

African Intern Requirements:

Read one of the following:

- 3 Cups of Tea
- Out of Africa
- The Untold Story of Africa

Try to see the movie: The White Maasi

Pick someone to interview: This is person who really amazes you with who they are. Learn about their live story and how they gained their strength and fortitude. Take a few pictures and do write up

Two letters to donors:

One letter in the middle of your trip
One thank you letter at the end.

Within 14 days of your return a 2 page write up of your experience.

Six months after your return a 3 paragraph reflection of your experience.

Modest clothes: No mid drifts or tummy showings, Shoulders and thighs to below knees should be covered on women.

No usage of alcohol or drugs

Contact of parents and Heart to Hands every 3 days e-mail to update us on the project.

Keep a nightly journal of your experiences