



## **Myanmar (Burma) Mission Trip** **June 1-12, 2017**

Myanmar (Burma) is a country of 56 million people that have experienced extreme persecution and military rule of some kind since WWII. With free elections in 2015 and lifted sanctions with the west, Myanmar is coming out of years of political oppression and beginning to enjoy new interest from foreign lands. However, the inequality is severe and most people live in extreme poverty.

First Methodist Houston is supporting The Feed My Lambs home for Burmese children and teens, on the Andaman Sea, near the city of Dawei, in the southwestern region of the country. Feed My Lambs children's home is committed to educating and discipling children who have been displaced from their families due to extreme poverty and lack of education. In addition to the children's home, the Feed My Lambs ministry is developing an after school ministry in 2 local schools in the region, which is completely Buddhist. Join us this summer as we work with the children at Feed My Lambs and begin a partnership with the 2 new schools for ministry down the road in this unreached village. You will be a part of bringing hope to people currently outside the reach of the Gospel.

### **ITINERARY** (*tentative until ticketed, 2<sup>nd</sup>-12<sup>th</sup> or 1<sup>st</sup>-11<sup>th</sup>*)

**Friday, June 2<sup>nd</sup>:** Depart Houston.

**Saturday, June 3<sup>rd</sup>:** Arrive Bangkok. Overnight in Bangkok.

**Sunday, June 4<sup>th</sup>:** Depart Bangkok for flight to Rangoon from Don Mueang Airport. Arrive Rangoon. Go to hotel. Lunch, short sightsee and rest. Early bedtime. Panda Hotel in Rangoon.

**Monday, June 5<sup>th</sup>:** 7 a.m. flight to Dawei. Arrive at 8:15 a.m. Transportation to Dawei to Feed My Lambs.

**Monday – Friday, June 5<sup>th</sup>-9<sup>th</sup>:** Feed My Lambs ministry. Work projects, after school programs in the local schools, evenings with Feed My Lambs children. Lodging at Feed My Lambs.

**Saturday, June 10<sup>th</sup>:** Flight to Ragoon. Sightseeing in Rangoon. Evening flight to Bangkok. Arrive in BKK. Transfer to hotel.

**Sunday, June 11<sup>th</sup>:** Sightseeing in Bangkok.

**Monday, June 12<sup>th</sup>:** Return flight to Houston.

### **TRANSPORTATION AND LODGING:**

We will travel by airplanes and small rented vehicles in country. In Myanmar, we will be staying in small hotels and at the Feed My Lambs bungalow on property owned by the ministry.

### **COST**

The cost is \$3000 per person includes airfare, in-country transportation, 2 meals a day, hotels, visas, departure taxes, ministry materials, emergency medical insurance. The cost does not cover passports, 1 meal a day, incidentals, or souvenirs.

#### **Payment Schedule**

\$500 deposit and paperwork due ASAP

\$1000 – March 1st

\$500 – April 1st

\$1000 – May 1st

### **FLIGHT INFORMATION**

We will give details once flights are secured.



## Myanmar (Burma) Mission Trip

### PREPARATION CHECKLIST

#### Required Documents

- Mission Trip Registration Forms (pages 1-3)
- Passport (check expiration date – **MUST EXPIRE AFTER DECEMBER 31, 2017; RENEW IF EARLIER**)
- Color copy of your passport
- Copy of your health insurance (*You will be covered for international medical and emergency insurance.*)

#### Passport

A passport is required for this trip. Your passport must be valid for at least six months from the date of entry (if your passport expires in less than six months from the date of entry, it must be renewed before traveling). DECEMBER 31, 2017. For information about applying for or renewing a passport, including required documents, fees and processing times, go online to [www.travel.state.gov/passport/passport\\_1738.html](http://www.travel.state.gov/passport/passport_1738.html).

#### Money

You will need money for meals in the airport, 1 meal a day (\$3-7/day) in Myanmar and Thailand and money for any snacks and souvenirs that you wish to bring home. Cash is best to carry. New bills are best to bring. Credit cards are ok, but you will want to be cautious where you use them. The exchange rate: \$1 = 35 Thai Baht; \$1 = 1,184 Burmese Kyat (Myanmar)

#### Immunizations

Talk to your physician and tell them where you will be traveling. The following are suggestions from the CDC. See your doctor 6-8 weeks before traveling.

