



Mission Emanuel

Participant Guidebook

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BIENVENIDOS!

Dear Short-term Missionary,

Welcome to preparation guide for your upcoming trip. We are excited to have you join us as we serve Christ in the Dominican Republic. For many years, we have been hosting teams of short-term missionaries in Nazaret and Cielo and we have learned some amazing things along the way.

Please take the time to read through each section as we have worked diligently to provide you with important information. If this is your first international mission trip, you will find answers to many questions. But also, if you have been on many trips, we ask that you consider checking out this guide, as there are many things you may not have considered before.

Don't think of this as a bunch of logistical details, though there are many of those inside. Our hope is that this guidebook is exactly that...a guide for you as you plan, prepare, pack and serve during your time with us. Thanks and we'll see you in Santo Domingo!

~Mission Emanuel Staff



What is Mission Emanuel?

Mission Emanuel is a cross-cultural, relational, Christian ministry that strives to promote discipleship through short-term mission trips focused on community transformation.

The Emanuel School was the product of the dreams of Javier and Rosario de la Cruz. During the early years of their marriage, Javier and Rosario attended school at night to earn their Masters degrees in Education and School Administration respectively. Believing they could help children escape poverty through education, in 1992, they opened their home in Nazaret to twenty-three students who were unable to attend school elsewhere. The children not only received an excellent education but also learned of God's love for them.

In 1995, Jack Larson, a long-time friend and ministry partner of Javier and Rosario, led a short-term mission team to the Dominican Republic. The team brought pictures of the Emanuel School students back to the United States and soon all twenty-three children were sponsored. Soon after, Jack, Javier and Rosario founded Mission Emanuel, which incorporated the Emanuel School and sponsorship program, and established a strong relationship with US churches and individuals through short-term mission teams.

Over the last several years, Mission Emanuel has expanded its ministry and facilities. After the construction of the Nazaret campus, a need for an additional school and a church in the small, hilltop village of Cielo was found. With the help of mission teams, we constructed a three-story building that now houses classrooms and a chapel where a local evangelical church meets throughout the week. In Summer 2007, a water purification plant was completed providing pure water for a fraction of the cost that families pay at local markets. A workroom for a Women's Cooperative was also opened on the backside of the water center. In Fall 2009, the first part of a new medical center opened. The center houses a physical therapy room, two dental rooms, children's care, and a conference room. Additionally, more than twenty families in Cielo and Nazaret have received block homes and dozens of other homes have been rehabbed with improved roofs, concrete floors, and bathrooms constructed by Mission Emanuel teams. A community baseball field, basketball court and several playgrounds have been built as well. Other resources include a special emergency fund established so that no family is left without food or critical medical care.

Mission Emanuel strives to provide spiritual nourishment to the people of Cielo and Nazaret through evangelical and discipleship ministries. These include a women's cooperative, discipleship small groups, a boys group of fatherless 10-13 year olds, faith-based addiction counseling, and vacation Bible school. The Mission has coordinated and hosted numerous training events, including pastors' training, youth leadership, children's ministry seminars, and trade and craft training for women. Additionally, numerous outreach events draw thousands of Dominican men, women and children to worship God and experience the gospel of Jesus Christ.

Mission Emanuel remains dedicated to the spiritual, physical, and emotional needs of people living in Cielo, Nazaret, and their neighboring communities. Mission Emanuel exists to equip and encourage the body of Christ throughout the Dominican Republic; however, remains focused on and established in this small suburb of Santo Domingo. Mission Emanuel prays and trusts that God will use this bright light to send local Dominican people to minister to other areas of the island, the Caribbean, and the world.



Expectations

Perhaps the most important thing to remember during your time in the Dominican Republic is that God has invited you to be a part of *His* work. This is His ministry. It began long before any of us arrived and will continue long after we leave, and it is ALL for His glory.

The following list of expectations will help unite our team in focus and purpose. Remember, the goal of this mission is to serve the Lord. This will probably involve sacrifice and will certainly provide joy.

General Conduct: These expectations apply during our entire time in the DR.

We expect that you *will*:

- Respect your group leaders and the Mission Emanuel staff
- Respect the Dominican people and Dominican culture
- Be flexible
- Maintain a positive attitude

Village Conduct: Our primary ministry focus will be in the villages of Cielo and Nazaret. Fortunately, this is where we will spend the majority of our time.

We expect that you *will*:

- Be with at least one other person at all times, especially when walking around and visiting homes
- Make sure that your group leader knows where you are at all times
- Act discreetly with the opposite sex
- Ask for permission before taking pictures of people or the interior of their homes
- Have a watch or way of keeping track of time

We expect that you *will not*:

- Hand out any items or gifts to children or adults in the community
- Ride in any car or motorcycle other than those provided by Mission Emanuel
- Drink water from anyone's homes.





Hotel Information

Hotel Conduct: We will be sleeping, eating, and resting at the Dominican Fiesta Hotel each day. While we are there, we will be witnesses for Jesus Christ, Mission Emanuel, our churches, our families, and our country. This is an important privilege and responsibility. The area surrounding the hotel is relatively safe, however, potential dangers exist. Our expectations regarding your departure from hotel property are *very* important.

