



TRIP PACKET THAILAND



JAN 19-31, 2026



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

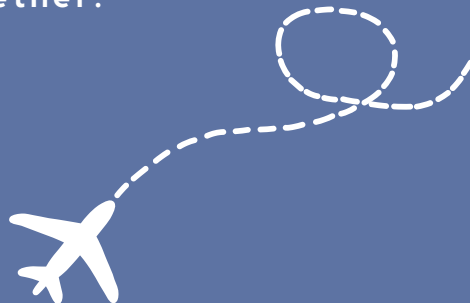
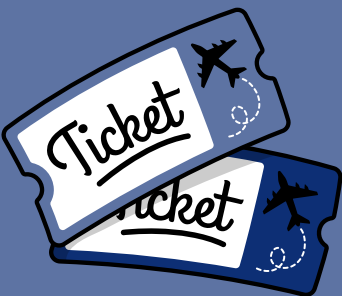
-EPHESIANS 2:10-

**Welcome! We are so thrilled that you
are preparing to join FAME on our trip
to Thailand to partner with the Asian
Christian Services**

**Many exciting things happen when we
are on the field, and it is a blessing to
have you be a 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 the time to
read this whole trip packet carefully. It
should answer many of the questions
you have.**

**If you have further questions regarding
the trip, please direct them to Mallory
Fehl (mfehl@fameworld.org).**

**As I am sure you expect, life in
Thailand is very different from what we
are used to 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**



Asia Christian Services

LOCATED: THAILAND

Mission: Empower indigenous Asian missionaries to share the Gospel and take the love and saving Grace of Jesus to those who are lost.

Vision: ACS empowers Asian missionaries to reach the unreached, plant new churches, and disciple believers.

Core Activities:

Evangelism

Church Planting

Discipleship

Training

Relief and Assistance Programs

Learn more:
asianchristianservices.com



FINANCIAL DEADLINES

OCT 1: \$1,600

NOV 1: \$575

DEC 1: \$575

The total estimated trip cost due to FAME is \$2,850.00 per person (\$100 will be submitted directly to Academy Christian Church. This includes airfare, food, lodging, transportation in-country, travel insurance, training, interpreters, and an excursion. This does not include passport fees, immunizations, airline baggage, souvenirs, meals in airport, unexpected hotel expense, 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://www.fameworld.org/mission-trips/>

Contributions are NOT refundable once submitted to FAME. If you are unable to go due to illness, or an emergency, money paid to that point may be applied, for up to one year, towards another trip.



MEETING DATES

OCT 5 @12:30 MT

NOV 2: @ 12:30 MT

DEC 7: @12:30 MT

We will have 3 meeting dates for this trip. If you are in Colorado these meetings will be in person at Academy Christian Church. If you are elsewhere in the world, we will be on zoom.

Prior work and videos will be assigned and then discussed at these meetings.

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!

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 interpretation 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.



THAILAND (History)

The history of Thailand, a survey of notable events and people in the history of Thailand. Located in the centre of mainland Southeast Asia, Thailand consists of two broad geographic areas: a larger, main section in the north and a smaller, peninsular extension in the south. Siam, as Thailand was officially called until 1939, was never brought under European colonial domination. Independent Siam was ruled by an absolute monarchy until a revolution there in 1932. Since that time, Thailand has been a constitutional monarchy, and all subsequent constitutions have provided for an elected parliament. Political authority, however, has often been held by the military, which has taken power through coups. During the last two decades of the 20th century and the first decade of the 21st, parliamentary democracy steadily gained wider popular support. Although a crisis emerged in 2006, when the military, aligned with the monarchy, overthrew an elected government, new parliamentary elections were held—as promised by the interim government—in 2007.

The Thai are descended from a much larger group of Tai-speaking peoples. The latter are found from extreme northeastern India in the west to northern Vietnam in the east and from southern China in the north to as far south as the central Malay Peninsula. In the past, scholars held that a parent group called the Proto-Tai originated in southern China and pushed southward and westward from the China landmass into northern mainland Southeast Asia. Most scholars now believe that the Tai came from northern Vietnam around the Dien Bien Phu area and that about 1,000 years ago they spread from there northward into southern China; westward into southwestern China, northern Myanmar (Burma), and northeastern India; and southward into what are now Laos and Thailand.

