one week of your life can change theirs forever

A LOOK INSIDE ONE WEEK WITH BMDMI

More Than Medicine
From the President

At Baptist Medical and Dental Mission International (BMDMI), we work to strengthen and expand our ministry of evangelism and Christian service in some of the poorest nations in the world — Honduras, Nicaragua, Nepal, and Guatemala. We are thrilled that you are interested in serving alongside us!

In this catalog you will find information on BMDMI’s wide variety of short-term mission teams, which serve as BMDMI’s flagship ministry. All of the work done by short-term teams supports the long-term mission of BMDMI and the work of BMDMI’s missionaries. We hope that you will utilize this guide as you prepare to serve the ‘least of these’ around the world!

Why Go? It’s hard to come face-to-face with the fact that half of the world’s population struggles to exist on the equivalent of $2 per day or less. But it is a reality for many people — and many of them live closer than we might imagine. With billions living in poverty, we can’t stand by and hope it will get better on its own. We are called to serve or support those that do.

Can I Really Help? While one person cannot change the whole world, many of us working together can make a HUGE difference in the lives of those in great need. At BMDMI, our heart is to share the love of Jesus and meet the physical needs of the poor living in the world.

We’ve been sending volunteers on short-term teams to be the hands and feet of Christ for many years. But we can’t do it alone; we need and want your help! We need all kinds of folks — medical professionals, dentists, teachers, preachers, cooks, support workers, children’s workers, construction workers, and many more.

The Big Question! Would you be willing to give a week of your life to go to Honduras, Nicaragua, Nepal, or Guatemala on one of our short-term mission teams? If so, read on! You will bless many and be blessed yourself.

In Christ,

Jason C. Green
President
BMDMI DOCTRINAL STATEMENT

HONDURAS
A. Welcome to Honduras!
B. Medical/Dental Teams serving in Honduras Villages
C. Surgery Teams serving at the Centro Medico de Especialidades
D. Teams serving at the Good Shepherd Children’s Home in Honduras
E. Special Teams serving in Honduras

NICARAGUA
A. Welcome to Nicaragua!
B. Medical/Dental Teams serving in Nicaragua Villages
C. Teams serving at the Emmanuel Home of Protection in Nicaragua
D. Special Teams serving in Nicaragua

NEPAL
A. Welcome to Nepal!
B. General Nepal Teams

GUATEMALA
A. Welcome to Guatemala!
B. General Guatemala Teams
BMDMI DOCTRINAL STATEMENT

At BMDMI, we welcome the involvement of our Christian brothers and sisters from denominations of like faith. Below is our doctrinal statement, which explains what we believe. We ask that those who serve on BMDMI teams can agree with the following statements:

• The Inspiration of the Bible: We believe the Bible is the verbally inspired Word of God. (Jer. 30:2, II Timothy 3:16, II Peter 1:20-21)

• The Person of God: We believe God is supreme in His person, eternal in His being, absolute in His attributes, glorious in His perfection. We believe in the Trinity. (Gen. 1:1, Isa. 6:1, Deut. 6:4, Matt. 6:9)

• The Person of Jesus Christ: We believe in the virgin birth of Christ, His deity and sinless life, His vicarious death, His bodily resurrection, and in His personal, premillennial return. (Matt. 1:18-20, II Cor. 5:21, I Cor. 15:3-4)

• The Person of the Holy Spirit: We believe the Holy Spirit is the Third Person of the Godhead. We believe that He executes the plan of God for our conviction and salvation. From the time of conversion, the Holy Spirit resides in the body of the believer and empowers him/her for His service. (Col. 2:9, Matt. 10:16, John 14:16)

• The Fall of Man: We believe that man was created in the image of God and by choice fell into sin and death. Hence, every person is sinful and under condemnation to eternal judgment. (Gen. 2:16, Gen. 3:1-7, Rom. 5:6-11)

• The Salvation of Sinners: We believe that the salvation of sinners is wholly of grace, and that Jesus Christ is the only way of salvation. (Eph. 2:8-9, John 3:16, John 5:24, John 3:36)

• The Freeness of Salvation: We believe that the blessings of salvation are made free by the Gospel to all who repent of their sins and accept Christ as their personal Lord and Savior, and that nothing prevents the salvation of the greatest sinner but his own inherent depravity and voluntary rejection of the Gospel. (Rom. 3:24, Eph. 2:8-10, Titus 3:5)

• The Security of the Believer: We believe that those who receive Jesus Christ as their Savior are eternally secure. Our security rests on the finished work of Jesus Christ. As a result, we have assurance. (II Tim. 1:12, Rom. 8:35-39)

• The Doctrine of the Church: We believe that the visible church is a congregation of baptized believers, practicing New Testament principles, believing its doctrine, observing its ordinances, and exercising its autonomy. (Matt. 16:18, Eph. 3:10-11, I Cor. 3:11)

• The Doctrine of Heaven and Hell: We believe in the eternal blessedness of the saved in Heaven and the eternal punishment of the lost in Hell. (I Thess. 4:13, John 14:1-6, Matt. 25:31-46, Rev. 20:10-15)
Welcome to HONDURAS

BMDMI's ministry in Honduras is very widespread. With more than 13 missionary family units serving full-time in Honduras, there are many options for short-term mission teams to serve during a week-long trip. The following information will guide you through preparation for each type of mission trip offered by BMDMI.
SHORT-TERM MISSION TEAMS TO HONDURAS

A. Medical/Dental Mission Teams serving in Honduras Villages
B. Surgery Teams serving at the Centro Medico de Especialidades (Hospital Bautista)
C. Teams serving at the Good Shepherd Children’s Home in Honduras
D. Special Teams serving in Honduras

THINGS YOU MUST KNOW:
The following is miscellaneous information that you need to know as you prepare for the trip. Please read over these carefully and contact your Team Captain or our Hattiesburg Office if you have any questions.

- You must have a valid passport that will not expire within SIX (6) months of your scheduled mission trip. The airlines will not allow you to fly without this six-month validity standing on your passport. You may apply for a passport at the U.S. Postal Office in your area or by visiting the U.S. Postal website at www.usps.com.
- Pregnant women, people with chronic medical problems, and those who have recently had surgery should not participate on a team because of the difficult traveling conditions and village terrain.
- Check with your physician to see if he/she recommends any vaccinations or immunizations. The Mission does not require any inoculations at this time, though we do encourage you to be up-to-date on your tetanus vaccination. Team members traveling November – April are also encouraged to have a flu shot at least six weeks prior to departure.

