



AIM Estonia



June 11 – 20, 2020
or
August 10 - 19, 2020



Dear Future Missionary,

You are going to embark on a journey that will change your life forever! This trip is a direct request from God to “Go into ALL THE WORLD and preach the Gospel.” This is not an experience to be taken lightly. Remember: this is not a vacation. You are not going to be fun seekers. You are not going as just “teenagers” but as missionaries. You are attending this trip as a unified team. You are going with the Holy Spirit and the power he has given you. Do not underestimate what you are capable of! God is calling you to this trip. The fruit of your labor in fundraising will be seen in the 7 days we are in Guatemala. However, you must prepare yourself ahead of time. Prepare by doing devotions and engaging in personal prayer time. If you do that here and now, we will see incredible miracles while you are in country. We believe God is going to do amazing things in you and through you. Be open to what God will speak to you on this trip. Be sure to have a willing attitude to whatever God wants to do through you. Let’s make this an AMAZING trip for God’s Glory!

We are so proud of each of you!

Spencer & Lauren Speed
District Youth Directors





Estonia Ministry

Ministry:

We look at all those who come on short term missions trips as a part of the ELU Kogudus (Life Church) launch team. As part of the values of ELU, we are committed to serving our community and loving generously. You will be involved in activities to help ELU love the community of the Haabersti district in the capital city of Tallinn, Estonia.

Loving community involves:

- Day camp activities for kids
- Playground community connection
- Activities and connection with the elderly
- Sharing our life experiences with others
 - Formally, during a Sunday gathering
 - Informally, with a new friend from community connection
- Serving others through random acts of kindness
- Serving on a team during an ELU gathering (i.e. hospitality, kids, worship, etc.)
- Encouraging others (kids, teens, adults, elderly) to keep growing in their faith
- Taking part in Backyard Cafes through kids activities, food prep/service, live music

We at ELU live "on mission" with Jesus and express the love, joy and peace that we have from our relationship with Jesus so others will experience the same life. We value the multiplication of hands and the strength that comes with a visiting team.



Registration Process

Step 1: Brushfire Registration/Paper Form

Inform your youth pastor that you would like to attend AIM – Nicaragua. Give your YP your full name (*must include middle name*), birthday, t-shirt size, and emergency contact.

Step 2: Managed Missions

You will be sent an email from Managed Missions. This is where you will complete your profile, update your food and medication info, and keep track of your funds raised. You will have a personalized link that allows you to send to your family and friends to donate towards your trip cost.

Step 3: Payments

- Deposit #1: \$100 || 12.5.19
- Payment #2: \$350 || 1.16.20
- Payment #3: \$350 || 3.19.20
- Payment #4: \$350 || 5.7.20
- Payment #5: \$350 || 6.4.20

Managed Missions will send you a personalized link to share with family and friends who would like to give toward your trip cost. As you raise funds, you will complete payment through your link as well.

Step 4: Upload Notarized Forms || Due 4.2.20

Download the official AIM packet to be completed by you or your legal guardian (if under 18).
Minor: Requires a notarized signature from both parents.
Adults: Requires witnessed signature from your pastor & a signed background check affidavit.
You will upload your forms to your trip profile. || Must contain all pages of the packet - not just pages you complete.

Step 5: Upload Passport Info || Due 4.30.20

Acquiring a passport is typically not a fast process so begin the application immediately.
DO NOT MISS THIS DATE. You will be at risk of losing your flight reservation if you do not have a passport by this date.

Costs Include

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1. Three meals a day while on the trip (travel days not included)
2. Lodging and Airfare
3. All transportation in country
4. Comprehensive insurance policy for each participant
5. Entrance and exit fees (if applicable)
6. NTYM AIM t-shirt & AIM Journal



Typical Itinerary

This itinerary may need to be adjusted depending on your flight arrival and departure times.

Saturday

- Arrive at Aurora Airport in Guatemala City (GUA).
- Check into your hotel and relax from the day's travel
- Orientation and welcome meeting at Hotel/Dinner

Sunday

- Breakfast together
- Church Service where we will be sharing our testimonies and preaching
- Lunch after the service
- recreational time
- Dinner

Monday Thru Thursday

- Breakfast together
- Morning devotions led by group member
- Travel to work site/ministry site with lunch at work site
- Leave worksite for hotel (typically between 4pm and 5pm)
- Dinner together
- Debriefing

Friday

- This is a free day. We will plan a fun activity for your last full day in the country. This will be awesome bring some extra money for shopping. You will love it.
- Evening gathering/party with closing reflection on the week. Saturday • Travel to Airport in Guatemala City for departure.



SAFETY

Food & Water: The staple diet in the highlands consist of beans, rice, and corn tortillas. Many times you will see a sign that says “se vende tortillas tres tiempos” which just means that we sell tortillas three times a day. The Guatemalans eat a lot of tortillas. However, not all the food is safe and can harm you. Here are some things you should never do.

Never: eat unpackaged food from the street vendors. This is a sure way to get sick.

Never: drink tap water. Any drinking water that does not come out of a sealed bottle should be viewed with suspicion. When ordering in restaurants, specify “agua pura” for purified water, and it should be delivered in an unopened bottle. Do not drink beverages with ice unless you know the water used is purified. Don’t brush your teeth with tap water. The Center for Disease Control has more resources on this subject.

Sanitation: Always wash your hands before eating. If water is not available, use alcohol-based wipes or antibacterial gel. This is especially important after participating in outreaches where hand to hand contact happens.

Normally you should never put toilet paper in the toilets here in Guatemala. Use the trash cans next to the toilet to deposit toilet paper or any other things that you need to dispose of.

Safety Precautions

- Travel during daylight hours in groups
- Be extremely alert when crossing the streets on foot. Drivers will not slow down for pedestrians here.
- Watch your luggage closely, especially in Guatemala City and Antigua. Fanny packs are a favorite target of thieves, and are not recommended.
- Avoid wearing jewelry and expensive-looking watches
- Don’t display large amounts of cash in the open.
- In the marketplaces, pickpockets are common and quite good. Keep your wallet close to the body, under your clothes. As a rule don’t bring anything to the market you wouldn’t mind losing. Men should put their wallets in their front pocket.
- Avoid bringing electronics out on the street. Leave those at the hotel it is just safer. We will let you know when camera use is appropriate.
- Walk with back packs in the front, not on your back.
- In the event of an armed robbery, do not resist. Give them what they want. Your survival is at risk.
- DO NOT GIVE YOUR personal information; phone, address, etc.



What to pack

Luggage:

- Limit to one piece of personal luggage unless you are bringing in items for ministry
- One personal carry on

Accessories:

- Water Bottle (for refilling)
- Bible (Bi-lingual English/Spanish if possible)
- Health Supplies; insect repellent, hand sanitizer, medicines
- Personal Toiletries; toothpaste, deodorant, sunscreen, etc.

Clothing:

- Blue Jeans/Khakis/slacks, T-shirts/tops, etc.
- One church outfit (skirt/top or dress for women, dress slacks for men)
- Light Sweater
- Comfortable walking shoes. Flip Flops, crocks etc are for the hotel only.
- no expensive jewelry this could be targeted by thieves.



Cultural Tips

Spanish

- Pretend everyone knows English. Many words are very similar. Your tone of voice tells a lot.
- Many people understand more English than they can speak.
- Try to use the Spanish you know. Hola=hello/ Mucho gusto= pleasure to meet you

Greetings

- Observe the local customs about shaking hands. Most of the time shaking hands is done when you enter and when you leave.
- Some people greet with a “holy kiss” women to women and men to women. It is not always necessary but just be aware of this.
- MEN DO NOT KISS MEN, I REPEAT MEN DO NOT KISS MEN. A handshake is fine and with students a high five or fist pump works.
- Say goodbye in the same manner.

ARRIVAL IN GUATEMALA AND CUSTOMS

There are a few things that every international traveler should be aware of as they cross from one border to another. Customs forms both the departing country and arriving country share similar concerns but not always the same laws. Always follow customs regulations to avoid any delays in travel. Some restrictions are as follows:

- **Food Products:** The regulations governing meat and meat products are very strict. Any kind of fresh, dried, or canned meats or meat products are not allowed. Even food products prepared with meat are not allowed.
- **Plants:** You can't travel with live plants.
- **Medication:** If you have prescription medicines, make sure that it is in the original container with the detailed information or that you have a copy of the prescription.
- **Immigration forms:** Every team member entering Guatemala will be required to fill out two forms. The same is also true for entrance into the United States. The address where you will be staying is: San Cristobal Zona 8
- **When you arrive in Guatemala you will go to immigration first where they will stamp your passport with a tourist visa. Then after that you will go to the baggage carousel. There are only a few, so it will be easy to find the one from your flight. There are always several men waiting to help with bags, but since each member should only have one bag and one carry on just politely say no thank you.**
- **Once you get your bags, you will go to a line for customs. They will have you press a button some times and depending on if it is red or green, they may ask to search your bags. If they don't use the lights, they may wave you to the exit or to get your bags checked.**
- **Once you get past customs in Guatemala and you have all of your bags you will proceed to exit the airport building. When you exit you will see a ton of people waiting outside. We will get your attention and will be waiting for you.**
- **Make sure you have your passports. Make sure to leave a copy of your passport at home in case you lose it in Guatemala. Also, make one extra copies to give to the team leader.**

MEDICAL ISSUES

There are two medical conditions that need to be addressed prior to leaving for the mission field, existing and potential. If any member of the mission team has any existing medical conditions that are being treated by a physician, it is very important that the treating physician, the team leader and us are aware of the condition. The team member should ensure that they have adequate medicine and the permission of their physician for the length of the mission trip.

The stress of travel and change in environment and physical activity can often cause illness if not addressed.

These problems include but are not limited to:

Dehydration- Higher altitudes and heat can easily dehydrate the body. Drink plenty of purified water which always will be available. It is possible to dehydrate without sweating.

- Sun Burn
- Car sickness- mountain roads may sometimes cause motion sickness
- Allergies- pollen and dust may cause problems in allergy sufferers
- Gastrointestinal Illness- Commonly brought about by eating contaminated foods and drink.



AIM Participation Scholarship

The Mark McGrath AIM Participation Scholarship is for new full time undergraduate on campus SAGU students that have participated in an approved District or National Ambassadors In Missions (AIM) trip. Only AIM trips taken while a student is enrolled in high school are eligible for a scholarship.

- **District Led:** \$1,000 per trip
- Students are eligible for up to \$5,000 during their time as a SAGU Student