



TRIP PACKET COLOMBIA



AUGUST 7-14, 2027



TABLE OF CONTENTS

Welcome

- About FAME.....4
- About La Costa Colombia.....5
- Financial Deadlines.....6
- Team Meetings.....7
- Raising Support.....8-10
- Trip Policies.....11-12
- Communication Guidelines.....13

About Colombia

- Quick Facts.....14
- Geography.....15
- Language.....16
- History.....17
- Nature.....18
- People & Culture.....19
- Religion.....20
- Government & Economy.....21
- Sports & Games.....22
- Celebrations.....23
- Food.....24
- Clothing.....25

Travel Info

- Passport Info.....26
- ETA Form.....27
- Health & Vaccines.....28
 - Staying Healthy.....29
 - Travel Medications.....30
- Packing List.....31
 - Dress Requirements.....32
- Trip Leader Contact.....33

"FOR WE ARE HIS WORKMANSHIP,
CREATED IN CHRIST JESUS TO DO GOOD
WORKS, WHICH GOD PREPARED IN
ADVANCE FOR US TO DO."

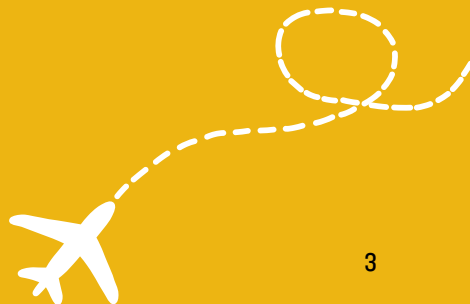
-EPHESIANS 2:10-

Welcome! We are thrilled that you are
preparing to join FAME on this trip to
Colombia to partner with *La Costa
Colombia*.

Many exciting things happen when we
are on the field, and it is a blessing that
you are part of this team. As you plan
and pack, we are preparing for the trip
as well. We want you to have a great
trip, so please take time to read this
whole trip packet carefully. It should
answer many of your questions.

If you have further questions regarding
the trip, please direct them to Vanessa
Scheel (vscheel@fameworld.org).

As you may expect, life in Colombia is
different than in the United States. Be
ready to be flexible and patient as we
journey together.





**FELLOWSHIP ASSOCIATES OF
MEDICAL EVANGELISM**

LOCATED: INDIANAPOLIS, IN

Mission: FAME is sending help and hope in the name of Christ to the world's most vulnerable through medical evangelism.

Vision: To be a global leader in evangelism through healthcare.

Core Values:

- Evangelism
- Compassion
- Empowerment
- Sustainability
- Partnership

Core Activities:

- Give: Healthcare projects
- Send: Medical supplies
- Go: Short-term trips

Learn more: www.fameworld.org



LA COSTA COLOMBIA

LOCATED: BARRANQUILLA,
COLOMBIA

About:

La Costa Colombia exists to support and encourage Colombian churches and missions in the coastal cities of Barranquilla, Santa Marta, and Buenaventura. They provide financial assistance, training, and Bible study materials for local pastors and Christian leaders for the development of their local churches and missions.

Core Activities:

- Pastoral care and training
- Community health and medical outreach
- Children's feeding program and school support
- Scholarship fund

Learn more:

<https://lacostacolombia.org>



FINANCIAL DEADLINES

MAY 7TH: \$1,100

JUNE 4TH: \$533

JULY 2ND: \$532

The total estimated trip cost is \$2,165 per person. This includes airfare, in-country transportation, travel insurance, food, lodging, interpreters, and an excursion. This does not include passport fees, immunizations, airline baggage, souvenirs, airport meals, or incidentals. \$100.00 is usually sufficient to cover incidental expenses.

All funds should be submitted to FAME. Funds can be sent via checks or online using this link: <https://fameworld.org/short-term-trips/>

Contributions are NOT refundable once submitted to FAME. If you are unable to go due to illness or an emergency, submitted funds may be applied (within a year) towards another FAME trip.

MEETING DATES

MAY 4TH @ 6PM ET

JUNE 1ST @ 6PM ET

JUNE 29TH @ 6PM ET

AUG 31ST @ 6PM ET

FAME uses a training program called Mission's Academy. Each participant will be given access to this online platform where they will work through training modules. Much of the training will be done individually, and our three team Zoom meetings will help further the discussion.