WHAT SHOULD I PACK?

- A sweater or light jacket for cool evenings
- Insect repellent and/or mosquito netting
- Moist towelettes for quick cleaning
- Antibacterial hand gel
- Shower shoes, small mirror, toiletries, washcloths
- Two flat sheets, pillow, blanket, and/or sleeping bag
- Personal medications
- A roll of toilet paper in case of emergency
- Small can of Lysol
- Flashlight with batteries
- Small umbrella or compact rain gear
- Tape for closing souvenir boxes
- Ear plugs
- Camera
- Copy of your passport in your suitcase

Additional items may be recommended by your Team Captain, depending upon the date and location where your team will serve.
WE STRONGLY SUGGEST YOU DO NOT BRING CERTAIN ITEMS. BMDMI WILL NOT BE RESPONSIBLE FOR ANY LOSSES OR DAMAGE TO THE FOLLOWING:

- Expensive or flashy jewelry. Consider leaving your diamond jewelry at home.
- Any piercing jewelry other than modest earrings. Only ladies may wear earrings.
- Too much money. Ask your Team Captain how much you should bring, and only bring $1, $5, and $10 bills that are free of marks or tears.
- Laptops, MPS players, or other electronic equipment.

HONDURAS WEATHER:
The climate in Honduras is usually very warm in the day but cool in the evenings, especially if it rains. Be sure to bring a sweater or light jacket for the evenings. The hottest months in Honduras are March – May, and the rainy (cooler) season normally begins in June and lasts through the end of the year.

SPANISH LANGUAGE:
While the official language of Central America is Spanish, BMDMI will provide translators to accompany your team. Therefore, you don’t have to speak Spanish yourself!

HELPFUL SPANISH PHRASES:
- Buenos días – Good morning
- Buenas tardes – Good afternoon
- Buenas noches – Good night
- ¿Cómo está usted? – How are you?
- Me llamo _______. – My name is _________.
- Mucho gusto – Nice to meet you
- Adiós – Goodbye
- Venga – Come here
- Hasta luego – See you later
- ¿Cuántos años tiene? – How old are you?
- Tengo ________ años – I am ____________ years old.
- Gracias – Thank you
- De nada – You’re welcome
- Perdóname – Pardon me
- Lo siento mucho – I am very sorry
- ¿Qué necesita? – What do you need?
- Dios le ama – God loves you
- Dios le bendiga – God bless you
- La Biblia – The Bible
- Cantemos – Let’s sing
- Habla más despacio por favor – Speak more slowly please
- Sonrie, Cristo le ama – Smile, Christ loves you
- Eres muy bonito – You are very pretty
- Por favor – Please
- ¿Dónde está el baño? – Where is the bathroom?
- Desayuno – Breakfast
- Almuerzo – Lunch
- Cena – Supper
MEDICAL/DENTAL MISSION TEAMS SERVING IN HONDURAS VILLAGES

Each mission team is assigned a village in which to serve. This planning takes place among your Team Captain, a BMDMI Missionary, and the BMDMI Team Activities Department. While in the village, team members stay busy providing a variety of ministries and services, which may include: medical clinic, dental clinic, eyeglass clinic, pharmacy, adult evangelism, children’s ministry, clothing and shoe distribution, food distribution, team kitchen, construction, or veterinary ministry.

On average, each BMDMI village team has 45-55 members and will work with 2,000 – 3,000 villagers! These teams usually consist of the following personnel: doctors, nurses, dentists, pharmacists, pastors, children’s ministry workers, and other support personnel to help with food and clothing distribution, adult evangelism, etc.

COST:
Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

ACCOMMODATIONS:
BMDMI will handle all of your travel, accommodations, and meals while you are in Honduras.

HOW DO I SIGN UP?
If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

Either way, Cassie Odom in the Team Activities Department is always here to connect you with opportunities to serve on the mission field! Call Cassie at 601-544-5007, ext. 206.
TEAM MEMBER EXPECTATIONS:
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- Profess Christ as your personal Savior
- Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
- Be willing to serve where needed on the team
- Be willing to abide by the BMDMI dress code
- Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
- Be modest and Christ-like in your behavior with other team members, as well as with the people of Honduras
- Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.

MEDICAL PROFESSIONALS:
If you’re a doctor, dentist, nurse, pharmacist, or veterinarian and you will be using these skills on the mission field, you must also submit the following documents to your Team Captain no later than 12 weeks prior to the mission trip:

- A copy of your professional diploma
- A copy of your CURRENT annual license
- A clear copy of your passport’s information page (your passport photo’s facial features must be clear)

Only those professionals for whom BMDMI has obtained permits from the local government will be allowed to practice on the mission field. It is imperative that you submit these requested documents (and perhaps others as requested) in the time frame stated above.
SAMPLE VILLAGE SCHEDULE:

Day 1: Fly to Honduras with your team and spend the night at the Mission Home in the capitol city.

Day 2: Travel to your assigned village; set up the various ministries and programs and get ready to begin! Attend an evening worship service.

Day 3: First full day of service in your assigned village! You’ll be working from about 7 a.m. until 5 p.m. After dinner, you’ll join the people of the village for evening worship.

Day 4: Same as Day 3
Day 5: Same as Day 4
Day 6: Travel back to the Mission Home in the capitol city; visit the Children’s Home.
Day 7: Sightseeing and souvenir shopping in the capitol city.
Day 8: Fly back to the States with your team.

*Your team may attend worship services at the local church on Sunday.

DRESSCODE:

Most Christians living in the remote areas of Honduras dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.

LADIES:

You may wear pants, capris, dresses, or skirts. You should plan on wearing a dress or skirt to church for at least one service per week. Tops may be sleeveless, but spaghetti straps are not allowed. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.

MEN:

Long pants are required at all times when outside the privacy of the dorm rooms. It is acceptable to wear T-shirts, though anyone preaching at a church service should wear a collared shirt at that time. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.

