



**PREDISAN**  
HEALTH MINISTRIES  
PROCLAIMING JESUS, HEALING LIVES

## SERVICE TEAM HANDBOOK



PREDISAN, A CHRISTIAN MISSION FOUNDED IN 1986, PROVIDES PHYSICAL HEALING AND SPIRITUAL HOPE TO HONDURAS THROUGH HEALTHCARE, COMMUNITY DEVELOPMENT AND SPIRITUAL OUTREACH

[WWW.PREDISAN.ORG](http://WWW.PREDISAN.ORG)

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Predisan-USA, Inc.  
2555 Northwinds Parkway  
Venice Building  
Alpharetta, GA 30009  
770-955-1512

## Foreword

*If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like noonday.*

*Isaiah 58:10*

Dear Visiting Team,

We praise God for his faithfulness through challenging times in our country. Predisan's Honduras team welcomes you and express appreciation for your willingness to be part of our daily activities to impact lives bringing hope, wholeness, physical and spiritual health to our neighbors through Predisan programs. Our desire is that your time with us be inspiring and fulfilling to your life.

Since PREDISAN's beginning in 1986, Catacamas and its rural surroundings have experienced great change. Founders Robert and Doris Clark communicated over HAM radio with supporters and family. Communication methods are now at the fingertips of many, bringing different opportunities and challenges.

Honduras, a developing nation, faces many social, economic, health, and spiritual challenges. Global threats such as AIDS/ HIV, diabetes, drug and alcohol abuse are present in Honduras accompanying the lingering deficiencies in primary health care related with vaccination, malnutrition, and preventable diseases that dominate the scene in public health. The last few decades have changed the social structure of Honduran families, with many parents and caretakers immigrating to other countries for economic gain.

PREDISAN's outreach focuses on community based primary health care with conviction that a holistic outreach to all areas of health is part of God's redemptive plan. Planting hope and announcing Christ in this country has never been more pressing. PREDISAN activities focus on the underserved of this country.

All of Predisan's' work is done in partnership with communities coming alongside community leaders and strengthening their efforts leading toward building a population with dignity, responsibility, in sustainable activities.

In His service,



Dr. Amanda Madrid  
Chief Executive Officer, Predisan

*Predisan is a non profit 501(c)(3) corporation registered in the U. S. as Predisan USA, Inc. and a non-profit corporation registered in Honduras as Asociacion Hondurena Predicar y Sanar (MISSION PREDISAN)*

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## A cultural perspective...

Christianity in Honduras emphasizes personal discipline with many guidelines for living a pure life.

In Honduras, both drinking alcohol and smoking – even in moderation – are behaviors that are not compatible with being a Christian. Yes, the Honduran perception of these acts really is strong and negative!

## Predisan's Code of Conduct

The following Code of Conduct has been developed to assist in communicating some of the important values held by Predisan and the behaviors that are expected of volunteers that provide services to Predisan and our communities. As a Christian organization our vision is to see people experience wholeness: physical, spiritual, social, economic and environmental health according to God's redemptive plan.

National and foreign volunteers are required to adhere to the following Code of Conduct throughout their period of service. This Code of Conduct does not apply only to work hours but to the volunteer's time outside of work hours as well.