Read More Below:

<https://www.britannica.com/topic/history-of-Thailand>

<https://kids.nationalgeographic.com/geography/countries/article/thailand>



THAILAND (Geography)

Thailand is in the heart of Southeast Asia. Cambodia and Laos border the country to the east and northeast, and Myanmar lies to the northwest. To the west is the Andaman Sea and the Gulf of Thailand, southeast of Burma. The long southern region, connecting with Malaysia, is hilly and forested. The highest mountains are in northern Thailand.

Pictured below: Rice fields in Chiang Mai





THAILAND

(People & Culture)

Thai children go to elementary school for six years. Then they may attend high school for another six years, but their families must pay for the education. Boys begin military training in ninth grade.

Thai farmers cultivate mulberry trees that feed silkworms. The worms create silk, which is made into beautiful silk clothing in Thailand, France, and the United States.

Bangkok is called the Venice of the East because there are 83 canals. As many as 10,000 boats full of fruits, vegetables, and fish crowd the canals and create a floating market.

The city of Bangkok is home to many impressive Buddhist structures featuring gold-layered spires, graceful pagodas, and giant Buddha statues.





THAILAND (Nature)

Rain falls almost every day between the months of May and September. The moist and humid weather encourages the diverse and abundant wildlife in Thailand.

Lotus flowers are common and the favorite flower in Thailand. Lotus flowers live above the surface, but they are rooted in the mud. There are many flowering trees and shrubs, and fruit trees. In the jungle, one can find carnivorous (meat-eating) plants such as the mysterious insect-eating pitcher plant.

The deep forests are home to tigers, elephants, wild ox, leopard, and the Malayan tapir. The tapir is covered in black fur on the first half of its body and white fur to the rear. Cobras, and crocodiles are also found in Thailand.





THAILAND (Religion)

With more than 64 million practitioners making up 95% of the population, Buddhism is the main religion of Thailand, and it has been since it was first introduced into the country more than a thousand years ago. However, there is no official state religion in Thailand, and freedom of religion is protected under the Thai constitution.

Other significant religions in Thailand include Islam, whose practitioners make up 4.3% of the population, and another 1% of the Thai population identify as Christian. Although the number of practicing Hindus is less than 1%, the religion, which has existed in Thailand for as much as 2000 years, still maintains a strong influence on daily Thai life. At 99%, a majority of Thai people are affiliated or identify with at least one organized faith or religion.

Read More Below:

<https://www.learnreligions.com/thailand-religion-4685924#:~:text=Theravada%20Buddhism%20was%20first%20introduced,geographic%20origins%20of%20the%20religion.>





THAILAND

(Government/Economy)

Known as Siam until 1939, Thailand is the only Southeast Asian country never to have been taken over by a European power. A revolution in 1932 led to a constitutional monarchy.

The king is the leader of the country. The prime minister is picked from among members of the House of Representatives, but is appointed by the king.

Agriculture and tourism are the most important industries in Thailand.

In December 2004, the catastrophic Indian Ocean tsunami hit Thailand, but the country's economy has largely recovered from the disaster's effect.

Current King:

**Maha
Vajiralongkorn
2016-Present**





THAILAND (Sports and Games)

The land of smiles is a great country to play sports. The Thai people have a special place in their heart for sports. Sports are such an integral part of the Thai culture that it goes way back in their history.

Thailand is most well known to their contribution to the martial arts through their national sport, Muay Thai. This form of kick boxing is different from most kick boxing styles because it uses eight points of contact compared to the traditional four and two for western boxing. It is recognized around the world as one of the deadliest forms of martial arts and indeed also one of the most exciting to watch.

