

Thailand

T R A V E L J O U R N A L

Everything You Need to Know About Your CHF Vision Trip



2018 VISION TRIPS

ITINERARY

■ WEDNESDAY, THURSDAY	1/17-18	Travel
■ FRIDAY	1/19	Arrive; ZOE intros/tour; dinner with children; worship night at ZOE
■ SATURDAY	1/20	Visit Hill Tribes Mercy Network (MN); meet with MN pastors; home deliveries; Night Bazaar
■ SUNDAY	1/21	Church service; games and interaction with ZOE children and family
■ MONDAY	1/22	Elephant camp; visit Chiang Mai MN slums and home deliveries; prayer night at ZOE
■ TUESDAY	1/23	Depart



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ABOUT CHF



DESCRIPTION OF MINISTRY

Children's Hunger Fund is a nonprofit organization incorporated in California to assist in meeting the physical and spiritual needs of children and their families in the United States and developing countries by obtaining and distributing food and other items and by working in cooperation with other organizations toward that end.

CHF MISSION

Children's Hunger Fund seeks to deliver hope to suffering children by equipping local churches for gospel-centered mercy ministry.

CHF DISTINCTIVES

PRIORITIZE THE GOSPEL: We declare the message of the gospel of Jesus Christ as our first priority. It is the only source of true hope, the ultimate remedy for mankind's suffering, and the power of God to those who are being saved. Therefore, we unite our God-given gifts and resources for gospel proclamation.

ELEVATE THE CHURCH: The Church was divinely established and its existence uniquely guaranteed by God as His representative of the gospel in word and deed. Therefore, we elevate and esteem churches dedicated to the gospel, by equipping and providing resources to help them proclaim this message to the world.

IMPACT THE NEXT GENERATION: Children are made in God's image and He commands us to nurture and instruct them in His Word. Therefore, we impact the next generation for Christ, so that one day they would be restored as "children of God" through the power of the gospel.

PURSUE RELATIONSHIPS: The most effective way to serve the needs of others is through ongoing, personal relationships. Therefore, we prayerfully pursue relationships with those we serve and those who help us accomplish our mission, so that our actions might be used by God to transform lives.

STRIVE FOR INTEGRITY: We recognize that we are ultimately accountable to God for the stewardship of the resources He has entrusted to us. Therefore, we strive to fulfill our mission with integrity before God and conduct ourselves in such a way that enables others to trust our work with confidence.



IMPORTANT CONCEPTS

MERCY MINISTRY

This signifies the spread of the gospel through the distribution of material goods and service, toward the alleviation of human pain, suffering, and deprivation, caused by natural and manmade problems, particularly problems impacting children.

MERCY NETWORK

A Children's Hunger Fund "Mercy Network" is a collection of like-minded churches, trained and equipped by CHF, that are pursuing gospel-centered, Relational Mercy Ministry. On an international level, CHF, in partnership with our in-country partner, carefully selects a Mercy Network of churches. CHF then provides training and resources for this network of churches, so that they might provide care for their communities, and establish relationships through home delivery of food for the progress of the gospel.

FOOD PAKS

The resources that CHF provides for these churches is a Children's Hunger Fund "Food Pak," which is a box that holds up to twenty pounds of nutritious food. The most effective way to care for a family in need is to bring help directly to their door. CHF's Food Paks are relationship-building tools that provide face-to-face opportunities to share the gospel through practical acts of compassion.



MINISTRY PARTNER



ZOE INTERNATIONAL

ZOE's first objective is to reach every person possible with the love of God and to present the gospel of Christ to people who have never heard the story of Jesus, inviting them to a life transformation through Christ. ZOE's second objective is to help rescue every child possible from human trafficking globally through our innovative and comprehensive prevention, rescue, and restoration programs which effectively transform each child from their past and give them opportunity for a better future.

