

January 7, 2010

Dear Medical Team and Families,

We're happy to report that everything is coming together and we're just a few short months away from our much-anticipated medical team work in Swaziland. Our attendance (along with the king and 15,000 orphans) at the Celebrate Litsemba event on July 23<sup>rd</sup> is going to be an amazing experience!

Now it's time to get down to the "nitty gritty" – the official dates for the medical team are July 21 – July 31. Registration should be done online at [www.heartforafrica.org](http://www.heartforafrica.org). Go to "trips," choose "2010 trips," and then choose "July 21-31." A \$250 deposit is required at the time of registration. You will notice two travel options:

1. You may fully book your travel through HFA for \$3,800 – ALL-inclusive! Easy and one-stop shopping! (A great feature: the ENTIRE cost of the trip is tax-deductible.)
2. You may book your own airfare and pay \$1,800 for ground costs only (this covers ALL expenses). However, we would strongly suggest that if you choose this option you FIRST contact HFA's travel advisor, Norma Tibshirany, for the best prices and MOST IMPORTANTLY to coordinate flight times so you will arrive in time to connect with HFA ground transportation from Johannesburg to Swaziland. Norma can also get some great deals on safaris, Cape Town, etc., if you wish to extend your stay. Contact Norma at: [norma@heartforafrica.org](mailto:norma@heartforafrica.org) or 678.513.7104.

Additionally, at the website under "trips" there are informative trip videos and preparation information.

We hope you all will register as soon as possible as the licensing process will take us considerable time, and we will need all documents together when we return to Swaziland in early April.

Once you are registered, we will contact you about the necessary paperwork. Email us anytime with questions and concerns at [medicalteam@heartforafrica.org](mailto:medicalteam@heartforafrica.org), and know we are looking forward to serving with you all in July!

Blessings,

Ron VandenBrink, MD  
Jan Biddick, MSW