1. **Illegal drugs, alcohol, and tobacco.** Consumption of these products is not permitted. In addition to a significant safety risk for the individual volunteer, alcohol, drug, and tobacco consumption is contrary to Predisan's development goals.
2. **Inviting guests into your "home."** Please remember that you are a guest. If you would like to invite someone into the place where you are staying as a guest, you must first obtain permission from your host.
3. **Appropriate dress.** Volunteers are expected to show modesty and professionalism in their dress, using pants, skirts below the knee, and shirts that are not revealing. When relaxing after work, shorts may be used. Please ensure that images and phrases on T-shirts are appropriate to the values held by Predisan.
4. **Respect for religious practices and beliefs and cultural values.** During your time as a Predisan volunteer you may witness different types of religious and cultural practices. We ask that you show respect and ask questions if you are curious about certain practices.
5. **Intimate Relationships.** We applaud your desire to meet people from a different culture and hope you will develop valuable friendships during your stay in Honduras. On the other hand, for single volunteers, having intimate relations while serving as a volunteer for Predisan is not permitted. It is our hope that you will understand the perspective of Predisan in making choices in your relationships while serving with Predisan. Predisan's goals of holistic wellness for all of God's people are undermined by casual sexual relationships even if they are consensual.
6. **Safety and security.** Predisan takes many steps to ensure volunteers' safety during their time of service. These steps are outlined in our document "Security Policies for Visitors." In exchange, Predisan expects each individual volunteer to take precautionary measures as well. Drink only bottled water. Do not walk alone in Catacamas – go out in groups of 3 or 4. Do not go out after dark. Keep a copy of your passport in a safe place. Report injuries and illnesses to your supervisor. A more comprehensive list of tips is included in our Manual.



## Team Member's Guide

We are grateful for your willingness to share your time and abilities with Predisan. Your generosity will benefit the people of Honduras, bringing hope and an improved quality of life.

But what are the benefits to you? God has plans to bless you. Allow Him to work in your heart! Your openness and generosity will be rewarded. You will teach, but you will also have the opportunity to learn. You will have the opportunity to be a friend and to receive friendship with people from a different culture. You will be able to expand your worldview and gain a greater understanding of God's creation and His Kingdom.

Removed from your accustomed environment, you will find that your trip will provide you with opportunities to recognize your dependence on God as you seek His guidance in new situations. Take time daily for meditation, prayer and reflection. God wants to transform each one of us!

### Three Keys for Your Trip

**PRAYER** is not the only thing you must do, but it is the greatest thing. Prayer will draw you closer to God and to your fellow group members. You will gain spiritual strength and a receptive attitude toward new experiences.

**FLEXIBILITY** isn't always easy, but it will make your experience more enjoyable, and may determine how much you will gain from your trip. Remember that Honduras is a different culture and environment with different values. Attitudes toward time and organization are different. Remember also that supplies and resources are very limited compared to the abundance of the United States. Be ready for plan B and plan C.

**PLAN AHEAD** regarding your travel itinerary and materials needed. Plan to share your personal Christian testimony, both in words and by your actions. Select a verse you feel called to share and bring it printed in Spanish.

### Spiritual Goals for Your Trip

Predisan's objective is to demonstrate the love of Christ in all aspects of our program and to seek to spread His message to those who come through our doors. We highly encourage you to share your love of Christ with our patients and staff, and to give special attention to your own spiritual resources while you are here. The emotional nature of mission trips often stimulates us to deepen our relationship with God.

Here are ways to enhance the spiritual experience for you and your group:

- Create a plan for structured spiritual time during this trip. This could include study of a series of Bible verses that encompass the goals of the trip, a journal time, a daily theme or a devotional schedule.
- Prepare yourselves spiritually prior to your trip. A retreat, preparatory meetings and prayer sessions are all recommended ways to orientate your group to the importance of placing this mission opportunity in the hands of God.
- Choose a spiritual coordinator for your group who focuses on the spiritual needs and desired outcomes of your group. This person may want to communicate with Predisan's Spiritual Development staff prior to coming in order to exchange ideas.
- Be sensitive to any team member who is having difficulty adjusting to the differences in culture and living situation you experience.

## Planning Your Trip

### The Purpose and Task of Your Team

Predisan's desire is to see people experience wholeness: physical, spiritual, social, economic and environmental health, according to God's redemptive plan. We want to find activities or projects for your group that will be meaningful for you and further the goals of Predisan. We've divided the possible activities into several categories and will work with you in choosing what would work best for your particular group.

