PAD*: Transforming families' health, wealth and education in developing countries by providing safe, hygienic sanitary products and hygiene education in the name of Jesus.
- *Food*: Distributing food parcels on a weekly basis throughout a variety of different communities in and around Johannesburg.
- *School*: Working alongside local schools to help provide resources for school administration and teachers to support students' basic needs.

This document hopes to provide you with all the information you will need to prepare for your Women of Strength experience.

If you have any questions, please reach out to LaDonna Barron at ladonna@amor.org or 619-662-1200 x0121

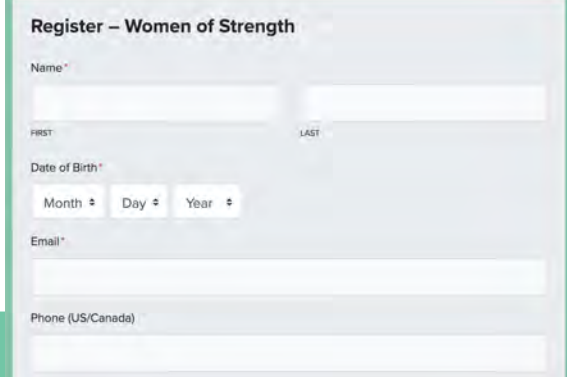
REGISTRATION PROCESS

AMOR.ORG/REGISTER/WOS

STEP 1

You'll begin the process by completing a short form on our website. You'll write your contact information and tell us if you're traveling with anyone else. You also have the option to pay your \$200 registration fee here.

After completing this form, you'll receive an email titled 'Women of Strength Registration Link and Welcome Packet'. Check your spam folder!



STEP 2



Submit your participation form (the link is in the email you receive after step one). This is a longer form that will ask for more details like your passport information, allergies, etc.

Under 'Group Name', you'll select 'Women of Strength'
Under 'Trip Dates', you'll select 'LaDonna Barron, 7/8/26 to 7/18/26'

Pay your \$200 deposit at the time of registration.

STEP 3

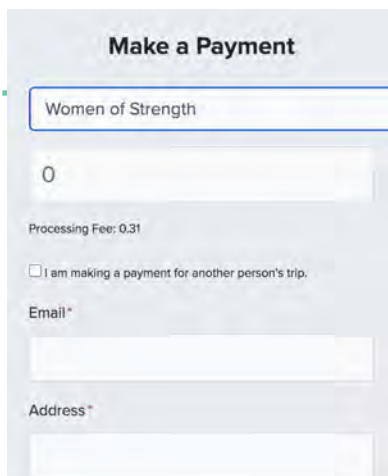
Everyone who is 18 years and older will have a background check completed prior to the trip. *The exception to this is if you have had a background check run by us in the last 5 years.*

The background check will be run after you complete step 2 and we are within 4-6 weeks of the trip. You will receive an email directly with more instructions, if you need to complete a background check.

Background checks are completed through PeopleFacts. You will have to authorize a background check to be completed.

You'll be looking for an email from LaDonna first, then an email from support@PeopleFacts.com.

STEP 4



Pay your remaining balance for the trip. This is by June 1, 2026. Full payment schedule is listed at the end of this document.

If you are traveling with a group who is making your payment on your behalf, you do not need to pay us directly.

PROJECTS

THE 2026 WOS TEAM WILL WORK ON 2 MAIN PROJECTS: BUILD AND PAD

BUILD

- We will build a home for a family trapped by poverty in the township of Botleng.
- The house is an uncomplicated design, ensuring that an unskilled group of women with a few hand tools can complete the project in as little as six days.



PAD

- We will support Amor South Africa's PAD initiative by collaborating with local high schools and churches in creating and distributing reusable sanitary pads.
- Women of Strength will organize workshops at the local high school to educate both women and men about the importance of menstrual hygiene, helping break the stigma surrounding the topic.

In addition to these projects, we will have the opportunity to visit and support a local orphanage in Delmas, The Almond Tree. During our visit, we will run a project tailored to the specific needs of the orphanage at that time. We may have opportunities to purchase diapers, formula and wipes for orphanage depending on the need of community; this is optional, but you may wish to bring money to support this.

Devotionals

- Each year we focus on a theme. Women of Strength 2026's theme will be released in the near future.
- Throughout the trip, we will have the chance to meet Jesus afresh and be encouraged to grow in our walk with him. We will take a look at what it means to be women of God who seek to serve and empower others.
- This will include a devotional to be read before the trip to prepare our hearts for the experience. During the trip, we will spend time in prayer and engage in morning devotionals. We will also have evening sessions featuring worship, sharing testimonies from the day, and studying the Word together.



Camp

- We will be staying at Hepzibah Camp near Delmas. This is a working farm and is staffed 24/hrs/day.
- We will have shared rooms with a dining area, meeting room and sports field.
- You will be given a designated room and your own bed.
- In the mornings we will gather in the meeting room for a devotional as well as have evening sessions that will feature worship, sharing testimonies from the day and studying the Word together.
- There will be no WiFi at camp and electricity is limited - please mindful of this.
- For charging devices, you will need to have adapters that met SA requirements. Power outlets are also limited.



Downtime

- On our culture and excursion days, the bus rides will be slightly longer (maximum 2hrs). You may wish to bring some games or books for this time. This will also be a great time to invest and get to know one another.
- There will be a mixture of downtime, activities and team time in the evenings. We have planned a day at the beginning of the trip to allow for adjusting to time zone and settling into camp.
- A more detailed schedule will be sent prior to trip.

Bathrooms & Showers

- The facilities are fairly basic but include a shower/bath, sink and toilet.
- Hot water may not always be available. Also, we may need to have everyone shower every other day to conserve water. We highly encourage you to bring dry shampoo and baby wipes.
- All water at camp is drinkable, pulled from a fresh well on site.
- Tips for showers: bring shower shoes like flip flops and bring a shower bag to easily transport clothes/toiletries to/from the shower area.



Food

- You will have the opportunity to try real South African food! Meals are served in the main dining room. The food is of a good standard and is plentiful. Hot food is served at both breakfast and dinner, with a packed lunch provided for the worksite.
- If you have a specific dietary requirement or need, please come prepared with your own food in case the local cuisine doesn't work for your needs. You will have the opportunity to go to the local supermarket on the second day if you need to get anything.
- The group will clean and wash up their dishes and silverware using the facilities provided.



Sample Menu

Breakfast:

- Scrambled or fried eggs
- Choice of meats: boerewors (sausage), bacon, or chicken cutlets
- Toast with butter or jam
- Pap (a traditional porridge made from maize meal) served with a savory sauce or topping

Lunch (Packed Lunch):

- Sandwich with peanut butter or deli meats
- Chips
- Candy bar
- Juice
- Water / soda

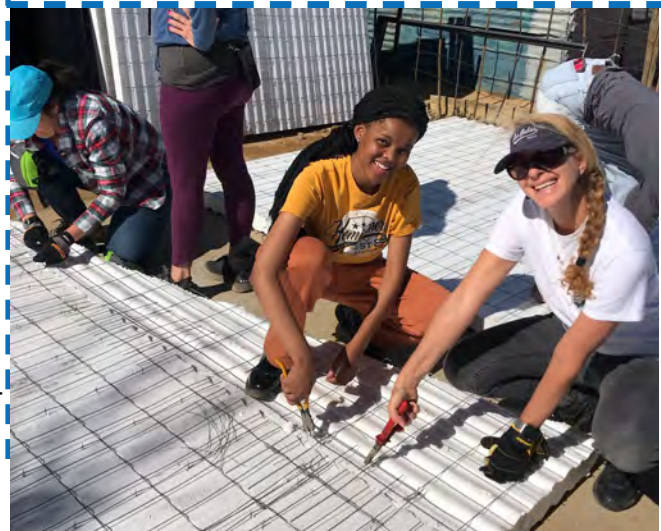
Dinner:

