

FLY-IN TEAM MANUAL

Sharing God's Love in Mexico

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TRAVELING IN MEXICO

WHAT PAPERS ARE NECESSARY FOR TRAVEL IN MEXICO?

All FLY-IN team members must carry proof of citizenship at all times. (We suggest either a passport or a notarized copy of your birth certificate with a photo ID.) It is also suggested that you carry a copy of your passport with you in a separate location as well as leave one copy of your passport at home. You must also have the original Consent for Medical Treatment form with you either a passport or a notarized copy of your birth certificate with a photo ID.) It is also suggested that you carry a copy of your passport with you in a separate location as well as leave one copy of your passport at home. You must also have the original Consent for Medical Treatment form with you at all times while in Mexico. You will need to purchase a VISA, also known as a Tourist Card, when you check into the country. This will cost approximately \$25 US dollars. For information on how to obtain a passport go to (<http://www.travel.state.gov>). Approximate cost for a passport if you haven't applied before is \$100.

NON-USA & NON-CANADIAN CITIZENS

Non US and Non Canadian Citizens must acquire a visa from a Mexican consulate before entering Mexico. Check with the consulate well in advance of your planned date of travel, as some nationalities require authorization from Mexico City or may not be allowed at all.

IS IT DANGEROUS TO TRAVEL IN MEXICO?

Travel in Mexico carries no more inherent risk than traveling in the United States.

Driving is different than what you are probably used to. For example, left hand turning signals can have three different meanings depending on when and where they are used.

There are armed checkpoints to look for guns and drugs. These checkpoints do not pose a threat and should not be viewed as harassment. Petty thievery is fairly common in Mexico so please leave valuables at home. Cameras and money should be kept secured and out of site at all times.

For aircraft, it is important that the Pilot-in-Command have all the necessary paper work for the aircraft, pilot credentials, and knowledge of flight plans and border crossing procedures for legal aircraft travel in a foreign country. This information is readily available from your flight coordinator or the Mexican Medical office.

Web sites to look at are <http://www.bajanet.com> or <http://www.cia.gov> and do a search for Mexico.

WHAT ABOUT INSURANCE?

Should you rent a vehicle or drive your own car (or any form of motorized vehicle- i.e. boat, plane, motorcycle, jet ski etc.) it is your responsibility to have liability or full coverage vehicle

insurance for Mexico and the US. This insurance is required for travel in Mexico. US insurance is not valid in Mexico. Insurance is available at border areas or via FAX. Pilots should check with their insurance agent to secure Mexican insurance before departure.

Medical Insurance- Check with your insurance company to see if you are covered out of the country. If you are not covered short term travel medical insurance should be purchased.

WHAT ABOUT CHANGING MONEY?

Please do not bring bills larger than 20's because it is very difficult to get change. Do not bring travelers checks to be used in Mexico as there are very few places that will change them for you. Small bills should be brought for personal use. Most merchants in Mexico will accept US bills, but if you prefer US dollars can be exchanged for Mexican pesos.

ARE IMMUNIZATIONS REQUIRED?

No immunizations are required to travel in Mexico, but members may want to get a tetanus booster. You can call Mexican Medical one month prior to you scheduled arrival to see if we have any knowledge of any epidemics in the area in which you will be serving. You may want to contact the U.S. State Department for current information concerning your ministry area at <http://travel.state.gov> and do a search for Mexico. You may also want to check out <http://www.cdc.gov/travel> .

WHAT ABOUT CONTACT IN CASE OF EMERGENCY?

If an emergency arises back home, in which you must get in touch with an individual in Mexico, you may contact our office in Pasadena 626 577 8096. Our office hours are 9:00 - 5:00, Monday through Friday. We do have an emergency number for our sister organization that runs many mission sites, Mexican Medical 619 463 4777. However it is usually a message number.

This is reserved for EMERGENCIES ONLY. Please be sure to leave the Mexican Medical phone number at home along with the name of the site you are going to. This will expedite finding you in case of an emergency. EMERGENCIES ONLY. Please be sure to leave the Mexican Medical phone number at home along with the name of the site you are going to. This will expedite finding you in case of an emergency.

There may not be access to phones while you are in Mexico depending on the mission where you are serving. It is suggested that you tell your friends and family that no news is good news. You can contact them as soon as you return to the U.S.A. Cell phone service, even though you may have international capability with your service provider, in the Baja area of Mexico, is very "spotty" and expensive (about \$2.00 per minute). So, it is recommended that you not plan on using your cell phone for communication.

WHAT ABOUT FLYING IN A SMALL AIRCRAFT?

