

TRIP PACK MEXICO


FEB 27- MAR 6, 2027

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

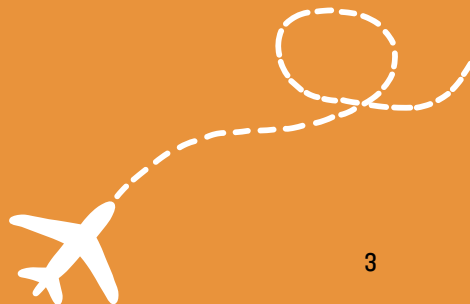
-EPHESIANS 2:10-

Welcome! We are thrilled that you are preparing to join FAME on this trip to Mexico to partner with *World Wide Hispanic Outreach*.

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 Mexico is different than in the United States. Be ready to be flexible and patient as we journey together.





**FELLOWSHIP OF 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



WORLD WIDE HISPANIC OUTREACH

LOCATED: LA BIZNAGA,
MEXICO

Mission:

Transforming communities, with love and compassion, into a growing relationship with Christ.

Core Activities:

- Health Center and Hospital construction
- Iglesia Vida Nueva (New Life Church)
- Campamento Valle de Adoración (Praise Valley Camp)
- Child Sponsorships

Leadership:

- Drs. Esly and Sandy Fuentes
- Pastor Genaro and Cristina Sanchez
- Olga Fuentes (Camp manager)
- Javier and Karina Reyes (Children's ministry)



FINANCIAL DEADLINES

**\$100 APPLICATION DEPOSIT
SUBMITTED WITH TRIP APPLICATION**

**FRIDAY, DEC 4TH:
\$1,000**

**FRIDAY, JAN 8TH:
\$550**

The total estimated trip cost is \$1,650 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

DECEMBER 4TH @ 6PM ET

JANUARY 8TH @ 6PM ET

FEBRUARY 5TH @ 6 PM ET

MARCH 19TH @ 6 PM

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...

City, State, Zip _____



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.



MEXICO

Quick Facts

Official Name: United Mexican States

Government: Federal Republic

Capital: Mexico City

Population: 129.7 million (2023)

Official Language: Spanish

Currency: Peso

Area: 758,449 square miles (1,964,375 square kilometers)

Flag:





MEXICO

Geography

Mexico borders Guatemala and Belize to the south and the United States to the north. The Pacific Ocean runs along the West Coast and the Gulf of Mexico runs along the East Coast. The Caribbean sea also meets the southeast coast of Mexico.

Mexico is the third-largest Latin American Country, after Brazil and Argentina, and has an amazingly diverse landscape. The country can be divided into 5 distinct topographic regions based on climate, landforms, and vegetation patterns: the Pacific Northwest, Central Plateau, Gulf Coastal Plain and Yucatán, Sierra Volcánica Transversal, and Southern Uplands. The landscape in these regions ranges from snowcapped mountains, barren deserts, and plateaus to tropical rainforests, beaches, and fertile farmlands.

For this trip, we will fly into Monterrey and drive to La Biznaga, a small town outside of Saltillo, where we will stay at Campamento Valle de Adoración.





MEXICO

Nature

Mexico is a nation of many landscapes, with high plateaus and low coastal plains, tropical rainforests, dry deserts, and snowcapped mountains. The Tropic of Cancer runs through the center of Mexico and divides the country into a southern tropical zone and northern temperate zone. Two great mountain chains - the Sierra Madre Oriental and Sierra Madre Occidental - run north to south along the country. These mountains form part of a long system of mountains that run through North, Central, and South America.

Mexico's wildlife is just as varied as its terrain, making it one of the most biologically diverse countries in the world. The enormous differences in climate naturally results in a wide variety of plant and animal life. The arid northern and central regions produce plants which can survive with limited water supply, such as cacti and agaves. A rich and exotic variety of birds, reptiles, insects, and mammals are found across the varied landscape of Mexico, and a vibrant marine life is found off its coasts.

Efforts have been made to preserve and protect natural habitats from the rapid growth of cities, which endangers wildlife and wilderness areas.





MEXICO

A brief history

One of the earliest civilizations to exist in present-day Mexico is that of the Olmec people. The most enduring legacy of the Olmecs is their artistry - specifically the remains of stone sculptures that have been found from this period. Furthermore, the Olmec culture is thought to be the origin of many later native empires, including those of the Maya and the Aztecs.

The Mayan empire is known for the development of a system of writing, which was used to record chronology, astronomy, history, and religion, far more advanced than other known systems in the world at this time. Additionally, impressive archaeological sites such as Chichén Itzá, found on the Yucatán Peninsula, are examples of the grandeur of Mayan sculpture and architecture.