Each participant will be given three books that coincide with the training.

Book 1: A field guide that the participant uses as they work through the training.

Book 2: A 30 day devotional guide that each participant will work through 30 days prior to departing.

Book 3: A journal to use upon returning from the trip to assist with re-entry.



RAISING SUPPORT



The most important thing in raising your finances for this trip is to understand that this mission is God's and not yours. Dedicate this to prayer. Trust that God can provide for you in a variety of ways.

The amount of money that you need to raise may seem insurmountable. Remember that funds can come from a number of sources over a period of several months, which will make it seem much more attainable. You may want to get family, your church, missions committee, neighbors, and interested people in your community involved.

The following are fund-raising ideas that others have used to raise their support:

- Assistance from your home church. Let your church know what you are doing. Ask for prayer and financial support. Ask the church to host to host fund-raising activities for you. Send letters to individual church members asking for their support. A sample support-raising letter is included in this packet.
- Assistance from family and friends. Send letters to relatives and friends asking for prayer and support. Enlist family and friends to help you with fundraising activities. Use your birthday and other gift-giving occasions to ask for support, in lieu of a traditional gift.
- Assistance from other churches. If there are other churches in which you have been involved, contact them, let them know your plans, and ask for their support.
- Hold fundraising activities. This includes such things as having a car wash, mission luncheon, auction, garage sale, bake sale, craft fair, doing odd jobs, go-fund me, etc. Use your imagination!

SAMPLE SUPPORT LETTER



The following is a form letter that can be used to solicit funds and prayer support. This is just an example. Please personalize it to meet your specific needs and situation.

Dear...

I am sending you this letter so that you might share in my excitement and in my prayerful anticipation of serving on the mission field this year. From (dates of trip), I will be in (name of city, country where serving), with a short-term mission team providing medical care, medical education, training, and working with local churches all for the purpose of taking Christ to the unreached and undeserved. My personal gifts and abilities will be used to their fullest, but more importantly, my love for Jesus will be shared with the people there.

I would like to ask you to join me in praying for God's wisdom and strength as I follow His leading. It is a humbling thing to ask for help, but at the same time it forces me to grow in my faith. While it's true that I need help funding the trip, please do not make a financial donation to this cause if it would be done out of a sense of obligation. I understand that no one has unlimited funds and that unexpected expenses seem to appear in our lives, but, if you are able, and if it would bring you the joy that I believe it can, any amount would be greatly appreciated.

Regardless of the decision you make concerning my financial need, I would ask you to please let it not interfere with my request for your partnership in prayer. I am seeking to have someone committed to pray for me each day of the trip. If you are willing to be one of my prayer partners, please let me know. I know that God's desire is that I continually seek His direction as I make my needs and requests known to Him!

LETTER CONT...



TRIP POLICIES



- The trip leaders and the host missionary are the recognized authorities on the trip. Any defiance toward a trip leader or host missionary may result in immediate termination of your mission trip and you will be sent home at your expense.
- Conduct is to be that expected of a Christian person-willing to give and take and maintain the spirit of unity and harmony of the group, to extend politeness and courtesy to those with whom we come in contact (missionaries, nationals, team leaders, team members). A positive attitude is expected.
- Regardless of your personal religious belief, you will be expected to support the mission's stance as we help those in need.
- All trip participants are required to follow the trip schedule and participate in all group functions and team meetings. Permission to deviate from the scheduled activities must be obtained from the trip leaders.
- Always be on time for meals, devotions, and other activities.
- No smoking or tobacco of any form, illegal drugs, or alcohol is permitted while on the trip.
- Be mindful of your speech and behavior making sure it is appropriate for all settings.
- You will be expected to acclimate to the host culture. This may mean eating food you are unfamiliar with or participating in foreign customs. Complaining about or constantly comparing the differences from U.S. culture is considered inappropriate.
- Pairing off is NOT permitted, as it tends to distract from the real purpose of the trip. Males are not allowed in females' rooms and vice versa. (With the exception of married or related family members) Due to cultural considerations, public displays of affection are not acceptable.