If you are flying in a 4-6 seater airplane, as with any form of transportation, you are assuming certain risks, however your safety is of utmost concern to us. Please be advised that it is the sole responsibility of the pilot-in-command to determine if the weather conditions present or forecast are safe enough to warrant the flight. Mission aircraft are generally not equipped with deicing and thunderstorm avoidance radar and most are single engine aircraft. There is a possibility that the departure and /or the return flight(s) may be delayed, postponed or completely canceled to assure safe operations. Each passenger should recognize that such delays may occur and should prepare for such a possibility with home or work.

These planes are limited in the amount of weight they can take. PLEASE pack as lightly as possible using a soft duffle type of bag. Your full personal bag (including sleeping bag) should weigh no more than 20 pounds in order to have sufficient room/weight for equipment and supplies. If you can bring 10 lbs. even better for safety. PLEASE pack as lightly as possible using a soft duffle type of bag. Your full personal bag (including sleeping bag) should weigh no more than 20 pounds in order to have sufficient room/weight for equipment and supplies. If you can bring 10 lbs. even better for safety.

La Esperanza flights:

These flights are offered through various private pilots. We will put you in contact with the flight coordinator for your team. The flight coordinator will notify you of your airport of departure. PLEASE pack as lightly as possible using a soft duffle type of bag. Your full personal bag (including sleeping bag) should weigh no more than 20 pounds in order to have sufficient room/weight for equipment and supplies. If you can bring 10 lbs. even better for safety.

Loreto teams:

Starting in January 2006 all Loreto participants are asked to use a commercial flight. Aero Mexico and Alaska airlines service the Loreto (LOR) airport. There may be occasional flights from EL Monte to Loreto direct by our pilot director.

San Vicente Teams:

For this team you will need to fly in a private aircraft to Ensenada or on to the San Vincente valley directly to Rancho Llano Colorado airstrip, 7 miles south of the town of San Vincente. From San Diego International (SAN), ground transportation will be used to get you to the Brown Field airport (KSDM) so your private plane can pick you up there on the way to Ensenada or Tijuana enroute to the clinic site in San Vicente. A taxi or super shuttle will be needed each way if local ministry partners are not available to drive you to the pick up airport.

SERVING IN MEXICO

GUIDELINES

Realizing that everyone goes to Mexico with different goals, motivations, and spiritual backgrounds, we submit the following in an effort to make the most of your time in Mexico. We trust that you will take these guidelines seriously and come with a proper, team-player attitude. The Mexican churches we work with dictate many of our guidelines to us. It is our desire to encourage them within their cultural setting and not to enforce or push our culture on them, after all we are guests in their country. With this in mind the following is submitted to you.

PROPER ATTITUDE

- ▶ " ... your attitude should be the same as that of Christ Jesus." Philippians 2:5
- ▶ Fully committed to Christ and to each other.
- ▶ Unselfish spirit.
- ▶ Commit your energies and priorities to serving God and others.
- ▶ Lay aside your desires for fun, relaxation and personal ego. This is not a vacation or camp.
- ▶ Have a positive outlook for learning from the Mexican people.
- ▶ Be willing to learn something new about yourself and the world.
- ▶ Be adaptable. You may have to exist in conditions that you do not enjoy.
- ▶ Be flexible. You may have to work next to someone you may not like.
- ▶ Do all things without complaining.
- ▶ Be willing to do anything and look out for the needs of each other.
- ▶ Be thankful God sent you.

CONDUCT

The people of Mexico form an opinion of Christianity on what they see in you; therefore, as individuals and as a group it is important to conduct yourselves in a godly manner.

Have positive spirit.

Group unity.

An exemplary Christian lifestyle.

Loud and boisterous demonstrations of enthusiasm are not appropriate in Mexico.

Be conscious of the impression your group will make.

Loud music, Christian or secular, can be offensive. Tape players, CD, IPODS, and are allowed, but not suggested. They can be played very quietly in the dorm.

Do not descend upon an event like a group of tourist taking snap shots of everything. One designated photographer for an event is okay with the approval of the FLY-IN team leader. Ask your leader about picture taking in the local area.

Although some of these activities are permissible for Christians here, they are not permissible for

Mexican Christians so please refrain from drinking alcoholic beverages, using tobacco products, and social dancing during your stay.

Male/Female Relationships

Among unmarried couples hand holding, kissing or other public displays of affection are not acceptable in Mexico. (Group members must refrain from this type of activity while in Mexico.)

Females must not go anywhere alone - always in groups.

Males and females must not go off together as a couple (Mexicans consider this a very suspicious action.)