We expect that you *will*:

- Be respectful of all hotel property and employees
- Be respectful of other hotel guests by maintaining considerable noise levels, especially in public
- Report any accidental damage that occurs to hotel property and cover any repair or replacement costs
- Remain in your assigned rooms at the time specified by your leaders (traditionally 10:30pm)
- Wear proper attire, such as shoes and shirts in public areas

We expect that you *will not*:

- Visit rooms of group members of the opposite sex
- Run in the hotel lobby
- Throw *anything* from the hotel room balconies
- Travel away from the hotel property alone and without at least one male



At the hotel, you will have access to:

- Coffee maker, hair dryer, iron
- Free Wi-Fi
- Towels
- ATM/exchange of currency
- Cribs
- Maid service
- Laundry (not cheap)

***We cannot emphasize enough that we are expected to remain quiet and respectful while in the lobby. We often wait here for the buses to arrive. We are not the only hotel guests so please be courteous to those around you.**

Answers to your questions:

Are there safes in the hotel room?

-The deluxe floor (4th, 5th, 6th) offers an in-room safe free of charge. (The dimensions are 17 cm by 7.5 cm by 13.5 cm.) The standard floor (2nd, 3rd) has in-room safes but you must rent a lock for \$8 USD per day. (Dimensions slightly smaller than deluxe floor.)

Are there alarm clocks in the hotel room?

-NO! We suggest you bring an alarm clock or plan to use your phone for an alarm.

Do we need adapters for outlets?

-Most floors have the same size outlets. If you are on a floor where you need an adapter, they are available at the front desk.

Should we bring shampoo and soap?

-YES. The hotel only provides travel-sized options.

Is it safe to drink water at hotel?

-Not from the sink. We provide gallons of water in each room for drinking/brushing teeth. There is also water on all work sites. Anywhere we go to eat as a group, the water will be good to drink.

Is it safe to use the ice machine at the hotel?

-Yes. The water used for the ice is clean. You will need a key card to access the ice machine.



Preparation and Packing

Travel Documents

Passport

Make sure you have a valid US Passport book that will not expire before your trip return date OR within 6 months after return date. The cost for a new passport is \$100 for applicants 16 years and older and \$85 for applicants under age 16. Processing a Passport application takes approximately 6-8 weeks using routine service, or 3 weeks using expedited service (additional \$60).

All information concerning passports, including required information and documents, can be found at <http://travel.state.gov/passport>

Shots

Tetanus Vaccine

Make sure you have received a tetanus vaccination booster dose within the past ten years, or per your doctor's recommendations.

Please refer to the CDC website or Travelers' Health Information Line for complete and up-to-date information regarding vaccinations and other health information

<http://wwwn.cdc.gov/travel/destinationDominicanRepublic.aspx>

877-FYI-TRIP

Baggage

As airlines have changed their baggage allowances in recent months, please refer to the airline website for information.

Other

- Upon entering the DR, you will need \$10 USD to purchase a tourist card. You will *not* need money to exit the country. You can now buy these in advance at <https://www.dgii.gov.do/Tturistaweb/Order-en>
- Your first meal provided by Mission Emanuel will be the night of your arrival. You will be responsible for all other food expenses on travel days.



Suggested Packing List for a 1-week trip

Must Haves:

- Work/Day Clothes
 - Shorts (MUST be below fingertips. Note: Nike track shorts are NOT ok)
Or Pants
 - T-shirts (no holes, rips, or sleeveless for both girls and boys)
 - Tennis Shoes / Sneakers (closed toe)
 - 2 Pairs Leather Work Gloves
- Church Clothes
 - *Females* -- Long Skirts/Dresses (sleeved & below the knee) for 2 (Sun/Wed) church services
 - *Males* -- Long Pants (not jeans) and Collared Shirts for 2 (Sun/Wed) church services
- Evening Clothes
 - Casual and Clean
- Bathing Suit
 - *Females*-- One-piece or tankini (not showing stomach) *only*
- Socks
- Underwear
- Sandals / Flip-flops / Shoes
- Bandanas / Hat / Visor
- Sunglasses
- Inexpensive Watch

- Washcloth
- Toothbrush & Toothpaste
- Deodorant
- Sunscreen
- Shaving stuff
- Bug Spray (at least 20% DEET)
- Personal Medications (under age 18, give list to your group leader)
- Multivitamins
- Pepto-Bismol
- Imodium AD
- Hand Sanitizer (travel size)

- Bible (We prefer that your bible is not electronic)
- Small Notebook
- Alarm Clock
- Journal & Pen
- Spending Money (souvenirs and food on travel days)

Optional:

- Soap & Shampoo
- Contact Lens Solution and Glasses
- Pillow
- Baseball Glove & Ball
- Inexpensive Camera & Film
- Chapstick
- Granola Bars
- Dried Fruit
- Earplugs