ADDITIONAL SUGGESTIONS:

Clothes should be comfortable, cool, and casual. Shoes should be chosen for comfort and suitability for walking on rough terrain; you may wish to bring two pairs in case one gets wet. Don’t forget to pack extra socks! A sweater or light jacket is recommended for cooler nights. The sleeping areas are dormitory-style; you will want to bring appropriate sleeping clothes.
The surgical teams provide a variety of surgeries to Hondurans at the Centro Medico de Especialidades in Guaimaca, Honduras. These teams usually consist of 15-35 team members and include the following personnel: surgeons, nurses, anesthesiologists, nurse anesthetists, scrub techs, and other support personnel to operate the autoclave, transport patients, and tend to the spiritual needs of the patients and their families. The Centro Medico de Especialidades is operated by BMDMI and is led by BMDMI full-time missionaries.

**COST:**
Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

**ACCOMMODATIONS:**
BMDMI will handle all of your travel, accommodations, and meals while you are in Honduras.

**HOW DO I SIGN UP?**
If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

Either way, Chad Douglas in the Team Activities Department is always here to connect you with opportunities to serve at the Centro Medico de Especialidades! Call Chad at 601-544-5007.

**TEAM MEMBER EXPECTATIONS:**
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- **Profess Christ as your personal Savior**
- **Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)**
- **Be willing to serve where needed on the team**
- **Be willing to abide by the BMDMI dress code**
- **Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)**
- **Be modest and Christ-like in your behavior with other team members, as well as with the people of Honduras**
- **Complete a BMDMI team application and sign our covenant and release forms**

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.
MEDICAL PROFESSIONALS:
If you’re a doctor, dentist, nurse, pharmacist, or veterinarian and you will be using these skills on the mission field, you must also submit the following documents to your Team Captain no later than 12 weeks prior to the mission trip:

- A copy of your professional diploma
- A copy of your CURRENT annual license
- A clear copy of your passport’s information page (your passport photo’s facial features must be clear)

Only those professionals for whom BMDMI has obtained permits from the local government will be allowed to practice on the mission field. It is imperative that you submit these requested documents (and perhaps others as requested) in the time frame stated above.

SAMPLE HOSPITAL SCHEDULE:
While the type of team you have will determine exactly what the schedule will be, the following will give you a general idea:

**Day 1:** Fly to Honduras with your team and travel to the Baptist Hospital in Guaimaca where you will sleep each night.

**Day 2:** Surgery teams will prepare their operating rooms and begin evaluating surgical candidates. Non-surgery teams begin their daily ministry and then return to the hospital for evening meal and sleeping.

**Day 3:** Surgery teams begin performing surgeries. Non-surgery teams continue their daily ministry.

**Day 4:** Same as Day 3

**Day 5:** Same as Day 4

**Day 6:** Same as Day 5.

**Day 7:** Sightseeing and souvenir shopping, visit the Children’s Home and spend the night at the BMDMI Mission Home in Zamorano.

**Day 8:** Fly back to the States with your team.

*Your team may attend worship services at the local church on Sunday.

DRESSCODE:
Most Christians living in the remote areas of Honduras dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.
**LADIES:**
While on the grounds of the hospital, ladies must wear long pants, capris, a dress or skirt. Those working on surgery teams may wear scrubs. Tops may be sleeveless, but spaghetti straps are not allowed. Also, if your ministry takes you off the grounds of the hospital, you must wear a dress or skirt. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.

**MEN:**
Long pants are required at all times when outside the privacy of the dorm rooms. It is acceptable to wear T-shirts, though anyone preaching at a church service should wear a collared shirt at that time. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.

**EXCEPTIONS:**
You may wear shorts to run and/or walk in the exercise area designated by the missionary in charge. These shorts should be modest and not tight fitting.

Additional Suggestions: Clothes should be comfortable, cool, and casual. Shoes should be chosen for comfort and suitability for walking on rough terrain. The sleeping areas are dormitory-style bedding; you will want to bring appropriate sleeping clothes. You will need to pack sufficient clothing for the duration of your trip as you will not have access to laundry facilities.
TEAMS SERVING AT THE GSCH IN HONDURAS

Teams serving at the GSCH will minister to the children who reside at the Home. Each team may choose which activities they wish to lead, and are able to design a trip that will best use the gifts and abilities of the team members. There are approximately 95 children who reside at the GSCH where they receive the basic necessities of life – food, clothing, shelter, education, and lots of love! The GSCH shares property with the Good Shepherd Christian Academy, which serves more than 130 students.

Suggestions for activities offered to the children include, but are not limited to:

- Sewing classes
- Bible trivia
- Sports Sessions
- Sports Tournaments
- Movie nights
- Baking cookies / Cooking
- Crafts
- Community service projects
- Puzzles, Legos, jump rope, and MORE!

The bilingual program at the Good Shepherd Christian Academy has grown exponentially, with several classes now being taught in English. The school welcomes teachers from the United States each year to volunteer as part of the LEAD Teacher (Lead, Equip, Assist, Disciple) Program.

COST:

Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

ACCOMMODATIONS:

BMDMI will handle all of your travel, accommodations, and meals while you are in Honduras.

HOW DO I SIGN UP?

If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

Either way, Chad Douglas in the Team Activities Department is always here to connect you with opportunities to serve at the Good Shepherd Children’s Home! Call Chad at 601-544-5007.
TEAM MEMBER EXPECTATIONS:
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- Profess Christ as your personal Savior
- Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
- Be willing to serve where needed on the team
- Be willing to abide by the BMDMI dress code
- Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
- Be modest and Christ-like in your behavior with other team members, as well as with the people of Honduras
- Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.

SAMPLE CHILDREN’S HOME SCHEDULE:
The weekly schedule is adaptable, depending both on your team’s abilities and the current needs of the GSCH. This schedule shows what your week might look like.

Day 1: Arrive in Honduras and travel to the Children’s Home. Meet everyone and have dinner in the evening.
Day 2: Decide what activities you will share with the kids, and begin lessons or classes with them. Teach the children the games you want to play with them.
Day 3: Spend the day tutoring the kids, helping them with their English as well as teaching them Biblical knowledge.
Day 4: Same as Day 3
Day 5: Same as Day 4
Day 6: Visit the local villages
Day 7: Sightseeing and souvenir shopping, then spending the night at the BMDMI Mission Home in Zamorano.
Day 8: Fly back to the States with your team.