Females must not flirt or give encouragement, in dress or manner, to Mexican males.

DRESS CODE

Avoid a sloppy appearance.

SPANISH MATERIAL

RESOURCES FOR SPANISH LEARNING

TITLE	DESCRIPTION	WHERE TO BY	COST
Rosetta Stone	It will help you to comprehend Spanish in the four areas of language learning: listening, reading speaking and writing. It has interactive CD's that you use on your computer.	www.RosettaStone.com	\$195 up to \$499
Alcance	This conversational Spanish course offers easy to follow lessons that teach the basics of Spanish. There are courses that focus on sharing your faith in Spanish, for Healthcare Professionals, Labor & Delivery, and also Dental Professionals. There are CD's to listen to and notebooks and flash cards	www.seeinvases.com	Each course is from \$34.50 and up.
Spanish for Dummies	This is a good basic book for the beginner Spanish learner. It covers basic information to help get you started in learning Spanish. It includes has a CD.	www.amazon.com	New Book: \$24.99 but on Amazon you can find it lower.

USEFUL SPANISH PHRASES

Hello	Hola!
Good morning	Buenos días
Good afternoon	Buenas tardes
Good night	Buenas noches
Do you speak English?	Habla usted inglés?
I don't understand	No entiendo
My name is _____	Me llamo _____
What is your name?	Como se llama usted?
I'm please to meet you	Gusto en conocerle
How are you?	Como está usted?
I'm fine, and you?	Muy bien, y usted?
I'm hungry/thirsty	Tengo hambre/sed
I fell sick	Me siento mal
I'm tired	Estoy cansado
Is there a bathroom here?	Hay un baño aqui?
Where?	Donde?
When?	Cuando?
What? (How's that?)	Como?
Attention please	Atención por favor
Thank you	Gracias
You're welcome	De nada
Stand up everyone	Pónganse de pie
Let's sing	Vamos a cantar
Let's play a game	Vamos a jugar un juego
Do you (pl.) want to play?	Quieren jugar?
Make a circle	Hagan un círculo
Join hands	Todos tomense las manos

Come here everybody!	Vénganse !
Run!	Córrele!
We're going to pray	Vamos a orar
Do you like it?	Le gusta?
I don't know	No sé
Left	Izquierda
Right	Derecha
Where do you live?	Donde vive usted?
Is it very far?	Está muy lejos?
Goodbye	Adiós
See you later	Hasta luego
God bless you	Dios le bendiga

BASIC VOCABULARY:

Days of the week	Colors	Months of the year
Monday----- Lunes	Red ----- Rojo	January-----Enero
Tuesday----- Martes	Green----- -Verde	February----- Febrero
Wednesday----- Miercoles	Yellow----- Amarillo	March-----Marzo
Thursday----- Jueves	Blue -----Azul	April -----Abril
Friday ----- Viernes	Black----- Negro	May -----Mayo
Saturday----- -Sabado	White----- Blanco	June -----Junio
Sunday-----Domingo		July -----Julio
		August----- Agosto
		September----- Septiembre
		October-----Octubre
		November---- Noviembre
		December----- Diciembre

BASIC WORDS AND PHRASES

Now	Ahora	Maybe	Es posible
Later	Mas tarde	Sometimes	A veces
Always	Siempre	Never	Nunca
The same	Igual	Here	Aqui
There	Alli	Also	Tambien
And	Y	Or	O
Again	Otra vez	A long time	Mucho tiempo
Good	Bueno	Bad	Mal
Well	Bien	Better	Mejor
Worse	Peor	What	Que
Which	Cual	How many-How much?	Cuanto
When	Cuando	Big	Grande
Little, small	poquito, pequeño	Many, a lot	Mucho
Today	Ahora	Yesterday	Ayer
Tomorrow	Mañana	Other	Otro
Minute	Minuto	Hour	Hora
Day	Dia	Week	Semana
Month	Mes	Year	Año
But	Pero	Why	Porqué?
Because	Porque		

SPANISH FOR MEDICAL PERSONNEL

The following is material created for Medical personnel who will need the basic vocabulary for a Medical exam. Most of these questions can be answered with a YES or NO, but is also important that you memorize the body parts and a basic conversation. You can introduce yourself with the following paragraph.

English Translation:

Hello. I am a paramedic (firefighter, nurse, doctor). I want to help you. I do not speak Spanish. I will ask you some questions but I will not be able to understand your spoken answers. Please try to respond as much as possible with a Yes or No. Thank you.

