

MEDICAL INFORMATION

Physician's Name

Phone Fax

Insurance Company

Policy # Phone

Date of last tetanus shot: _____

Do you have any health related situations that we need to know about or that could necessitate your returning home? If yes, please describe:

Do you require any daily medication regularly? If yes, please describe:

Do you have any disabilities that may require special attention? If yes, please describe:

Medical Recommendations

The U.S. Government does not require any specific inoculations for travel to Malawi. However, we recommend that you have an up-to-date tetanus shot and that you talk with your physician about any medical questions you may have before traveling.

It is recommended that you take Malaria prevention medicine for duration of our trip. Consult a physician.

The Centers for Disease Control (CDC) recommends being vaccinated for the following:

- | | | |
|-------------|-------------|--------------|
| Hepatitis A | Hepatitis B | Yellow Fever |
| Rabies | Typhoid | |

And that you have already received booster doses for:

- | | |
|---------|------------|
| Tetanus | Diphtheria |
| Measles | |

If you have not been immunized or received the above booster doses, you should discuss with your doctor and plan to be vaccinated 4-6 weeks prior to traveling. For additional information on recommended international health precautions, contact the CDC's International Travel Hotline at 888-232-3299 or visit their website at www.cdc.gov and go to the "Travelers' Health" section for more details. You should bring any prescribed medications as well as any over the counter drugs you may need.

Always consult with a physician before taking any medication.

EMERGENCY CONTACT INFORMATION

Name Relationship

Address

Phone (day) (evening) (cell)

Email

Please list all specialized skills that you would be willing to use. (medical, music, preaching, Sharing your testimony, drama, construction, computers, engineering, teaching, photography, sports, etc.)

Are you certified in CPR or First Aid?

Have you ever been on a mission trip before? If Yes, where to?

MISSION TRIP RULES

1) We are guests and we are there to serve...

- We will treat every child, staff, and person with deep respect.
- We will help with daily chores (Dishes, cleaning the dorms, mopping the floor taking trash out).

2) We are there to support and serve each other...

- Base your thoughts and actions on one simple question, "What can I do for others?".
- Be inclusive rather than exclusive.
- If there are any concerns about yourself, someone else, or the trip itself please talk to your trip leaders or the individual directly. Gossip is repulsive and not allowed.

3) Nobody is to go anywhere alone!

- There are plenty of opportunities to take mini excursions with staff and local leaders. Nobody is to leave the group without letting the Team Leader know.
- We make every effort to keep each team member safe, We can only do that if we are in groups with each other.

4) Flexibility is the key to a good trip...

- A key phrase in missions is that you "Hurry up and wait." You find we are trying to get somewhere on time only to find out that when we get there we have to wait patiently.
- We try to plan as best we can to make the trip a success, but with that said the greatest mission of our trip is to fall in love with the heart of Jesus and through that, love one another.

5) Participation is non-negotiable...

- We have 10 days and want to take advantage of this incredible opportunity.
- All discussion times are for the entire team regardless of your spiritual state. Everybody has something to offer the entire team. Honesty and vulnerability are valued in these times and usually help team unity.
- Sometimes we may simply have to do things we do not want to do.

6) Try new things...

- I know that a lot of you have grown accustomed to your lifestyle. The greatest impact will be made in your life if you try new things and step out into the discomfort of the unknown.

7) Absolutely no drinking ALCOHOL or smoking ANYTHING during the trip...

- We know that there are a variety of different backgrounds, beliefs, and struggles. We want to be cognizant of all our brothers and sisters locally and globally..

8) Giving things away.

- Please refrain from giving money to beggars on the streets. If you feel moved to talk with or give them something please talk with you group leader first in order to be culturally sensitive and avoid potential problems.
- If you have items of clothes or anything you would like to leave behind before you go home you are welcome to do so, but please leave them with your team leader so that they can distribute them appropriately.

9) Final thoughts

- We value communication between each other and locals. This may be one of the only opportunities in your lifetime where you will be able to interact with someone from another culture in their context. Please make the most of your opportunities to get to know them and each other.
- This trip is about bringing glory to the name of Jesus not finding your spouse; please do not make it about that.
- Please do not listen to music through your headphones while we are driving or any time other than our free time.
- We require that you find at least a small amount of time in the morning, during free time or before bed to journal.

WHAT TO BRING

You can bring one Check Bag + one Carry on + one Backpack

Packing List

- T-shirts (no spaghetti straps)
- Lightweight shorts (no short shorts)
- Swimsuit (one-piece, no bikinis)
- Flip flops/ water shoes (for leisure shower and/or potentially swimming)
- Tennis shoes
- Casual dress or skirt (for church)
- Hat (for sun and rain protection)
- Sleep wear
- Pair of pants or jeans (girls please avoid wearing jeans when going into villages.)
- Rain jacket (Umbrella) for rainy days

Note: Some of the clothing recommendations are made to be sensitive to the culture you will be visiting (i.e. no tank tops or bikinis). Please consider it a small sacrifice to serve the people you will be visiting and living among.

Toiletries

- Sun block
- Shampoo
- Soap
- Toothbrush and paste
- Deodorant
- Toilet paper
- Insect repellent
- Others (fingernail clippers, tweezers, razor)

Miscellaneous

- \$\$ for Airport Food
- (optional) \$\$ for gifts and souvenirs
- Bath towel
- Laundry bag
- A thin sheet for sleeping
- Bible
- Journal/notebook and pen
- Camera
- Flashlight (headlamp is a great choice, electricity goes out from time to time)
- Sunglasses
- Water bottle
- Hand sanitizer
- Photo of family
- Snacks

WHAT TO EXPECT

Sample Daily Schedule

8:00	Prayer and devotional time
8:30	Breakfast
9:15	Morning activity such as a work project or mission..
12:30	Lunch
2:00	Afternoon activity such as a trip to a village or beach etc.
6:00-7:00	Dinner
7:30-9:00	Free Time (Journal, talk with each other, music)
9:00-10:30	Porch Time

This is a sample of what our daily trip schedule may look like. Times and events are subject to change. Please remember that a key word in developing nations is flexibility

A Few Cultural Things:

- 1) It is important to try and greet everyone if you are meeting a group of people.
- 2) Lifting your eyebrows is a way of saying "yes" or asking "would you like this".
- 3) They express astonishment with a short breathy "Ahh" followed by a longer one.
- 4) When meeting someone. Placing your left hand on your right inner forearm means respect and expresses honor when you are shaking someone's hand or taking a gift.
- 5) Hugging in villages between the opposite sex can be uncommon.

English	Chichewa
How are you?	Muli Bwanji?
I'm well... and you?	Indili bwino, kiya inu?
Thank you (very much)	Zikomo (kwambiri)
Say 'Hi' to kids	Bo or Shapu
Come here	Bwerani kuno
Did you sleep well?	Mwadzuka bwanji?
I slept well	Ndadzuka bwino
Good night.	Usiku wa bwino.
What's your name?	Dzina lanu ndani?
How has your day been?	Mwaswela bwanji?
I spent it well.	Ndaswela bwino.
My name is...	Dzina langa ndi...
Muli ndi Zaka Zingati?	How old are you?
I am... (age in English)	Ndili ndi zaka...

Where are you from?	Mumachokera Kuti?
I am from (America)	Ndimachokera ku...
Where is the toilet?	Kodi chimbudzi iri kuti?
I don't understand	Sindikumva
I understand	Ndikumva
I don't want it.	Sindikufuna
I want it	Ndikufuna
Sit down	Carapansi
Please	Chonde
Sorry	Pepani
Right Left	Kumanja Kumanzere
How much does this cost?	Ntengo Bwanji
Rice	Mpunga
Water	Madzi
Staple food (corn meal)	Seema
GOD bless you (one person)	Mulungu akudalitseni.
Praise the Lord	Ambuye alemekiseke.
Jesus loves you	Jesu, anakukonda
I love you.	Ndimakukonda
I am grateful.	Nda tukoza.
It is hot!	Kutenta
What (did you say)?	Chani
When?	Liti?
Who?	Ndani?
How?	Bwanji?
See you later.	Tisawonana
Have a safe journey	Muyende bwino

RELEASE, HOLD HARMLESS AND CONSENT FORM

THIS RELEASE, HOLD HARMLESS AND CONSENT is made this the ____ day of _____, 2014, by _____, as an adult or as the parent or legal guardian (the “Custodian”) of _____, a minor (made for the benefit of **When the Saints ministries**, Ballwin, MO, its trustees, officers, agents, employees and volunteer workers, and their successors and assigns); and in consideration of **When the Saints ministries**, permitting the Signer or Minor to participate in the following activity and all related functions, including travel to and from the same; **mission trips from the United States to foreign countries.**

- 1) The Signer and/or Custodian hereby gives his/her consent and permission for himself/herself or the Minor to willingly participate in all Activity. The Signer and/or Custodian does hereby voluntarily release, relinquish and discharge and agrees not to sue **When the Saints ministries**, with respect to any and all actions or causes of actions for injury or death to person or damage to property occurring to himself/herself or the Minor, arising either directly or indirectly out of participating in the Activity, wherever or however the same may occur.
- 2) The Signer and/or Custodian further does hereby agree to indemnify and hold harmless **When the Saints ministries**, from any and all claims, actions, demands, costs, liabilities, expenses or judgements whatsoever, including attorney’s fees and costs, which might arise by whomever, by, through or under his/her or the Minor or whenever made or presented for his/her or the Minor’s bodily or emotional injury, property damage or death which is alleged to have arisen out of or in connection, directly or indirectly, with his/her or the Minor’s participation in the Activity. It is the intention of the parties hereto that the Signer or Custodian will indemnify and hold harmless and protect **When the Saints ministries.**

When the Saints ministries
WWW.WHENTHESAINTS.COM
909 Danton Ct. Ballwin MO 63011

from the consequences of acts or omissions of **When the Saints ministries**, or any third party (including others who may be participating in the activity in question), who may have a claim or cause of actions against **When the Saints ministries** that arose by, through or under him/her or the Minor,

whether same arises in whole or in part, from the ordinary negligence of **When the Saints ministries**, or the ordinary negligence, gross negligence or willful misconduct of any third party and whether such is the sole or concurrent cause of the bodily or emotional injury, property damage or death.

1. 3) The Signer and/or Custodian hereby gives consent to medical care and treatment, including transportation, in order to obtain medical treatment of him/her or the Minor as **When the Saints ministries** may deem appropriate and agrees to pay all charges rendered by an health care providers in connection with such care and treatment. I am aware that serious illness requiring return by air ambulance could cost upwards of \$10,000. I agree that I am solely responsible for any expenses that may arise from (my/my child's) return by air ambulance or other extraordinary means.

2. 4) The Custodian further agrees to indemnify and hold harmless **When the Saints ministries** for any damage, injury or loss caused to **When the Saints** or others by him/her or the Minor and he/she or the Custodian agrees to be financially responsible for and to pay for or to reimburse **When the Saints ministries** for any such damage, injury or loss caused by him/her or the Minor and suffered by **When the Saints ministries**. In the event that **When the Saints ministries** deems it necessary to send the Signer and/or the Minor home from the Activity because of his/her or the Minor's conduct, he/she or the Custodian agrees to pay for the cost of transportation from the Activity to home or to the child's home. The rules and regulations of **When the Saints ministries** are expressly designed to ensure the safety of each team member and to maintain the high degree of Christian integrity required to minister effectively in a cross-cultural setting. The enforcement of all aspects of these rules and regulations are the responsibility of the **When the Saints ministries** staff, which include Field Directors, Executive Director, Team leaders, and Mission Advisors. The staff reserves the right to send any team member home who shows disregard for the organization's policies, rules and regulations.

Signature:

Date: _____

Signature of Parent/Legal Guardian (if under 18):

_____ *Date:* _____