The Aztecs later emerged and founded their capitol of Tenochtitlán (near present-day Mexico City). It is said that an eagle was seen perched on a cactus, with a snake in its mouth, on an island on nearby Lake Texcoco, and that this was interpreted as a sign from the gods to settle in this area. To this day, the eagle is the symbol of Mexico, and it appears on the country's flag and currency.

The Aztec empire grew into an advanced society with complex mythological and religious traditions, impressive architectural and artistic creations, and a fierce warrior culture dominated by the belief in a god of war and human sacrifice as a necessary means to appease violent gods.



MEXICO

History cont.

In 1519, Spanish conquerors arrived by ship to the Gulf Coast shores of what is now Mexico. At this point, Spain had already established several colonies in North America and the Spaniards fought for nearly two years to conquer the Aztec empire. For the next 300 years Mexico was governed under the rule of Spain, and became the center of the vast Spanish empire known as *New Spain*. A strict social hierarchy was established between Spaniards and natives, and indigenous populations suffered great inequalities.

In 1808, following the American and French revolutions, France invaded Spain and the first Mexican rebellion against Spanish rule began in 1810. However, it was not until after years of fighting that, in 1821, the Treaty of Córdoba was signed, recognizing Mexican independence.

Over the next 40 years, Mexico had a turbulent adjustment to independent governance. In these 40 years, Mexico had 56 different governments, including a periodic dictatorship, and lost nearly half of its territory to the United States. Additionally, a significant power struggle existed between the Catholic Church and the Mexican government.

The conflict between the church and state eventually led to a civil war for reform (1858-62), in which French and American forces intervened. This resulted in the establishment of a constitutional, democratic government in Mexico and a greater separation of the church and state. Governmental instability continued, however, and another rebellion for reform began in 1910. This ultimately led to the establishment of a new Mexican constitution in 1917.

Since then, despite periods of social unrest and economic challenges, Mexico has had relatively peaceful and democratic elections.



MEXICO

Government & Economy

Today, Mexico is made up of 31 States and the Federal District, which encompasses Mexico City. The Mexican Constitution of 1917 is the governing document, and establishes governmental power under three branches - executive, legislative, and judicial. The president is the head of the executive branch and serves a single term of six years. The legislative body is the Congress of the Union, which is made up of two houses - the Senate of the Republic and the Chamber of Deputies. Mexico has no vice president and Congress is responsible to appoint a replacement for the president if the need arises. The judicial branch includes the Supreme Court, district, and circuit courts.

Mexico is rich in natural resources, including oil, silver, and copper. Diversity of crops, fishing and forestry industries, a growing manufacturing base, and a fluctuating, but typically strong, trade with the United States and Canada are key components of Mexico's productive economy.

Current President:

Claudia Sheinbaum Pardo - 2024-Present





Mexico Religion

Religion has played a central role in Mexican culture for thousands of years. From ancient Aztec and Mayan religions, to the dominant Roman Catholic faith today, religious practices have been a pillar in Mexican society and culture before recorded history.

When the Spanish arrived in Mexico in 1519, one of their primary goals was to convert native peoples to Catholicism. However, the process of conversion was often coercive and compulsory. Although the majority (80%) of the population in Mexico today identifies as Roman Catholic, many Mexican Catholics (and non-Catholics) continue to hold beliefs derived from indigenous religions, preexisting the arrival of the Spaniards. For example, almost half of Catholics in Mexico believe in reincarnation and more than 30% believe in magic, witchcraft, and communication with spirits.





MEXICO

Language

Spanish is the most widely spoken language in Mexico, as in most Latin American countries, and Mexico has the largest Spanish-speaking population in the world.

English is taught in schools and is mandatory in upper grades. Due to Mexico's proximity and business relations with the United States, knowledge of English is increasingly needed for many lines of work, especially in business and tourism sectors.

Additionally, around 7% of the population can speak a native language and an even smaller percentage of the population (<1%) speaks exclusively native languages. In 2003, the Mexican congress recognized native languages with the same status and validity as Spanish. The most widely spoken of native languages are Náhuatl, Yucatec, and Maya. However, there are more than 60 recognized indigenous languages, with an even greater number of variations and dialects spoken throughout the country.

Many native languages have been spoken and preserved in isolated communities. However, with increasing urbanization, there is a decreasing number of native language speakers. Scholars are working to record and document native speakers of these languages to preserve this vital part of Mexico's cultural heritage.



MEXICO

People & Culture

In Mexico today, there is no single way of life. Where people live has a great impact on how they live. People in different regions of Mexico often have differing customs and activities of daily living. Rural communities generally hold more closely to traditional cultural heritage, whereas city life is increasingly urbanized.

