

I am thrilled to hear of your interest in the February 2020 Service Project and Cultural Immersion in Rwanda. The TIMBo Collective is dedicated to breaking the cycle of trauma by empowering survivors to heal their communities. Through The TIMBo Collective's Trauma Informed Mind Body (TIMBo) program, The TIMBo Collective offers participants the tools to address the psycho-social, emotional, and physiological root causes of trauma and stress, and enables them to start the healing process and to improve their natural emotional regulation.

The mission of our partner organization in Rwanda, the [Ubuntu Center for Peace \(UCP\)](#) is to improve the quality of life of people living with traumas and create innovative and scalable models of collective healing to break the cycle of violence. Currently UCP has 40 Rwandan community leaders and to date there are 671 direct beneficiaries from the organization's community healing groups. There are 185 individuals currently participating in the 15 week program. (see [UCP Program Summary Report](#)) In February of 2020 we will be joining forces with Ubuntu Center for Peace's leaders and trainers as well as additional staff from local organizations serving survivors of trauma, such as the [Akilah Institute](#).

Co-Founder and Executive Director of Ubuntu Center for Peace Dr. Jean Bosco Niyonzima recognizes TIMBo and the elements therein as a powerful added component to their already impactful community groups. Our project would bring the TIMBo program to the Rwanda training group, including project planning, execution and modification. TIMBo trainers will then collaborate with UCP trainers to determine methods of integration, training to support such integration support for integration and follow up with custom designed materials as needed. With the integration of TIMBo elements into UCP community groups we feel confident that healing will have an exponential impact on communities through the sharing of tools and practices through families and communities.

***But we can only do that with your help because every penny you raise will go toward supporting and strengthening the healing power of UCPs community healing groups with the integration of TIMBo.***

Trip will include\*:

- **1 day Orientation/settling in in Kigali:** Meet your fellow travelers and receive an introduction to Rwanda and our partner, Ubuntu Center for Peace (UCP). This time will also be used to review logistics and ensure that everyone is prepared for the trip.
- **5-6 days TIMBo training program:** Participate in TIMBo side by side with local Rwandan educators and trainers to experience a true cross cultural experience! You'll leave this encounter feeling connected in ways you never knew were possible.
- **1-2 day UCP program experience:** Learn firsthand about UCP's existing program in a unique opportunity to participate in activities and become acquainted with the rural communities with whom they work.
- **1-2 days TIMBo Introduction with various groups/organizations:** In addition to our partnership with UCP, there are a number of organizations working on sexual violence, mental health, and other fields who are excited to learn basic TIMBo practices and skills.
- **2 days Cultural Experiences:** Immerse yourself into a more in-depth understanding of the Rwandan context and culture within which we are working through traditional activities, historic information, and visits to the incredibly moving Genocide Museum and other memorials.
- **4 days Tourism and relaxation activities:** After a beautiful but often intense international training program, we have found that a period to readjust and unwind before returning home is extremely valuable. We will take in the spectacular natural environment with a chimpanzee trek and canopy walk in the National Forest, a wildlife game drive in one of the National Parks, and beautiful lakeside hikes and picnics among the tea and coffee plantations.
- *Also included are the necessary in-country travel days.*

\*Detailed itinerary to be finalized in the coming months.

We offer a fundraising guide with suggestions on how to reach your \$5,000 goal; if for some reason you are not able to make your goal, the money that is donated to The TIMBo Collective stays with The TIMBo Collective, and still supports our programming, but we do believe it is possible for everyone to raise enough to qualify for the trip if they are determined and consistent.

Most of your money will come from individual asks, facilitated through social networks like Facebook and personal emails.

We suggest linking to a personal fundraising page you will set up via [Classy](#). Here is an [example of](#) a previous fundraiser who well-exceeded her goal for a trip to Haiti. Watch this [short film](#) to see our successful fundraisers talk (from Haiti) about their experience of the first projects in Haiti. For more [photos and videos](#) visit our global TIMBo page on our website.

We will be sharing some documents that will help you with your fundraising, and will be creating a Facebook group for all of you so that you can support one another in keeping the eye on the prize! You will be invited to the Facebook page *once your contract has been signed*. We will also hold regular zoom meetings so that we can help keep each other motivated and excited about our end goal! Each person's efforts in raising their goal is crucial and checking in regularly will be important. Fundraising for a project like this does require *personal commitment to your goal* first and foremost, and it does take effort but it is completely doable!

I hope you find this email helpful and encouraging. Next I will go over the general timeline. Tentative travel dates are February 13-March 1, 2020:

Before October 1: Secure all fundraisers

All deposits (\$250) received & contracts signed

Fundraisers complete developing Classy fundraising page

First Zoom meeting conducted (we all meet each other!)

(if by October 1, 2019 we do not have the minimum number of fundraisers you will be notified of project cancellation. *We do not* think this is likely!)

Now-February 1, 2020: Fundraising Time!

Support emails and meetings regularly scheduled to help you fundraise

Get to know Dr. Bosco and his team via our Facebook page (to be created)

Introduction to your travel coordinator(s) who will help with travel details:

1. Flights
2. Packing lists
3. Important Travel Info
4. Answering your question
5. All money in to TSNE

February 1st- February 12th: Getting ready to go!

Final details (all goals should be met and money in by February 1)

Regular communication with travel coordinator

Let's go to Rwanda!

***If you are thinking "Sign me up!" Then below are the next steps.***

If you are ready for the next step just send us an email letting us know you are ready! We need to know by October 1st if we have enough people committed to this trip so sign up now to get your name on the list and get your fundraising page ready to go.

Next steps:

1. You will be receiving a fundraising **contract and waiver** to sign. Once you sign the contract and get your deposit of \$250 in you are guaranteed a place on this trip provided you reach your fundraising goal of \$5000. You are not required to begin fundraising until October 1st but can choose to start early if you like.
2. Once you sign the contract you will receive a **fundraising guide** document that will help you create your Classy fundraising page. We have a lot of videos, pictures, stories, testimonials etc that you can use on your page.

You will receive lots of helpful hints like: “Keep in mind that the best way to fundraise is by creating smaller goals. Divide your \$5000 goal amount into smaller chunks and creates smaller campaigns. For example: To reach your first milestone of \$3000 you can set a goal of getting 100 people to donate \$30 in 30 days. You can name this campaign something catchy like “100 in 30 for Rwanda” Then you have an excuse to send out emails and social network posts counting down from 100 with posts like- *Thank you to the 80 people who have already donated! I only need 20 more people to donate \$30 to reach my first goal of \$3000! That’s less than it costs to take 2 yoga classes :)*

With the capacity to form teams you can even enlist family and friends to fundraise smaller amounts for you! We will give you help and guidance with all of that once your contract is signed.

3. Once we receive all contracts from fundraisers we will begin our campaign in full force! Note: If we receive our minimum number of fundraisers before October 1st we will begin then..it's never too early to start fundraising!

I hope this information is helpful to you and I hope to hear from some of you saying "sign me up!" Take it from me, you will never forget this experience and will be glad you put the hard fundraising work in to make it a reality.

Xoxo

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