Please DO NOT Bring:

- Shirts that show your shoulders or your belly (Including Sleeveless Shirts, Tank Tops and Spaghetti Straps or t-shirts with cut-off sleeves)
- Short Shorts (Shorter than fingertip length. ****This includes the Nike running shorts and Sofe cheerleading shorts****) or Short Skirts (Above the knee)
- Two-piece Bathing Suits
- Alcohol
- Drugs
- Computers/iPods
- Valuable Jewelry
- Expensive Cameras
- Knives

Note regarding clothing:

Many Americans tend to dress very casually when visiting the DR. While we understand the desire to be cool and comfortable, we encourage you to bring items that are slightly nicer (dress shorts, skirts, nice jeans, collared shirts, clean shoes, etc.) for dinners out and non-working times. We believe that this small action communicates respect and appreciation for Dominicans and their culture. Thanks!

For girls:

Dress code is very important to Mission Emanuel. If your outfit is not regulation, you will be asked to change. Please don't even pack what you know you cannot wear!



Typical Weekly Schedule

This is always subject to change! We ask for patience and flexibility during your time with us.

Saturday		Team arrives in Santo Domingo and checks in at Fiesta Hotel Pizza dinner in group meeting room (corner suite) Welcome and Orientation meeting
Sunday	7 am	Breakfast/Devotional
	8:30	Dominican Church service
	12:00	Dominican style lunch in Cielo
	3-6	Free time
	6:30	Dinner/shopping at Jumbo (it's like a mall and superWalMart all in one! If you forgot any supplies or would like snacks for the hotel, this is the time to purchase them!)
	8:30	Group meeting
Monday	7 am	Breakfast/Devotional
Tuesday	8:15	Load the bus and head to Cielo
Wednesday	9	Begin work projects
	12:30	Lunch
	3:30	Finish work projects and head back to hotel
	6:30	Head to dinner at various restaurants (Mon/Tues), Cielo BBQ (Wed)
	8	Church service (Wed only)
	8:30	Group meeting (Mon/Tues)
Thursday	8 am	Breakfast/Devotional
	9	Leprosarium visit
	12	Lunch in Cielo
	1:30	Continue work projects
	4	return to hotel
	6	Tour and dinner in Old Town
	8:30	Group Meeting
Friday	7 am	Breakfast/Devotional
	8:15	Cielo to finish projects/say goodbye
	12:30	Lunch
	1:30	Dedications and prayer
	3	return to hotel
	7	Pizza dinner/meeting
Saturday		hotel checkout Group departs



Medical Supply Needs

If you and your group would like to bring supplies to donate to our medical center, here is a list of needed items.

Everyday needs:

- Albendazol suspensions
- Amoxicillin suspensions
- Antibiotic cream (Bacitracin, Neosporin, etc.)
- Antifungal creams (Tolnaftate, Clotrimazole, etc.)
- Asthma medicines - nebulizers, inhalers, etc.
- Baby formula (with and without iron)
- Children's acetaminophen chewables
- Children's acetaminophen drops
- Children's cold and cough medicines (Nyquil, Dayquil, etc.)
- Children's flu medicines
- Children's vitamins
- Diaper rash (A&D) cream
- Diapers (all sizes)
- Hand sanitizer
- Hydrocortisone cream
- Ibuprofen suspensions and tablets
- Ziploc bags (quart, sandwich, snack)

Emergency supplies (needed in smaller quantities):

- Nylon Sutures (2.0, 3.0, and 5.0)
- Chrome Sutures (2.0, 3.0)
- Suture kits
- Suture removal kits
- Hydrocortisone injections
- Dramamine injections
- Dramamine suppositories
- Epinephrine injections



Sponsorship

Program Details

The sponsorship program began several years ago when some short-term missionaries wanted to contribute toward the cost of education for some specific students. Since then, a tidal wave of supporters has signed on to support the education of one (or two or three!) children.

In effect this has freed up funds for teachers' salaries, supplies, training and facility improvements. All of this is made possible when generous benefactors cover the "cost per student".



Answers to your questions

"How much does it cost?"

Our current cost per student is \$40 (US) per month and this covers a child's tuition and dental check-up. It does not cover start-up fees,, uniforms, or books. If you would like to sponsor a high school student, the cost is \$80(US) per month.

"Where do I start?"

When you come on one of our week-long trips, you have the opportunity to choose a child to sponsor from our list of unsponsored children. If you are on a trip when you decide to sponsor someone, you can go and meet them that same day! Forming a relationship is the most important part of sponsorship so we really encourage you to meet your child before or after you make this decision. But you can simply choose a child from our website and sponsor a child's education today!

"Can I contact my sponsor child?"

Several times a year, sponsored children will write letters to their sponsor. If you would like to send anything to your sponsor child, please mail it to: Mission Emanuel, PO Box 25246, Winston-Salem, NC 27114. Please be sure to include the child's full name as well as your name. Please make packages no larger than 11"x14" manila envelope.



Staff

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