

What Does a Typical Day Look Like?

Friday – June 23, 2006

9 am Leave for San Diego to stay overnight

Saturday – June 24, 2006

9:30 am Cross border, drive to base camp
1:00 pm Lunch in Mexico
3:00 pm Pitch tents
7:00 pm Dinner served
9:00 pm Chapel
11:00 pm Lights out

Daily Schedule for Rest of Week:

6:30 am Wake Up
7:00 am Breakfast served
8:30 am Morning chapel
9:30 am Teams gather & leave for site
10:00 am VBS at community site
12:00 pm Lunch
2:30 pm Sports ministry
4:00 pm Break
5:00 pm Evening service at community site
7:45 pm Return to base camp
8:30 pm Base camp chapel service
10:00 pm Dinner (since we'll miss it due to evening service)
11:00 pm Lights out

Friday – June 30, 2006

7:00 am Cross border, return to U.S.
5:00 pm Debriefing in Los Angeles

Saturday – July 1, 2006

All day Debriefing and team outing

Sunday – July 2, 2006

9:00 am Attend morning service in LA
12:00 pm Lunch
7:00 pm Return to CBCSJ

How Do I Apply?

To read and download instructions and application forms, go to <http://www.cbcsj.org/missions/mexico>. Forms can be read using Adobe Reader 7.0, which can be downloaded and installed for free [HERE](#). All members are required to provide the following:

1. Valid passport (OR both Birth Certificate & Photo ID)
2. Tetanus shot updated within 5 years
3. "Consent to Travel" Form (notary required)
4. "Consent to Treatment" Form
5. "Release of Liability" Form
6. \$200 deposit (make check to "CBCSJ")
7. CBCSJ Short-Term Missions Application
8. Prayer and Financial Support Letter (1 page)
9. Testimony of how you came to Christ (1 page)
10. Post-trip Report (1 page)

things to know

At Camp

Check-In

On Arrival Day, all group leaders must check in their teams as soon as they arrive at their base camp in Mexico. At this time:

- Any pending accounts must be settled.
- Any last minute forms are due.
- Meal arm bands are distributed.
- KP sign-ups are available.

Check-in description

1) Arrival into camp can be an overwhelming experience. You will likely be met at the entrance by a staff member who will guide you into camp and where you will be encouraged to set up your tents. PLEASE be patient with this process. You are moving into a new “neighborhood” with people from all over, you should make a good impression.

2) After your area has been set-up, make sure to report to the information booth, where any final payment information should be settled, you can exchange shirts, and receive your armbands which will allow you to eat. You will also receive your immigration status which will let you know if you need to go to the border to verify citizenships of any members of your team. See the Immigration for Dummies CD for more information.

3) When you have finalized your registration, your group has free time until dinner, which is usually served about 7:00 pm. After dinner, chapel usually starts at about 8:00 or 8:30.

ASK the information booth for the exact times at your site.

Meals

We provide all meals for you and your group. We submitted our menu to a registered dietitian and we are happy to report that our menu is in compliance with the recommended daily allowances of all the major food groups. We offer balanced meals which will also keep you energized.

Breakfast and dinner are served in camp. Lunch is provided and taken by you to your ministry site.

You must bring an ice chest large enough to hold your team’s food. You also need to provide a water jug to fill with purified water at or near your ministry site.

It is very important that any participants who are vegetarians or have special dietary needs or allergies bring any foods needed to supplement their diet while on the trip.

Where We Stay in Mexico

Housing consists of a “tent city” in the camp, which is built by participants. Each group is responsible for providing their own camping gear.

This tent city is representative of many different denominations and regions. Please respect one another. If the group next to yours is loud, kindly ask to speak with their leader. If that doesn’t work, find either the dean or the director of the camp. Thank you for your patience with each other as we explore the true meaning of community!

Restrooms

The restroom facilities are primitive. We have port-a-potties at our sites, but no running water. Make sure to bring your own handwashing supplies (wet wipes, etc.).

Chapel

Chapel is a central time for community and worship. Please show respect during these times and do not leave during the middle of chapel in the mornings. It is important for the spiritual formation during the camp.

Dress Code

Typical dress in Mexico among Protestants can be best described as conservative. In an attempt to love our neighbors, several rules will be encouraged. No sandals, shorts, or immodest clothing should be worn. Females may wear jeans or khaki pants and skirts which are below the knee. Males may wear jeans, khakis, but no shorts. No spaghetti straps, bare midriffs, or lewd clothing should be worn by either gender.

things to know

continued

Food

What we provide

We provide three meals a day, usually either cereal or a hot meal for breakfast, a sack lunch consisting of either peanut butter and jelly or meat and cheese, and dinner made up of a hot dish of some sort. If you know that three meals a day is not enough, make sure to make other arrangements.

Snacks

Plan ahead and bring down a snack (Goldfish, trail mix with M&M's in it, cheese-n-crackers, etc.) adequate for your whole team to eat in the afternoon (Sun.-Thurs.).

Special needs

If you have any people with special dietary needs (vegetarians, vegans, those with food allergies, etc.) PLEASE make sure to have appropriate food available for them. We do our best to accommodate special needs, but unfortunately, we do not have the capabilities to accommodate all needs.

Never, ever, ever . . .

Never buy cooked food from street vendors (no matter what you did on your family vacation in Ensenada when you were 16). You don't know where that food has been or how/whether it was washed! Ask any veteran for the "grossest" story they know about food poisoning!

Never drink non-bottled water, even in the showers (be sure to use bottled water to brush your teeth).

Water

Fill up all available water containers before crossing the border so you will have plenty of water to last from Saturday until your first opportunity at your ministry site.

YOU CAN'T DRINK TOO MUCH WATER!!! Dehydration is one of the main issues at our camps. Encourage your team to take water breaks and to drink more water than soda.

It is very important that each team bring their own water or purchase it in town. We buy our water the same way you do--through a local vendor. However, we are only able to purchase enough water to cook each meal. For this reason, we are unable to provide your team with water to drink, wash your hands, or brush your teeth. It is your responsibility to make sure you have enough fresh water for your team. Thanks for your cooperation!

Other Important Things

Fatigue

Fatigue is a normal and expected part of every one's life on this trip. Don't be surprised by tiredness. Also, don't expect much (if any) time for personal reflection or much time for you as a leader to play. A sense of humor will go a long way.

Handwashing

Make sure to have your team wash their hands consistently. Most illnesses we see could be prevented by using sanitary wipes and thorough hand-washing.

Be Flexible

On Sunday you will need to be flexible, patient, and also prepare your team to be flexible and patient.

When you reach your ministry site, church services may already be in progress, almost ready to start, beginning in two hours or "???" If the service has already started, quietly slip in, and participate to the best of your ability.

Partnership

It is common courtesy, as well as Mexican law, that you work through the local pastor in every way possible. Do your best to support the local ministry and not supplant, or compete with, it.

Rest & Respect

If you really are in Mexico to do ministry, you need all the sleep you can get. Your first year will "set the tone" for all future trips. Please be courteous of others around you, both in camp and at your site.

Camp Structure

If you have any needs while you are at camp, please let either the camp director or camp dean know. These individuals are responsible for maintaining the order, flow, and discipline of the camp and they need your feedback! They are also responsible for ensuring that rules are followed, so please respect their authority as they respect the authority above them.

who we are

The Institute for Outreach Ministries, as part of Azusa Pacific University's evangelical Christian community, is committed to creating opportunities for service in a cross-cultural environment by partnering with national and international organizations in order to expose young people to life-changing experiences.

Mexico Outreach

The program was founded over 30 years ago by Carolyn Koons, professor at Azusa Pacific University and Executive Director of the Institute for Outreach Ministries.

Throughout each year, thousands of believers, including junior highers, high schoolers, college students, and adults join each other and the Mexican community for a week of service. These groups minister daily to the community through a variety of children's programs, sports outreach, work projects, women's ministry, and specialized performance teams. Many groups continue to serve into the evening by hosting evangelistic services with the local Mexican church.

Churches from California, Oregon, Washington, Idaho, Arizona, Ohio, Pennsylvania, Alaska, Minnesota, Hawaii, numerous other states, and Canada join us every year to minister in Mexico.

Mexico Outreach is on the campus of Azusa Pacific University and represents the service cornerstone of the university. For more information, please visit www.mexicooutreach.org.



Statement of Faith

We believe the Bible to be the inspired, only infallible, authoritative Word of God.

We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit.

We believe in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His bodily resurrection, in His ascension the right hand of the Father, and in His personal return and glory.

We believe in the fall of man and his consequent total moral depravity, resulting in his exceeding sinfulness and lost estate and necessitating his regeneration by the Holy Spirit.

We believe in the present and continuing ministry of sanctification by the Holy Spirit by whose infilling the believing Christian is cleansed and empowered for a life of holiness and service.

