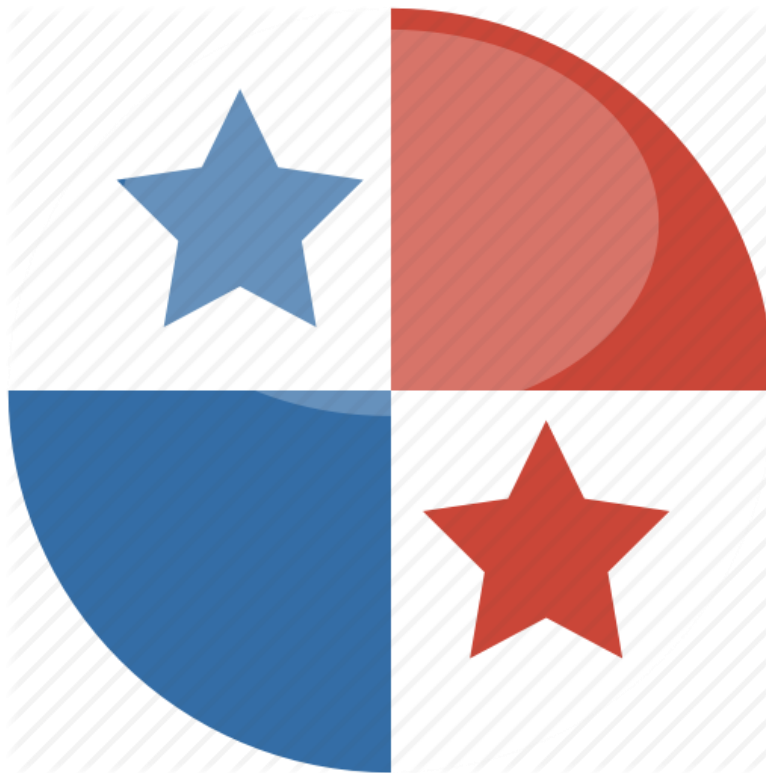


# Panama 2018

## Information Packet

(Parents & Students please read)





## Trip Dates

July 26<sup>th</sup> – August 3<sup>rd</sup>, 2018

## Trip Objectives

Primary goal – to assist and encourage the Word of Life Camp in Panama, along with their missionaries, to reach Panama with the Gospel. We will accomplish this three ways:

- We will come prepared to learn and perform gospel presentations that utilize puppets, dance, and drama to minister to Panamanian students.
- We will come prepared with gifts that will be a blessing to their ministry
- We will come prepared to perform physical labors to improve or repair (minor) their facilities at Word of Life and serve in any ministry they ask us to do.

Secondary goal – is to put ourselves in a position to grow spiritually as individuals and as a group:

- We want to grow spiritually by obeying the Lord's command to make disciples of all nations. (Matt. 28:18-20)
- We want to be stretched (In every way) by learning how to trust God in tangible ways for our strength, our energy, our help, and our protection.

## Word of Life Camp Location

The camp grounds we will be staying at are in El Mangote, Panama located just outside of the Chame District. The Spanish name of the camp is Campamento Palabra de Vida.

## Trip Cost

The total cost per team member is estimated to be around **\$1300**.

This is how the trip will be paid for:

- Each team member will contribute **\$300** personally
  - If more than one family member is attending the trip an amount of \$400 per family will be required.
  - This does not include passports costs.
    - Passports should not expire within 6-8 months of the trip.
    - If you do not have a passport you need to apply for one ASAP!
- **25-30 support letters** will be sent
  - These 25-30 letters need to be sent to non GCC members. We will be asking our own congregation for support during our fundraiser dinner.
  - Families with multiple team members should aim for 35-40 letters.
  - You are responsible for postage.
- Participation in **Group Fundraisers**
  - Turkey Trot
  - Cinnamon Roll Sunday
  - Fundraiser Dinner

