Going on a sponsor trip is truly life-changing.

When you see poverty up close, your heart breaks.
When you experience other cultures, your eyes are opened.
And when you meet the child you sponsor,
you will experience two lives knit together.

We know that the decision to go on a Compassion Sponsor Trip is a big one. Maybe you’ve never left the country. Or you don’t think you can afford an international trip. Perhaps the letters you get from your child feel a little flat. Would she even want to meet you?

This guide is filled with ideas and ways to help you overcome those obstacles and walk you through five simple steps that will end with you delivering that next letter in person!

So explore with us. Learn with us. Go with us.
5 STEPS TO MEETING YOUR SPONSORED CHILD

1 Choose a Country [pages 4-11]
Explore the regions where Compassion works around the world — and decide where you’d like to visit!

2 Overcome Barriers [page 12]
Do you have questions and concerns about the whys and hows of a sponsor trip? Of course! Let us help you overcome any obstacles!

3 Register for Your Trip [page 13]
Everything you need to know about how to get registered for one of our upcoming sponsor trips.

4 Prepare [page 14]
Let us help you prepare your heart and mind for the incredible experience of meeting your sponsored child.

5 Go! [page 15]
Now all that’s left is GO! See a list of upcoming trips by region so you can get your adventure on the calendar today!
TRY A DIFFERENT KIND OF SAFARI IN AFRICA

Even if you’ve experienced Africa, you’ve never experienced Compassion’s version of it! A sponsor tour to Africa will, of course, be filled with things like safaris and visits to Masai villages. But you will venture far beyond where most tourists finish their trips. In Rwanda you will stand in a mud-thatched hut and hear a mother share her family’s story of forgiveness following the genocide. In Ethiopia you will hold a baby boy who was the first child in his family to celebrate a first birthday. And in Kenya you will stand in the dusty courtyard of a church where someone will pull you by the arm to show you the well that provides fresh, clean water for the children to drink.

In Africa you will find safaris. But you will also find hope.

My Trip to Africa

This trip is not about what you do or don’t have to offer; this trip is about you showing up and marveling at how God works. This trip is a demonstration that love is not bound by language, customs, or first impressions ... This experience of love is so close to the heart of God, you cannot lose. Your journey is for such a time as this.

— Jordan, Ethiopia Sponsor Trip

Compassion began its work in Africa in 1980, and today we serve more than 317,400 children in eight African countries.

- Burkina Faso
- Ethiopia
- Ghana
- Kenya
- Rwanda
- Tanzania
- Togo
- Uganda

See page 15 for a full list of upcoming trips to Africa!
EXPLORE THE RICH CULTURES OF ASIA

Asia is comprised of ancient civilizations with exotic foods, unique traditions and varied culture. Your trip with Compassion will take you deep into forests, past lush rice fields and tea plantations. But it will not end there. You will not be a tourist. You will visit the home of a mother in Thailand who will offer you a bowl of rich coconut soup, while you play peekaboo with her children. You will worship in the Philippines with a pastor whose love and passion for children in poverty will remind you why you became a sponsor. In Sri Lanka, you’ll meet boys and girls who are just learning what it means to be released from a life of poverty — and you’ll get to witness the miracles unfold.

In Asia you will find culture. But you will also find restoration.

My Trip to Asia

I agonized about whether I should sign up for this trip or not. Going was the best decision I’ve ever made. The U.S. staff and the field staff were fantastic in making sure we were always safe, the accommodations were excellent, and we never went hungry. Visiting the child development centers was a life changing experience and you will never understand how much your sponsorship and letters do for children unless you experience it for yourself.

Worth every penny and more.
— Erik, Philippines Sponsor Trip
For many in North America, the region of Central America is simply a string of beaches and resorts — a convenient, beautiful, vacation spot. **And while the beauty of Central America is undeniable, the beauty of its people is even more spectacular.** In Guatemala a patient mother will teach you how to make tortillas while balancing her baby on her hip. Worshipping at a church in Haiti is loud and jubilant, filled with the unmistakable joy of those who have been rescued. The streets of El Salvador, labeled as dangerous by the rest of the world, will be filled with laughter and singing as you are welcomed with open arms.

**In Central America you will find adventure. But you will also find transformation.**

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**My Trip to Central America**

*Little Bilha stole my heart. I remember when she first spotted me, she darted through the crowd of kids and sponsors to get to me. And I held her and we cried and it was like we had known each other our whole lives. The few hours I spent with her made me so thankful that I had made that choice years before to sponsor. At the end of the day, I remember crying as I hugged Bilha and her mother goodbye. The tears of someone who is saying goodbye to someone she loves like family.*

— Brandy, Guatemala Sponsor Trip
FIND A WORLD OF WONDERS IN SOUTH AMERICA

For an explorer, South America can be addicting! Journeying through the Amazon, getting lost in the rainforests and hiking the Andes are all things that attract millions every year. But on your trip to South America, you get the privilege of walking down streets reserved for the locals. You’ll buy a trinket from a mother in Bolivia who has been able to start her own business. In Brazil you will ride for hours on a bus so you can spend the afternoon playing in the sand with a little girl who can’t stop smiling. And in Peru you will dance and sing following a church service where you didn’t understand the language, but you couldn’t mistake the joy.

In South America you will find wonder. But you will also find joy.

My Trip to South America

Meeting your sponsored child: PRICELESS! Most of the photos that we receive from Compassion don’t show smiles on the faces of our children. When you go to visit your child, you will see their face light up in ways you only imagined! And the opportunity to hold their hand and give them a hug, in person, is worth every penny you pay for the trip! To have them look at you and say, “You are really here!” means so much.

— Teri, Ecuador Sponsor Trip
Of course you have questions and concerns about what it means to travel around the world with Compassion! Here we try to address some of the biggest barriers to a sponsor trip. After decades of taking sponsors on life-changing trips, we hope this gives you some peace — we know what we’re doing! And we LOVE doing it!

Is this the best way to spend my money? Should I just send it to the field?
For a child in poverty, it is a deep-seated belief that he or she is insignificant, powerless and hopeless. But nothing says, “You are special, valued, significant or powerful” quite like a visit from a child’s sponsor. Joining a Sponsor Trip demonstrates a lasting commitment and profound value to the heart of your child! When determining whether to give financial gifts or visit in person, know that both have wonderful outcomes. However, the immeasurable gift of meeting your child is an indescribable experience — for both you and your child.

I’ve never traveled out of the country before and it makes me nervous.
Compassion trips intentionally place you in areas where the need is real and the impact is life-changing. With the expert leadership of seasoned, country staff, we travel around the globe safely and with purpose. Sponsor trips are a world-class, safe and guided experience to your child’s world.

We do everything to ensure your health and safety on a Compassion trip, and our staff has gone through extensive training to make sure you have an incredible experience.

I don’t know how I would come up with that much money.
The reality is, most people don’t just have the money for a Compassion Sponsor Trip lying around. Many sponsors who go on sponsor tours actively fundraise, everything from running a race that their friends sponsor to doing a simple lemonade stand with their kids. You might be surprised at how generous and supportive people will be to help you fund this powerful trip. See page 14 for some specific fundraising ideas!

Can I bring my family and my children?
Yes! We encourage it even! We have seen entire family’s lives changed on sponsor trips as each member finds their understanding and appreciation of different cultures grow — all while drawing closer to God and His call to minister to His children. Please keep in mind that each member of your family must be physically and emotionally healthy, and children must be 10 years or older to travel on a sponsor trip.

Do I have to sponsor a child to attend a sponsor trip?
No, Sponsor trips are open to the public, and anyone can attend. We have to warn you that you will probably want to sponsor a child with us before your trip is over!
Once you choose your sponsor trip, it’s time to register! The easiest way to do that is by going to compassion.com/SponsorTrip and clicking the trip you’re interested in.

In order to register, you will need to have your passport information, emergency contact information and health information for yourself and any guests. The deposit for each trip is required to complete your registration and reserve a spot on the trip.
PREPARE

Now that you’re registered, it’s time to prepare! There are two areas you’ll need to get ready:

Your Finances
We know, preparing your finances doesn’t feel very fun. It can feel pretty overwhelming! But you’re not on your own! We’ve got lots of ideas for ways to get your whole community involved in your trip!

• Bake Sale or Lemonade Stand — Everyone loves goodies! Get your kids involved in the cooking and stirring, and let your friends and neighbors know about your trip!
• Movie Night — Pick a film, pop some popcorn and settle in for a movie night with family and friends. Keep a collection jar handy so people can give a little something.
• Run — Or cycle, if that’s more your thing! Sign up for a race and have your friends and family pledge an amount for each mile you complete.
• Online Fundraising — You can raise money for your trip on social media or through email.

Your Heart
Now that you’ve got the pesky finances out of the way, it’s time to get your heart ready for meeting your sponsored child! Consider the following tips:

• Pray — It sounds like a given, but it’s so crucial to cover your trip in prayers — and ask others to join you!
• Learn — Take time to learn about the country where you will be visiting. Practice a few phrases in your child’s language and maybe find a local restaurant that specializes in that country’s cuisine [or make a recipe at home!]
• Write Letters — I promise, the simple act of writing letters to your child will help you feel calmer and closer to your child. And it’s another great way to deepen your relationship with her as you prepare for the moment you finally meet in person!
Below you'll find a list of upcoming trips. Visit [compassion.com/SponsorTrips](https://compassion.com/SponsorTrips) or call [800] 336-7542 for the most up-to-date list and to reserve your spot today!

**AFRICA**

- **Burkina Faso**
  - November 2019

- **Ethiopia**
  - May 2020

- **Ghana & Togo**
  - October 2019
  - September 2020

- **Kenya**
  - January 2020

- **Tanzania**
  - June 2020
  - July 2020 – CauseTrek

- **Uganda**
  - February 2020

- **Rwanda**
  - August 2020

**CENTRAL AMERICA & CARIBBEAN**

- **Dominican Republic**
  - October 2019
  - February 2020 – CauseTrek
  - June 2020

- **El Salvador**
  - October 2019
  - March 2020

- **Guatemala**
  - February 2020
  - July 2020

- **Haiti**
  - December 2019
  - April 2020

- **Honduras**
  - October 2019
  - April 2020

- **Mexico**
  - January 2020

- **Nicaragua**
  - June 2020

**SOUTH AMERICA**

- **Brazil**
  - August 2020

- **Bolivia**
  - November 2019
  - May 2020

- **Colombia**
  - September 2019
  - September 2020

- **Ecuador**
  - October 2019
  - June 2020

- **Peru**
  - April 2020
  - June 2020 – CauseTrek
  - August 2020 – CauseTrek

**ASIA**

- **Bangladesh**
  - November 2019

- **Indonesia**
  - April 2020

- **Philippines**
  - February 2020

- **Thailand**
  - January 2020
Your adventure awaits.

ARE YOU READY TO EXPLORE THE WORLD WITH COMPASSION?

Start your adventure at compassion.com/SponsorTrips