



Tri-City Christian Schools

A Ministry of Tri-City Church

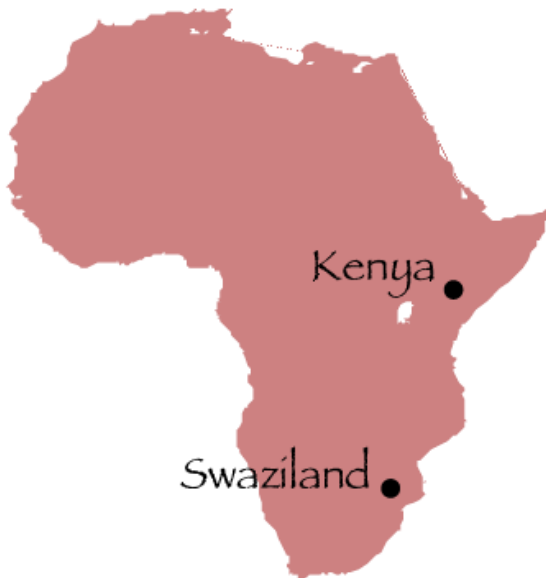
302 North Emerald Drive, Vista CA 92083
Preschool/Elementary Campus 760-630-8227
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Tri-City Christian Schools SWAZILAND OUTREACH - Mission Trip Overview

Participating in a service trip will make an eternal impact in the lives of the participants and the beneficiaries alike. Our team will work side by side with a children's home and organizations which support them and homes in the surrounding communities in Swaziland.

During the trip, you will plant backyard gardens and community gardens and participate in building projects at children's homes and homes within the communities.

Please note that this trip fills on a first come, first served basis. Your initial deposit secures your initial reservation for the trip, but the reservation must be maintained by meeting the funding deadlines. Please note that all donations towards your trip's cost are non-refundable, tax-deductible donations to Tri-City Christian Schools and its ministries.



Swaziland is a small country located in southern Africa that is home to approximately 950,000 people. The needs in Swaziland are staggering, as HIV/AIDS claims the lives of an estimated 42.6% of the population. It is the elderly and the children who are left with an entire generation of mothers and fathers yielding to the deadly effects of this disease. The life expectancy in Swaziland is the lowest in all of Africa at 29 years.

Currently it is estimated that there are 70,000+ orphans and vulnerable children in Swaziland. Considering existing health conditions, it is estimated that in 2010 there will be 130,000+ orphans and vulnerable children in Swaziland.

Located in the northern mountains of Swaziland, El Shaddai is a 300 acre home that includes dorms, a church, and a school. It is home to many children that have experienced great pain and suffering.

Children from El Shaddai as well as children from surrounding communities attend school at El Shaddai. A beautiful worship center welcomes community members each Sunday as God's word is shared and He is worshipped.

El Shaddai cares for the needs of its own children along with the needs of the community by growing its own vegetables, offering a medical clinic twice a week, and providing fresh milk to all children from dairy cows raised at the home.





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TCCS High School Trip Details

Travel Dates: April 2, 2010 to April 11, 2010

Destination: El Shaddai Orphanage in Swaziland, Africa

Trip Cost: \$2,000 Trip cost is all-inclusive unless noted.

Registration Deadline: \$100 no later than November 06, 2009.

1st Funding Deadline: Account balance of \$500 no later than December 04, 2009.

2nd Funding Deadline: Account balance of \$1,250 no later than January 08, 2010.

Final Funding Deadline: Fully funded account no later than February 12, 2010.

Preliminary Itinerary

Day 1-2 Friday, April 2 thru Saturday, April 3, 2009

All participants meet at TCCS at 2:15 AM. Bus leaves at 2:30 AM for LAX. Check-in at LAX at 4:30 AM. United flight #966 departs LAX at 6:00 AM and arrives in D.C. at 1:55 PM. South African Airways flight #208 departs D.C. at 5:40 PM and arrives in Johannesburg, Africa on April 3rd at 5:20 PM. Food provided on flights. Overnight stay in a hotel in Johannesburg.

