

# Travel Notes #3 (Cover on boat when convenient)

Read the "Welcome To The Boat Quiz" (print it from MM/ RESOURCES/LEADER RESOURCES)

## FLEXIBILITY

"Many are the plans of men, but God establishes our steps." Prov 16:9

Blessed are the flexible, they shall not be broken!

Flexibility comes more easily when we have a biblical understanding of suffering.

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all (2Cor 4:17)

- The root word for "Glory" is "weight."
- Every bump, scratch, drop of sweat, sleepless night, stomach issue, doubt, insecurity, and loneliness can potentially give weight to your faith in Jesus.
- Don't miss the glory of light and momentary troubles; embrace them as a way to glorify Jesus
- So when you bump your head, say "Glory"; when you're hot, say "Glory"...
- Besides, when was the last time you had the opportunity to suffer for Jesus? Jesus is worth it all!
- **Think the best of everyone. Don't be easily offended.**

## HEALTH TALK

Wash hands regularly

Use hand sanitizer before handling utensils on the food buffet

Use sunscreen every day on and off the boat (reflecting on water near the equator)

Wear insect repellent every day

Apply insect repellent on top of sun-screen

Chiggers are a bigger problem than mosquitoes,

- Go heavy on DEET around the cuff of socks and the hem of your shorts
- Avoid sitting, walking through, or standing in tall grass
- When returning to the boat from the village, dip your legs in the bucket of Lysol mix located at the outdoor showers and let them dry (or use Lysol wipes)
- I get bites, use hydrocortisone cream, and Benadryl tablets to avoid itching

Drink water all day, every day, even when not thirsty

Dehydration signs - Thirsty, headache, lethargic, dark yellow urine, not sweating (can lead to heart issues)

Supplement water with electrolytes

Don't drink anything you didn't get from our water tanks or water bottles (no shower or sink water)

Don't eat unless the food has been cooked on the boat or is from a sealed package.

If offered food, thank them and tell them you will take them back to the boat

Exception: peeled fruit, but make sure hands are clean

Avoid touching electrical wires or plugs in villages (No OSHA here)

## BOAT LIFE

### MISSIONARIES

We are here to serve them and encourage them

Get to know them, their family, and their ministry

### TRANSLATORS

Treat them as partners, not servants

They have permission to teach us the customs and ways of the village if needed

### CREW:

Some are contracted sailors and may not be Believers

Most don't speak English, so smiles and Obrigado (thank you) are appreciated

Try your Portuguese words on the crew

The Captain is in charge of the boat

Don't take village tables and chairs off the boat without permission

### RESPECT

After Lights Out or before breakfast, visit quietly at the front of the boat

Practice conflict resolution steps of Mt 18 if you have an issue on the boat

1. Go to the person, not others
2. Invite the third party if #1 doesn't work

### 3. Involve leadership if #2 doesn't work

Give grace to your teammates, and do not be easily offended

Think the best of everyone and always give the benefit of the doubt

#### **LAUNDRY**

Shoot between sinks

Only use 1 towel a day max - Please use more than once or 50 towels a day

Pick up clothes daily from the laundry

#### **BATHROOMS/SHOWERS**

Turn on the shower fan

Flush toilet paper only, no feminine products

Always lock (showers too)

Knock before entering, go and open slowly (can't see)

Wear a swimsuit if using the outdoor shower

#### **HAMMOCKS**

Expect the first night to acclimate (We can bring a mattress if you just can't sleep)

Sleep at an angle with your head over one side and your feet on the other side.

Angle the same direction as your neighbor and stagger head and feet with the neighbors

Keep all of your belongings to the side and tidy under your hammock

Avoid flipping by either straddling the hammock or opening it wide before sitting

Feet over the side first to exit the hammock

Blankets are provided in the hammock for when it gets cool tonight

Do we have any sleepwalkers?

The kitchen crew starts at 4 am, so consider earplugs

#### **MEALS**

**Sterilize your hands with sanitizer before grabbing the serving utensils**

People often ask what's offensive in Brazilian culture...wasting food!

Many villagers are hungry, and the cooks work hard

Get small portions to make sure you like it

After everyone has gone through the line, return for larger portions if you know you like it

Scrape plate - four trash cans - 1) Trash, 2) Organic waste, 3) Plates and Silverware, 4) Cups

Kitchen cleaning volunteers are appreciated each evening

Help set up and clean up tables (use spray and wipe tables off before stacking)

#### **DON'T WEAR VILLAGE SHOES ON THE BOAT**

It avoids tracking strange bacteria

Closed-toe shoes in the village

Flip flops/sandals on the boat

#### **SAFETY & BOAT RULES**

Life vests on the ceiling,

Rafts on top with handles, but not made to get in

If a raft is used, immediately get to shore

Floors are slick when wet

Spray sunscreen and bug spray on the outdoor shower deck

Plastic Chairs- Don't lean back on your legs/use the wood benches if concerned

Don't sit on the rail

Don't shower on the back when the boat is moving

Don't swim without Captain, OK

Never get in a speedboat w/out a life jacket

When the boat blows the whistle/it's time to get on the boat

No public displays of affection

Only one person is allowed in the toilets/showers at a time

#### **OFF-LIMIT**

Kitchen, Engine Roof, Front of command, Area in front of the spotlight, Roof, and Pharmacy

#### **RELAX and REFLECT**