- Bread
- Choice of meats: beef, mince, or chicken
- Root vegetables: carrots, potatoes, or sweet potatoes
- Seasonal greens or salad
- Pap accompanied by a flavorful sauce or stew



Worksite

- We will be building in Botleng which is a township that is about a 20 minutes' drive from Hephizbah Camp.
- We will begin around 9am and finish at 4pm each day.
- The construction process is easy to work with and does not require prior construction experience. The Amor team will be instructing everyone on the build process.
- Children may gather on the worksite from the neighborhood. While they're not allowed on the worksite, everyone can take turns playing games with them.
- Conditions at the worksite can be very dusty—we encourage you to bring allergy medicine, eye drops, Kleenex, hand sanitizers and baby wipes.
- The bathroom at the worksite may resemble a pit toilet—we will provide toilet paper for you.



Personal Cash

- You may need a small amount of money for snacks and souvenirs. The amount is completely at your discretion, although we suggest you should not bring more than \$100.
- Please bring South African Rand. US dollars will only be used in the airport so do not bring US money for spending in the community!
- Please exchange your money at the Tambo airport upon arrival.



Soweto Tour

- This tour includes a visit to the places which are key in South Africa's recent history such as Nelson Mandela and Bishop Desmond Tutu houses.
- An important part of the tour will be visiting different historic sites and learning about woman who played a significant role in the SOWETO uprising.
- There will be the opportunity during this tour to purchase gifts and souvenirs from local street vendors. As well as the opportunity to try South African food at a restaurant in SOWETO.



Emergencies/Health

- We will provide you with a phone number that your contacts back home will be able to use should they need to contact you while you are in South Africa.
- We will have a medical kit for basic medical problems on the worksite at all times. South African medics/doctors will perform all medical treatment. In serious cases an ambulance will be called, and one will be taken to the nearby South African emergency hospital, which is located in Springs – 25 minutes from Botleng.
- Amor Ministries are not qualified to advise you on vaccinations. You should seek professional advice from your own doctor or travel clinic. Please ensure you do this early, because some vaccinations need to be taken well in advance of your trip.

TENTATIVE ITINERARY

Day 1-4

July 8th (Day 1):

Arrive in Johannesburg—orientation and settle in

July 9th (Day 2):

Orientation + training + team building + local store visit

July 10th (Day 3):

Build 1 & PAD prep

July 11th (Day 4):

Culture Excursion: Soweto Tour



Day 5-8

July 12th (Day 5):

Church Day & The Almond Tree/Baby House

July 13th (Day 6):

Build 2 & Community Outreach/PAD Project?

July 14th (Day 7):

Build 3 & Community Outreach/PAD Project?

July 15th (Day 8):

Culture Excursion—Lion Park



Day 9-11

July 16th (Day 9):

Build 4 & Community Outreach/PAD Project?

July 17th (Day 10):

Finish house, house dedication and celebration

July 18th (Day 11):

Breakfast, clean up and depart for airport

This schedule is tentative and adjustments may need to be made to best accommodate the week's opportunities.



TRAVEL & FLIGHTS

FLIGHTS

1. You are responsible for arranging and booking your flight to and from O.R. Tambo International Airport, Johannesburg.
2. There will be two pick up times on July 8th: 12PM and 7PM. There are several places to get food, coffee and relax while you wait.
3. When booking your return flight, please plan it after 3PM on July 18th.
4. Lodging at Tambo Airport is available at: City Lodge and InterContinental

INSURANCE

You are required and responsible for purchasing Emergency Medical Travel Insurance as a part of this trip and provide proof of this to Amor by May 1st, 2026.

Below is an example of standard coverage, however you are responsible for deciding the coverage amounts for your own needs.

