

The background of the entire page is a photograph of a sunset over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky. The water in the foreground is dark and calm, reflecting the light from the sky. In the distance, there are silhouettes of trees and a small structure, possibly a lighthouse or a tower.

Bayside

MEXICOOUTREACH

ADULT TRAINING HANDBOOK

NAME:

TEAM:

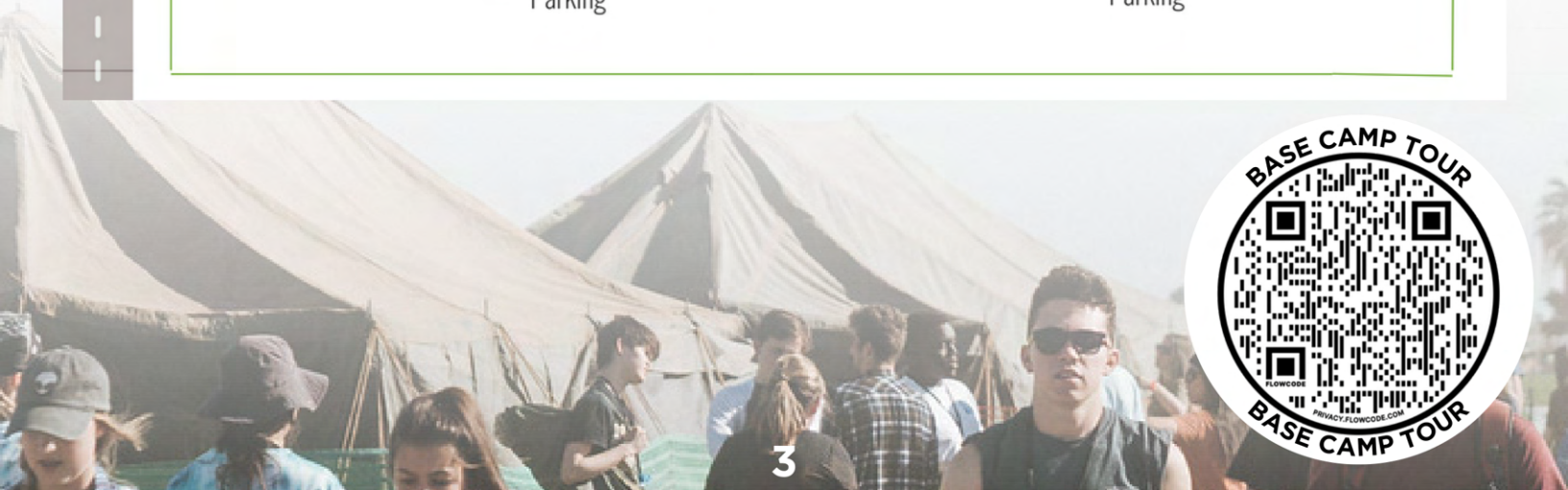
HISTORY & WHY OF MEXICO

In Bayside's first Spring of 1996, we partnered with Azusa Pacific University's "Mexico Outreach", and sent 26 students and adults on Bayside's first Mexico trip. That week, our team began to foster the relationship with our first church partner in Guadalupe Victoria near our basecamp. We have now had relationships with some of the same pastors and churches for 20+ years. We visit them at a minimum of 3 times a year: the week of Spring Break, and two preview trips to support and connect with the pastors. We hold a Thrive Leadership conference for our partnering churches, visit the local communities, and scout out locations for multiple Construction and Community Service projects. We are in regular contact with the pastors, and since its foundation, we now have hundreds of people serving instead of 26. After twenty years, we do the same God-given work: impact churches, love on their communities, and build homes for families in need.

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BASE CAMP



TYPICAL MEXICO DAY

6:00 am Wake up

6:30 am Breakfast

Every morning a hot meal is provided by our kitchen team. If you have dietary restrictions, they need to be communicated NOW, not when you get to basecamp. Breakfast is shut down 15 minutes before morning chapel each day.

7:10 am Student leaders, Adult leaders, and Interpreter meeting

8:00 am Morning Chapel & Devotions

Make sure you have your Bible, pen, and devotional each morning. This is a short time of worship and an opportunity to focus on God at the start of the day.

8:45 am Team Meeting

You will gather with your team before you head out each day.

9:00 am Ministry teams leave for their site

Meet at your cars, don't forget your lunch & water!

12:00 pm Lunch at ministry sites

Sack lunches are provided for you by our kitchen crew each day. Bring a few dollars with you in case your team decides to stop at our favorite taco stand "Angel's"

12:30 pm Ministry continues at sites

4:30 pm Ministry Teams begin to return to Basecamp

6:00 pm Camp Dinner

7:00 pm Pre-Chapel Program

Make sure you bring your chapel essentials as well as a sweatshirt or blanket to keep warm. Come ready to worship. These nights will be some of your favorite moments during the week.

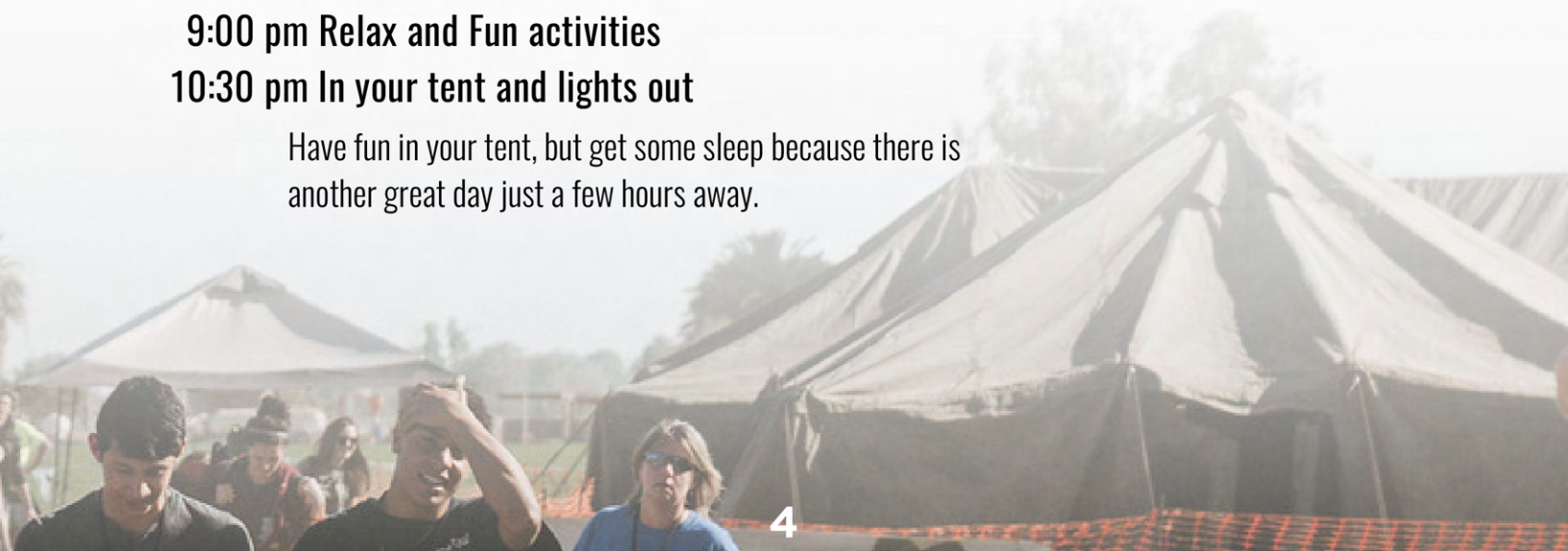
***Everyone is required to be at chapel for every service**

7:30 pm Evening Chapel

9:00 pm Relax and Fun activities

10:30 pm In your tent and lights out

Have fun in your tent, but get some sleep because there is another great day just a few hours away.



CULTURE IN MEXICO

We will be entering a new culture as learners and servants. We want to represent Jesus and Bayside well in Mexico. We do not want to offend those we are ministering to. These guidelines will help us serve well.

- DON'T GIVE OUT MONEY; TALK TO BASE CAMP
- Don't assume you know everything about Mexican culture.
- Don't blast music from your vehicles.
- Don't speak louder in hopes to be understood. Utilize your interpreter.
- Always stay in a group of 3 or more with at least one male at all times.
- Don't give money to people at your site or on the street
- Don't throw candy outside of the window. This is unsafe and does not show dignity.
- Dress modestly.
- Watch your language.
- Be respectful in the church and the locations your team is serving.
- Connect with the Pastor or Church Leader to see what is appropriate, where you have access and what they are expecting of your team.
- Don't dance in the church. This is seen as disrespectful behavior.
- If your hosts offer you food, ask your interpreter to make sure that it has been properly prepared, accept it gladly as it is a big sacrifice and shows appreciation to the hosts.
- Do Not pet animals - even the cutest puppy. Don't do it.
- Wear closed-toe shoes.
- Avoid any political conversations.
- Be mindful of how you talk around others.



DRESS CODE

Our dress code guidelines are for students and adults. We expect adults to set the example. Modesty is the policy of Mexico Outreach. Modesty in all areas of dress is a strong part of every Christian's testimony. Special attention should be given to the outfit, appropriate attire and printed words/slogans.

- No tank tops
- No yoga pants or any tight fitting bottoms
- No cut off sleeves
- No tight tops or revealing tops
- Closed-toed shoes are required at base camp and on sites at all times
- No political slogans or offensive verbiage on clothing or hats
- No shorts offsite. Shorts on site are ok, BUT must be appropriate length

Basically, pack loose fitting clothing that allows you to move around and work without showing off (on purpose or on accident) your midriff, chest or butt and allows you and other participants to focus on serving.



PACKING LIST

- ☐ Bayside Mexico duffel bag. Everything must fit inside of duffel bag (Sold for \$30 here at Bayside)
- ☐ Passport (Spartans and students under 18 need to turn in Passports at Commissioning Services)
- ☐ Personal medication (High schoolers need to turn in meds on departure day)
- ☐ Mexico t-shirt / optional team shirt
- ☐ Appropriate clothes for 5 – 8 days of ministry (Place outfits in ziploc bags to help fight against dust)
- ☐ Shorts only at camp. (no short shorts) knee length shorts allowed ONLY at basecamp.
- ☐ No tank tops, tight fitting tops or bottoms, spandex or leggings, deep Vs, white t-shirts
- ☐ Long skirts (mid calf or longer).
- ☐ Tennis Shoes or work boots (closed toed)
- ☐ 1 set of dress clothes (minimum) for Impact Teams
- ☐ Bring drawstring bag to carry stuff in. (It is useful for our overnight stay in L.A.)
- ☐ Warm jacket – it gets cold!
- ☐ Inexpensive sunglasses
- ☐ Bible, paper, pen & pencil
- ☐ Warm sleeping bag / pillow – again, it gets cold!
- ☐ Water Bottle
- ☐ Sunscreen
- ☐ Cot / sleeping pad– twin size ONLY – please do not bring anything larger.
- ☐ 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 (You only get 1 shower)
- ☐ 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 any souvenirs
- ☐ 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).

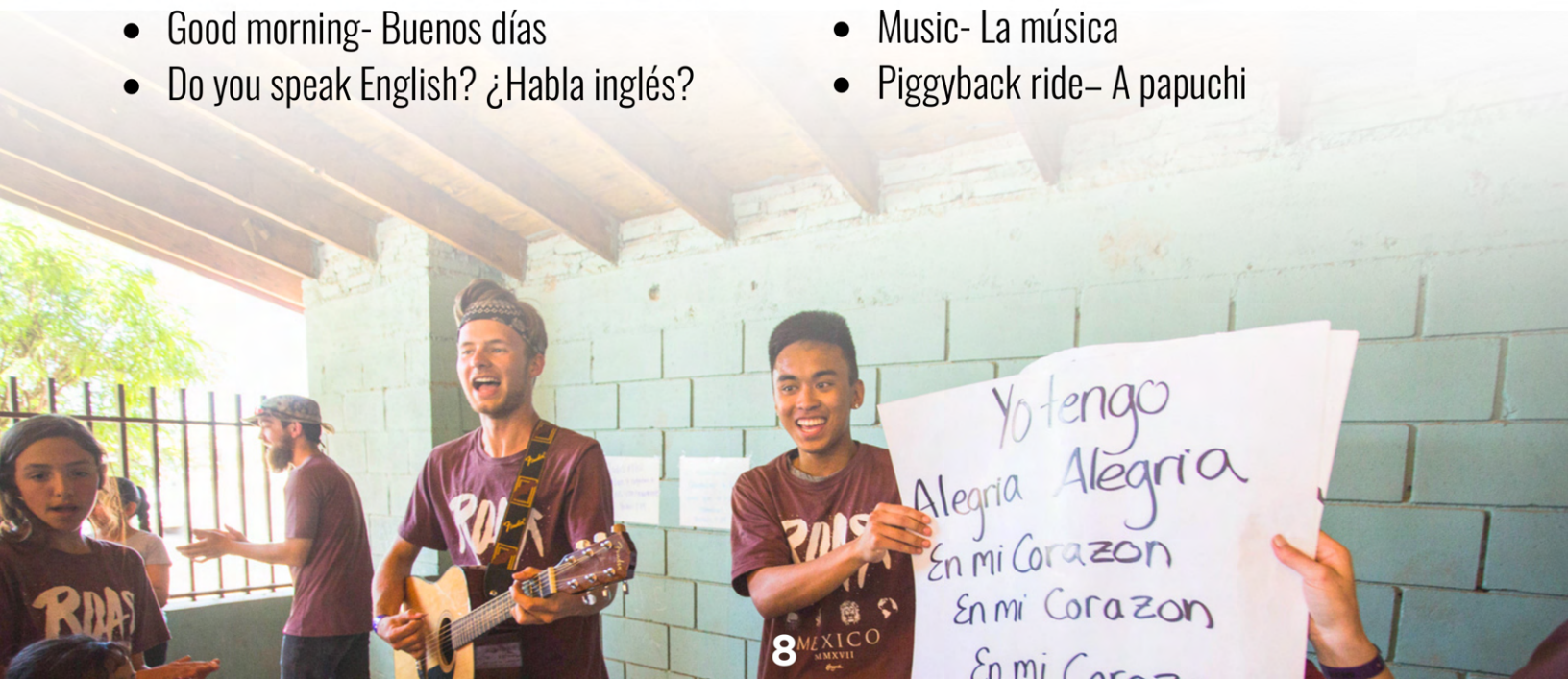
- ☐ Folding chair with name on it
- ☐ Fitted sheet (to cover your bed for the dust)
- ☐ Chafing powder (Lots of steps in Mexico)

Bonus advice: Bring aux cord / headphones for the car ride, make an appropriate music playlist for car ride, bring lots of dollar bills so you don't have to worry about change, Chapstick, write your name on everything, Lots of hand sanitizer.

*All items on this list except your cot, sleeping bag and pillow, must fit in one Bayside Mexico Duffel bag. If you do not have one please contact your campuses student pastor.

HELPFUL SPANISH PHRASES

- God Bless you- Dios te bendiga
- Yes- Sí
- No- No
- Maybe Tal vez or quizás
- Always- Siempre
- Never- Nunca
- Sometime- A veces
- What is your name- ¿Cómo te llamas?
- My name is____. Me llamo____
- How are you? ¿Cómo estás?
- I am fine- Estoy bien
- And you?- ¿Y tú?
- Sorry- Lo siento
- Sit down- Siéntate
- Be quiet please- Silencio por favor
- Thank you- Gracias
- You're welcome- De nada
- Hello- Hola
- Please- Por Favor
- Goodbye- Adiós, hasta luego, hasta pronto
- Good morning- Buenos días
- Do you speak English? ¿Habla inglés?
- Good afternoon- Buenas tardes
- Good evening- Buenas noches
- I don't speak Spanish- No hablo español.
- I don't understand- No entiendo
- How do you say that in Spanish? ¿Cómo se dice en español?
- Could you repeat that please- repita por favor.
- Could you speak more slowly? ¿Puedes hablar más despacio, por favor?
- Where are the bathrooms- ¿Dónde están los baños?
- Let's go—Vámonos a...(jugar: to play)
- Ball-Pelota
- To paint- pintar
- To pray- Orar
- To Help- Ayudar
- To dance-Bailar
- To sing- cantar
- To play- Jugar
- To draw- Dibujar
- Music- La música
- Piggyback ride- A papuchi



IMPORTANT STUFF TO KNOW

Brought to you by your Friendly Mexico Medical Staff

HYDRATION

It is going to be a scorcher this year in Mexico!!!

It is SUPER important that you drink LOTS of water and a LITTLE Gatorade every single day! Please start drinking extra water and Gatorade a minimum of two days BEFORE you leave for Mexicali. We really want everyone to have a good time this year and not be sidelined because of not drinking enough water.

And Remember . . . “Only YOU Can Prevent Dehydration!”



MEDICATION

High Schoolers, it is extremely important that you turn in ALL of your medication! There is no stigma here - we don't care why you take medication and we won't tell. We just want everyone to be safe in Mexico and that those who need meds get them.

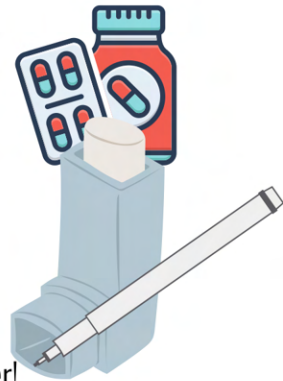
Medications will be collected on Departure Day

Please do not bring a secret stash of over-the-counter medication. We have plenty! Your parents have already signed a waiver of what you are allowed to have on the trip.

The only medications students are allowed to keep on their person are:

INHALERS, EPI-PENS, & INSULIN

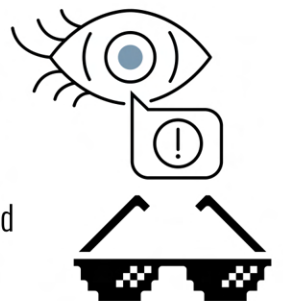
Whose Responsibility is it to come get your medications? . . . YOURS and Your Group Leader!



GLASSES-ATION

If you wear contact lenses, bring a pair of your regular glasses with you! There is a lot of dust and dirt in Mexico and it can cause Havoc for contact lens wearers. This way, if you develop dry-eye or have other problems you will still be able to see what a great time you are having.

Also, if you wear contact lenses, make sure you bring lots of Contact Lens Solution and most importantly, WASH YOUR HANDS before you touch your eyes!



IMMUNIZATION

There are NO official vaccinations that you must receive before going to Mexico, but there are three that we do recommend: Tetanus, Flu and Covid.

Please, Consult Your Physician to see if these Vaccinations are right for You. The CDC recommends that all people should have a tetanus booster every 10 years. It is also recommended that you are up to date on your general vaccinations.



IMPORTANT STUFF TO KNOW

MOSQUITO-ATION

The US State Department has issued a general travel advisory for Mexico in regard to mosquitos that carry the Zika virus. To protect yourself from Mosquitoes, it is recommended to use “bug sprays” that contain Deet. You can also buy or treat your clothes with Permethrin. It is recommended that you wear long pants and long sleeve shirts. If you choose to bring mosquito netting, you must figure out how to set it up.



SCREENINGS

There will be a Health Screening on departure day. In an effort to help keep everyone as healthy as possible, we ask that if you are sick the week of departure that you help protect your team, your friends, and the community in Mexico by staying home. If you have a fever, vomiting, diarrhea, or a rash within three days of departure, please come talk to us before or on departure day. We don't want you to miss the trip; we just want everyone to be healthy! And, if you are sick, you will feel much better at home!



STUFF-ATION

THINGS YOU MIGHT WANT TO BRING:

A Hat, Bandana, Cool Shades, A “Neck Cooler,” Bug Repellant, A GIANT BPA-Free Refillable WATER BOTTLE, A Jacket/Sweatshirt, A BIG Bottle of squishy SUNSCREEN, A Humble Spirit, A Servant's Heart, The Patience of a Saint And Your Big Beautiful SMILE!! You Are Not Obligated to Purchase Any Of These Items. Consult Your Parents, Group Leader or Youth Pastor.



If you have any questions or concerns regarding Medical issues, before we leave for Mexico,
Please email us at mexicofirstaid@baysideonline.com

5 WAYS TO MAXIMIZE YOUR MEXICO EXPERIENCE

1) Set Goals:

- Physical - Give 15 piggy back rides
- Relational - Get to know one fact about each team mate
- Spiritual - Wake up early to have quiet time with God

2) Attitude is Everything:

- Your trip will be as successful as you allow it. Let's be real, even in the most horrible of situations, God can use it for good. We can miss out on this if our attitude is bad and we choose not to participate.

3) It's NOT about you:

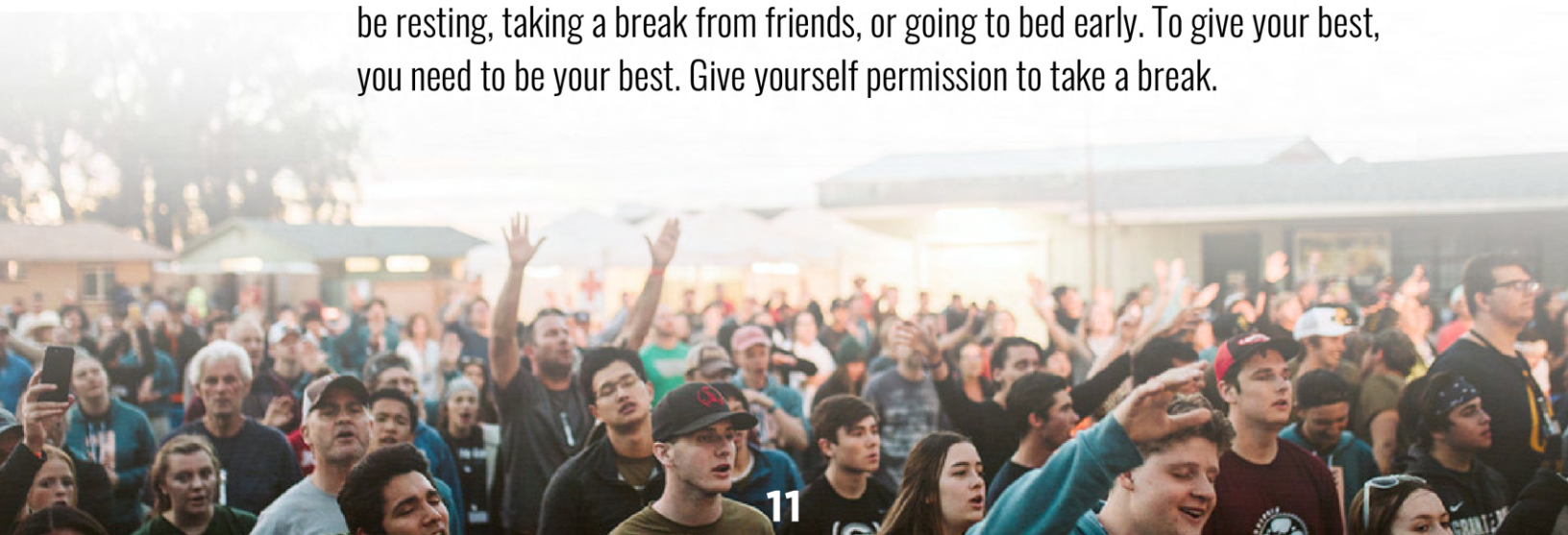
- Serving is not only the best way to reflect God's love to others, but it's also one of the most powerful ways to see God working. When we place the needs of others above our own, our problems become smaller, and people become our focus. If that's what you want, serve and watch God change your life this week.

4) Be Flexible:

- Many of us like to know "The Plan." But recognize even with the best planning, things can change. Be flexible and watch how God can use your new circumstances to work his good will. This trip is nicknamed "Flexicali" for a reason. Be ready to go with the flow.

5) Do what you need to do to Recharge:

- Giving it your all can be tiring. Make sure to take time for yourself, whether that be resting, taking a break from friends, or going to bed early. To give your best, you need to be your best. Give yourself permission to take a break.



THE 10 CAMPMANDMENTS

1. Camp Bayside is your home for the week! Relax and Enjoy! ... Since this camp is home to 600+ people, let's take care of it, clean it up and respect it.
2. Please follow the dress code. (On following page).
3. Respect Base Camp Leaders!
4. Guys and Gals be friends, but chill on any sort of PDA or "purple" ... one person per chair, one person per blanket, etc. You get the gist. Team Leaders help with this. We are here to serve.
5. Only Bayside/Mexico Outreach Participants are allowed at Base Camp with the exception of one evening where we invite our partner Pastors and their families.
6. No Pranks!
7. No drugs, weapons and/or alcohol. If you have any of this, find a leader IMMEDIATELY and drop it in a baño for safekeeping.
8. All participants must attend AM and PM chapels. No one is allowed in tent area during chapel times.
9. Please visit First Aid for all medication. Don't make us hunt you down.
10. Now that you have read all that... ask God to work in your life! This is going to be a phenomenal week. You are here for a reason. Be ready! Be willing! Be...



TEAM LEAD RESPONSIBILITIES

Congratulations and thank you for being a leader this year! This important information will help you to be successful, effective, and influential in your role as a leader.

- Pray continually for God to equip you as a leader and for your team.
- Know and share the daily verse with the team.
- You set the tone and atmosphere; be positive and excited to see what God is going to do through your team.
- Help remind students to turn in documents.
- Be comfortable praying out loud and sharing your testimony.
- Be comfortable with “the hard stuff.” Mexico always brings out an array of emotions. You are responsible for: conflict management, maintaining healthy relationships with students & adults, keeping your team accountable, developing students spiritually, and building student's self-esteem.
- Insure that all students know the expectations of training, the trip and follow up.
- One person from your team should lead small group times in Mexico. Pick Someone who is mature in their faith, asks more questions than speaks, etc.
- You are expected to attend all training sessions.
- Communicate well and often with the other adults on your team. Support one another and help one another as you lead students.
- Follow up with all students throughout training and in Mexico.
- Ensure that your team works together and that all team members are included in activities for the week.
- Support assistant leaders. Debrief with your assistant leader(s) each day
- Follow up with daily affirmations.
- If you are the assistant leader, lean on the veteran adult leader for insight, direction and wisdom.
- Ask questions of staff if there is anything you need help with or don't know how to handle or navigate. It's ok to not be an expert at everything. Staff is here to help you!
- Have fun!

ASSISTANT LEADER RESPONSIBILITIES

Congratulations and thank you for being a leader this year!
This important information will help you as you lead your peers
before, during and after our week in Mexico.

- Pray continually for God to lead you and give you wisdom. Pray also for your students and Team leader that God would give you a heart for them and help you to serve them well.
- Help set the tone of your team; be positive and excited to see what God is going to do through your team.
- You are expected to attend all training sessions.
- Help reinforce Team leaders instruction and camp rules (e.g., phone rules, car rules, lights out, etc.)
- Get to know your Team lead and let them know how they can best support you & the team.
- If you see something going wrong talk to your team leader to keep them in the loop.
- Help remind students to turn in documents.
- Help Lead your team throughout training and in Mexico.
- Insure that all students know the expectations of training, the Mission trip, and Flashback. Assist in all important communication.
- Follow up with all students throughout training sessions and in Mexico.
- Follow up to make sure that the team works together and that all students are included in activities for the week.
- Know the daily Bible verse and encourage your team to know it as well.
- Ask for help when you need it. Team leaders and staff are your support!
- Communicate often with your Team leader each day.
- Debrief your day with your Team leader(s).
- Daily affirmation.
- Have fun!

We are blessed that you are a part of our team!
Get ready for the time of your life!

MEXICO LEADERSHIP DOS AND DON'TS

- **Do** ask questions to encourage conversation, sharing and opportunities to process.
- **Don't** do all the talking in small group time. 80% of the conversation should be student dialogue and 20% leader dialogue.
- **Do** value students input.
- **Do** tag Mexico Outreach on social media platforms. Parents love to see what's going on in Mexico.
- **Do** whatever it takes to affirm the comments of the student/teammates input, but do not be artificial with your praise. Be delicate with answers that are clearly wrong (we don't need to make them feel stupid). Do not feel like you have to finish, complete or correct a student's answer. You could say, "What does everyone else think about what _____ said?"
- **Don't** feel like you have to know all the answers: We are all human, and it's good for our students/teammates to see that you are limited and don't know all the answers. If you don't know the answer to the question, have everyone in the group look for the answer during the week. It is ok to show the students that you are still a learner. It gives your group an opportunity to learn how to study God's Word. Always bring things back to God's Word!
- **Do** generate discussion. Ask students/teammates to explain their answers and go into more depth. Allow multiple students to respond, even if the person you asked first gets the "right" answer. You can always go back to the question, "So what do you think about what he/she said?"
- **Do** break into smaller groups if it would be helpful. Separate by gender for certain topics if that would foster more open communication.
- **Do** help corral people to bed at night.



- **Do** encourage students/teammates to deal with the devotional booklets on their own terms. Create a climate where people feel the freedom to ask any questions. You could say something like “I had a lot of things pop out to me while reading this, what popped out to you? What questions do you have?”
- **Do** handle small issues. Deal with things quickly, then move forward.
- **Don't** expect students to be perfect. No student is perfect. We are dealing with raging chemical imbalances as teenage bodies grow into adulthood. Because of this, you may come across issues or actions that need discipline. Discipline is a form of discipleship. For this reason, we asked leaders to deal with discipline with extreme caution and wisdom. NEVER PHYSICALLY PUSH, HIT, HOLD, or TOUCH a student as a form of discipline! We encourage the leaders to deal with minor issues. Our desire is for our students and leaders to feel safe!
- **Do** communicate with staff. Staff is here to help with communication, conflict and discipline. PLEASE communicate with your campus student pastor(s) as much as needed. When there are student issues, our staff must be made aware.
- **Do** communicate that you will maintain confidentiality. This will allow students to open up because they feel their environment is safe. However, please ask for back up when needed.
- **DO NOT** keep potentially dangerous information to yourself.
- **DON'T** GIVE OUT MONEY OR MAKE PROMISES TO KIDS, CHURCHES etc. Bayside leadership has a system that each church must go through in order to get support.

FOR ALL OF THE ABOVE, PLEASE REFER TO THE
ADULT LEADER TRAINING INFO AND MANDATING REPORTING GUIDELINES.
We are blessed that you are a part of our team!



1 min - your life before Christ
1 min - your decision to follow Christ
1 min - your life since that decision

1. Life before Christ

- In one minute or less, share what life was like before you met Christ -- describe what kind of home you grew up in, your family, church history, or a significant event in your life.
- Even though lots of important details could be shared, it doesn't mean they are relevant. Only share what's going to matter in why/how you came to know Christ.

2. What made you choose to follow Christ

- In minute two, articulate what happened that made you decide to go all in for Christ. Was it a specific moment? A breaking point? A journey of several conversations?
- In this minute, share why you made the choice to "repent" of your previous life, "confess" Christ crucified and resurrected, and "dedicate" your life to the way of Christ.
- Whatever the scenario, this is the moment (or process through which) you realized that God had done for you what you could not do for yourself.

3. Life since accepting Christ

- In minute three, wrap up by talking about life since then. This is your chance to "put a bow on it". Consider what you've said, specifically in the first minute, and bring resolution to that.
- What are you doing now with your life/faith? What has God done since you made that decision?
- As your ending, be up front that you're on a journey. You haven't figured it all out, but you're growing in love and faithfulness to Jesus.



1. Describe your life before Christ

2. What made you choose to follow Christ?

3. Describe your life since receiving Christ and deciding to live your life for Him

MEXICO DRIVER TIMELINE

Friday

Departure Steps

- Be sure to get dropped off at our Granite Bay campus on the morning of Departure. No cars should be left at the church
- Grab your driver supplies from the C building (Kid's Building)
- Find your vehicle and load your stuff needed for the trip
- Help your students find your vehicle
- Go to the driver's meeting (Time of meeting will be given out soon)
- Go to the prayer meeting on campus
- Have your passengers use the restroom before you leave
- Gather with your team, pray and leave

Rest stops / Gas

- When stopping for breaks make sure students stay in groups of 3 or more
- Give passengers a time to be back in the van for meal times
- When you stop at a rest area have everyone try to use the restroom

Helpful Tips

- Pre download maps for Mexicali area
- Have someone create a clean playlist for music
- Decide who is your co pilot ... someone who is responsible
- Don't stop for Starbucks first.... pee breaks
- Walkie Talkies can be helpful to use between vehicles
- Share your location for the week with other drivers though Iphone's Find me app
- Have your copilot in charge of gas receipts
- Bond with your passengers.-this is the best time for this to happen

DRIVER EXPECTATIONS

- Keep everyone safe on the road. You are driving someone's precious life
- Drive distraction free (no texting) Use hand free features and have your copilot help navigate to your destinations
- Always stay together as a team. Caravan
- Drive the speed limit. It is not a race
- Set the atmosphere of your vehicle
- Your passengers are not your therapists
- Steer clear of political conversations
- Ensure music being played and conversations are appropriate
- Treat Vehicles as if it was your own vehicle especially the personal donated vehicles.
- Stay on the path only making stops for gas, the restroom and food
- Use your relief driver when tired.

Overnight Stay

- Please do not arrive early or late to the overnight location
- Only drivers are allowed to use their cot at the stay over destination
- Drivers can find a room without students to sleep in
- A Light breakfast will be given at the stay over location

Saturday

Border Crossing (Entering Mexico)

- Stop by Walmart in Calexico to eat lunch and get last minute snacks /supplies
- Have passports out for easy access if they ask for them at border
- Arrive to base camp NO earlier than 2 pm and NO later than 4 pm
- Collect phones of high school students and put them in a Ziploc bag



Friday

PASSENGER DROP-OFF

- Drop off Location will be given to you closer to our trip
- Have passengers help clean car and throw away trash
- Turn in Binder, Gas cards, first aid box, and anything given to you on departure day back to home team

Saturday

RENTAL DROP-OFF

- Check your binder for which location you need to drop off your vehicle
- Return vehicles on Saturday

Last time to Gas Up

- Gas up right before you drop off your passengers because you will turn in your gas cards at drop off
- Have passengers help clean up the car

Relief driver

- Feeling tired? If you are driving with a team who doesn't have a relief driver we have relief drivers midway so you are able to rest.



Post Border Crossing

- Pass back Cell phones and passports to students.
- Stop by a location with restrooms





HELPFUL DRIVING TIPS IN MEXICO

- Stop signs in Mexico can be hard to see. Keep a watchful eye.
- Watch out for pot holes and stray animals
- Speed Limit is in Km not mph
- GPS can be spotty in Mexico, so plan out where you are going the night before
- If you are low on gas in Mexico, go to our own basecamp bank that is located in camp
- If you are pulled over by the Mexican police, call base camp for further instructions.
- Please don't throw any candy at kids out of vehicles
- If you decide to eat off base camp, please talk to the kitchen crew. This helps them plan meals.
- Angel's taco stand is a great place to eat but across the street is another great taco stand.
- A great Ice cream location is Thrifty's



During the week of Mexico

- Attend the leader meeting in the DMZ at 7:10 am each morning
- Run through the day & Pray before you leave basecamp each morning (8:45am ish)
- After Morning Chapel, be sure to send students to grab your water cooler and lunch from the kitchen each morning
- Be back for dinner each night and never after sundown

Arrival at base camp

- Unload your vehicle and find your team tents.
- Have your team set up their cots and drop off their camping chairs in the chapel area
- Get familiar with base camp
- Hangout until dinner.

Border Crossing Into United States

- Drive the speed limit and stop at stop signs. Police stops are common on leave day
- BEWARE OF SENTRI LANE. There is a fine \$5000 per person. GPS likes to route you there.
- Remind students to behave
- Have passports ready to go with each person's pic page open



Night before leaving Base camp

- Pick up your team's cell phones at BCC and hold on to them until morning
- No one should leave earlier than the designated time of departure
- No sleeping in cars night before departure
- So everyone can get adequate sleep the night before departure please stay in your cots until 4:30am, NO exceptions.

BASE CAMP



In Home Meeting Schedule

Welcome/Ice Breaker

- See activities page

Pray:

- For team unity
- For everyone to know their purpose and value on the team
- For the people you will be serving

Group Discussion

- What are you most looking forward to on this trip?
- What are the top five pet peeves of Mexico teams?
- How can you as a team commit to be unified and avoid these pitfalls?

Snack/Baño Break #1

Mexico Charades

- **Prepare papers in advance see activities attachment

What you need to know about Bayside Mexico

- Q&A Sheet
- Typical Day
- Veterans share tips & tricks

Roles & Responsibilities

- Team Name, Team Members Roles, T-Shirt Design

Team Specifics

- Explain specifics of your ministry team

Break #2

Complete DISC Test & Discuss Results -Your Story Handout

- Page ___ of the booklet (Remember not all participants have accepted Christ yet, make everyone and their story feel valued and accepted)

Break Into Groups of 3 and Share Your Story

- Have a couple students share with the whole team afterwards

Team Business

- Team Event- Schedule another event for more team time
- Next Training – See website for specific times

Closing Prayer

IN-HOME LEADER PREP SHEET

Training #1 happens in homes and is led by the adult and student leaders on the teams. This is meant to be a time for you to get to know your team, goof around together, eat, mingle and go over some trip details. Here is a rough timeline to follow and areas that need to be assigned today so that teams can be invited. Training #1 is _____, so team members need to be contacted by today. Tomorrow at the very latest!

- Date and time _____
- Who is leading each segment? _____
- Host Home Location: _____
- Who is inviting team? _____
- Snacks/Drinks Assigned? _____
- Music? Atmosphere? _____
- Attendance Sheet: _____
- Pens, Supplies, Name-tags, Etc. _____
- T-Shirt Size Sign Up Sheet _____

(No GREEN, RED, or WHITE team shirts!!! Wear your shirts at Training #3 for team photo)

- Group Me, Text Thread, Communication Plan. _____
- Who will be leading small group time after sessions in Mexico? _____

(Preferably someone who has had experience in leading small groups or gone through Bayside's Growth Track)



Need T-Shirts???

- Avalon Graphics in Roseville
- Vernon Sales Promotion

Activities

Ice Breakers – Choose 1 from this list or use your own ice breaker!

Extreme Rock, Paper, and Scissors

You play this energizer in the normal “rock, paper, scissors” fashion with a fun twist. Have the group pair off. Once the winner and loser are established, the loser must follow the winner around for the rest of the activity chanting the winner’s name. This continues until you are left with two people fighting with a large crowd of supporters watching.

Hot and Cold

Two members of the group are chosen to be “it” and sent out of the room. The remaining people choose a task for them to do (stand on the table, do a somersault, etc.). When the chosen two return, it is the group’s job to encourage them to perform the task. However, the only encouragement allowed is applause when they’re hot and booing when they are cold. You can repeat this as many times as you wish.

End the Sentence

Write the start of a question on the board (i.e. My Favorite job was ..., My Hobby is...) and go around the room with each person finishing the sentence. When the group is finished, post another question and start again.

Two Truths and a Lie

Have participants say three things about themselves. Two should be true and one should be a lie. Have participants guess which response was a lie and give their reasoning.

Who Is It?

People anonymously write down something about themselves they think no one knows. The leader reads the slips of paper out loud to the group and others guess whom the person is. It is amazing to see the things some people reveal about themselves.

Ball of Questions

Before your group meets, grab a ball and write different, simple questions (i.e. what’s your favorite ice cream? Favorite movie? Favorite place to visit?). Once your group is together, you pass around the ball and everyone answers the first question they read.

Your team can become a family if you allow it. The most successful teams allow themselves to really know each-other. This doesn’t mean everyone has to share their darkest secrets, or share every thought, but when we are vulnerable, honest, and encouraging to each other, our team becomes that much stronger.

FUN BONDING IDEAS

(Outside of training meetings)

- **Bowling**
- **Dinner night**
- **Escape room**
- **Laser tag**
- **Mini golf**
- **Board game night**
- **Bon fire/ s'mores**
- **Ice cream hang**

Activities contiuned...

Mexico Fish Bowl

Instructions:

Break your group into 2 teams. Once your teams are set, explain the game. Your teams will be given a list of things that happen in Mexico. On a sheet of paper, write out the following things and place them in a bowl, cup or jar. There will be one person who will act out this activity, place, or thing and the rest of the group guesses. The person who guesses right will replace the actor. The first team to get through the list wins.

Write the following on strips of paper, fold it, and put it in a jar. You will need 2 lists, 1 for each team:

- Tacos
- Basecamp
- Baños
- Blue Duffel Bag
- Camping Chair
- Cot
- Tents
- Papoochie
- Worship
- Sunrise
- Shower
- Walmart



Q & A Worksheet

What to expect in Mexico:

Q: How do we get down there?

- Transportation - 1 minivan and 1 truck for luggage (may vary based on team)
- Overnight stay - on the trip down, we will stay overnight at a stopover location.

Q: What should I pack?

- Refer to the packing list and add any special items veterans suggest to pack.
- Packing list is on the Bayside Mexico website.
- All clothes need to fit in the designated Bayside duffel bag.

Q: Where do we sleep?

- Tents
- Cots, with warm sleeping bags

Q: Where are we going to do ministry?

- Talk about church site (Impact teams will have a specific site)

Q: What will we be doing at our ministry site?

- Leader & veterans give a rundown of what to expect.

Q: What do we eat?

- You will have three meals prepared for you by our kitchen crew each day.
- Bring money to buy your meals on travel days (to and from Mexico).

Q: What snacks should we bring?

- Bring your favorite road trip snacks and be willing to share with those in your car.

Q: Is there any place to buy anything?

- Walmart before and after crossing the border
- Snack Shack at Basecamp
- Vendors bring in Mexican items to sell during the week

Q: What is a typical day?

- Go over the typical day sheet

Do I get to shower?

- You will get ONE shower during the week (maybe two if you're lucky)

Helpful Tests

Team unity is essential to the success of our mission trip, so it is important to know more about each individual's personalities. These 2 quick tests are a helpful way to learn about ourselves and our team members so that we can be more understanding and have a true appreciation for each other. Be sure to read the instructions closely.

DISC Personality Test



Spiritual Gifts Test



DISC Personality Test Continued:

Key From Personality Test

D = Dominance

I= Influence

S= Steady

C=Conscientious

It is fun to learn more about different personality types as they relate to animal personalities. Remember God has uniquely created each one of us and we are a tapestry of all personality traits. It is helpful to learn more about ourselves and our team members so that we can be more understanding and have a true appreciation for our uniqueness.

D

Lion: These people are natural leaders. They are good at making decisions and are very goal oriented. They are direct, strong-willed and forceful. They enjoy challenges, difficult assignments, and opportunity for advancement.

I

Otter: These people are sociable, talkative and lively. Otters love people. They enjoy being popular and influencing and motivating others. The Otter can sometimes be hurt when people do not like them. They usually have a lot of friends, but not always deep relationships. They love to goof-off. (They are known for messy rooms!) Otters like to hurry and finish jobs.

S

Golden Retriever: These people are gentle, accommodating and soft-hearted. They are good at making friends and are very loyal. Retriever personalities do not like change. They look for security. They can be very sensitive and very caring. They have deep relationships, usually only a couple of close friends. Golden Retrievers want to be loved by everyone. They look for appreciation and work best in a limited situation with a steady work pattern.

C

Beaver: These people are private, analytical and logical. They are very organized with very high standards. Beavers think that there is a right way to do everything and they want to do it exactly that way. Beaver personalities are very creative and desire to solve everything. They want to take their time and do it right. Beavers do not like sudden changes. They often need reassurance.

DISC Personality Test Continued:

Relational Strengths:

Lion: Takes charge, problem solver, competitive, enjoys change, confrontational

Otter: Optimistic, energetic, motivator, future oriented

Golden Retriever: Warm & relational, loyal, enjoys routine, peacemaker, sensitive feelings

Beaver: Accurate & precise, discerning, analytical

Communication Style:

Lion: Direct or blunt, one way, not a good listener

Otter: Can inspire others, optimistic, enthusiastic

Golden Retriever: Indirect, great listener, very detailed

Beaver: Factual, great listener, desires details

Relational Needs:

Lion: Personal attention & recognition, opportunity to be in charge, challenged & solve problems

Otter: Approval, opportunity to verbalize, visibility, social recognition

Golden Retriever: Emotional security, agreeable environment

Beaver: Quality, exact expectations



CONFLICT RESOLUTION TIPS

Conflict in Mexico

Conflict in Mexico is bound to happen when you go down to Mexico so here are some helpful tips on how to deal with it. Conflict is a sign of a need for change and an opportunity for growth, new understanding, and improved communication.

Deal with conflict as it arises

"In your anger do not sin": Do not let the sun go down while you are still angry, Ephesians 4:26

Conflict can snowball as the week goes on. Deal with the small issue so it won't become a bigger issue.

Be an example

"More is caught than taught." Your actions speak louder than words. When you encounter conflict, your students will be watching to see how you react. How you react to conflict will set the tone / teach your students what to do when dealing with conflict.

Attack the Conflict not the person

Describe the problem in a non-blaming, non-personalized manner. If you can describe the problem without blaming, put-downs or generalizing about the other person, then you are ready to be hard on the problem, not the person.

Timing and location is important

Be mindful of who is around you when conflict arises. Pull people aside to have conversations. Sometimes it's better to table a conversation until after small group time, main session, serving or until you get back to base camp. Also recognize that some people like to deal with conflict in the moment and some need time to think. Know your team enough to walk through this. Don't let the sun go down on anger though.

IF YOU ARE GIVING FEEDBACK IN CONFLICT

R eport the facts

Report the facts, stick to the facts (when x happened...)

I mpact on you

State the Impact in feeling words (I felt _____ because...)

S pecify desired behavior

What you prefer to see happening (Now I prefer...)

C onsequences

State the negative and positive Consequences If we can solve this..., but if we can't...)

IF YOU ARE RECEIVING FEEDBACK IN CONFLICT

P araphrase what the other person said

If I understand correctly, you are saying...)

A sk questions

Ask questions that begin with what, how, and when

U S E Use time to cool down

(Thank you for the feedback. I'd like to think about it and get back to you.)

**REALIZE THAT STUDENTS ARE LEARNING
HOW TO DEAL WITH CONFLICT. HAVE PATIENCE**

If problem is not fixed after conversation

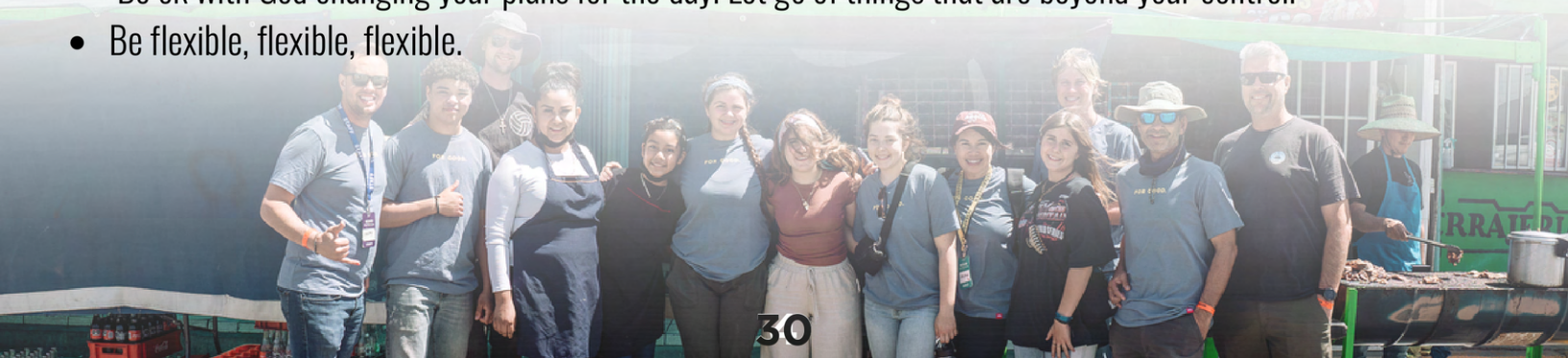
If your problem is not fixed by a one on one conversation, then bring in another team lead. If that does not work, then speak to your campuses student pastor (Matthew 18: 15-20)



VETERAN TIPS

Mexico Outreach has been around for more than 25 + years. Here are some tips from people who have gone on the Mexico trip multiple times.

- Don't compare your first year to your second year. Comparison robs joy.
- When placing your camping chair up in the chapel area, choose wisely. The closer to the front you are, the more intense some of the worship times of evening chapel will be. Students often like to jump during worship which can kick up dust.
- Bring a fitted bed sheet to cover your cot during the day (it keeps dirt off your stuff).
- Prepare for COLD COLD COLD nights and DUST DUST DUST.
- Bring a polaroid camera to give pictures to kids ... so they have a picture to take home.
- Stop stressing, God is putting you EXACTLY where He wants you!
- You can bring shorts and use them in camp as long as they are an appropriate length.
- Bring an old towel to use as a mat next to your cot. This will give you a clean place to put your feet before putting them in your sleeping bag.
- Seal stuff in plastic bags what you want to keep clean or not spill onto everything else. Bring a couple of extra zip-loc bags in various sizes, just in case.
- Bring a trash bag for your laundry.
- Bring a Car Kit: First Aid (provided), Hand Sanitizer, baby wipes, trash bags, snacks, Aux Cord and chargers, Puke Bags (gallon size Ziplocs work well).
- Manage your expectations.
- Go into it with your eyes wide open.
- This is a student trip and as adults we are like guardrails to make sure they are safe & successful.
- Get with your team outside of the training meeting to hangout and bond.
- Don't stop communication. Over communicate if you have to.
- Check in with your team emotionally. Serving can take its toll on your team mates.
- Parent texting: It can be good to have your student's parents in a group chat for Mexico but be sure to let them know in Mexico, students won't be able to call home. Tell them to follow our Instagram page.
- Be ok with God changing your plans for the day. Let go of things that are beyond your control.
- Be flexible, flexible, flexible.



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 texts, letters and emails.

How to get started:

1. Create a list of 30-50 people for your potential supporters and get their phone numbers / emails.
2. Read Sample text or E-MAIL, personalize it & make it your own!
 - If you would like to send a letter we have a template for you on our website (see QR CODE below)
 - For emails: Make sure to send out emails individually (as to avoid your email being marked as spam)
3. Send out emails, letters, texts, etc out IMMEDIATELY. This will be critical to your success. Money must be received by Bayside no later than the second training meeting.
4. When you receive a list of support received at Mexico Trainings or see a person donate to your fundraising page, immediately send out a Thank You card. Thanking them for their support & sharing how they can pray for you.

ALL SUPPORT (DONATIONS) MUST BE IN BY TRAINING #2

- At the second training meeting, you will be personally responsible for the remainder of your money owed. Any incoming checks received 3 days before the 2nd training meeting will not go to your personal account but to the overall Mexico budget. You are responsible to follow up with your contacts so they send your support on time.
- If you do not raise enough support at training #2, you are responsible for the remaining balance.

Final Note

- **Please Read:** In the event that you are unable to attend Bayside Mexico Outreach, the money you have raised toward the trip will be used for unexpected expenses for Mexico Outreach.

REMEMBER

- You must send your texts, e-mails and letters out quickly!
- Late monies will not be applied to your account!
- If you have any questions, contact your Campus HS Pastor & Mexico Admin



To Jordannaisthebest@baysideonline.com

Subject Mexico Support

Hello ,

It's officially Mexico Outreach Season, a time where students and adults prepare to spend Spring Break serving the people of Guadalupe Victoria, Mexico, but we can't go without your help!

Who: Bayside Church Students and Adults from Senior High, College and Outreach Ministries!!!

What: In teams of 12-21 people, we partner with and serve alongside Mexican churches to reach the Victoria valley through children's ministries, construction projects, service projects, and working in orphanages and social service centers.

Where: "Camp Bayside" in Guadalupe Victoria, Mexico. We set up our very own camp where each day we set out to make an impact.

Why: We desire to take a huge step of faith by ministering and serving in another culture and living in close community with our fellow teammates, so that we might be used in bringing glory to God and further His kingdom.

How: By having a landslide of prayer and financial support from friends, family and other Baysider's, raised through sending out support letters and emails.

There are two ways you can be a part of my team back here at home.

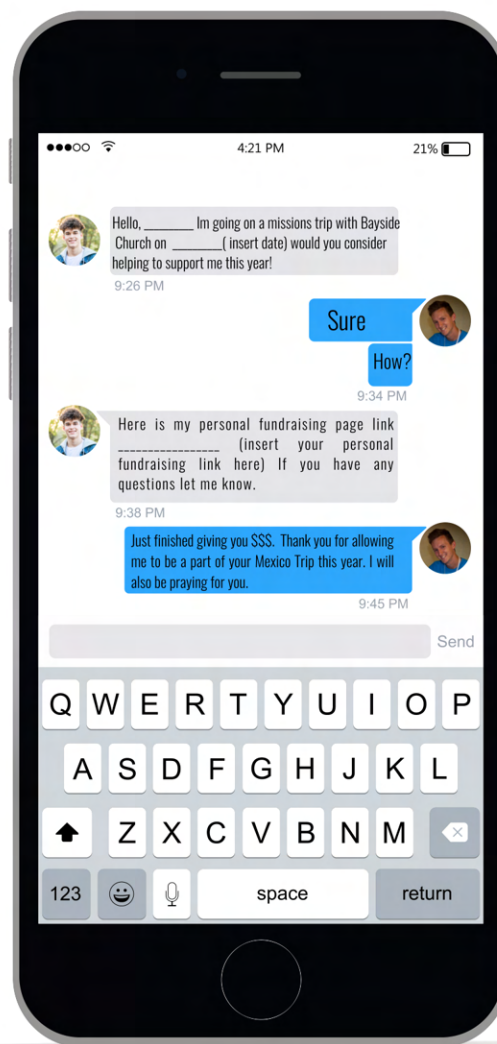
1. Please consider partnering with me through prayer.
2. Please consider supporting me financially as I head out to Mexico for a life changing experience.
3. Give online at: <https://bayside.church/missions>
4. Included in this email a support link

This trip not only changes the lives of people in Mexico, but the lives of those who go and those who help send. Thank you in advance for being a part of my team. I appreciate your support and will keep you updated on what God is doing through all of this!!!

Thanks again,

Sign Your Name (Participant)

P.S. All donations need to be in no later than _____ (Deadline date)



BAYSIDE STUDENT'S SAFETY & SECURITY



ALL 18+ PARTICIPANTS MUST COMPLETE THE ONLINE REPORTING

TO COMPLETE THIS PORTION

STEP 1: SCAN THE QR CODE

STEP 2: CHOOSE VOLUNTEERS

STEP 3: VERIFY YOUR EMAIL

STEP 4: COMPLETE TRAINING

STEP 5: EMAIL YOUR CERTIFICATE OF COMPLETION TO

JULIEWIDMANN@BAYSIDEONLINE.COM

Bayside Student's policies and procedures exist for the protection of the student's we serve, as well as our team members. Following these safety and security guidelines is a large part of your role when serving in Bayside Students. You must observe these policies even with your own children who may be in your group. Please take a moment to review the following. If you have any questions regarding these policies and procedures, please do not hesitate to ask a Bayside Student staff member.

Basic Safety

- Never be alone with a student in a room or building that does not allow you to be in the line of sight from another adult.
- For times when the Two Adult Rule cannot be supported, supervision policies and procedures should require at least three individuals (at least one being an adult) be present in every room. When the rule of three is adopted, age, capacity, and familial relationships will be considered before implementing.
- You may not ride the elevator with a student unless two adults are present.
- Married couples must always serve with another unrelated adult team member in the room at all times.
- If at any time you feel threatened or witness a threatening situation, please contact a staff member immediately.
- Parents need to be notified and confirmed if you are transporting any student.
- Parents need to be notified of any harm or sexual activity.

Appropriate Contact with Students

- Hugging should only be done if the student initiates the contact. A quick side hug or a high five is an acceptable form of affection.
- No kissing or coaxing a student to kiss you.
- Extended, hugging, tickling, or prolonged physical contact of any kind is not appropriate.
- Lap sitting or laying on a student's lap or letting them on you is not appropriate.
- Never touch a child in any area that would be covered by a bathing suit.
- No isolating texting or phone conversations after 10pm. In an emergency situation another adult needs to be notified.
- No being alone with a student after 10pm.
- Never sit underneath a blanket or covering with another student.
- Never allow a child to touch you in a way that is inappropriate.
- No aggressive or physical contact that could harm or hurt a student.

MANDATED REPORTING

Crisis Situations

In ANY Crisis Situation, please call 911 first. Then call your Student Pastor.

- A Situation that is Life-threatening
 - Knowledge of a teen attempting suicide or planning to commit suicide, a head injury, excessive bleeding, knowledge of a teen planning to participate in a violent crime
- Death
 - Sudden, regardless of whether it's at a Bayside Student Ministries event or not

Dangerous Behaviors – Level 1

These behaviors are dangerous and require contact with authorities, either law enforcement or Child Protection Services.

In the event or knowledge of a Dangerous Behavior, contact your Student Pastor immediately, and they will notify law enforcement or Child Protection Services.

***WE WILL DO THIS FOR YOU.**

- Abuse (sexual, verbal or physical)
 - A child is physically injured by other than accidental means.
 - A child is subjected to willful cruelty or unjustifiable punishment (a mark/bruise left on the skin).
 - A child is abused or exploited sexually.
 - A child is neglected by a parent or caretaker who fails to provide adequate food, clothing, shelter, medical care or supervision.
- Dating Violence
 - The perpetration or threat of an act of violence by at least one member of an unmarried couple on the other member within the context of dating or courtship. This violence encompasses any form of sexual assault, physical violence, and verbal or emotional abuse.
- Rape
 - Forced sexual intercourse, sexual intercourse against the victim's will and without his or her consent, sexual intercourse if the victim is mentally or physically incapacitated, sexual intercourse if the victim is under the age of consent.
- Run Away
 - Knowledge or plans of a teen running away from home.
- Gang/Hate Group Affiliation
 - A group of people who associate together or act as an organized body, especially for criminal or illegal purposes

MANDATED REPORTING continued

Dangerous Behaviors – Level 2

These behaviors are dangerous and require contact with the student's parents.

In the event or knowledge of a Dangerous Behavior, contact your Student Pastor immediately, and they will notify the student's parents for/with you.

***WE WILL DO THIS FOR YOU.**

- Premarital/Inappropriate Sexual or Relational Behavior
 - Oral sex, intercourse, sex parties, owning pornographic materials, viewing pornographic websites, homosexual experimentation, pregnancy kept secret, codependency
- Alcohol & Drug use
 - It is illegal for anyone under the age of 21 years to consume alcoholic beverages. Dependency on illegal or prescribed drugs. It is illegal to contribute to the delinquency of a minor (i.e. – giving a minor a drug or purchasing alcohol).
- Self-Mutilation
 - Cutting of the skin, burns, scars or many cuts found on any area of the body (mainly the arms and legs), also known as “Deliberate Self-Harm Syndrome”, a person who is unable to express pain or hurt in a healthy manner.
- Mental Instability
 - Sudden changes in behavior, severe anxiety, distorted moods and thoughts, participating in alarming behaviors, excessive highs and lows of moods and behavior, destroyed basis of rational thought, loss of the desire and will to live.
- Eating Disorder
 - A teenager starving him/herself (anorexia), bingeing on high calorie foods and then causing self-induced vomiting (bulimia), addiction to exercise, preoccupation with food, eating, and weight loss, abuse of diuretics and or laxatives.
- Depression
 - Severe sadness and hopelessness, excessive crying, guilty thoughts for no reason, sleep and eating habits change, thoughts about death.

***Always remember: When in doubt, contact your Student Pastor immediately.**



Policies and Guidelines:

Respect for Staff Leaders and Hosts

Bayside Student Ministries selects team leaders very carefully. We are confident in their ability to lead your team safely and to carry out the purpose of the mission. Team members are expected to respect their team leader's authority. There may be times when you do not understand a decision that is being made, but remember that he or she is making the decision out of the best interest of the team. If you have a concern or a question, you should go directly to your team leader and discuss it with him or her. Just as it is important to respect your team leader, it is equally important to respect our partner Churches and Pastors. We do not want to jeopardize those relationships by the actions of team members on short-term trips. You should expect things to be different than your "normal" on this trip. Remember, it is in those differences that God is going to be able to stretch you and use you.

Relationships

You are going to make great friendships while on this trip. Make every effort to interact with all members of the team. Try to avoid prioritizing one relationship. If your boyfriend, girlfriend or spouse is on the team, please _____. If you become interested in a teammate, we discourage you from pursuing a relationship while on the trip. The development of any such relationships while on your trip including global partners, translators, or other leaders is also discouraged.

Attire

Participants on mission trips are expected to dress appropriately and conservatively at all times during the trip. You should avoid clothing that is revealing or sends any political or inappropriate messages. Please refer to packing list for specific details.

Tobacco and Alcohol

Bayside Church does not permit the consumption of alcohol or the use of tobacco products on any short-term mission trip, during travel to or from the country, or during any trip related activities.

Communication with Home

We will help your leaders make sure that important family and friends are communicated with when you arrive in country and when you are preparing to depart for home. We do not believe in dictating when you can communicate with home, but we think it is important to remember to be thoughtful about how this communication may affect your mission trip experience. Ask your family and friends to communicate things that will only have a positive impact on your trip. Unfortunately, unexpected things can happen while serving on mission trips occasionally, so make sure your family and friends consider waiting until you have returned to tell you about certain things.

Policies and Guidelines continued

LEADER CULTURE

- 1.This is not your political platform.
- 2.You are their leader not their friend.
- 3.Be an owner.
- 4.Students are not your counselor.
- 5.You have already committed...be all in.
- 6.Atmosphere is essential.
- 7.Students are exclusive...be inclusive.
- 8.Show up even when you don't feel like it.
- 9.We are here to partner with parents...not become them.
10. When all else fails...just listen.



HELPFUL QR CODES

To use QR codes open the camera app on your phone. Then point your phone at the QR code to scan it and tap the pop-up banner.

FIRST TIMER CODES



FUNDRAISING



MISC.



Bayside | MEXICOOUTREACH