HISTORY

ZOE (a Greek word for "Life") began as a USA non-profit 501(c)(3) organization in 2002 founded by Michael and Carol Hart. The Harts founded ZOE in response to hearing about the atrocities of modern day slavery. The Harts sold their custom home and most of their possessions, set up headquarters in Santa Clarita, California, and moved to Thailand – a land where many have yet to hear the gospel of Christ. ZOE Children's Home was launched in 2003 with 47 at-risk children. By 2004, the number of children being served at ZOE grew to 60.

In 2006, ZOE opened its ministry, vocational, language, and business schools. These schools are used to train and equip the ZOE children and future Thai leaders to make a positive impact on their nation.

ZOE International Foundation, Thailand became official in 2007. This status enables the organization to purchase land and build facilities as a protected foundation and safeguard for its partners. Through the years, ZOE has made solid relationships with government leaders who have endorsed the ZOE leadership and the work they are accomplishing in the nation of Thailand.

With generous support, ZOE began construction on three multipurpose buildings, which were completed in 2010. These buildings have dormitories for every age, vocational training centers, staff offices, and kitchens with dining rooms. ZOE

continues to make improvements to the lives of the children rescued from human trafficking and will build additional safe houses and housing as God provides. ZOE has since provided comprehensive aftercare for more than 115 children.

ZOE MISSION

To bring the Good News of Jesus Christ and to make disciples of the unreached people of the world and to demonstrate God's compassion through rescuing and caring for orphans and children from human trafficking.

ZOE VISION

To fulfill God's dream that every person on earth will know Him and possess eternal Life through Jesus Christ; and, that in lands where Christ is unknown, His love will be experienced, His Kingdom will reign, His Church will be built, His disciples will multiply, and He will be glorified for who He is.

ZOE MINISTRIES

LEADERSHIP TRAINING MINISTRY: Operate and multiply our ZOE Ministry School to train Christian workers in unreached areas of the world.

PRAYER MINISTRY: Raising up a world prayer center for the furtherance of God's Kingdom in the Earth and sending prayer invasion teams who will prepare the way of the Lord to bring revival through evangelism and discipleship.

EVANGELISM MINISTRY: Incorporate evangelism in all we do and send evangelism ministry teams who fulfill the great commission by winning the lost to Christ.

DISCIPLESHIP MINISTRY: Grow disciples, equip churches, and pioneer indigenous churches through the aid of discipleship teams.

COMPASSION MINISTRY: Influence secular society with the Gospel while providing works of compassion and relevant success strategies for business, education, and government.

CHILDREN'S HOMES MINISTRY: To rescue and care for orphans in danger and for children who are sold or at-risk of being sold into human trafficking—worldwide.

MISSIONS MINISTRY: Increase the awareness and passion for missions and the globalization of Christianity by educating and providing opportunities to be involved in world missions.

BEFORE YOUR TRIP

PREPARATION FOR YOUR TRIP

PASSPORT

A valid passport is required for entry. Please make sure that your passport has 6 month's validity remaining from our date of departure. If this will be a problem or you need assistance, please contact CHF offices immediately. We suggest that you make a copy of your passport's ID page and place it in each piece of luggage.



VISA

Currently, a visa is NOT required for entry into Thailand. However, please contact the nearest consulate in your area to confirm this information at least 3 weeks prior to the trip, as laws can quickly change, depending on the current political climate of the country.

VACCINATIONS

The Center for Disease Control recommends the following for traveling to Thailand:

- Make sure you are up-to-date on routine vaccines. These vaccines include MMR, tetanus, chickenpox, polio, and flu.
- In addition, you should consider obtaining a prescription for a malaria tablet. Generally, that will mean six weeks of Chloroquine phosphate 500mg tabs (one pill per week starting one week before we leave). Be sure to take your malaria tablet on the day you depart.

MEDICATIONS

Please contact your physician to inquire about medications you may need.

SPENDING MONEY

All of your hotel, transportation, and meal expenses are covered by CHF during the trip. Your only out-of-pocket expenses will be for additional food or souvenirs. Bring money, but not much. Please check with your bank to make sure your card will work in the countries on your trip.

EXCHANGING MONEY

For simplicity, CHF will change out currency upon arrival and make available up to \$200 USD per person for those desiring to have

Thai currency. For those desiring to exchange more than \$200 USD, currency can be exchanged at the airports or at the local banks.



EXCHANGE RATE

\$1 USD = 32 Thai Baht (at the time of publishing)

EMERGENCY MEDICAL INSURANCE

Check with your health care provider to determine the extent of your health care coverage while outside of the US.

PROVIDING EMERGENCY CONTACT INFORMATION

Please provide **Cate Cardenas** with the name and phone number of a person for us to contact on your behalf in case of an emergency. **210.395.4200 Ext. 5003** or **CCardenas@ChildrensHungerFund.org**

LUGGAGE

Each team member is encouraged to bring one piece of checked luggage and one carry-on. Please check with your airline for weight limitations and baggage fees. We encourage you to pack a light as possible.



WHAT TO BRING

ATTIRE

As a general rule, dress should be modest, but comfortable. Clothes should be neat/clean and free from holes or tears. Plan to wear pants (i.e., slacks or jeans) and not shorts. Blouses should have capped sleeves, and if tank tops are worn, the straps should be thick (i.e., no spaghetti straps). Tennis/walking shoes are appropriate. Avoid sandals, due to the possibility of rain and mud. Bring at least one set of business casual clothing for formal occasions.

JEWELRY

Modest jewelry only

PACKING LIST

- Anti-bacterial hand gel
- Basic nose/ear/throat/pain relief medications
- Prescription medications*
- Toiletries
- Sunscreen
- Mosquito spray with 40-50% Deet
- Immodium capsules
- Lip balm
- Water bottle
- Bible
- Notepad for journaling
- Camera and memory card(s)
- Compact umbrella
- Flashlight
- Hat or baseball cap
- Light jacket
- Small backpack for day trips
- Snack food
- Sunglasses
- Travel pillow

* If you are taking prescription drugs, bring an adequate supply and make sure they are in the original bottles with the labels on the bottle. Place in carry-on bag.

TRAVEL SAFETY

AIRPORT SECURITY

Airports and train stations have proved to be high-risk for terrorist attacks.

- Say goodbye to friends and relatives before you get to the airport or station, particularly in the host country. Minimize the amount of time that you spend outside of security.
- Check your departure times before leaving for the airport to make sure your plane is on time, to diminish the number of waiting long hours in the airport.
- Comply with security checks quietly.
- If a stranger asks you to carry anything, refuse. Quietly notify airport security.
- Areas outside of security are especially sensitive. Avoid sitting next to trash receptacles and vending machines. Be aware of your surroundings, watch the people around you, and know the locations of exits. Do not sit next to unattended baggage or boxes.

- Do not wear clothing that identifies you as an American when you travel.
- If there is an evacuation, do not panic, walk quickly to the nearest exit and get away from the airport.
- Keep a low profile at all times in the airport. Do not make a lot of noise.
- After claiming your baggage, remove any security tag before flying again. Destroy all security tags so they cannot be used again.
- Shred your boarding passes. They contain personal information.
- If separated from the team in airport, meet at the gate; do not get on the flight without the group.

HOW TO BEHAVE IF HIJACKED

In the remote possibility that you are hijacked, your behavior alone may be the very reason you survive and survive unharmed. If you survive the first 15 minutes, you usually survive the hijacking attempt.

