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# **10- MEDICALWAIVER/INFO**

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Fern Creek Christian Church Mar 30- April 6 Cost \$1550 (ish)

## 2024 in the Dominican Republic

We are heading to the Dominican Republic this spring to serve with Amaury and Catherine Gracesqui. The total cost for this trip will be around \$1550. (This price covers flights, food while in country, projects, lodging, & fun-day at the beach. Does not cover baggage (unless we book humanitarian fare tickets), extra food, gifts, etc)

This trip is open to any current high school students who are active in Fern Creek Student Ministry. Also, you must have a valid US Passport or equivalent which expires at least 6 months after April 6, 2024. (Which means it must be expire after October. 6, 2024)

To attend this trip you must turn in a \$200 (non-refundable deposit) by **11/12** along with a photo-copy of your valid passport or application, and an email address for a responsible person to receive information about the trip.

### Fundraising:

You can fundraise however you'd like but there will not be orgranzied fundraising done by the church. I encourage you to start early and pay attention to the payment schedule. There will be a fundraising trivia event in February which will help offset some of the cost.

# Payment Schedule:

- November 12th- \$200 due
- February 11th- 50% of trip due
- March 24th- Remaining balance due.

\*\*\*Checks need to be made out to Fern Creek Christian Church. Please deliver these checks to Jeremy with properly labeled envelope. "HS. Mission Trip 2024 and your name"

## <u>Saturday</u>

- Travel Day

## Sunday

- 8:30 am Breakfast
- 9:30 am leave for Palo Alto
- 10:30 am arrival in Palo Alto, plan for church service
- 12:00 noon Lunch
- 3:00 pm Church service (group does special music, helps with communion, leads children's ministry, and someone to preach/share testimony)
- <u>5:00 pm Return to Santiago</u>
- 7:00 pm Dinner/Olas Pollo
- 10:00 pm lights out

# Monday

- - 7:30 am Breakfast
- - 8:30 am Leave for Santiago
- - 10:00 am Drama Camp prep/painting
- - 12:00 noon Lunch
- - 2:00 pm Continue Drama Camp prep/ painting
- - 5:00 pm end of work day
- - 7:00 pm Dinner Empanadas and Monument
- - 9:00 pm Devotion Time
- - 10:00 pm Bedtime

# Tuesday

- 8:00 am Breakfast
- 9:00 am Leave for Drama Camp
- 9:30 am 12 noon Drama Camp morning
- session (4-6 year olds
- and 7-10 year olds in Creole)
- 12:30 pm Lunch
- 2:00 pm Leave for Drama Camp
- 2:30 pm 5:00 pm Drama Camp afternoon
- session (11-16 year

olds in Spanish)

- 7:00 pm Dinner
- 8:00 pm Game Night with Amaury
- 10:00 pm Bedtime



Group photo from church on the mountain.

Wednesday

- 8:00 am Breakfast
- 9:00 am Leave for Drama Camp
- 9:30 am 12 noon Drama Camp morning session (4-6 year olds and 7-10 year olds in Creole)
- 12:30 pm Lunch
- 2:00 pm Leave for Drama Camp
- 2:30 pm 5:00 pm Drama Camp afternoon session (11-16 year olds in Spanish)
- 7:00 pm Dinner
- 8:00 pm Bon for ice cream
- 9:00 pm Devotion time
- 10:00 pm Bedtime

# <u>Thursday</u>

- 8:00 am Breakfast
- 9:00 am Leave for Drama Camp
- 9:30 am 12 noon Drama Camp morning session (4-6 year olds and 7-10 year olds in Creole)
- 12:30 pm Lunch
- 2:00 pm Leave for Drama Camp
- 2:30 pm 5:00 pm Drama Camp afternoon session (11-16 year olds in Spanish)
- 6:00 pm Special Church Service
- 8:00 pm Dinner (Location TBD)
- 10:00 pm Bedtime

# Friday

- 7:00 am Breakfast
- 7:30 am Leave for Playa Ensenada
- 5:00 pm Leave for Santiago
- 7:00 pm Dinner and Closing meeting
- 9:00 pm Bedtime

# <u>Saturday</u>

- Travel Day

#### **General Trip Information : Updated September 2021**

#### **Individual Fees:**

- Source of the second second
- **\$ Food:** while traveling and for beach day.
- > \$ Souvenirs

#### **Passports:**

Passports are required to travel to the Dominican Republic. Please allow 6-8 weeks for your passport to arrive. To obtain a passport, you will need a certified birth certificate, two passport photos (ask your local post office where you can have them made), and a driver's license. In addition, you will need to pick up and fill out a form from the post office and turn in the information to a postal clerk for processing with the U.S. Passport Agency. The cost is \$65-\$100 depending on when you apply. Further passport information is available at http://travel.state.gov/passport\_services.html. The Team

Leader is responsible for collecting and keeping photocopies of each passport for the trip.