Day 3 Sunday, April 4, 2009 (Easter Sunday)

Breakfast in Johannesburg. Depart by coach at 9:00 AM for Swaziland. Lunch in route. Arrive at the El Shaddai Orphanage at 3:00 PM. Settle into rooms. Dinner and evening Easter service.



Days 4-7 Monday, April 5 thru Thursday, April 8, 2009

Our trip will accomplish specific predetermined projects to further enrich and encourage the children at the home and their caregivers. Participants will be able to continue discipling and further enabling the children of the home preparing them in all ways to be the future leaders of Africa. While our trip may not be too physically demanding, participants should still be prepared to work in vegetable gardens and on other trip specific projects. These will be communicated to you during our pre-trip preparation time. Our trips will be much more relational than physical, since the intense physical work has already been completed and now is the time to continue building and nurturing ongoing relationships that have formed during other groups' previous trips. Meals and housing will be provided at the site.

Day 8 Friday, April 9, 2009

Breakfast. Depart by coach to Kruger Park. African safari (sun-up to sun-down). Drive back to El Shaddai Orphanage to pack for return trip.



Days 9-10 Saturday, April 10 thru Sunday, April 11, 2009

Breakfast. Depart El Shaddai Orphanage by coach at 9:00 AM. Arrive at Johannesburg airport by 3:00 PM. South African Airways flight #207 departs 5:35 PM and arrives in D.C. on Sunday, April 11 at 6:00 AM. United flight #083 departs D.C. at 9:30 AM and arrives at LAX at 12:00 noon. A bus will be provided to return participants to TCCS by 3:00 PM.



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GENERAL QUESTIONS

What will I be doing?

Community work, serving partnering Children's Homes, planting vegetable gardens, building relationships, and bringing hope to Africans in need. Your trip may have many fulfilling experiences from eating lunch with an orphan, sharing your faith with people in the villages, attending an African church service, and spending your day off in an African Game Park and visiting genuine African markets.

Why are we doing this?

- To give teens first-hand experience to go and minister on the mission field,
- To be a resource that God could use for a calling in their life,
- To be an encouragement to the missionaries,
- To travel to another country and experience their culture,
- To help discover the blessing of investing our time, money, and talents to help spread the gospel and bring people to the Lord.

FINANCIAL QUESTIONS

How much money do I need to raise?

\$2,000

Is there an application I must fill out?

Yes, a copy is attached. The application and registration deposit of \$100 are due November 6th.

How do I raise the funds?

There are many unique ways to raise funds for your trip. TCCS is here to help. Also, download a sample letter (attached) you may use to guide you in writing a letter to share with your family and friends about your trip and asking them to contribute.

Where should the donations go and to whom should checks be made out?

Your supporters can donate funds for your trip 3 ways:

1. Mail a check and the donation form to TCCS, 302 North Emerald Drive, Vista, CA 92083
2. Go to www.tccs.org to donate with a credit card.
3. Call (760) 724-3016 ext. 203 to donate with a credit card by phone

If I can't go, can I (and my supporters) get a refund?

Unfortunately, because Tri-City Christian Schools is a 501 (c) (3), we cannot refund donations. Please keep in mind that the funds you raise must be solicited and donated with the understanding that TCCS has complete discretion and control over the use of all donated funds. In order for the funds donated to allow a tax deduction, they are not yours, or contingent upon your ultimate participation, but TCCS's funds to be used to further its mission's ministry.

Do I need to bring any money?

We suggest that you bring \$100-\$200 spending money for extra snacks, gifts, crafts, and souvenirs. We suggest that you exchange your currency at a local bank or the airport prior to departing for your trip. If you choose to bring US currency with you to exchange once you arrive in Africa, be sure that each bill is dated 2002 or newer. Bills dated older than 2002 will not be accepted in Africa.





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Should I bring US currency and/or traveler's checks?

