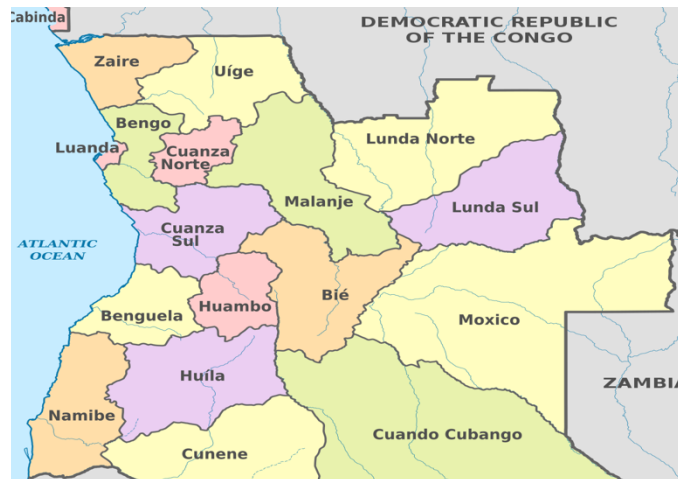


Bethel's Global Reach, Inc.

GOING | DOING

Medical and Dental Mission Trip



ANGOLA, AFRICA

June 2-14, 2024

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Bethel's Global Reach Inc.

Angola Mission Trip

When: June 2-14, 2024
Where: Luanda, Angola, Africa
What: Medical, Dental, Educational & Evangelism

Matthew 25:35-36, 40 ³⁵ For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, ³⁶ I needed clothes and you clothed me, I was sick and you looked after me..... ⁴⁰ "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

- **Mission: Medical and Dental, Education, Evangelism**
 - Medical: Through local partnerships with an established clinic, we will be offering basic medical services i.e. pain medications, examinations and external treatments of common afflictions
 - Dental: dental health screening, extracting teeth and localized pain medications
 - Education: interacting with grade school educators and students
 - Evangelism: includes witnessing the Gospel of Jesus Christ, and outreach crusades
- **Expected Engagement/Contact:** 2000-3000 people including men, women and children.

Cost \$4,500.00 Per Person

The cost of the trip is 100% Tax Deductible

Includes: Round Trip Air, Hotel, Trip Insurance, Transfers, and most meals

PAYMENT SCHEDULE

12/15/23 - \$700	1/5/24 - \$700	1/25/24 - \$700
2/8/24 - \$700	3/1/24 - \$850	3/22/24 - \$850

(\$125 Non-refundable)

PAYMENT OPTIONS

Zelle: admin@bethelsglobalreach.org Cash App: \$BGRMISSIONS,
Text: "GO" to [832-756-9200](tel:832-756-9200) Website: <https://www.bethelsglobalreach.org/donate.php>

Please make checks payable to:
Bethel's Global Reach Inc." 12660 Sandpiper Houston, Texas 77035
Attention of Mrs. Kathy Carey

TENTATIVE SCHEDULE

Sunday	2-Jun	Arrive at church at 3:00pm and depart church at 3:30pm Depart Houston (7:55pm) Bush – IAH Emirates Airline (Terminal D)
Monday	3-Jun	Arriving in Dubai (7:45pm) Check in Hotel (TBA)
Tuesday	4-Jun	Depart Dubai (9:45am) Arrive Luanda, Angola (2:30pm) Drive to and Check in Hotel (TBA)
Wednesday	5-Jun	Medical/Dental Camp
Thursday	6-Jun	Medical/Dental Camp
Friday	7-Jun	Medical/Dental Camp
Saturday	8-Jun	Sight-seeing, rest and relaxation
Sunday	9-Jun	Attend Church – TBA Rest and relaxation, shopping
Monday	10-Jun	Depart hotel (5:30am) Depart Luanda (9:00am) Arrive in Cape Town (2:00pm) Check in at hotel - TBA
Tuesday	11-Jun	Rest and Relaxation – Sight-seeing on own
Wednesday	12-Jun	Rest and Relaxation – Sight-seeing on own
Thursday	13-Jun	Depart Hotel (2:00pm) Depart Cape Town (6:20pm)
Friday	14-Jun	Arrive in Dubai (5:45am). Depart Dubai (9:35am) Arrive at Bush IAH (4:50pm) Arrive at Bethel (6:30pm)

Please be flexible because some things will change as we move closer to our departure date.