Sharing your faith:

- Opportunities to give seminars on specific themes for spiritual growth
- Children's programs (i.e. VBS)
- Dramas, skits, puppet shows or musical programs

Participation in Health Education or Health Care:

- Health fair or health promotion activities
- Participation in the delivery of health services, such as through the Healthy Schools Program · Continuing education for professional staff
- Specialized medical consultations not available with our permanent staff (OB/Gyn, Gastroenterology, Orthopedics, Surgery, and others)

Construction and Maintenance:

- Maintenance and expansion of Predisan's facilities
- Assist with initiatives to prevent prevalent diseases through providing basic necessities such as latrines, potable water and basic home sanitation.
- Assist community leaders in construction of needed infrastructure such as health centers, schools and church buildings.

### Typical Weekly Schedule

A Saturday to Saturday (8 day) schedule works well with flight schedules for a four full days of participation in Predisan health activities, however, itineraries vary with location and types of activities.

**Saturday** Travel to Comayagua, Palmerola International Airport, where you'll be met by Predisan staff, travel Catacamas

**Sunday** Church, rest and orientation to Predisan and plans for the week. Community Transformation Groups leave for mountain base camp, CEDECO. (2 hours)

**Monday** Full day of participation in Predisan scheduled activities

**Tuesday** Full day of participation in Predisan scheduled activities

**Wednesday** Full day of participation in Predisan scheduled activities

**Thursday** Full day of participation in Predisan scheduled activities, evening in Catacamas. **Friday** Morning in Catacamas with Predisan staff, then travel to Comyagua with some opportunities for tourism.

**Saturday** Return to the U. S.

### Costs for Your Trip

In order to ensure that all of our activities run smoothly, we have certain fees that we must charge. Some of these fees are non-refundable because we do not cancel our commitments even if a group cancels. We hope that you understand that the money you raise for your trip helps support Predisan's mission to transform lives.

- ° Each group books and pays for their own airfare (ranging now from \$850 to \$1,000).
- ° The in-country fee for a typical 8-day trip to Predisan is \$1,000-\$1,200 per person. This covers housing, transportation, meals and the services of Predisan's staff, administrative and logistics coordination.
- ° Each group will need to raise a **project fee which ranges from \$2,500-\$3,000** depending on the nature of the project and the area of participation. This money is used to buy materials for building latrines, bathrooms, pilas, etc. **Send the non-refundable deposit for your trip 90 days in advance.** In planning a project, we need lead time to purchase materials to have all resources available upon your arrival.
- ° Other costs to each individual include: any money you may want to purchase souvenirs, snacks etc. You may also need to cover costs as needed, for your passport, doctor's visit and your malaria medicine. ° Any particular supplies or equipment you will need for your project should be discussed with the Predisan staff before you arrive. Some of what you need may be here already, some may be available to buy here cheaply, and some may need to be brought with you.
- ° Donations to our work are needed and welcomed as they help us keep our cost of service to a minimum (**please ask for "Wish List" if you have not received it in email correspondence**). If your group brings controlled medications, special forms have to be filled out in advance, so please let us know as soon as possible if you will be bringing such donations.
- ° We will also need, prior to your trip, a detailed inventory of all donations including approximate values so that we can send a letter to Honduran customs to facilitate your entry into the country. **If possible, please include receipts of the donations so we can properly thank the donors.**



## Questions about Predisan and Honduras

Where is Predisan?

Predisan operates 3 health facilities in Catacamas, providing basic healthcare and specialist care to a population of about 160,000. Catacamas county is located on the eastern side of Honduras in the Department of Olancho. PREDISAN's facilities include: The Good Samaritan Medical Center, the CERPEA addiction treatment center, and the Center of Community Development (CEDECO).



What does Predisan do?

Predisan seeks to show the love of Christ through loving people in three programs of outreach: Spiritual Development, the Good Samaritan Medical Center, the Center of Rehabilitation of Patients with Addictions (CERPEA), and Community Transformation. Each reaches out to a distinct population with specific services to meet health needs.



Where is Honduras?