## **Deadlines and Important Dates**

<b>January 21<sup>st</sup></b>	Panama Information Meeting
<b>January 28<sup>th</sup></b>	<b>Applications Due</b>
<b>February 18<sup>th</sup></b>	Team Building Meeting ( <b>Passport application done</b> )
<b>February 24<sup>th</sup></b>	Cinnamon Roll Sunday Food Prep
<b>February 25<sup>th</sup></b>	Cinnamon Roll Sunday
<b>March 18<sup>th</sup></b>	Team Building Meeting ( <b>Support letters &amp; \$300 due</b> )
<b>April 15<sup>th</sup></b>	<b>Fundraiser Dinner</b>
<b>May 6<sup>th</sup></b>	Team Building Meeting ( <b>Legal Docs &amp; Passport scan due</b> )
<b>June 24<sup>th</sup></b>	Team Building Meeting
<b>July 15<sup>th</sup></b>	Team Building Meeting
<b>July 22<sup>nd</sup></b>	<b>Team Prayed for during Worship Services</b> (wear Panama shirts)
<b>July 25<sup>th</sup></b>	Luggage Drop off & Team Photo (wear Panama shirts)
<b>July 26<sup>th</sup></b>	<b>Leave for Panama</b>
<b>August 3<sup>rd</sup></b>	<b>Return from Panama</b>
<b>August 12<sup>th</sup></b>	Mission Celebration Sunday (wear Panama shirts)

## **Character Matters**

1. Realize that everywhere you go people will be watching you and so you must act appropriately.
2. Be grateful for everything that happens on the trip to you and for you. Express your gratitude to the host missionaries and anyone that does anything for you.
3. Be helpful in any way you can be to the missionaries. We are here to serve them, not the other way around.
4. Be flexible with time. Understand that America runs on a more exact time schedule than most countries.
5. Pray every day on your own, before, during and after the trip. Get used to listening for God's voice and seeking Him for direction.
6. Seek to minister to those of the same gender.
7. Attend and be on time for all activities and meetings with all necessary materials. Know the schedule well so you can know what to be prepared for.
8. Resolve inner-team conflicts in a Biblical way. Look for ways to build each other up, not tear each other down. Be honest with one another and speak directly to each other, not about each other to others.
9. Respect your leaders and do what they say.
10. Involve everyone in every activity so no one feels left out. Be welcoming to the Panamians and all group members.

### **Expectations/Guidelines**

1. Keep your plane tickets, passport and ID on you and ready at all times during travel (or with team leader).
2. No electronic devices are allowed on the trip including: cell phones, music players or electronic games.
3. Do not go barefoot. Close toed shoes are recommended at all times.
4. Get permission from team leader before leaving the group for any reason. Travel in groups of 3 or more.
5. Ask someone for permission before you take their picture.
6. Check with missionaries if you have questions about local customs and protocol in interacting with Panamanians.
7. Clothing: All skirts and shorts must be an appropriate length. No sheer or skin-tight clothing is permitted. No halter tops or mid-drift t-shirts, or spaghetti straps are permitted. One-piece bathing suits or tankini (with full coverage). Guys no saggy pants with underwear showing and no speedos (ew!)

### **The No Duhs**

1. Drink lots and lots of water every day. Water provided at camp is okay, but do not assume any other water is safe to drink unless leader or missionary tells you it is okay. Don't forget to pack a reusable water bottle.
2. Curfew will be set each night and is to be adhered to.
3. Do not visit the sleeping quarters of the opposite sex for any reason.
4. Keep all money on your person. Do not flash or wave money around on the trip.
5. Foul language is not permitted. Loud talking or rambunctious behavior in public places that might draw unnecessary attention to our team is unacceptable. We represent Christ, our church, our country and our missionaries wherever we go.
6. No PDA is allowed between students on our team or with Panamanians. We are there for ministry, not relationships with the opposite sex. Students coupling up will not be permitted and is inappropriate on this trip.
7. Do not bring valuables or items you can't afford to lose, break or have stolen. Do not wear a lot of jewelry.
8. Do not give out your personal contact information to anyone unless you have prior approval of your team leader.
9. No fireworks, illegal drugs, explosives, alcohol, firearms, toasters, waffle makers, etc.

**Discipline Policy** – when a rule is not adhered to, discipline will be enforced by the team leader. The punishment will fit the offense. If the offense is severe enough and the team leader thinks it is necessary and in the best interest of the team – the student will fly home early, and the student will be personally responsible for any costs incurred by an early flight home. And there will not be a reimbursement.