We believe in the resurrection of the saved and the lost: those who are saved to the resurrection of life and those who are lost to the resurrection of damnation.

We believe in the spiritual unity of believers in our Lord Jesus Christ.

The following are fundamentals held to be essential and the university expects students and staff not only to believe in them, but to practice them in daily living:

- Caring, effective love both to God and man.
- A Christ-like unity and acceptance between believers.
- A lifestyle dedicated to God's will in society.
- A growing, victorious state of mind because of the indwelling Christ.
- A daily affirmation of Christ as Lord.
- A willingness to serve the Lord, even if it means sacrifice.
- A desire to be more sensitive to the personal work of the Holy Spirit.
- A working faith in God's promises for all needs and daily life situations.
- A witness for Christ without hypocrisy.
- A firm committed desire to be God's person.

Mexico Missions 2006

~ Medical & Health Info ~

- ❑ **Bring your own water bottle**
 - Base camp will provide fresh water to fill your bottles with each day
 - We will also be buying safe, distilled water daily while in the field
 - The #1 cause of illness on the trip is dehydration. Drink lots of water daily!
- ❑ **Bring a week's supply of baby wipes and hand sanitizer**
 - There is no running water in Mexico to wash hands or shower
 - You will wash and "shower" using your wipes
- ❑ **Bring a week's supply of toilet paper (and a flashlight!)**
 - We will be sharing Porta-potties (PPs) at base camp
 - Bring a portable light for going to the PPs at night
- ❑ **Bring hat, sunscreen, sunglasses**
- ❑ **Shots to take**
 - Azusa Pacific University, the sponsoring organization for this Mexico Missions trip, only requires that participants have a tetanus shot that is current within five (5) years.
 - Tell your doctor that you are going to Ensenada, Mexico, and your doctor should have a list of recommended shots to take.
 - Malaria shot is not technically required, as the risk is low in Ensenada; but check with your doctor

Taken from the US Center for Disease Control Web Site

<http://www.cdc.gov/travel/camerica.htm>

(again, only tetanus shot is required)

CDC recommends the following vaccines (as appropriate for age):

See your doctor at least 4–6 weeks before your trip to allow time for immunizations to take effect.

- [Hepatitis A](#) or immune globulin (IG).
- [Hepatitis B](#), if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than 6 months, or be exposed through medical treatment.
- [Rabies](#), if you might be exposed to wild or domestic animals through your work or recreation.
- [Typhoid](#), particularly if you are visiting developing countries in this region.
- [Yellow fever](#) for travelers to Panama who will be going outside urban areas.
- As needed, booster doses for [tetanus-diphtheria](#) and [measles](#). [Hepatitis B](#) vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

do what the nurse says

Team Leader's Responsibility

The team leader is the first line of defense when it comes to medical problems. Please be sure to have an up-to-date first aid kit to handle such things as simple colds, headaches, bug bites, sunburns, upset stomachs, diarrhea, menstrual cramps, etc.

If a team member needs to go to the nurse's station/Red Cross/Hospital, it is required that the team leader accompanies his/her team members so that communication is clear.

Team leaders are responsible for carrying sufficient water to the villages so that members can have plenty of water to drink. This is vital to good health! Please plan on at least 64fl.ozs per member per day.

Team Member's Responsibility

Each member on your team must be current on his/her tetanus injections (within 5 years).

Make sure that any member with asthma brings his/her own medication. Please note, if a member's asthma is not under control, the member cannot join our trip.

We suggest that team members come prepared for emergencies by bringing a photocopy of the team members' parents' medical insurance.

Make sure members understand that water will save them from a lot of discomfort.

During the day, take 15 minutes every now and then to have water drinking parties. Trust the nurse, you will be thankful later..th allergies bring their medication with them. Warn those team members about the "dust."

First Aid

A FIRST AID KIT is a must!!! We have discovered that dozens of minor first aid needs may occur while you are at your ministry sites. These can easily be handled within your own team. This will free our camp doctor and nurses for more serious problems.

First aid is offered through the nurses in camp. However, in the event of an emergency beyond first aid treatment, you will be referred to the local hospital in Mexico or in the U.S.

Good Advice for Bad Things

Never drink non-bottled water, even in the showers. (Be sure to use bottled water when you brush your teeth.)

Never swim in the irrigation canals. The water is really gross!!!

Avoid purchasing raw or cooked food from street vendors....You could get very sick!!

