



SHORT TERM TRIP MANUAL

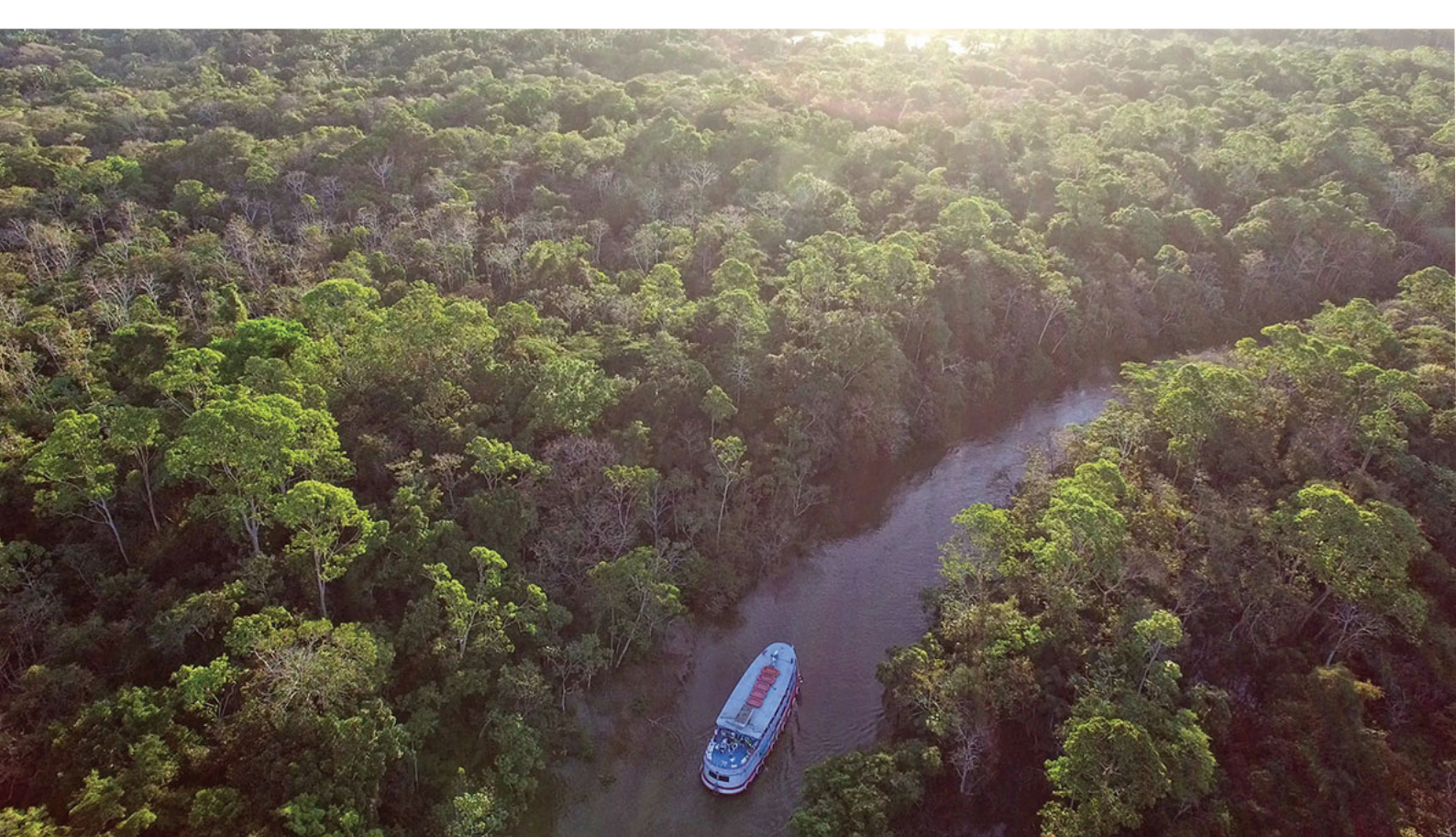


Greetings from the Amazon Jungles of Brazil. We are thrilled that you would like to get to know our project a bit more and consider bringing a group to serve in this area. May God richly bless you as you always put His work first! We have put together some basic information in an attempt to answer the most common questions and facilitate in trip planning. Please read over this information packet and then if you still have a specific question you can email us directly at secretaria.am@adra.org.br.

BE PREPARED

The Amazon is an area filled with many challenges. Therefore, if you are coming to serve as a volunteer, come prepared for the following:

- Intense heat and high humidity
- Simple living conditions
- Basic food supplies
- Lack of communication via telephone/internet
- Insects and many varieties of mosquitoes
- Working in poor areas
- Endemic areas of Malaria and the presence of other diseases such as: Leishmaniosis, microfilariasis, yellow fever, Typhoid Fever; and possibly dangerous encounters with aquatic or venomous animals.



