

## **DESTINY AFRICA CHILDREN'S CHOIR**

### **Host Family Information**

**Firstly, on behalf of NDE Network and Destiny Africa I would like to say thank you for choosing to host us in your home. We are so grateful for your generous hospitality. Below are some guidelines on various aspects of the children's stay in your home. Your regional tour organizer will give you specific details but we hope these are helpful as you prepare to welcome members Destiny Africa into your home. Should you have any other questions please contact your regional organizer or contact Helen Da Costa (Tour Coordinator) on 07707585097.**

**With appreciation**

**The Destiny Africa Tour team**

### **Transport**

We will be providing our own transportation, however from time to time, host families can help out. Your regional organizer will give you more details on this.

### **Leader Communication with Tour Manager or Tour Director**

It is very important for the choir leaders and chaperones to be in daily contact with the tour manager. Our preferred communication style, since there are so many of us, is via email or possibly texting. Some leaders have their own smart phones or laptops and others do not. The tour leaders will need access to your wifi if you have it in order to keep in contact with each other during their stay with you. There may also be times that the leader will need to contact the tour manager by phone, please let the leader know if they can use your land line or your cell phone to make calls for tour purposes. From time to time, the tour manager or the tour director, Arnold Muwonge, may need to reach the leader in your home, we hope that calling them on your cell phone or landline is acceptable. Thank you for helping us all to stay in communication with each other!

### **Food**

With the change in culture, climate and food we want to do our best to help the team adapt and be comfortable on tour. The food they are given on tour is important, as we really don't want them to get sick - we ask that food is kept simple, this is because they are not used to rich foods and so these may cause them stomach upsets.

As a host, unless you are told otherwise, you will be feeding the team staying with you breakfast and an evening snack. Please note, this is subject to change depending on the day's schedule you may be asked to provide other meals as well. The children do eat A LOT!! Please plan breakfast with adult serving sizes. Again, your local regional organizer will provide more details on the exact meals you will need to provide.

### **Breakfast examples**

This is a list of foods they like to eat for breakfast, please don't present them with everything, this is just a guideline: Bread and eggs is the main diet for breakfast. The leader or older children staying in your home are happy to help you make their breakfast.

- Eggs (1 or 2 eggs per child) – the yolks need to be completely cooked through!
- Bread / jam / honey / peanut butter (3-4 pieces of bread per child is ample)
- Pancakes
- Fruit – apples, orange, bananas, pears, etc.
- Oatmeal – made with water and milk and lots of sugar!

- Sausage
- Tea with lots of milk and sugar / weak black tea with sugar
- Fruit juice – apple or orange

### **Culture**

Both the adults and children will automatically be in a new culture and system; we would appreciate patience and understanding wherever possible! Ugandans tend to be slow and laid back! We will encourage the leaders to be punctual, responsible and help in the homes wherever needed.

Culturally, Ugandan children may kneel when greeting - in Ugandan culture it is a sign of respect so please do not be embarrassed by this. The children may call you 'Auntie' and 'Uncle' – this is also a sign of respect.

### **Pets at home**

Ugandans are not used to seeing animals in the home and may be frightened by pets. If possible, please can hosts keep their pets away from the children (especially dogs), and slowly introduce them to the children to avoid scaring them.

### **Bedtime**

After a busy day, the children will need their rest so that they are ready and refreshed for the next day. The leader in each home will help put the children to bed, although feel free to encourage this if it is getting too late. The older children will stay up later than the younger ones. For the younger children, unless they are performing we ask that they go in bed between 8.00 and 9.00pm. On concert nights their bedtime will be later.

After a performance the children will be hungry, sweaty and exhausted. Please offer them food (see attached suggestions) and allow them to shower (they call it a splash bath) with minimal host family interaction. The children need their rest. It is expected that the children will have a bed (our first choice), or air mattress of their own.

If you would rather the children are not in your living area past a certain time, please make this clear to the leader who will make sure the children go to their rooms at the set time (even if they don't go to sleep straight away). We appreciate you may want your own space.

### **Social**

- **TV** - We advise that the children watch only minimal amounts of TV while with you, please be aware that most of these children are only used to children's DVD's not TV programs. We do not want to over expose them to things they may not be used to. However, if they are to watch TV please make sure the program is appropriate for their age, we encourage educational programs to be shown.