Honduras is straight south of Mobile, Ala., in the heart of Central America. It is bordered by Guatemala, El Salvador and Nicaragua, and has a Caribbean coastline with three islands including Roatán.

How do I get there?

Visitors fly from Houston, Atlanta, or Miami to Palmerola on United, Delta, or American airlines respectively. Predisan staff members meet visitors at the airport for a 5-hour drive east to Catacamas.

How long does it take to travel?

If you leave the U. S. in the morning, you will arrive in Comayagua in the early afternoon, and arrive in Catacamas in the evening – in time for a Honduran dinner.

What is the currency?

The currency of Honduras is the Lempira. About 22 Lempiras equal one U.S. dollar. Predisan staff members will help you change your dollars into Lempiras at the airport. As a group member, Predisan provides all your essential needs, but you may want to exchange a few dollars for snacks and souvenirs.

What's the weather?

Honduras has a tropical climate. The temperature ranges from the mid-70s to the mid-90s, depending on the altitude. The rainy season runs roughly from May to October, with the dry season from November to April. During the rainy season rain usually falls for an hour or more in the afternoon.

What is the time zone?

Honduras is in the Central Standard Time (CST) zone. It does not have daylight savings time so it is one hour

behind CST in the summer.

## Predisan Contact Information

**Make two copies** of this page: take one and leave one with your family

WEB SITE: [www.predisan.org](http://www.predisan.org)

FACEBOOK: [www.facebook.com/predisan](http://www.facebook.com/predisan)

### TO CONTACT PREDISAN IN THE UNITED STATES

Mailing address:

2555 Northwinds Parkway  
Venice Building  
Alpharetta, GA 30009  
770-955-1512

° Jeff McCormack, Board President: [jeffrejc@gmail.com](mailto:jeffrejc@gmail.com)

### TO CONTACT PREDISAN IN CATACAMAS, HONDURAS

° Dr. Amanda Madrid, Chief Executive Officer, [amadrid@predisan.org](mailto:amadrid@predisan.org)

° Sergio Quiñones, Administrative Director, [squinones@predisan.org](mailto:squinones@predisan.org)

# Travel Basics

## Air Travel, Passport, Luggage Requirements

Comayagua is the closest airline entry point for work in Olancho. The available airlines are American, United, Spirit and Copa. As is typical, the earlier tickets are purchased, the more money you save. Airfare costs depend on the time of year of your trip and your departure location.

### Three Important Items:

° Luggage is limited to ONE checked piece (50 lb. max) and one carry-on unless your group is paying for more bags with supplies. Label your luggage carefully so it can be easily identified at the airport.

**\*Some airlines will allow bags with humanitarian supplies without a fee. You will need to contact them at least 30 days in advance for permission.**

° Check the expiration date on your passport and renew it if necessary. **Your passport MUST be valid for six months after your entrance into Honduras.**

° If you do not have a passport, start the application process immediately. Make copies of your passport. Put one copy in your luggage separate from your passport. Many experienced travellers put a copy of the passport in each piece of their luggage.

## What to Pack

It is easy to pack too much when you are traveling long distances. In short — pack light! There will be little time to wash clothes. Plan to bring necessities, but not a lot of extras.

### Items for Everyone:

- Scrubs (one set per day)
- Stethoscope (may be in short supply) · Blood pressure cuff (may be in short supply)
- Closed toed shoes
- Insect repellent – with DEET · Flashlight and batteries
- Towel
- Hat for the sun
- Sunscreen and sunglasses
- Flip-flops (shower shoes)
- Personal hygiene items

### · Personal medicines

- Money for personal use — cash (\$20 bills or smaller).
- Pocket knife (optional) pack in checked luggage
  - Comfortable, cool clothing (no shorts, but capris are fine for ladies)
- Bathing suit with shorts for swimming · One church outfit (ideally, a button-up shirt for men and a dress or skirt for ladies)
- Bible and journal
- Water bottle (available here) · Work gloves
- Snacks (your choice!)

