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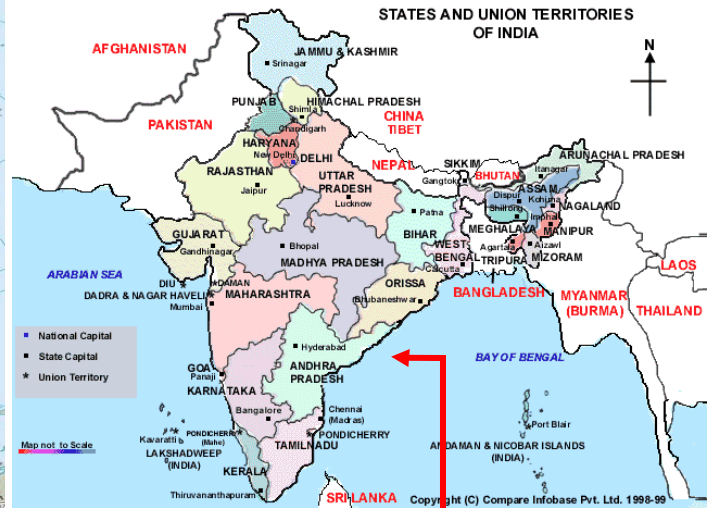
BACK2BACK MISSION TRIP GUIDE

India

BACK2BACK

I N D I A

Thank you for your desire to come alongside us as we reach out to and strengthen the orphaned children in Hyderabad, India. It is our desire to build lasting relationships with those in need, making a generational difference through educational and resource opportunities. This packet is for your use to help you maximize your experience. We are happy to serve you and assist you.



Hyderabad

“Come pour into the lives of these children! We look forward to serving with you.”

Directors of India Ministries

Who and where we serve...

India has more orphaned children than any nation in the world - there are 35 million orphans in India (9% of India's children are orphans). We serve several orphanages located near Hyderabad, India. These children come from the state of Andhra Pradesh. Most have lost one or both parents; many come from families too poor to provide for them. The main language is Telugu but many of the children do know some English.

Mercy Home Hostel

Since 1979, an Indian Christian husband and wife have loved and cared for the neediest of poor outcast children in Southern India. Located in a small town, this facility has several buildings in close proximity including dormitories for boys and girls and school facilities for primary classes, junior college and nursing assistant students. Some of the children have bunk beds with thin mattresses but there is currently no space for beds in the boy's dorm. The 250 children, aged 5-19 years old, help with the chores and upkeep of the hostel including washing their own laundry by hand. Their meals of rice and dal are cooked on an open fire 3 times daily. They enjoy occasional fresh fruit. Each day they gather to sing, recite memory verses and study.

Eternal Joy Home

This children's home near Hyderabad was founded in 2008 by a newly married Christian couple whose vision was to work for the development of poor and physically and mentally challenged children. They started with 6 and now have 25 children ranging from age 2 to 12 years. Several of the children have special needs including Down Syndrome, polio and birth defects. The children and staff live in a rented house and grow their own vegetables. Some of the children attend a local private school which teaches all classes in English. Eternal Joy Home provides a loving family environment for these children, many of whom would be outcasts in Indian society.

How we serve...

Each mission week is action packed with work projects and great interaction and relationship building time with the children we serve. The work projects are designed to improve the facilities, programs, and living conditions of the children. We start each day with morning Bible study, quiet time and group prep time. Then it is off to work. We wrap up the projects by mid-afternoon and then spend the afternoon and evening doing activities with the children. We end each day with worship and debriefing. Besides serving at the children's home, groups traveling to India provide a variety of donations. Upon arrival we sort and prepare the donations for distribution during the week.

Housing...

When on a Back2Back India mission trip, your group will stay at an orphanage in guest housing or at a modest hotel. Traditional Indian meals will be provided. We recommend that you also bring your own preference of snacks such as packaged tuna, peanut butter and power bars.



About India



India, the world's fastest growing free-market democracy, presents lucrative opportunities for all types of businesses especially U.S. companies. In 2005, U.S. merchandise exports to India were almost \$8 billion, doubled since 2002.

U.S. companies have the chance to make or increase sales in this booming market by joining the U.S. Department of Commerce's International Trade Administration Business Development Mission to India. Under Secretary for International Trade Franklin L. Lavin will lead the Mission with coordination by the U.S. Commercial Service in the United States and India.

India is a triangular shaped country in southern Asia, buttressed by the long sweep of the Himalayas in the north and protruding into the Indian Ocean in the south. Located in the northern parts of India are mostly snow covered mountain ranges. While in the southern and eastern regions of the country it is mostly hilly and plains. The wildlife of India is almost as varied as the countryside itself.

PEOPLE

Although India occupies only 2.4% of the world's land area, it supports over 15% of the world's population. Only China has a larger population. Almost 33% of Indians are younger than 15 years of age. About 70% of the people live in more than 550,000 villages, and the remainder in more than 200 towns and cities. Over thousands of years of its history, India has been invaded from the Iranian plateau, Central Asia, Arabia, Afghanistan, and the West; Indian people and culture have absorbed and changed these influences to produce a remarkable racial and cultural synthesis.

HISTORY

The people of India have had a continuous civilization since 2500 B.C., when the inhabitants of the Indus River valley developed an urban culture based on commerce and sustained by agricultural trade. This civilization declined around 1500 B.C., probably due to ecological changes.

ENTRY/EXIT REQUIREMENTS: U.S. citizens require a passport and visa to enter and exit India for any purpose.

MEDICAL FACILITIES AND HEALTH INFORMATION:

Adequate to excellent medical care is available in the major population centers, but is usually very limited or unavailable in rural areas. Visitors to India should pay special attention to safe food and water precautions, and steps the traveler can take to avoid contracting malaria.

TRAFFIC SAFETY AND ROAD CONDITIONS: While in a foreign country, U.S. citizens may encounter road conditions that differ significantly from those in the United States. Professional transportation will be provided for all travel within India.

Full country name: Republic of India

Area: 3,287,590 sq km (1,229,737 sq mi)

Population: 1,166,079,217 (July 2009 est.)

Capital city: New Delhi

Languages: Telugu, Hindi, English

Religion: 80% Hindu, 14% Muslim, 2.4% Christian, 2% Sikh, 0.7% Buddhist, 0.5% Jains, 0.4% other

Government: Federal Republic

President: Shrimati Pratibha Patil

GDP: US \$3.304 trillion (2008)

GDP per head: US \$800, **per capita:** \$2,900 (2008)

Annual growth: 7.4%

Exports (est. 2008): \$187.9 billion

Imports (est. 2008): \$315.1 billion

Major industries: Textiles, chemicals, food processing, steel, transportation equipment, cement, mining, petroleum, machinery, rice, wheat, oilseed, cotton, jute, tea, sugarcane, potatoes; cattle, water buffalo, sheep, goats, poultry, fish

Major trading partners: US, Hong Kong, UK, Japan, Germany, Belgium, Saudi Arabia

ENGLISH PHRASE	TELUGU PHRASE	HINDI PHRASE
I	Nenu	Mein
You	Nuvvu	Tum / Aap (respect)
Open	Theruvu	Kholo / Kholiye (respect)
Sit	Kurcho	Baitho / Baithiye (respect)
Eat	Thinu	Khao / Khaiye (respect)
Drink	Tragatam	Piyo / Peejiye (respect)
Go	Vellu	Jaao / Jaaiye (respect)
Come (you come)	Ra	Aao / Aaiye (respect)
I go	Nenu velthanu	Mein jaata hoon
What is your name?	Nee peru enti?	Tumhara / Aapka naam kya hai?
How are you?	Neevu ela unnaavu?	Tum kaise ho / Aap kaise hain?
I am fine.	Nenu kshemangaa unnaanu.	Main achha hoon.

This information is taken from <http://www.languageshome.com/English-Telugu.htm> and <http://www.languageshome.com/English-Hindi.htm>.



India's flag – taken from the CIA Fact Book at

<https://www.cia.gov/library/publications/the-world-factbook/flags/in-flag.html>

Important Information

- You **MUST** have a passport with at least 6 months to expiration and India visa to travel. You should contact your local government office to obtain a passport application or go online to http://travel.state.gov/passport/passport_1738.html. It takes approximately six weeks to get a passport.
- Once you have your passport you need to apply for an India visa. You must apply using Trivisa. Follow the instructions for a **TOURIST** at <http://dynamic.trivisa.com/VisalInstructions.aspx?CountryID=IN#TO>. Contact our Missions Coordinator for information or questions about the India visa application process.
- Cash can only be exchanged at the airport and only with the presentation of your passport. ATMs are available in Hyderabad and we have had no problem using them but we cannot guarantee that you will have access to one on your trip. Consider notifying your bank or credit card company that you may be using your card in India.
- **Communication to the U.S. is limited.** Mission participants may bring their own cell phones to be used only during individual free time. Keep in mind that not all cell phone or cell phone plans are covered in India. Please check with your provider to verify your phone and service provides access in India. Internet is currently not available at the orphanages we serve so expect to have no communication during the mission week. No news is good news!
- The group leader must supply Back2Back with a list of all relevant individual medical conditions that may affect the program such as all allergies and medical conditions that require immediate hospital care. Group leaders are responsible for dispensing all medications to group participants. We gladly provide for the handicapped.
- **Pictures and videos:** We recommend bringing a still and/or video camera to capture the beautiful children in the orphanages and to capture the scenery in India. Due to cultural and religious beliefs in other countries, we recommend that respect be given to individuals throughout the country. This will be reviewed upon arrival to our ministry site.

General Information

- Traveler's health insurance will be purchased by B2B for each mission participant. The cost is included in your B2B fee.
- B2B recommends that each mission participant consult his/her doctor regarding international travel and immunizations.
- Post trip – coming home can be a hard adjustment. **Don't stop serving.** You can help your team find service opportunities through your church or school.
- **Security** – There are always risks when you travel to third world countries and that is why we take precautions when you visit our facilities. While in India you will travel by bus or vehicle driven by B2B staff or hired driver. We also take simple precautions by traveling as a group and not letting group members venture off alone.
- If you bring anything that needs electricity, you will need an adapter plug and, depending on the device, you may need a converter. The electricity in India is 220 V.

Vaccinations

In order to travel to India you need to receive vaccinations to protect yourself from disease. Please make these arrangements soon as some of the vaccinations require a series of shots.

You can contact your family doctor to see if he or she is able to administer these vaccinations. However, many of them do not carry all of the vaccinations.

Other options that have all of the vaccinations and are generally less expensive are county health departments and travel health agencies, such as Global Health Services and Passport Health. Payment in the form of cash or check is due at the time services are rendered. We recommend that you contact your insurance company before getting your vaccinations; many of them **do not** cover all of the costs.

The medical facility you choose to use will provide you with a complete list of vaccinations recommended for India. Back2Back Ministries also suggests you visit the Centers for Disease Control and Prevention at www.cdc.gov for a complete list. This site also provides a description of the diseases the vaccinations control.

Suggestions for additional vaccinations/prescriptions are:

- Tetanus
- Cipro Pills (for traveler's diarrhea)

Finally, when you get your prescription for Malaria, make sure your pharmacist gives you the **full** prescription. Some will only give you what your insurance covers; however, you **NEED** the entire prescription.

Health services contact numbers in the Cincinnati area:

Global Health Services	513-777-8111	8087 Cincinnati-Dayton Rd West Chester, OH 45069
Passport Health	513-891-3093	8050 Beckett Center Dr Suite 209 West Chester, OH 45069
Hamilton County Health Dept	513-946-7800	250 William Howard Taft Cincinnati, OH 45219
Warren County Health Dept.	513-695-1152	416 South East Street Lebanon, OH 45036

Travel Information

LUGGAGE RESTRICTIONS

- Plan to check two 50 pound bags
 - One for your personal belongings
 - One for donations
- Carry-on luggage may consist of a small piece of luggage plus a purse or briefcase or laptop computer or small backpack.

*** Because airlines continue to change their luggage policies, please contact your travel agent or airline to check their current policy.**

As with all international travel, please arrive at the airport two to three hours before departure to ensure that your group is ready to depart.

Donations

We will provide a list of needs for the ministry so that group members can collect donations to bring with them in their second piece of luggage.

Seasons:

Hyderabad has a tropical wet and dry climate.

Mar-June: hot summer 77°F - 104°F

July-Oct: wet monsoon season 69°F - 88°F

Nov-Feb: warm dry winters 55°F - 82°F

ITEMS TO PACK

Medicine:

Malaria prescription
Personal prescriptions

Optional Medicines:

Allergy medicine
Cipro prescription (if prescribed)
Ibuprofen/Tylenol
Imodium AD / Pepto-Bismol
Motion sickness medication

*Keep several days of medication in your carry-on in case checked luggage gets lost.

Personal Items:

Backpack / small bag
Bandannas or scarves (great when wet and wrapped around neck in the heat)
Bible
Bug spray with Deet
Camera
Alarm clock
Flashlight
Hat
Notebook
Passport holder/money belt (recommended)
Sunglasses
Sunscreen
Toiletries (recommend unscented)
Small mirror (if needed for contact wearers)
Empty Water bottle
Sandals
Working/walking shoes

Food and Supplies: (optional)

Fruit in cans or plastic cups
Granola/breakfast/power bars (avoid lots of chocolate)
Hard candy
Powdered Gatorade/sport drink mix
Snacks (nothing that will spoil)

Money for:

Souvenirs
Travel snacks in airports

Linens & Things:

Wash cloth and hand towel (if desired)
Pillow case

Other Things to Bring or to Remember

Pillow, bedding and bath towels will be provided.

Men's Clothing:

Button, collared shirt or polo
Jeans
Khakis or light dress pants
Rain gear (ponchos) during monsoon season
Shorts—must be at least knee length*
Sweatshirt for night time during winter season
T-shirts
Work clothes

Women's Clothing:

Long dresses or skirts
Pants/Capri length (below the knee pants)
Rain gear (ponchos) during monsoon season
No shorts to be worn in public*
Sweatshirt for night time during winter season
T-shirts
Work clothes

- Shorts should not be worn while traveling.
- All (male and female) shirts must have sleeves. No tank tops, midriiffs or spaghetti strap shirts.

Dress code will be strictly enforced. **Please keep safety and modesty in mind as you pack for the trip.**

Clothes and shoes may be ruined from work projects.

Trip Leader Information

Planning Timeline

- 9 Months Before** - Secure a week by calling Back2Back at 513-754-0300.
- 8 Months Before** - Advertise your trip and schedule an informational meeting to get participants interested. Take sign-ups and send out informational packets.
- 7 Months Before** - (Optional) Set-up fundraising events for your group.
Remind participants to begin receiving their vaccinations.
- 6 Months Before** - Finalize reservations with us. Arrange airline reservations.
- 4 Months Before** - Promote mandatory pre-trip meetings for group members.
- 3 Months Before** - Contract and deposit is due. Conduct 1st mandatory pre-trip meeting. Start India visa application process.
- 2 Months Before** - Balance of B2B fee and travel documents due. Mail all visa application requirements to India Embassy.
- 1 Month Before** - Conduct final mandatory pre-trip meeting and pack donation bags.
- Day of Departure** - Meet at the airport 2-3 hours before departure time. Have a great trip!
- After the trip** - Have a group get together and invite immediate families and friends to hear stories and see pictures of the trip. Share what you have seen and think of ways to get others involved. Plan a trip in the future!

Pre-Trip Meetings

Informational Meeting

- Show Back2Back video
- Pass out informational brochure
- Begin sign-ups and set sign-up deadline
- Consider inviting Back2Back staff to come and answer questions

Pre-Trip Meeting #1

- Pass out all documents and have participants fill them out at the meeting
 - Minors must have both parents sign the Permission for Minors to Travel to India form
- Ask a notary to be onsite to notarize documents
 - If this is not possible, then pass out the documents and ask each participant to complete and have notarized the forms and return them to the Trip Coordinator in time to have them returned to B2B two months prior to the trip.
- Discuss other materials provided by Back2Back and answer questions.
- Collect the deposit from each participant.

Pre-Trip Meeting #2

- Collect any documents missing from participants.
- Discuss final travel plans.
- Pack donation bags and ask participants to bring bags to the airport.
- Check to see if participants have met with their physician and have received Malaria medication.

Document Checklist

B2B now has an online Mission Trip Management (MTM) application that allows everyone to view their trip information online, fill out their profile and print their forms online. Your trip coordinator will provide you with an ID and password. You can access this application from our website at www.back2backministries.org. Just click on *Mission Trip Login* below “Login in to *My Back2Back*”. Detailed instructions are on the following page.

[Mission Trip Login](#)

Below is an overview of all the documents that will be printed from your profile. You will need to sign and return the forms to the Back2Back office or take with you on your trip. Please note the instructions for each form. If you are missing something, please contact Chris Ramos at ramos@back2backministries.org or 513-754-0300 x1709.

Passport List – to be emailed to Chris Ramos at least 2 months prior to trip

- Name of each participant as it appears on their passport
- Passport number
- Birthday
- Vocation

Adult Forms – to be returned to B2B

- Emergency Information (**notarize**)
 - o Trip Coordinator keeps original and sends copy to B2B
- Liability Release (**notarize**)
- Agreement Policy

Minor Forms (applicable to children under 18 years old) – to be returned to B2B

- Emergency Information (**notarize**)
 - o Trip Coordinator keeps original and sends copy to B2B
- Liability Release for Minors (**notarize**)
- Permission for Minors to Travel to and from India (**notarize**)
 - o Both parents must sign
 - o Trip Coordinator keeps this form
- Agreement Policy

All Participants – to take while traveling

- Valid passport with India visa

Mission Trip Sign-up Instructions

Please Read Carefully

1. Go to Back2Back's website. www.back2back.org
2. Click on **Mission Trip Login** (it is below "Login to My Back2Back" on our website)



Mission Trip Login

3. Enter your ID and password (given to you by the Missions Coordinator, Chelsie or Chris)
 - a. Your user ID should be First Initial following with your Last Name in lower case
 - i. i.e. for Chris Ramos, the ID is cramos
4. Change your password
5. Update the three sections of your profile
6. Print your forms

If you feel overly enthusiastic about adding your team members, please follow the instructions below. Otherwise, send the person's name and email address to Chris Ramos at ramos@back2backministries.org.

1. How to add group members to your trip:
 - i. **You will need each team member's email address to add them!**
 - ii. Click on "Mission Trips"
 - iii. Click "Mission Trip Group" on the left
 - iv. Search to make sure your group member is in our system. Enter either the person's last name or email to search for him or her.
 - v. If the person you searched for is not listed, click on "Click here to add a new contact".
 - vi. The username you will give them must be their first initial of their first name followed by their last name (i.e. – cputerbaugh, ksmith)
 - vii. If the First Initial, Last Name is already in use (you may see an error that says "*username already exists*"), add a number to the new ID starting with 1 and increase by 1
 - a. If Chris Ramos already has the ID cramos,
 - b. i.e. for Caleb Ramos, use cramos1
 - c. i.e. for Cathy Ramos, use cramos2
 - viii. Give them the password and make sure to tell them what it is
 - ix. If an email address is the same for more than one group member, the system will not accept the same address more than once. You will see this error, "*A username for that e-mail address already exists. Please enter a different e-mail address*". So, instead of typing an email address, simply type in the group member's **username** in place of their email address.
 - a. Type in their username (i.e. "cramos") instead of an email address.
 - x. Repeat this process for each group member
2. After adding your team scroll to the bottom of the page with all their names and "click here to email all members of this group". Email them and let them know their username and password.
3. To view travel documents click on "*My Documents*" on left of the page.
4. Once everyone is logged in they are responsible for updating their profile & printing their travel documents online.
5. Please check each form to see which ones needs to be notarized (or ask the Mission Coordinator to make sure).

***Please do not hesitate to contact Chris Ramos or Chelsie Puterbaugh if you have any questions/comments/suggestions about MTM (Mission Trip Management) Thank you!!*