



Information Packet - Nigeria

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FAITHCARE NIGERIA



Nigeria is located on the west coast of Africa bordering the North Atlantic Ocean, between Benin and Cameroon. Nigeria covers 356,668 sq miles. It is about the same size as California, Nevada, and Utah combined. Nigeria is diverse in people and culture. The history of the country goes back to 500 BC when the Nok people were the inhabitants. It was at the end of the 15th century that European explorers and traders began their lucrative slave trade with the Yoruba and Benin peoples. In 1861 Lagos was colonized by the British, and in 1914 the entire country became The Colony and Protectorate of Nigeria. Nigeria became independent in 1960.

MOTTO: Unity and Faith, Peace and Progress

THE NATIONAL PLEDGE

Arise, O compatriots, Nigeria's call obey to serve our fatherland with love and strength and faith the labor of our heroes past shall never be in vain
To serve with heart and might one nation bound in freedom, peace and unity.
Oh God of creation, direct our noble cause guide our leaders right help our youths the truth to know in love and honesty to grown and living just and true great lofty heights attain to build a nation where peace and justice shall reign.

I pledge to Nigeria my country
To be faithful, loyal and honest
To serve Nigeria with all my strength
To defend her unity and uphold her honor and glory
So help me God.

Greeting:

Thank you for your interest in our missionary outreach project. It would be impossible to prepare you for every detail or anticipate every challenge on a trip like this. This packet will serve, therefore, to present the basic procedures, expectations, and requirements. For those interested in joining our team, FaithCare asks that you fill out and return the application, agreement, and waiver. There is a \$100 deposit due at the time your application is submitted, and you must discuss your interest and intent on coming with the team leader. If you have any questions or concerns, please discuss them at that time.

Mission Statement:

Our mission is to promote spiritual growth and fellowship, to show love and compassion, and to proclaim the goodness of God within the healthcare community.

FaithCare Information:

FaithCare is a nonprofit (501c-3), nondenominational, Christian organization comprised of individuals interested in the healthcare field. We encourage spiritual growth through fellowship meetings, educational opportunities, and outreach projects. We strive to join God's work in proclaiming His Kingdom along with the provision of healthcare as outlined in Luke 9:2. We believe that individuals in each community should have access to a group that challenges us to keep Christ the focus of our calling to serve the healthcare field, uniting people with the same convictions and visions, and providing support that keeps faith alive in our lives. As the FaithCare body seeks to be led by the Lord, there will be a unique opportunity to proclaim God's Kingdom through the provision of healthcare locally and abroad. While strengthening our individual commitments and faith in God, we will be serving our local communities along with the poor and needy around the world.

Nigerian Team:

Volunteers from other FaithCare chapters will join us in order to ensure a more effective mission team. Many of these volunteers will be from the Nigerian FaithCare team.

Expectations:

The word of God states: "How then shall they call upon Him in whom they have not believed? And how shall they believe in Him whom they have not heard? And how shall they hear without a preacher? How beautiful are the feet of those who bring glad tidings of good things!" (Rom 10:14-15) And, as our mission statement professes, "He sent them out to proclaim the Kingdom of God and to perform healing." (Luke 9:2)

We have been called to do a mighty work for the Lord. Because of the nature and magnitude of the work we will be doing, many eyes will be on us. People will see not only the work we accomplish, but our emotions and actions along the way. It may seem obvious, but important to remember, that as ambassadors for the Lord, we must exemplify at all times conservative Christian standards. Accordingly, tobacco and alcoholic beverages will not be allowed throughout the time we are traveling together, including the return flight and transportation. Appropriate dress and language should be used at all times. It is expected that none of us will put ourselves in a situation that could be viewed by others, including our hosts, as having questionable moral intent or behavior.

Physical and Spiritual Goals:

Our intention is to offer physical and spiritual healing in the name of our Lord Jesus Christ. While we will see as many patients as we can, we could never meet all the physical needs. It can be sad and frustrating to see the vast numbers who will still be desperate for our help. The physical help we are able to provide, however, will be the act of love which will enable us to offer them the more important gift, and reason we are there. “For what will a man be profited if he gains the whole world, and forfeits his soul?” (Matt. 16:26)

Care will be available to all, regardless of their beliefs. We are determined that through our examples of faith, dedication to God and community, and the conviction that every person in the world should have access to healthcare, the people we serve will be led to Him who sent us. People will have the opportunity to hear the message of salvation through faith in Jesus Christ through preaching, literature, videos, prayer, and tracts distributed by team members.