When it comes to more contemporary forms of sports, golf is taking quite a foothold in Thailand. It started its popularity in the 1990's and has become the most popular sport in the country. This is why you will not have a hard time looking for a great course to get your swing back in Thailand. The great weather in the country also doesn't hurt. Because Thailand has such a varied geography, there is also quite a wide range of sports that one can enjoy in there from mountain biking to water sports.

Read More Below:

<https://www.topendsports.com/world/countries/thailand.htm>



THAILAND (Food)

Thai food is widely recognized as some of the world's finest cuisine. Adapted by most countries around the world, Thai food is now one of the most popular cuisine options.

The delicious variety of Thai cuisine and its world-acclaimed street food includes stir-fries and salads, curries and soups, and noodles and stir-fries. Spicy and bold, yet well-balanced, Thai food is recognizable from the first bite because:

- It has zesty, zingy flavors such as: lemongrass, chili, lime and mint.
- It has herby, fresh aromatics, such as: lemon basil, parsley and dill.
- The flavors and aromatics are perfectly balanced.
- It is very healthy, being vegetable based it includes lots of vitamins and nutrients.
- Thai food can be easily replicated, it is simple to cook and includes basic ingredients.

But if you're new to Thai food, you might be wondering what you should try first. To help you, here is a list of the top ten most popular Thai dishes.

- 1.Pad Thai
- 2.Tom Yum Goong
- 3.Kaeng Lueang
- 4.Gaeng Daeng
- 5.Gaeng Keow Wan Gai
- 6.Khao Soi
- 7.Khao Pad
- 8.Pad Kra Pao Moo
- 9.Laab
- 10.Khao Niao Mamuang



THAILAND

(Language)

The Thai language (also referred to historically as Siamese) belongs to the Tai language family. This family of languages is a part of the broader Kra-Dai language family, which includes other languages spoken in Southeast Asia. The Thai language was thought to have originated from the region that is today the border between Vietnam and China—an ongoing academic debate.

According to this theory, the language spoken in Southern China was Proto-Tai. This is the ancestor of all languages in the Tai language family. Proto-Thai integrated various Chinese and Vietnamese loanwords into its vocabulary, evolving into Proto-Southwestern Tai. In the 1200s, this language merged with the language of the Sukothai Kingdom, known as Old Khmer. The resulting language was known as Old Thai.

It was around this time that Thai writing was introduced. The Thai writing system was established by King Ramamhaeng the Great in the third Sukothai and helped improve the literacy of people that spoke the Thailand language. The script has remained essentially unchanged over the past 800 years and uses the same characters taught when learning Thai today.

Thailand has 73 living languages! Thai is the official Thailand language based on the Bangkok dialect. When learning Thai, this is the version of the language taught. It is spoken by around 88% of the country's population. However, only 33% of Thai language speakers use it as their native language; most people in Thailand speak another dialect or version of the language.

The main Thai dialects to know are Bangkok Thai spoken in Central Thailand (and used as the language standard); Isan Thai spoken in Northeastern Thailand; Southern Thai spoken in South Thailand; and Northern Thai spoken in North Thailand. There are also many less widely spoken dialects, including Phu Thai, Song, Nyaw, Phuan, and Lu.



THAILAND

(Quick Facts)

Official Name: Kingdom of Thailand

Government: Constitutional Monarchy

Capital: Bangkok

Population: 68,615,858

Official Language: Thai

Official Religion: Buddhism

Money: Philippine Bhat

Area: 513,115 square kilometers (198,115 square miles)

Flag:





THAILAND (Map)

Our team will fly into Chiang Mai, Thailand and drive five hours south to Mae Sot. Mae Sot is a major route for those going between Myanmar (Burma) and Thailand. The community we will serve will be in Mae Sot, which will be a combination of Thai locals and refugees fleeing from Burma.



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.
- 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



There are no vaccines that are required to enter Thailand, however, FAME recommends that you read the CDC recommendations and make an informed decision.

