

Bayside | **MEXICO OUTREACH**

First Timer Manual
2019

History/Why We Go

- Why do we serve Mexicali and not another city/area?
 - In 1996 (Bayside's first Spring) we partnered with Azusa Pacific University's Mexico Outreach trip and sent 26 students and adults on Bayside's first Mexico trip. The team camped at APU's Cuernavaca camp and began a relationship with our first partner church in Guadalupe Victoria near our current Base Camp location.
- Bayside has been serving for 23 years, but why continue serving the same location?
 - We have now had relationships with some of the same pastors and churches for 15-20 years. These pastors are our brothers and sisters in the Lord and we like to continue the mutual encouragement and building up of one another!
- What happens in Mexico the other 51 weeks that we are not there?
 - We visit at least 3 times a year. The week of Spring Break and at least two preview trips to connect with the pastors, hold a Thrive conference for them, visit the communities and scout out locations for Construction and Community Service Projects. We also stay in regular contact with the pastors.
- How does the trip look similar/different since Bayside started?
 - Well for starters, we now have 1100+ people going instead of 26. We have our own base camp and essentially build a city for the week. We still do the same work: serve the churches with IMPACT teams, have a few traveling teams, but have since then added community service teams, more construction projects, sports teams, a Cycles 4 Hope team and more!

Daily Agenda

- A typical day in Mexico looks like:

7:00am	Breakfast
7:10am	Student & Adult Leaders, & Translators Meeting
8:00am	Morning Chapel & Devotions
8:45am	Team Meeting
9:00am	Teams leave for their sites
12:00pm	Lunch at the ministry sites
5:30pm	Teams begin to return to basecamp
6:00pm	Dinner
7:30pm	Pre-Chapel Program
8:00pm	Evening Chapel
9:30pm	Tent Time
10:10pm	College Social
10:30pm	Lights out

Safety/Security

- Bayside has been traveling to Mexico since 1996. Our Church's Senior Leadership, Board of Elders and Mexico Outreach Team have our participants safety at the fore front as we plan this trip. We go to great measures to ensure safety measures in travel. We do not travel outside the set radius of our basecamp with students. We do not travel after dark.
- We are in regular and consistent communication with authorities, both US and Mexican, regarding the areas where we cross the border, travel, serve and set up camp. We are also in ongoing communication with pastors, NGO's and missionaries in the area. While there are areas that the US State Department ask that US Citizens would exercise caution while traveling, the region we serve is not listed and there is no current need for concern outside of what one would have traveling in general.
- What safety measures are in place at basecamp?
 - Basecamp is located in a very rural part of Mexicali. Even though basecamp is in the rural farming community, Bayside staffs the basecamp with a security team 24 hours a day. This team walks the perimeter, is in radio communication with each other, and controls who enters and exits the premises. We partner with Mexican law enforcement to provide added security at our base camp and have a longstanding relationship with them.
- What safety measures are in place at individual sites?
 - Bayside staff works throughout the year to build a positive relationship with the church sites that we visit during our trip. Each site has been visited multiple times and is approved as a safe site before the Outreach teams arrive. While the Outreach teams are at the individual sites, there is always an adult leader with direct phone contact back to the basecamp headquarters.
- How does crossing the border work?
 - We cross at the Calexico crossing in caravan groupings by team. No vehicle ever travels alone. Each vehicle is supplied with a binder containing documents explaining our purpose, however, rarely do vehicles get stopped going into Mexico. We are registered with the US Consulate and border officials are expecting us the week of Easter.
- What if I am not a US Citizen. Can I still go?
 - If your passport has been issued by a country other than the United States of America, it is YOUR responsibility to call your Consulate to make sure you have the proper documentation for travel outside the USA, as well as for re-entry into the USA. As long as you can legally cross the border and complete the appropriate paperwork needed for the trip, you are able to come!

Fund/Support Raising

- Each individual is responsible for the total cost of the trip to Mexico Outreach. After the non-refundable down payment has been made, the participants have a choice to pay the balance in full or to raise support by sending out letters and emails. You can find instructions to raising support on our Mexico website.
- How can I stay in contact with my supporters?
 - It is a great idea to email all of your supporters (financial and prayer supporters) multiple times before leaving for Mexico. You may want to email your supporters a couple months before going to Mexico, then a month before, and directly before leaving to share some of your thoughts, expectations, and excitement. Then email

promptly upon returning to share your experiences, how you saw God at work, and explain how their support was crucial in your journey.