Team members are expected to be a part of our morning devotions and will be encouraged to attend at least one evening evangelistic outreach. This is an awe-inspiring experience you will not want to miss. Hundreds of villagers will come to hear the message of salvation, creating an energetic time of spiritual awakening.

Nigerian Climate:

Nigeria’s weather differs significantly between the north and south. In the north it is very hot and dry. Between March and May, the temperatures can reach 45C (113 F). It tends to be extremely humid in the south, with temperatures 5-10C less by the shore. The rainy season in the north is from late May to September. In the south, it tends to rain between April and July, with a second minor rainy season between September and October.

Clothing and Packing:

We will book your flight and all will leave together from Hartford or New York City. Because we will be taking our own supplies and medications, each team member's check-in baggage space will be used for our boxes of supplies and medications. This allows each person one carry-on bag. Most airlines allow this to be 40 linear inches (height + width + depth) and up to 40 lbs of weight. It is extremely important that these limitations not be exceeded. The team leader will notify you of the exact size and weight limit after the tickets have been purchased.

The women in the villages wear lightweight long dresses and the men wear pants and shirts with a collar. You should plan to dress according to their standards. Occasionally, coming into or out of the country we may stay at a hotel with a pool, so you may want to bring one swimsuit. If you want, you can bring shorts and tee-shirts to wear while not working at the hospital/clinic site; otherwise, we will adhere to the above dress code. You should plan to wear neat, presentable travel clothes. To conserve space, you may want to wear clothes that can be worn to church or receptions we attend. Aside from this, you should pack 3 additional changes of clothes. Scrubs should only be worn by those doing procedures in the hospital.

Food and Accommodations:

As much as possible, our cooks will prepare the meals to help assure safe food. Also, we will be providing safe drinking water. In general, avoid drinking the local water. This includes brushing your teeth or eating things that may have been washed in the water, like uncooked vegetables. You may bring granola bars or raisins to have as snack food. We usually stay in local hotels. Water and electricity are sporadic – so be prepared to sponge bathe. It is likely that you will be hand-washing your clothing, so a clothesline is helpful.

We will be traveling as a group. Do not plan excursions or side trips. For safety, always stay with the group. Even if you plan to go for a walk, go with someone else and let the team leader know where you are going. If you would like to travel after the project, discuss this with the team leader before flights are booked, so we can coordinate timing and logistics.

Immunizations:

Your Primary Care Doctor may be able to help with this, but local travel clinics are best suited to provide all the ancillary service, advice, and care needed. You should have this taken care of at least 4 weeks before leaving. The following is to give you a general idea of what is needed & should not substitute for seeing a health professional.

- 1) Yellow fever: required every 10 years
- 2) Typhoid: required every 2 years for IM vaccine, 5 years for oral vaccine
- 3) Hepatitis A&B: recommended

- 4) Meningococcal: needed between December and June
- 5) Make sure you have been vaccinated and are up-to-date for:
 - Measles
 - Polio
 - Diphtheria/Tetanus
- 6) Cholera: available, but *not* recommended
- 7) Malaria prophylaxis: The following are several of the current options used:
 - A) Mefloquin: start 1 wk before (on the same day as departure) & continue for 4 wks after.
 - B) Doxycycline: start 1 wk before & continue for 6 wks
 - C) Malarone: start 2 days before & continue for 7 days after return.

Medications and Supplies:

Each trip participant should participate in the collection of medications and supplies as well as in the raising of funds for the project. A pharmaceutical and medical supply sheet is available listing the types of things that are needed for each trip. The most critical medications are antibiotics, anti-inflammatory agents, and vitamins, as well as anything sterile, (i.e. gowns, drapes, protective clothing, surgical instruments and the like.) All medications and supplies should be delivered to the FaithCare Corporate Office in Farmington, Connecticut, at least one month prior to leaving. Staff and volunteers will begin packing the medications and supplies necessary to insure a successful trip. Please do not pack any medications or supplies yourself; however, let the FaithCare staff know that you have collected needed items for the trip, and that you will see to their delivery to the office as outlined above. This allows enough time to inventory your donation and to enter it into the packing lists. Remember to send thank-you notes to everyone that makes a donation either to defer the costs of your trip or in support of supplies, medications, or general funds.

Additional Items to Bring:

- Insect repellent/spray – we can recommend various types
- Toilet articles (sample sizes work well)
- Kleenex/soap
- Flashlight
- 1 towel/wash cloth (plus disposable cloths for sponge bathing)
- Clothesline
- Poncho or umbrella
- Personal medications needed:
 1. Antimalarial drug
 2. Imodium

3. Antibiotic for travelers' diarrhea (May be provided. Talk to the team leader before purchasing.)
- Bible and devotional materials
- Optional - Foldable duffel bag that you can put in your carry-on and use on the way home for clothes or souvenirs you may purchase.

Problem and Conflict Solving:

Not only does a project like this put us in the limelight of those we serve, but offers the potential for tremendous personal and spiritual growth. We will have the opportunity to bring physical healing, spiritual hope, and Godly love to those we serve. Our effectiveness and personal reward, however, will be enhanced as we draw together and function as a team.

The motto of our team is: "Expect Anything! Be Flexible!" Anytime you go into an unpredictable country with potential opposition, you need to expect obstacles and changes of plans. If you have any concerns during the trip, please discuss them with the FaithCare team leader, rather than team members or leaders/members of other teams who join us. If you have concerns or questions about the instructions or leadership – discuss it with the FaithCare team leader. If you are still concerned, you should discuss it with the team leader and a third party who will have been pre-designated. Problems and conflicts are bound to arise on a trip of this magnitude and intensity. We must keep the lines of communication open.

Communication with Family and Friends while in Nigeria:

We will attempt to send occasional messages home. If you provide us with one e-mail address (contact person), they will be able to forward your messages to any list you desire (friends and supporters for example). Phone calls will be made available when possible if you desire to call home. U.S. phone cards do not work in Nigeria.

Expenses:

Your major expenses will include:

- Deposit: \$100 (non-refundable unless application declined by FaithCare due to space availability or mutual agreement after discussing with the team leader) - due at time of application
- Trip fee: Approximately \$3,000 (minus \$100 application fee) - includes all expenses including airfare to and from Nigeria and all in-country expenses including lodging, meals, and in-country transportation.
- Immunizations: \$200 – 300 +/-
- Visa application fee: \$112 application fee + \$20.00 processing fee
- The only spending money you may need is for souvenirs/clothing you want to purchase.

Fundraising:

If you need help raising funds, let the team leader know. There are a variety of ways funding can be provided: church mission boards, personal support letters, and fundraisers. There may also be a few grants available. Supporters should send their checks (made to FaithCare) and donations directly to you. Your name should be in the memo section, and after you record the donation, the checks should be mailed to the FaithCare corporate office in Farmington, Connecticut. This procedure allows you to keep track of your supporters and to personally thank them. The trip fee does not cover all of our costs, so even if you are paying for your own expenses, it would be helpful to FaithCare to do some additional fundraising. All donations are tax deductible and support the welfare of many needy individuals.

Deadlines: Contact FaithCare office for details on deadlines for specific trips.

4 MONTHS PRIOR TO TRIP: <i>Mail out support letters and start fundraising!</i> <i>Fill out application for passport if you do not have one.</i>	--/--/--
3 MONTHS PRIOR TO TRIP: <i>Visit faithcare. click on Global Impact missions tab, fill out and submit application.</i> <i>Mail or deliver to the FaithCare office in Farmington, CT: Application. Signed agreement and waiver.</i> <i>\$100 deposit.</i> <i>Collect supplies, medications, and donations.</i>	--/--/--
NO LATER THAN 2 MONTHS PRIOR TO TRIP: <i>Mail or deliver to the FaithCare office in Farmington, CT: At least 50% of trip fee.</i> <i>[The remainder is due on or before the day we purchase the airline tickets]</i> <i>Fill out visa application</i> <i>:/portal.immigration.gov.ng/Applications/visas/entryvisa.</i> <i>Pay visa fees.</i> <i>Passport – including two passport size photos for visa.</i> <i>Make 2 copies of your passport (before mailing or delivering it to the office); leave one with a family member, and bring one on the trip with you.</i>	--/--/--
6 WEEKS PRIOR TO TRIP: <i>No entries to team past this date.</i>	--/--/--
4 WEEKS PRIOR TO TRIP: <i>Balance due to FaithCare.</i> <i>Have immunizations completed.</i> <i>Have all collected medications and supplies to FaithCare.</i>	--/--/--
2 – 4 WEEKS PRIOR TO TRIP: <i>Team building/orientation meeting, usually at FaithCare Office.</i>	--/--/--
1 WEEK BEFORE TRIP: <i>If Mefloquin or Doxycycline are used, start it the same week day of our departure.</i>	--/--/--