



SIFAT

Learn & Serve Retreats



RETREAT PROGRAMMING



LEARN & SERVE



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Global Village Overnight (4)



Around the World (5)



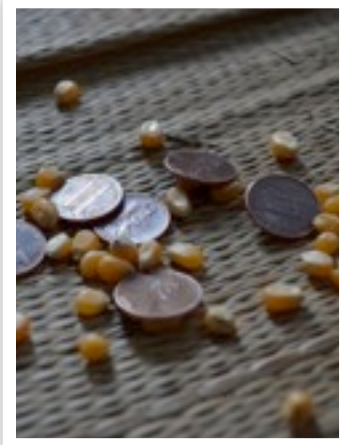
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SLUM EXPERIENCE



"I've worked with homeless relief and Habitat for Humanity, and I'm aware that poverty exists, but complete desperation is still shocking."

—Kristin Boggs, UAB, Global and Community Leadership (GCL) Honors Program Director



\$15.00 per person

A simulated urban slum is built on SIFAT's campus to represent what urban slum communities might look like throughout the world. Participants role play and are challenged to meet their basic needs of food, water, and shelter as they struggle to survive in the slum. Participants

are faced with the injustices such as crooked law enforcement and greedy slum lords (characters played by our staff and volunteers).

Optional overnight experience - \$35 per person

GLOBAL VILLAGE OVERNIGHT



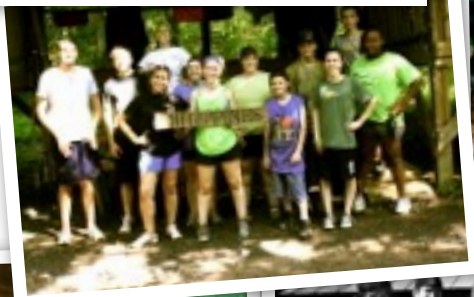
What is it?

Groups spend the night in our Global Village and experience firsthand what life may be like in a Two-thirds World remote village. There are homes from Bolivia, Guatemala, Ecuador, the Philippines, Nepal, India, Nigeria, Liberia, and Uganda. The Global Village Overnight includes the supplies needed to prepare dinner and breakfast that your group will cook over an open fire or cookstove, a night in one of the eight countries in the village, an international speaker (upon availability) and a devotion or worship time (optional).

How the Global Village began:

SIFAT exists to train community leaders from all around the world (currently 87 different countries) in appropriate technology (using what is around you to provide for your three basic needs--food, water, shelter). SIFAT has been training community leaders from all over the world since 1979 in our International Practicum. Towards the beginning of this training on SIFAT's property, the community leaders being trained felt disconnected from their families in their home countries because of the accommodations provided at SIFAT. For the sake of solidarity with their loved ones back home, these leaders decided to build houses like theirs back home and would stay their during the course of their practicum. The Global Village began out of that and has since grown and developed into what it is today, with houses designed by people from the countries represented.

\$35.00 per person



AROUND THE WORLD



\$15.00 per person

Around the World is an interactive day-trip for all age groups. Through the Around the World program, students are provided with an opportunity to participate in hands-on activities with an international perspective, while focusing on the geography and cultural studies of Asia, Africa, and Latin America. Additionally, this program includes multiple hands-on components including an introduction to basic and

simple Appropriate Technologies. Your groups will travel through each country simulated in SIFAT's Global Village, while learning educational information along with Appropriate Technology seamlessly woven in. We provide this experience for public, private and home school students, as well as youth and scout troops.



SLUM PRAYER EXPERIENCE



\$10.00 per person

A simulated urban slum is built on SIFAT's campus to represent urban slum communities around the world. The slum prayer experience is a creative, engaging way for participants to connect with and pray for the people of the world that they may otherwise never personally encounter. This experience gives participants the opportunity to experience life as a citizen of an urban slum around the world and to intercede on behalf of people living there today. (This experience last 2-3 hours)

APPROPRIATE TECHNOLOGY



"Around the world, women and children are dying of smoke inhalation, so the fuel-efficient stove was developed to decrease the amount of smoke produced while using far less wood than a normal fire. It is made out of very simplistic materials that you can find almost anywhere in the world. This was encouraging and eye opening for me, because I never realized that something so simple as a more efficient way to cook food and heat homes had the potential to save so many lives."