Important Dates

- December 4, 2024 @ 6:30 PM | Interest meeting and registration
- January 29, 2024 @ 6:30 PM | Missions trainings and logistics
- March 4, 2024 @ 6:30 PM | **Medical and Dental Professionals Only**
- April 1, 2024 @ 6:30 PM | Missions development and training
- April 22, 2024 @ 6:30 PM | Education/Medical breakout and Cultural sensitivity training
- May 13, 2024 @ 6:30 PM | Education/Medical supplies sorting and packing
- May 20, 2024 @ 6:30 PM | Education/Medical supplies sorting and packing [continued]
- May 29th, 2024 @ 7:00 PM | Commissioning Service Wednesday (arrive 6pm)
- June 2 - June 14, 2024 | Tentative Luanda, Angola, Africa departure and return

Please be flexible because some things will change as we move closer to our departure date.

DEMOGRAPHICS

Angola has a population of 24,383,301 inhabitants according to the preliminary results of its 2014 census, the first one conducted or carried out since 15 December 1970.^[132] It is composed of Ovimbundu (language Umbundu) 37%, Ambundu (language Kimbundu) 23%, Bakongo 13%, and 32% other ethnic groups (including the Chokwe, the Ovambo, the Ganguela and the Xindonga) as well as about 2% mulattos (mixed European and African), 1.6% Chinese and 1% European.^[64] The Ambundu and Ovimbundu ethnic groups combined form a majority of the population, at 62%.^[133] The population is forecast to grow to over 60 million people in 2050, 2.7 times the 2014 population and 188 million by 2100.^{[134], [135]} However, on 23 March 2016, official data revealed by Angola's National Statistical Institute – Instituto Nacional de Estatística (INE), states that Angola has a population of 25,789,024 inhabitants.

It is estimated that Angola was host to 12,100 refugees and 2,900 asylum seekers by the end of 2007. 11,400 of those refugees were originally from the Democratic Republic of Congo, who arrived in the 1970s.^[136] As of 2008 there were an estimated 400,000 Democratic Republic of the Congomigrant workers,^[137] at least 220,000 Portuguese,^[138] and about 259,000 Chinese living in Angola.^[139] 1 million Angolans are mixed race (black and white). Also, 40,000 Vietnamese live in the country.^{[8][9]}

LANGUAGE

The languages in Angola are those originally spoken by the different ethnic groups and Portuguese, introduced during the Portuguese colonial era. The most widely spoken indigenous languages are Umbundu, Kimbundu and Kikongo, in that order. Portuguese is the official language of the country.

RELIGION

There are about 1,000 religious communities, mostly Christian, in Angola.^[151] While reliable statistics are nonexistent, estimates have it that more than half of the population are Catholics, while about a quarter adhere to the Protestant churches introduced during the colonial period: the Congregationalists mainly among the Ovimbundu of the Central Highlands and the coastal region to its west, the Methodists concentrating on the Kimbundu speaking strip from Luanda to Malanje, the Baptists almost exclusively among the Bakongo of the north-west (now present in Luanda as well) and dispersed Adventists, Reformed and Lutherans.

CULTURE

Angolan culture has been heavily influenced by Portuguese culture, especially in language and religion, and the culture of the indigenous ethnic groups of Angola, predominantly Bantu culture.

The diverse ethnic communities—the Ovimbundu, Ambundu, Bakongo, Chokwe, Mbunda and other peoples—to varying degrees maintain their own cultural traits, traditions and languages, but in the cities, where slightly more than half of the population now lives, a mixed culture has been emerging since colonial times; in Luanda, since its foundation in the 16th century.

In this urban culture, Portuguese heritage has become more and more dominant. African roots are evident in music and dance and is molding the way in which Portuguese is spoken. This process is well reflected in contemporary Angolan literature, especially in the works of Angolan authors.

In 2014, Angola resumed the National Festival of Angolan Culture after a 25-year break. The festival took place in all the provincial capitals and lasted for 20 days, with the theme "Culture as a Factor of Peace and Development."

PREPARATION

Congratulations and welcome to this short-term mission trip to Angola. You are about to embark on one of the most memorable journeys of your life. Please feel totally comfortable that you will be traveling with experienced leaders who will give practical advice to you before and during the trip.

God has called you for a special purpose on this trip and you should begin at once to make personal spiritual preparations. One of the primary ways of doing this is to practice and strengthen your regular spiritual disciplines, both corporate and individual. Corporate disciplines are activities we engage in with other believers that result in mutual support and encouragement. These include worship services, Bible studies, small group meetings and Sunday School classes. It is important to spend focused time in community with other believers. Sharing and mutual accountability should characterize this time. It would also be helpful to talk with your mentor about ways you can grow during your mission trip.

You should also practice your individual spiritual disciplines. The two most important are prayer and the Word of God. Prayer should form the foundation of your mission experience. Plan your daily schedule so that there is quality time to spend alone with Jesus. During those times, open your heart fully to him and ask him to convict and cleanse you of any sins. Renew your previous commitment to him and offer a fresh surrender of your life to him.

Each person on the team should have a prayer partner -- someone on the team who will pray for you daily and especially during the whole time you are giving your testimony. In addition, enlist your family and friends back home to pray for you and the team daily.

Following is a prayer list to use as a starting point:

Travel:

- Luggage and belongings not stolen or broken.
- Protection of tickets, credit cards, passports, and money.
- Pass through customs without problems.
- No mechanical problems with planes and other vehicles.

Health and Safety:

- Protection from accidents, crime, natural disasters, terrorists and dangerous animals.
- Protection from sickness.
- Find time for sleep and exercise.
- Provided with safe food and water.
- Protection from drastic climate changes.

Spiritual:

- Good times of intimacy with Jesus in the Bible and through prayer.
- God's protection from demonic attack.
- Protection from discouragement, fear, doubt and curses.
- Demonstrate purity, humility, boldness, wisdom, patience, love for people, teachable spirit and the power of the Holy Spirit.
- People come to Christ and be equipped for ministry.

Team:

- Express unity, love, good communication, patience, and spiritual gifts.
- Resist jealousy, envy, bitterness, and pride.
- Grace for cultural adjustments, dealing with jet lag, being away from family and friends and lack of privacy.

Verses to Pray:

- Exodus 4:12; 33:14
- Psalms 4:8; 19:14; 121:1-8
- Isaiah 40:20-31, 55:10-11
- Zechariah 4:6
- Acts 1:8, 4:29, 30
- Ephesians 3:16-20, 6:10-20

1. Dress comfortably for the long flight. A light sleeping pill is recommended.
2. Please be conscious of your wallet, money, passport, and jewelry. It is wise to leave fine jewelry at home and perhaps purchase an inexpensive watch for the trip. Always keep valuables in a safe place. A money belt or passport pouch worn under your clothing is recommended. Make a habit of putting your personal items in a safe place and closing your luggage while out of your hotel room. Some hotels provide a safe at the desk or possibly in your room.
3. Please be thoughtful in how you view the poverty you will see. If you watch closely, you will see many happy, joyful people living in the most meager circumstances. Remember, these people do not have to live by our standards to be happy. Also remember to watch your comments about the poverty or conditions around others.
4. You will be speaking some of the time through an interpreter. Their English skills should be good, but their accents and our accents will probably be different. Speak slowly, distinctly, and in short segments. Don't ramble and don't use excessive words. Think and find a way to express yourself in a few words rather than many. Speak to the person you're talking to, not to the interpreter.
5. Do not hang out of the van while riding in vehicles. Do not ask hired drivers to let you drive? This is dangerous!

6. