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# TRIP PACKET PHILIPPINES

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MAY 10-22, 2025



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

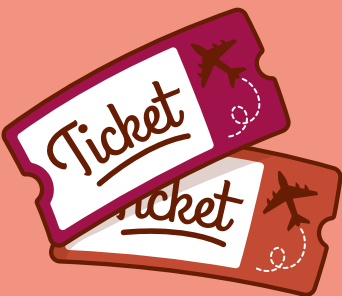
**-EPHESIANS 2:10-**

Welcome! We are so thrilled that you are preparing to join FAME on our trip to the Philippines to partner with the Charles Selby Memorial Hospital.

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 Vanessa Scheel ([vscheel@fameworld.org](mailto:vscheel@fameworld.org)).

As I am sure you expect, life in the Philippines 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](http://www.fameworld.org)**



**PMCC**  
**PHILIPPINES**

**LOCATED: PHILIPPINES**

**Mission:** Support independent Filipino-led ministries who are spreading the Gospel of Christ through Christian Education, Medical Evangelism, and Church Planting in central and northern Luzon, Philippines.

**Vision:** See thousands of Filipinos give their lives to Christ and grow in their faith through:

1. High quality Christian education
2. High quality medical care
3. The planting of new churches

**Learn more:**  
<https://pmccluzon.org/about-pmcc-us/>



# FINANCIAL DEADLINES

**MARCH 10: \$2,200**

**APRIL 1: \$350**

**APRIL 15 : \$350**

The total estimated trip cost due to FAME is \$2,900 per person. 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.

# 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.

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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!

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# 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





# PHILIPPINES (History)

The Philippines is an archipelago, or string of over 7,100 islands, in southeastern Asia between the South China Sea and the Pacific Ocean.

Ferdinand Magellan first landed in the Philippines in 1521. The name Philippines comes from Philip II who was the king of Spain during the 16th century when the country became a Spanish colony.

The Philippines was granted to the United States in 1898 following the Spanish-American War. In 1935 the Philippines became self-governing, but their independence was delayed by World War II and the invasion of Japanese troops.

The islands were liberated by U.S. forces in 1944-45, and the Republic of the Philippines was proclaimed in 1946, with a government patterned on that of the United States.

In 1965 Ferdinand Marcos was elected president. He declared martial law in 1972, which lasted until 1981. After 20 years of rule, Marcos was driven from power in 1986. Corazon Aquino became president and instituted a period of democratic rule in the country.

**Read more below:**

<https://www.csub.edu/pacificrim/countryprospectus/history.htm>

[https://www.familysearch.org/en/wiki/Philippines\\_History](https://www.familysearch.org/en/wiki/Philippines_History)



# PHILIPPINES (Geography)

The Philippines is an archipelago, or string of over 7,100 islands, in southeastern Asia between the South China Sea and the Pacific Ocean. The two largest islands, Luzon and Mindanao, make up for two-thirds of the total land area. Only about one third of the islands are inhabited.

The three major geographical areas in the Philippines are the large island of Luzon in the north, which includes Manila; the large island of Mindanao in the south; and the group of islands lying between them, known as the Visayas. The three stars on the Philippine flag symbolize these three areas.

The island geography of the Philippines includes about 21,000 miles of natural coastline. Much of the coastal area is rugged and irregular, punctuated by numerous natural harbors and picturesque coves. The Philippines also has some of the most spectacular beaches to be found in the South Pacific. Sites that would live up to anyone's fantasy of a pristine South Pacific paradise of white sand beaches and crystal blue waters, they are a popular destination for tourists from around the world. Unfortunately, the heavy pollution and rocky coastline of Manila Bay render the metro Manila area itself unsuited for leisurely Sundays at the beach.

The interior of the country is generally mountainous, with several mountain peaks reaching almost 10,000 feet. In addition, the Philippines has extensive fertile plains along the coast and in the center of the country. It also features lush and scenic rolling hills, with rich valleys crossed by rivers. There are numerous volcanoes in the country, and some are frequently active. The most recent and infamous example was the eruption of Mt. Pinatubo on June 12, 1991, which was the largest volcanic eruption of the century. The Mt. Pinatubo eruption permanently altered the topography of northern Luzon and continues to cause flood control problems.



# PHILIPPINES

## (People & Culture)

The Philippines is a culture in which East meets West. The Filipino people have a distinct Asian background, with a strong Western tradition. The modern Filipino culture developed through influence from Chinese traders, Spanish conquistadors, and American rulers. Filipino people tend to be very hospitable, especially to Western visitors (1). Because of their strong ties to Spanish culture, Filipinos are emotional and passionate about life in a way that seems more Latin than Asian (1). This is easily seen in the works of contemporary artists such as Rody Herrera in his painting *Unahan Sa Duluhan*.

The family is the basic and most important aspect of Filipino culture. Divorce is prohibited and annulments are rare (2). The family is the safety net for individuals, especially older people, during difficult economic times. Children will often stay with their parents into adulthood, only leaving when they get married (2). Political and business ties are often influenced by family relationships (2).

Two traits that many foreign visitors often have a difficult time understanding are *Pakikisama* and *Utang na Loob*. *Pakikisama* roughly means "getting along" and requires individuals overlook slight improprieties or indiscretions for the sake of preserving peace within the family, personal, or business relationship. *Utang na Loob* refers to the custom of paying back one favor with another (2). These traits emphasize the importance that Filipino people place on maintaining pleasant interpersonal relationships and putting the needs of the group ahead of the individual.



# PHILIPPINES (Nature)

The islands are home to many species of flowering plants and ferns, including hundreds of species of orchids. Tall grasses have replaced the forests, which have disappeared due to logging, mining, and development.

The Philippines are inhabited by more than 200 species of mammals, including monkeys, squirrels, lemurs, mice, pangolins, chevrotains, mongooses, civet cats, and red and brown deer, among others.

The binturong, or Asian bear cat, was once prominent, but now this furry mammal is vulnerable. The tamaraw, a species of small water buffalo found only on Mindoro, is critically endangered.

Hundreds of species of birds live in the Philippines, either for all or part of the year, including peacocks, pheasants, doves, parrots, kingfishers, sunbirds, tailorbirds, weaverbirds, and hornbills. The endangered Philippine eagle, which eats monkeys, is barely surviving deforestation.





# PHILIPPINES

## (Religion)

The Philippines proudly boasts to be the only Christian nation in Asia. More than 86 percent of the population is Roman Catholic, 6 percent belong to various nationalized Christian cults, and another 2 percent belong to well over 100 Protestant denominations. In addition to the Christian majority, there is a vigorous 4 percent Muslim minority, concentrated on the southern islands of Mindanao, Sulu, and Palawan. Scattered in isolated mountainous regions, the remaining 2 percent follow non-Western, indigenous beliefs and practices. The Chinese minority, although statistically insignificant, has been culturally influential in coloring Filipino Catholicism with many of the beliefs and practices of Buddhism, Daoism, and Confucianism.

The pre-Hispanic belief system of Filipinos consisted of a pantheon of gods, spirits, creatures, and men that guarded the streams, fields, trees, mountains, forests, and houses. Bathala, who created earth and man, was superior to these other gods and spirits. Regular sacrifices and prayers were offered to placate these deities and spirits--some of which were benevolent, some malevolent. Wood and metal images represented ancestral spirits, and no distinction was made between the spirits and their physical symbol. Reward or punishment after death was dependent upon behavior in this life.



# PHILIPPINES

(Government/Economy)

Filipinos elect their president. The president is the head of state and the commander-in-chief of the armed forces and serves a six-year term.

The economy is based on agriculture, light industry, and services. The country produces bananas, rice, coconuts, corn, fish, mangos, pineapples, sugarcane, pork, and beef.

**Current President:**

**Bongbong Marcos**  
2022-Present







# PHILIPPINES

## (Sports and Games)

Back in the old days, due to lack of exposure to professional sports, the games commonly played by children of the Philippines are very simple. Patintero, Luksung Baka, Chinese Garter, and the most popular game was Langit-Lupa. In Philippines, these are called "Larong Kalye" or street games. In here, the children had found a recreation to train them physically and mentally to be equipped in professional sports.

Over time, basketball was able to captivate every Filipino's heart. It is the most played and the most popular sport for the Filipinos. The Philippine Basketball Association was a league founded in April 1975. The national team, Gilas Pilipinas, competes internationally for the country. James Yap is "the" athlete of today next and next only to Robert Jaworski who is considered to be a "living legend" when it comes to abilities. Yap plays for the San Mig Coffee Mixers as a shooting guard but can also play as a forward, for these, he is considered to be the most complete player today in PBA.

Another popular sport in the country is boxing which has produced 38 major world champions in various weight categories. The sport also popularized after the achievements of Manny Pacquiao in the profession. The Philippines also produced hall of famers locally and worldwide, like Pancho Villa, Flash Elorde, and Cefering Garcia.



# PHILIPPINES (Food)

While it defies any singular characterization, Filipino food is sometimes identified by the way it fuses Asian and European ingredients. For example, in the robust and popular Pork Menudo dish, some recipes have it blending tomato sauce with soy sauce, while others have it combining cheese and bay leaf with soy sauce.

Still, as with all other Southeast Asian cuisines, we often find local Southeast Asian ingredients like chilies, coconuts, shrimp paste, lemongrass, and fish sauce or patis present in Filipino cooking.

Chinese traders, who have been going to the Philippines since the 11th century, brought with them not only their silks and ceramics from the Middle Kingdom for purposes of commerce but also Chinese cooking traditions like stir-frying and steaming. The Filipino pancit has its roots in noodle soup dishes from China, the lumpia finds its origins in Chinese spring rolls, while the siaopao and siaomai are similar to the popular Chinese dim sum dishes of steamed buns and dumplings.

The country is divided into seven major regions and features a wide variety of regional fare. It's not easy to put one's finger on what might constitute a Filipino "national" dish, but several that could lay claim to that distinction include the Adobo which is chicken and pork stewed in vinegar and soy sauce, garlic, peppercorns and bay leaf, the Bistek or beef and onion rings in soy sauce and the lumpia or spring rolls.

One feature that is unique to the Filipino dining is the sawsawan, dipping sauces that are served with every meal and which can turn simply prepared roasted or steamed meals into bursts of flavors that follow one's own taste buds.



# PHILIPPINES

## (Language)

Filipino is the national language of the Philippines and it is a version of Tagalog. Below are some basic phrases you can begin learning for this trip.

- Kamusta (Hello, or How are you)
- Salamat (Thank you)
- Maraming salamat po (Thank you very much)
- Ano Balita (How are you or what's new)
- Oo (Yes in a casual way)
- Opo (Yes in a polite way)
- Hindi (No)
- Ang pangalan ko (My name is)
- Po (Use to show respect when addressing elders)
- Magkano to (How much does this cost)
- Saklolo (Help)
- Paalam (Goodbye)
- Masaya (Happy)
- Paki (Please)
- Sige (Okay)
- Paumanhin (Sorry)
- Mabuti (Good)



# PHILIPPINES

## (Quick Facts)

Official Name: Republic of the Philippines

Government: Republic

Capital: Manila

Population: 105,893,381

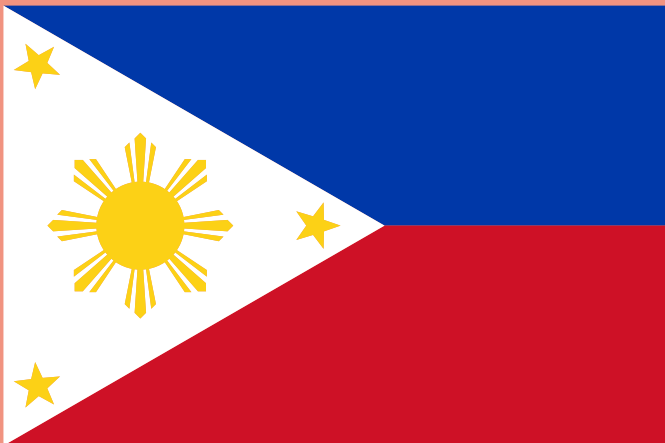
Official Language: Filipino and English

Official Religion: Roman Catholic

Money: Philippine Peso

Area: 300,000 square kilometers (115,831 square miles)

Flag:





# PHILIPPINES (Map)

The Philippines are located in Southeast Asia. For this FAME trip we will fly into Manila and then take a short flight to Tuguegarao. From there we will drive to Aparri, which sits at the northern most point of the Philippines.



# 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](http://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 Philippines, however, FAME recommends that you read the CDC recommendations and make an informed decision.

([www.cdc.gov/travel](http://www.cdc.gov/travel))

- Chickenpox
- DTP
- Flu
- MMR
- Polio
- 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
- Yellow Fever
- Measles

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.

\*We will not be in an area at 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
- 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
- Cirpo
- Azithromycin
- Tylenon/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/adapter
- Snacks (if desired)
- Drawstring bag/backpack
- Spending money
- Hand sanitizer/wet wipes
- 1 Toilet paper role
- Towel
- 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

# 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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mfehl@fameworld.org  
(317) 737-5078