#### **Departure day:**

Make sure you have a copy of everyone's passport, health forms, and have all airline tickets before heading to the airport. Encourage your team to purchase a travel pouch for around their neck to keep passport, ID and money. Also, tell them to choose a place to always keep their boarding passes and always return them to the same place. The team should stay together through all transfers. Pray before you leave your local airport as a team and the team leader should always be the last one through in case there are any problems.

#### Arrival in the DR:

If there are any problems entering the country, keep a cool head and pray! Remember your example sets the tone for the team. *Remind your team not to let anyone help them with their luggage at the airport because we will have to tip each person. If customs has any questions, tell them the things you are bringing are for the church and will be free to the community.* 

#### **Phone Calls:**

The **emergency** phone numbers are 1(809) 272-1795 or 1 (829) 913-3069. Jeremy will also have his phone on. That number is (502) 494-8082. **Emergencies only please**! Technology is awesome but distracting as well. Please refrain from using any technology (other than for pictures) when we are in group settings.

#### **Medical Treatment:**

If there is a need for medical treatment while we are abroad, we will see to it that you get the best care available. Santiago is the second largest city on the island and there are several medical facilities nearby. You will be responsible for all medical costs, but usually they are very small in comparison to the USA.

#### Money:

We encourage team members to bring extra spending money for souvenirs or snacks from the convenience store. You will have the opportunity to purchase several souvenirs at the beach such as clothing, Dominican jewelry, paintings, sculptures, and pottery. Please bring only cash to the beach, no traveler's checks or credit cards.

#### **Cultural Pointers:**

While the Dominican is not far from the United States, there are some different things that your team will need to pay close attention to either to respect their culture or to provide the best experience possible for your team in the situations you will be in:

- Do not flush toilet paper, it goes in the trash can next to the toilet.
- ONLY shake hands with your left hand and make sure to shake until the other person lets go. (It's a form of respect)
- Do not spend too much time talking to one person of the opposite sex.
- Do not drink anything out of a faucet or that you are unsure of its purity.
- Do not give money to nationals, even if you have the best intentions.
- Please refrain from smoking and drinking alcohol as both are offensive to the Dominican Christian culture.

• Do not whine, it's unbecoming as a Christian and it normally doesn't help the situation.



40.4% of the Dominican Republic's people live in poverty, and 10.4% are in extreme poverty.

# What You Will Need

- Passport
- Bible/Notebook for Journal/Pen
- Toiletries
- Sunscreen
- Insect Repellent
- Work Clothes/ work shoes

(old t-shirts and shorts or pants...please do not wear sandals to work in) (Men, please plan to work with your shirts on...Ladies, please no boxer shorts, short shorts, or tank tops)

- Work gloves
- a small Phillips head screwdriver. (very useful in the D.R. for when the toilet doesn't flush)
- 2 sheets (twin, fitted/flat)
- Flashlight
- water bottle
- Church clothes

Men: Slacks, shirt with collar Ladies: Conservative dress or skirt and nice shirt

- Towels/washcloths
- Pillow (or you can use a towel)
- Bathing Suit (one-piece suits please)
- Spending Money (\$50-\$100)(Please bring cash...but credit cards are accepted but your numbers might get stolen ...it happens.)
- A flexible attitude
- Flip-flops for the shower
- sunglasses
- Print out of the American Flag

8.5x11 required. (used at customs in case of emergency)

The following list contains things that many teams wish they had thought to bring:

- Imodium (or other diarrhea medicine) & laxative medicine
- Clothes to give away (nice shorts, shirts, hats, dresses, shoes, makeup)
- Contact solution
- Feminine products
- Aloe Vera gel

# **Ministering Cross-Culturally**

The most important thing to remember on any short-term mission trip is that you are there to serve, not to be served. You are there as an invited guest. Encourage each other to have the attitudes and actions of a guest which include being courteous, being polite, having good manners and being thankful. The American culture is very different from other cultures. One of the main differences is our freedom to "just be ourselves". This is often offensive in other cultures. It is extremely important to sit back and take in the culture you are part of without giving into the temptation to want to change it and make it like your own. While many nationals may not understand everything you say, they are watching everything you do. That includes every face you make, laugh you give or gesture you may think no one saw.

