

# **Trip Handbook**

## **Belize**



[kidzkonnnect4jesus.org/trips](http://kidzkonnnect4jesus.org/trips)

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# 1. INTRODUCTION

## 1.1. WHO IS KIDZ KONNECT 4 JESUS?

Kidz Konnect 4 Jesus was founded by David and Karen Rhodes and started life as “Christian Coastal Missions”. While the name was only officially launched in March 2010, *Kidz Konnect 4 Jesus* is a long term ministry that has been on the ground working with local churches and schools, ministering to the spiritual and physical needs of children and families in the Stann Creek region of Belize since 2006.

The Kidz Konnect 4 Jesus ministry has many programs including Medical clinics, feeding, discipleship, education and development. While you are on the ground in Belize you will have the opportunity to see and learn much more about Kidz Konnect 4 Jesus and how it works. Bottom line, Kidz Konnect 4 Jesus is about “konnections” and growing meaningful, Christ based relationships between US/Canadian Churches and Belizean villages

Family Impact Journeys are an integral part of Kidz Konnect 4 Jesus long term ministry and while we are on the ground we will be supporting the work that’s done by the Kidz Konnect 4 Jesus team, week in, week out. In order to limit confusion on the ground we will be considered a “Kidz Konnect 4 Jesus” team, not a church team or a Dallas team.

We encourage you to learn more about Kidz Konnect 4 Jesus by reading our website: <http://www.kidzkonnnect4jesus.org>

**Who is Kidz Konnect 4 Jesus? The short answer to that question is – you are!**



## 1.2. A LETTER FROM KIDZ KONNECT 4 JESUS



Dear Belize Team Member:

We are looking forward to partnering with you in your upcoming mission trip. Please read through this Trip Handbook and use it as a reference and overview manual. Please sign page 26 and return a copy of that one page to us prior to arrival. Congratulations!!! You are now a part of Kidz Konnect 4 Jesus...a vital part!

Thank you for giving of yourself for God's glory and purpose to those who are in need. Your willingness to raise money, take time out of your schedule, plan ministries, and step out of your comfort zone is greatly needed and will be incredibly appreciated by the people you come in contact with in Belize. Your skills, abilities, and willingness to serve are to be commended. Thank you for following the Great Commission and God's call on your life.

May God bless your preparations in the weeks and months ahead!!!

Because Jesus Loves Kids,

David & Karen

*'I have but one candle of life to burn, and I would rather burn it out in a land filled with darkness than in a land flooded with light' -- John Keith Falconer*

*"God's work done in God's way will never lack God's supply" -- Hudson Taylor*

*"We talk of the Second Coming; half the world has never heard of the first." -- Oswald J. Smith*

### 1.3. THE KIDZ KONNECT FAMILY IMPACT JOURNEY

Family Impact Journeys are devised to nurture and challenge the spiritual life of each family member while developing a deeper passion for Jesus’ call to the Great Commission. Kidz Konnect 4 Jesus believes that parents are the spiritual leaders of their children and strongly encourage families to experience missions together. Children raised on mission grow into adults on mission! Family Impact Journeys are designed to accommodate the needs of each family member whether young or mature. We’ve had children as young as five and six serve along with parents in an amazing manner.

Families stay at one of our partner properties in Hopkins Village, or one of our family cabanas at Camp Legacy, depending on the location of your partnership and size of the team. Either place will be less than 45 minutes from the schools and villages where we serve. Mornings and the early afternoon are utilized sharing the gospel, connecting with locals, carrying out light construction tasks while building relationships with your partner school or community. Upon returning to the hotel or camp, families are encouraged to enjoy the pool, ocean or river, and relax while reflecting on the day’s experiences.

During the trip we try to stick to the following approximate schedule. However, please remember that we are on the ground to serve, your patience and flexibility will be tested! Many things can affect this schedule; inclement weather, electricity & water (lack of it) and transportation issues to name a few. We seek to serve where there is need and relationship building is maximized. Your team may serve your Belizean partner community through the school, church or community projects. The specifics will be determined with lots of prayer and communication.

Time	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
<b>Breakfast</b>		Hotel						
<b>Morning</b>		Local Church	Ministry Work	Ministry Work	Ministry Work	Ministry Work	Recreation Trip	Travel
<b>Lunch</b>		Local Restaurant	On site or close	On site or close	On site or close	On site or close	Provided on trip	Cheers
<b>Early Afternoon</b>	Arrive in BZE	Community Activity	Ministry Work	Ministry Work	Family time	Ministry Work	Recreation Trip	Travel
<b>Late Afternoon</b>	Travel	Family time	Family time	Family time		Family time		Depart from BZE
<b>Dinner</b>	Cheers	Hotel						
<b>Evening</b>	Arrive in Stann Creek	Family time	Family time	Family time	Family time	Family time	Family time	

If you have any questions, please email us at [missions@kk4jesus.org](mailto:missions@kk4jesus.org). We look forward to serving with you!

## 1.4. MISSION TRIP CHECKLIST

- Read through this Trip Handbook and PLEASE follow directions. This is a VITAL responsibility of your mission work!**
- Raise necessary funds and make payments to the organizer on time. All funds are due before 45 days before arriving on the ground in Belize.
- Apply for and receive your passport. You should plan on having your passport in hand 90 days before you travel.
- Visit a Travel Clinic or doctor to acquire the necessary vaccinations and medications
- Attend all team meetings. We recommend one open general interest meeting 6-12 months out, then monthly team meetings 3 months prior to trip.
- Recruit prayer partners to pray daily for your trip. This is vital to your growth and effectiveness on the trip, but it is also an amazing tool to spread the message of missions in your circle of influence. There are creative ways to do this as a team. We will share resources with team leaders.
- Purchase needed supplies and clothing
- Write out and practice your testimony/life story with others
- Pack using the list in this handbook
- Make 2 copies of your passport, bring one copy with you on your trip
- Leave emergency contact info, flight detail and a copy of your passport with a family member

## 2. BEFORE YOU COME

### 2.1. SAFETY FIRST

On all Kidz Konnect mission trips, safety is our first priority. People attending can expect to travel in groups at all times. Training is provided in regard to what the group members should eat and drink, what things they should be aware of in the environment and culture, and how to conduct themselves on the trip. We have ready access to clinics in case of emergencies. We provide safe meals, snacks, and plenty of water to all trip members. We pray that the Lord will bless our preparations and the precautions we take as we attempt to minister to the people of Belize and members of our group.

### 2.2. TESTIMONY / FAITH STORY

You will have numerous opportunities to share your testimony/faith story on the mission's trip. You need to look for these opportunities and jump at the chance to point to Jesus as our reason for life and for being a member on this trip.

You will be most effective if you know what you want to share ahead of time and have practiced it prior to the trip. This preparation will enable you to be more effective and focus on the people during the trip rather than sneaking away to practice what you are going to say while on the trip.

#### **Possible themes:**

- Your life story with an emphasis on your walk with Jesus
- Your faith journey through the years
- Your conversion experience
- Something God is teaching you now or has taught you in the past
- Personalize a Bible story
- A couple of incidents or brief stories that highlight a biblical concept or point

#### **Things to remember and consider:**

- Your testimony should be 4-5 minutes long
- Write it out on a note-card and keep it with you throughout the trip
- Smile, relax, and share from your heart
- Come across as a real person, not necessarily as the perfect Christian
- Have a solid opening and closing
- Eliminate anything that doesn't enhance the point
- Remember the culture and audience
- Stay away from comparisons of your culture and their culture
- Avoid sharing about material possessions
- Avoid suggestions on how they can improve their church or country
- Don't use humor that will only be understood by your team or your culture
- When you're finished, stop
- Know what you are trying to communicate and why
- Be ready to share at any time on the trip
- Practice

## 2.3. PRAYER PARTNERS

Each group member is expected to find at least five people who will pray for them, other group members, ministries, safety, the people of Belize, etc. each day of the trip.

## 2.4. PASSPORTS

Everyone traveling to and from Belize is required to have a passport and a round-trip airline ticket.

**If you currently have a passport, please check to make sure that the date of expiration is not within 6 months of the time you will be departing Belize. If it is, you will need to renew your passport prior to your trip.**

To obtain a passport for the first time, you need to go in person to one of 6,000+ passport acceptance facilities located throughout the United States with proof of U.S. citizenship and a valid form of photo identification, such as a driver's license. Acceptance facilities include many federal, state and probate courts, post offices, some public libraries, and a number of county and municipal offices. Visit the United States government website for more details and locations to obtain your passport at <http://travel.state.gov/content/passports/english/passports.html>.

You'll need to apply in person if you are applying for a U.S. passport for the first time. Each passport usually takes at least 12-16 weeks for delivery, so allow plenty of lead-time to secure your passport.

Obtaining a passport is an investment in your travel future. The U.S. government is now requiring passports to visit Canada, Mexico, and the Caribbean, as well as almost all other countries around the globe. One of the blessings of having a U.S. passport is that it now becomes your most official form of identification and is accepted world-wide.

## 2.5. KIDS TRAVELLING WITHOUT BOTH PARENTS.

If you are travelling with kids, yours or somebody else's, under the age of 18 and both parents are not traveling with the child, you will need to carry a consent letter with you when you fly outside the US. You can find more info from the US Customs and Border Protection folks here:

[Child traveling with one parent, someone who is not a parent or a group](#)

[Parental consent/permission letter](#)

As a parent or guardian you are responsible for the travel arrangements and documentation for the minors traveling in your care. As such, carrying a consent letter is your responsibility. Please fill in, print, sign and get notarized the KK4Jesus Letter of Consent form.

[Kidz Konnect 4 Jesus Consent Form.](#)



## 2.6. TRAVEL INSURANCE

The cost of providing medical insurance is included in all trips. Your group lead will be asked to collect a few pieces of information from you in advance of the trip to ensure we can secure coverage for all who are traveling.

At a high level, the insurance that Kidz Konnect 4 Jesus purchases on your behalf covers the following:

- Medical Expenses (including ER, in-patient, out-patient and prescription costs)
- Dental Emergency & Injury
- Medical or political evacuation
- Trip interruption
- Repatriation of remains and AD&D
- Lost Luggage
- Adventure Sports Rider

This insurance is not comprehensive travel insurance nor is it intended to replace any other policies you have, or may choose to purchase. Amongst many other things it does not include:

- Life insurance
- Disability income replacement
- General Liability cover
- Personal effects coverage (beyond lost luggage)

If you would like further coverage details, please email [missions@kk4jesus.org](mailto:missions@kk4jesus.org). If you are interested in additional coverage for your trip you should contact an insurance broker or provider that is licensed for your state of residence.

## 2.7. Background Checks

Everyone over the age of 18 must complete a Kidz Konnect 4 Jesus background check before serving on the ground in Belize. Our background checks are administered by a company called TalentWise, Inc. The background check will cover

- SSN Trace
- Multi-State Instant Criminal Check
- Nationwide Sex Offender Registry Check

If you are over the age of 18 you will need to provide a **unique** email address to your group lead when asked. You will receive an email, to the address you provided, with the subject line:

***“Request For Background Check -- Kidz Konnect 4 Jesus”***

You will need to follow the instructions in that email, **within 7 days of receipt**, to complete your background check.

## 2.8. MEDICATIONS AND IMMUNIZATIONS

Following is a list of suggested medications and immunizations. Please see your health professional for advice on your specific updates and situation

### 2.8.1. General Health

We want to give you all the information necessary to make a safe decision for your family, in regards to special health issues, before you travel.

We will provide SAFE water and food here for your family. The water from any tap source is not safe to drink. Purified water will be available for you both in your lodging area and at ministry sites.

Our concerns center on the ability to treat, in case of a serious illness. Through our medical clinics here in Stann Creek, we have access to a pharmacy, a nurse full time on staff and physician consultation quickly and pretty easily. We can also call your home physician to direct treatment. We would not take anyone to the hospital locally, except in extreme circumstances for stabilization, but fly them home. This is why we insist you carry some form of insurance.

Some questions to help you decide on a specific case basis if you have a chronic condition:

In the states, are you exposed to daycare, public school, even church Sunday School settings? Do you take special precautions for being around crowds? Do you limit exposure to known sick people? Any risks to illness here would be the same, as far as contracting something.

There are several mosquito-borne viruses and GI bacteria in the water that are more prevalent here than in the states and some visitors take Cipro prophylactically to avoid. Check with your physician before coming and follow their advice. Again, the difference here is not in contracting illness, but reliable treatment at a hospital is NOT available.

IF you are on any daily medications make sure you bring them, of course. Also, please bring a list of routine medications and allergies with you, and give to our nurse. If you need any medical treatment while here, that information is imperative.

Please contact [shirley@kk4jesus.org](mailto:shirley@kk4jesus.org) if you or your physician have any specific questions.

### 2.8.2. Medications

**Travelers' diarrhea** is the most common travel-related ailment. All travelers should bring along an antibiotic and an anti-diarrheal drug to be started promptly if significant diarrhea occurs. An antibiotic is usually prescribed: either [Ciprofloxacin \(Cipro\) \(PDF\)](#) 500 mg twice daily or [Levofloxacin \(Levaquin\) \(PDF\)](#) 500 mg once daily for a total of

three days. Most cases of travelers' diarrhea are mild and do not require either antibiotics or anti-diarrheal drugs. **Adequate fluid intake is essential.**

**Malaria in Belize:** While not required, the drug of choice is Chloroquine, taken once weekly in a dosage of 500 mg, starting one to two weeks before arrival and continuing throughout the trip and for four weeks after departure. Chloroquine may cause mild adverse reactions, including gastrointestinal disturbance, headache, dizziness, blurred vision, and itching, but severe reactions are uncommon.

For more information, please visit: <http://www.cdc.gov/malaria/>

### **2.8.3. Immunizations**

Each person should visit either a travel health clinic or their personal physician soon after registering for the trip and obtain recommended vaccinations and medications.

Hepatitis A vaccine is recommended for all travelers over age two. It should be given at least two weeks (preferably four weeks or more) before departure. A booster should be given 6-12 months later to confer long-term immunity.

Typhoid vaccine is recommended for all travelers. It is generally given in an oral form (Vivotif Berna) consisting of four capsules taken on alternate days until completed.

Tetanus-diphtheria vaccine recommended for all travelers who have not received a tetanusdiphtheria immunization within the last 10 years.

Measles, Mumps, Rubella (MMR) vaccine recommended for any traveler born after 1956 who does not have either a history of two documented measles immunizations or a blood test showing immunity. Many adults who had only one vaccination show immunity when tested and do not need the second vaccination. Measles vaccine should not be given to pregnant or severely immuno-compromised individuals.

Information taken from: [www.mdtravelhealth.com](http://www.mdtravelhealth.com) and [www.cdc.gov](http://www.cdc.gov)

## **2.9. CLOTHING**

Our desire and clothing philosophy is to dress in a manner at all times that does not distract from the message of Jesus Christ that we are trying to share. Laundry facilities will likely not be available, so please pack accordingly. We suggest bringing plenty of shirts and shorts/pants (at least 5 sets!), you most likely will need a change of clothes on many days because of the humidity and heat. Please also pack with the knowledge that the sun and temperature will be **very hot.**

### **2.9.1. Ministry sites, cultural events & Church**

Ministry Sites:

Men: Jeans, long pants, casual shorts or long athletic shorts, polo shirt or nice t-shirt, tennis shoes.

Women: Skirts, or Capri's, or shorts with your KK4Jesus tee shirt, tennis shoes or closed toe shoes.

Church:

Men: Adult Worship Service- long pants and a collared shirt. Children's Worship- Shorts and t-shirt

Women: Adult Worship Service-Skirts that fall at the knee, lightweight pants or Capri's and a shirt with more than a spaghetti strap. Dresses with more than a spaghetti strap. Children's Worship- Long shorts and t-shirt.

### **2.9.2. Other**

Swimsuit (one-piece or tankini for women), hat or baseball cap, socks, undergarments, lightweight sleepwear, sunglasses, raincoat, light weight pants

**No low cut shirts, tank tops, bikinis, short shorts or jewelry.**

**NEVER, NEVER, NEVER bring a new pair of shoes...** they should always be broken in to prevent blisters!!! ALWAYS bring 2 pair of shoes as they can get wet!

## **2.10. PACKING and TRAVEL SUGGESTIONS**

Most airlines are now charging for all baggage to Belize. Even though airlines are charging we ask that you pack efficiently for your family as we are expecting to use some of your luggage allowance to transport ministry supplies (we will tell you in advance what we will need for you to bring). For example, if you are a family of four pack two cases of clothes and keep two cases empty for supplies. Checked luggage should not exceed 50lbs per piece.

*If you have frequent flyer status that allows you and your family to check more bags at no additional charge, please let us know – we can use that!*

You are also allowed a small backpack plus a small bag as your carry-on. Fluids, creams and gels more than 3oz must be put in your checked bags. Keep all medications with you at all times!

Mark your suitcase, making them easy to spot at the airport. Remember to attach a luggage tag with your address information.

Stick with a partner in the airport, and have all flight information and contact information with you in case you get separated.

Pack lightly and efficiently. For example, don't bring anything in your wallet or purse that isn't necessary. Stuff your shoes with socks or underwear, and roll your clothes to save space, etc.

Bring travel-sized containers of things like shampoo and toothpaste.

Bring luggage with you that you won't mind getting damaged. Older suitcases and duffel bags are suggested.

Carry one change of clothes and any essential items with you on the plane. If your luggage gets lost or delayed you will have the necessary items with you as a carry-on.

Don't bring knives, scissors, or other objects that could be used as weapons in your carry-on luggage.

Keep your passport and cash in a Zip lock baggie.

Bring spare Ziploc bags for food items, personal items, etc.

Leave enough room in your suitcase for souvenirs.

Bring a pillowcase to use as a laundry bag.

Bring clothes and other items that are used. Don't wear your best stuff.

Don't wear shoes or boots for the first time on the trip. Break them in beforehand to avoid blisters.

Come into the trip well rested and in good health! Get a good nights' rest in the days leading up to the trip. Do not pull an all-nighter prior to the trip; you will not have the chance to catch up on sleep during the week. It is VERY important that you come in well-rested and in good shape for ministry and health reasons.

Leave a copy of your itinerary and emergency contact information with a family member or close friend at home.

## 3. WHILE YOU ARE HERE

### 3.1. STAYING HEALTHY

- Drink water that you know is safe. This usually means drinking bottled water. We provide as much water as you can drink (not always cold). **You will need to bring a water bottle that can be refilled.** Drink water early in the day and often throughout the day.
- When you are drinking other liquids, look for the word "purified" or "pasteurized" on the container. When you have ice, make sure it is from purified or filtered water.
- Wash your hands or use anti-bacterial gel frequently but inconspicuously before every meal. Avoid fruit that cannot be peeled, uncooked vegetables, salads, fruit juices, raw eggs, and uncooked meat or unprocessed cheese.
- Bring all prescription/nonprescription medications with you in their original bottles and take them as directed.
- Be aware of the intensity of the sun and temperature. Apply sun block frequently and dress at all times to avoid sunburn and heatstroke.
- Do not take unnecessary physical risks and wear shoes at all times and gloves when necessary.
- Bug spray is NOT optional – Really! There are sand gnats and mosquitos that will ruin your trip if you aren't diligent. Plan on applying liberally before leaving for breakfast, then at least twice more during the day. A family will go through 2-3 bottles in a week at least. Different kinds of bug-spray work for different people but Skin so soft, by Avon is recommended by our team on the ground. It comes with a sunscreen combo that is very good. Sawyer makes a permethrin clothing treatment that will keep mites and ticks away, but those are not common pests. Do not drink out of anyone's water bottle other than your own. The local children may want to drink from your water bottle, instead find a cup to give them water in.
- Always take a partner with you when you are away from the group and communicate where you will be with the team leader. Be aware of your location and the people around you at all times.
- Notify the team leader or seek professional help if you experience physical problems. These could include diarrhea lasting more than 48 hours, persistent cramps or vomiting, severe chills, or any other symptoms that are of medical concern.
- Please stay away from and do not pet or touch any local animals including insects, lizards, dogs, cats and other pets. Animals are not vaccinated like our pets are in North America and they could carry rabies.
- Be conservative with physical limitations. Even those in "top" shape often struggle in the heat. Nobody should be a "hero." Do not push yourself too hard. Take frequent water breaks and get enough sleep.

- Bandage up your cuts and don't touch anyone's cuts that are bleeding. We have First Aid Kits available, use them!
- Zip up your belongings before leaving the hotel. Turn off your air conditioning when leaving your room for the day. Stay on the hotel grounds unless you receive permission to leave
- Any snacks required in between meals are your responsibility. Water is available at all times.

Please contact [shirley@kk4jesus.org](mailto:shirley@kk4jesus.org) if you or your physician have any specific questions.

## **3.2. ACCOMODATION**

### **3.2.1. Hopkins**

For trips staying in Hopkins, accommodation will be at one of our partner hotels. Accommodation for families of 4 or less is in standard hotel rooms with two double beds and en-suite bathroom. Accommodation for families of 5 or more will be in a 2-bedroom suite with en-suite bathroom.

Hotel rooms are assigned on an “as needed” basis and can (and likely will) change up to the day you arrive in Hopkins. We cannot guarantee specific accommodation for any particular family but we do our best to make sure everyone is comfortable.

Hopkins has many of the amenities you would expect from a tourist destination. These are available to you (at additional cost!), in walking distance of our partner hotel, and include:

- Laundry Service
- Local Massage
- Grocery & Souvenir shops

Ask any of our team for more info when you are on the ground.

### **3.2.2. Camp Legacy**

In the valley, our accommodations are at “Legacy” (we hate to call it a camp, because it is so nice and not like a normal camp). We have two gender based dorms that are side by side and 5 family style 2 bedroom cabanas (and one 4 bedroom "grand casa") on an amazing clean water river that sits amidst 19 acres of riverside beauty, 8 miles off the highway from Hope Creek. All accommodations have A/C and hot water and REAL mattresses. We have volleyball, basketball, kayaks, canoes, inner tubes, a beach area (except when the river is high). Breakfast and Dinner are prepared and served onsite by our wonderful Belizean staff. Linens are provided but we recommend you bring your own pillow. A self-service laundry is available on site.

### 3.3. TRANSPORTATION

Our transportation during the week will be via school buses or one of our 21/15/12 passenger vans along with our SUV and trucks. We will take turns driving around as we drive to the hospital, church, ministry sites, supper, and to our recreational activities. Please read below and have 1-2 on your team prepared to drive. An American Driver's License is recognized here in Belize and we have the appropriate insurance on our vehicles. Each driver will be covered by their own insurance or the sending Church's insurance just as if you were driving someone else's vehicle in the states.

**Safety** - Belize drivers are as well-trained as their cousins in the U.S., and driving after drinking is unfortunately common. Watch carefully when passing stopped buses — kids may suddenly dart around the bus to cross the road. Outside of settled areas, you may drive for an hour or more and never see another car. Do not pick up hitchhikers, unless they are known to KK4Jesus.

**Driving at Night** - Driving at night in developing countries is seldom a good idea, but in Belize night driving is NOT recommended and we do all we can to avoid this. Go slow, and be on the lookout for walkers and bicycles.

**Unusual Driving Practices** - Locals basically drive like Americans or Europeans. There are a few practices that may be unfamiliar to foreign drivers. One is the left turn. Belizeans usually signal right and pull to the right when turning left across traffic, waiting for vehicles behind them to pass. If you are driving and need to make a left turn, please pull off to the right and wait for traffic behind you to pass and there is no oncoming traffic, then turn left.

We will also do a **GREAT** amount of walking during the trip, so bring good walking shoes (never new shoes!). You also need to make sure you are in good physical condition and can deal with the heat and humidity.

### 3.4. SPENDING MONEY & CREDIT CARDS

The only things you will need money for on the trip are souvenirs, offerings in church, extra snacks or desserts, and travel money for meals at the airports in North America and Belize. That's *it*. If you want a suggested dollar amount, \$75 will more than cover what you will need. Feel free to bring a credit card if you feel you will want to purchase more expensive souvenirs. Most tourist and souvenir shops now accept credit cards however we have had a few instances of credit card details being compromised in ways which tend to imply they were compromised in Belize; Typical travel caution should be exercised if you are bringing credit cards with you. Incidentally, you can use American dollars everywhere in Belize, the exchange rate is fixed at US\$1 = BZ\$2. There is no need to exchange money for your mission trip.



### 3.5. CALLING HOME

Our philosophy is "*no news is good news*". Our trips are short, and we request that you don't plan on calling or emailing home during the trip. More importantly, though, we find that the missions experience is enhanced by full immersion in the culture. That being said, if you have an emergency or unique situation and have to call or email home, please see any of the Kidz Konnect 4 Jesus team and we will try to accommodate you.

**Emergency contact information:** If someone from North America needs to contact you in the case of an emergency, by all means have them call us and we'll get you in immediate contact with them. Individual team members' contact numbers are listed in section 7 of this manual. The Team phone is 011-501-660-2943 and the team email is [team@kk4jesus.org](mailto:team@kk4jesus.org).

### 3.6. CELL PHONES & WIFI

As mentioned above, we request that you don't plan on calling or emailing home during the trip. We would also ask that you plan on leaving your cell phones and other "connected" gadgetry behind to allow you to fully disconnect. That said, we are asked these questions so often, we may as well answer them here.

Yes, the accommodation we are staying in has Wi-Fi. It is free but it may or may not be working. If it is working it's probably good enough for you to check emails, your Facebook newsfeed or your twitter feed. It is not good enough to support Skype, Face time, and YouTube or stream the latest episode of Duck Dynasty from Netflix.

Belize has two cell phone networks DigiCell & Smart:

- Digi is a GSM 850/1900 network; AT&T and T-Mobile phones are likely, but not guaranteed, to run on this network.
- Smart is a CDMA 800/850 network; Sprint, Verizon & US Cellular phones are likely, but not guaranteed, to run on this network.

If you chose to bring your cell phone, please bear the following points in mind:

- The coverage is bad. Don't expect to get a signal.
- You must have international Roaming enabled before you leave the US.
- Expect to pay high charges. Text messages over \$1 each, calls over \$2/min.
- Don't do data! It's slow and even more expensive than calls and texts.
- Belize is often omitted from international calling plans (we don't know why)

Again, the best bet is to disconnect and enjoy it.

### 3.7. SOCIAL MEDIA

Social Media has become an important part of how we share experiences with those close to us. We want you to take pictures to remind you of your time in Belize and we respect your right to blog, Facebook, tweet, Flickr, Instagram etc. but we also have a duty of care to the kids we interact with. Our policy for photo sharing is that you **do not post any picture in a public location if a local child can be obviously identified** – that would include Facebook, Twitter, Instagram, Flickr and other social media platforms. If you have any questions about a specific photo, please ask David or Karen.

OK



NOT OK



### 3.8. FOOD

The cuisine is usually one of the highlights for our participants. We strive to provide a wide variety of options that will nourish and sustain all participants. We try to provide a good mix of local food and American food to appease all participants.

**Breakfast** is usually served at the place where you are staying. Some examples of breakfast food could include: eggs, toast, pastries, fruit, pancakes, cereal bars, coffee, tea, juice and water.

**Lunch** is usually provided by local women at the ministry site. Chicken, rice, coleslaw, beans, and juice is one example of a typical meal you can expect.

**Supper** could include such things as pizza, chicken, seafood, spaghetti, and pork. Don't worry-we won't eat all these foods at one meal!

All your food and water is provided as part of your trip. You are welcome to bring a few nonperishable snacks for yourself in your suitcase. Just remember to put them in zip lock bags to keep any critters away and to keep things fresh.

### 3.9. ALCOHOL

As this is a family trip alcohol will not be served with meals and we respectfully request that you refrain from adult beverages while you are serving in Belize.

## 3.10. Reflection and Relaxation

We will have a day of reflection and relaxation scheduled into your itinerary. This day may be one of the below options, but may also be a Day of Nothing in the beauty of creation at your accommodation site.

### 3.10.1. On the Caye...

You will have the opportunity to travel by boat to one of the Caribbean Cayes (“keys”), South Water Caye to spend the day. On South Water Caye, you will have time to go snorkeling and or swimming, relaxing by the ocean, and eating local food.

The snorkeling and swimming consists of a “walk in from the beach” to the Belizean barrier reef. It is very safe and extremely beautiful as well as an ideal way to see another part of God's creation. You'll see hundreds of tropical fish in a rainbow of colors. It is a great time for both experienced and first-time snorkelers. We do not require everyone to snorkel, if you don't want to.

### 3.10.2. ... or in the canopy

Soar with the birds through the pristine canopy on the Longest Zip Line in Belize. Spend the day at one of Belize's Eco Resorts where they have 12 platforms through the pristine jungle in the Mayflower Bocawina National Forest. The longest zip line runs is 2,300 feet long and is considered the longest in Belize. This activity can be done with a variety of ages. It's a great time for those of the more adventurous persuasion!

We do our best to accommodate personal preferences but our ability to offer one or both of these trips is dependent on many variables (weather, group size, time of year).

**We cannot guarantee that both recreation trips will run on any given Family Impact Journey.**

## **4. BELIZE INFORMATION**

### **4.1. OVERVIEW**

Belize is located in the southern portion of the Yucatan Peninsula in Central America and borders Mexico and Guatemala, facing the Caribbean Sea to the east. The coast is low-lying with swamps, mangroves, lagoons, and sandy beaches. The Maya Mountain range lies to the west and south in the country, rising to more than 3,000 feet at some peaks. The capitol, Belmopan, is carved out of the jungle in the center of Belize, near the Maya Mountain foothills. Belize City, more than 300 years old and the country's main commercial area and seaport, is the largest city, boasting more than 80,000 inhabitants and continually growing. It combines a mixture of colonial architecture, functional wooden buildings, and historic cathedrals, exuding a ramshackle charm. Other towns of note are Dangriga, Punta Gorda, and the blooming beach town Placencia to the south, and Orange Walk and Corozal to the north.

### **4.2. HISTORY**

Belize was dominated by the Mayan empire for the better part of 1,000 years. The Spanish arrived in the 16<sup>th</sup> century and used the area primarily for logging. During the next 200 years, many British and Spanish pirates inhabited the area, battling for naval supremacy. Finally, in 1798, the British navy defeated the Spanish and laid official claim to the area. In 1862, Britain formally named the territory "British Honduras," a title that lasted until 1981 when a peaceful independence was granted and British Honduras became Belize.

### **4.3. LANGUAGE**

Belize is the only English-speaking country in Central America. Creole is often spoken by the locals and Spanish is spoken in various villages throughout the country.

### **4.4. FOOD**

Latin American, Creole, and Chinese restaurants represent the vast majority in Belize. Most restaurants serve a variety of foods, from chicken and rice to shrimp or pizza. Local fruits such as mangoes, bananas, and pineapples are widely available and taste delicious. Any fruits that are not peeled or cooked should be avoided.

### **4.5. ACTIVITIES**

Belize boasts dense jungles loaded with creatures that fly, swim, and walk. Among them, the toucan, jaguar, and tapir are most famous. The Belize Zoo offers a great opportunity to see the local flora and fauna up close, as well as animal's native to Belize. Also within

Belize are a number of Mayan ruins, including Altun-Ha and Zumatunich, which rise 131 feet from the jungle floor. Local markets sell fruits and handicrafts with a Caribbean flavor. Certainly not to be forgotten are Belize's offshore coral Cays, which lie along the world's second longest barrier reef.

## **4.6. CLIMATE**

Belize enjoys a subtropical climate the entire year. The wet season occurs from August through November, followed by a dry season from December through March. The normal highs all year are 85-90 degrees Fahrenheit, while low temperatures rarely reach below the 60s.

## **4.7. SAFETY**

Belize is safe by Central American and Caribbean standards. Local theft and pick pocketing are the most frequent occurrences of crime. Awareness of one's surroundings is wise. We travel in large and small groups at all times. Safety is our priority, and we try to take necessary precautions to ensure the safety of our group members.

## **4.8. CURRENCY**

Belize's dollar value is tied to the United States dollar. Two Belizean dollars equal one US dollar.

## **4.9. RELIGION**

The majority of Belizeans declare some sort of spiritual faith. Many are Roman Catholic, while Christian Protestantism continues to grow. Other practiced belief systems are Jehovah's Witnesses, Hindu, and Voodoo. There is a great need to spread the word of Jesus Christ in Belize.

## **4.10. ECONOMY**

Belize's economy is seeing steady growth due to an increase in international tourism. Its jungles are being touted as destinations for eco-lodges, and its location next to the world's second longest barrier reef has obvious advantages. The per capita income in Belize is just over \$8,400 USD annually.

*For more information on Belize we encourage you to pick up a book on Belize in the travel section of your local bookstore or read about Belize online.*

## 5.15 WAYS TO RUIN THE TRIP

1. Be a loner. Go off by yourself or with one or two others and don't get to know the other team members or nationals.
2. Expect things will be done in the way things are done in North America and offer suggestions as to how to do things "better".
3. Be inflexible. Complain and whine when things don't go as expected.
4. Don't eat the food of the country you are visiting. Make jokes about how bad it tastes and what it looks like and then sneak off to find "American" food.
5. Stay up late talking and don't get enough sleep.
6. Look for ways in which this trip will benefit you instead of how you can serve.
7. Point out the negative side of people on your team and those you are visiting.
8. Come unprepared for ministry. Just stand around while everyone else puts forth effort.
9. Don't try anything new. Stay in your comfort zone.
10. Expect everything will run smoothly and be done exactly as we would do things in North America.
11. Don't find Prayer Partners. Don't pray for your upcoming trip. Don't pray for the trip preparations and logistics. And DON'T pray during your trip.
12. Always sit with the same people on the bus and hang out with the same group members. Don't make an effort to get to know people you don't know well.
13. Don't take the sun seriously. Rarely drink water and never apply sun block
14. Constantly make suggestions as to how to run the trip better instead of being a team player and going with the flow.
15. Don't read through this handbook and never journal!

## 6.SUPPLIES CHECKLIST

Bible and a pen	
Passport and copy	
Trip Handbook and Journal	
Flight information	
Medical information/insurance card	
Ministry supplies	
Water bottles – 1 per family member with large mouth opening	
Backpack or small duffel bag as your carry-on	
Clothing (see clothing list for details)	
Hat/Baseball cap	
Watch (inexpensive)	
Contact lenses, glasses and extra pair of glasses	
Flashlight	
Medications	
Pepto Bismol & Imodium	
Bug Spray...good bug spray!	
Anti-Bacterial Hand Sanitizing gel	
Sunscreen/Sunblock	
Sunburn medication and lotion	
Sunglasses	
Razor/shaving cream	
Soap and Shampoo Personal items/Toiletries Comb/Brush Toothbrush/Paste/Floss	
Ear plugs	
Battery-operated alarm clock	
A roll of toilet paper	
Dirty clothes bag	
Personal Snacks	
Spending money and travel meal money	
Wet wipes	
Ziploc baggies	
Work Gloves	
Eno Hammock (or other brand of travel hammock)	
Rain boots (if you come in the rainy season – June to Nov)	
Extra pillow (if you sleep with more than one!)	
Fold-up/compact beach bag	

## 7. KIDZ KONNECT 4 JESUS BELIZE CONTACT LIST

When dialing the numbers below from the US you need to use either a “+” or a “011” prefix to make the international call.

Name	Cell Phone		Email
David Rhodes	D	501-613-8077	<a href="mailto:david@kk4jesus.org">david@kk4jesus.org</a>
Karen Rhodes	D	501-600-6456	<a href="mailto:karen@kk4jesus.org">karen@kk4jesus.org</a>
Todd Stone	D	501-623-1144	<a href="mailto:todd@kk4jesus.org">todd@kk4jesus.org</a>
	S	501-662-0081	
Shirley Stone	S	501-651-8782	<a href="mailto:shirley@kk4jesus.org">shirley@kk4jesus.org</a>
	D	501-604-2475	<a href="#">_____</a>
	S	501-653-7524	<a href="#">_____</a>
	S	501-666-2369	<a href="#">_____</a>
	S	501-666-2364	<a href="#">_____</a>
Team	D	501-660-2942	<a href="mailto:team@kk4jesus.org">team@kk4jesus.org</a>
	D	501-602-6926	

D = Digicell

S = Smart

## 8. TRIP WAIVERS & MISSION COVENANT

No one likes the small print or the legal stuff but for our protection and to ensure that you understand what is expected of you on the trip we ask that you print and sign a copy of the trip waivers and mission covenant on the final two pages of this handbook. Your group leader will collect these from you and give them to a Kidz Konnect Team member.





# TRIP WAIVERS & MISSION COVENANT

## LIABILITY WAIVER

\_\_\_\_\_ Initial Here

As a volunteer member of a mission team of Kidz Konnect 4 Jesus, Inc, Flower Mound, TX, I, on behalf of myself and my heirs, executors, administrators, successors and assigns do hereby release Kidz Konnect 4 Jesus, Inc, and her officers, representatives, employees, insurers, affiliates, successors, and assigns, from any liability or responsibility for injury to me of any kind, including, but not limited to death, bodily injury, emotional distress, property damage, and economic loss that I may sustain while I am voluntarily performing duties for, or am associated with Kidz Konnect 4 Jesus, Inc, mission teams.

## MEDIA WAIVER

\_\_\_\_\_ Initial Here

I give my permission to Kidz Konnect 4 Jesus, Inc to be photographed and/or videoed. I approve the use of such photographs and/or videos in all forms of media, for any and all promotional purposes including advertising, display, audiovisual, or editorial use

## MISSION COVENANT

\_\_\_\_\_ Initial Here

I, \_\_\_\_\_ agree to follow the policies below as a mission trip member in accordance with Kidz Konnect 4 Jesus Missions. I understand that if I break any of the rules listed below, at the discretion of a Kidz Konnect 4 Jesus Missions representative and in conjunction with my group leader, my mission's trip can be terminated and I can be sent home at my own expense. I realize that to attend this trip and represent Jesus Christ on the mission field is a privilege and if I abuse that privilege this constitutes the right for my trip to end prematurely.

1. As a representative of Jesus Christ and Kidz Konnect 4 Jesus Missions, I will behave at all times in a manner that brings glory and honor to both.
2. I am aware that my every word and action is being watched during the entire mission trip experience. Therefore, I agree to act and talk in a manner that glorifies the name of Jesus Christ. I want everything I do or say to draw people to Jesus.
3. I covenant to spiritually preparing for this trip (i.e. praying for those attending, reading through any assigned materials, etc.) I commit to entering this trip with the heart of a servant. While on the field, I further commit to staying with the group to which I am assigned, to being flexible in the situations which are out of my comfort zone, and to do everything I can, as God gives me strength, to be pleasing to Him.
4. I will be physically and mentally prepared for a mission trip that will stretch me and mold me in ways that I can only imagine. I will do everything I can ahead of time to prepare myself for a 'trip of a lifetime'.
5. I am a guest in the country I am visiting. I will respect and follow the traditions of the local people and nationals. For example: if the way I dress offends them, I will change. If I am offered food, I will take it with a thank you and a smile.
6. I have come to learn from the people I am visiting. I will not criticize the culture, efficiency, work habits, food, traditions, etc. with which I come in contact with. I have come not to judge, but to learn and to share the person of Jesus through my words, actions, and deeds.

7. I agree to have a servant attitude at all times. When I am doing a task or ministry I don't particularly care for, I will put my best foot forward and be a witness in this activity and in everything I will participate in while on the trip,
8. I will respect and follow the Kidz Konnect 4 Jesus Mission Trip Leaders, Group Leaders and their decisions.
9. I will use words that encourage and build up my team members and the nationals at all times. This means I will refrain from gossip or words that bring dissention and take focus away from the goals of the trip.
10. I will have a positive attitude at all times. Every trip has its challenges and unforeseen circumstances. People could get sick, items lost, and plans changed. I realize that there are times I will need to "roll with the punches" and look at challenges as opportunities to be a witness for Jesus Christ.
11. I will work with all members of the team. I will refrain from pursuing romantic relationships during the trip. If my spouse or significant other is on the trip with me, I will make every effort to spend time with each person of the group and interact with all team members. Single Men will be in rooms with men and single women with women. Rooms will usually have four people per room and shared beds.
12. I will attend all team meetings and fulfill the responsibilities I have agreed to before, during, and after the trip. If I am not able to attend a meeting I will be in contact with my group leader as to what I missed.
13. I will not talk negatively about North American politics or the host country's politics during the trip.
14. I will abstain from using, consuming, purchasing, or possessing alcohol, tobacco products, and illegal drugs while on the trip.
15. I will not steal or commit any crime or do anything illegal while on the trip.
16. I will meet all medical, logistical, and legal travel requirements.
17. If in the future I desire to return to the host country on a mission's trip to visit any connections or ministry locations from this mission's trip, I must do so through Kidz Konnect Missions or receive their written permission to do so. This will enable the overall vision and plans for the ministry as agreed upon through Kidz Konnect 4 Jesus Missions connections in the host country to continue.
18. I will follow the travel, supply, clothing, financial, medical guidelines, etc. set forth and explained to me prior to the trip. I am responsible for knowing and following everything in the Kidz Konnect 4 Jesus trip handbook and explained at the group meetings.
19. I will follow all import and export laws. I will not attempt to bring any item or good into the host country or back into North America that is banned.

By signing below, I understand and agree to the waivers and covenant in this document.

Name of trip participant (Please Print) \_\_\_\_\_

Signature of trip participant \_\_\_\_\_

Date: \_\_\_\_\_

The following is required if trip participant is under the age of 18

Name of parent or legal guardian \_\_\_\_\_

Signature of parent or legal guardian \_\_\_\_\_

Date: \_\_\_\_\_