### Items for Mountain Trips (Pillows, sheets and beds are provided at CEDECO):

- Toilet paper (purchase here) · Water bottle (filter and tablets are useful, but not necessary)
- Comfortable walking shoes · Light poncho or umbrella
- Hat for sun

- Flashlight and batteries
- Ear plugs (roosters and barking dogs) · Hand sanitizer (pack in suitcase, not carry-on)
- Reading material
- More snacks ☺

Make sure you bring clothes that are appropriate for a conservative work environment and that show respect for Predisan's Christian testimony. **Please: no shorts, no mini-skirts, no bare midriffs.**

## Your Health

The Web site of the CDC, the Centers for Disease Control and Prevention, provides details on medical issues throughout the world: <http://www.cdc.gov/travel/camerica.htm>

This page provides the most current information on medical preparation for Honduras:

<http://wwwnc.cdc.gov/travel/destinations/honduras.aspx>

Make sure you are up to date on your immunizations. No vaccinations are required to travel to Honduras, but some immunizations are suggested. Please see the CDC page for the current requirements and recommendations.

### **Your Team Leader should prepare a first aid kit.**

**MALARIA MEDICINE.** Since contracting malaria is a possibility in Honduras, you may choose to take anti malaria medicine. Predisan strongly recommends you begin taking malaria medicine before you arrive in Honduras. Medicine is taken before your trip and after your return to the United States. Some types of mental illness can be triggered or exacerbated by some anti-malarial. Consult your doctor for details.

## Predisan Survival Guide

### Logistics:

- Your passport. Make a photocopy of your passport and pack it separately from the original.
- Print Predisan Contact Information list – take a copy with you and leave one with your family.
- Do not bring things of value that you cannot replace.
- When leaving the airport you may be asked where you will be spending most of your time. The answer is “Catacamas, Olancho.” Customs officers do have the right to open your bags.
- Keep your baggage claim tickets until you have exited the airport terminal. The person at the door will match the number on your luggage to the number on your ticket jacket.
- A Predisan representative will be waiting for you when you exit the terminal. If this is not the case, contact one of the Predisan staff listed at the contact information list.
- Water systems are not purified. Drink only bottled water and drink often! Brush your teeth and rinse your toothbrush with bottled water the tap water is not purified.
- Eat only food that is cooked and served hot or fruit from which you have removed the peel. NO Lettuce, even on the burgers at McDonalds, which is particularly hard to clean, even if it washed in purified water.
  - Use the waste can next to the toilet for toilet paper. Paper will clog the drainage system.
- Electricity runs on the same current in Honduras as the United States. Cell phones work with international plans, and electronics should work in the Catacamas area.
- Sickness or injury. Make sure to mention any injuries to one of the Predisan doctors or nurses. If you should become ill after your trip, it is very important to tell your doctor where you have travelled.
- Do NOT go out at night. Don't advertise that you are a tourist.

- Acceptable Dress. Wear clothes that are cool and modest. **Shorts are acceptable for recreational activities only. Avoid short shorts, halter tops or army fatigues in public places.** 8