- What happens to my financial support if I need to cancel my registration?
 - If you cancel your registration before 2/15, you will receive a refund of what you paid for your balance due, your original reg. fee of \$149 is non-refundable. All support received on your behalf will be applied to general Mexico mission trip finances.

Teams

- What do all the different teams do?
 - Impact Teams: Impact the next generation of leaders through relevant children's ministry. Teams will travel to a church site to engage children of the church and the community in songs, crafts, Bible memory verses, skits, and playing.
 - Construction Teams: Build needed structures to make a powerful impact on the community. Projects may include building a home for the homeless, repairing church structures, or adding to a community center.
 - Festival Teams: Support Impact teams by bringing a traveling carnival. This team will daily visit multiple church sites with a blow up bounce house, face painting, and other games to bring joy to the children.
 - Sports Teams: Conducts sports clinics in local parks and sports stadium, training kids in sports and using this as an opportunity to share the Gospel message.
 - Community Outreach Teams: Serve the homeless and participate in service projects for impoverished families. This may include delivering food and other needed items to the poor, praying for and with community members, and other designated projects.
 - Basecamp Adult Teams: Food, Security, Hospitality and First aid. These teams work around the clock to make sure that all logistics are prepared and secure.
- What if I don't get my top choice?
 - Bayside works hard to match the individual interests of each of our 1000 participants with the needs of the multiple teams we are sending. It is important to balance each team for the highest potential impact we may have on the community. God will use your skills and abilities in whatever team you are placed on, so be open to seeing how God plans to use you.
- How can I experience all the teams?
 - During each Mexico Outreach trip, you will directly experience only one team. Talking with other participants on other teams will give you insight to what each team does. Another way to experience a different team is to come serve in Mexico again next year.

Medical

- What if I get sick?
 - Basecamp has trained medical staff awake and available 24 hours a day to properly handle anything that may arise.
- What if I have a medical emergency?
 - If there is a medical emergency that the basecamp clinic is not equipped for, we have a close relationship with a local hospital in Mexicali.
- Do I need to turn in my medication?

- High Schoolers, it is extremely important that you Turn-In ALL of your medication. Medications, enough for the entire trip, will be dropped off with First Aid prior to departure. The medical clinic at basecamp will dispense ALL medications to students (those under 18 years of age) at scheduled times throughout the day according to their current prescriptions and with permission of their parents.

Food

- What do we eat each day?
 - Breakfasts could include: oatmeal, pancakes, cereal, fruit, scrambles eggs, and sausage.
 - Lunches: Peanut butter and jelly sandwiches, chips, fruit, cookies, and Gatorade.
 - Dinners could include: pasta, chicken, vegetables, rice, turkey, mashed potatoes, and burritos.
 - Desserts at dinner could include: ice cream, cake, pie, or brownies.
- How do you serve 1000 people, three meals a day?
 - The basecamp food team works hard to prepare meals in advance to be served buffet style for breakfast and dinner. Lunches are packed in a cooler and are carried with each team to their site.
- What if I have specific food allergies?
 - In your application there was a section to list any specific food allergies you have. If you missed this, please notify the Mexico Outreach Team well in advance (by the Feb 25th training), so that accommodations can be made.
- What if I get hungry outside of the meal times?
 - You may bring snacks with you to be stored in your tent. Good snacks to bring may include trail mix, nuts, granola bars, jerky (avoid anything that could melt). You may also desire to purchase snacks from the Basecamp Store. You can place money in an account to be used at the store prior to leaving for Mexico or you can carry cash with you. The Basecamp Store will carry snacks, drinks, toiletries, and batteries.
- Is the water safe to drink?
 - Bayside provides large drums of clean water for drinking and brushing your teeth. You MUST bring a reusable water bottle for the trip. Each van will have a water cooler of safe drinking water; it is not advised to drink the water at your site.
- Will I need to purchase any food?
 - All meals will be provided by Bayside. Each team usually eats one lunch and one dinner at a local taco stand. If you choose to purchase food from these vendors, you will need to carry cash. These vendors will take American money.
 - Participants will be responsible for purchasing meals during the travel to and from Mexico; all meals in Mexico will be provided.

Travel

- How does Bayside move 1000 people from Roseville, CA to Mexicali, Mexico?
 - Participants travel in vans and trucks driven by adult leaders over 25 years of age. Vehicles will consist of team members and will travel in a caravan of 3 from Roseville to Mexico. All participants are assigned a vehicle and must travel in that vehicle for the duration of the trip.
 - Vans/SUVs will be rented or donated by families for the trip.
- What do we do in the vehicles?

- Traveling in the vans allows for great team bonding through conversations, sharing experiences, participating in team builders, and playing games. Participants may also choose to sleep, read, or enjoy the scenic views.
- How long does it take to travel that far?
 - The total trip will take approximately 12 hours. On the way to Mexico Bayside chooses to break the trip into two days. Vans will leave Bayside at 9:00am on Friday, April 12th and will commute to a church in Southern California where we will stop and rest for the night. Saturday morning the teams will begin their drive into Mexico. For the drive home, teams will depart Basecamp by 5:30am and drive straight home (stopping near the Grapevine to check if drivers need to rest).
- When will we stop?
 - Caravans may choose to stop for meals, gas, and bathroom breaks along the drive as needed.
- What if we have car trouble?
 - Bayside has a team of volunteers who know vehicle mechanics and can assist with situations. These volunteers will be spread out along the caravans to help if the need arises. While in Mexico teams will have a cell phone to communicate with basecamp to get help for car troubles.
- What if we have an incident or get in a car accident?
 - There is a transportation team at your disposal that will assist you in filling out the proper forms. The contact number will be given during one of the trainings and in several driver meetings. There is also an incident form in the driver binder.
- How many drivers are in each van?
 - Every van will have one designated driver over the age of 25, however we do try and have other approved drivers on the team/in the same caravan. If for any reason, a driver is unable we will provide a subs
- Does Bayside pay for gas or do I need to pitch in?
 - Each van will receive petty cash to pay for all gas.

Housing

- Where will we sleep while at basecamp?
 - Basecamp will have dozens of large military-style "20-man" canvas tents set up. Participants will be assigned to specific tents based on which team they are on and further by gender.
- What do I need to bring?
 - Please refer to the packing list online.
- How cold does it get?
 - During the day temperatures can range from a low of 45 to a high of 85. The temperatures will drop significantly in the evening. Refer to the packing list for suggestions on what to bring. You may want to check the weather forecast before packing.
- What about privacy?
 - Participants will be changing clothing inside their tents with other participants. More modest individuals may choose to change their clothing in the porta-potty for additional privacy.
- What does the bathroom situation at basecamp and at my site look like?

- Basecamp has dozens of porta-potties stocked for participants usage. The bathroom situation at the sites can range from a traditional bathroom, to outhouses, or even latrines. Leaders will be on the lookout for clean bathrooms (likely at gas stations) if your church site has a restroom that makes team members uncomfortable.
- Where can I wash my hands?
 - Hand sanitizer will be provided outside of the porta-potties as well as a few handwashing stations around Basecamp. All participants are required to wash their hands with soap and water before eating meals.
- How do I shower during the week?
 - Participants will be able to take one shower during the week at Basecamp. Each team will be designated a day during the week to use the showers.

Packing List

- How much luggage can I bring?
 - Participants are provided one blue bag and must use this to pack personal items. They are also allowed one twin cot, one camping chair, sleeping bag, and a pillow.
- How do I get my luggage to Mexico?
 - All participants will stay with their belongings. You bring your bag, cot, sleeping bag and chair to pack in you team vehicles.
- What kind of cot do I need?
 - Every person needs to bring their own twin sized cot. It is important to have a cot so that you are sleeping up off the cold ground. The tents are open at the ground and a draft will come in to the tents.
 - You will want to search for and purchase a cot early - REI, Sports Authority, Sports Chalet, Walmart, Target, Craigslist, friends who camp.
- What kind of sleeping bag do I need?
 - Participants should bring a warm sleeping bag. It can get cold at night, so if you get cold easily, you will want a warmer sleeping bag - possibly a mummy bag to keep you the warmest.
- What is appropriate to wear at my site?
 - All participants should wear a modest t-shirt, a sweatshirt/long sleeved shirt (if needed), and jeans/pants or knee-length or longer skirts. It is encourage for individuals to bring clothing that they do not mind getting dirty and/or stained. One may want to shop at a second-hand store to pick up some clothing items.
- What is appropriate church attire in Mexico?
 - For women knee-length or longer skirts and a modest shirt. For men pants and a polo shirt.
- What types of clothes are not allowed?
 - Longer shorts may only be worn at the basecamp, not off basecamp. Short shorts, short skirts, tank tops and tight clothing such as leggings are not allowed at all throughout the trip.
- What medication should I bring?
 - Individuals under 18 years of age will need to turn in all medications to the First Aid Team and will get their medications administered appropriately. First Aid will also have ibuprofen, Advil, and Tylenol available as needed. Adults may responsibly carry their own prescriptions and medications.