Spanish translation:

Hola. Soy paramedico (bombero, enfermera, doctor, medico). Quiero ayudarle. Yo no hablo español, pero voy a hacerle unas preguntas. No voy a entender todas sus respuestas, por favor trate de responder lo mas possible disiendo Si Y No. Gracias.

English Spanish Examination Questions

* Good Morning	Buenos Dias
* What is your name?	¿Cómo se llama?
* How old are you?	¿Cuantos años tiene?
* Do you understand me?	¿Me entiende?
*Can you speak more slowly please?	¿Por favor, puede hablar más despacio?
*How do you feel?	¿Cómo se siente?
* Good	Bien
* Bad	Mal
* So, So	Mas o menos
* Sit down, please.	Siéntese por favor.
* I am going to take your temperature	Voy a tomarle la temperatura
* I am going to take your blood pressure	Voy a tomarle la presion sanguinea
* Let me feel your pulse	Déjeme tomarle el pulso
* Have you slept well?	¿Ha dormido usted bien?
*Do you have any difficulty breathing?	¿Tiene dificultad al respirar?

- *Have you lost weight?
- *When did this illness begin?
- * Did you take anything for it?
- * Are you subject to them?
- * We are going to examine you
- * Sit here please.
- * Please lie down
- * Relax
- * Inhale
- * Exhale
- * Cough
- * Again, please

- ¿A perdido Ud. peso?
- ¿Cuándo empezó esta enfermedad?
- ¿Tomó algo para mejorarla?
- ¿Le sucede a menudo?
- Vamos a examinarle
- Siéntese usted aquí, por favor.
- Acuéstese por favor
- Relájese usted
- Respire usted
- Exhale
- Tosa
- Otra vez por favor

HISTORY

- * Have you had chest pain?
- * ...heart problems?
- * Are you diabetic?
- * Any known allergies?
- * What medications do you take?
- * Have you been drinking?
- * Have you used drugs?
- * Are you pregnant?

- ¿Ha tenido dolor del pecho?
- ¿Ha tenido problemas del corazón?
- ¿Tiene diabétes?
- ¿Tiene alergias?
- ¿Qué medicamentos tomas?
- ¿Ha estado bebiendo?
- ¿Ha tomado usted drogas?
- ¿Estas embarazada?

MENTAL ORIENTATION

- * Wake up sir/ madam.
- * Listen.
- * Were you unconscious?
- * Move your fingers and toes.
- * What day is today?

- Despiértate, señor/ señora.
- Escúchame
- ¿Estuvo inconsciente?
- Mueve sus dedos y dedos del pies.
- ¿Qué día es hoy?

- | | |
|----------------------------------|---------------------------------|
| * Where is this/ are you? | ¿Dónde está? |
| * What is your telephone number? | ¿Cuál es el numero de teléfono? |
| * What is your address? | ¿Cuál es su dirección? |
| * When is your birthday? | ¿Cuándo es tu cumpleaños? |

PAIN

- | | |
|----------------------------------|------------------------------------|
| * Do you have any pain? | ¿Tiene dolor? |
| * Where does it hurt? | ¿Dónde le duele? |
| * Do you have any pain here? | ¿Le duele aquí? |
| * Do you have pain in your side? | ¿Le duele el costado? |
| * Show me where | Enséñeme donde |
| * What did you fell initially? | ¿Qué sentía cuando empezo? |
| * Shooting pains? | ¿Dolores agudos? |
| * Is it worse now? | ¿Está peor ahora? |
| * Does it still pain you?? | ¿Le duele todavía |
| * Have you had this pain before? | ¿En otra ocasión tenia este dolor? |
| * How long ago? | ¿Hace cuanto tiempo? |

HEAD

- | | |
|--------------------------------------|---------------------------------|
| * How does your head feel? | ¿Cómo siente la cabeza? |
| * Your memory? | ¿Su memoria? |
| * Is it good? | ¿Es buena? |
| * Did you fall and how did you fall? | ¿Se cayó y como se cayó? |
| * Did you faint? | ¿Se desmayo? |
| * Have you ever had fainting spells? | ¿Ha tenido desmayos alguna vez? |

EARS

- | | |
|--|------------------------|
| * Do you have ringing in the ears? | ¿Le pitán los oidos? |
| * Do you have discharge from the ears? | ¿Le supuran los oidos? |

* The hearing

El oído

* Is it affected?

¿Está afectado?

EYES

* Look up

Mire para arriba

* Look down

Mire para abajo

* Look toward your nose

Mire la nariz

* Can you see clearly ¿Puede ver claramente?

* Do your eyes water a good deal?

¿Le lagrimean mucho los ojos?

* Did anything get into your eye?

¿Le entro algo en el ojo?

* Do you sometimes see things double?