(www.cdc.gov/travel)

- Chickenpox
- DTP (up to date)
- MMR (up to date)
- Shingles
- Hepatitis A (up to date) 2 doses
- Hepatitis B (up to date) 3 doses
- Hepatitis A & B (known as Twinrix, 3 doses is another option)
- Typhoid
- Rabies

****We are not in a high malaria area, but there is malaria in Thailand. So, each traveler can make their own decision on what they want to do.**

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

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
- Beware that we are in a high bug zone and always use bug spray during the day and evenings.
- **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.
- Wear compression socks on long flights

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
- CIPRO
- Azithromycin
- TYLENOL/Ibuprofen
- Asprin
- Pepto/Tums
- Stool Softeners
- GasX

Travel/Plane Recommendations

- Travel Pillow
- Earplugs for plane rides
- Face Mask for plane rides
- Water Bottle (fill up in airports)
- Gum (helps ears adjust on planes)
- Compression socks!
- Asprin (I recommend taking one on your long flights)

PACKING LIST



- Passport
- Colored copy of the first two pages of your passport
- Bible/journal/pens
- Clothing (see next page)
- Shoes (ex: tennis shoes, sandals, flip flops, Chaco's)
- Sleepwear
- Raincoat/sweatshirt/jacket
- Swimsuit
- Sunglasses/hat
- Sunscreen/hydrocortisone/bug spray
- Toiletries
- Personal Medications
- Travel pillow, earplugs, compression socks
- Refillable water bottle
- Converter/adaptor (see next page)
- Snacks (if desired)
- Drawstring bag/backpack
- Spending money
- Hand sanitizer/wet wipes
- 1 Toilet paper roll
- 3 trash bags
- 1 box of gallon sized bags
- 3 boxes of snack sized bags
- 3 boxes of quart sized bags
- **Medical participants (any instruments such as stethoscopes, otoscopes, etc.)

*This is a preliminary packing list, it could change as we get closer to the trip.

DRESS REQUIREMENTS



- Expect warm conditions and temperatures in the 80's-100's during the day. The evenings will range from 70-90 degrees.
- Pajamas should not be worn to breakfast or while outside the sleeping rooms
- Jewelry should be kept to a minimum
- Scrubs or similar attire should be worn for all clinic days.

Ladies:

For work days scrubs should be worn as well as sturdy shoes. Thick tank tops and shorts are permitted during the evenings, but must still be modest. For church, a skirt or dress should be worn.

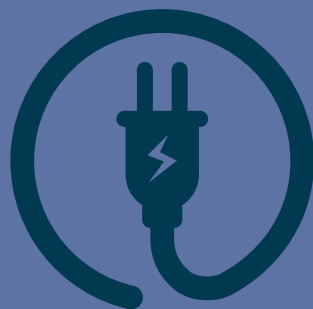
Men:

For work days scrubs should be worn as well as sturdy shoes. No tank tops or short shorts should be worn. For church, a dress shirt and pants should be worn.

**Following these guidelines is important not only for the mission's reputation, but also because it impacts how the local people perceive you. If you have questions about attire, please ask.

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

ELECTRICITY



In Thailand, they use power sockets (outlets) of type A, B, C, F and O. In the United States, you have plugs A and B. You need a power plug adapter in Thailand for sockets type A, C, F and O. Sockets type B can fit your plugs, but may not always be available locally.

The standard voltage in Thailand (220 V) is much higher than the voltage level your devices typically operate at in the United States (120 V). Without a converter, you risk serious damage to your devices. Additionally, be aware that the frequency in Thailand differs.

A voltage converter will ensure a safe input voltage level for your devices in Thailand. You can find voltage converters at Amazon. Because you also need a power plug adapter, you might want a combined plug adapter/voltage converter.

Here are a few of my favorites on Amazon

- <https://www.amazon.com/dp/B074QLCKW6?tag=powerplugsusapi-20&linkCode=ogi&th=1&psc=1>
- <https://www.amazon.com/dp/B01DJ140LQ?tag=powerplugsusapi-20&linkCode=ogi&th=1>

FINAL COMMENTS

Congratulations on making it to the end of this trip packet! Hopefully most of the questions you had were answered here, but if not, please contact the leader below.

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