Team Trainings

- What will I learn at these training sessions?
 - Trainings are a vital way for your team to connect and get to know each other before heading to Mexico. Team trainings also allow for pertinent information to be shared about the trip and to discuss roles, goals, and expectations.
- What if I can't make it to one?
 - It is important that participants make it to every training. If a training does need to be missed, please discuss this with your team leader so that follow-up can happen. If a participant misses more than one training they are in danger of being removed from the trip.
- What is a personal testimony?
 - Every person has a testimony; this is the story of your life and your walk to get to know God. Each person's story looks different and unique.
- How do I best prepare for the testimony?
 - You should prepare a 3-5 minute testimony to share with others who are curious about you and why you walk with the Lord (or where you are on your walk). Share a bit about your background and family life, your passions, and how you got to know God / started to go to church.
- What is the commissioning service?
 - Every individual going to Mexico should attend this service. At this service the church will pray for the Mexico Outreach Team and commission them for their service. Giving their blessing and encouragement to be the hands and feet of Jesus and spread the Gospel. Commissioning will take place on the weekend of March 17th/18th and an announcement will be made as to what service you should attend.

Other FAQs

- Will I get charged to use my cell phone in Mexico?
 - This will depend on cell phone service plan individuals are set up for, but most phone carriers now provide service in the area where Basecamp is.
 - While adults will have access to their cell-phones throughout the week, students will turn in their phones once they cross the border. Phones are tucked safely at our Basecamp Central while in Mexico and guarded by full-time security. This allows for participants to be fully engaged with each other and the experience of the mission trip. In the case of emergency or if a student needs to connect with home for any reason, they will be able to use their adult leaders phone to do so. Each team is also given a phone to use in Country to stay connected with our Basecamp Central team.
- When do I need to turn in my Passport?
 - Everyone will need to turn in a copy of their passport during registration or shortly afterward if it is in processing. Bring your actual passports to your Campuses Commissioning Service. If you are on our Spartan team or are under 18 –years-old, you will need to submit them at Commissioning.
- What is "Angel's" that everyone is talking about?
 - Angel's is a taco stand that has become popular with previous Mexico Outreach trip participants. This taco stand is an approved and safe eatery for participants. It is likely that each team will visit Angel's once during their trip. If you would like to

eat some authentic Mexican food, you will want to bring a couple dollars for tacos and a Coca-Cola at Angel's.

- Can I purchase any souvenirs?
 - Yes. Bayside works with local vendors to sell souvenir items at the basecamp on at least one evening. Participants can purchase items such as jewelry, wallets, knick-knacks, ponchos, blankets, bags, purses, etc. If you would like to purchase souvenirs bring cash, vendors will take American money.
- Can I bring a tablet/phone to serve as my Bible?
 - It is advised to bring a paper copy of the Bible. This helps to limit distractions. Also, there is no location for tablets/phones to be charged.
- Can I bring a tablet/phone to serve as my camera?
 - As students will not have their phone on them in Mexico, it is advised to bring a camera if you have one. However, adult and college leaders will have their phones and can also take photos to share with the team.
- Do I NEED any spending cash?
 - Yes. Participants will need spending cash for meals on their travel down to and returning from Mexico. While in Mexico individuals may want some spending cash for souvenirs, to purchase items at the Basecamp Store, or for tacos at Angel's.
- What if I don't speak Spanish?
 - Every team will have at least one translator as part of their team. Many of the local children speak English and can help with translation as well. It is always good to brush up on some conversational Spanish. A quick phrase-sheet is provided in the appendix of this booklet.
- How can I keep my stuff from getting dusty at Basecamp?
 - During the day, the winds may pick up and move dust around the basecamp and into the tents. It is suggested to bring an extra fitted sheet/tarp to cover your sleeping area so that it does not get dusty. Another option is to bring trash bags and place your sleeping bag and pillow in them after you wake up in the morning.
- How should I label my luggage?
 - Each participant will need to label their luggage, cot, and chair with their last name. This labeling can either be done by writing directly on the items with a permanent marker, using labeled duct tape, or a method of your choosing. Whichever method you choose to label your material with, make sure it is secure and will not come off during travel from Bayside to Mexico and back, and the wear and tear in Mexico.
- Do I need any extra blankets?
 - Many individuals find that they stay warmer at night if they place a blanket on the cot beneath their sleeping bag to add an extra layer to fight out the cold coming up from the ground. It is not mandatory for participants to bring an extra blanket, only advised for those who know they get cold while sleeping. There will also be blankets for sale in Mexico if you get too cold.

