



Belize ~ Team 1923

CUAA Nursing

Team Description
“Impacting the World for Jesus Christ”

DATES: July 20 – August 4, 2019

LOCATION: TBD

ESTIMATED COST: \$2,200-2,500 based on estimated airfare

COST INCLUDES:

- Airfare
- Visa
- Ground Transportation
- Housing
- Meals
- Logistical, Spiritual & Cultural Training Materials
- Trained Team Leader
- In-country Arrangements and Costs
- Supplemental Health Insurance
- Crisis Management Plan
- Team Medical Bag with Nursing Protocols
- 24/7 On Call Doctor



TENTATIVE WEEKLY SCHEDULE:

Please note that this is a tentative schedule and will not be finalized until the airlines schedule and field logistics are completed.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Depart US Arrive Belize
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship	Project	Project	Project	Project	Project	Project
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Worship	Project	Project	Project	Project	Project	Depart Belize Arrive US

PASSPORT & VISA REQUIREMENTS:

Americans traveling in Belize are encouraged to register with the U.S. Embassy through the State Department’s travel registration website to obtain updated information on travel and security within Belize. MOST Ministries registers all teams with the US Embassy in each country we serve.

A valid U.S. passport is required for all U.S. citizens, regardless of age, to enter Belize and to depart Belize for return to the U.S. While in Belize, U.S. citizens should carry their passports, or a photocopy of their passports, with them at all times.

Please Note: Passports must be valid for at least six (6) months beyond the team return date to the United States. If this requirement is not met you may be refused re-entry into the country. Please visit the [U.S. Department of State website](http://www.state.gov) for additional information.

EMBASSY INFORMATION:

Address: # 4 Floral Park Road -- Belmopan, Cayo District -- Belize, Central America

Emergency Phone Number during normal business hours: 011-501-822-4011

Emergency Phone Number For after-hour emergencies: 011-501-610-5030

Fax Number: 011-501-822-4050

See http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_1055.html for additional information.

VACCINATIONS:

Before visiting Belize, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-pertussis-tetanus vaccine, varicella (chickenpox) vaccine, and your yearly flu shot.
Hepatitis A or Immune Globulin (IG)	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Belize, regardless of where you are eating or staying.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
Typhoid	You can get typhoid through contaminated food or water in Belize. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
Rabies	<p>Rabies can be found in dogs, bats, and other mammals in Belize, so CDC recommends this vaccine for the following groups:</p> <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.
Malaria	When traveling in Belize, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Belize, see malaria in Belize .

This is based on current information from CDC (Center of Disease Control & Prevention). Always consult with your doctor regarding vaccinations, as MOST Ministries cannot be held liable for any recommendations made.

MOST MINISTRIES SHORT TERM TRAVEL INSURANCE:

MH Ross Trip Armor Travel Protection Plan and ACE American Insurance Company (Foreign Liability)

MH Ross Trip Armor Travel Protection Plan provides individuals heading to the mission field protection and assistance in these areas:

Medical Coverages & Services

- Medical expenses ~ accident and sickness
- Accidental death and dismemberment
- Medical emergency family reunion (bedside visit)
- Hospital admission deposit advance
- Foreign medical referral service
- Medical consultation and monitoring service
- Prescription drug replacement service
- Medical assistance:
 - Multi-lingual assistance
 - Emergency medical evacuation
 - Medically necessary repatriation
- Return of mortal remains

Security Assistance Services

- Contingency political evacuation planning
 - Political evacuation
- Security crisis center

Travel Assistance Services

- Benefits verification and claims assistance
- Embassy and consular information
- Emergency cash advance
- Emergency family travel arrangement assistance
- Emergency message transmission
- Foreign legal access
- Return of rental vehicle
- Return of traveling companion or dependents
- Translation and interpretation

Liability Coverages-ACE American Insurance

- Foreign liability insurance
- Employer's liability insurance

See http://www.mostministries.org/team_insurance for additional information

LOGISTICS:

Electricity	Belize uses 110 volt, 60 cycle electricity, same as the US. Plugs are typically the 2 pronged flat type so US travelers will not typically need a converter or adaptor. Outlets rarely have 3 holes so if your device has a third prong, bring an adaptor.
Currency	https://www.oanda.com/currency/converter/
Lodging	The team will stay in a clean, modest hotel.
Meals	Lunches will be catered in or sack lunches. Breakfast and dinner will be eaten in restaurants or hotel.

CLIMATE:

Belize is typically hot and humid day and night year-round. Temperatures vary by only about 4°C between the coolest part of the year (December to March) and the hottest (May to September). The daily temperature range is around 10°C from the hottest part of the day to the coolest part of the night. In the uplands (Mountain Pine Ridge and the Maya Mountains) you can expect temperatures to fall by about 3°C for every 1000ft rise in altitude, making things noticeably more comfortable.

Belize has distinct wet and dry seasons. The wet season runs from mid-May to November in the south and from mid-June to November in the north. November to February is a transitional period, with the year's coolest temperatures and a limited amount of rain. The true dry season is February to April. There's quite a large difference in rainfall between the north of the country (around 1500mm or 60in a year) and the south (about 4000mm or 160in). In the north and center of the country there's a dip in rainfall in August, between peaks in July and September.

Read more: <http://www.lonelyplanet.com/belize/weather#ixzz2cjPKsoYd>

WEATHER HISTORY ~ BELMOPAN, BELIZE

Month	High	Low
January	79	63
February	83	66
March	85	69
April	88	70
May	91	73

June	92	74
July	88	73
August	90	71
September	86	74
October	86	72
November	83	70
December	78	66

(Weatherbase.com)

CULTURE:

The **Belizean culture** is made up of influences and people from Kriol, Maya, Garinagu (also known as Garifuna), Mestizo (a mixture of Spanish and Native Americans), Mennonites who are of German descent, with a blend of many other cultures from Chinese to Lebanese. It is a unique blend that emerged through the country's long and occasionally violent history.

Courtesy is important to most Belizeans. It is not uncommon for Belizeans to greet each other on the street even if they have never seen each other before, or for acquaintances to spend minutes at a time chatting, oblivious to what is happening around them.

Belizeans of all ethnicities eat a wide variety of foods. Breakfast consists of bread, flour tortillas, johnny cakes, or fry jacks that are often homemade. It is eaten with various cheeses (Dutch cheese, band back cheese, craft cheese, etc.) refried beans, various forms of eggs or cereal (corn flakes, oatmeal) sweetened with condensed milk. Morning beverages include milk, coffee, tea, Milo, Ovaltine, Cocoa, orange juice (fresh or concentrated). Eating breakfast is called "drinking tea." Midday meals vary, from lighter foods like beans and rice with or without coconut milk, tamales, panades, (fried maize (corn) shells with beans or fish) and meat pies, escabeche (onion soup), chilmole (black soup made with black recardo), stew chicken and garnaches (fried tortillas with beans, cheese, and cabbage sauce) to various constituted dinners featuring some type of rice and beans, meat and salad or coleslaw. In the rural areas meals may be more simplified than in the cities; the Maya use recardo, corn or maize for most of their meals, and the Garifuna are fond of fish and other seafood, cassava (particularly made into hudut) and vegetables. Local fruits and certain vegetables are quite common. Mealtime is a communion for families and schools and some businesses close at midday for lunch, reopening later in the afternoon.

If you are interested in learning more about Belize's religious statistics, please visit [Joshua Project](#).

CULTURAL INFORMATION WEBSITES:

The Lonely Planet	http://www.lonelyplanet.com/belize	General Country Information
CIA World Factbook	https://www.cia.gov/library/publications/the-world-factbook/geos/bh.html	Statistical Information
Every Culture	http://www.everyculture.com/A-Bo/Belize.html	Cultural Information

SIGHTSEEING:

Xuantunich <http://www.lonelyplanet.com/belize/sights/ruin/xunantunich> and Cahal Pech <http://www.lonelyplanet.com/belize/western-belize/san-ignacio-cayo/sights/ruin/cahal-pech> Mayan ruins are an option for tour day. There will be an opportunity to visit a local market as well.

FAST FACTS:

Languages	The different groups speak their own languages, but the language spoken across ethnic lines is a form of pidgin English called Creole. There is much bilingualism and multilingualism. English is taught in all primary schools; however, its use is limited to official discourse and it appears more often in the written form than in the spoken.
Religions	Christianity is the main religion. Most of the people are Roman Catholics, Anglican, Methodists, Baptists, or Mennonites. There are some Moslems and Hindus.
Population	189,392

Ethnic Groups	Ethnic and geographic identification coincides with the areas where ethnic groups settled. In the north and west there are the <i>mestizos</i> , people formed by the union of Spaniards and Maya. In the central part, there are the Creoles, formed by the intermarriage of the British and their African slaves. In the south, there are the Garifuna, also called Black Caribs, along the coast and the Maya farther inland.
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Read more: <http://www.everyculture.com/A-Bo/Belize.html#ixzz2cjV7G1zH>

CONTACT / APPLICATION INFORMATION:

MOST Ministries believes that the work of foreign missions must be a direct response to the requests and needs of the mission field. Through strategic planning, areas of need are identified and a plan of action is set in place to enable team members to utilize their gifts and talents in meeting those needs. If you are interested in utilizing your gifts in touching the lives of others in Tanzania please contact Tyler Seehafer at (734) 994-7909 ext. 7 or tseehafer@mostministries.org.

MOST MINISTRIES

655 Phoenix Drive, Ann Arbor, MI 48108

Phone: (734) 994-7909

Website: <http://www.mostministries.org>

Facebook: [MOST Ministries](#)