Families form the core of the country's social structure. "Family" includes both immediate and extended family, and it is not uncommon for several generations of a family to live together. Traditional family roles, with the father as the head of the household, and mother as the homemaker, are generally still followed. Older relatives are treated with respect and cared for in their old age by their family.

Crafts and folk art have flourished throughout Mexican history. Many great Mexican artists, including painters, photographers, poets, novelists, sculptors, and muralists have contributed to the vibrant, colorful, storied nature of Mexican artwork.

Music and dance are also important parts of Mexican culture, and have significant religious origins. Spanish and indigenous influences can be seen and heard in the dances and music of Mexico, often performed at festivals and ceremonies.



MEXICO

Celebrations

Some Mexican fiestas (festivals) can be solemn affairs, whereas other are joyful, fun-filled celebrations. Fiestas typically last 1-2 days, however festivities for especially important events can last up to a week or more. During the day, festivities are usually held around the church and main plaza of a town, colorfully decorated and with open-air markets. At night, festivities include folk dances, fireworks, and music.

Independence Day is celebrated on September 16, however the annual celebration actually begins the night before, on September 15, with a reenactment of the call to battle for independence.

Día de los Muertos (Day of the Dead, November 2) is one of the most famous fiestas in Mexico and is celebrated in remembrance of relatives and family members that have passed away.

The Feast of our Lady of Guadalupe is celebrated each year on December 12, and is an important Catholic pilgrimage holiday.





MEXICO

Sports & Games

Football (soccer) is a national pastime in Mexico and the most popular sport in the country. Additionally, boxing, baseball, and *Lucha Libre*, a unique style of professional wrestling, are also popular forms of sport with large fanbases both nationally and internationally.

Traditional sports include bullfighting and *Charrería*, the national sport of Mexico. *Charrería* is a highly skilled form of rodeo. Competitors show off their ranching and horsemanship skills at *charreadas* by competing in a series of events, including lassoing, steer wrestling, bronco bucking, and more.

Mexico has also hosted international sporting events, including the World Cup Finals (1970 & 1986) and the Olympics (1968). This year (2026) Mexico, along with the United States and Canada, will again be a host for World Cup. This will be the first ever World Cup to feature three host countries.





MEXICO

Food

Mexican cuisine is a melting pot of flavours with ingredients and cooking methods from many different countries. Spanish cuisine, incorporating some Arabian dishes, mixed with native food products and preparations gives Mexican food the variety, color, and spiciness it is known for.

Most Mexican dishes feature tortillas made from masa (cornmeal) or wheat flour. Mexico's best-known traditional foods include tacos, enchiladas, tamales, and gorditas. Other famous Mexican dishes include *chiles rellenos*, *chilaquiles*, and *mole*, the national dish of Mexico.

Mole is a sauce made from a combination of spices, fruits, nuts, and chilies that is typically served over meat and rice. There are many regional variations of mole - some moles even include chocolate!





MEXICO

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 Mexico with different customs, rituals, and manners of dressing. Traditional clothing, made with natural fabrics and often with bright colors, reflect this unique cultural heritage with clothing pieces that have become iconic across Latin America.

Perhaps the best known traditional Mexican clothing outfits are the *China poblana* and *charro* suit. The *China poblana* is worn by women, typically when performing traditional dances. It consists of a full, colorful skirt decorated with beads and other ornaments, a short-sleeve, colorfully embroidered blouse, and a brightly colored sash. Charro suits have short jackets, high waisted pants, and are typically accompanied by sombreros (traditional wide-brimmed hats).



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 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 or 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 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.
- Current fee is \$165 for ages 16 and older, \$135 for under 16 years of age. Renewal fee for adults is \$130.

HEALTH & VACCINES



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

Recommended by the CDC:

- Chickenpox (Varicella)
- Shingles
- Polio
- Hepatitis A & B
- 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
 - 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
 - 1 Toilet paper roll
 - Sleeping bag or set of sheets and a blanket
 - Towel and washcloth(s)
 - 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 cool, dry conditions with daytime temperatures between 50-70°F. The evenings will be cooler. A jacket or sweatshirt is recommended for the morning and evening.
- Pajamas should not be worn outside of sleeping areas.
- Jewelry should be kept to a minimum
- Scrubs or modest attire and comfortable shoes should be worn for all clinic days.
- No tank tops, sleeveless, short, or low cut shirts that expose the shoulders or midriff.
- No tight or form-fitting clothing.
- No shorts or shirts above the knee.
- No camouflage print or military clothing.

Ladies:

For church, a long skirt or dress should be worn.

Men:

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 leader below.

With joy,

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