Example of coverage:

- \$500,000 in accident/sickness
- \$300,000 emergency medical evacuation/repatriation
- \$50,000 return of mortal remains.
- \$50,000 emergency reunion
- \$50,000 return of minor children
- \$5,000 emergency ambulance expense
- \$100,000 accidental death and dismemberment
- \$5,000 interruption of trip
- \$250 loss of checked luggage.

The emergency medical insurance does not include trip cancellation or trip delay. Amor strongly recommends that you purchase comprehensive travel insurance for the trip. This insurance would cover trip cancellations.

We have included a few companies to start your research with, but we have not personally used any of these companies, so we cannot recommend them specifically. You may also consult your personal insurance agent for recommendations.

- travelinsured.com
- travelguard.com
- imglobal.com
- geo-blue.com
- missiontripinsurance.com

TRIP COST & FUNDRAISING

\$2000 COVERS:

- Food and accommodation — while on location.
- All excursion days — except for food at the Lion Park.
- Materials and tools — required for building the house and the PAD initiative.
- Local scholarship — covers the cost of some local ladies to be able to join the trip.

It does not cover personal souvenirs or personal/extra goods of your choice, or travel expenses to and from South Africa.

WHERE TO PAY

Please ensure you and your supporters send funds to Amor Ministries either by:

- Checks:
Address: Amor Ministries, 3911 Cleveland Avenue, PO Box 3279, San Diego, CA 92163
Memo Line: "Women of Strength – *Your Name*"
- or Credit card on the Amor Website:
<https://amor.org/trips/payment/>
Select 'Women of Strength' from drop down menu)
Check – *I am making a payment for another person's trip.*
Insert your name in the 'Participant Name' field that appears.

WHEN TO PAY

The overall cost of the trip is \$2,000, and final payment is due by **June 1st, 2026**.

The payment due dates are listed below. Each payment is nonrefundable after the due date. You are welcome to make payments throughout your planning period to make paying for the trip more manageable.

	\$200	<i>Deposit (nonrefundable) paid on registration</i>
February 15, 2026	\$600	
April 20, 2026	\$600	
June 1, 2026	\$600	

WHAT HAPPENS IF I RAISE MORE THAN MY TARGET AMOUNT?

If a participant raises funds over their target, any surplus funds will be used as follows:

- A discretionary gift may be given to Amor South Africa.
- Funding for future South Africa trips.
- Purchasing equipment to be stored in South Africa for future teams.

PERSONAL PACKING LIST

ITEM	HAVE	PACKED
ONLINE PARTICIPATION FORM COMPLETED (no need to print)		
PASSPORT OR PASSPORT CARD		
<i>For night and sleeping</i>		
Warm sleepwear		
Sleeping bag and/or blanket		
Flashlight, headlamp or lantern		
Hot water bottle		
<i>For showering and hygiene</i>		
Toiletries (toothbrush, toothpaste, soap, shampoo, etc)		
Towel and wash cloth		
Bathroom supplies — baby wipes, antibacterial hand gel		
Personal medications		
<i>For worksite</i>		
Work clothes (nothing sleeveless, no shorts, must be long pants)		
Work shoes (closed-toed)		
Work gloves (two pairs or more, they will get dirty with stucco!)		
Hat, sunglasses, sunblock, sunscreen, chapstick		
Insect repellent		
Water bottle with your name on it		
<i>For personal comfort</i>		
Camp clothes—shorts and dresses are okay but dress warm		
Non-work shoes		
Excursion clothes and church clothes		
<i>More essentials</i>		
Raincoat		
Hand warmers, mittens, warm hat		
Money pouch, fanny pack and/or backpack		
Bible, notebook, pen		
Some favorite snacks (one shareable from your home state)		

Optional: Tools are going to be provided for you but if you want to bring your own personal tools, you are welcome to do so. Wire cutters are helpful to have your own pair of.

Do not bring: alcohol, non-prescription drugs.

Check with your airline on guidelines for luggage allowance.

There may be opportunity to send some clothing to be laundered but try your best to pack only what you need.