## What to Pack

### Required:

- Passport (Do not pack it, bring it!) Passports must have at least 8 months left before expiring.
- Student ID
- Bible, pen and blank journal
- Bedding - sheets and light blanket (it can get cool at night)
- Towel and wash cloth
- Tennis shoes and sandals/flip flops. (Nicer shoes, sandals or flip flops for church)
- Comfortable clothing for warm weather. (Pack for 6 days)
- Wind breaker or poncho
- 2 Outfits for church and school visits (casual, modest dress)
  - Pants for boys
  - Skirts for girls
- Modest one-piece bathing suit (or tankini with full coverage) and beach towel
- Toiletries and personal hygiene items
- Medications: All "over-the-counter" and prescription medications must be in its original packaging and packed in your carry-on luggage.
- Sunscreen (we will be right on the equator)
- Bug spray (look for an EPA registered repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol)
- Small flashlight
- Reusable water bottle

### Optional

- Cash for souvenirs – US currency is accepted
- Hand sanitizer
- Lip balm
- Sunglasses
- Hat or bandana
- Camera
- Small fan
- Mosquito netting

### Packing Guidelines

- Students are permitted to pack one bag to check and one to carry on. (The airline permits 2 bags to be checked, but we may need to carry a supply bag.)
- The checked bag must be 50 lbs or less and should not exceed 62 inches (length + width + height). Please weigh your bags before you come!
- Carry on bag must be 22 lbs or less and should not exceed 46 inches (length + width + height)
- Clearly mark your items/bags with your name and address.
- Do not bring electronic beauty supplies such as curling irons and blow dryers.

# Centers for Disease Control and Prevention (CDC)

## Recommendations

Students and Parents are recommended to visit the CDC's website directly [www.cdc.gov](http://www.cdc.gov) for the most up to date information. There are no REQUIRED vaccinations to enter the country, but families need to consider several recommendations by the CDC.

Recommendations:

- Immunizations should be obtained 4-6 weeks prior to travel to allow time for shots to take effect and provide most complete immunity.
- Contact your own physician for immunizations. If he cannot provide them, he will direct you to someone who will.

Recommended immunizations are as follows:

- **Hepatitis A**—Hepatitis A is a virus transmitted through direct person-to-person contact, from contaminated drinking water, or from contaminated foods.
- **Hepatitis B**—Hepatitis B is generally acquired from contact with contaminated blood or body fluids (so would be more necessary for medical workers, but also infection can occur from exposure during medical treatment in an underdeveloped country's medical facility). As most Americans under age 20 have been vaccinated for Hepatitis B, you already may be immunized or may only need a booster.
- **Typhoid**—Typhoid fever can be contracted through contaminated drinking water or food.
- **Yellow Fever**—Yellow fever is a concern for travelers to endemic areas in Panama.... Our mission's trips to Panama do not typically visit these areas.
- **Tetanus**—Tetanus boosters usually must be updated every 7-10 years, make sure your is current!!

Other CDC medical recommendations:

- **Anti-Malarial medication**—Malaria is a serious and possibly deadly disease transmitted through the bite of a mosquito. Along with protecting yourself with long-sleeve/long-leg clothing and spray containing DEET, anti-malarial medications are also recommended. Since the group is traveling during the hot rainy season, mosquitoes will be thriving! The CDC recommends *Chloroquine*.
- **Prescription antibiotics**—Have your doctor prescribe an antibiotic to take as a prophylaxis against general infections, and also to treat moderate to severe diarrhea. *Cipro* is one recommendation. Have the prescription filled and send the medication with your child.
- **Over-the-counter medications**—Be sure to pack the following medications: anti-diarrheal medication (such as PeptoBismol, Immodium), Tums, headache/pain reliever.
- **Personal prescription medication**—If your child is taking prescription medications, send along a 2-week supply on this trip. Also needed is a copy of the prescription or a letter from your health care provider on office stationery explaining that the medication has been prescribed.

**General tips about traveling with medications:**

- bring along at least a 2-week supply (it may be difficult to get prescriptions filled there)
- medications must all be in their original containers/packaging or customs may not allow them.
- Medications must be packed into the carry-on luggage, not checked luggage!!

# Travel Insurance

Provided by Faith Ventures Travel Services

	<b>\$29</b>
	<b>Basic Plan</b>
Accident Medical Expense	\$25,000; \$750 dental
Illness Medical Expense	\$25,000
Emergency Medical Evacuation	\$50,000 – Repatriation Included
Security Evacuation	\$100,000
Repatriation of Remains	Included in Emergency Evacuation
Accidental Death & Dismemberment	\$15,000
Pre-existing Conditions	60-day look back period
Baggage & Personal Effects Loss	\$500 (\$300 per item)
Baggage Delay	\$50
Trip Delay	\$100
Liability	Available. <a href="#">Learn more.</a>
Kidnap & Ransom	Available. <a href="#">Learn more.</a>
Trip Cancellation & Interruption	Available. <a href="#">Learn more.</a>
Type	Single-Trip
Trip Length	Up to 60 days
Description of Coverage	<a href="#">View here.</a>