- Separation from the group is not allowed without prior approval by the team leader. Always let the team leader or host missionary know your whereabouts. NEVER wander off or go exploring by yourself.
- It is important that you dress in a neat, clean, and modest fashion. Your appearance is important not only for the missionary's reputation, but in the way the local people will perceive you. You may have to submit to certain restrictions regarding dress or appearance. (This information will be given elsewhere)
- Due to cultural considerations, practical jokes are not permitted.
- Do not give gifts of any kind to nationals without consulting the host missionaries or trip leader. The preferred method of giving is through structured programs by the host mission. Careful consideration should be given to the sharing of your personal contact information with any nationals, except for our host missionary. Well intentioned friendships can quickly turn into a form of dependency using friendships to get material gifts.
- Play with the kids outside. No youth or children should be invited into your personal living space. This is for their protection, as well as yours.
- Do not brush your teeth with or drink the tap water.
- Cell phone use to make personal calls, post on social media, and texting should be done during free time either before our day begins or at the end. Do your best to be present with your team members, hosts, and patients always.

GOLDEN RULES

- 1.No Complaining
- 2.Do everything you are asked
- 3.Leave every space cleaner than you found it



COMMUNICATION GUIDELINES



Communication standards, expectations, methods and interpretations vary from culture to culture. This includes virtual communication.

- Generally, exchanging contact information and maintaining communication with minors, without parental knowledge, consent, and oversight, is not recommended.
- Generally, 1-on-1 communication between members of the opposite sex is not recommended.
- As much as reasonably possible, keep text conversations in group chats.
- Do not give out someone else's personal contact information without their permission.
- It is OK to refrain from sharing contact information.
- Participant conduct is to be that expected of an individual following Christ, including their interpersonal communications, both in-person and virtual.

The most important communication guideline is to communicate and be transparent with your trip leader and in-country host. Your trip leader and/or host will be able to give insight into and help you navigate different communication situations.

On trips, meaningful connections are often made in short periods of time, and it is amazing that we have the means to keep in touch with new friends across countries and continents. Our goal as a team is to support our host's ministry and connection in their community. This applies both while we are present in-country and to our ongoing communications after we leave.



COLOMBIA

Quick Facts

Official Name: Republic of Colombia

Government: Republic

Capital: Bogotá

Population: 52.32 million (2023)

Official Language: Spanish

Currency: Colombian Peso

Area: 439,619 square miles (1,138,910 square kilometers)

Flag:





COLOMBIA

Geography

Colombia is nicknamed the “Gateway to South America” due to its location on the northwestern part of the continent, where South America connects with Central and North America.

Colombia is a land of extremes - through its center run the towering, snow-covered volcanoes and mountains of the Andes; tropical beaches line the north and west, with deserts in the north and vast grasslands in the east. Dense forests fill Colombia's Amazon Basin, which takes up nearly the entirety of the country's southern half. In northwest Colombia, a warm, wet, jungle-filled area called the Chocó reaches across the panama boarder.

For this trip, we will fly into Barranquilla and drive 30 minurs farther north to our hotel.





COLOMBIA

Language

Basic Spanish greetings and phrases:

Hola, Adiós

(Hello, Goodbye)

Buenos días, Buenos tardes, Buenos noches

(Good morning, Good Afternoon, Good Evening)

Cómo está?

(How are you?)

Estoy bien

(I am well)

Cómo se llama?

(What is your name?)

Me llamo ___

(My name is ___)

Gloria a Dios

(Praise God)

Jesús te ama

(Jesus loves you)

Dios le bendiga

(God bless you)



COLOMBIA

A brief history

Archaeologists believe the first settlers of Colombia arrived in the Magdalena Valley, in the western part of the country. It is believed that this settlement grew into a civilization called the Chibcha. From the Chibcha arose the Muisca, an advanced culture that became the dominant civilization in Colombia by 700 A.D.

Spanish explorers arrived in Colombia in 1500 but did not establish a settlement until 1525. The Spanish explorers were sent to seek gold, precious stones, and natural resources to build and supply the kingdom of Spain. By 1538, the Spanish had conquered the Muisca, seizing power and control of resources, and Colombia remained under Spanish rule for nearly 250 years.

By the late 1700s, unrest was growing between native people groups and the Spanish settlers. In 1811, the city of Cartagena declared independence and the city of Bogotá soon followed. Spanish soldiers tried to reclaim control in 1815, but Colombian forces, led by the famed Venezuelan general Simón Bolívar, defeated the Spanish in 1819.

After gaining independence, Colombia became part of a transient country called New Granada. This country fell apart by 1835, and Colombia became its own nation. Fights soon ensued between different political groups vying for leadership of the newly founded country. Since its independence, Colombia has had several civil wars, and relatively few times of peace.



COLOMBIA

Nature

With its vast rain forests, sprawling savannas, huge mountains, and 1,800 miles (2,900 kilometers) of coastline on two oceans, Colombia is one of the most biologically diverse countries on Earth. Even though it takes up less than 1% of the world's land area, about 10% of all animal species live in Colombia.

At one time Colombia was nearly completely covered in jungle, and much of Colombia's forest habitat had been undisturbed for may thousands of years. Animals from jaguars and giant ant eaters, to caimans and poison dart frogs all calling Colombia's jungles home. The mountains providing habitat for huge Andean condors and rare spectacled bears, South America's only bear species.

Today, much of the country's treed space has been cleared to create farmland, and few areas retain their original forests. The government has set up several national parks to protect habitats, but damage to the environment continues.





COLOMBIA

People & Culture

The people of Colombia are as varied as its landscape. Most Colombian citizens are descended from three ethnic groups: indigenous people groups, Africans (initially brought to Colombia through the slave trade), and European settlers. This cultural blend makes the country's history, food, music, dance, and art distinct.

Family life is extremely important in Colombian culture. For most Colombians, family is the basic element of community and social structure. Families are often close, and stay close together. It is not unusual to find grandparents living at home with their adult children and grandchildren.

The Colombian perception of time can be quite relaxed; in general, punctuality is not as stringent as in western cultures.

Generally, Colombians favor an indirect communication style. To avoid confrontation, conversations may be approached in a vague or roundabout manner and sidestep saying "no" directly. Despite this indirect communication style, Colombians are often open, expressive, and energetic communicators.

Additionally, physical contact plays a large role in conversation. Colombians are generally tactile, emphasizing points by nudging or touching each other's arms or legs. Direct eye contact is considered polite while speaking with others.



COLOMBIA

Religion

Religion in Colombia reflects the plurality of its cultural heritage and the influence of native heritage and the Spanish colonial period. 90% of Colombians profess Christian faith, with 5% atheism and 5% practicing other religious beliefs.

Although the Roman Catholic Church is predominant in Colombia, other religious beliefs are freely practiced, and the country's governmental policies encourage a tolerant environment. The international Religious Freedom Report of 2004 reported amicable coexistence between religions in the country. In addition to Christians, there are jews, muslims, African animistic religions, syncretistic faiths consisting of a blend of catholicism and African animism, and even. Taoist commune.

In 1991, constitutional reforms led to the abolition of the former state of affairs, under which the Roman Catholic Church was the State Church. The constitution since contains two articles which protect against religious discrimination and guarantee the freedom of worship and the right to profess any faith.



COLOMBIA

Government & Economy

Colombia has a long history of democracy. Like the United States, the country is run by a president, who is elected every four years. Laws are made by a House of Representatives and a Senate.

Colombia's biggest trading partner is the United States, which buys 40 percent of the country's exports. Colombia sends a variety of items overseas, including coffee, bananas, oil, coal, gold, platinum, and emeralds.

One of Colombia's worst exports, though, is illegal drugs. With help from the United States, the Colombian government is carrying out Plan Colombia, a costly and wide-ranging effort to rid the country of the gangs, called cartels, that produce illegal drugs for sale around the world.

Current President:

**Abelardo de la
Espriella**
2026-Present





COLOMBIA

Sports & Games

Organized sports have grown steadily in popularity in Colombia, and without question the most widely played and watched sport in the nation is football (soccer). The most intense football rivalries are between pairs of teams in three different major cities: *Millionarios* and *Santa Fé* in Bogotá, *Atlético Nacional* and *Deportivo Independiente* in Medellín, and *América* and *Deportivo* in Cali. The Colombian national teams have qualified for several World Cup finals.