*Your team may attend worship services at the local church on Sunday.
DRESSCODE:
Most Christians living in the remote areas of Honduras dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.

EVERYONE:
While on the property of the Good Shepherd Children’s Home, you may wear long pants and/or shorts that do not fall more than two inches above the knee. Shorts should be modest and not tight fitting. On travel and sightseeing days, pants are required. All clothing should be modest and free of any questionable designs.

LADIES:
ou may wear capris, dresses, and skirts, as well. You should plan on wearing a dress or skirt to church for at least one service per week. Tops may be sleeveless, but spaghetti straps are not allowed.

ADDITIONAL SUGGESTIONS:
Clothes should be comfortable, cool, and casual. Shoes should be chosen for comfort and suitability for walking on rough terrain; you may wish to bring two pairs in case one gets wet. Don’t forget to pack extra socks! A sweater or light jacket is recommended for cooler nights. For swimming in the pool, a modest swimsuit or old shorts and a T-shirt are acceptable. The sleeping areas are dormitory-style; you will want to bring appropriate sleeping clothes. You only need to pack for one week. If you are staying for longer than one week, laundry facilities are available for use.

What will be provided by GSCH? Towels and bedding are provided by the Children’s Home, as well as 3 meals per day, drinks, and purified water. The GSCH will also safely store team members’ passports and provide access to the clinic/pharmacy in the event of an emergency or for first aid items such as Band-Aids, antibiotic ointment, hydrocortisone cream, and lice shampoo (if needed).
SPECIAL TEAMS IN HONDURAS

In addition to medical/dental teams, BMDMI is always happy to connect teams with other types of ministry work in Honduras.

Teams that fall under the category of Special Teams may include:

- Evangelism teams serving in remote villages
- Sports teams serving throughout Honduras
- Teams working to provide specific vocational training

COST:

Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

ACCOMMODATIONS:

BMDMI will handle all of your travel, accommodations, and meals while you are in Honduras.

HOW DO I SIGN UP?

If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

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SAMPLE SPECIAL TEAMS SCHEDULE:
The schedule for Special Teams will vary slightly depending on the type of work being accomplished.
Day 1: Fly to Honduras with your team and spend the night at the Mission Home in the capitol city.
Day 2: Travel to your assigned location; set up the various ministries and programs and get ready to begin!
Day 3: First full day of service!
Day 4: Same as Day 3
Day 5: Same as Day 4
Day 6: Travel back to the Mission Home in the capitol city; visit the Children’s Home.
Day 7: Sightseeing and souvenir shopping in the capitol city.
Day 8: Fly back to the States with your team.
*Your team may attend worship services at the local church on Sunday.

DRESSCODE:
Most Christians living in the remote areas of Honduras dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.

LADIES:
You may wear pants, capris, dresses, or skirts. You should plan on wearing a dress or skirt to church for at least one service per week. Tops may be sleeveless, but spaghetti straps are not allowed. All clothing should be modest and free of any questionable designs.

MEN:
Long pants are required at all times when outside the privacy of the dorm rooms. It is acceptable to wear T-shirts, though anyone preaching at a church service should wear a collared shirt at that time. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.
Welcome to NICARAGUA

BMDM’s ministry presence in Nicaragua is very strong. With approximately six missionary family units serving full-time in Nicaragua, there are many options for short-term mission teams to serve during a week-long trip. The following information will guide you through preparation for each type of mission trip offered by BMDM.
SHORT-TERM MISSION TEAMS TO NICARAGUA

A. Medical/Dental Mission Teams serving in Nicaragua Villages
B. Teams serving at the Emmanuel Home of Protection in Nicaragua
C. Special Teams serving in Nicaragua

THINGS YOU MUST KNOW:
The following is miscellaneous information that you need to know as you prepare for the trip. Please read over these carefully and contact your Team Captain or our Hattiesburg Office if you have any questions.

- You must have a valid passport that will not expire within SIX (6) months of your scheduled mission trip. The airlines will not allow you to fly without this six-month validity standing on your passport. You may apply for a passport at the U.S. Postal Office in your area or by visiting the U.S. Postal website at www.usps.com.
- Pregnant women, people with chronic medical problems, and those who have recently had surgery should not participate on a team because of the difficult traveling conditions and village terrain.
- Check with your physician to see if he/she recommends any vaccinations or immunizations. The Mission does not require any inoculations at this time, though we do encourage you to be up-to-date on your tetanus vaccination. Team members traveling November – April are also encouraged to have a flu shot at least six weeks prior to departure.

WHAT SHOULD I PACK?

- A sweater or light jacket for cool evenings
- Insect repellent and/or mosquito netting
- Moist towelettes for quick cleaning
- Antibacterial hand gel
- Shower shoes, small mirror, toiletries, washcloths
- Two flat sheets, pillow, blanket, and/or sleeping bag
- Personal medications
- A roll of toilet paper in case of emergency
- Small can of Lysol
- Flashlight with batteries
- Small umbrella or compact rain gear
- Tape for closing souvenir boxes
- Ear plugs
- Camera
- Copy of your passport in your suitcase

Additional items may be recommended by your Team Captain, depending upon the date and location where your team will serve.
WE STRONGLY SUGGEST YOU DO NOT BRING CERTAIN ITEMS. BMDMI WILL NOT BE RESPONSIBLE FOR ANY LOSSES OR DAMAGE TO THE FOLLOWING:

- Expensive or flashy jewelry. Consider leaving your diamond jewelry at home.
- Any piercing jewelry other than modest earrings. Only ladies may wear earrings.
- Too much money. Ask your Team Captain how much you should bring, and only bring $1, $5, and $10 bills that are free of marks or tears.
- Laptops, MPS players, or other electronic equipment.

NICARAGUA WEATHER:
The climate in Nicaragua is usually very warm in the day but cool in the evenings, especially if it rains. Be sure to bring a sweater or light jacket for the evenings. The hottest months in Nicaragua are March – May, and the rainy (cooler) season normally begins in June and lasts through the end of the year.

SPANISH LANGUAGE:
While the official language of Central America is Spanish, BMDMI will provide translators to accompany your team. Therefore, you don’t have to speak Spanish yourself!