*Hannah Salters,
IMPACT 360 Class of 2011*

Appropriate Technology is a hands-on, interactive program in which Learn & Serve students are given an opportunity to learn some of the appropriate technologies that are also taught to the SIFAT Practicum international students.

Appropriate Technology can be defined as using the resources around you to meet your basic human needs. It joins faith and technology to help reduce human drudgery, to alleviate poverty, and to contribute to a deeper understanding of spiritual truths. Technologies are defined as appropriate when they are not harmful to the ecology, can be maintained by the local people, and are sustainable and culturally acceptable. They emphasize local resources and self-help. Basic physical human needs as addressed by SIFAT include clean water, adequate food, clothing, shelter, basic health care, basic education and meaningful labor for an adequate livelihood.

During the SIFAT Practicum, international community leaders are introduced to technologies that better the quality of life for the poor. Participants are given the opportunity to build sawdust cookers, inertia pumps and other items that are changing and saving lives in the remote villages of many developing countries.

Examples of Appropriate Technology taught include Leaf for Life and fuel-efficient cook stoves. Leaf for Life ([link](#)) participants learn a way to combat malnutrition with long-term solutions. Leaf for Life offers creative ways to gain essential nutrients through plants commonly found all over the world.

Fuel-efficient cook stoves are another form of Appropriate Technology taught to the international Practicum students at SIFAT. The way that many people cook their food in the developing world—over open fires, often in enclosed spaces—comes with many social and environmental costs. World Health Organization studies have shown that respiratory problems resulting from smoke inhalation indoors are the leading cause of death for children under five. These inefficient fires are created with wood from local forests, causing deforestation and other environmental devastations. One only needs to look to the barren hillsides of Haiti, where people cook largely with charcoal from local forests, to understand this impact.

\$15.00 per person



REFUGEE CAMP OVERNIGHT

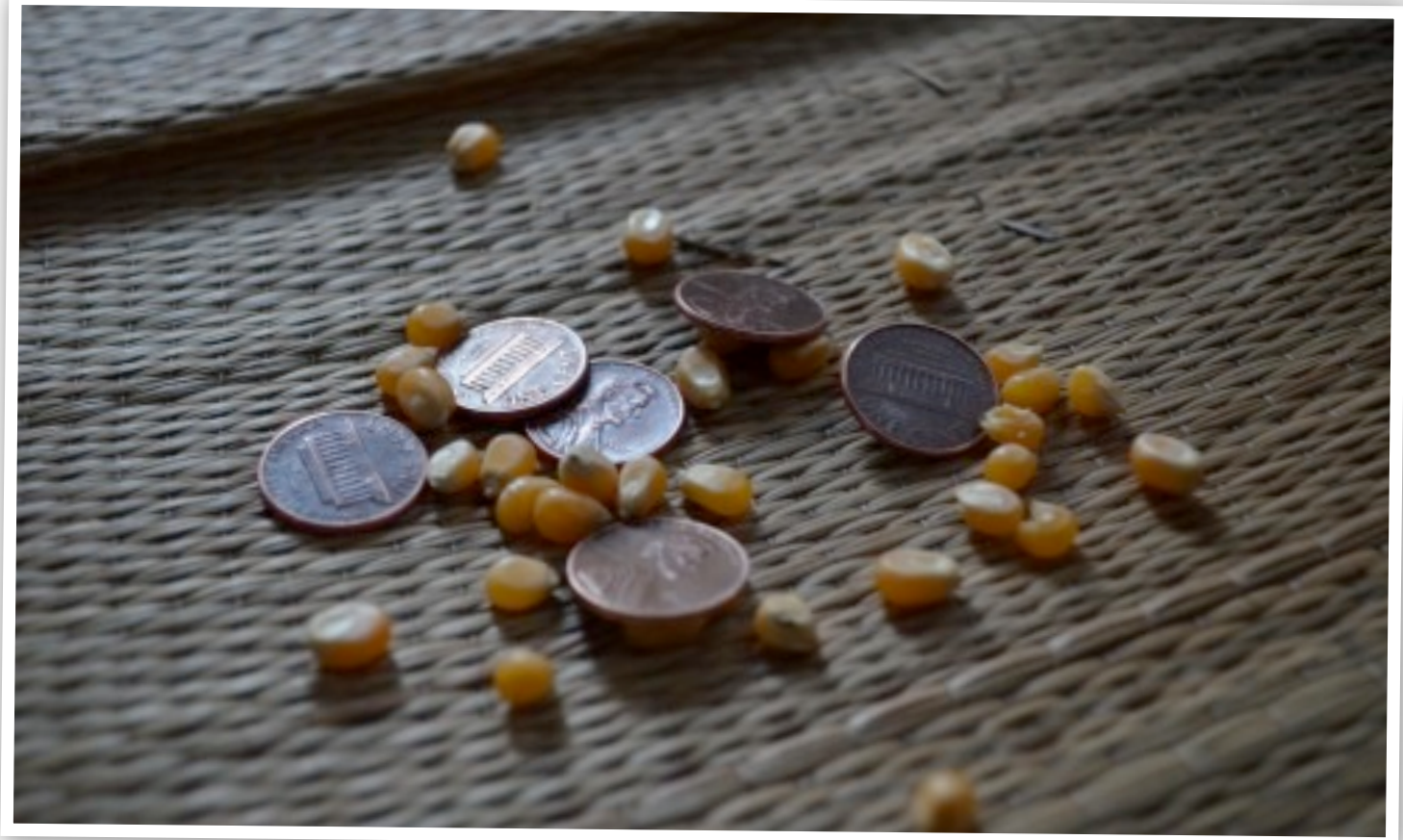


Refugee Camp Overnight (RCO) allows participants to experience a night in a simulated refugee camp. According to the Office of the United Nations High Commissioner for Refugees (UNHCR), in 2011, there were 15.2 million refugees in the world, many of those live in refugee camps. RCO exposes participants to the struggles of millions of men, women and children living in these situations. The experience is based largely off of the 4 years that SIFAT practicum graduate, Sebastian, and his wife, Lillian, spent in a refugee camp in Zambia after fleeing from the Democratic Republic of the Congo (DRC). The experience includes dinner and breakfast, prepared over an open fire or cook-stove, along with purifying water for drinking, while living in conditions that Sebastian, Lillian and millions of people around the world have experienced or are living in today. *Photos on the right are from Sebastian and Lillian's experience in a refugee camp in Zambia after fleeing from the DRC. You can see a healthcare center set up by the UNHCR, children who have been carrying water for their families from a nearby water source, and the type of housing available to those living in a refugee camp.*



\$35.00 per person

GRAIN GAME



The Grain Game takes place in our Global Village and illustrates world hunger in a concrete way. Participants are giving a first-hand look at three of the root causes of hunger: poverty, war, and unequal distribution of resources. Students are divided into countries and are challenged to live on a grain allotment for a



challenge them with the question, “What now?”, giving them an opportunity to brainstorm practical ways to make a difference, both locally and internationally.

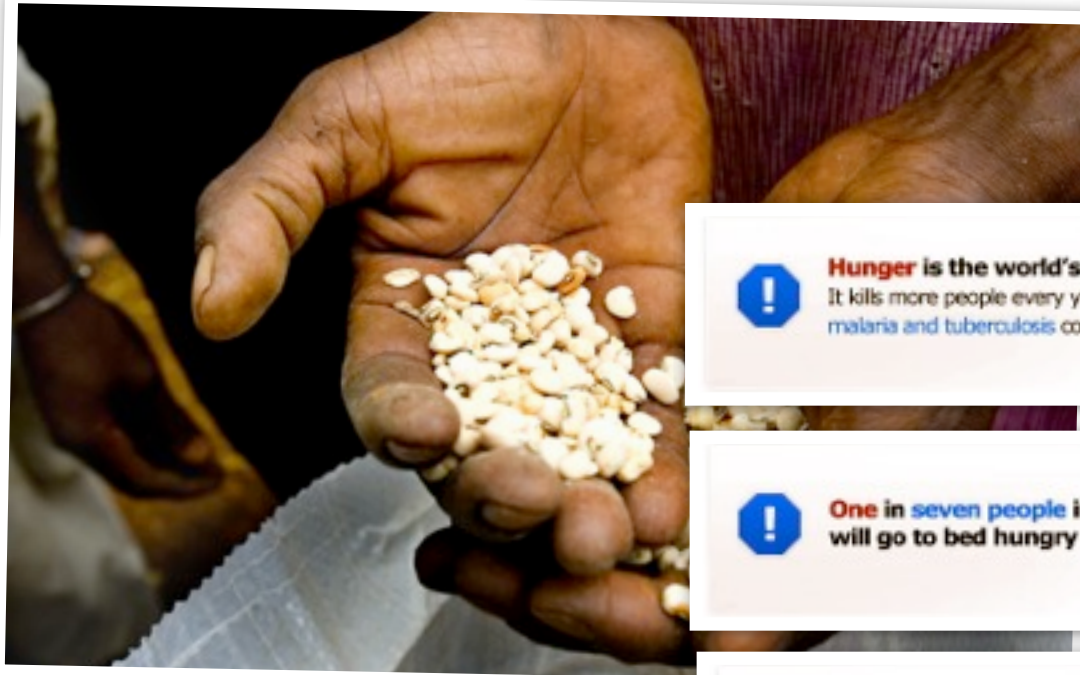
\$10.00 per person



full “year” (simulated in about 3 hours). As each month passes by, participants have to beg, borrow, and barter with other countries to try and get enough grain for their country to survive, while dodging wars and droughts that might plague their country! After participants gain a new perspective on world hunger and the unequal distribution of food, we



GLOBAL FEAST



The world grows more than enough food to feed everyone, yet more people are hungry today than ever before. The Global Feast program focuses on the unequal distribution of food by giving participants an opportunity to eat a meal according to the world food breakdown (see chart below, right). According to the working definition of children in poverty given in UNICEF's publication The State of the World's Children 2005, "Children living in poverty experience deprivation of the material, spiritual, and emotional resources needed to survive, develop and thrive, leaving them unable to enjoy their rights, achieve their full potential or participate as full and equal members of society." Just as we cannot recreate all of the consequences of poverty, we cannot recreate all of its causes. However, through the Global Feast participants are given an opportunity to gain better understandings of what poverty looks like and begin exploring what each of us can do to make a difference! This program can be done at SIFAT or on location at churches, schools, etc.

\$8.00 per person

Hunger is the world's No.1 health risk. It kills more people every year than AIDS, malaria and tuberculosis combined.

AIDS, MALARIA AND TB

HUNGER

One in seven people in the world will go to bed hungry tonight

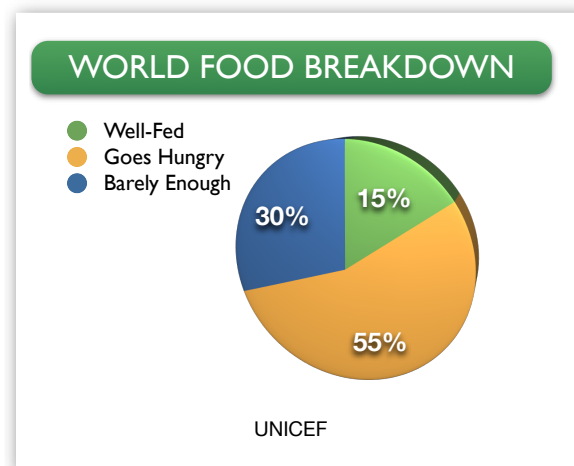
One out of four children in developing countries are underweight

A child dies of hunger every 6 seconds.

There are more hungry people in the world than the combined populations of USA, Canada and the European Union

915,000,000 HUNGER IN WORLD

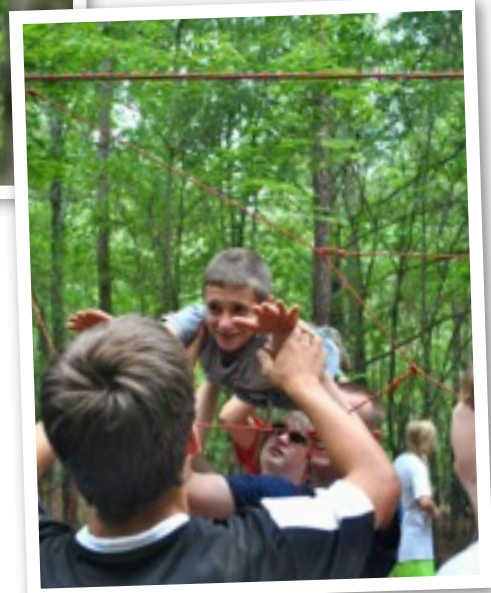
441,000,000 POPULATION US, CANADA, EU



CHALLENGE COURSE



The Challenge Course is a low elements ropes course consisting of activities ideal for team building. Examples of the thirteen ground-based elements include the Spider Web, the Islands, Nitro Crossing, and the Wall. The course gives participants an opportunity for learning and growth in areas such as leadership training, conflict management and resolution, and problem solving.



\$12.00 per person

WORK PROJECTS



Work Projects are available to groups interested in providing service that will help SIFAT continue our mission to people internationally, as well as in the United States. Groups may also add a work project as a component of a retreat.



RETREAT INFO



Planning a Retreat: We invite you to bring your group to SIFAT to experience a Learn & Serve retreat! We create custom retreat schedules for each individual group. The schedule is created according to the programming a group is interested in participating in, a group's attendance number, and the length of time a group would like to spend at SIFAT. You can choose to participate in a retreat that is fully or partially facilitated by SIFAT programming staff - it's completely up to you!

Indoor Lodging (priced per person/per night):

- Lodge: \$15 - 75 person capacity
- International House: \$15 - 30 person capacity
- Duplex: \$15 - 28 person capacity
- Bunk House: \$10.00 - 12 person capacity

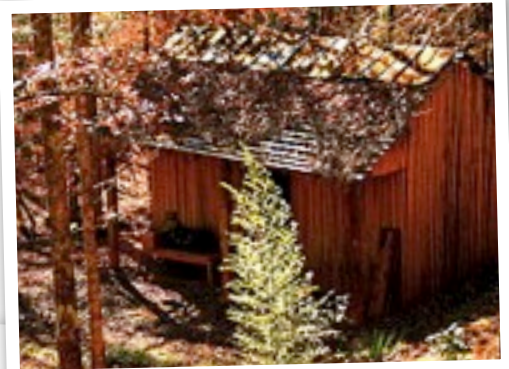
Cafeteria Food Services (priced per person):

- Breakfast: \$6
- Lunch: \$7
- Dinner: \$8
- Daily: \$18

Recreational Opportunities: Outside of Learn & Serve retreat programming, other available recreational opportunities on the SIFAT property are soccer, fishing, swimming in the pond, wading in the creek, primitive camping and hiking the beautiful trails. We also offer water, electrical and sewage hookups for RV camping.

Retreat Reservations: If you are interested in scheduling a retreat at SIFAT, please submit a [Retreat Interest Form](#) to learnandserve@sifat.org. Once we have received your form, we will contact you to begin setting up the details of your retreat. SIFAT staff will create a proposed schedule, invoice, and contract using the information provided through the interest form. We ask for a 20% deposit to be paid and for your contract to be signed and returned to confirm any tentatively scheduled retreat.

We are thankful for your consideration to partner with SIFAT through the form of a Learn & Serve Retreat!



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