¿Ve las cosas dobles algunas veces?

* Does the eyeball feel as it was swollen?

¿Le parece que el ojo está hinchado?

* Look down

Mire para abajo

* Look toward your nose

Mire la nariz

* Can you see clearly

¿Puede ver claramente?

* Do your eyes water a good deal?

¿Le lagrimean mucho los ojos?

* Did anything get into your eye?

¿Le entro algo en el ojo?

* Do you sometimes see things double?

¿Ve las cosas dobles algunas veces?

* Does the eyeball feel as it was swollen?

¿Le parece que el ojo está hinchado?

THROAT AND MOUTH

* Cough

Tosa

* Cough again

Tosa otravez.

* Open your mouth

Habra la boca

* Does it hurt you to open your mouth?

¿Le duele al abrir la boca?

* Since when do you cough?

¿Desde cuando tose usted?

* Take a deep breath

Respire profundamente

* Do you expectorate much?

¿Escupe usted mucho?

* What is the color of your expectorations?

¿De que color es lo que escupe?

* Does your tongue feel swollen?	¿Siente Ud. la lengua hinchada?
* Do you have a sore throat?	¿Le duele la garganta?
* Does it hurt to swallow?	¿Le duele al tragar?
*Trouble breathing	dificultad en respirar
*Weakness	debil
*Asthma	asma
*Does the pain increase when you breathe?	¿Se aumenta el dolor cuando respira?
*Breathe deeply through your mouth.	Respire profundo por la boca.
*Breathe slowly	Respire despacio.

ARMS AND HANDS

* Let me see your hand?	Enseñeme la mano
* Do you have no power on it?	¿No tiene fuerza en la mano?
* Grasp my hand	Apriete mi mano
* Does your arm feel paralyzed?	¿Siente su brazo paralizado?
* Raise your arm	Levante el brazo
* Since when is your arm so powerless?	¿Desde cuando no tiene fuerza en el brazo?

GASTROINTESTINAL

* Do you have stomach cramps?	¿Tiene calambres en el estomago?
* Since when is your tongue that color?	¿Desde cuando tiene la lengua de ese color?
* Do you have pain in the pit of your stomach?	¿Tiene dolor en la boca del estomago?
* Nausea	Náusea
* Does eating make you vomit?	¿El comer le hace vomitar?
* Do you need to vomit?	¿Necesita vomitar?
* How are your stools?	¿Cómo son sus defecaciones?
* Have you noticed their color?	¿Se ha fijado en el color?
* Are you constipated?	¿Esta estreñado?
* Do you have diarrhea?	¿Tiene diarrea?

El oído	inner ear	El ojo	eye
Los lentes	eyeglasses	La frente	forehead
El cabello	hair	El cuero cabelludo	scalp
La barba	chin	La garganta	throat
La sien	temple	Los huesos	bones
La espalda	back	El brazo	arm
El codo	elbow	La mano	hand
El dedo	finger	El tobillo	ankle
El pie	foot	La cadera	hip
La rodilla	knee	La pierna	leg
La pelvis	pelvis	Las costillas	ribs
El hombro	shoulder	La espina	dorsal spine
El abdomen	abdomen	Cáncer	cancer
El pecho	chest	La droga	drug
La fractura	fracture	Alta presión de sangre	hypertension
Los pulmones	lungs	La medicina	medicine
La cabeza	head	El corazón	heart
Ayudar	to help	El pené	penis
La Camilla	stretcher	Ataque de parálisis	stroke
La vagina	vagina	La muñeca	wrist

TRANSLATION TIPS-PREPARATION FOR THE INTERPRETER

1. Familiarize yourself with the material you will be translating.
2. Do not underestimate the intelligence of the audience. Education and wealth do not determine a persons ability to understand.
3. Practice interpreting everyday conversations to get used to the mental process of hearing, remembering and interpreting.
4. Use normal facial expressions and body motions to convey the thoughts expressed by the speaker. You are the visual and verbal representation of the speaker's thoughts and feelings.
5. Use complete sentences or phrases whenever possible so that your audience is not left "hanging" for the rest of the thought.
6. Convey the total idea rather than a word for word translation.
7. Never translate by saying "He said... (El dice que ...)." You are the speaker's voice - just say it!
8. Non-Spanish speaking members of the medical team will be looking for guidance. Both

Americans and Mexicans will look to you to break the language/cultural barrier.

1. Recommended English/Spanish Dictionary: English-Spanish Medical Dictionary By Glenn T. Rogers, M.D. Published by McGraw-Hill Copyright 1997
2. You also may want to check out www.transparent.com