You should exchange your US currency for the local currency in the country you are traveling to. For Swaziland, you should exchange for South African Rand. You can do this at most major airports in the US or at your local bank. Check the website www.travelex.com for more information on locations. Do not expect to exchange your currency once you arrive in Africa. Do not bring Traveler's Checks. These will not be accepted in most locations.

How soon will my funds be processed?

If you call in a donation, the card will be charged immediately. If a donation is made online, the card will be charged within 3 business days. If a donation is sent in via mail, allow at least 10 business days for processing.

TRIP LOGISTICS

What does our 10-day Missions Trip to Africa trip look like?

After arriving at your destination, you will plant gardens, work in and around the Children's Home, and work in the surrounding community with homes identified by the local partnering organization. Easter Sunday we will go to a local church and build relationships with the people whom we serve. There is the day off when we will travel on an African safari.

Where will I stay?

The El Shaddai Orphanage has dorms for us to sleep in. We will make sure that our team stays in comfortable accommodations so that they are rested and ready to make a lasting impact and to gain experiences they will value for a lifetime.

What kind of shopping will I be able to do?

Shopping in Africa is always a big event...and not just for the ladies. In your free time, you will be taken to one of the large "African markets" where you will be amazed at the variety and selection of unique custom made crafts.

What do the people think about us coming?

Many of the people you will be working with have been waiting for your arrival for months. They are excited and amazed that you would come all the way from America to help them!

Will I get sick from the food or water?

The food where you will be staying is safe. We send a packed lunch with you each day you are out with the people. The water where you will be staying is safe to drink, however bottled water will be provided. Basic travelers' precautions apply if eating or drinking away from the orphanage.

TRAVEL

Do I need a passport?

Yes! Please go to <http://travel.state.gov/> for more information regarding passports. Your passport must have 2 blank pages and be valid 6 months past your departure date from the country you are visiting. Please make copies of your passport to leave at home with family and/or friends for as a reference in the event you misplace your passport during your trip.

Do I need a visa?

No.





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How long does it take to get to Africa?

The average flight to Africa takes 18-20 hours. We will be flying from Los Angeles to Washington D.C. to Johannesburg, Africa. Current flight information:

Departure:

Leave LAX (April 2) United #966 at 6:00 AM to arrive in Washington D.C. at 1:55 PM.
Leave Washington D.C. South African Airways #208 to arrive in Johannesburg (April 3) at 5:20 PM

Return:

Leave Johannesburg (April 6) South African Airways #207 to arrive in Washington D.C. (April 7) at 6:00 AM
Leave Washington D.C. (April 7) United #083 at 9:30 AM to arrive in LAX at 12:00 noon.



My student that is under 18 years old is going to Africa. Is there anything I need to do to help ensure he/she can clear customs?

To insure streamline travel for your student while traveling through customs during their upcoming international flight, it is very important to provide both the child and their guardian with a letter crafted by you, their legal parent/guardian. This letter should be written for the minor.

The following should be included in the letter:

Name of the parent or legal guardian preparing the letter
Legal name of minor as it appears on their passport
Dates your minor will be on the trip
Name of organization your minor is accompanying (Tri-City Christian Schools)
Parent(s)/legal guardian(s) signature
Letter must be notarized

Please make copies of this letter. The school should carry original. The minor should carry a copy, and the parent/legal guardian should keep a copy as well.

How many bags can I pack?

Baggage requirements vary by airline and intra-Africa flights. The current standards for South African Airways is 50 lbs. per checked bag. For the purpose of our trip, **you are limited to one checked bag.**

Can I use my frequent flyer miles to pay for my flight?

Because your trip is all-inclusive, we will not be able to apply frequent flyer miles. However, you may earn miles through United for the entire trip. If you do not have an account with United, please go online at www.united.com and sign-up for their Mileage Plus program. Prior to ticketing, please turn in your account number so that miles can be credited to your account.

What if I want to bring/send donated items to leave in Africa?

