



***This packet includes information for the
Jamaica Missions Trip
June 21 – June 30, 2012***

Jamaica Missions Trip 2012

Youth Page

What do I need to do before I go?

- Each student must complete the Trip Application Form.
- Get three prayer partners to pray for you while you prepare to leave and while you are gone.
- Send support letters to relatives and friends for prayer and financial support. Begin right away.
- **You will need a valid US Passport for this trip!** (www.travel.state.gov/passport)
- Please bring one large suitcase for yourself and one large suitcase for the people of Jamaica.
- The cost of the trip is \$1500.00. A \$100.00 deposit is due to Chip by **April 29, 2012**, along with the Medical and Consent Form (with a copy of insurance card attached). Checks should be made payable to River Oaks Community Church, with "Jamaica mission trip" and your student's name written on the memo line. Or you can go to: myriveroakschurch.org for online payment information (under resources tab).
- The price includes the day at Dunn's River Falls and three meals while traveling.
- Each student will need to bring spending money for the camp snack shop and money for two meals (lunch on your day off at Dunn's River Falls and breakfast on Friday).
- **May 20, 2012** is the deadline for the balance due.
- Attend the mission classes. Dates and times TBA.
- Begin to prepare now. The conditions are different from what you are used to. The work will be hard, the days will be long, and the showers will be cold!
- Find out all you can about the island of Jamaica. This will help you understand the people and the areas in which we will be working.

What will we do?

We will be working on projects in the community around Manchester/Newport area. We may be working on a school or houses. In the past, we have done painting, roofing, and many other construction projects. Plan to get hot and dirty. One afternoon we will go swimming and one afternoon we will have an outreach for the community. We encourage you to get to know the people for whom you are working. We will have evening worship services and free time each day.

Where will we stay?

We will be staying at the Bethel Christian Camp in Manchester, Jamaica. The cabins are large and clean. The shower and bathroom facilities are located in the cabins. The water is cool. **NO HOT WATER!** We will have a camp nurse for the week. The camp has a nice dining hall and a large chapel for our evening meetings.

How early do we have to get up?

The following is a typical daily schedule. This is a sample only and will be adjusted to fit our needs and the needs of the people for whom we are working. Flexibility is important here.

Typical Day

7:00 am	Rise and shine	6:00 pm	Dinner
7:30 am	Breakfast	8:00 pm	Evening worship
8:00 am	Quiet time / devotions	9:30 pm	Free time
8:45 am	Leave to work projects	10:15 pm	In the cabins
5:00 pm	Arrive back to camp & shower	10:30 pm	Light out

All times are subject to change as the Lord leads!

Jamaica Missions Trip 2012 Tentative Schedule

Thursday, June 21, 2012

4:00am Leave your home for the airport
5:30 am Arrive at airport
7:55 am Plane leaves
9:50 am Arrive in Jamaica
10:30 pm Three-hour bus ride to camp
3:30 pm Unpack
4:30 pm Free time
6:00 pm Dinner
8:00 pm Meeting
10:00 pm Lights out

Friday, June 22, 2012

7:00 am Breakfast
7:30 am Quiet time
8:15 am Leave for work sites
5:30 pm Dinner at camp
7:00 pm Leaders' meeting
8:00 pm Nightly worship
9:30 pm Free time
10:30 pm Lights out

Saturday, June 23, 2012

7:00 am Breakfast
7:30 am Quiet time
8:15 am Leave for work sites
5:30 pm Dinner at camp
7:00 pm Leaders' meeting
8:00 pm Nightly worship
9:30 pm Free time
10:30 pm Lights out

Sunday, June 24, 2012

8:00 am Breakfast
8:30 am Quiet time
9:30 am Leave for church
1:30 pm Lunch at camp
2:00 pm Children's Home New Vision
8:00 pm Nightly worship
9:30 pm Free time
10:30 pm Lights out

