

Fiji YMA 2008:
Project dates>> June 27 to July 14, 2008

Lautoka



PROJECT INFORMATION
(updated January 29, 2008)

Application forms:

All mission project participants are required to have the following documents filled out and sent to The Quiet Hour:

1. YMA Fiji 2008 Mission Project Application
2. Participant Medical History Form
3. Notarized Parental Consent and Medical Release Form (required for all participants under 18 years of age who travel into a foreign country without one or both parents) Send copy only, keep original with passport.
4. Clean, clear copy of passport picture page

Finances:

1. Participant's fee is \$400 plus airfare.
2. Payment schedule: \$200 deposit due February 29, 2008.
Final payment of \$200 due May 29, 2008.

Please note – All participant fees must be paid in full prior to departure.

Travel:

Everyone is responsible for making his or her own travel arrangements. If you need suggestions or ideas, please contact us: 909-793-2588, x111; 1-800-900-9021; email Charlene West.

If you are traveling from the United States/Canada, you will lose a day, so please begin travel no later than June 25, arriving in Nadi, Fiji no later than June 27, departing late Sunday night July 13 (Fiji date).

Departure tax from Fiji is approximately \$30, due before you board your departure airline.

Teams:

The groups will be divided into these teams:

- Evangelism teams
- Evangelism Support teams (musicians, greeters, drama, visitation, etc.)
- Construction teams
- Medical/Dental/Optomety teams
- VBS & Children's Ministry teams

Participants will not be required to work in all areas. We will do our best to give each participant a "taste" of the areas in which they have a special interest.

Evangelism:

- Information on the location of the meetings and the main speaker is still being developed.
- Each meeting will include a health lecture, family talk (10 minutes each), and children's program.
- For each location, each group will be responsible for the special music as well as the song service. Moderate praise and worship style of music is encouraged. A piano and/or organ will be available at most venues.

Construction:

1. Demolish the existing toilet facilities and relocate them outside the main classroom block in a new construction.
2. Carry out a range of repair and maintenance tasks that have not been completed for quite some time:
 - Replace leaking skylight panels on roof
 - Paint classrooms and replace broken louvers and floor tiles
 - Build additional desks and chairs
 - Fix dormitory and do landscaping
3. Other tasks to accomplish (time & funds permitting)
 - Fill in holes on playing field
 - Erect a basketball hoop and soccer goalposts
 - Paint outside of building
 - Build storage cabinets for teacher resources
 - Landscape driveway and environs
 - Erect additional wall in dorm for privacy

Construction Crew members need to bring:
(Equipment specifics unknown at this time.)

Medical teams and eye clinic teams will consist of:

- Dentists and dental assistants
- Medical doctors
- Optometrists and opticians
- Other health professionals
- Nurses
- Trained and untrained assistants

Dental and eye care clinics are most effective.

Children's ministry:

Programs and activities for the children will occur one hour prior to each evangelism meeting. The programs will include songs, stories from the Bible, nature nuggets,

puppets, and other activities as arranged by the team's children's ministry coordinator. In many cases, adults take an interest in the evening meetings as a result of the children's programs. Therefore, it is important that much emphasis and preparation are given to the children's programs and activities.

Medical needs:

Part of our team includes physicians and other health personnel. Our personal medical needs will be handled by our own medical personnel, except for emergencies that may require hospitalization. Each participant is required to fill out a health form that includes a "Consent to Treatment" authorization.

Each group is required to bring their own first aid kit. Items to be included are:

- Ace bandage strips
- Aloe Vera or anything with benzocaine (for severe sunburn)
- Antibiotics (although it is expensive and requires a prescription, Cipro is preferred because it covers the major dysentery pathogens)
- Aspirin
- Band aids
- Bandages—telfa pads and tape
- Benadryl (for insect bites)
- Cling tape (optional)
- Cotton balls
- Female hygiene items (such as tampons, etc.)
- Hydrogen peroxide or betadine (for sterilization/cleaning)
- Insect repellent
- Motrin or Advil
- Needles (to remove splinters, etc.)
- Pepto Bismol
- Polysporin (to fight infection and kill pain)
- Saline solution (for eye wash)
- Sore throat lozenges (for cold morning air, eating dust, too much talking, etc.)
- Steri-strips (optional)
- Sunblock (minimum of SPF 15; SPF 30-45 is preferred)

Common ailments:

- "Tourista"—intestinal problems due to drinking non-purified water, or eating something that has not been "decontaminated" (washed in bleach water). All tap water is UNSAFE for drinking purposes. We will have plenty of purified water at each site.
- Dehydration—All participants will be reminded many times each day to drink fluids.
- Sunburn—This project is in the tropics. Fifteen minutes of unprotected skin will burn. All participants will be required to put sunblock on each morning.
- Exhaustion—Long days of work and short nights of sleep require participants to pace themselves.

Water:

It is important for every guest to assume that tap water is not potable. Only drink purified water. Bottled drinking water can be purchased in most countries. Some may want to purchase a hand-held water-purification system at your local camping store to purify tap water. Let the camping store know your travel plans so they can recommend the best kind.

Additional information:

For additional information on health matters in each country, go to the Internet site www.tripprep.com and read the voluminous data they provide.

Insurance:

The Quiet Hour purchases Short Term Mission Insurance from General Conference Risk Management Services. Please note: The period of coverage is for 21 days, beginning on the day each participant begins his or her travel.

Safety:

The Quiet Hour team will do everything possible to ensure that participants are not knowingly taken into dangerous or life-threatening situations. YMA participants will not be permitted to take any side-trips without proper supervision. Before any excursions or trips are taken, we will consult with local experts and pastors.

Climate:

Before you travel, it is a good idea to have some knowledge of the climate in Fiji. Here are a few websites that can provide you with Fiji weather information:

- [Weather Underground](#): local Fiji weather (includes Lautoka and Suva)
- [Intellicast](#): local weather in Nadi, Fiji weather
- [Yahoo! Weather](#): local Fiji weather (includes Nadi and Suva)
- [National Weather Service](#): local Fiji weather (Nadi and Nausori)

Dress codes–Men:

- Church or meetings: In Fiji, most men wear a white shirt, dark slacks and a tie to church. A suit is used while preaching on the platform.
- Daily activities: Casual attire, including modest pants and shorts, is appropriate.
- Leisure time/excursions: Modest shorts, pants or jeans, and T-shirts are acceptable. No T-shirts with questionable or offensive logos.
MEN!! Please note! Leave the baggy, "let your boxers show" pants at home. These are not appropriate at any time.
- Construction crew: Two pair old shorts and T-shirts, long sleeve shirt, long pants or jeans, leather gloves, gardening gloves, sunblock, work boots and tennis shoes.
- Medical team personnel: If possible, wear smocks or surgical scrubs.
- Kitchen crew: Grubbies, aprons, lightweight tops and slacks.
- Jewelry: It's just too much of a distraction. Please leave all of your "hard-wear" at home.

Dress codes–Women:

- Church or meetings: Modest skirts or dresses, and blouses (with long or short sleeves) are required during the evangelistic meetings or during church. Sleeveless or spaghetti-strap tops are not appropriate in any setting. Wearing slacks or pants is not appropriate for church in this culture.
- Daily Activities: Skirts must be worn all the times with modest tops. The locals wear Sulus or sarongs. These can be worn over your shorts, and are fairly inexpensive to buy once you arrive.
- Leisure time/Excursions: Skirts are to be worn with modest tops. One-piece bathing suits are preferable, but if two-piece, please cover with a long solid color t-shirt.
LADIES!! Please note! Leave the "low rider jeans" at home. (This is not a Brittney Spears look-alike mission trip!) The "low rider" style is VERY offensive to the local church folk.

- Construction crew: Two pair old shorts and T-shirts, long sleeve shirt, long pants or jeans, leather gloves, gardening gloves, sunblock, work boots and tennis shoes.
- Medical team personnel: If possible, wear smocks or surgical scrubs.
- Kitchen Crew: Grubbies, aprons, lightweight tops and skirts or dresses.
- Jewelry: It's just too much of a distraction. Please leave all of your "bangles, baubles and beads" at home.

Electricity:

The current in Fiji is 240 volts AC 50Hz with three-pin power points.

Food and lodging:

We always have some of the best cooks in the world on our team. The daily vegetarian meals will be prepared and served by YMA participants and staff. The cost for the meals and lodging has been included in the YMA participation fees.

Internet access:

Internet access is available in Fiji. The cost is anywhere from 5 – 20 cents/minute. Most places charge around 10 cents.

Money:

The currency for Fiji is the Fijian Dollar. While traveling, we strongly recommend the use of a money belt to carry your cash. Do not carry large amounts of money in your purse or wallet. You can also carry a debit card and withdraw money from the bank for a nominal fee.

Calling home:

We have heard this is pretty expensive. You can purchase phone cards in various denominations – from \$3.00 and up. The \$20 and \$50 are probably the most economical.

Travel documents:

Passport: Every passenger MUST have a valid passport to travel to Fiji. If you do not have a passport, you can get one at your local post office. It will take 10 - 16 weeks to process. While it is possible to pay extra money and get a rush delivery of a passport, if you are thinking about participating in this project, it is far wiser to secure one than to wait until you have made a firm decision to go.

Visas:

No visa required for tourists up to three months.

Vaccinations:

Consult your family physician or your local Health Department regarding the recommended vaccinations for travel to Fiji. As a general rule, for travel into developing countries, the following vaccinations are recommended: Yellow Fever, Hepatitis A, and Hepatitis B, Typhoid, Meningitis, Cholera or Tetanus. Need more information? Check <http://www.tripprep.com> and click on the health section.

What to take: (besides an adventurous spirit)

The following are guidelines of items that you should consider packing:

Work gear

- blue jeans and/or painter's pants
- two pair old shorts

- good working shoes (preferably with a reinforced toe)
- hard hat, straw hat or baseball cap for sun protection
- grubby old long sleeved shirts
- sunblock
- sunglasses
- old T-shirts
- water bottle for the job site
- work gloves (leather and gardening)

Non-work gear

- casual shirts and blouses
- modest shorts, skirts, and pants
- Sabbath attire
- bathrobe
- sleep wear
- socks and tennis shoes
- swimming suit (modest)
- underclothes
- twin size flat sheets and a small pillow
- towels and washcloths
- flip-flops (for showers)

Miscellaneous items

- Bible
- books for your own reading material
- camera and film or digital cards
- clock
- flashlight
- light-weight day pack
- lotion and sunblock
- money for personal spending
- mosquito repellent
- original notarized consent-medical release form
- passport
- personal medications (Carry it with you. Do not pack this in your check-on luggage.)
- personal toiletries
- snacks
- sport water bottle for drinking water
- about \$50 - \$75 for souvenirs you will want to buy to take home to your friends and family
- If you travel with a CD walkman, MP3 player or I-Pod, we will have a locked facility to secure these items in Fiji. For various reasons, we want all of these items to be out of sight while on the mission project.

What NOT to take: (leave at home all pre-conceived notions about mission trips)

- knives or firearms
- military-type or camouflage clothing
- books, magazines, or reading material that would be deemed "inappropriate" for Christians

If you have questions, e-mail Charlene West or call us at 800-900-9021 and ask for Charlene West.

© Copyright 2008 The Quiet Hour, Inc.