Clothing and small gifts are always appreciated. TCCS will coordinate what we bring.



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SPECIFICS

What should I pack?

Packing for ten days in Africa can be intimidating. To help guide you through this, TCCS has developed a recommended packing list (attached). Please use this list to help you as you prepare for your trip.

What is the weather like in Africa?

The weather can vary dramatically depending on your destination and time of year. We will be travelling to Swaziland at the beginning of their winter season. We recommend that you check weather.com or BBC World Weather.

Can I charge my digital camera?

Fortunately, many digital cameras and video cameras today come with power supplies that can be used in almost any part of the world. Check the manufacturer's label to determine the type of input your equipment can handle. You may find a label that states the device is certified for input at AC 100V-240V. This means that the device is manufactured to be used over a wide range of voltage levels. If this is the case, then you will only need a power adapter for the country you are visiting. These can be purchased from traditional technology stores such as Fry's Electronics. Just be sure that the adapter you purchase supports the country you are traveling to.

Do I need shots?

Check with your doctor to see what shots are recommended for Swaziland, Africa. Most of the time shots are based on personal preference and just a recommendation, but sometimes they are required by certain countries within Africa. Recommendations by the Center for Disease Control are attached.

Mission Trip Check List

Preparing for any trip can be a very detailed process! TCCS has created this checklist to assist you in planning for your upcoming Mission trip. This list is not all inclusive and is for your own personal use. There may be special needs for your trip and we encourage you to continue working with your trip Leader. Have a very Blessed trip!

- Register for your Missions trip
- Pack
- Label all Luggage
- Pack a change of clothes in carry-on bag
- Review Destination resources
- Buy a journal
- Purchase gifts for your families
- Check for immunization recommendations
- Pack all medications and currency in carry-on bag
- Apply For Passport or Renew Passport
- Check FAA for restrictions
- Sign-up for Mileage Plus through United
- Check Airline restrictions
- Obtain vaccinations and medications
- Review personal medical coverage
- Prepare photos to share
- Make two copies of your passport
- Participate in Trip Orientation
- Leave emergency contact information with family
- Leave copy of Itinerary with family
- Leave a copy of passport/visa with family





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Packing List

Packing for your trip to Africa can be an intimidating task. To help you out, TCCS has prepared a recommended packing list. Please use this list to help you pack for your trip. Keep in mind we will be visiting Africa during their winter. The days will get warm, but probably not hot (around 75°), and the evenings and nights will be cool (around 40°).

CLOTHES:

In all cases, modesty is the best policy!

- Warm jacket or fleece
- Rain jacket/poncho
- Underwear/socks
- Shirts (no tube tops/spaghetti straps or crop tops) – short sleeves are recommended
- Belt, Comfortable footwear (sneakers for gardening, sandals for casual wear)
- Ladies: Capri or long pants – no shorts. One modest dress/long skirt for church
- Men: Long pants or knee length shorts are acceptable

TOILETRIES:

- Toothbrush/toothpaste
- Pocket-size tissues
- Brush/comb
- Deodorant
- Shaving supplies

OTHER IMPORTANT ITEMS:

- Gardening/work gloves
- Hat/cap
- Hand sanitizer
- Electric voltage converter/plug adapters
- Digital camera, *(Polaroid cameras are great so you can immediately give children their picture! Extra memory cards for digital camera.)
- Bible
- Journal, pen
- Snacks

- Sun screen
- Bug repellent with Deet
- Bathing suit (1 piece)
- Music instruments/songs/CDs
- Basic first aid (band aids, headache medicine, etc)
- Lip balm
- Sunglasses
- Flashlight
- Watch
- Alarm clock
- Basic personal medications

PACKING TIPS:

1. Don't forget to pack the 2 most important things...**your plane ticket and your passport!** Please note that your passport needs at least two blank pages - and must be valid for 6 months after your return date.
2. Pack your carry-on with all of your "must have" items: medicines, an extra change of clothes, important documents, etc. This way if your luggage is delayed for any reason you will not have a problem.
3. Pack toiletries in zip top bags to avoid leakage – note only 3 oz of liquid is allowed in your carry on luggage, in a zip-lock bag..
4. All medications, including vitamins, must be in original container.
5. Make copies of your passport and keep a copy in a separate place in your luggage or on your person along with I.D.
6. Remember to leave room for souvenirs and gifts that you will be bringing back with you and you may consider packing bubble wrap for breakables traveling back in your suitcase, as it will not be available in Africa.





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Preparing for Your Trip to Swaziland

Before visiting Swaziland, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:

(Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

CDC recommends that you see a health-care provider who specializes in Travel Medicine. [Find a travel medicine clinic](#) near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

Although yellow fever is not a disease risk in Swaziland, the government requires travelers arriving from [countries where yellow fever is present](#) to present proof of yellow fever vaccination. If you will be traveling to one of these countries where yellow fever is present before arriving in Swaziland, this requirement must be taken into consideration.

Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the [childhood and adolescent immunization schedule](#) and [routine adult immunization schedule](#).

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.



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Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

| Vaccination or Disease | Recommendations or Requirements for Vaccine-Preventable Diseases |
|---|--|
| <u>Routine</u> | Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc. |
| <u>Hepatitis A</u> or immune globulin (IG) | Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors. |
| <u>Hepatitis B</u> | Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident). |
| <u>Typhoid</u> | Recommended for all unvaccinated people traveling to or working in Southern Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water. |
| <u>Rabies</u> | Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites. |

Malaria

Areas of Swaziland with Malaria: Present in the northern and eastern areas bordering Mozambique and Zimbabwe, including all of Lubombo district.

If you will be visiting an area of Swaziland with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

All of the following antimalarial drugs are equal options for preventing malaria in Swaziland: Atovaquone/proguanil, doxycycline, or mefloquine. For information that can help you and your doctor decide which of these drugs would be best for you, please see [Drugs to Prevent Malaria](#).

Note: Chloroquine is NOT an effective antimalarial drug in Swaziland and should not be taken to prevent malaria in this region.



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To find out more information on malaria throughout the world, you can use the [interactive CDC malaria map](#). You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

Malaria Contact for Health-Care Providers

For assistance with the diagnosis or management of suspected cases of malaria, call the CDC Malaria Hotline: **770-488-7788** (M-F, 9 am-5 pm, Eastern time). For emergency consultation after hours, call **770-488-7100** and ask to speak with a CDC Malaria Branch clinician.

A Special Note about Antimalarial Drugs

You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use. Halofantrine (marketed as Halfan) is widely used overseas to treat malaria. CDC recommends that you do **NOT** use halofantrine because of serious heart-related side effects, including deaths. You should avoid using antimalarial drugs that are not recommended **unless** you have been diagnosed with life-threatening malaria and no other options are immediately available.

For detailed information about these antimalarial drugs, see [Information for the Public: Prescription Drugs for Malaria](#).

More Information About Malaria

Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health-care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites ([see below](#)). Travelers to [malaria risk-areas in Swaziland](#), including infants, children, and former residents of Swaziland, should take one of the antimalarial drugs listed above.

Symptoms

Malaria symptoms may include

- fever
- chills
- sweats
- headache
- body aches
- nausea and vomiting
- fatigue

Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your trip.

Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, travelers may still develop malaria up to a year after returning from a malarious area. You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel.



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Items to Bring With You

Medicines you may need:

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. Be sure to follow security guidelines, if the medicines are liquids.
- Antimalarial drugs, if traveling to a malaria-risk area in Swaziland and prescribed by your doctor.
- **Medicine for diarrhea**, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State Consular Information Sheets for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See Preventing Cryptosporidiosis: A Guide to Water Filters and Bottled Water and Safe Food and Water for more detailed information.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. See Skin Cancer Questions and Answers for more information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
 - Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
 - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
 - Bed nets treated with permethrin, if you will not be sleeping in an air-conditioned or well-screened room and will be in malaria-risk areas. For use and purchasing information, see Insecticide Treated Bed Nets on the CDC malaria site. Overseas, permethrin or another insecticide, deltamethrin, may be purchased to treat bed nets and clothes.

See other suggested over-the-counter medications and first aid items for a travelers' health kit.

Note: Check the Air Travel section of the Transportation Security Administration website for the latest information about airport screening procedures and prohibited items.

Other Diseases Found in Southern Africa

Risk can vary between countries within this region and also within a country; the quality of in-country surveillance also varies.

The following are disease risks that might affect travelers; this is not a complete list of diseases that can be present. Environmental conditions may also change, and up to date information about risk by regions within a country may also not always be available.

Dengue, filariasis, leishmaniasis, onchocerciasis (river blindness), African tick bite fever, a rickettsial infection, and African trypanosomiasis (African sleeping sickness), transmitted by the bite of the tsetse fly, are other diseases carried by insects that also occur in Southern African countries, mostly in rural areas. Protecting yourself against insect bites (see below) will help to prevent these diseases.



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Schistosomiasis, a parasitic infection, is found in fresh water in Southern African countries. Do not swim in fresh water (except in well-chlorinated swimming pools) in Southern African countries. (For more information, please see [Swimming and Recreational Water Safety](#).)

Polio reappeared in 2006 in Namibia. Imported cases in neighboring countries have occasionally occurred. Many countries in this region have high incidence rates of tuberculosis and high HIV prevalence rates. For more information, see the [Geographic Distribution of Potential Health Hazards to Travelers](#) and [Goals and Limitations](#) in determining actual disease risks by destination.

Staying Healthy During Your Trip

Prevent Insect Bites

Many diseases, like malaria and dengue, are spread through insect bites. One of the best protections is to prevent insect bites by:

- Using insect repellent (bug spray) with 30%-50% DEET. Picaridin, available in 7% and 15% concentrations, needs more frequent application. There is less information available on how effective picaridin is at protecting against all of the types of mosquitoes that transmit malaria.
- Wearing long-sleeved shirts, long pants, and a hat outdoors.
- Remaining indoors in a screened or air-conditioned area during the peak biting period for malaria (dusk and dawn).
- Sleeping in beds covered by nets treated with permethrin, if not sleeping in an air-conditioned or well-screened room.
- Spraying rooms with products effective against flying insects, such as those containing pyrethroid.

For detailed information about insect repellent use, see [Insect and Arthropod Protection](#).

Prevent Animal Bites and Scratches

Direct contact with animals can spread diseases like rabies or cause serious injury or illness. It is important to prevent animal bites and scratches.

- Be sure you are up to date with tetanus vaccination.
- Do not touch or feed any animals, including dogs and cats. Even animals that look like healthy pets can have rabies or other diseases.
- Help children stay safe by supervising them carefully around all animals.
- If you are bitten or scratched, wash the wound well with soap and water and **go to a doctor right away**.
- After your trip, be sure to tell your doctor or state health department if you were bitten or scratched during travel.

For more information about rabies and travel, see the [Rabies chapter](#) of the [Yellow Book](#) or [CDC's Rabies homepage](#). For more information about how to protect yourself from other risks related to animals, see [Animal-Associated Hazards](#).



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Be Careful about Food and Water

Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to make water safer to drink.
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Avoid Injuries

Car crashes are a leading cause of injury among travelers. Protect yourself from these injuries by:

- Not drinking and driving.
- Wearing your seat belt and using car seats or booster seats in the backseat for children.
- Following local traffic laws.
- Wearing helmets when you ride bikes, motorcycles, and motor bikes.
- Not getting on an overloaded bus or mini-bus.
- Hiring a local driver, when possible.
- Avoiding night driving.

Other Health Tips

- To avoid infections such as HIV and viral hepatitis do not share needles for tattoos, body piercing, or injections.
- To reduce the risk of HIV and other sexually transmitted diseases always use latex condoms.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot, especially on beaches where animals may have defecated.



Tri-City Christian Schools

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After You Return Home

If you are not feeling well, you should see your doctor and mention that you have recently traveled. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If you have visited a malaria-risk area, continue taking your antimalarial drug for 4 weeks (doxycycline or mefloquine) or seven days (atovaquone/proguanil) after leaving the risk area.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

Important Note: This document is not a complete medical guide for travelers to this region. Consult with your doctor for specific information related to your needs and your medical history; recommendations may differ for pregnant women, young children, and persons who have chronic medical conditions.

Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
24 Hours/Every Day
cdcinfo@cdc.gov



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Mission Trip Participant General Information Form

Name of Trip _____

Student's full name _____

Age _____ Birthday _____

Passport number _____ Exp. Date _____

Parent's names _____

Allergies _____

Medication (s) _____

Date of last Tetanus shot _____ Other shots _____

Other medical information _____

Name of medical insurance company _____

Phone number where parents can be reached:

Day _____ Evening _____

Emergency contact (other than parents) name _____

Relationship to student _____ Phone number _____

Email address _____



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Mission Trip Application

Name _____ Year in School (i.e. Senior) _____

Address: _____

City, State, Zip: _____

Cell Phone: _____ Home Phone: _____ E-mail _____

Mission trip you are applying for _____

Please complete this application by November 6, 2009. Please note that this trip fills on a first come, first served basis. Your initial deposit and application secures your initial reservation for the trip, but the reservation must be maintained by meeting the funding deadlines. Please note that all donations towards your trip's cost are non-refundable, tax-deductible donations to Tri-City Christian Schools and its ministries. You may submit your answers on a separate sheet of paper or type them out. Please write neatly and legibly.

1. Why do you want to go on this mission trip?
2. How is your spiritual life currently? Please give several examples of how you are spiritually growing.
3. Have you had any previous evangelism/missions experience? Please explain in detail (events, training, places, time period, etc.)
4. What qualities, skills, and talents would you contribute to the team? What are your areas of strength that would complement the team and the mission?
5. Write out your personal testimony of being saved in Christ. (Use other side if needed)



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SAMPLE DONATION LETTER

Dear <INSERT RECIPIENT NAME>,

I have some exciting news to share with you. I am going to spend Easter in Africa! I am going to be a part of an amazing outreach and opportunity to work with an orphanage in Africa to provide food, education, shelter, and supplies for children in need. I will be travelling with my school, Tri-City Christian Schools, from April 2-11. If you would like more specifics on what I will be doing during my 10 day trip, please visit the TCCS website at www.tccs.org.

I would like to ask you to consider partnering with me by first praying, and then giving. The total cost of the trip is \$2,000. This covers everything, including my plane fare, food, lodging, in country travel, and gardening necessities and supplies. Will you be a part of my "prayer and giving" team during this trip?

You can support my trip financially in one of three ways:

1. Mail your check and the form below to TCCS, 302 North Emerald Drive, Vista, CA 92083
2. Go to www.tccs.org to donate with your credit card.
3. Call (760) 724-3016 ext. 203 to donate with your credit card by phone

Please keep in mind that my final deadline to raise support is February 12, 2010. However, I need to be sure I can raise the funds, so the sooner you can send support or contact me, the better. Your gift will be applied towards the trip and you will receive a tax receipt. Please share my name in the memo line, online, or personally when you give. If I am unable to raise enough support to go myself, the monies donated will still be used to benefit this trip and its ministry.

Please begin praying with me now. I look forward to hearing back from you soon. Thank you again for your time and consideration. I look forward to sharing with you about my adventure, and how God has used me through your support.

With love,

<YOUR NAME>



Tri-City Christian Schools Swaziland Outreach

Yes! I would like to partner with you prayerfully and financially through a gift of: \$ _____

Partner's Name: _____

Trip Participant's Name: _____

****Please allow 7-10 business days for processing of funds sent through the mail.****