Monday – Thursday

7:00 am Breakfast
7:30 am Quiet time
8:15 am Leave for work sites
5:30 pm Dinner at camp
7:00 pm Leaders' meeting
8:00 pm Nightly worship
9:30 pm Free time
10:30 pm Lights out

Friday, June 29, 2012

6:00 am Pack-up
7:00 am Breakfast
8:00 am Leave for Dunn's River Falls.
6:00 pm Go to Montego Bay Hotel
7:00 pm Dinner at hotel
8:00 pm Swim at pool
10:30 pm Lights out

Saturday, June 30, 2012 (last day)

7:00 am Breakfast
7:30 am Quiet time
8:00am Leave for the airport to fly home
10:55 am Depart for home
2:50 pm Arrive in Charlotte

Jamaica Missions Trip 2012

Packing List

(Please label all belongings with your name. Bring only one suitcase for your belongings.)

Clothing:

- ___ Tennis shoes or sandals for casual wear
- ___ Work boots or sturdy shoes for work sites
- ___ Flip flops or shower shoes for the showers
- ___ One-piece bathing suit and beach towel
- ___ Work socks (at least 5 pair)
- ___ Work pants (lightweight, at least 4 pairs)
- ___ Work shirts (at least 4 shirts)
- ___ Work gloves (one pair)
- ___ Shorts for evenings (no short shorts)
- ___ Nice clothes for church on Sunday and ministry times
- ___ Casual shirts for evening activities (no tank tops, tight or low cut tops, no spaghetti strap tops)
- ___ Sleepwear (modest and conservative, no spaghetti straps or tank tops)
- ___ Hat or bandanna for work
- ___ Windbreaker or lightweight jacket, Yes- it gets cool and windy at night
- ___ Poncho or rain cover
- ___ A belt if your pants are baggy (or the moms will be pulling up your pants)

Other items:

- ___ Bible, notebook journal, pencil, pen
- ___ Personal toiletries (toothpaste, toothbrush, soap, shampoo, deodorant, etc)
- ___ Medication you take regularly (in original containers, then labeled in a Ziploc bag)
- ___ Extra pair of glasses or contacts (if you wear them)
- ___ Small Kleenex packages
- ___ Wet ones (antibacterial wipes)
- ___ Two towels and two washcloths
- ___ Single bed sheets or lightweight sleeping bag and light blanket, pillow, and pillowcase
- ___ Sunglasses and sunblock (minimum SPF of 15)
- ___ Plastic trash bags (for dirty clothes)
- ___ Munchies (bring Ziploc bags for after they're opened to keep the bugs out)
- ___ Camera and film (disposable camera labeled with your name is preferred)
- ___ Hammer & nail apron
- ___ Refillable water bottle for the work site
- ___ Bug spray (A MUST)
- ___ Flashlight – don't forget this!
- ___ \$50-\$100 (spending money for snacks, meals on our free day, church offering, souvenirs)
- ___ 2 large cans of tuna, chicken, or ham
- ___ 1 large plastic jar of mayonnaise
- ___ 1 large plastic jar of peanut butter and 1 large plastic jar of squeeze type jelly
- ___ 1 large box of cake mix and 1 plastic tub of frosting
- ___ Pre-sweetened Kool-aid - enough to make 8 quarts
- ___ 2 rolls of toilet paper

What should I leave at home?

1. Tobacco, alcohol, or other drugs (strictly prohibited, no grace with this one)
2. Anything expensive that you wouldn't want to lose (jewelry, Gap jeans, Hilfiger shirts, etc.)
3. All electronic equipment (Game Boys, radios, CD players, headsets, cell phones.)
4. All bad attitudes

Jamaica Missions Trip 2012 Parent Page

River Oaks Youth Ministry is committed to providing a safe and rewarding mission experience for our youth. There is some risk involved in any such experience, including—but not limited to—daily travel to and from the work site, injury or accidents on the work site, and illness. We strive to keep our youth out of hazardous situations and train them for safe work. They are closely chaperoned and supervised by our youth leaders. Girls and guys are housed separately and we have very strict rules about no visitors of the opposite sex in the housing facilities. We require our youth to act responsibly at all times and to follow the rules and instructions set forth by our adult chaperones. If any youth demonstrates irresponsible, dangerous, or reckless behavior, the parent will be called and the youth will be sent home. Our goal is to serve the Lord and reach out to others in need while enjoying our time together. We will have long days and work hard, but this will be a very enriching and rewarding experience for your youth.