- **DVD's** – during free time we are happy for the choir to watch DVD's, please make sure they are age appropriate. Please do not allow the team to start watching films late in the evening when they have to be up early.

- **Computer** – The leaders in the home are allowed to use the Internet if you are happy for them to. However, please do not allow any of the children to use the Internet, unless their leader is supervising them. We are happy for them to play computer games for a set time, however please clearly limit this. However, if you would prefer no one staying with you to use your Internet or computer please make this clear to the leader at the start.

- **Recreational Activities** - where possible, we would encourage interactive or outside games to be played (board games, football, etc.) – especially with the younger ones.

- **Extended rest times** - If the choir has an extended rest time in the host homes, the children do have assignments they have to do for school, so you could always ask them if they would like help with these.

Alternatively we are happy for you to take the children out somewhere as long as the choir leader is with you (swimming, park, etc.).

### **Gifts**

We understand your desire to bless the children while they are staying with you. However, keep in mind that the choir members in your home represent **ALL** the children at the Kampala Children's Centre (KCC). Gifting some children and not others leads to competition and jealousy; which we desire to avoid. In addition, there are weight restrictions for their luggage when returning to Uganda.

**We expressly prefer** that if you desire to bless the children of KCC, please consider a donation to KCC, this would be the easiest to bring back to Uganda. If you are so inclined to make a donation, please make your check payable to NDE Network. When the children leave your home, if you would like to give a memento please stick to small things that relate to a specific memory; like a photo of you and your family, a card or a small trinket that represents the bond you have developed.

### **Clothes**

All the children will come with clothes that have been given them on arrival for the tour. Please do not hand out clothes and shoes during their time with you, unless they have misplaced their personal items. If you have collected clothes especially for us to take back to the Kampala Children's Centre please talk to one of the tour leaders about this.

### **Help at home**

We will expect accompanying adults to help with work relating to the children in host homes, so hosts should not feel overburdened. The leader will be in charge of the children. The children are also happy to help when staying with you so please ask them to do things, e.g. setting the table, washing up, etc. All the children should be encouraged to make their beds and keep the room tidy.

### **Laundry**

We kindly ask hosts who are having the children stay longer than a night to do a wash if needed – please ask the leader to gather only the clothes that need washing! They will all wash their underwear and socks themselves (this is cultural in Uganda, no one lets someone else wash their underwear!) If you prefer, you can show the leader in your home how to use the washing machine and they will do the washing.

### **Communication**

Children or adults may pronounce some English words differently. We would appreciate patience in this and it is ok to keep asking them to repeat themselves. Phrases like "can you say that again please?" or "excuse me?" are always helpful.

The children at first may seem shy, but please feel free to ask them questions and talk with them; many of them will soon feel at home!

### **Emergency contacts**

We recommend that hosts provide contact telephone numbers to team leaders staying in their homes, in case emergency contact is needed. Due to differences in diet, weather and extensive travel some of the children may seem tired or become ill (they are like children everywhere). Should this occur we will make sure that child rests and recuperates at the host family home with a chaperone. We ask if you would consider providing a house key to the team staying in your home for this purpose?

Also it would be prudent to have a first aid kit in your home during the choir's stay in your home. We provide medical coverage for each member of the choir should a doctor or hospital visit be necessary.

### **Showers**

All water tanks and heating are different in each home. Please advise the leader staying with you on how best to manage showers with the team (is it best to have them having showers at different times or the same, etc.) If you are finding the team are taking too long in the shower/bath please feel free to discuss this with the leader in your home so they can resolve the problem.

### **Lights**

Electricity in many parts of Uganda is very sparse and so they are not used to turning lights on and off. Please be aware of this so that lights are not left on in their rooms when they are not needed – please feel free to keep reminding them to turn the lights off!

### **Towels**

We would appreciate towels being provided for those staying in your home.

### **Sleeping arrangements**

We ask that no member of the family sleep in the same room as a member of the choir.

When the choir arrives please lay down any rules/expectations you have in your home that you would like them to follow. Please feel free to communicate with them about anything or speak to the Tour Manager if you have any issues.

We hope that these guidelines are helpful and want to affirm that they are guidelines and not rules! We have found that a certain amount of structure on the tour is helpful for enabling the children to adapt to their new surrounding and to ensure that they do not get tired as the tour progresses. Please contact your regional organizer if you have any other questions.

THANK YOU so much for hosting some of the Destiny Africa team, we are so grateful for your help.