

Thailand

Mission Team

**Bethany United Methodist Church
July 25- August 5, 2009**



Thailand borders Burma (Myanmar) to the west and is home to over one million Burmese refugees. Due to extreme poverty and genocide of Burmese minority groups by their own government, one out of every 10 children living in Burma will not live to see his or her fifth birthday. Prior to arriving in Thailand, the refugees and asylum seekers experienced human rights violations such as torture, rape, forcible conscription of their children in the military, forced labor and forced prostitution. Many came to Thailand after having lived as internally displaced persons for long periods of time, and only after having exhausted all possible means of survival.

Bethany United Methodist Church is supporting a Christian school in one of the Burmese villages. This summer you can be a part of a team who provide care and hope for Burmese refugees. Join us as we work in the school and take supplies to refugees living in IDP (Internally Displaced Persons) camps. You will be a part of bringing hope to the lost and forgotten.

Itinerary:

- **Saturday, July 25th** - Flight from Intercontinental Airport.
- **Monday, July 27th** - Arrive Bangkok. Travel from Bangkok to western border.
- **Tuesday July 28 – Sunday Aug. 2nd** – Breakfast, devotionals and outreach in refugee camps/Christian school and with displaced Burmese in the local villages (construction projects, feeding programs and evangelism). Dinner & worship each night.
- **Monday, August 3rd** – Morning worship, travel to Bangkok. Overnight in hotel.
- **Tuesday August 4th** – Sightseeing tour of Bangkok. Debrief and worship. Overnight in hotel.
- **Wednesday August 5th** – Early morning flight to Houston.

Payment Schedule: \$2700

Cost includes airfare, hotels, transportation, visas, departure taxes, medical insurance and 2 meals a day.

Deposit to register – February 1 - \$300

First Installment – March 1 - \$500

Second Installment – April 5 - \$600

Third Installment – May 3 - \$600

Fourth Installment – June 7 - \$700

Money: You will need money for 4 meals in airport and one meal each day in a restaurant. Food is inexpensive \$3-5 per meal. Snacks and souvenirs that you wish to bring home. Cash is best to carry. Credit cards are OK, but pose a risk. Travelers Checks are good. Currency exchange is 30 Baht/US Dollar.

Required Documents Checklist:

- Mission Application
- Medical Release
- Passport (check expiration date)
- Visa (included in cost)

Immunizations

Talk to your physician and tell them where you will be traveling. The following are suggestions from the CDC. See you doctor 6-8 weeks before leaving.

Recommended Vaccinations and Preventive Medications:

The following vaccines may be recommended for your travel to Southeast Asia. Discuss your travel plans and personal health with a health care provider to determine which vaccines you will need.

Hepatitis A or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.

Hepatitis B, especially if you might be exposed to blood or body fluids (ex. Healthcare workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11-12 years old who did not receive the series as infants.

Malaria: Your risk of contracting malaria may be high in some of the countries in this region. See your healthcare provider for a prescription antimalarial drug. For details concerning risk and preventive medications, see Malaria Information for Travelers to Southeast Asia (<http://wwwn.cdc.gov/travel/destinationThailand.aspx>).

There are NO REQUIRED VACCINATIONS for this mission trip to Thailand.

Luggage Requirements

Remember to pack light. We will be very mobile.

The size limitation of your luggage is calculated by adding the total outside dimensions of each bag (length + width + height).

One checked bag at 62in/157cm each. Maximum weight =50lbs.

One carry on bag at

Packing List: Remember to pack light.

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|---|--|--|
| <input type="checkbox"/> Bible, pen and notebook | <input type="checkbox"/> 220 voltage adapter | <input type="checkbox"/> Lightweight long pants and long shorts for outreaches and work projects |
| <input type="checkbox"/> T-shirts (no tank tops or belly shirts) for outreaches | <input type="checkbox"/> Skirts/long pants for church | <input type="checkbox"/> Modest long shorts and tops for travel and sightseeing |
| <input type="checkbox"/> Missions T-shirt | <input type="checkbox"/> Backpack as carry on | <input type="checkbox"/> Jeans (optional) |
| <input type="checkbox"/> Shoes – closed toe, walking, tennis and shower | <input type="checkbox"/> Socks and underwear | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Towels | <input type="checkbox"/> Modest Pajamas | <input type="checkbox"/> Swimsuit (1 piece) and cover up |
| <input type="checkbox"/> Rain gear and lightweight jacket | <input type="checkbox"/> Sunglasses, sunscreen and hat | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Camera and flashlight | <input type="checkbox"/> Tissues and antibacterial wipes | <input type="checkbox"/> Medicine in prescription bottle/box (anti-diarrhea) |
| <input type="checkbox"/> Snack food – individually packaged | <input type="checkbox"/> Bug repellent containing DEET | <input type="checkbox"/> 2 rolls of toilet paper |
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> One bag of candies (individually wrapped) | <input type="checkbox"/> Christian music |
| <input type="checkbox"/> Extra batteries | | |

