



# **Short Term Missions**

## **Trip Guide**

Ministerios Agua Viva  
Street: Av. Juan Salinas  
Town: San Fernando Valle de los Chillos  
Quito, Ecuador  
(593) (2) 287 1884

Contact for:  
Bobby Lynch: [bobby@lovegodserveothers.com](mailto:bobby@lovegodserveothers.com)  
(593) (98) 995 3228

Tamitha Lynch : [tamitha@lovegodserveothers.com](mailto:tamitha@lovegodserveothers.com)  
(593) (98) 995 3218

Welcome!

We are excited that you have chosen to come and visit our ministry center and are thankful for all that you will do to bless the people. We believe that both your lives and ours will be forever changed due to the sacrifice you are making.

This document contains a great deal of information which will help you prepare for your trip. Much of it is "borrowed information" with general mission trip advice. If you have questions after reading this information, please let us know.

We look forward to serving together with you during your trip.

Blessings,

Agua Viva Board of Directors

Bobby Lynch, Tamitha Lynch, Richard Waldrop, Janice Waldrop, Jimmy Arguello, Elba Perniciaro



## About Us

Agua Viva is a ministry center located outside of Quito, Ecuador. This Church of God campus serves as a multi-use ministry center. Daily social ministry takes place within the surrounding community. Special events (youth camps, retreats, etc.) are also held here which serve the greater Quito area.

### Facebook:

Here you will find the Facebook page for our ministry center with photos of our campus:

<https://www.facebook.com/pages/Ministerios-Agua-Viva/>

Here you will find information about Project M:25 and much of the ministry that happens at Agua Viva:

<https://www.facebook.com/lynchmissions>

### Youtube:

Here is a humorous video made by the Lynch children, telling some things to remember about coming to Ecuador: <http://www.youtube.com/watch?v=iiNcf075DgE>

## What to Expect

Quito is at 9,500 feet in altitude. Expect to be effected by this dramatic change. (see health concerns section for more information.)

The weather here is pretty mild (between 60 - 80 degrees), but they do say we experience all 4 seasons in one day. In other words, be prepared for rain every afternoon. Also, bring a jacket because after the rain, it is often cold. When it is raining, it can get pretty cold - even in the 40's at times. However, when the sun is out, it can get up to 80 - so layering is recommended. The months of June - August are consider "dry season" so you should expect less rain and slightly warmer temperatures.

Definitely wear sunscreen. We are CLOSER to the sun at this altitude.

Bug spray is recommended. We do NOT have malaria mosquitoes, but there are other mosquitos and there is a type of sand flea that lives in the grass.

CHECK with your phone provider for International rates for calling, for texting, and for internet connection. You may want to set up a SKYPE account to communicate with family at little or no expense when you have access to the internet.

You will have internet access at the Agua Viva campus, but it is slow and subject to frequent down times. This connection is shared with many people, so please try to be respectful of others and allow priority access for those needing to communicate with family members.

### Customs Requirements

On the plane, before arriving in Ecuador, you will be asked to complete a customs form that asks for the reason for your travel (normally tourism) and the address where you are staying (see above) and the number of days you will stay.

When you come back to the United States, you must clear customs yet again. Be sure to check the current customs requirements for bringing in any expensive gift items, etc. Typically, you are allowed a normal amount of gift items without paying any duty. But do remember to put all articles you have bought on your trip and their sales slips in one suitcase, if possible. You will be asked to declare the items purchased, along with their value. Remember that all fruits, vegetables, plants, flowers, seeds, meat, etc. usually cannot enter the country.

## Health Concerns

Follow the counsel of your leaders. Stay away from uncooked fruits and vegetables unless they have been approved by your host (any foods given to you by our staff are safe). If you have any questions about what you should or should not eat, always ask before you eat it. Most short-term missionaries do not get seriously ill. Common sense is the best safety factor that you can have.

We will make sure all the food we give you is very safe, so don't worry about that. Please let us know if anyone has food allergies or special diet needs.

Probably one of the most common pieces of health advice the traveler gets is "Don't drink the water!" Take it seriously. Bottled water is provided for you. Use this for brushing your teeth.

The first few days you are in the country you are visiting, you may feel a bit ill. This is most likely due to jet lag or adjusting to the altitude. Quito is at 9,500 feet in altitude so be prepared for your energy to drain quickly. It is important to get sufficient rest and drink lots of water. If you feel headaches or other abnormal symptoms, please advise your host.

If you have any chronic medical problem, you should carry documentation describing your illness and the treatment you are receiving.

Medications you carry should be identified on the label in case you are questioned by customs. These should be placed in your carry-on luggage to make sure they are not lost.

If your group has Travel Insurance purchased through us, the following will likely apply:

- Coverage for emergency health treatment and evacuation if indicated.
- ID Cards: make sure your team prints a copy or two before they leave
- Pre-certification: if anyone needs to be hospitalized, needs a CAT scan or MRI or requires surgery, then call the insurance company's number on the ID card
- If an incident occurs while you are away from your home country, treatment **MUST** begin in the foreign country for you to be eligible to submit claims once back in the US.
- Coverage for treatment of an illness or injury that occurred on your trip (see #3 above) is available for a maximum of 90 days after your return to the US. The amount of coverage is limited to the follow-up home country benefit maximum.

# Cross Cultural Notes

*(Borrowed from Men & Women of Action)*

1. As North Americans, we are often very outgoing, having a natural curiosity and freedom which is not always understood by those in the country and of the culture we are visiting. Be aware of this. To avoid being offensive, talk to your host.
2. Try to understand that those at the mission location are working under different conditions than you are used to. They have adapted their lives to the customs of the country or culture to help win people to Christ. Avoid the temptation to question their way of ministering or their way of dealing with the local people.
3. You will encounter many situation to which you are not accustomed. Always think of the people to whom you are going to minister. Don't complain about conditions, food, travel and so on. Always smile, be cheerful and show love.
4. Try to learn a phrase or two of greetings in the language of the people to whom you minister.
5. Do not give the impression to the nationals that you are there simply to "help these poor people out." Rather, show them that you are there to be a servant.
6. Don't be too quick to judge a national for what you feel is unchristian conduct. You may not realize the great change that has already occurred in a person's life through the gospel.
7. Be considerate of your hosts' time. They are not there to be your personal tour guides. They have a job to do.
8. Avoid references to military (never wear Army fatigues) and political issues, or to other religious groups.
9. Some words and colloquialisms are distasteful or very confusing to people of other cultures. Check with your host before you put your foot in your mouth.
10. For every team that goes on a mission trip, there will be a cross-cultural experience awaiting. Cross-cultural simply means that we leave the things that are familiar to us (music, language, customs, clothing, etc.), and go into a culture that is unfamiliar.
11. As we desire to be witnesses for Christ, we must seek to learn about and respect other people and their cultures. Here are some additional important items to remember:
  1. When we go to another culture, we are the strange ones. We are the ones with the unusual perspectives, the funny accents, and the weird clothing. It is important to remember that we are the guests in another person's world. We must respect these other people by not criticizing them or laughing at them.
  2. Watch your language. First, don't use phrases like "the wrong side of the road" or "they dress silly." When we say these things, we put our own cultural value judgements on someone else. People in British countries do not drive on the "wrong" side of the road - we do! It may be opposite of what we are used to, but there is nothing wrong about it. Second, remember when you are in a foreign, non-English speaking country, that people around you understand much of what you are saying. Therefore, when you lean over to a friend and ask, "Doesn't

that guy look like a pig?” in English, and you think that he won’t understand you, you may be wrong. He probably did, and you probably just damaged your witness for Christ.

3. Watch your facial expressions. We communicate a lot through our faces - disapproval, judgement and pleasure. Remember to communicate the right things at the right time. If someone says, “Do you like the food?” and your facial expression looks like you just swallowed a tarantula, nothing you say will come through. Your facial expression will speak for you.
  4. Avoid being alone with or talking at length with someone of the opposite gender, especially if this isn’t the custom. Dress modestly, whatever that means locally.
  5. Time schedules in most parts of the world are much slower paced than North America. Go with the flow of the culture and ministry in which you are involved.
  6. Be sure you don’t offend people by taking photos of what they consider their private space or of what they consider to be a negative aspect of their country.
12. Be Flexible. Itineraries may be set and all of the details of your trip arranged, but be flexible. Situations may arise that require changes in schedules. Always be willing to cooperate to the fullest extent.

### **10 Commandments for Short-term Missions Volunteers**

1. You shall not forget that you represent your home country and the Lord Jesus Christ.
2. You shall not expect that things will be the same as they are at home, for you have left your home to find different things.
3. You shall not take minor things too seriously. Accepting things as they are paves the way for a good missions trip.
4. You shall not judge all groups by the one person with whom you have had trouble.
5. You shall not let other group members get on your nerves. You raised good money and set aside this time, so enjoy yourself.
6. You shall not be overly worried. The person who worries has no pleasures. Few things people worry about are ever fatal.
7. Remember your passport and know where it is at all times. A person without a passport, is a person without a country.
8. Blessed is the person who says “thank you” in any language.
9. When in (Rome), do as the (Romans) do. If in difficulty, use common sense and your native friendliness.
10. Remember, you are a guest in this country. He who treats his host with respect shall be treated as an honored guest.



# Packing check-list

- Passport & 2 color copies (give one to your trip coordinator, carry the other, instead of the original, when leaving the campus). **Make sure your passport will not expire less than 6 months from your date of leaving Ecuador.**
- Bible, pen, journal
- Spending money (Ecuador uses the US Dollar, but please bring small bills. NOTHING larger than a \$20.)
- Toiletries
- Prescription medications (in their original containers)
- Other medications (aspirin, vitamins, allergy medicine)
- Toothbrush & toothpaste
- Bug repellent
- Sun screen
- Hair dryer (if possible, plan to share rather than everyone bringing their own)
- Eyeglasses or contact lens supplies
- Clothing for work, play, and church (think of layering clothing to be prepared for climate changes). No cut offs, tank-tops, spaghetti-strap shirts, mid-drifts, short shorts, or mini-skirts. No T-shirts with offensive messages. Church clothing can be similar to what you would wear in the US (pants for women are OK).
- Hiking clothes and shoes that can get wet
- Windbreaker or light coat
- Umbrella
- Hat & sunglasses
- Shoes (Good walking shoes)
- Flashlight and batteries
- Camera, film, extra batteries
- Travel alarm clock
- Small rolls of toilet paper (Do NOT expect to find toilet paper in bathrooms away from our campus)
- Extra trash bags or zip locks can be helpful

## **Avoid bringing...**

- Expensive electronics
- Excessive valuables
- Prized possessions
- Too many clothes, too much stuff, more than you can carry comfortably.

## **Packing Tips**

1. Travel as lightly as possible (one bag or duffel and a carry-on). Pack, and then go back and take out all that you don't really need.
2. Put any and all items that could leak (shampoo, etc.) in plastic ziplock bags.
3. Check and double-check your packing to avoid leaving anything behind or overpacking.
4. Be sure that everything you carry has your name on it. Include a paper with your name, address, phone and email address inside each suitcase in case the outer tag is lost.
5. Most airlines limit your checked luggage to one 50 pound piece and one carry-on piece which must fit in the overhead bin or under the seat. Check with your airline to confirm the requirements.
6. When traveling with a group, it is wise for all of the team to tag all luggage with the same color ribbon to make it easy to identify when you are at baggage claim.
7. If you have extra suitcase space, or are willing to pay for an additional bag to bring ministry supplies, let us know and we can give you a specific list of needs. A few general items that are always helpful include:
  - Small prizes
  - Candy (no chocolate - it melts)
  - Games, puzzles, balls (deflate to travel)
  - Art supplies (crayons, construction paper, scissors, stickers, glitter, foam shapes and letters, tissue paper, etc.)
  - Small electronics
  - Older cell phones (type with SIM card and preferably unlocked by your provider)
  - Children's multi-vitamins



# Medical Release Form for Minors

## Parent/Guardian Consent

Name of Participant \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

### PERMISSION

I, \_\_\_\_\_ (parent/guardian) hereby give permission for \_\_\_\_\_ (hereinafter referred to as "the student") to travel with \_\_\_\_\_ (hereinafter referred to as "the church") to \_\_\_\_\_ (destination) during the following dates \_\_\_\_\_.

\_\_\_ I do hereby verify that the below information is correct and I do hereby grant permission for the church to obtain medical attention in case of sickness or injury to the student.

\_\_\_ I hereby grant permission for an attending physician or hospital to perform whatever care deemed necessary by the church for the welfare of the student until such time as you are able to reach me personally.

\_\_\_ I also hereby release, absolve, indemnify, hold harmless, and forever discharge the church, the organizers, sponsors, and supervisors from any and all claims, demands, actions or cause of actions, past, present, or future arising out of injury or damage while participating on this trip.

\_\_\_ I assume all risks and hazards incidental to the conduct of the activities and transportation to and from the area. In case of injury to the student, I hereby waive all claims against the organizers, the sponsors, or any supervisors appointed by them. I likewise release from responsibility any person transporting the student to and from the activities.

\_\_\_ I agree to provide medical insurance for my student(s) who are participants on this trip.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**MEDICAL AND INSURANCE INFORMATION**

Family Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Check if applicable and give appropriate explanations below:

- Allergies
- Asthma
- Bronchitis
- Other (Explain below)
- Heart Trouble
- Kidney Trouble
- Sinusitis
- Dizziness
- Diabetes
- Stomach Upset

Immunizations:

Tetanus: Date Received \_\_\_\_\_  Typhoid: Date Received \_\_\_\_\_

List any prescription drugs the student will be taking; include frequency and dosage for each.

Comments:

**EMERGENCY NOTIFICATION**

Parent/Guardian \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

**NOTARY**

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_. State of \_\_\_\_\_

On this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_,

\_\_\_\_\_ (parent/guardian) personally appeared before me,

and in my presence executed the within and foregoing permission and release form. Witness my hand and official seal this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_.

My commission expires \_\_\_\_\_ .

Signature Notary Public \_\_\_\_\_

# Medical Release Form for Adults Participant Consent

Name of Participant \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

## PERMISSION

I do hereby verify that the below information is correct and I do hereby grant permission for the church to obtain medical attention for me in case of sickness or injury.

I hereby grant permission for an attending physician or hospital to perform whatever care deemed necessary by the church for my welfare should I be unable to make reasonable and sound decisions for myself.

I also hereby release, absolve, indemnify, hold harmless, and forever discharge the church, the organizers, sponsors, and supervisors from any and all claims, demands, actions or cause of actions, past, present, or future arising out of injury or damage while participating on this trip.

I assume all risks and hazards incidental to the conduct of the activities and transportation to and from the area. In case of injury to me, I hereby waive all claims against the organizers, the sponsors, or any supervisors appointed by them. I likewise release from responsibility any person transporting me to and from the activities.

I agree to provide medical insurance.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

**MEDICAL AND INSURANCE INFORMATION**

Family Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Check if applicable and give appropriate explanations below:

- Allergies
- Asthma
- Bronchitis
- Other (Explain below)
- Heart Trouble
- Kidney Trouble
- Sinusitis
- Dizziness
- Diabetes
- Stomach Upset

Immunizations:

Tetanus: Date Received \_\_\_\_\_  Typhoid: Date Received \_\_\_\_\_

List any prescription drugs you will be taking; include frequency and dosage for each.

Comments:

**EMERGENCY NOTIFICATION**

Relative/Friend \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

**NOTARY**

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_. State of \_\_\_\_\_

On this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_,

\_\_\_\_\_ (participant) personally appeared before me,

and in my presence executed the within and foregoing permission and release form. Witness my hand and official seal this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_.

My commission expires \_\_\_\_\_ .

Signature Notary Public \_\_\_\_\_

## Mission Team Participant's Covenant

Carefully read through the following list of responsibilities. Sign and date the form as a pledge of your commitment to ensure a fulfilling mission trip experience.

While participating in this mission trip, I will seek to demonstrate my love for Christ and for others by agreeing to...

1. Keep myself healthy. I agree not to use tobacco products, alcoholic beverages, or illegal drugs.
2. Maintain a safe environment for my fellow participants. I agree not to have possession of or use any fireworks, firearms, or knives.
3. Work to the best of my ability. I am excited about demonstrating my love for Christ by ministering and working hard for the duration of this mission trip. To the best of my ability, I pledge to work in a manner that would be pleasing to Christ.
4. Follow the mission trip schedule. I understand that any schedule changes must be made by or approved by the mission trip director or host. In respect to others and in order to receive sufficient rest, I will respect the lights out time each night.
5. Stay in the designated mission trip area. I agree to stay with the group at all times. I understand that I cannot leave the ministry site or lodging area without permission of the mission trip director.
6. Respect the privacy of others. I understand that the possessions of others must not be tampered with or taken. I expect others to grant the same measure of respect to my privacy and possessions.
7. Maintain a clean environment. I will do my best to keep all areas of the church, school, or campground free and clean from litter. I will respect the property and grounds serving as my home for the week. I understand that any property I damage will be my personal responsibility.
8. Demonstrate a Christ-like spirit. My attitude will be like that of Jesus (see Phil. 2:5). I will love those with whom I work and those around me throughout the week. I will not allow another's property or personality to be abused.
9. Be aware of my witness 24 hours a day. I understand my attitude at restaurants, at my lodging, or during free time is just as important as when I am "doing my mission assignment." I will serve with this maxim in mind: Do no harm.
10. Share my faith. I will come prepared to share my personal testimony with lost people and to make a clear, concise presentation of the plan of salvation to anyone I might meet.

I have read the mission trip responsibilities listed above and agree to follow these during the week I am participating in a mission trip. I understand that failure to do so will result in disciplinary action.

Signed \_\_\_\_\_ Date \_\_\_\_\_