WHAT IS AMAZON LIFESAVERS MINISTRY?

Amazon Lifesavers Ministry seeks to meet the physical and spiritual needs of the river people of the Brazilian Amazon. Our ministry is one of the several projects operated by ADRA Brasil in the Amazon State, in the Northwest Brazil Union Mission. The ministry is a member of Outpost Centers International, OCI. OCI is an international organization that connects, facilitates and

motivates supporting ministries of the SDA Church around the world. Our ministry uses boats to enter into the hard to reach villages in the interior of the Amazon Jungle carrying healthcare professionals, Bible workers, and other volunteers to meet the needs of the river dwellers. By first meeting their physical needs a door is opened to also share with them about Jesus



WHERE DOES YOUR GROUP FIT IN?

We receive groups of volunteers that come to our project and help out in a variety of ways from vacation bible schools, church construction, community clean up, health talks, door to door visits, community assessments, work bees in jungle churches and communities, maintenance and upkeep of base and boats, evangelism and so much more.

INDISPENSIBLE ATTITUDES

- Be willing to help out in any way because God called you to do a special work for Him.
- Desire to serve anyone that is closest to you.
- Desire to develop friendly and respectful relationships with all other volunteers.
- Be flexible and understanding even when things don't go as planned.

WHEN?

We work all year long taking our full-time volunteers into the jungle. We are flexible and can try to work with the dates of your group.

GETTING HERE

All international flights need to have a final destination of Manaus, Amazonas, Brazil, (airport code MAO). Direct flights to Manaus leave daily from Miami on a Brazilian airline TAM, on COPA (with layover in Panama), or American Airlines. Other options are flights with layovers in São Paulo or Brasilia. Just look for the shortest flight schedule available.

RECOMMENDED VACCINATIONS

The latest information regarding the recommended immunization can be obtained by calling the Center for Disease Control at 404-639-2573, 404-639-2573, or by visiting their web site at www.cdc.gov/travel/tropsam.htm.

The following vaccines are recommended by the CDC:

- * Hepatitis A
- * Typhoid
- * Rabies
- * Hepatitis B
- * Yellow Fever
- * Malaria Pills
- * Tetanus Booster (if you haven't had one in the last 5 years)

The Rabies vaccine is recommended by CDC to give protection to those who might be having contact with animals. It has been our experience that our groups rarely interact with wild or domestic animals. The fee is expensive and since we don't intentionally plan for interaction with animals we don't feel it is justified. Therefore, we don't encourage getting the Rabies vaccine. However, the decision is yours and should be based on your intention to handle an animal, wild or domestic, if given the opportunity by a local resident.

Malaria Pills are not recommended by health officials in Brazil as appropriate prophylaxis, due to the Brazilian system that is in place to diagnose and treat malaria. Please contact us regarding where your group will be traveling to see if malaria is endemic or not in that area.

Yellow fever is required; please make sure you have this vaccine at least 10 days prior to travel. To begin receiving the proper immunization, see a doctor 4-6 weeks prior to our departure date.

PASSPORT & VISA

Everyone entering Brazil will need a current passport valid for at least six months past the date of entry. A word to the wise, don't put off getting

your passport. It will cost you more if you wait, and you will have to pay an organization to rush the process for you. You can pick up applications for a passport at your local post office, or visit:

http://travel.state.gov/passport/passport_1738.html

In addition to possessing a passport for international identification you will need a Tourist VISA. A VISA gives permission to enter a country. Your VISA needs to be acquired no earlier than 90 days prior to departure. In order to get your visa you need to contact the Brazilian Consulate near you.

Important things to remember when applying for your visa:

- Do not mention words like: missionary, mission trip, volunteer, etc, you are applying for a tourist visa and they will deny your application for things like this.
- Address: Rua Capitão Anisio, 1059, Puraquequara, Manaus, Amazonas, CEP 69009-050
- Phone number for contact: 55-92-4101-1541 or 55-92-99222-1667, Bradley Mills

HEALTH AND LIABILITY INSURANCE

The Amazon Lifesavers Ministry requires all groups to come with accident and injury travel insurance. This can be acquired through your university, church or Adventist Risk Management. Please advise us if you are having difficulty getting this purchased.

SLEEPING ARRANGEMENTS

Everyone will receive a hammock and mosquito net to serve as a bed and seat for the duration of the trip. You are encouraged to bring a sheet to cover yourself in case it gets cool at night. The boat on which we will travel will take us from Manaus to our destination and will also serve as our source of lodging while at the project site. This accommodation will allow for virtually no privacy or personal space. While for most this will serve

as a great source of bonding, for others it will be a source of stretching one's tolerance. Have a sensitive and flexible attitude, and this trip will be both smoother for you and enjoyable for others. A good motto that I have learned to live by on these trips is this: "No shame, no pride, no dignity!" If you can adopt this for the short period of time while on the trip, life will be much more pleasant.

