

## **Traveling to Panama on a Mission**

Welcome to Panama Missions! We are happy that you have chosen to spread God's word by being part of the work of Panama Missions.

We intend our work to be a spiritual experience for every team member. Each participant should have a spiritual view of life and must agree to conduct themselves in a manner that honors the Christ centered nature of our work.

Because we are working in a land of people who are very different from North Americans, it is necessary for us to remain culturally sensitive. Some practices that are acceptable in our culture are considered by Central Americans, and especially Panamanians, as offensive or unacceptable.

### **Team members of Panama Missions are expected to adhere to the following rules:**

It is the position of Panama Missions that all who participate in mission trips do so with Jesus as their example. We want to always demonstrate Christ likeness in all our actions. Jesus needs to be seen in our lives as we work in His Kingdom. The following rules are not meant to sound legalistic or hard but to help us be careful in what we wear, what we say, and where we go. They are given in the spirit of Christ.

1. Each person going must be recommended by their church leadership. See enclosed forms. *This is for those who contact us through our website and are not known to us.*
2. Before departing from the U.S each person should know what his or her job will be in the mission field. We will design each trip so we can be good stewards of our time.
3. Depending on the location of the mission there will be certain shots they may be needed. Normally the shots required are: Tetanus, typhoid, and Hepatitis A, a series of 2 shots. One each 6 months. One can be taken before the trip and the other in 6 months. However, we recommend you check with your doctor to see if the last shot is necessary
4. *Mosquitos are not as bad as you think, and a good repellant should suffice.*
5. Short Shorts or halter tops cannot be worn at any time. One can wear shorts that come to the knee during the day. It is recommended to wear longer jeans due to insects, but the shorts can be worn. If shorts are too short, then you will be asked to change in something more appropriate. No short dresses.
6. When swimming in the hotel swimming pool at Albrook hotel upon returning to the city a shirt of some kind must be worn over the swimsuit boys and girls, men and women. **No two-piece swimsuits. So no one is offended Larry Brady recommends**

**some type of shorts to be worn while swimming. The swimming pool is on the 8<sup>th</sup> floor of the hotel.**

6. No kind of shorts are to be worn to worship. Long pants are fine for ladies.
7. No outward display of affection.
8. If a problem is encountered, please notify the group leader to help solve the problem.
9. Alcoholic beverages and tobacco are prohibited.
10. No one is allowed to go out alone.
11. If you are a jogger you must jog with a partner.
12. All are expected to participate in planned events.
13. Our days start early and end late but there is free time to interact with local youth.
14. The cost for the trip depends upon the airline fare, so we make the statement \$800 plus the ticket.
15. The \$800 covers all expenses except for personal souvenirs and snacks.
16. It is the responsibility of each team member to provide contact information to Panama Missions if communications are necessary. Your cell phone should work so check with your provider.

**Cell phones cannot be used during our outings to different locations except for taking pictures**

#### **Note**

Panama is a developing country and sometimes experiences instability. All precautions will be taken to assure the safety of team members in all situations. However, all participants must understand that there are risks inherent in traveling, living, and working in other countries. Each team member assumes a certain amount of risk by deciding to participate in the work of Panama Missions. As an organization, Panama Missions cannot be responsible for loss or injury incurred by those who participate in its work.

It is the desire of Panama Missions that every team member has a positive, enriching, and life-changing experience by participating in the Lord's work in Panama. Toward this end, we request that you comply with all conditions described here.

May God bless you richly in the work you have chosen to do.