

# MEXICO OUTREACH

## First-Timer Manual

### History/Why

- 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 10-15 years. These pastors are our brothers and sisters in the Lord, and we desire to continue the mutual encouragement and building up of one another!
- What happens in Mexico the other 51 weeks of the year 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 1000+ people going instead of 26! We have our own base camp and essentially build a city of tents 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 and more construction projects.

### Daily Agenda

- A typical day in Mexico looks like:
  - 7:00am Breakfast
  - 7:10am Student/Adult Leaders & Interpreters
  - 8:00am Morning Chapel & Devotions
  - 8:45am Team Meeting
  - 9:00am Teams leave for their sites
  - 12:00pm Lunch at the ministry sites
  - 5:00pm Teams begin to return to basecamp
  - 6:00pm Dinner
  - 7:30pm Pre-Chapel Program
  - 8:00pm Evening Chapel 1
  - 10:30pm In tents & lights out

## **Safety/Security**

- How safe is the basecamp?
  - Basecamp is located in a very rural part of Mexicali, away from the crime and violence of the city. Bayside also 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.
- How safe are the 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.
- Is crossing the border dangerous?
  - No. The Mexican government is aware that Bayside will be sending 1000+ people for the Outreach trip. We are registered with the Mexican Consulate and with Immigration. When crossing the border, each vehicle has all the necessary documents in case they are stopped. Most of our vehicles pass through without being stopped.

## **Fund/Support Raising**

- How can I stay in contact with my supporters?
  - It is a great idea to email all your supporters (financial and prayer supporters) multiple times before leaving for Mexico. You may want to email your supporters a couple of months before going to Mexico, then 30 days 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?
  - All support received on your behalf will be applied to our general Mexico mission trip finances.
  - The \$149 registration fee that you paid during your registration is non-refundable.

## **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.
- Community Service 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.
- Why is this trip a “Do Not Miss It” opportunity?
  - The Mexico Trip is transformational! Student and adult participants experience God in a new place, have opportunities to serve, develop lasting friendships, make life-long memories and God moves in their lives and the lives of those they serve. If students or adults want a deeper connection with others at the church, this trip guarantees new friendships and an authentic community experience. The need is great, and we believe God wants to use you to impact the world!

## 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, how?
  - High Schoolers, it is extremely important that you turn in ALL 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.

- Is there a First Aid Team that goes on the trip?
  - We have a fantastic First Aid team of medical professionals who serve our camp. They respond to illnesses, injuries, and any other medical needs. If high school students have medications, this team keeps and administers those throughout the week when needed. For the safety of all participants, all medications for minors must be turned in during your campus commissioning service directly to the First Aid team.

## Food

- What do we eat each day?
  - Breakfasts could include oatmeal, pancakes, cereal, fruit, scrambled 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 Training #1), so that accommodations can be made.
- What if I get hungry outside of the mealtimes?
  - You can 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 minivans 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.
  - Minivans/SUVs and trucks will be rented or donated by families for the trip.
- Can I show up late or leave early?
  - To participate on this trip, you must be able to depart and return with the group. If you cannot be with us for the entirety of the trip, then this is not the year for you to go. There will be no exceptions.
- Do I need a passport?
  - Yes! All participants need a valid passport book or passport card. If you do not have one, please apply ASAP as processing times are longer than normal. Estimates range from 7-10 weeks, and you are not able to participate without it.
- What do we do in the vehicles?
  - Traveling in the vehicles 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. Vehicles will leave Bayside at 7:00am on a Friday and will commute to a church in Southern California where we will stop and rest for the night. On 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.
- 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 sub.

- 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.
- Does Bayside pay for gas or do I need to pitch in?
  - Each van will receive petty cash to pay for all gas.
- If my plans change, can I get a refund?
  - Refunds are available until January 31, 2023, less the \$149 non-refundable registration fee.
  - We do not offer refunds after February 1, 2023.

## 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.
- 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.
- 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.

- 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.

## **Packing List**

- How much luggage can I bring?
  - Participants are required to purchase a Bayside Mexico duffle 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. Bring your bag, cot, sleeping bag and chair to pack in your 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 into 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 encouraged 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 prior to the departure date, 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 the cell phone service plan individuals are set up for. Most participants are not set up to have phone coverage in another country. If it is necessary to have cell phone service, individuals can contact their service provider and purchase a package.



- It is advised to turn off cell phones in Calexico, CA before crossing the border. Participants are encouraged to leave their cell phones off and tucked safely into their backpacks while in Mexico. This allows participants to be fully engaged with each other and the experience of the mission trip.
- When do I need to turn in my Passport?
  - Everyone will need to upload a photocopy of their passport during registration. ALL High School students are required to turn in their physical passport (or passport card) the weekend of Commissioning Service. All College and Adults are required to bring their passport with them the day of departure and are responsible for their passport throughout the trip. Once in Mexico, ALL High School passports are kept with our Security Team.
- 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?
  - It is advised not to use your phone as your camera. This is suggested so that participants do not accidentally get charged international usage fees, to limit distractions, and because there is no location for tablets/phones to be charged.
- 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 sheet, or twin fitted sheet 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 duffle bag, 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 the transportation 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.

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](mailto:mexicofirstaid@baysideonline.com).

**Adventure Campus** | [AdventureMexico@baysideonline.com](mailto:AdventureMexico@baysideonline.com)

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## 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 - Buenos días
- Good afternoon - Buenas tardes
- Good evening - Buenas noche
- 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?