- Remember that pilots and attendants are trained for such events. Follow their exact instructions.
- Keep as quiet as possible.
- Follow all instructions from the hijackers. Do not talk or look around.
- Avoid eye contact.
- Do not do anything that will cause you to be singled out.
- Do not ask questions or ask for special treatment.
- Do not flaunt your citizenship. Being an American is not an asset in this situation.
- Do not complain.
- Do not be a hero or try to disarm the terrorist. This usually does not work and you will be the one that ends up hurt or dead.
- Do not talk. If you must do so, talk in a normal voice. Whispers are suspicious.
- Eat all food they give, even if you do not like it. You need to keep your strength up.
- Only use the bathroom when you absolutely have to. The fewer times you must get up the better.
- Do not display authority in any way. Do not volunteer. Do not try to negotiate. Do not enter into discussions in any way.
- Terrorists will often spread propaganda. Just listen. This

is not the time to debate. Remember, the terrorists are prepared, willing to die, and not rational.

- Do not attempt to hide anything.
- Once the initial shock is over, begin to observe everything. This will be valuable to you. Know how many terrorists there are, what they look like, and what type of weapons they have. Keep your mind alert and thinking.
- Remember that if you find yourself in this situation that most hostages survive. Do not panic or allow fear to control you.

WHAT TO DO IN A RESCUE ATTEMPT

If a rescue attempt is attempted, consider the following:

- Do not make any sudden moves. This alarms both the hijackers and rescuers.
- Do not get involved. Do not try to disarm your captors, let the rescuers do their job. They may mistake you for a terrorist, or you may be caught in the crossfire.
- Follow directions given by rescuers or crewmembers immediately and quietly. You may be treated roughly at first by the rescuers because it is common for terrorists to try to disguise themselves as one of the hostages. Be patient with this process.
- Put your head down or get under your seat if you are able.
- Leave your luggage and evacuate as quickly as possible when you are instructed to.
- Keep your hands empty and above your head, and get away from the aircraft as quickly as possible.



GENERAL IN-COUNTRY ETIQUETTE AND SAFETY

Due to the nature of our ministry, CHF is present in countries where there is constant risk of violence and crime. Therefore, we take the following precautions for every trip:

- Dress modestly and do not draw attention to yourself (avoid flashy or expensive jewelry and/or shoes).
- Secure money and other belongings.
- Securely carry passport and travel cash with you at all times.
- Always stay in a group and with partners.
- Avoid areas of public demonstrations/protests.
- Avoid public transportation.
- Do not engage with street vendors (initiated by vendor); do not make eye contact.
- Only allow partners to make payments to locals; do not pull out wallet/purse in public.
- Keep electronics out of sight.
- Take pictures only where safe and appropriate.
- Do not give money to beggars, even children.
- Avoid extending invitations to the US.

HEALTH PRECAUTIONS

- Wash hands with antibacterial soap before eating, or use a hand sanitizer. Sanitary wipes or towelettes are also good to have (antiseptic).
- Keep cuts and scrapes clean.
- Drink plenty of fluids and do not share your drink with others.
- Check for bugs before putting on clothes.
- Take care of any insect bite immediately.
- Use a mosquito spray with 40-50% Deet.
- In case of rain or other moisture, dry feet as soon as possible and keep feet dry.
- Do not handle animals.
- Bathroom facilities can be very limited during certain parts of the trip. It would be wise to take a roll or two of toilet paper in your checked bag, and maybe a small emergency roll to carry in your day bag. Flushable wipes may also work.

COUNTRY NOTES

ABOUT THAILAND

POPULATION

68,139,238

CAPITAL

Bangkok

GOVERNMENT

Constitutional Monarchy

ETHNIC GROUPS

Thai 78%; Chinese 11%; other 11%



RELIGIONS

85% Buddhists; 8% Muslim; 1% Christian

LANGUAGES

Spoken and written Thai is largely incomprehensible to the casual visitor. However, English is widely understood, particularly in Bangkok where it is almost the primary commercial language.

TIME ZONE

Thailand is 15 hours ahead of West Coast time (PST) in the US.

CLIMATE

Tropical; rainy, warm, cloudy southwest monsoon (mid-May to September); dry, cool northeast monsoon (November to mid-March); southern isthmus always hot and humid.

BRIEF HISTORY

Known as Siam until 1939, Thailand is the only Southeast Asian country never to have been taken over by a European power. A revolution in 1932 led to a constitutional monarchy.

Its shape and geography divide into four natural regions: the mountains and forests of the North; the vast rice fields of the Central Plains; the semi-arid farmlands of the Northeast plateau; and the tropical islands and long coastline of the peninsula in the South.

The country is comprised of 76 provinces, and Bangkok is the capital city and center of political, commercial, industrial and cultural activities. It is also the seat of Thailand's revered royal family, with the king recognized as head of state, head of the armed forces, upholder of the Buddhist religion and upholder of all religions.

Currently ruling over Thailand is His Majesty King Maha Vajiralongkorn, or King Rama X, the tenth king of the Chakri Dynasty.

CULTURE & ETIQUETTE

- The head is considered the holiest part of the body, and the foot the dirtiest part. Never touch or pat a Thai on the head, including children. If you accidentally touch or bump someone's head, apologize immediately. Similarly, do not touch people with your feet, or even point with them. Avoid stepping over someone's feet. Take care when you sit in a temple to cross your legs under you "mermaid-style" – feet should not point at any person or statue.
- It is illegal to show disrespect to royalty. Do not make any negative remarks about the king or any members of the royal family. Anything related to the stories and movies "The King and I" and "Anna and the King" are illegal to possess in Thailand. Almost all Thais feel that these stories make a mockery of their age-old monarchy and are entirely inaccurate. Since the king is on the country's currency, do not burn, tear, or mutilate it. If you drop a coin or bill, do not step on it to stop it.
- Always take off your shoes when going into someone's home.
- Do not make fun of the Buddhist religion, and do not pose alongside or climb on Buddhist statues. Photos of these statues are acceptable, but everyone should be facing it.
- Unless you have a very strong stomach, do not buy food off the street.
- If you have a problem, do not deal with the regular police, always deal with the Tourist Police - the phone number for the Tourist Police is 1155. If someone is giving you a hard time, use your hand to make the sign of a telephone and say "nung nung haa haa" – which means that you are going to call 1155.

SITE-SEEING NOTES

CHIANG MAI NIGHT BAZAAR

The Night Bazaar, or Kad Luang (Royal Market) as it is known by locals, is one of Chiang Mai's biggest draws. The market attracts huge crowds every evening and it is a great place to pick-up trinkets and gifts.

ELEPHANT CAMP

In the lush tropical jungle of Chiang Mai's Maesa Valley, a large family of elephants lives side-by-side with their caretakers. Maesa Elephant Camp is home to one of the largest assembly of elephants in the north of Thailand. They strive to create a natural and healthy environment for the elephants while working to conserve and breed them, due to the dwindling number of Asian elephants left in the wild.





EMERGENCY CONTACTS

ZOE Ministries International

PO Box 221510

Santa Clarita CA 91322

Web: www.gozoe.org

Phone: 661-254-9305

ZOE Staff Team Leader: Ben Wood

Email: ben@gozoe.org

Phone: 097-953-0254

Shangri La

Address: 89/8 Chang Klan Rd, Tambon Chang Khlan,
Amphoe Mueang Chiang Mai, Chang Wat Chiang Mai
50100, Thailand

Phone: +66 53 253 888

US Consulate in Chiang Mai

387 Witchayanond Road

Chiang Mai, 50300 Thailand

Tel: (+66) 53-107-777

Office Hours: Tuesday, Thursday: 8:00 a.m. – 3:30 p.m.

US Embassy

120-22 Wireless Road

Bangkok, 10330 Thailand

Tel: (+66) 2-205-4000

Office Hours: Monday - Friday 7:00 a.m. - 4:00 p.m.

Tourist Police

Tel: 1155

