

Country Trip Information

Ensenada, Mexico – July 2024

Project Objectives:

El Refugio's goal is to provide a safe, supportive, and loving environment where abandoned and at-risk teens are given the opportunity to receive an education, counseling, learn invaluable life skills, and undergo biblical training. The purpose of this trip is to build relationships with and encourage the girls living at El Refugio. Yarrow Alliance will aim to connect with the girls through various activities: building projects, VBS-style activities at a migrant camp, sharing meals, conducting devotions and kids' activities at a rehab center, and engaging in small projects at El Refugio. Ample time will be allocated for fun games and activities that can uplift and encourage the girls.

Trip Dates:

The trip is scheduled for approximately July 22nd-29th, 2024.

Travel and Project Itinerary:

The project-specific activities and travel itinerary will be finalized later once the team members are confirmed.

Your HFL Team:

Vic Rempel is a Hungry For Life (HFL) Mission Focusing Consultant (MFC) and has various international experience in many different countries. As an MFC, Vic is responsible for working alongside the church helping guide them in their international compassionate ministry.

Elyce Galmut is a project manager for Mexico and has traveled to Mexico many times. Elyce is working closely with the partner in Mexico coordinating project activities on your behalf as well as managing the logistics and administrative details associated with the project.

Ashley Goshulak of HFL's Teams and Project Services department will oversee and organize the office administrative details of your trip.

Hungry For Life will also provide a team leader to work on the team's behalf coordinating the daily schedule while in-country and manage all administrative details and in-country finances.

Group Team Leader:

Tasha Craig will represent your group, working closely with Vic prior to departure. If you have questions about the project, date or finances, please consult Tasha and she will direct those questions to Hungry For Life.

Food and Lodging:

The team will be staying at El Refugio ministry site. It is a 2.5 hour drive from San Diego across the Mexican border. El Refugio complex has multiple buildings and multiple levels accessible by stairs. Rooms are dormitory style. All meals will be provided for the team from El Refugio and the group can expect to be eating a mix of Mexican and American style food. All food and drink provided will be safe to consume.

There is no central heating, and the weather turns cool in the evenings. Prepare to bring some warm clothing.

Weather:

In July, daily high temperatures are around 28 degrees Celsius and daily low from 17-19 degrees Celsius.

Application Deadline:

Scan this QR code with your phone camera to open the International Trip Application form. Please have your application submitted by February 25th, 2024.



We also request a single, color image of page 2/3 of your valid passport. A passport is considered valid if the expiry date is later than 6-months after your return date to Canada. If your passport is valid, please send a copy promptly and if not please begin the renewal process immediately.

Financial Information:

In the event of a trip cancellation (by an individual), HFL asks the individual to donate an amount equal to the costs incurred to HFL on behalf of the individual cancelling. Due to charity tax law, HFL is unable to reimburse back funds that have been donated. The trip cost is approximately **\$1800 - \$2000**. This is subject to final bookings.

The cost includes:

- > Flights
- > Airport fees
- > Food, lodging and transportation within the country
- > Insurance

The cost does not include:

- > Souvenirs
- > Meals while traveling outside the country
- > Immunizations (approx. \$100 - \$200) - see below

Note: All project related expenses in country are not included in your trip cost but are raised independently by the church/group.

Health:

HFL requires that all travelers visit either their personal physician or a travel health clinic 4-8 weeks before departure. We strongly recommend you receive the following immunizations:

- > Hepatitis A or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- > Hepatitis B, especially if you might be exposed to blood or body fluids (e.g. health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 who did not receive the series as infants.
- > Tetanus, often associated with rust, especially rusty nails, but this is somewhat misleading. *C. tetani* is an anaerobic bacterium; it will thrive in an environment that lacks oxygen. Rust itself does not cause tetanus or contain more *C. tetani* bacteria. Objects that accumulate rust are often found in the outdoors or places that contain more bacteria, any bacteria-infected object can transmit tetanus.

We also recommend taking antimalarial medications when travelling to a country where Malaria is prevalent.

Most travelers have experiences with traveler's diarrhea. There are many different kinds of microbes which can cause diarrhea that can be picked up in developing countries. The source is contaminated food and water. The best way to prevent travelers' diarrhea is to continually wash your hands. There is a medication that combats traveler's diarrhea, it is called Dukoral. Please talk to your doctor about how this could apply to you.

Immunization costs will vary depending on where you have them done and how many you need. Hepatitis A costs approximately \$65, Hepatitis B costs approximately \$42, Typhoid costs approximately \$45, and Malaria pills are about \$5/day.

 ***Facilitated by Hungry For Life International***

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