Basketball, volleyball, and baseball draw an increasing number of fans. Golf, tennis, and skiing are also enjoyed in by a smaller number of people who can afford them. Automobile racing is another attraction, and competitive cycling culminates each year with the *Vuelta de Colombia* (Tour of Colombia), covering some 1,200 miles (2,000 km) in 12 days.

Tejo (pictured below) is an indigenous game, derived from quijots from the Chibcha people. Additionally, as in many other Latin American countries influenced by Spanish culture, bullfights are relatively popular in Colombia.





COLOMBIA

Celebrations

Festivals and holidays are central to Colombian culture, and there is no doubt that Colombia can throw a celebration like no other. From commemorating cultural heritage to celebrating religious holidays, you can find an abundance of festivities throughout Colombia every month of the year. Over 80 festivals take place annually, and they are not to be missed!

Barranquilla boasts the second largest Carnival celebration in the world. In 2003, UNESCO declared the Barranquilla Carnival a "Masterpiece of Humanity's Intangible and Oral Heritage." Four days before Lent, the city breaks out into boisterous festivities. Carnival in Barranquilla begins with the six-hour *Batalla de Flores* (Battle of the Flowers), which dates back to 1903, when the people of Colombia celebrated the end of the One Thousand Days War by "fighting" one another with flowers. During the Carnival parade, the Carnival Queen oversees folk dancers, fire breathers, and musicians. The next two days are filled with dance competitions and parades. The fourth and final day features two parades commemorating the burial of the mythical *Joselito*.

In addition to a wide spread of festivals, Colombians have unique traditions for many holidays, including Christmas. Colombians begin their Christmas celebrations December 7th with the *Día de Las Velitas* (Day of the Little Candles). On this night, people line their windowsills, porches, sidewalks, and streets with candles and paper lanterns.



MEXICO

Food

Colombian culinary tradition has six main regions: Insular, Caribbean, Pacific, Andean, Orinoco, and Amazonia. Colombian cuisine varies regionally and is influenced by indigenous Colombian, Spanish, and African cuisine.

A daily meal in Colombia consists of meat, coconut rice, a *patacon* (fried plantains). Beans are also a staple food. Colombia offers a great variety of fruits and fruit juices as well. *Arroz con pollo* (chicken and rice), *frijoles con chicharrón* (pork and beans), and *sancocho* (stew) are popular dishes.

Coffee is widely grown, roasted, and consumed in Colombia. In fact, Colombia is the third largest producers of coffee in the world. Sugar and milk are primary ingredients in popular sweets and deserts like *arequipe* (caramel sauce) and *arroz con leche* (rice pudding with cinnamon and milk). Guava jelly is also a popular sweet and is often eaten with cheese.





COLOMBIA

Clothing

In cities and larger towns, clothing styles are similar to those in the United States. However, with both Spanish and indigenous influences, there are various cultural groups in Colombia with different customs, rituals, and manners of dressing. Traditional clothing, made with natural fabrics and often with bright colors, reflect this unique cultural heritage of clothing pieces that have become iconic across Latin America.

For women, the *pollera* is one of the most recognizable forms of Colombian traditional dress. It is typically a full, colorful skirt paired with a ruffled blouse. The *pollera* can be quite varied in color, fabric, and detail. Men's traditional dress is simpler, with the typical Sanjuanero costume consisting of a matching white shirt and pants, red scarf, and handwoven hat. Traditional costumes are increasingly less common in day to day life, however they still often worn in celebration of Colombian heritage for festivals and holidays.



PASSPORT INFORMATION



- The US government requires a passport book for everyone traveling to and from international locations by air.
- When traveling internationally, your passport should be valid for at least six months after entry in-country.
- Your passport must also have at least 1 blank page.
- If you do not have a passport, you need to start the application process now. Passport processing times vary widely so don't put this off. Processing could take up to 12 weeks or longer.
- Passport applications are available at your county clerks office and some local post offices. You can also obtain an online passport application at www.travel.state.gov
 - You will need two regulation size passport pictures. Travel agents, American Automobile Associations, Wal-Mart, Walgreens, and CVS are all possible places to have your passport photo taken.
 - You will need a certified copy of your official birth certificate. Check with the health department in the county in which you were born if you do not already have this document.
- The current fee is \$165 for ages 16 and older, and \$135 for under 16 years of age. Renewal fee for adults is \$130.