HELPFUL SPANISH PHRASES:

- Buenos días – Good morning
- Buenas tardes – Good afternoon
- Buenas noches – Good night
- ¿Cómo está usted? – How are you?
- Me llamo _______. – My name is ________.
- Mucho gusto – Nice to meet you
- Adiós – Goodbye
- Venga – Come here
- Hasta luego – See you later
- ¿Cuántos años tiene? – How old are you?
- Tengo ________ años – I am ____________ years old.
- Gracias – Thank you
- De nada – You’re welcome
- Perdóname – Pardon me
- Lo siento mucho – I am very sorry
- ¿Qué necesita? – What do you need?
- Dios le ama – God loves you
- Dios le bendiga – God bless you
- La Biblia – The Bible
- Cantemos – Let’s sing
- Habla más despacio por favor – Speak more slowly please
- Sonríe, Cristo le ama – Smile, Christ loves you
- Eres muy bonito – You are very pretty
- Por favor – Please
- ¿Dónde está el baño? – Where is the bathroom?
- Desayuno – Breakfast
- Almuerzo – Lunch
- Cena – Supper
MEDICAL/DENTAL MISSION TEAMS SERVING IN NICARAGUA VILLAGES

Each mission team is assigned a village in which to serve. This planning takes place among your Team Captain, a BMDMI Missionary, and the BMDMI Team Activities Department. While in the village, team members stay busy providing a variety of ministries and services, which may include: medical clinic, dental clinic, eyeglass clinic, pharmacy, adult evangelism, children’s ministry, clothing and shoe distribution, food distribution, team kitchen, construction, or veterinary ministry.

On average, each BMDMI village team has 45-55 members and will work with 2,000 – 3,000 villagers! These teams usually consist of the following personnel: doctors, nurses, dentists, pharmacists, pastors, children’s ministry workers, and other support personnel to help with food and clothing distribution, adult evangelism, etc.

COST:
Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

ACCOMMODATIONS:
BMDMI will handle all of your travel, accommodations, and meals while you are in Nicaragua.

HOW DO I SIGN UP?
If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

Either way, Will Holder in the Team Activities Department is always here to connect you with opportunities to serve on the mission field! Call Will at 601-544-5007, ext. 216.
TEAM MEMBER EXPECTATIONS:
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- Profess Christ as your personal Savior
- Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
- Be willing to serve where needed on the team
- Be willing to abide by the BMDMI dress code
- Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
- Be modest and Christ-like in your behavior with other team members, as well as with the people of Honduras
- Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.

MEDICAL PROFESSIONALS:
If you’re a doctor, dentist, nurse, pharmacist, or veterinarian and you will be using these skills on the mission field, you must also submit the following documents to your Team Captain no later than 12 weeks prior to the mission trip:

- A copy of your professional diploma
- A copy of your CURRENT annual license
- A clear copy of your passport’s information page (your passport photo’s facial features must be clear)

Only those professionals for whom BMDMI has obtained permits from the local government will be allowed to practice on the mission field. It is imperative that you submit these requested documents (and perhaps others as requested) in the time frame stated above.
SAMPLE VILLAGE SCHEDULE:
Day 1: Fly to Nicaragua with your team and spend the night at the BMDMI Mission Home.
Day 2: Travel to your assigned village; set up the various ministries and programs and get ready to begin! Attend an evening worship service.
Day 3: First full day of service in your assigned village! You’ll be working from about 7 a.m. until 5 p.m. After dinner, you’ll join the people of the village for evening worship.
Day 4: Same as Day 3
Day 5: Same as Day 4
Day 6: Travel back to the Mission Home, see other BMDMI ministry sites
Day 7: Sightseeing and souvenir shopping.
Day 8: Fly back to the States with your team.
*Your team may attend worship services at the local church on Sunday.

DRESSCODE:
Most Christians living in the remote areas of Nicaragua dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.

LADIES:
You may wear dresses or skirts during your days working in the village, along with any day that you may attend a church service. Tops may be sleeveless, but spaghetti straps are not allowed. All clothing should be modest and free of any questionable designs. Ladies may wear pants or capris on travel and sightseeing days only.

MEN:
Long pants are required at all times when outside the privacy of the dorm rooms. It is acceptable to wear T-shirts, though anyone preaching at a church service should wear a collared shirt at that time. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.

ADDITIONAL SUGGESTIONS:
Clothes should be comfortable, cool, and casual. Shoes should be chosen for comfort and suitability for walking on rough terrain; you may wish to bring two pairs in case one gets wet. Don’t forget to pack extra socks! A sweater or light jacket is recommended for cooler nights. The sleeping areas are dormitory-style; you will want to bring appropriate sleeping clothes.
Teams serving at the Emmanuel Home of Protection will work closely with young ladies who have been placed in the Home as a result of abusive situations. Our missionaries and staff share God's love daily with these young ladies, teaching them that they have great value in the eyes of God and instructing them in Biblical principles and morals to fight the world of lies that they have lived in all of their lives. The great news is that many have accepted the free gift of salvation offered through Christ and have begun the transforming life of walking with Christ.

The Emmanuel Home of Protection was opened in 2008 to provide rescue and refuge for young ladies who have faced countless difficult challenges in their lives.

MOTHERHOOD:
Many young women come to us with unplanned or unwanted pregnancies that occurred as a result of the abuse they have received. These new mothers-to-be often have a difficult time accepting the baby inside their womb and accepting the idea of being a mother at a very early age. Part of the job of our staff is to counsel, listen to, and wipe away the tears of these new mothers while assuring them of God's love for them and their new babies. Because adoption is not an option for most of the young mothers, we help them to learn to accept their baby and learn what it means to be a good mother.

EDUCATION:
All of the young women in our center receive educational classroom instruction while in our care. Many of them come to us having received very little education, and some have received none at all. We have on-staff teachers who give daily instruction for grades one through six. Other young ladies from the surrounding communities who have not been able to complete their studies also come to receive educational instruction from our teachers. The women also receive classes in sewing, beauty, baking, art, etc. so that they can begin to develop vocational skills that will help them find a job and support themselves when they leave the home.
**CHILDREN WITH SPECIAL NEEDS:**
In 2012 we opened our doors and our hearts to provide care for children with special needs. These children have been neglected, abused, or discarded by their own families and need a place to receive care and affection. Their disabilities range from very slight to very severe, and our staff works hard to provide the necessary attention and love that these very special children need.