### Hints and Tips for Your Trip:

- When you go to another culture, you are the strange one, the one with a funny accent or strange language or weird clothes. Your respect and appreciation for people will be reciprocated to you.
- Smile! Be friendly and courteous. Your facial expressions and body language are being read and interpreted all the time.
- Don't assume that a Honduran can't understand what you say; some are fluent in English, even if they don't speak English to you.
- Enjoy cultural differences. Avoid judging and making negative comparisons. You have only one perspective. Look with the eyes of a child. Enjoy the new.
- Use Spanish phrases you know. Your effort to communicate in Spanish will be appreciated no matter how few words you can use.
- Time in Honduras does not have the same cultural value as in the U.S. Be flexible and you will avoid frustrations. Unexpected waiting times can be chances to connect with others!
- Avoid attitudes or actions that give the impression that you are here simply to "help out these poor people."
- Choose not to complain – about food, transportation, hotel accommodations, bugs, heat, etc.
- Gift giving is best done when some sort of relationship or interaction has been established. Please avoid giving candy to children.
- Watch for cars and motorbikes – they won't slow down for you!
- Never leave cash, cameras or other valuable items unattended unless it is clear that your location is secure.
- Be discreet when exchanging currency in public or when making purchases.
- Animals. Don't try to pet the cats or dogs – most have been mistreated and may bite you. If you touch any animals, wash well.
- Photography. Whenever possible, ask permission before taking someone's picture.
- Wearing a hat and sunglasses and using plenty of sunscreen are good precautions against unburn, even during the rainy season.
- Bugs. Bring insect spray with DEET, as the mosquitos can be fierce (and carry Malaria and Dengue Fever).
- Please tell your team leader or other person if you are experiencing any problems or concerns.

## Group Leader Information

Your willingness to lead a service team or evangelistic team to Predisan is a wonderful indication of your dedication to making a difference in our broken world. We want to partner with you to make your group's trip successful and meaningful. Please let us know how we can help with these tasks, and what information we can provide. Your group members are most likely willing to help you make all the details of your trip come together. Don't hesitate to delegate and share the responsibilities among the various members of your team.

God bless your interest in Mission Predisan!

### Responsibilities: Before Your Trip

- Schedule team meetings to orient team members on the goals and focus of your trip and discuss the material in this handbook. Groups often meet three times and have a bon voyage meeting or meal. This planning time with time for prayer will bond your group and prepare you spiritually for your trip. You may want to ask former Predisan volunteers to speak to your group.
- You will be the communication liaison between your group and Predisan. The more contact made prior to your trip with the staff in Honduras, the better. Ideally, you will be communicating with the group coordinator about the logistics of your trip and with a spiritual coordinator about spiritual aspects of your trip. Please e-mail us with questions or concerns. Local numbers and e-mail addresses are found on the Predisan Contact Info page included in this handbook.
- Collect each member's trip fee and send to Predisan-USA, Inc. Discuss costs and plan deadlines for sending in the fees. Plan fundraisers as needed. See "Trip Costs" below for details.
- Collect completed forms and send completed forms and documentation to Predisan by the Due Dates specified. See "Deadlines and Documentation" below for details.
- Set up a phone tree or e-mail list to facilitate communication among your group.
- Passports: make sure all team members have valid passports that will not expire until six months after the end of your trip. See "Trip Logistics" for details.
- Discuss possible vaccinations and preventive medical treatments to be sure all brigade members are aware of the recommendations. See "Your Health" for details.
- Consider how team members will participate in times of spiritual reflection and sharing experiences during your trip.
- Discuss your transportation plan — when you should be at the airport on your departure day and designated meeting location at the airport. Exchange cell phone numbers.
- Encourage team members to learn basic phrases in Spanish.
- Educate your group members about the cultural differences they will encounter on their trip. 10
- Look for Spanish speakers to join your team. It is extremely helpful to have one or more fluent Spanish-speakers as part of your team. This is needed for safety and convenience.
- Prepare the Team First Aid Kit

## Responsibilities: Deadlines and Documentation

One of the most vital responsibilities of the group leader is to supervise the submission of forms and documentation as needed according to the deadlines below. Call on group members to help with different parts of this task.

### **SIX MONTHS BEFORE YOUR TRIP**

Begin meetings with your group. **Print and distribute and this handbook.** Go over the handbook. Nail down all trip details. Many groups meet three times.

### **THREE MONTHS BEFORE YOUR TRIP (90 days)**

- ° Send your \$2,500 project fee for your trip (medical groups and university groups make other arrangements of material donations or teaching fees). Send your group's in-country fees and project fees 90 days before your trip to:

Predisan-USA, Inc.  
2555 Northwinds Parkway Venice Building  
Alpharetta, GA 30009

### **TWO MONTHS BEFORE YOUR TRIP (60 days)**

- \*Send the group fee if you have a final head count at this time.
- \*If by the time of your trip, the final head count has changed, we will credit you that amount.