Read the information on Campylobacter-Salmonella-Shigella. Your awareness can help protect your team against contracting these infections.

PLEASE, PLEASE, PLEASE remember that bizarre situations happen, especially when it comes to your health in foreign countries. We are serious when we say, "Think before you consume or swim anywhere." DON'T MAKE THE NURSE COME FIND YOU!!

big scary words...

SHIGELLA

SALMONELLA

CAMPYLOBACTER

Like any mission trip, there is always a chance someone on our team could contract something weird. Some teams have caught cases of the following diseases after the trip. Our staff is trained to help prevent these diseases, but sometimes things happen. Below is some information to help you diagnose if someone has caught something while on the trip. Please don't be afraid; this is just for your information.

FYI

These intestinal infections can be serious, especially in babies, young children and in persons who have medical problems. The symptoms usually include diarrhea, cramping, fever, weakness, nausea, and in some cases, vomiting. If you have these diseases, the germs may remain in your stool for 4 weeks or more after you first become ill. When one member of the family has campylobacter, salmonella, or shigella, other members, even though they are not sick, may also have the germ in their stools.

Children who are not yet toilet-trained pass on these infections most easily, but anyone who doesn't use good hygiene can spread these diseases.

PLEASE USE ANTIBACTERIAL WIPES ON YOUR HANDS, ESPECIALLY AFTER BATHROOM USE.

Prevention

To help prevent passing germs to others, all family members must:

WASH HANDS THOROUGHLY WITH SOAP AND WATER

- before preparing food
- before preparing baby formula
- before eating
- after handling raw meat or poultry
- after using the toilet
- after changing a baby's diaper
- use antibacterial solution on your hands whenever possible.

Shigella

Shigella usually spreads from person-to-person. The germs are present in the stool of infected persons and are often transmitted to the mouth of another by contaminated hands. Since very few germs are necessary to spread this infection, it is common for family members, playmates and child-care center contacts to become infected with this germ.

To prevent shigella, wash hands thoroughly after going to the bathroom, after changing a baby's diaper, and before handling or preparing food.

Campylobacter and Salmonella

In addition to the way shigella is spread, many animals (e.g. poultry, cattle, dogs, cats), as well as humans, can be the source of campylobacter and salmonella. These diseases can

be contracted by eating contaminated meat, poultry, eggs, dairy products or other food products or by contact with infected animal feces. Cooking poultry and meat destroys the germs.

adapted from:
COUNTY OF LOS ANGELES
DEPARTMENT OF HEALTH SERVICES
HEALTH EDUCATION UNIT

CBCSJ Mexico Missions Things to Bring

- Please bring only one main piece of luggage, a sleeping bag, and backpack along with the items listed below. Pack as light and compact as possible.
- If possible, bring your luggage and other equipment (chairs, tents, etc.) to church before Friday, June 23 and leave it in the church office. This will help us get loaded into the vans faster that morning.
- A few luggage tags will be made for you. Label everything that belongs to you – chair, luggage, backpack, tent, sleeping bag, etc.

	PASSPORT (or BIRTH CERTIFICATE & PICTURE ID) Keep your passport with you at all times.
	PERSONAL WATER BOTTLE This will be your water you'll use for drinking, brushing teeth, washing hands, etc.
	SERVANT'S HEART & MISSION MINDSET
	\$100 cash (e.g., food, souvenirs)
	Personal packs of Baby Wipes (No running water while in Mexico.)
	Backpack (Pack your first day's clothes and toiletries in your backpack for Aaron and Cecilia's house. We will be unloading only your backpack and sleeping bag that first night.)
	Chair (plastic lawn chair or outdoor camp chair)
	Mexico handbook
	Bible
	Notebook/Journal, pen for chapel sessions
	Clothes – long pants, sweats for sleeping, long skirts for girls, collared shirts for guys, etc.
	Hat (it's sunny there)
	Sneakers & slippers/sandals (for shower when we're in the US)
	Team Mexico Shirt
	Towel
	Glasses/contacts/solution
	Sunglasses
	Hand sanitizer
	Sunscreen
	Toilet paper for the week
	Toiletries (soap, shampoo, toothbrush, toothpaste, floss, etc.)
	Mirror (for getting dressed, etc.)
	Flashlight (light, portable, even wearable – which is good for when you're in the baños)
	Main luggage bag
	Pillow
	Sleeping bag (pack it tight and compact so we can load it in the van)
	1-page testimony (send testimonies to Luis for translation ahead of time – lhcastell@yahoo.com)