**COST:**
Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

**ACCOMMODATIONS:**
BMDMI will handle all of your travel, accommodations, and meals while you are in Nicaragua.

**HOW DO I SIGN UP?**
If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

Either way, Will Holder in the Team Activities Department is always here to connect you with opportunities to serve on the mission field! Call Will at 601-544-5007, ext. 216.
TEAM MEMBER EXPECTATIONS:
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

• Profess Christ as your personal Savior
• Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
• Be willing to serve where needed on the team
• Be willing to abide by the BMDMI dress code
• Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
• Be modest and Christ-like in your behavior with other team members, as well as with the people of Nicaragua
• Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.

MEDICAL PROFESSIONALS:
If you’re a doctor, dentist, nurse, pharmacist, or veterinarian and you will be using these skills on the mission field, you must also submit the following documents to your Team Captain no later than 12 weeks prior to the mission trip:

• A copy of your professional diploma
• A copy of your CURRENT annual license
• A clear copy of your passport’s information page (your passport photo’s facial features must be clear)

Only those professionals for whom BMDMI has obtained permits from the local government will be allowed to practice on the mission field. It is imperative that you submit these requested documents (and perhaps others as requested) in the time frame stated above.
SAMPLE EMMANUEL HOME SCHEDULE:
Day 1: Fly to Nicaragua with your team and travel directly to the Emmanuel Home of Protection.
Days 2–6: Serve in the Emmanuel Home of Protection – minor construction projects, maintenance work, etc. while the girls are in school. Teams may feel the afternoons and early evenings with activities devoted directly to ministering to and building relationships with the girls.
Day 7: Sightseeing and souvenir shopping.
Day 8: Fly back to the States with your team.
*Your team may attend worship services at the local church on Sunday.

DRESSCODE:
Most Christians living in the remote areas of Nicaragua dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.

LADIES:
While on the grounds of the EHP, you may wear long pants or jeans, knee length shorts, capris, or skirts. Tops may be sleeveless but spaghetti straps are not allowed. If your ministry takes you off the grounds of the EHP, you must wear long pants, capris, or a skirt. All clothing should be modest and free of any questionable designs.

MEN:
You may wear jeans or long shorts while on the grounds of the EHP. It is okay to wear T-shirts. If your ministry takes you off the grounds of the EHP, you must wear long pants. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area.

ADDITIONAL SUGGESTIONS:
Clothes should be comfortable, cool, and casual. Shoes should be chosen for comfort and suitability for walking on rough terrain. The sleeping areas are dormitory-style; you will want to bring appropriate sleeping clothes.
SPECIAL TEAMS IN NICARAGUA

In addition to medical/dental teams, BMDMI is always happy to connect teams with other types of ministry work in Nicaragua.

Teams that fall under the category of Special Teams may include:

- Evangelism teams serving in remote villages
- Sports teams serving throughout Nicaragua
- Teams working to provide specific vocational training

COST:

Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as miscellaneous team expenses designated by the Team Captain. In general, each team member can expect to pay between $1,700 - $2,000.

ACCOMMODATIONS:

BMDMI will handle all of your travel, accommodations, and meals while you are in Nicaragua.

HOW DO I SIGN UP?

If you know which team you would like to serve with, simply contact the Team Captain directly to get an application form and see what additional steps you need to take. Or, you can take a look at our online team ministry calendar at BMDMI.org to find a team that is traveling when you are available to serve.

Either way, the BMDMI Team Activities Department is here to help! Contact them at 601-544-5007.

TEAM MEMBER EXPECTATIONS:

The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- Profess Christ as your personal Savior
- Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
- Be willing to serve where needed on the team
- Be willing to abide by the BMDMI dress code
- Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
- Be modest and Christ-like in your behavior with other team members, as well as with the people of Honduras
- Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.
SAMPLE SPECIAL TEAMS SCHEDULE:
The schedule for Special Teams will vary slightly depending on the type of work being accomplished.

Day 1: Fly to Nicaragua with your team and spend the night at the BMDMI Mission Home.
Day 2: Travel to your assigned location; set up the various ministries and programs and get ready to begin!
Day 3: First full day of service!
Day 4: Same as Day 3
Day 5: Same as Day 4
Day 6: Travel back to the Mission Home and visit other ministry sites.
Day 7: Sightseeing and souvenir shopping.
Day 8: Fly back to the States with your team.
*Your team may attend worship services at the local church on Sunday.

DRESSCODE:
Most Christians living in the remote areas of Nicaragua dress conservatively. In an effort to “become all things to all people” (1 Cor. 9:22), BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team. *Dresscode specifics are subject to change based on the location of your service and the discretion of your Team Captain.

LADIES:
You may wear pants, capris, dresses, or skirts. You should plan on wearing a dress or skirt to church for at least one service per week. Tops may be sleeveless, but spaghetti straps are not allowed. All clothing should be modest and free of any questionable designs.

MEN:
Long pants are required at all times when outside the privacy of the dorm rooms. It is acceptable to wear T-shirts, though anyone preaching at a church service should wear a collared shirt at that time. All clothing should be modest and free of any questionable designs. No shorts are to be worn outside the privacy of your sleeping area; please do not leave the sleeping area without changing your shorts to appropriate clothing first.
Welcome to NEPAL

BMDMI extended its ministry into Nepal in 2013 with the placement of the first missionary couple on the field. Since then, BMDMI has secured a long-term working partnership agreement with a local Non-Governmental Organization (NGO) and is currently finalizing its own International Non-Governmental Organization (INGO) status through the Nepali government.

Nepal is a country that has only known the presence of the Gospel of Jesus Christ for roughly 60 years. The church is so very young. But despite its youth, the Nepali church is growing in number and strength and believers in Nepal are eager that those they know may come to know the hope to be found in the Gospel.
WHAT IS YOUR ROLE?

How can you help? Beyond the basic work you will be doing, we hope to show the Church and those we come into contact with the love of Christ. We want to support the believers in Nepal so they, in turn, can support and uphold their hurting communities. We want to cry with them and laugh with them. We want to bind up their wounds and wash their feet and serve them so they can serve others. We want to undergird the Nepali Church with brothers and sisters who can carry them for the even the briefest parts of this terrible road they must walk so they know they do not walk alone.