Appropriate dress is extremely important for the youth on this trip. We will be doing ministry events while in Jamaica. Girls will need to wear dresses that are below the knee length. Guys will need to wear long pants and button down dress shirts. We will cover all this in our mission training classes. Short shorts, short skirts, sundresses, tank tops, spaghetti straps, low-cut, or tight-fitting tops are not permitted for the girls. Swimsuits need to be modest and conservative (one piece suits for the girls). Boys' pants must be pulled up appropriately – no boxers showing. Send a belt if pants are loose. When packing, remember that we are representing River Oaks Church and the Christian community.

Lightweight, cotton clothes are best for work. Painter's pants or hospital scrubs are recommended. Jeans will be too heavy and hot. Shorts should be fingertip length or longer.

It is best to pack things that are easy to hand wash, quick to dry, and need no ironing.

Pack clothes that can be donated at end of the trip if possible.

The completed and signed Medical and Consent Form, with accompanying copy of insurance card and \$100 deposit, must be turned into Chip Herrera by April 29, 2012 in order to reserve your child's place for this trip. The remainder is due by May 20, 2012. Scholarship money is available for those with a need provided the youth has made an effort with the fundraising activities that we have made available. On May 11, we will have a Spaghetti Dinner fundraising opportunity.

Please call the church office with any questions: 766-0033.

Emergency Contacts

Bethel Christian Camp: 1-876-965-7453. Fax 1-876-965-7454

Chip's Cell: 336-682-2559

Jamaica Missions Trip 2012

Bethel Christian Retreat

The following is information directly from the camp:

Bethel Christian Retreat is located in the beautiful mountains of south central Jamaica in the parish of Manchester. We are eight miles south of the parish capital of Mandeville, 91 miles from Montego Bay, 95 miles from Ocho Rios, and 90 miles from Kingston. Bethel is situated on 12 acres of land at 2600 feet elevation and is known to be one of the coolest parts of the island. We have five dormitories, semi-private rooms, cabins, chapel, kitchen/dining hall and can accommodate up to 200 people at a time. We have a panoramic view of the south coast, the Blue Mountains, and the lights of Kingston at night!

Sporting Activities

For your enjoyment, Bethel has a pool, basketball court, sand volleyball court, and large field for football, soccer, jogging, or other games.

Food and Lodging

You will be served home-cooked meals during your stay. Examples of breakfast include: eggs, sausage, pancakes, with an occasional Jamaican dish for you to sample. Lunch will be sandwiches, which will be served at Bethel or packed to take with you. Dinner will be a combination of Jamaican and American food. We make everything from scratch with fresh, locally-grown fruits, vegetables, meats, and spices.

Our lodging accommodations consist of five dorms (bunk beds), semi-private rooms (twin and full beds) and cabins (full beds). Each dorm can hold up to 36 guests, semi-private rooms hold 26 guests, and the cabins hold 10 guests. Bathrooms and showers are located inside the dorms, semi-private rooms, cabins, and chapel.

Telephones

Cell phones are available for rental at the Montego Bay Airport from Island Cellular Rental – right behind Customs. The current cost is \$5 US/day or \$29 US/week plus the cost of prepaid minutes. Telephones are not available at Bethel for non-local calls.

Tuck Shop

We have a Tuck Shop (snack shop) with a wide variety of cold soft drinks, ice cream, snacks, and candy for your enjoyment! We also have a good selection of Jamaican woodcarvings and Bethel shirts. We encourage you to help support Bethel Ministry Projects through your purchases.

Laundry

If your trip is longer than ten days, you will be able to hand wash your laundry. You will need to bring laundry detergent with you and we will provide a laundry tub for your use. We ask that you not do laundry in the dorm bathrooms.

Emergency Contacts

Bethel Christian Retreat
Newport P.O. Box 1491
Manchester, Jamaica W. I.
(876) 965-7453 (office) & (876) 965-7454 (fax number only)
(876) 909-0683 (director's cell, for emergencies only)
Please do not expect any mail, as delivery takes two weeks

Jamaica Missions Trip 2012

Travel Information

The following is information directly from Bethel Camp:

Suggested items to bring if you have room in your suitcase:

Small Toys: Hot Wheels, (“Happy Meal” type, etc.) for girls and boys.

School Supplies: pencils, folders, paper, crayons, markers, colored pencils, rulers, scissors, etc.

Shoes: dress shoes and tennis shoes in both children and adult sizes

Children’s Clothing: dresses, dress shirts, slacks, suits and ties for church.

Men’s Clothing: dress shirts, ties, slacks, suits, hats, socks, T-shirts, long-sleeved pajamas.

Women’s Clothing: dresses and suits.

Immigration into Jamaica

To enter into Jamaica, each person must have a passport.

No shots are required to enter Jamaica, but please make sure your Tetanus shot is current.

On arrival

Each person will fill out one immigration card and one customs card. The airline will give these to you during your flight.

The immigration card asks for the intended address where you are staying:

Bethel Christian Retreat – Newport, Manchester.

Purpose of your trip: Other: Mission Trip.

At Immigration: Stand behind the yellow line until you are called to the desk. The officer may ask where Newport is located. Tell them, “Just south of Mandeville.” If asked, our Phone # is 965-7453.

While in Jamaica, you may want to exchange some US dollars into Jamaican dollars.

Please do not exchange your money after Immigration at the airport. This causes unnecessary delays in getting you through the airport. We can assist you with this on arrival.

After Immigration, proceed down the staircase to the baggage claim area and claim your luggage.

Wheeled luggage carts are provided free of charge for your use.

Proceed to Customs and—again—stand behind the yellow line. Make sure that you are in the Customs line marked “Nothing to Declare,” which is to the far left, past the stairway.

Leaders, if you are bringing in items that need to be declared, please go to the proper lines.

Wait for your turn and give the customs agent your customs slip. Clothes and personal items should not require a search, but if you are asked to open your suitcase, smile and cooperate!

When you leave Customs, you should have your return airline ticket, your passport/identification, your immigration form, and all of your baggage. Keep all the documents dry and with you at all times.

When you exit the Customs area, a Porter will load your bags from your small cart onto a larger one for exiting. Cost is \$1 per bag. Have this cash easily accessible in a pocket.

Jamaica Missions Trip 2012

Bethel Camp Regulations

The following is information directly from Bethel Camp:

General Information

Please remember that we are "ambassadors for Christ." We are missionaries—not tourists. We are here to serve and not to be served. Please come with a servant's heart and a teachable spirit. One church we serve has the motto "There is nothing that can happen to us to make us complain."

- Bethel is an interdenominational ministry by call and by choice. Denominational and theological differences should not be discussed while you are in Jamaica. We are all one body in Christ!
- Come prepared for a cross-cultural experience. There will be many things that will seem strange. Remember that this is a different culture. Things aren't wrong – they are just different!
- In Jamaica, things don't always go as planned. Remember: Flexibility is the key to success!
- The official language spoken in Jamaica is English. You will also hear a local dialect spoken called "Patois." Sometimes this is difficult to understand, but you'll be surprised how quickly you can catch on!
- The water and food in Jamaica are safe and taste great! "NO PROBLEM!"

About Bethel

Remember, this is a mission trip! Thus, we ask you to use hair dryers and electrical curling irons sparingly, as electricity is very expensive. Men may bring an electric razor. Opinion on dress and make-up varies greatly among the Christian community in Jamaica. We ask that our teams lean toward the conservative side in an effort not to offend. Wearing heavy make-up and short tight clothing will convey the wrong message to the Jamaican people. You won't want to wear or bring valuable jewelry, as it can put the wearer in danger and sends the wrong message as well. We suggest a cheap watch over an expensive one.