CLOTHES

Loose clothing is recommended, preferably made of cotton. Modest shorts and tee shirts are appropriate. Remember to bring a cool but appropriate Sabbath out-fit (Sabbath dress can consist of a collared shirt and non-denim long pants for males, and skirt & blouse or dress for females.)

Clothing suggestions:

- shorts
- pants for evening
- underclothing
- tee-shirts and a light-cotton long sleeve shirt
- working shoes (tennis or better) if involved in construction

Sabbath attire:

- Men: collared shirt and long pants (preferably not jeans)
- Women: Dress or skirt with a nice shirt (not sleeveless for church please)
- Please wear shoes or sandals and not flip-flops to church

Things to leave at home:

- **Bikinis (unless covered by shorts and a shirt)**
- **Jewelry of all kind (wedding bands are acceptable)**
- **Bright colored nail polish**
- **Heavy make-up**
- **Short shorts or skirts**
- **Low cut shirts or spaghetti straps**



OTHER SUGGESTED PERSONAL ITEMS TO BRING

Toiletries

- towel
- shampoo/soap
- antiperspirant

For The Work Site

- sun block
- hat
- sunglasses
- work gloves (if working in construction)
- water bottle

Miscellaneous

- light blanket or sheet and small pillow
- flashlight
- journal
- mosquito repellent
- Bible
- camera

MEALS

Meals will be prepared by an experienced cook. Precaution will be taken to ensure that the food is free from contaminants. While some of the meals will be familiar to you, many will have local influences. Enjoy the cultural exchange. While on the trip, please eat only what is provided to you by the cooks. We serve ovo-lacto vegetarian meals.

Filtered drinking water will be provided for you once we board the boat. You will need to bring your own drinking water to get you to that point. On the boat, drink only water provided to you from bottles. Do not drink water from any faucet. Most likely it comes straight up from the river. You will want to bring a sipper bottle to take water to your work site.

Tips for making your meals a pleasant experience for you:

1. Eat well and drink lots... this will keep you healthy.
2. Take good care of the cooks and they'll take good care of you!
3. Eat lots of fruit. Your body will thank you later!

BATHROOM FACILITIES

All our boats have bathrooms on them for bathing and using the restroom. Many of our volunteers enjoy the experience of bathing in the river; however an inside shower is available for use. The water is pumped out of the river into a holding tank for showering, so don't drink as you shower!

COSTS AND EXPENSES

The trip costs will vary in price depending upon how many participants come, how long you stay, and to which base we take you. The price you pay will include everything from pick up to drop off at the airport. Please contact us with details of your group so that we can let you know about possible prices.

ODDS AND ENDS OF GROUP PLANNING

Throughout the years of working with groups we have established some basic rules to help us in our group planning.

- Unfortunately due to the rigid laws of Brazil, medical, dental, and other healthcare workers that are not licensed providers in Brazil will be unable to enter the country and practice their corresponding professions. Medical personnel are still welcome to come and help in other aspects of the trip. Those studying in a medical area can participate giving lectures or health talks.

- Our dietary habits on the boat include a vegetarian diet. We ask that all guests and visitors be aware that while on mission trips in our boats there will be no meat, fish, or chicken served. We ask for your understanding and preparation for this. We do receive groups of vegans as well and can attempt to accommodate this if notified ahead (this will depend upon availability of cooks who can prepare totally vegetarian meals). Please do not bring your own “snack foods” that include meat products.

HOW TO PROCEED WITH YOUR GROUP PLANNING

After looking over this packet if you are interested in organizing a group mission trip to Manaus to work with our project please proceed in the following manner:

1. Send an official letter (by email) requesting a group mission trip with our organization. This letter should include key information such as how many participants, exact dates, activity your group is interested in, and any other pertinent information about your group. Please sign and date the letter with your title in relation to this group.
2. Upon approval of your request by the project board, you will receive a group mission trip contract by email with specific details of your group's trip, including prices, when the money needs to be paid, destination, and project your group will be involved in. (If we cannot accommodate your group we will also advise by email.)
3. Please read over the contract and then sign it and return it to us.
4. We will now begin to plan your trip!

“Do medical missionary work. Thus you will gain access to the hearts of the people. The way will be prepared for more decided proclamation of the truth. You will find that relieving their physical suffering gives an opportunity to minister to their spiritual needs.”

Evangelism, p. 514, E.G. White.

Please sign and send this page to:
secretaria.am@adra.org.br

With my signature below I affirm that I have read, understand,
and will comply with all the Mission Trip Guidelines outlined in
this manual.

Date: _____

Signature: _____

Print Name: _____

ADRA Brazil/Amazon Lifesaver Ministry Volunteer