COLOMBIA ETA FORM



- All travelers flying into Colombia must complete an immigration form before departing the United States.
- The online form can accessed via this link: <https://apps.migracioncolombia.gov.co/pre-registro/en>
- You cannot fill out the form until 72 hours before your departure time.
- Needed information for this form will be given prior to departure.
- Each participant is responsible for filling out his/her form in a timely manner.
- Failure to complete this form will result in denied access into Colombia.

HEALTH/ VACCINES



At this time, there are no vaccines required for entry to Colombia. However, FAME recommends reading the CDC recommendations to make an informed decision. (www.cdc.gov/travel)

Routine vaccines recommended by the CDC:

- Chickenpox (Varicella)
- Shingles
- Polio
- Flu (Influenza)
- Diphtheria-Tetanus-Pertussis
- Measles-Mumps-Rubella (MMR)

Food and waterborne disease are the number one cause of illness for travelers. Traveler's diarrhea can be caused by viruses, bacteria, or parasites, which can contaminate food and/or water.

Infections may cause diarrhea and vomiting, fever, or liver damage. Make sure your food and drinking water are safe. Do not eat or drink anything unless the host missionary or trip leader says it is safe to eat and drink.

You will not be in an area with elevated risk for Malaria, but each traveler can determine if they want to take malaria prevention medication.

STAYING HEALTHY



- Wash hands often with soap and water
- Drink bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes (bring your own refillable water bottle)
- Eat food (specifically meat) that is fully cooked
- Take any medications as directed
- Keep feet dry and clean to prevent fungal and parasitic infections
- STAY HYDRATED! (We are a chronically dehydrated species, and we need to drink water)
- Liquid IV, emergency, airborne, and other liquid supplements can aid in boosting your immune system and are recommended.

MEDS TO TRAVEL WITH



Below are a few common prescriptions or over the counter meds that are useful to have on hand when traveling.

- Dramamine
- Zofran
- Cirpo
- Azithromycin
- Tylenol/Ibuprofen
- Asprin
- Pepto/Tums
- Stool Softeners
- GasX

Travel/Plane Recommendations

- Travel Pillow
- Earplugs
- Face Mask
- Water Bottle (refillable)
- Gum (can help ears adjust to changes in cabin pressure).

PACKING LIST



- Passport
- ETA form
- Travel insurance card
- Colored copy of the first two pages of your passport
- Bible, journal, pen(s)
- Clothing (see next page)
- Shoes (ex: tennis shoes, sandals, flip flops, Chaco's)
- Sleepwear
- Personal toiletries
- Personal medications
- Glasses and/or contacts
- Sunglasses/hat
- Sunscreen and lip protectant
- Insect repellent
- Earplugs
- Travel pillow
- Gum
- Refillable water bottle
- Snacks (if desired)
- Drawstring bag/backpack
- Hand sanitizer/wet wipes
- Spending money
- Medical participants (any instruments such as stethoscopes, otoscopes, etc.)

*This is a preliminary packing list, and may change as we get closer to departure.

DRESS REQUIREMENTS



- Expect hot, humid conditions with temperatures in the 80's-100's during the day. The evenings will be cooler.
- Pajamas should not be worn outside of sleeping areas
- Jewelry should be kept to a minimum
- Scrubs or similar attire and sturdy shoes should be worn for all clinic days.

Ladies:

Shirts must be modest (thick tank tops in the evening are fine) shorts can be worn at the hotel, but should not be worn out. For church, a long skirt or dress should be worn.

Men:

No tank tops or cut-off shirts. Shirts must be worn at all times. For church, a dress shirt, short-sleeve button-up, or polo shirt and pants should be worn.

Following these guidelines is important for our host mission's reputation, as our dress impacts how our team will be perceived. If you have questions about attire, please ask.

If needed, the trip leader or host missionary may ask you to change into something different

FINAL COMMENTS

Congratulations on making it to the end of this trip packet! Hopefully most of your questions were answered here. If not, please contact your trip coordinator below.

With joy,

Vanessa Scheel
vscheel@fameworld.org
(317) 737-5078