Preparing for a successful trip:

- | | |
|--|--|
| <input type="checkbox"/> Begin each day with personal devotion time. | <input type="checkbox"/> Attend both preparatory meetings – TBA. |
| <input type="checkbox"/> Participate in Sunday School and church every week. | <input type="checkbox"/> Research country and situation in Burma and Thailand. |

Sample Support Letter to send to friends and family:

Date

Dear _____,

Hello, (Greeting, according to who you're writing and how well you know them.)

I am writing to tell you a little about what has been happening in my life and the opportunity I have for this summer.

This summer, July 25 - Aug. 5th, I will be traveling with a group from my church, Bethany United Methodist Church, in Houston, Texas to Thailand on a short term-mission trip to work with Burmese refugees on the border of Burma (Myanmar). Thailand is 98% Buddhist and Burma is 89% Buddhist. Most people have never heard the name of Jesus. My team will be serving children in a Christian school and Burmese families in a small villages and refugee camps who have fled genocide in neighboring Burma (Myanmar). The needs are so great. The people have lost family and friends and many children have been orphaned, tortured, and sold into prostitution. Many children suffer from malnutrition and lack of medical care. My team will be taking supplies and money to purchase food and construction supplies. We will serve meals, help with light construction projects, lead Vacation Bible School, and lead evangelistic outreaches to share about the love and hope of Christ.

The cost of the trip is \$2700. Would you consider becoming a partner with me and being a part of this outreach to the Burmese people in Thailand? The deadline on my support is June 14th. If you are interested in being a part of this ministry, you may make your check payable to: First Methodist Houston – Thailand Mission Trip. All donations are tax deductible. You may send the check to me directly at _____ your address _____.

I would also like to ask for your prayers for the people we will meet and serve and for my team, as we prepare to go. Please pray that God will use me in a great way and that many people will come to know God's love for them. Please pray that our hearts would be open to however God wants to use us.

Thank you in advance for your support through donation or prayer. I know God will do great things for the Burmese refugees, who we will be serving, and in my team this summer!

God Bless you and your family,

(Name)

Thailand

July 25-August 5, 2009

MISSION APPLICATION

Complete One Release per Person

Name: _____

Deposit: Check Cash

Address: _____

Amount: _____

Home Phone: _____

DOB: _____

Cell Phone: _____

Email Address: _____

Passport: ___ Yes ___ Date of Expiration
___ Will obtain for trip

T-shirt Size: optional

S ___ M ___ L ___

XL ___ XXL ___

T-shirts \$10

Adult Release

I _____ would like to attend the Mission Trip to Thailand on July 25-August 5, 2009. I will not hold Bethany United Methodist Church, its representatives or volunteers responsible for any injury that I could incur while on this trip.

Signature

Date

Tips to stay healthy...

- Wash hands often with soap and water.
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: **boil it, cook it, peel it, or forget it.**
- If you visit an area where there is risk for [malaria](#), take your [malaria prevention medication](#) before, during, and after travel, as directed.
- **Protect yourself from mosquito bites:**
 - Pay special attention to mosquito protection between dusk and dawn. This is when the type of mosquito whose bite transmits malaria is active.
 - Wear long-sleeved shirts, long pants, and hats when on outreaches outside of the cities.
 - Use insect repellents that contain [DEET \(diethylmethylnolamide\)](#).
 - Read and follow the directions and precautions on the product label.
 - Apply insect repellent to exposed skin.
 - Do not put repellent on wounds or broken skin.
 - Do not breathe in, swallow, or get into the eyes (DEET is toxic if swallowed). If using a spray product, apply DEET to your face by spraying your hands and rubbing the product carefully over the face, avoiding eyes and mouth.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.

To avoid getting sick...

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Don't handle animals (especially monkeys, dogs, and cats) to avoid bites and serious diseases (including [rabies](#) and [plague](#)).
- Don't swim in fresh water. Salt water is usually safer.

Your Personal Testimony

Name _____

Describe your life before you became a Christian:

Describe how you came to know Christ personally:

Explain how your life is different since you have known Christ: