

ARTHELPINGLIFE.

Experience Vibrant Senegal, West Africa



TRIP DATE:

December 19 to December 29, 2013

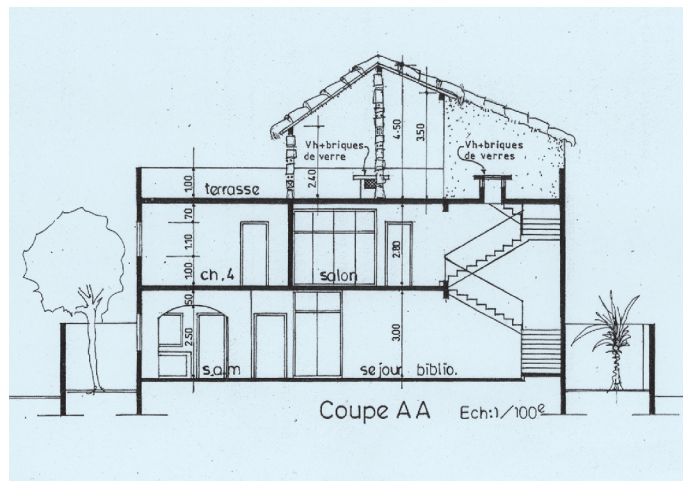
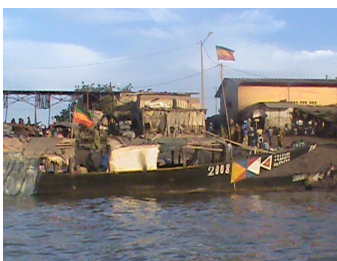
(with flexibility to leave and come back later)

Senegal is a peaceful, safe, family oriented place to visit with a democratic government, evidenced by the fact that international tourists return year after year, particularly the French, the Peace Corps and Bard college program.

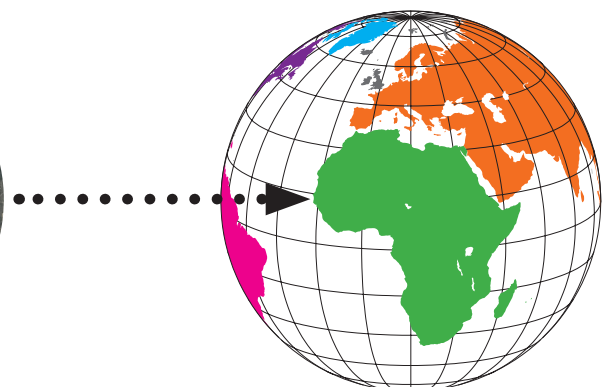
Community service, exploration and learning for the entire family

Art Helping Life: A charitable tax-exempt nonprofit dedicated to improving the lives of impoverished children. Our current project is to build a community center in Somone, Senegal where children will learn English and the arts.

<http://www.arthelpinglife.com>



Called Ker Waay Yalla (House of Help), the center will have classrooms, exhibit space, and sleeping accommodations for international teachers and students.



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... ➔ Somone, Senegal

Culturally famous for its musicians and storytellers and a popular destination in West Africa to visit, learn, and experience. The welcoming people, dance and music, textiles, stellar beached lined peninsula off the Atlantic coast, fascinating history, and hospitable climate make Senegal an ideal place to travel to. Enjoy a serene environment just south of Dakar in this fishing village, home to the Lebou people (a Wolof tribe). Many forms of tourism can be experienced in seaside Somone including aquatic sports and horseback riding, historic museums, splendid natural sites, and nearby major game parks and reserves.

TRIP ACTIVITIES INCLUDE:

- Pilgrimage to World Heritage site Gorée Island—most significant in the origin of the Atlantic slave trade.
- Day outing to the city of Thiès—Senegal's 3rd largest city and critical to the country's textile industry. Visit to textile museum and artisan village with its unique local crafts.
- "A day in the life of a Senegalese family" house visit and cooking class of the national dish.
- Tour of the charming fishing village of Somone by bicycle, horse and carriage, and kayak. Stroll the alluring beaches, swim alongside bird sanctuaries, meet the women of the oyster cooperative and the families of a quaint goat village.
- Cultural classes covering French and local language Wolof, history, politics, religion, the role of women, and the environment.
- Music and restaurant trips.
- Optional Community Service. Building community centre and/or teaching English and the arts to children.
- Optional day excursion to animal game park.



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All accommodations in Somone

- Less than 3 minute walk from beach and 5 minute walk to village square.
- Large residential house with modern conveniences.

Experience Senegal with cultural ambassadors/trip leaders:

Sherri Donovan: *President Art Helping Life and Attorney Sherri Donovan & Associates*

Family lawyer for 25 years, parent of Jasmine, 16 yr. old student at St. Ann's school; world traveler who has been working with children at home and abroad since she opened her own day care in high school. She has returned to Africa and Senegal in particular to research this trip several times.

Mamadou Yade: *Acclaimed music entertainer and performer*

Mamadou Yade is from Somone, Senegal where we will be residing. He is Lebou and his grandfather was the chief of the village. To this day many of his family members are in Somone. He has taught and performed his original songs to children in American schools for several years and has a band entitled Mamadou Waflash. He is a resident of Brooklyn, N.Y., and a parent.

Shelia Edwards: *Officer of Art Helping Life*

Parent of Kimani, sophomore at St. Ann's, leader of AHL family trip to Brazil and officer of AHL. Shelia organized (with her son) the "happy pack" project which brought backpacks with art supplies to a Brazilian orphanage, in collaboration with ONEARTHEART.

Max Thiam: *Senegal Point Person*

Our point person in Senegal has welcomed international visitors to Thies for several years. Max is a product of the city's university and accounting programs and operates its cultural centre, Palace d'Arts. He is a Commissioner for the Senegal government concerning the new copyright law and is fluent in English, French and Wolof. Max will be organizing our classes in history, language, and culture.

Cost Includes accommodations, transportation, most excursions, and most meals. *(Airfare not included)*

\$2,500 Adults

\$2,000 High school and college students.

\$1,500 Children 12 and under.

Group and family discounts available

50% due upon registration.

Final payment due November 21st, 2013

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Registration Form for Senegal Trip, December 2013

Name: ☐ Adult ☐ Student ☐ Child under 12

Address:

City: State: Zip:

Phone: Fax:

Cell: Email:

I will be attending with the following people listed below:

Name: ☐ Adult ☐ Student ☐ Child under 12

Name: ☐ Adult ☐ Student ☐ Child under 12

Name: ☐ Adult ☐ Student ☐ Child under 12

PLEASE SEND FORM AND CHECK PAYABLE TO
ART HELPING LIFE, INC.
AND MAIL TO THE FOLLOWING ADDRESS:

I will not be attending but would
like to make a donation:

Amount enclosed:

- ☐ Friend \$100
☐ Sponsor \$500
☐ Patron \$1000
☐ Other \$ _____

Art Helping Life
c/o Sherri Donovan
Sherri Donovan & Associates
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New York, NY 10007

For more information please contact Sherri at:
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<http://www.arthelpinglife.com>