If you have additional questions please email your campus admin (see contact list below) and someone will reply promptly. First Aid can be reached at mexicofirstaid@baysideonline.com.

Adventure Campus | AdventureMexico@baysideonline.com

Blue Oaks Campus | BlueOaksMexico@baysideonline.com

Folsom Campus | FolsomMexico@Baysideonline.com

Granite Bay Campus | GraniteBayMexico@Baysideonline.com

Midtown Campus | Lori.Hawkins@baysideonline.com

Mexico Outreach | Mexicooutreach@baysideonline.com

Helpful Spanish Phrases

- God bless you - Dios le bendiga
- Yes - Si
- No - No
- Maybe - Talvez
- Always - Siempre
- Never - Nunca
- Sometimes - A veces
- What is your name? - Como te llamas?
- My name is _____. - Me llamo _____.
- How are you? - Como estas?
- I am fine - Bien
- And you? - y tu?
- Sorry - Lo seinto
- Sit down - Sienta te
- Be quiet please –
- Silencio, por favor
- Thank you - Gracias
- You're welcome - De nada
- Hello - Hola
- Goodbye - Adiós
- Good morning - Buenas días
- Good afternoon - Buenas tardes
- Good evening - Buenas noches
- Do you speak English? - Hablas Inglés
- I don't speak Spanish - No hablo Español
- I don't understand - No entiendo (do not say "No comprendo")
- Excuse me - Mande (do not say "perdon")
- How do you say that in Spanish? - Como se dice en Español?
- Could you please repeat that? - Lo puedes repetir, por favor?
- Could you speak more slowly? Puedes hablar mas despacio, por favor?

Packing List

- Passport (Spartans and Students under 18 need to turn in Passports at Commissioning Services)
- Everything must fit inside of the Bayside Mexico Duffle
 - Sold for \$20 here at Bayside during Trainings
- Personal Medication (High Schoolers need to turn in Med's on Departure Day)
- Water Bottle
- Appropriate Clothes for 5 – 8 days of Ministry
 - Capris (mid calf, NOT above the knee)
 - No tank tops
 - No tight fitting tops or bottoms
 - No spandex or leggings
 - No deep Vs
 - No white t-shirts
 - No tight tops or bottoms
 - Long skirts (girls, mid calf or longer).
 - Knee length shorts allowed ONLY at basecamp.
 - Tennis Shoes or Work Boots (closed toed)
- 1 set of dress clothes (minimum) for Impact Teams
- Warm jacket – it gets cold!
- Inexpensive sunglasses
- Bible, journal/notebook, pen & pencil
- Warm sleeping bag – again, it gets cold!
- Pillow (extra pillowcase for after your 1 shower)
- Cot – twin size ONLY – please do not bring anything larger.
- Camping Chair (label with your name)
- Labeled Tool Belt & Basic Tools for Spartan & Construction Teams
- Hands-free Flashlight (for bathroom and night)
- Toothpaste/toothbrush, comb, brush, etc.
- Toilet Paper (1 or 2 rolls)
- Wet Wipes & Sunscreen & Hand Sanitizer
- Wash Cloth & Bath Towel, Soap, Shampoo, Conditioner
- Flip Flops for your 1 shower
- Bug Repellant
- Nothing that needs to be plugged in
- Spending money for 4 lunches, 2 dinners and Mexican souvenir
- Money for Church offering
 - (We offer an opportunity for you to give an offering that is then split evenly for all the churches we partner with)