



Manna
GLOBAL MINISTRIES

Group Participant Handbook
Dominican Republic, 2019

www.WeAreManna.org

CONTENTS

- Welcome!..... 3
- The MannaDR Team 3
- How Do I Prepare? 4
- What Does A Week Look Like?..... 5
 - Morning Quiet Time & Evening Devos..... 5
 - Community Day 6
 - Children’s Event 6
 - “Camp Manna” 7
 - Work Day 8
 - Worship Service..... 8
 - Movie Night 8
 - Manna Children’s Home 9
 - Manna Christian School..... 9
 - Beach Day 9
 - Other Activities 9
- General Information.....10
 - Meals, Snacks & Water.....10
 - Comforts.....10
 - Health & Safety..... 11
 - Chores..... 12
 - Security 12
- Travel Considerations.....12
 - Travel Insurance13
 - Passports13
 - Flights13
 - Santiago Travel.....13
- The MannaDR Kiosk14
- Costs15
 - Group Deposit.....15
 - Airfare15
 - In-Country Expenses15
 - Payments.....16
 - Group Size16
 - Travel Insurance.....16
 - Tourist Visas16
 - Potential Additional Costs16
- In Closing17
- Packing List18
- Spanish 10119

WELCOME!

On behalf of Manna Global Ministries and MannaDR, our team in the Dominican Republic, thank you for seeking an opportunity to serve God with your group. By now you have either committed to or are prayerfully considering visiting us in the Dominican Republic. This handbook is meant to provide you with more information about what to expect and how to prepare for a group experience with MannaDR.

We have been praying for you and your group, and we are looking forward to having you; whether it's your first time, or your tenth. Our program is founded on people like YOU coming to visit and work with us, allowing God to change our lives and use us as His disciples.

So, thank you! We are looking forward to hosting your group and serving the Lord together.

Leaders, please ensure that all of your group members have reviewed and are familiar with the contents of this handbook.

THE MANNADR TEAM

We are blessed to have a large and diverse team, and God is continuing to send more people to work with us both in the Dominican Republic and the United States. The individuals and groups listed below will be your primary points of contact.

Senior Directors

MannaDR's groups program is overseen and led by two of our senior directors, Norm Curington (Norm@WeAreManna.org) and John "Shack" Shackelford (Shack@WeAreManna.org).

Group & Intern Coordinators

Mark & Cassey Gibson (Gibsons@WeAreManna.org) are the U.S.-based support to the Senior Directors and work directly with groups regarding schedules, logistics, and other actions required to ensure safe and successful group experiences.

Group Hosts

Each group will have an assigned host from our MannaDR family. The host(s) for your group will be at all activities and will help guide you through your week.

Missionaries

At any given time, depending on specific ministry schedules, additional members of our missionary team may be around and participate in group

activities. We hope that you will spend time with them, get to know and encourage them, and pray for their ministries!

Interns

During the summer, MannaDR selects U.S. college interns to serve with the missionaries and help facilitate group activities. At times, there may also be Dominican student interns and/or U.S. junior interns as part of the team. Each intern will have different responsibilities with groups and around the MannaDR campus.

Beginning in 2019, MannaDR intends to utilize former summer interns to help facilitate Spring Break group activities as well!

HOW DO I PREPARE?

Lives are changed here. The degree to which that happens, in large part, depends on how well you, as a leader or group member, personally prepare spiritually and physically. Even if you've done this before, we encourage you to make it better and go the extra mile! Help prepare your group and call each other to a higher level. God will show up and He will not disappoint. In ALL things, He deserves the best we can give Him, both at home and in the Dominican Republic.

Pray

Please be in prayer for your trip. You will be so blessed if you do. Pray that your group comes together and functions cohesively. Pray that God uses your group and the MannaDR team to plant and water seeds that grow disciples for Christ. Pray that all those you come in contact with will see a reflection of God's glory in you and your actions.

Meet

Your group should meet regularly to pray, plan and practice for your work in the Dominican Republic. Hold each other accountable. We recommend dividing into smaller teams and delegating responsibilities for different activities throughout the week.

Plan & Study

Start planning as early as possible. Adapting to a developing country, a new culture and a foreign language is a challenge for many people. We do not expect group members to be fluent in Spanish or have experience in international missions. All that we ask is that each group, and each group member, put in the effort prior to travelling to prepare for the week's activities and grow together as a team. Simple steps such as studying a little Dominican culture, learning basic Spanish words and phrases, and focusing on simple Spanish Christian songs will go a long way.

We also recommend that groups put together a booklet for each group member with information such as: Spanish song lyrics, schedule of activities, and a section for journaling daily thoughts, observations and actions.

Flexibility and a positive attitude are the most important things you must bring with you!

WHAT DOES A WEEK LOOK LIKE?

No two weeks here may necessarily look alike. Your actual schedule will be determined and provided by your MannaDR group host(s). Below are some of the activities that your group will likely experience:

- Morning Quiet Time & Evening Devos
- Community Day
- Children's Activity
- "Camp Manna" (summer groups only)
- Community Caroling & Prayer
- Work Day
- Worship Service
- Movie Night
- Manna Children's Home
- Manna Christian School
- Other Activities

MORNING QUIET TIME & EVENING DEVOS

Each morning after breakfast and chores, quiet time will be set aside for group members to pray, journal or read, individually or in small groups. This is an important way to start our days in quiet meditation and reflection before jumping in to high tempo activities.

Similarly, each evening after dinner and chores, time will be set aside for the group to have a devotional. Group leaders will be responsible for planning or delegating nightly devotionals. We recommend that groups choose leaders to guide the praise, thoughts, prayers and any discussion at nightly devotionals as part of your preparation leading up to the trip. Questions such as "What moment am I most grateful for today? Least grateful? Where did you see Jesus today?" help groups to reflect on the day's experiences.

Please note that the evening devotional on your first night in the Dominican Republic will include group orientation by your group host(s). For summer groups, this first devotional and orientation will be led by our summer interns.

COMMUNITY DAY

Groups will split in to smaller teams of 4-6 people, each accompanied by a missionary and/or intern, and spend a portion of the day in the home of one of our Manna Christian School students. The group will spend time with the student and their family, play games and share a home-cooked Dominican meal.

Supplies (optional)

We recommend bringing small house warming gifts such as kitchen towels, candles or games as a “thank you” for having you in their homes. You may also bring cards or other games to play while with your host family.

Attire

Boys: pants or non-athletic shorts, t-shirts, any type of shoe

Girls: pants, skirt or non-athletic shorts, t-shirts, any type of shoe

CHILDREN’S EVENT

Groups will host a children’s event for the communities of Bobita and/or Rio San Juan. These are fun and full days that require a lot of energy and preparation. The more your group is able to do before arriving, the easier the event will go! MannaDR requests that each group prepare an activity that aligns with the spring or summer group theme. The group theme and specific lesson for your group will be provided as soon as they are finalized.

In Bobita the children’s event will take place at the MannaDR campus and in Rio San Juan it will take place at the MannaDR Outreach Center. In each location, the local MannaDR missionary team and/or summer interns, along with many of our Manna Christian School students, will assist your group to lead the event and conduct the activities you have prepared.

Each event should last an hour and a half, start to finish. Most groups that are scheduled for children’s events in both Bobita and Rio San Juan will typically do the same event in each location. Your group should prepare for at least 100 children at each event.

Suggested Activities & Timing

- Spanish VBS-type songs (15 minutes)
- Skit (10 minutes)
- Divide into small groups (5 minutes)

- Group rotation #1, Games/Craft/Snack (20 minutes)
- Group rotation #2, Games/Craft/Snack (20 minutes)
- Group rotation #3, Games/Craft/Snack (20 minutes)

Helpful Tips

- Plan for skits, puppets, stories and/or songs to bring the message to life.
- Everything should be in Spanish. Speakers need to be comfortable with the Spanish words or be prepared to have a translator.
- Practice your skit early and often!
- Dividing into small groups and rotating between games, craft and snack helps with keeping the children’s attention and ensures that all children are able to participate in each activity. Activities should all be the same length of time (15-20 minutes).
- Consider ways of dividing the children into small groups. Stickers, bandanas or flags will help keep the children organized.
- Snacks can be small and simple, such as crackers, cookies or candy.

When you arrive, the MannaDR team will ask to see your skit and everything that you have prepared for your event(s). This will help the missionary team and/or interns plan for the best way to be involved to help make your event a success.

Supplies

Any supplies required for your event(s), including the skit, games, craft and/or snack must all be brought in to the Dominican Republic by your group.

Attire

Boys: pants or non-athletic shorts, t-shirts, any type of shoe

Girls: pants, skirt or non-athletic shorts, t-shirts, any type of shoe

“CAMP MANNA” (SUMMER GROUPS ONLY)

Your group will host students from Bobita and Rio San Juan, ages 13-20, in a day of activities and devotional time at the MannaDR campus in Bobita. Activities are focused on fun and fellowship, including a shared lunch. Your group should prepare for approximately 100 students and should plan a variety of activities such as games, crafts, soccer, or even a “slip-n-slide.”

Supplies

Any supplies required for your planned activities, including games, crafts, “slip-n-slide” and/or snack must all be brought in to the Dominican Republic by your group.

Attire

Boys & Girls: pants or shorts, t-shirts, any type of shoe

(no cleats for soccer please!)

WORK DAY

This is a day for your group to be involved in a work project to contribute to the continuing expansion of our ministries. This is a good day to focus on building relationships with your fellow group members and the MannaDR team while working together. Work projects may include spreading gravel, painting, cleaning, or trash collection.

Attire

Boys & Girls: pants or shorts, t-shirts, sturdy closed-toe shoes

(be prepared to use older clothes you do not need to bring home)

WORSHIP SERVICE

Your group will participate in Sunday worship with the MannaDR team and the communities of Bobita and/or Rio San Juan. One of our missionaries or summer interns will facilitate the worship activities including song leader, preacher, prayer leaders, and communion presider. Members of your group may be asked to participate.

Attire

Boys: pants or non-athletic shorts, nice shirt, any type of shoe

Girls: pants, skirt or non-athletic shorts, nice shirt, any type of shoe

MOVIE NIGHT

On Sunday night we will show a movie for children in Bobita and the MannaDR Children’s Home. Popcorn and juice will be provided for the children. Please note that the movie will be shown in Spanish with English subtitles. This is a great opportunity to continue to build relationships with the children in our community.

Attire

Boys & Girls: pants or shorts, t-shirts, any type of shoe

MANNA CHILDREN'S HOME

One of the year-round MannaDR ministries is our Children's Home that provides 24/7/365 care for children of all ages. In addition to providing housing, meals and education, the Children's Home is an important discipling ministry for our house parents and children.

Each group will have the opportunity to tour the Children's Home and learn more about their ministry. This will also be time for your group to play and build relationships with the children.

Supplies (optional)

Candy, water balloons, games, nail polish, etc. to play with and/or give to the children

Attire

Boys & Girls: pants or shorts, t-shirts, any type of shoe

MANNA CHRISTIAN SCHOOL

Another one of the MannaDR ministries is a Christian high school serving 10th-12th grades. While Manna Christian School provides students with their educational needs, it is first and foremost a discipling ministry for our missionary teachers and students.

Every group will have the opportunity to interact with Manna Christian School students at many of the group activities throughout the week. Groups visiting while school is in session (most weeks during the fall, winter and spring) will have the opportunity to participate in discipleship activities with the students, observe classes and be part of their daily routine.

Attire

Boys & Girls: pants or shorts, t-shirts, any type of shoe

BEACH DAY

Towards the end of your group's week in the Dominican Republic you will get to spend an afternoon at one of the pictureque local beaches, soaking up the sun and fun of the Caribbean!

Attire

Boys & Girls: swimwear, towel, and sandals

OTHER ACTIVITIES

Depending on your group's schedule, there may be additional time to explore more of the beautiful scenery the Dominican Republic has to offer with students or children from one of our ministries. From the MannaDR campus in

Bobita there are opportunities for hikes to nearby mountain tops or to cool off and play in one of the nearby rivers.

Attire for Hikes

Boys & Girls: pants or shorts, t-shirts, sturdy shoes

Attire for the River

Boys & Girls: swimwear, towel, shoes/sandals to wear in the water

GENERAL INFORMATION

MEALS, SNACKS & WATER

All meals will be provided while in the Dominican Republic. Breakfast typically consists of things like fresh fruit, cereal, bread, coffee and hot water. Lunch and dinner include a variety of meals. Please note that we are unable to be a food allergy free zone. Groups should identify any food allergies upon arrival; however it is each group member's responsibility to be aware of potential allergens and bring any food alternatives with them to the Dominican Republic.

We recommend that group members bring snack items to supplement meals and have while away from the MannaDR campus for off-site activities. All snack items must be kept in the campus kitchen, not in the dorms; secure storage will be provided. We recommend pre-packaged, individual serving snacks and labeling all items with each group member's name.

All drinking water will be provided and will be available at all group activities and while at the MannaDR campus. Drink a lot! The water is not cold, so if you are not used to that you may want to bring drink powders to add a little flavor.

COMFORTS

Air conditioning and hot water are **NOT** available. Be prepared for hot nights and cold showers! In order to conserve water, groups are asked to take military-type showers: get wet; turn off water; lather; rinse; turn off the water; exit shower.

Electricity is **NOT** available for personal items such as chargers, fans, hair dryers or other items. We recommend leaving these items at home. Any items brought that do require electricity must be battery operated, such as a small battery operated personal fan.

Be prepared for mosquitoes and other bugs. Insect repellent is strongly recommended. All beds are furnished with mosquito nets and the dorm windows have screens.

Convenience stores are **NOT** available on every street corner so anything you will need during the week must be brought with you.

HEALTH & SAFETY

Group leaders are responsible for the medical well-being of their group members. MannaDR is not equipped to provide medical care for any needs beyond basic first aid, and is not responsible or liable for any risks that group members with medical conditions take or are willing to take. Professional medical care is more than 45 minutes away from the MannaDR campus and is **NOT** comparable to care you would expect to receive in the United States. Any condition that may require medical care similar to a quality that you would expect to receive in the United States. is at least 3 hours away from the MannaDR campus.

Group members with special medical needs (i.e. diabetes, food allergies) must be made known to the MannaDR team in advance of your trip and again on the day of arrival to verify specific medical issues. Those with serious medical conditions (i.e. severe allergies, heart conditions, problems that would require immediate medical attention) are strongly encouraged to consider the risks of participating in a trip of this nature.

Medical insurance coverage is required for all group members. Your regular medical insurance may be sufficient, but be sure to check with your provider about coverage while travelling internationally. Coverage can be purchased in combination with your group's travel insurance or through another provider.

Important: before beginning your travel, please ensure that ALL personal medications are packed in carry-on baggage and **NOT** in checked luggage!

Groups will be living and working in rural areas of the Dominican Republic. It is important that group members are up to date on routine vaccinations and immunizations, specifically tetanus, before departing the United States. Other recommended immunizations are hepatitis A, hepatitis B and typhoid. You may also choose to receive anti-malarial drugs for the prevention of Malaria. Be sure to consult with a doctor for specific information and recommendations. Additional health information and the most up to date recommendations are available at cdc.gov/travel.

As a reminder, the MannaDR campus is **NOT** a food allergy free zone. Group members with food allergies must carry the appropriate medication with them at all times and must bring their own food alternatives if necessary.

The heat and humidity in the Dominican Republic are intense and fatigue can set in very quickly, especially during the summer months. Group members should take the following precautions to mitigate against effects of the heat:

1. Use sunscreen every day and continually re-apply
2. Bring a large reusable water bottle to stay hydrated
3. Bring snacks with high protein or high complex carb content to boost energy quickly

Groups are strongly encouraged to have each group member provide a Medical History and Health Release form. A sample form is available for download at WeAreManna.org/groups. Copies of these forms, and all travel-related documents such as flight itineraries and copies of passports, should be carried with the group leader(s) at all times.

CHORES

Each group member is expected to participate in chores around the MannaDR campus each day. These include cleaning the dorms, bathrooms, kitchen and dining area, loading vehicles with supplies, food preparation, and other duties as assigned. If you see something that needs to be done or are looking for other ways to pitch in, please ask the group host(s) or interns.

On the day of your departure from the Dominican Republic, we ask that groups make every effort to leave the MannaDR campus in better condition than it was when you arrived. Please be sure that each group member contributes to this effort.

At the end of the week, group members are encouraged and welcome to leave any shoes, clothing or sheets that you do not wish to take home. The MannaDR team will make sure that all items are distributed to people in need in the communities where we serve.

SECURITY

For the protection of all MannaDR guests, we ask that groups deposit passports and other valuables such as wallets and cell phones with the MannaDR staff when you arrive for storage in our safe boxes and secure locations. Zip-lock bags will be provided for each group member to store items they wish to have secured. Throughout the week, any valuables not secured such as cameras and electronic equipment must be watched closely and not left unattended.

Lastly, you will be out of touch from life in the United States. This is both partially unavoidable and intentional as we want groups to focus on connecting with and serving God without distraction. Unless it's an emergency or pre-planned event, you will be without internet or telephone access while in the Dominican Republic. In an emergency or any other need to be in contact, the MannaDR staff can be reached from the United States 24/7 via the Group & Intern Coordinators or other prearranged contacts.

TRAVEL CONSIDERATIONS

International group travel can present a number of challenges and additional requirements. Please plan ahead and double-check all details and requirements, both when you initially make arrangements and again prior to your group's departure!

TRAVEL INSURANCE

MannaDR requires that all groups carry travel insurance coverage for each group member or a similar blanket coverage for the group. This coverage must apply to travel disruptions and lost baggage, as well as emergency evacuation and medical treatment. Group leaders must confirm their insurance coverage with MannaDR staff (Groups@WeAreManna.org) prior to travel.

PASSPORTS

Each group member must have a valid passport to travel internationally. Group members without a passport or that require a new passport should begin the application process immediately as it can take up to three (3) months to receive a passport. Passport information for U.S. citizens is available at travel.state.gov/passport. Please note that passports must have an expiration date no less than six (6) months beyond your planned trip dates.

FLIGHTS

Each group is responsible for making and paying for its own flight reservations. Group leaders must communicate their planned itinerary to the MannaDR staff (Groups@WeAreManna.org) prior to booking. This will allow us to confirm dates, times, and availability of in-country resources and de-conflict potential issues in order to ensure that your group is properly received upon arrival in the Dominican Republic.

Groups should book arrival and departure flights to the Dominican Republic through Puerto Plata (**POP**) international airport. Flights from the U.S. to Puerto Plata are available on American, Jet Blue and United.

SANTIAGO TRAVEL

Recognizing that travel to/from Puerto Plata (**POP**) can be significantly more expensive for some groups than other airports in the Dominican Republic, the MannaDR team will consider on a case-by-case basis allowing groups to book arrival and/or departure flights through Santiago (**STI**) international airport. Flights from the U.S. to Santiago are available on American, Delta, Jet Blue, Spirit and United.

This option will only be considered in extreme circumstances and must be approved by the MannaDR staff (Groups@WeAreManna.org) prior to making any airline reservations or deposits. This option should **NOT** be viewed as a primary alternative without making every effort to first travel via Puerto Plata. Santiago is 3+ hours away from the MannaDR campus, more than twice the travel time from Puerto Plata, and includes travel over very difficult mountain terrain.

Additional requirements and costs will be imposed on groups approved to travel via Santiago. These may include additional transportation, lodging, meals and other logistics **NOT** covered by the group deposit or per person

fee. Travel via Santiago will also impact a group's schedule and shorten the amount of available time in Dominican Republic.

The following factors must be considered as a group considers this travel option:

Ground Transportation

Due to safety reasons, MannaDR's normal transportation (Daihatsu and luggage trailer) is not an option for travel to/from Santiago. Transfer arrangements will be made by the MannaDR team through a 3rd party transportation company at an additional estimated cost of \$500 per group one way, or \$1,000 per group round trip. These are current estimates and could increase. Actual costs will be passed along to the group. A MannaDR team member will receive your group at the Santiago airport and escort the group at all times.

Liability Waiver

A release of liability waiver is required while accepting the added risk of transportation over the Dominican Republic mountains with a 3rd party transportation company.

Additional Costs

Because some flights in/out of Santiago are scheduled late at night or early in the morning, additional expenses may be incurred for group lodging and additional meals in Santiago. MannaDR will outline this in a group's schedule and provide estimated costs prior to departure. Once more, any estimate provided may not reflect actual expenses incurred which will be passed along to the group.

Payments

A minimum of 50% of all estimated additional costs for travel to/from Santiago must be paid to MannaDR prior to arrival in the Dominican Republic. The balance of the actual costs are to be paid to the MannaDR group host upon arrival.

THE MANNADR KIOSK

MannaDR is blessed to see a lot of growth in our ministries in the Dominican Republic. One of the many ways we are able to fund this growth is through the sales of cold drinks and souvenir items, with 100% of the proceeds going to our ministries.

Cold Drinks such as sodas, sports drinks and flavored waters will be available for sale at almost all events and activities. Prices range from \$1 to \$2 per bottle.

Souvenir items will be for sale throughout the week including: MannaDR t-shirts, hats and tank tops, as well as bracelets, necklaces, carvings, rugs, cups, coffee, tote bags, vanilla, and of course Carmen's Candy! Please consider doing your souvenir shopping with us.

Payment for all kiosk items will be required on the group's final night in the Dominican Republic. MannaDR is able to accept cash. Debit and credit cards may be accepted, but cannot be guaranteed as it will be subject to technology and connectivity constraints beyond our control.

COSTS

We strongly recommend that groups have all funds in hand no later than one (1) month prior to your departure date. Depending on your group's travel itinerary, the average total cost per person is approximately \$1,500. A sample budget worksheet is available for download at WeAreManna.org/groups.

GROUP DEPOSIT

In order to confirm your group dates, MannaDR requires a non-refundable deposit of \$1,500. This is a stand-alone deposit and will not be applied as part of your group's per person cost.

AIRFARE

Because airfare will be the largest expense for your group, we recommend making reservations as soon as possible. Reminder: your group's travel itinerary must be coordinated with MannaDR staff (Groups@WeAreManna.org) prior to booking/purchasing tickets.

IN-COUNTRY EXPENSES

MannaDR's group fee for 2019 is \$410 per person. This fee covers the cost of lodging, meals, transportation, work project supplies, and other group expenses. Because MannaDR incurs expenses in advance of group arrivals, the fees for your group must be paid in two (2) installments. The first installment, 50% of your total group fee, is generally due no later than two (2) months prior to your group's departure. The second installment, the remaining 50% balance of your total group fee, may be paid either a) in advance of the group's departure, or b) in cash upon the group's arrival in the Dominican Republic to the MannaDR group host.

Example: a team that commits to 20 participants would have a total group fee of \$8,200 ($\$410 \times 20 = \$8,200$). Each installment payment would then be \$4,100 ($\$8,200 \times 50\% = \$4,100$).

Items not covered in the per person fee include, but are not limited to:

- Passport and/or vaccination fees

- Travel and/or medical insurance
- Meals and/or lodging (if necessary) while en route to the Dominican Republic
- Supplies for group activities
- Spending money for souvenirs

PAYMENTS

All group payments, including the group deposit and installment payments, should be made payable to Manna Global Ministries and sent to:

Manna Global Ministries
P.O. Box 1291
Cookeville, TN 38503

MannaDR's Administrative Director, Ms. Jill Mynatt (Jill@WeAreManna.org), will provide invoices for your team deposit and installment payments, and is available to confirm group balances at any time.

GROUP SIZE

Due to MannaDR's logistical constraints, we require all groups to have a minimum team size of 15 participants and a maximum of 24 participants. Groups up to 30 participants may be considered, but must be pre-approved by MannaDR staff (Groups@WeAreManna.org) prior to the first installment payment. Please note that groups smaller than 15 participants must still pay the minimum 15 participant fee ($\$410 \times 15 = \$6,150$).

TRAVEL INSURANCE

MannaDR requires that all groups carry travel insurance coverage for each group member or a similar blanket coverage for the group. The cost for travel insurance will be dependent on the provider and type of policy you choose, but can generally be as low as \$10 per person. Group leaders must confirm their insurance coverage with MannaDR staff (Groups@WeAreManna.org) prior to travel.

TOURIST VISAS

Typically, United States citizens must purchase a tourist visa upon arrival in the Dominican Republic though it has not recently been in effect. The cost, if required, is currently **\$10 per person**. Please plan for this expense and bring cash to pay this for each group member upon arrival at the airport in order to clear immigration and customs in the Dominican Republic.

POTENTIAL ADDITIONAL COSTS

MannaDR strives to keep costs for groups as low as possible and avoid unanticipated expenses. However groups occasionally incur additional expenses due to unforeseen circumstances, usually due to travel delays and/or cancellations. Examples of these include, but are not limited to:

- Delayed or lost luggage retrieval fees from Puerto Plata/Santiago to the MannaDR campus
- Additional expenses due to canceled, missed or delayed flights and/or ground transportation
- Other costs not defined above but outside of normal transportation and assistance

IN CLOSING

Our MannaDR team is truly excited to partner with you as we join what God is doing in this little corner of the world. Many thoughts and prayers are with you as you prepare your group. For more information about the MannaDR ministries and staff, visit us at WeAreManna.org.

If you have any questions, please do not hesitate to contact the MannaDR staff (Groups@WeAreManna.org). We'll be happy to describe the group experience in more detail. We truly want the experience to be a positive, life-changing event as it has been for many others!

PACKING LIST

- Clothes for the week (several will get soiled with paint or work activities; many get wet because of rain or high humidity)
- Shoes (tennis shoes, shower shoes, sandals)
- Toiletries, including any personal medications
- Sunscreen
- Twin-size Sheets and Pillow
- Bath Towel and Washcloth
- Beach Towel
- Bible, Pen, Journal
- Backpack
- Camera
- Watch
- Flashlight
- Breakfast and Snack Foods (single-serve packaging; high in protein; high in complex carbs)
- Reusable Water Bottle (quart/liter size)

Optional

- Sunglasses
- Hat
- Rain Jacket
- Bug Spray
- Wet Wipes or Hand Sanitizer
- Zip-lock Bags
- Light-weight Blanket
- Battery-operated Personal Fan
- Extra Batteries (for camera, flashlight, fan, etc.)
- Individual Drink Mixes

Do not bring...

- Hair dryer, curling iron or anything to plug in
- iPods, video games, etc.

SPANISH 101

BASIC VOCABULARY

| | |
|-----------|------------------|
| please | <i>por favor</i> |
| thank you | <i>gracias</i> |
| good | <i>bien</i> |
| bad | <i>mal</i> |
| help | <i>ayuda</i> |
| bathroom | <i>baño</i> |

USEFUL PHRASES

| | |
|----------------------------------|-----------------------------|
| How are you? | <i>¿Cómo estás?</i> |
| What's your name? | <i>¿Cómo se llama?</i> |
| My name is... | <i>Me llamo...</i> |
| How old are you? | <i>¿Cuántos años tiene?</i> |
| I'm from the United States. | |
| <i>Soy de los Estados Unidos</i> | |
| Where is...? | <i>¿Dónde está...?</i> |
| How much is...? | <i>¿Cuánto es...?</i> |
| What hurts? | <i>¿Que le duele?</i> |
| God Bless You | <i>Dios te bendiga</i> |

SIMPLE PRAYER

Our Father, bless these people. Thanks for loving us. In the name of your Son, Amen.

Padre Nuestro, bendice esta gente. Gracias por amarnos. En el nombre de su Hijo, Amen.