### **ONE MONTH BEFORE YOUR TRIP (30 days)**

- ° Determine Departure Plans. If your group lives in the same area, plan a bon voyage meeting or meal together to review your trip plans. If your group is scattered, be in touch by e-mail.

- ° Send remaining group fee per person when you have a final head count to:

2555 Northwinds Parkway Venice Building  
Alpharetta, GA 30009  
770-955-1512  
Or pay online.

- ° E-mail Embassy Spreadsheet  
Download the Embassy Spreadsheet (Excel document). E-mail to [squinones@predisan.org](mailto:squinones@predisan.org). Print a copy for you to bring with you.
- ° Medical/Liability Releases  
All group members must complete both releases, have BOTH notarized, and email a scanned copy to Group Coordinator at Predisan, and bring the originals with you to Honduras. (Adults and minors use different forms).
- ° E-mail a housing list with team members' names and passport numbers. Rooms for 1, 2 or 3 are available in Catacamas. Rooms for 1 or 2 are available in Comayagua. Send to Group Coordinator.

### **ONE WEEK BEFORE YOUR TRIP**

Exchange cell phone numbers for airport contact. If traveling as a group, decide on a meeting place at your airport.

### **AFTER YOUR TRIP**

If your group lives in the same area, plan a picture party or de-briefing meeting to discuss and reminisce about your trip. Encourage all trip members, friends and family to join the Predisan Facebook page: [www.facebook.com/predisan](http://www.facebook.com/predisan), to see photos and videos of you working in Honduras during the time you are in country.

## Responsibilities: During and After Your Trip

- Be the liaison between your group and the Predisan staff. Communicate to your group all decisions made regarding schedules and activities.
- Oversee resolution of any group conflict

## Costs for Your Trip

- The in-country fee for a typical 8-day trip to Predisan is \$1,000-\$1,200 per person for groups of 12 or more. This covers housing, insurance, transportation, meals and the services of Predisan's staff. Each group books and pays for its own airfare
- Other costs to each individual include: souvenirs and snacks, and costs, as needed, for a passport, a doctor's visit and the malaria medicine needed to take a trip.
- Any particular supplies or equipment you will need for your project should be discussed with the Predisan staff before you arrive. Some of what you need may be here already, some may be available to buy here cheaply, and some may need to be brought with you.
- Donations to our work are needed and welcomed as they help us keep our cost of service to a minimum (**please ask for "Wish List" if you have not received it in email correspondence**). If your group brings controlled medications, special forms have to be filled out in advance, so please let us know as soon as possible if you will be bringing such donations.
- Some materials will be required to deliver the services in your specialty. As your group collects needed materials we ask to keep and bring if possible receipts of the donations so we can properly thank the donors and assign the correct value to the services you help us deliver.

## Team First Aid Kit

For team member's medical needs, it is required that the group's medical person(s) and/or group leader bring a well-stocked first aid kit.

The following is a list of items that might be useful to have while working in the local villages and the need to treat a team member arises. This is not an exhaustive list; please bring whatever will make your group comfortable. Any unused "leftovers" may be donated to the Predisan clinic.

- Bandages
- Rubbing alcohol
- Betadine swabs
- Sterile 4 x 4's
- Butterfly closures
- Neosporin ointment
- Handi-wipes and waterless hand sanitizer
- Tape
- Soap
- Sling
- Cold pack
- Moleskin
- Sunblock
- Ibuprofen



- ° Tylenol
- ° Immodium
- ° Pepto Bismol
- ° Septra DS or Cipro 500
- ° Bee sting kit
- ° Eye flush
- ° Benadryl
- ° Scissors
- ° Stethoscope
- ° Blood pressure cuff
- ° Paper and pen
- ° Gloves, sterile and unsterile
- ° Phenergan