Team Member Manual
In Preparation for Service

“Touching Lives for Eternity”
Dear Missions Team Member:

In all the excitement of preparing for your upcoming trip, we encourage you not to overlook or underestimate your spiritual preparation as well. Remember that God is already at work here and will continue to be long after you come and go. Your prayers and personal spiritual commitment mean more than any other preparation you will do. Open your hearts and begin to ask God to prepare you for this wonderful adventure of service! Know that we, as a staff, commit to praying for each and every team. God can and will use this opportunity to do beautiful things in us and in the lives of those we serve. So pray and dream big! We are excited to meet you all and look forward to discovering God’s plan for you here!

Blessings,

Jeff and Kamanda
(In-Country Directors)

“Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.”

Ephesians 6:7-8
Team Covenant

We desire a mission team to be an example of a community seeking to put Christ first in all we do. This requires a true attitude of service and choosing to put the needs of others before our own. We need to trust, support, and encourage others while maintaining a good attitude of service and hard work.

That we may be united in service, we commit ourselves to:

1) **Prayer:** daily for our team and those whom we will meet and serve.

2) **Personal Spiritual Growth:** (Quiet times, biblical study, spiritual conversation, worship, etc)

3) **Service:** To put the needs and desires of others before our own wants and comforts

4) **Seek Unity:** Through respect, patience, and open communication

5) **Love Others:** just as they are and not as we wish they were. At all times we will seek to love first and understand second.

6) **Work Diligently:** working for the Lord, not for man.

I, ____________________________, agree to commit myself to these things for the betterment of the ____________________________ team, those we will serve, and to the glory of God.
Where You Will Be Serving

San Juan de la Maguana

Located in the center of the island of Hispaniola, San Juan de la Maguana is the agricultural bread basket of the Dominican Republic. What was once just a small farming community has grown greatly in the last 25 years. A recently built branch of the public University within the city limits has put San Juan on the map and many young people have come here to further their education and build a better future for themselves. Sadly, at times, this new emphasis on education only serves to highlight the ever-widening gap between those who have access to an education and those living in the poverty in the outlaying “barrios” and “campos” who do not.

Religion

The vast majority of San Juaneros would consider themselves “Christian” though, for most, “Christianity” looks like a mix of Roman Catholicism and mystic paganism. Evangelical Christianity thrives here as well, but sadly there are deep divides and disunity between most denominations. We feel drawn to bring hope and light to the many residents who continue to live in severe poverty and in spiritual darkness.

The People

The people of San Juan are known for their incredible hospitality and friendliness. They are full of life, honest to a fault, and will open their hearts and lives to you. They live simply, but know how to truly treasure those things that matter most: their friends, family, and their community.
**Alcohol Restriction**

Because of strong cultural differences within the Christian community in San Juan, we have a strict no-alcohol rule here in the city. We ask that you neither buy nor consume it regardless of age or personal belief. **Any person under the age of 21 or enrolled as a full time student should not buy or drink alcohol at any time in the country.**

**Safety**

We take the safety of your group very seriously. Each guesthouse room has a lock and key to keep your possessions safe while you are away for the day. The guesthouse is also located within a secure compound with guards that patrol every night and weekend. We have every confidence that you will both BE and FEEL safe at all times during your stay.

**Gifts/Handouts**

We wish to be a helping hand, not a handout to our community. If you have brought anything to give out or feel lead to bless someone with a gift, you must check with the Solid Rock Staff to make sure it is appropriate. **Money is NEVER an appropriate gift.**

**Modesty**

We want your team to be remembered for their hearts and service. Please dress conservatively, avoiding flashy, expensive or immodest clothing. **Women’s shorts should go past their finger tips** and please no spaghetti strap, low-cut or halter tops.

**Spiritual Focus**

Our desire is to put our faith at the center of everything that we do. We believe that God is the one who changes lives, not us and it is with HIS strength that we serve. Because of this, there will be a small devotional time designated in the schedule each day. Though we highly encourage full team participation, it is optional. Regardless of your belief system, we ask that you be respectful of this time.

**Flexibility and Positive Attitude**

Remember you are visiting a developing country. There will be unexpected delays, bumpy roads, and uncomfortable situations. The culture, values, and customs may be different than what you expect. And just as you will be learning the culture of those you meet, be aware that they will be watching and learning about YOU through your body language and interactions you have with your teammates and others.
Things to Know Before You Go

• **Food/Water:** No tap water in the DR is safe for drinking. Once you arrive you will be provided with purified water to drink at all times. The food provided for you through Solid Rock is all safe to consume. We discourage buying food from street vendors or accepting from outsiders. Many of the meals provided to you will be traditional Dominican foods (rice, beans, meats, fresh fruits, etc). **Please communicate any dietary needs/allergies in your team with the guesthouse staff before your arrival.**

• **Money:** Once you arrive in the DR, your food, lodging, and transportation will all be covered by your trip fee. The only money that will be necessary will be that for souvenirs or “extras” that you may decide to invest in. The national form of currency is the Dominican peso. We will perform a money exchange for those interested on Monday night. The current exchange is about 53 pesos/$1. **We recommend bringing cash to ease the exchange process. ATMs are not readily available.**

• **Phone/Internet:** At the guesthouse you will have limited access to free internet as well as an internet phone that you can use to call home. The internet speed will not allow for all team members to be active at once. **Plan to use this service sparingly or on an “as-needed” basis.** We do ask for a small donation for phone usage to help cover fees.

• **Vaccinations:** Although vaccinations are not mandatory for travel in the DR at this time, we recommend that all team members have an up-to-date tetanus shot as well as Hepatitis A and B vaccinations. Please talk to your health care provider and decide together if anything further is appropriate for you.

• **Accommodations:** Your team will be staying at our guesthouse while you are in San Juan. The guesthouse is located in a safe, walled compound along with our medical clinic. There are 13 dorm-style rooms (ranging from 3-10 beds each) with at least one bathroom/shower in each. Towels, pillows, sheets, blankets, lamps, and small personal fans are provided for you. There are several standard outlets in each room. An enclosed dining room as well as an outdoor “cabana” are available for group gathering/relaxation areas.
## Suggested Packing List

<table>
<thead>
<tr>
<th>Bible/Journal</th>
<th>Spanish/English Dictionary (Vocabulary list)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash for personal spending</td>
<td>Hand sanitizer</td>
</tr>
<tr>
<td>Small flashlight</td>
<td>Travel size Kleenex or toilet paper</td>
</tr>
<tr>
<td>Bug spray</td>
<td>Donations (Many choose to pack clothing, toiletries, shoes, etc that they plan to leave as donations after the week is over)</td>
</tr>
<tr>
<td>Sunscreen</td>
<td></td>
</tr>
<tr>
<td>Personal toiletries</td>
<td></td>
</tr>
<tr>
<td>Swimsuit</td>
<td></td>
</tr>
<tr>
<td>Work gloves (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Ear plugs (for light sleepers)</td>
<td></td>
</tr>
<tr>
<td>Sandals</td>
<td></td>
</tr>
<tr>
<td>Tennis shoes/work shoes</td>
<td></td>
</tr>
<tr>
<td>Nice, casual outfit for local church service</td>
<td></td>
</tr>
<tr>
<td>At least 1 pair of long pants</td>
<td></td>
</tr>
<tr>
<td>Lightweight jacket/long-sleeved shirt</td>
<td></td>
</tr>
<tr>
<td>Personal medications</td>
<td></td>
</tr>
</tbody>
</table>

### What NOT to bring:

| Immodest clothing            |                                             |
| Expensive Jewelry            |                                             |
| Towels, pillows, sheets, and blankets (will be provided for you at the guesthouse) | |
| Expensive personal electronics |                                             |
What’s Next?

1 Begin Fundraising

Many of you will be relying on the generosity of others to help support your upcoming mission. Talk over fundraising ideas with team leaders of fellow team members to come up with a plan. We also recommend writing letters to close friends and family asking for financial and prayer support. The letter should include an explanation of the work you will be doing as well as what you hope to learn from it. The more personal you can be, the better. Make sure that you follow-up with any donors afterwards and tell them about your

2 Complete Your Registration

All team members will need to register themselves by selection your team name and entering the required information at the Solid Rock website.

www.solidrockinternational.org > MISSIONS > REGISTER FOR YOUR MISSION > choose your team name from drop box.

3 Personal Preparation

As your trip date gets closer, take time to really begin to prepare yourself mentally and spiritually. Spend time in prayer each day for your team and the people you will meet here. Pray that God will prepare you for what it is that He wants to teach you during your time here and that He would give you a true servant’s heart. Learn more about the ministry, the people or the places you will be serving by browsing the information, photos, and blogs on our website.
**Donation Opportunities**

It is the works of service and the gifts of love from teams and team members like you that have changed countless lives here in the Dominican Republic. The following are a few of the many ways for you to further invest in the lives, growth, education, and health of the people here.

1. **Sponsor a Student** - There is no more powerful way to fight poverty than through education. Solid Rock International runs a sponsorship program that, for $30/month, provides children with an excellent education. Check out the “Sponsor a Child” section on our website for more details.

2. **Sponsor Families in our Child Nutrition Program** - Our Child Nutrition Program was formed to combat the devastating effect of malnutrition in infants and toddlers. Your monthly donation would provide life-saving milk, vitamins, and nutritional education for mothers and their babies. See our website for videos and more info.

3. **Missionary and Dominican Staff Support** - Our staff at Solid Rock are full-time, unpaid missionaries. They rely on the generosity and support of friends, family, and strangers to continue their ministry in the DR. Visit the “Donation” section on our website for a complete list of staff and current needs.

4. **Project Donations** - For a list of our current Clean Water and Capital Projects, check out the “Donate” section on our website.

5. **Donation of Supplies** - Many things that may be taken for granted or collecting dust in your home, could be life changing for a Dominican child or family. Things like backpacks, school supplies, clothing, shoes, toiletries, and vitamins will be put in the hands of someone who try needs it. What do you have that you could give away?