SHORT-TERM MISSION TEAMS TO NEPAL:

Currently, teams traveling into Nepal meet specific needs presented by BMDMI Missionaries. Teams traveling to Nepal may not exceed 15 total team members.

To be fully transparent and helpful as team members prepare to travel into tough terrain and environments, we have included levels of difficulty associated with each type of short-term mission team traveling to Nepal:

- Medical Teams serving in the capitol city of Kathmandu (LOW Difficulty)
- Medical Teams serving in remote villages of Nepal (MEDIUM Difficulty)
- Construction Teams serving in remote villages of Nepal (MEDIUM Difficulty)
- Evangelism/Pastoral Training teams serving in remote villages of Nepal (HIGH Difficulty)

THINGS YOU MUST KNOW:

Please read over these carefully and contact your Team Captain or our Hattiesburg Office if you have any questions.

- You must have a valid passport that will not expire within SIX (6) months of your scheduled mission trip. The airlines will not allow you to fly without this six-month validity standing on your passport. You may apply for a passport at the U.S. Postal Office in your area or by visiting the U.S. Postal website at www.usps.com
- Pregnant women, people with chronic medical problems, and those who have recently had surgery should not participate on a team because of the difficult traveling conditions and village terrain.
- BMDMI encourages team members traveling to Nepal to have updated tetanus vaccination, as well as completed the vaccinations for hepatitis A and B.
- You must have at least two (2) VISA-style photos and $25 USD* upon arrival into the Kathmandu airport. Please have exact change and have your photos cut out into single photos.
  *This fee grants a visa for up to 15 days. Extended stays in Nepal may incur additional visa-related costs.
**WEATHER:**
Nepal has very well defined seasons. It is easy to know what to expect based on when you are traveling.

**February – April:**
Temperatures are in the high 60s to low 70s during the days, with temperatures in the mid 40s in the evenings. There is no heat source, so a light jacket or warm shirt/sweater is necessary for evenings.

**May – September:**
These are the hottest months, and this is also monsoon season in Nepal. Expect rain, often very heavy rain, every day. Streets are very muddy and often flooded. In addition to the rains, temperatures will soar into the 90s and humidity will be very high.

**December – January:**
These are the coldest months with highs in the 60s and lows in the 30s. There is no heat source, so warm clothes will be necessary.

**ALTITUDE:**
Kathmandu is at 5,200 feet, so it is very important to stay hydrated. Because of the altitude, you can expect to become slightly winded while climbing stairs, etc.

**DRESSCODE:**
BMDMI requires team members to dress in a manner that honors the culture/style of these believers. Therefore, you must adhere to the following requirements. If you are unwilling to abide by these clothing guidelines, we ask that you refrain from joining a team.

**LADIES:**
Shirts should be longer in style (long enough to cover your backside). No tank tops of any kind are allowed. Capris and long pants are appropriate, as long as the pants hit at mid-calf. No shorts of any kind. Ladies should wear dresses or nice pants for church services.

**MEN:**
T-shirts are fine, however you will need to wear a collared shirt and slacks for church services. Longer cargo-style shorts are appropriate, as long as they are knee length. Jeans and/or outdoor pants are also appropriate and encouraged. No tank tops.
ADDITIONAL DRESSCODE INFORMATION:
Any style footwear is appropriate, keeping in mind the weather conditions and type of activity in which you will participate. Due to housing accommodations, teams will be sleeping in tight quarters and possibly on the floor.

WHAT SHOULD I PACK?

- A sweater or light jacket for cool evenings
- Insect repellent and/or mosquito netting
- Moist towelettes for quick cleaning
- Antibacterial hand gel
- Shower shoes, small mirror, toiletries, washcloths
- Two flat sheets, pillow, blanket, and/or sleeping bag
- Personal medications
- A roll of toilet paper in case of emergency
- Small can of Lysol
- Flashlight with batteries
- Rain gear
- Camera
- Copy of your passport in your suitcase

Additional items may be recommended by your Team Captain, depending upon the date and location where your team will serve.
COST:
Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as the length of your trip and the logistics associated with your trip. In general, each team member can expect to pay between $2,000 - $2,500.

ACCOMMODATIONS:
BMDMI will handle all of your travel, accommodations, and meals while you are in Nepal. Depending on the type of trip you take, you may stay in a hotel in Kathmandu or in a village. In some cases, personal tents will be required.

HOW DO I SIGN UP?
For all inquiries regarding BMDMI Nepal Mission Teams, please contact Will Holder at the BMDMI Office at 601.544.5007, ext. 216 or Will@bmdmi.org.

TEAM MEMBER EXPECTATIONS:
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- Profess Christ as your personal Savior
- Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
- Be willing to serve where needed on the team
- Be willing to abide by the BMDMI dress code
- Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
- Be modest and Christ-like in your behavior with other team members, as well as the people of Nepal
- Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.
CULTURAL TIPS:

- The right hand is to be used to give and receive things to/from others. The left hand is considered the “dirty” hand.
- To show respect, touch the left hand to the crook in the right elbow when reaching out to give or receive something from another person.
- No hugging or public signs of affection between the opposite sex.
- Shoes are never worn indoors.
- When sitting on the floor in a church or someone’s home, either sit cross legged or with your legs tucked to the side – it is offensive to point the bottom of your feet at someone else as feet are considered the lowest part of the body.
- Do not step over any part of a person.
- Many in Nepali culture believe the head is sacred and the spiritual high point of the body – do not pat or rub a child on the head.
- Nepalis do not beckon someone to come with the index finger. Instead, face your palm toward the ground and beckon with all four fingers.
- A thumbs up means you need to use the toilet, not that everything is OK.

COMMON GREETINGS:

Namaste - This is the traditional Nepali greeting. It is Hindu in origin and roughly translated means “The god/spirit in me recognizes the god/spirit in you.” This greeting is used for hello, goodbye and everything in between. It is the Nepali version of “Aloha”.

Jai maasi (Jie-mah-see) - This greeting is given among believers. As Christianity began to spread in Nepal, Christians realized their culture’s traditional greeting was unbiblical. Wanting to separate themselves from Hinduism they adopted their own greeting. Roughly translated this means “Praise the Lord.”

*When greeting anyone with “Namaste” or “Jai maasi” put your hands together in prayer position at chest level as you give the greeting.

COMMON PHRASES:

Mero naam (your name) ho (Marrow naw-m ... ho) - My name is (your name)
Tapaaiko naam ke ho? (Tuh-pie-ko naw-m kay ho?) - What is your name? (Adult)
Timro naam ke ho? (Team-ro naw-m kay ho?) - What is your name (Child)
Mero desh America ho - My country is America
Sanchaai chha? (Saw-n-chai chha) - How are you?
Raamro chha - I am fine
Welcome to GUATEMALA

BMDMI extended its ministry into Guatemala in 2015. Currently, BMDMI has only one missionary family serving in Guatemala.
SHORT-TERM MISSION TEAMS TO GUATEMALA:
As ministry in Guatemala grows, the types of teams offered by BMDMI will also continue to grow. At this point, teams are encouraged to express various areas of interest and service, such as evangelism teams, sports teams, medical or dental teams, etc. Teams traveling to Guatemala may not exceed 20 total team members.

THINGS YOU MUST KNOW:
The following is miscellaneous information that you need to know as you prepare for the trip. Please read over these carefully and contact your Team Captain or our Hattiesburg Office if you have any questions.

- You must have a valid passport that will not expire within SIX (6) months of your scheduled mission trip. The airlines will not allow you to fly without this six-month validity standing on your passport. You may apply for a passport at the U.S. Postal Office in your area or by visiting the U.S. Postal website at www.usps.com.
- Pregnant women, people with chronic medical problems, and those who have recently had surgery should not participate on a team because of the difficult traveling conditions and village terrain.
- Check with your physician to see if he/she recommends any vaccinations or immunizations. The Mission does not require any inoculations at this time, though we do encourage you to be up-to-date on your tetanus vaccination. Team members traveling November – April are also encouraged to have a flu shot at least six weeks prior to departure.

WHAT SHOULD I PACK?
- A sweater or light jacket for cool evenings
- Insect repellent and/or mosquito netting
- Moist towelettes for quick cleaning
- Antibacterial hand gel
- Shower shoes, small mirror, toiletries, washcloths
- Two flat sheets, pillow, blanket, and/or sleeping bag
- Personal medications
- A roll of toilet paper in case of emergency
- Small can of Lysol
- Flashlight with batteries
- Small umbrella or compact rain gear
- Tape for closing souvenir boxes
- Ear plugs
- Camera
- Copy of your passport in your suitcase

Additional items may be recommended by your Team Captain, depending upon the date and location where your team will serve.
WE STRONGLY SUGGEST YOU DO NOT BRING CERTAIN ITEMS. BMDMI WILL NOT BE RESPONSIBLE FOR ANY LOSSES OR DAMAGE TO THE FOLLOWING:

- Expensive or flashy jewelry. Consider leaving your diamond jewelry at home.
- Any piercing jewelry other than modest earrings. Only ladies may wear earrings.
- Too much money. Ask your Team Captain how much you should bring, and only bring $1, $5, and $10 bills that are free of marks or tears.
- Laptops, MPS players, or other electronic equipment.

GUATEMALA WEATHER:
The climate in Guatemala is usually very warm in the day but cool in the evenings, especially if it rains. Be sure to bring a sweater or light jacket for the evenings.

SPANISH LANGUAGE:
While the official language of Central America is Spanish, BMDMI will provide translators to accompany your team. Therefore, you don’t have to speak Spanish yourself!

HELPFUL SPANISH PHRASES:

- Buenos días – Good morning
- Buenas tardes – Good afternoon
- Buenas noches – Good night
- ¿Cómo está usted? – How are you?
- Me llamo _______. – My name is _________.
- Mucho gusto – Nice to meet you
- Adiós – Goodbye
- Venga – Come here
- Hasta luego – See you later
- ¿Cuántos años tiene? – How old are you?
- Tengo ________ años – I am ____________ years old.
- Gracias – Thank you
- De nada – You’re welcome
- Perdóname – Pardon me
- Lo siento mucho – I am very sorry
- Dios le ama – God loves you
- Dios le bendiga – God bless you
- La Biblia – The Bible
- Cantemos – Let’s sing
- Habla más despacio por favor – Speak more slowly please
- Sonríe, Cristo le ama – Smile, Christ loves you
- Eres muy bonito – You are very pretty
- Por favor – Please
- ¿Dónde está el baño? – Where is the bathroom?
- Desayuno – Breakfast
- Almuerzo – Lunch
- Cena – Supper
GENERAL TEAMS SERVING IN GUATEMALA

COST:
Each team member is expected to pay his/her own expenses, including the BMDMI team fee, airfare, and certain team expenses. The total cost per team member varies from team to team, depending on your place of departure, as well as the length of your trip and the logistics associated with your trip. In general, each team member can expect to pay between $2,000 - $2,500.

ACCOMMODATIONS:
BMDMI will handle all of your travel, accommodations, and meals while you are in Guatemala.

HOW DO I SIGN UP?
For all inquiries regarding BMDMI Guatemala Mission Teams, please contact Will Holder at the BMDMI Office at 601.544.5007, ext. 216 or Will@bmdmi.org.

TEAM MEMBER EXPECTATIONS:
The primary purpose of our Mission is to proclaim the Gospel of Jesus Christ. As a BMDMI team member you must:

- Profess Christ as your personal Savior
- Be willing to support the doctrinal beliefs of BMDMI while on the field (see page 4)
- Be willing to serve where needed on the team
- Be willing to abide by the BMDMI dress code
- Refrain from the use of tobacco products, alcohol, or profanity while on the mission trip (including the flights to and from the field)
- Be modest and Christ-like in your behavior with other team members, as well as the people of Guatemala
- Complete a BMDMI team application and sign our covenant and release forms

Please know that BMDMI reserves the right to decline any applications for team membership for any reason, including but not limited to, theological differences or personal behavior/appearance deemed incompatible with its ministry and testimony. BMDMI will also arrange for the early return (at the team member’s expense) to the United States of any team member that does not adhere to each of these requirements.