#### Here are some key points to remember:

#### DO

1. Be flexible/adaptable

2. Give yourself the freedom to fail

3. Have realistic expectations that focus on serving God and others above yourself

4. Tolerate differences

5. Be empathetic, put yourself in the other's place

6. Be open-minded, have a learner's attitude

7. Have a sense of humor

8. Rely on the Spirit, not the flesh

9. Ask for permission before taking a picture of someone. (Asking if you may have your picture taken with them will usually elicit a very positive response.)

10. Eat what you're served.

11. Always carry 3-5 bobby pins in your pocket. Useful for entertaining children.

#### DON'T

1. Make fun of things that give the people a sense of pride

2. Be insensitive of others' feelings

3. Take photos when you are told not to take them

4. Don't brag about yourself or your accomplishments. Be transparent and humble about yourself and your lifestyle.

5. At no time should we discuss our political views or ideology. Our only message is Jesus Christ and new life in Him.6. Do not criticize any church (Catholic, Orthodox, etc.). Do not get into theological arguments.

7. Do not be pushy, boastful, or overly demonstrative (hugs, etc). This may be offensive to some people. However, do be receptive to their expressions of affection. Always be warm, gracious and courteous.8. Search for a romantic relationship with a national.

9. Give money away to nationals. No exceptions.

10. Please do not promise or offer visas or help in getting a visa to the Dominicans and Haitians.

# Dominican Republic Short-Term Mission Trip Medical Information & Release

Name:	Birth Date:	
Address:		
City:	State:	Zip:
Home Phone: ( )	Work Phone: (	)
Medical Insurance Provider:		
ID #:	Group #:	
Name of Primary Physician:		
Address:		
City:	State:	Zip:
Phone: ( )		
Emergency Local Contact:	Relat	tionship:
Address:		
City:	State:	Zip:
Home Phone: ( )		
Physical limitations – Please list:		
List Medical & Food Allergies:		
Have you tested positive for COVID-19?		
Have you been vaccinated for COVID-19	?	
Pland Type: Have you had an	w surgery in the nest	three years?
Blood Type: Have you had an If so, please explain:	ly surgery in the past	
	ysician to hospitalize or and form my emergency contact D	esthetize me, or perform surgery t before these actions are taken. <b>Date:</b>

# **Team Member Agreement**

#### As a team member of this team I agree to:

1. Remember that I am representing Jesus Christ and will model Jesus in my behavior and attitude.

2. Remember that I am a guest working at the invitation of my hosts. I will remember the missionary's prayer, "Where you lead me I will follow. What you feed me I will swallow."

3. Remember that we have come to learn as well as to teach. I'll resist the temptation to inform our hosts about "how we do things." I'll be open to learning about other people's methods and ideas.

4. Respect the host's view of Christianity. I recognize that Christianity has many faces throughout the world, and that the purpose of this trip is to experience faith lived out in a new setting.

5. Develop and maintain a servant attitude toward all nationals and my teammates.

6. Respect my team leader(s) and his or her decisions.

7. Refrain from gossip.

8. Refrain from complaining. I know that travel can present numerous unexpected and undesired circumstances. Instead of whining and complaining, I'll be creative and supportive.

9. Attend all team meetings before the trip as well as any follow-up meetings.

10. Remember not to be exclusive in my relationships and interact with all members of the team.

11. Refrain from any activity that could be construed as romantic interest in a national or teammate.

12. Remember that I can be sent home if I do not adhere to this Covenant or if my Team Leader believes it is in my best interest or that of the team.

13. Abstain from the use tobacco, e-cigs, or vaping machines during this trip.

14. Abstain from alcohol during this trip unless offered it by our hosts.

15. Not flush anything that my body didn't create during the digestive process. I understand it will clog the toilets and leave us in a bad situation.