- Tetanus – **required**
- Malaria – ask doctor. Not usually needed for this area.
- Hepatitis A and B – recommended
- Be sure your routine vaccinations are up to date. Routine vaccines, as they are often called, such as for influenza, chickenpox, polio, measles/mumps/rubella (MMR) and diphtheria/pertussis/tetanus (DPT) are given at all stages of life.

**Medical identification (tags, bracelet, card, etc.) must be carried by anyone with chronic illness such as diabetes or heart conditions. If you take prescription medications, bring enough to last the entire trip. If you have special needs while in Haiti (medical condition, food allergies, etc.), please let us know before your trip and be sure to bring whatever you need with you in your carry-on luggage.**

#### Luggage Requirements

**REMEMBER TO PACK LIGHT.** We will be very mobile. The size limitation of your luggage is calculated by adding the total outside dimensions of each bag (length + width + height). One checked bag at 62in/157cm each. Maximum weight = 40lbs. personal weight plus 10 lbs. to carry extra supplies to leave (50 lbs. total).

#### Emergency Contacts

Please limit to emergencies. We will have periodic internet access and we will post as we are able on the Church Facebook page. Loved ones may contact:

Ivy Aye Aye – 011 668-9563-8001.

Paula Niz [pniz@fmhouston.com](mailto:pniz@fmhouston.com)

Kristen Jones at [kristenwjones@hotmail.com](mailto:kristenwjones@hotmail.com).



## Myanmar (Burma) Mission Trip

### PACKING LIST

- Bible, pen and notebook
- Travel Clothes – modest shirts with sleeves, long pants, and comfortable shoes
- Lightweight long pants
- Modest shorts for outreaches. Shorts are fine to wear with children, but not outside Feed My Lambs.
- Dress/skirt (women) or shirt/slacks (men) for church
- Modest long shorts and tops for travel days and sightseeing
- Rain boots for those going to Burma
- Swimsuit with cover up (optional for some hotels)
- Comfortable sandals and closed toe shoes for walking
- Sleeping bag and small pillow
- Shower shoes
- Socks and underwear
- Pajamas
- Rain gear - Lightweight jacket, small umbrella and rain boots (essential **-it will rain**)

#### Personal Items

- Toiletries
- Camera and batteries
- Water Bottle
- Backpack – carry on
- Tissues and antibacterial wipes
- 1 roll of toilet paper
- Snack food – individually packaged
- adapter for electronics (*There is internet access in most motel rooms, if you have an iPad and want to bring it.*)
- Sunglasses, sunscreen, hat
- Flashlight
- Medicine in prescription bottle/box (anti-diarrhea)



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### **SAMPLE SUPPORT LETTER**

Date

Hello, (Greeting, according to who you're writing and how well you know them.)

I am writing to tell you a little about what has been happening in my life and the opportunity I have for this summer.

This summer, June 1-12, I will be traveling with a group from my church, First Methodist Houston, to Myanmar (Burma) on a short term-mission trip to work with a children's home for displaced children in the interior of Myanmar along the Indian Ocean in an all Buddhist village. Myanmar is 89% Buddhist. Many people have never heard the name of Jesus. The needs are great and we will be serving in 2 local schools with Buddhist children in addition to helping at the Feed My Lambs children's home.

I am writing to see if you would consider becoming a partner with me in this ministry. I need your prayers and if you feel lead, would appreciate any financial support that you are able to provide. The cost of the trip is \$3000 and my goal is to have this raised by May 1st. If you are interested in being a part of this ministry, you may make your check payable to: First Methodist Houston – Myanmar Mission Trip. All donations are tax deductible. You may send the check to me directly at your address.

Please pray for the people we will meet and serve and for my team, as we prepare to go. Please pray that God will use me in a great way and that many people will come to know God's love for them. Please pray that our hearts would be open to however God wants to use us.

Thank you in advance for your support through prayer/donation. I know God will do great things for the Burmese children, who we will be serving, and in my team this summer!

God Bless you and your family,

(Name)