Dates: Flexible, June 2014

Individual Costs: Approx. $575. This includes food, lodging, in-country transportation, and travel/health insurance. This is an estimated cost and does not include international flights, and is based on a team of 10 people for 7 days in country.

Project Costs: $3,000. This includes costs for all materials and labor. This is a shared cost between all team members.

Project Description:
Partner with Lutheran Hour Ministries (LHM)—Panama in reaching out into the community by participating in Project JOEL, a program teaching teens Christian values in public schools, activities with Redeemer Lutheran Church and puppet ministry at the Pediatric Hospital. Through these outreach programs, 150 students will be reached with Project JOEL and approximately 100 children and parents in the hospital Children’s Hospital visit.

The team will also help Redeemer Lutheran by providing funds for construction of a fence that will surround the church property. A portion of the fence has already been installed. The remainder of the fencing is still needed. The remainder of the fencing will be installed prior to the team’s arrival with the team painting the fence and a portion of the outside of the church.

Project Location:
Panamanians' culture, customs, and language are predominantly Caribbean Spanish. Because of Panama’s unique location as a transit point and because of people coming over the years to work on the railroad and the Canal, the majority of the population is ethnically a mix of Spanish, indigenous, and of African descent. The remaining population is Caucasian, Chinese, and others. Spanish is the official and dominant language; English is a common second language spoken by the West Indians and by many businesspeople and professionals. More than half the population lives in the Panama City-Colon metropolitan corridor.

Panama is rich in folklore and popular traditions. Lively salsa—a mixture of Latin American popular music, rhythm and blues, jazz, and rock—is a Panamanian specialty. Outside the Panama City area, which has many first-class hotels and restaurants, tourist facilities vary in quality. The U.S. dollar is the paper currency of Panama, and is also referred to as the Panama Balboa. Panama mints its own coinage, though U.S. coins are also accepted.

LHM International Volunteer Trips provide the opportunity to learn through authentic cross-cultural experiences and have the opportunity to share the love of Jesus. If you are interested in touching lives, please call Chris Myers at 314-317-4268 or 1-800-944-3450, ext. 4268; or by email christine.myers@lhm.org.
**Sample Itinerary**

Day 1. Arrive and rest.
Day 2. Worship, orientation.
Day 3. Workday
Day 4. Workday
Day 5. Workday
Day 6. Workday
Day 7. Sightseeing
Day 8. Depart for home

A detailed itinerary will be customized and provided to you by LHM according to your travel days and team size.

**Entry Documentation**

- U. S. Passport must be valid 6 months beyond arrival date
- Tourist card must be purchased upon arrival in Panama at a cost of $30.00
- Visas are not required

**Embassy of Panama**

2862 McGill Terrace NW
Washington DC 20008
Phone (202) 483-1407
Fax (202) 483-8413
Email info@embassyofpanama.org
Website www.embassyofpanama.org

Please visit the Embassy of Panama website for the most current visa information.

**Sightseeing**

The team will have the option to visit many different sights which include Panama Canal (Miraflores Locks) $8.00, Cerro Ancon, Panama La Vieja $5.00, Casco Viejo and the Coastway. This is a separate cost not included in the individual budget.

**Insurance Coverage**

Medical evacuation insurance is mandatory for all team members. LHM provides insurance from AIG at the cost of $3.30 a day. We will provide you with an insurance card with a policy number and a contact phone number in cases of extreme emergency – i.e. something that requires evacuation. For all other claims please pay any bills that you incur and make a claim directly to the insurance company upon your return.

**Lodging and Meals**

Based on availability, accommodations can be made at Balboa Inn very near the church. Breakfast is included at the hotel. http://www.thebalboainn.com/
### Budget

Sample budget based on 10 people for 7 days in country:

<table>
<thead>
<tr>
<th>Individual Costs</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Travel Insurance</td>
<td>$3.30 per person per day, including travel days</td>
</tr>
<tr>
<td>Lodging</td>
<td>$42.50/night/6 nights double room, Balboa Inn</td>
</tr>
<tr>
<td>Food-breakfast, lunch &amp; dinner</td>
<td>$20.00/day average for 7 days</td>
</tr>
<tr>
<td>Translator, tour and driver</td>
<td>$4.30/day for 7 days</td>
</tr>
<tr>
<td>Transportation (include airport)</td>
<td>$12.15/day for 7 days</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$5 per day x 7 days</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
</tr>
</tbody>
</table>

You must also budget for your international flights, immunizations, if needed, miscellaneous cost with sightseeing and souvenirs. An airport departure tax of $40 should be included with your flight costs. Be sure to check this when booking your flights.

The budget is an estimate and your team may choose to eat more or less expensive, which would alter your budget. We generally over-budget as much as possible so you do not run short of funds; we encourage you to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies or unexpected cost that may occur. If using a credit card or debit card while in country, please notify your credit card company and bank before departure to allow card usage in Panama.

### Project Costs

Project costs are $3,000.00 which covers the materials for prefabricated fencing, which will be purchased locally in Panama, labor costs for installation of the fence and painting supplies for one area of the church. These costs are a shared cost between all team members. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 4 weeks prior to departure and Individual Costs must be paid 2 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline.
### Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

<table>
<thead>
<tr>
<th>Vaccination or Disease</th>
<th>Recommendations or Requirements for Vaccine-Preventable Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Routine</strong></td>
<td>Recommended if you are not up-to-date with routine shots, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.</td>
</tr>
<tr>
<td><strong>Hepatitis A</strong> or immune globulin (IG)</td>
<td>Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with &quot;standard&quot; tourist itineraries, accommodations, and food consumption behaviors.</td>
</tr>
<tr>
<td><strong>Hepatitis B</strong></td>
<td>Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), 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).</td>
</tr>
<tr>
<td><strong>Typhoid</strong></td>
<td>Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.</td>
</tr>
</tbody>
</table>
| **Yellow Fever**       | **Requirements:** Required if traveling from a country with risk of YFV transmission.³  
**Recommended** for all travelers ≥9 months of age traveling to all mainland areas east of the Canal Zone, encompassing the entire comarcas (autonomous territories) of Emberá and Kuna Yala, the entire province of Darién, and areas of the provinces of Colón and Panamá that are east of the Canal Zone (see Map 3-19).  
**Not recommended** for travelers whose itineraries are limited to areas west of the Canal Zone, the city of Panama, the Canal Zone itself, the San Blas Islands, and the Balboa Islands (see Map 3-19).  
Vaccination should be given 10 days before travel and at 10-year intervals if there is on-going risk. Find an authorized U.S. yellow fever vaccination clinic. |

**Rabies vaccination** is only recommended for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. These travelers include wildlife professionals, researchers, veterinarians, or adventure travelers visiting areas where bats, carnivores, and other mammals are commonly found.
Areas of Panama with Malaria: Most transmission in provinces east of the Panama Canal toward the border with Colombia (provinces of Panamá east of the canal and Darién). Transmission also in provinces of C. Ngöbe-Buglé, Chiriquí, Coclé, Kuna Yala (San Blas), and Veraguas. None in urban areas of Panama City or in the former Canal Zone. (more information)

If you will be visiting an area of Panama with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

It is particularly important when traveling to Panama that you have detailed information of where you are going within this country because malaria prevention recommendations vary depending on where you go within the country.

Some areas of Panama have resistance to chloroquine. There are also some areas where the risk of malaria is low, and taking an antimalarial drug is not recommended. See the malaria information listed by country to find out the best way for you to prevent malaria for the area you plan to visit in Panama. For detailed information about each of these drugs, see Table 3-11: Drugs used in the prophylaxis of malaria. For information that can help you and your doctor decide which of these drugs would be best for you, please see Choosing a Drug to Prevent Malaria.

To find out more information on malaria throughout the world, you can use the interactive CDC malaria map. You can search or browse countries, cities, and place names for more specific malaria risk information and the recommended prevention medicines for that area.

This information is based on current information from CDC and often depends on where the team travels in Panama. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.

Please visit http://www.cdc.gov/travel for the most current information on travel immunizations.

Training Manuals and Travel Forms
Team training manuals are provided to each team member and contain required travel forms for each team member to fill out and return to LHM. Please note; some forms will need to be notarized.

Mail forms to: Lutheran Hour Ministries
660 Mason Ridge Center Drive
St. Louis, MO 63141
Electricity
In Panama, the voltage is 110v with 60Hz frequency. In Panama City, the voltage is 120v. For more information on electricity in Panama, please visit http://kropla.com/electric2htm.

Type A Electrical Receptacle

Information on the Type A North American/Japanese 2-blade Electrical Adapter Plug and Electrical Outlet

The Type A electrical plug, or flat blade attachment plug, uses two flat parallel pins or blades. It is found in most of North America and on the east coast of South America on smaller devices that do not require a ground connection.
LHM Ministry-Panama
LHM-Panama has 16 years in Panama. LHM-Panama ministry center has been effective in utilizing printed resources, mass media, and programs to share the Gospel and hope in Jesus Christ.

Some of the outreach programs from LHM-Panama are radio broadcasts, email, evangelism rallies, and Project JOEL. The Project JOEL program was instituted in an effort to bring a solid Christian witness to Panamanian youth, and provide them with information to truly help them to share their values. It has now become an integral preventive program designed to expose and offer educators and students alternative faith-based lifestyles that are more healthy and productive for society. The Visits of Hope and Comfort Program have staff members and volunteers visit people who are hospitalized or seeking for medical attention. During the hospital stay, people wait too long to be attended to, and also, they have emotional needs to be supported and comforted. There is the opportunity to share booklets and to talk to the people, and gather contact information. Out of all the outreach programs working to achieve this goal, Project JOEL and the Equipping the Saints (ETS) workshops have had the most significant impact.

Contact Information
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cptln@cptln.org
Web Site: www cptln.org/panama
Skype: edilbertomm
Ministry Established: 1995

Through authentic cross-cultural experiences, you will have the opportunity to share the message of Christ’s love.
If you are interested in touching lives please call
Chris Myers @ 314-317-4268 or email christine.myers@lhm.org