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NIGERIA



Nigeria is located on the west coast of Africa bordering the North Atlantic Ocean, between Benin and Cameroon. Nigeria covers 356,668 sq miles. It is about the same size as California, Nevada, and Utah combined. Nigeria is diverse in people and culture. The history of the country goes back to 500 BC when the Nok people were the inhabitants. It was at the end of the 15th century that European explorers and traders began their lucrative slave trade with the Yoruba and Benin peoples. In 1861 Lagos was colonized by the British, and in 1914 the entire country became The Colony and Protectorate of Nigeria. Nigeria became independent in 1960.

MOTTO: Unity and Faith, Peace and Progress

Arise, O compatriots, Nigeria's call obey to serve our fatherland with love and strength and faith the labor of our heroes past shall never be in vain To serve with heart and might one nation bound in freedom, peace and unity.

Oh God of creation, direct our noble cause guide our leaders right help our youths the truth to know in love and honesty to grown and living just and true great lofty heights attain to build a nation where peace and justice shall reign.

THE NATIONAL PLEDGE

I pledge to Nigeria my country to be faithful, loyal and honest to serve Nigeria with all my strength to defend her unity and uphold her honor and glory So help me God.

Greeting:

Thank you for your interest in our faith based medical missionary outreach project. It would be impossible to prepare you for every detail or anticipate every challenge on a trip like this. This packet will serve, therefore, to present the basic procedures, expectations, and requirements. For those interested in joining our team, FaithCare asks that you fill out and return the application, agreement, and waiver. You can obtain the application and waiver by downloading it from our website, www.FaithCare.net. There is a \$125 deposit due at the time your application is submitted. Your team leader will be in touch with you via email or telephone to answer your questions. Remember, as Dr. Schnatz always says, "Expect anything, be flexible, and bring your sense of humor."

Mission Statement:

FaithCare brings health, hope, and healing, to and through the health care community, providing transformational love locally and internationally.

FaithCare™ integrates faith and healthcare bringing hope and healing to and through the health care community. Faith in God has a significant influence in health and wellness and a powerful role in the process of healing. We seek to increase access to health services for the underserved and uninsured by providing excellent care at our local wellness centers, and internationally through medical missions.

FaithCare is a 501-C-3 nonprofit-nondenominational organization that seeks to demonstrate the healing aspects of faith when integrated with medicine. Our desire is to provide access to affordable, holistic and quality health care services including education for prevention of disease while assisting patients with disease management, and helping them to assume responsibility for their health in the USA and throughout the world.

For more than a decade we have provided care to the underserved through, Wellness Centers, Health Fairs, Visitations, International Missions, Education, and Counseling.

FaithCare Vision:

We envision the development of FaithCare chapters throughout the world, each promoting and furthering the integration of faith and healthcare, with a link between our international communities and to our headquarters in Farmington, CT. We envision faith-based wellness centers and mobile units

throughout the United States, faith-based hospitals and orphanages overseas and a faith-based physician training program to unite these components.

About FaithCare

We encourage spiritual growth through fellowship meetings, educational opportunities, and outreach projects. We strive to join God's work in proclaiming His Kingdom along with the provision of healthcare as outlined in Luke 9:2., "He sent them out to proclaim the Kingdom of God and to perform healing."

Nigerian Team:

Volunteers from other FaithCare chapters, will join us in order to ensure a more effective and successful team outcomes and experiences.

Expectations:

"We go to serve and not to be served." (Mark 10:45)

People will see not only the work we accomplish, but will be observant of our actions and character.

"Above all, you must live as citizens of heaven, conducting yourselves in a manner worthy of the Good News." (Philippians 1:27) Accordingly, tobacco and alcoholic beverages are not be allowed throughout the time we are traveling together, including the return flight and transportation. Appropriate dress and language should be used at all times. It is expected that none of us will put ourselves in a situation that could be viewed by others, including our hosts, as being questionable in any way.

As you may know, many people living in this country and millions around the world do not have access to healthcare. Often they wait too long, until they can no longer bear their suffering, they delay so long that in fact, what may have been easily treated becomes a much more complicated and involved process, and a more serious issue. In the locations our medical teams visit men, women, and children often walk hundreds of miles to be seen by one our team doctors praying for hope and healing. Imagine putting your family on a dusty path in Africa and walking hundreds of miles "hoping" to be seen, hoping for a miracle for your loved one?

Statistics prove that people who integrate faith into the healing process have better outcomes than those who do not. Studies of the effect of patients' faith on disease outcomes have shown reduced hypertension, better lipid profiles and lower cholesterol levels, and improved immune function, and speedier recovery times. Remember we lead by example, and in light of the nature and scope of the work we will be doing, many eyes will be on us.

We do not proselytize and our care is always made available to everyone regardless of their beliefs, gender, race, age, or creed. We invite and encourage team members to participate in devotions and invite you to attend other faith building sessions.

Nigerian Climate:

Nigeria's weather differs significantly between the north and south. In the north it is very hot and dry. Between March and May, the temperatures can reach 45C (113 F). It tends to be extremely humid in the south, with temperatures 5-10C less by the shore. The rainy season in the north is from late May to September. In the south, it tends to rain between April and July, with a second minor rainy season between September and October.

Clothing and Packing:

Our corporate office will arrange your travel so that the team arrives in at the same time in the same location. Because we will be taking our own supplies and medications, each team member's check-in baggage space will be used for our carried supplies and medications. This allows each person one carry-on bag. Check with the airline or office staff prior to packing your bag. It is extremely important that these limitations not be exceeded. The team leader will notify you of the exact size and weight limit after the tickets have been purchased.

The women in the villages wear lightweight long dresses and the men wear pants and shirts with a collar. You should plan to dress according to their standards. Occasionally, coming into or out of the country we may stay at a hotel with a pool, so you may want to bring one swimsuit. If you want, you can bring shorts and tee-shirts to wear while not working at the hospital/clinic site; otherwise, we will adhere to the above dress code. You should plan to wear neat, presentable travel clothes. Aside from this, you should pack 3 additional changes of clothes. Scrubs should only be worn by those doing procedures in the hospital.

Food and Accommodations:

As much as possible, our cooks will prepare the meals to help assure safe food. Also, we will be providing safe drinking water. In general, avoid drinking the local water. This includes brushing your teeth or eating things that may have been washed in the water, like uncooked vegetables. You may bring granola bars or raisins to have as snack food. Water and electricity are sporadic – so be prepared to sponge bath. It is likely that you will be hand-washing your clothing, so a clothesline is helpful.

We will be traveling as a group. Do not plan excursions or side trips. For safety, always stay with the group. Even if you plan to go for a walk, go with someone else and let the team leader know where you are going. If you would like to travel after the project, discuss this with the team leader before flights are booked, so we can coordinate timing and logistics.

Immunizations:

Your Primary Care Doctor may be able to help with this, but local travel clinics are best suited to provide all the ancillary service, advice, and care needed. You should have this taken care of at least 4 weeks before leaving. The following is to give you a general idea of what is needed and should not substitute for seeing a health professional.

- 1) Yellow fever: required every 10 years
- 2) Typhoid: required every 2 years for IM vaccine, 5 years for oral vaccine
- 3) Hepatitis A&B: recommended
- 4) Meningococcal: needed between December and June
- 5) Make sure you have been vaccinated and are up-to-date for:
 - Measles
 - Polio
 - Diphtheria/Tetanus
- 6) Cholera: available, but **not** recommended
- 7) Malaria prophylaxis: The following are several of the current options used:
 - A) Mefloquin: start 1 wk before (on the same day as departure) & continue for 4 wks after.
 - B) Doxycycline: start 1 wk before & continue for 6 wks
 - C) Malarone: start 2 days before & continue for 7 days after return.

Medications and Supplies:

Each trip participant should participate in the collection of medications and supplies as well as in the raising of funds for the project. A pharmaceutical and medical supply sheet is available listing the types of things that are needed for each trip. The most critical medications are antibiotics, anti-inflammatory agents, and vitamins, as well as anything sterile, (i.e. gowns, drapes, protective clothing, surgical instruments and the like.) All medications and supplies should be inventoried and a list sent to the corporate offices in Farmington, CT. Please do not pack any medications or supplies yourself, let the team leader and the office know what you have collected. This process allows enough time to inventory your donation and to enter it into the packing lists. Remember to send thank-you notes to everyone that makes a donation either to defer the costs of your trip or in support of supplies, medications, or general funds. (A sample SUPPORT LETTER is attached at the bottom of this page.)

Additional Items to Bring:

- Insect repellent/spray – we can recommend various types
- Toilet articles (sample sizes work well)
- Kleenex/soap
- Flashlight
- 1 towel/wash cloth (plus disposable cloths for sponge bathing)
- Clothesline
- Poncho or umbrella
- Personal medications needed:
 1. Anti-malarial drug
 2. Imodium
 3. Antibiotic for travelers' diarrhea (May be provided. Talk to the team leader before purchasing.)
- Bible and devotional materials
- Optional - Foldable duffel bag that you can put in your carry-on and use on the way home for clothes or souvenirs you may purchase.

Problem and Conflict Solving:

Not only does a project like this put us in the limelight of those we serve, but offers the potential for tremendous personal and spiritual growth. We will have the opportunity to bring physical healing, spiritual hope, and unconditional love to those we serve. Our effectiveness and personal reward, however, will be enhanced as we draw together and function as a team.

The motto of our team is: "Expect Anything! Be Flexible!" Anytime you go into an unpredictable country the potential exists for unexpected situations. Be prepared to meet obstacles with enthusiasm and be flexible enough to change direction or plans with little notice. If you have any concerns during the trip, please discuss them with your FaithCare team leader, rather than with other team members or leaders/members of other teams who join us. If you feel your questions are unresolved ask the team leader to enlist a third party who will have been pre-designated. Problems and conflicts are bound to arise on a trip of this magnitude and intensity. We must keep the lines of communication open.

Communications Home

We will attempt to send occasional messages home so please provide us with one e-mail address (contact person), they will be able to forward your messages to any list you desire (friends and

supporters for example). Phone calls will be made available when possible if you desire to call home. U.S. phone cards do not work in Nigeria.

Expenses:

- Deposit: \$125 (non-refundable unless application declined by FaithCare due to space availability or mutual agreement after discussing with the team leader) - **Due with your application. The entire application including the waiver must be submitted or you will not be considered a candidate for the trip. No exceptions.**
- Trip fee: A \$1250 trip fee is due once you are accepted to the trip. The fee covers in country logistics, food and lodging. **This fee does not include your airfare to the location** You will be notified by office staff about the air travel portion of your trip.
- Immunizations: \$200 – 300 +/- with your primary care physician.
- Visa application fee: \$160 application fee + \$30.00 processing fee
- The only spending money you may need is for souvenirs/clothing you want to purchase.

Fundraising:

If you need help raising funds, let the team leader know. There are a variety of ways funding can be provided: church mission boards, personal support letters, and fundraisers. There may also be a few grants available. Supporters should send their checks (made to FaithCare) and donations directly to you. Your name should be in the memo section, and after you record the donation, the checks should be mailed to the FaithCare corporate office in Farmington, Connecticut. (FaithCare, Inc., Forest Park Drive, Bldg #4, Farmington, CT 06032) Following this procedure helps you to keep track of your donations and to personally thank them. The trip fee does not cover all of our costs, so even if you are paying for your own expenses, it would be helpful to FaithCare to do some additional fundraising. All donations are tax deductible and support the welfare of many needy individuals.

Deadlines:*(Contact FaithCare office for details on final dates and flexibility ranges regarding deadlines for specific trips.)*

PRIOR TO TRIP: <ul style="list-style-type: none"> - Visit www.faithcare.net click on Trip App tab, fill out and submit application. Mail or deliver to the FaithCare office in Farmington, CT: remember to include \$125. application fee. - Signed agreement and waiver. - Collect supplies, medications, and donations. - Mail out support letters and start fundraising! - Fill out application for passport if you do not have one. 	Application fee. \$125.
AFTER YOU HAVE BEEN SELECTED FOR A TRIP <ul style="list-style-type: none"> - Mail or deliver to the FaithCare office - your trip fee. - Fill out visa application https://portal.immigration.gov.ng/visa/freshVisa - Pay visa fees. - Passport – including two passport size photos for visa. - Make 2 copies of your passport (before mailing or delivering it to the office); leave one with a family member, and bring one on the trip with you. 	
Trip fee \$1,250. Due within 2 weeks of acceptance to trip.	Trip Fee \$1250
4 WEEKS PRIOR TO TRIP: <ul style="list-style-type: none"> - Airfare is paid directly to the travel agency by you. The office will let you know approximate flight cost once you apply. - Have immunizations completed. - Have all collected medications and supplies to FaithCare Airfare is paid by you directly to travel agency.	Airfare paid directly to
2 – 4 WEEKS PRIOR TO TRIP: <ul style="list-style-type: none"> - Team building/orientation meeting, usually at FaithCare Office. 	
1 WEEK BEFORE TRIP: <ul style="list-style-type: none"> - If Mefloquin or Doxycycline are used, start it the same week day of our departure. 	

Dear _____,

I have some exciting news to share with you. I am going to Nigeria! This is an amazing opportunity to be part of the FaithCare team that will be providing hope, health, and healing to thousands of individuals in Nigeria. Aside from local work, FaithCare has been performing international missions since 1997. If you would like more specifics about the ministry, you can visit the FaithCare website at www.FaithCare.net , e-mail the headquarters at hope@FaithCare.net , or call (860) 321-7377. The website also has descriptions of prior trips to give you an idea of the work we will be doing. In a Nigerian outreach, for example, over 6,000 patients are typically seen, while performing hundreds of life-changing surgeries.

Our team will be gone for ___ days. The total cost of the trip will be approximately \$_____, covering airfare, food, lodging, in-country expenses, immunizations, and visas. I would like to ask you to consider partnering with me by praying and supporting me financially.

I have enclosed an envelope for mailing your gift to me with a check made out to FaithCare. By sending the check to me, I will be able to know you have joined my support team and will be able to forward the funds to FaithCare. All funds will be used towards my trip expenses. If there is any excess, it will go toward the general ministry efforts of FaithCare. FaithCare will provide a tax receipt for any donations.

Thank you again for your time and consideration I hope to hear from you soon. I look forward to sharing with you my experience when I return, and showing you how your support impacted the lives of many individuals.

Blessings,