We also ask that you leave at home all portable, electronic equipment, etc. as everyone does not have the same taste in music - even Christian music. A boom box will be provided for your worship time, if needed.

Since we are a mission base in a country where everything is hard to get and harder to repair, and because we don't want any accidents, we ask that you not even consider any practical jokes, such as water balloon or shaving cream fights. Water is a precious commodity here and needs to be preserved. Horseplay of any kind is not welcome and can be dangerous.

Smoking, alcoholic beverages, or illegal drugs are not tolerated and may result in being asked to leave.

We will have a brief orientation when you arrive to acquaint you with schedules and operations of Bethel. We anxiously await your arrival and the wonderful time we will have together as we serve the Jamaican people and each other!

Jamaica Missions Trip 2012
River Oaks Community Church
Medical and Consent Form

FORM WILL NOT BE ACCEPTED WITHOUT COPY OF INSURANCE CARD ATTACHED

(Please print)

Participant Name: _____ Nickname: _____

Home Address: _____ City: _____ State: _____ Zipcode: _____

Home Phone: (____) _____ Age: _____ DOB: _____

Health Problems: _____

Daily Medicines: _____

Medicine Allergies: _____

Food Allergies: _____ Bee Sting or Other Allergies: _____ Last Tetanus Shot: _____

Does the participant have any the following: *(Please circle Yes or No)*

Diabetes: Yes No Asthma: Yes No Seizures: Yes No Heart Problems: Yes No

Insulin: Yes No Epi-Kit: Yes No Inhalers: Yes No Neb Machine: Yes No

(Note: If the participant ever needs an Inhaler, Neb Machine, Epi-Kit or Glucose Monitoring kit, it MUST be brought on this trip)

Parent/Guardian Name: _____

Home #: (____) _____ Work #: _____ Cell #: _____

Parent/Guardian Name: _____

Home #: (____) _____ Work #: _____ Cell #: _____

Other Emergency Contact Name: _____ Phone: (____) _____

Health Insurance: _____ Policy Number: _____

Doctor's Name: _____ Doctor's Phone: (____) _____

_____ has my permission to attend the River Oaks Community Church Youth Mission Trip to Jamaica from June 21 – 30, 2012. I hereby release River Oaks Community Church and Bethel Camp from all liability should any injury occur on this trip. **Sign:** _____

I give my permission for the Adult Chaperones to administer minor first aid to him/her should the need arise. This may include the use of over-the-counter medicines, including: Tylenol or Advil for minor fever/aches/pains; Sudafed for congestion; Benadryl for allergies/rash; Robitussin DM and/or cough drops for coughs; Dramamine for motion sickness or nausea; Visine eye drops for eye redness/irritation; Immodium for diarrhea. I have crossed out any of the medicines that I do not want given to him/her. **Sign:** _____

I also give my permission for the Adult Chaperones to use their judgment should this participant need urgent medical care. I expect the Adult Chaperones to attempt to contact me before he/she is taken to an Urgent Care Facility or Emergency Department, unless there is a life threatening situation, then I expect to be contacted as soon as possible. I hereby authorize the Adult Chaperone to sign for medical treatment should the need arise. I understand that I am ultimately responsible for all medical expenses incurred. **Sign:** _____

I am sending all prescription medicines (if any) for the Adult Chaperone to administer to him/her. I am also sending non-prescription medicines (if any) that may be needed. I am sending all medicines in their original containers that are clearly labeled with the participant's name, and how often the medicine is to be given. All medicine containers are in a Ziploc bag that is labeled with his/her name. I acknowledge that all medicines are to be in the care of an Adult Chaperone for dispensing. **Sign:** _____

I agree with the above, and hereby give my consent for this trip.

Parent/Guardian Signature for above: _____ **Date:** _____

For office use only – Reviewed by: