



Frequently Asked Questions and Guest Expectations

(If you have any questions which the following does not specifically address, please contact us.)

Food:

All meals are served buffet style and each person can serve themselves as desired.

Breakfast provides the option of cold cereal and toast with all meals.

Lunch provides the option of peanut butter and jelly sandwiches if desired.

Examples of options for meal items are as follows, depending on the daily menu:

- Breakfast: fresh fruit, eggs (various styles), black beans, salsa, meats, omelets, pancakes, french toast
- Lunch: tacos, chicken salad sandwiches, rice and meat, hamburgers, fried chicken, potatoes
- Dinner: Chili Rellenos, tostadas, hamburgers, vegetables, rice and meats, pasta dishes

Sodas, Gatorade, snacks, and ice creams are available for purchase at all times.

If there are any allergy concerns, please notify us before your trip so we can prepare accordingly. Also, be sure to mention your allergies on arrival to your translator so they can validate the accommodations that will be made.

All meals are currently served in the main dining hall at specific times set by staff, and as needed for team needs.

Lodging:

There are numerous areas for housing during your stay. Approximately 90% of the rooms for missions' teams have air conditioning. We ask that if you are in a facility that has air conditioning, the units be turned off anytime you are not in your room.

There are bunk rooms for large groups. Each room can house between 4 and 12 people, depending on size. If you are traveling with your spouse as part of a large group, there may be smaller private rooms for you, however, this is determined by availability, amount of guests on campus, and location. Please be willing to be housed separately if necessary.

If the team you are a part of has a specific housing request (Mission House, Pool Area, etc.) we ask that the team leader contact us with this request and we will do our best to accommodate- but be aware this is based on availability and amount of guests on campus during your visit. Housing preferences are not guaranteed.

All housing areas have separate bathrooms for males and females, however, most of the housing will require you to use a large bathroom with multiple stalls and showers. Be aware that you will likely share a bathroom with members of your team, and possibly members of other teams of the same sex.

Immunizations:

No immunizations are required by Hope of Life or Hands & Feet Ministries. Feel free to consult your doctor or the CDC for recommendations. Please be aware that some vaccines can make you feel ill and should be administered in the recommended time frames before traveling.

Should you choose to take Malaria medication while visiting Hope of Life, be sure to check with your physician regarding which medication would be best. It is our experience that any of the Malaria medications that cause sensitivity to sunlight should be avoided.

Should you or anyone in your groups have a medical emergency, experience a reaction to a medicine, or have a reaction to a food or allergy - there are medical professionals available at all times and we are within driving distance of a private hospital.

Ministry Opportunities and Daily Schedules:

- Projects and programs your group has been preparing for will determine your agenda. At the beginning of your week, the team leader should set up a tentative schedule with the Mission Team Coordinator for each day of the week.
- There are multiple ministry areas on campus to be involved in: Saint Luke's Hospital, the Elderly Center, Kelly's House, and the Children's Home. If you would like concentrated time in any of these areas, please inquire upon your arrival.
- Some examples of other ministry opportunities that you can be a part of are:
 - Every week we serve 3 meals at the local feeding center
 - Food bag distributions
 - Construction projects
 - Medical assistance
 - VBS's and other bible programs

Essentials for Packing Effectively:

- This is a list of things you will want to be sure to pack and have on hand:
 - Reusable water bottle
 - Hand Sanitizer
 - Cleansing Wipes
 - Bug Spray
 - Sunscreen
 - Hat
 - Construction Gloves (if you plan on working on construction projects)
 - General Medicines (Tylenol, Allergy medication, Neosporin, Band-Aids, Itch relief)
 - Lightweight pants and tops
 - Snack Items

Religions

Hands & Feet Ministries and Hope of Life International are a non-denominational organizations that works with people of all religious denominations. We ask that during your time with us you are accepting of others' differences and that you do not impose your religious beliefs upon them. If you should have any questions in this area, please speak with your team leader or a Hope of Life International staff member. Romans 14:1-12 states, "Now accept the one who is weak in faith, but not for the purpose of passing judgment on his opinions...So then, each one of us shall give account of himself to God."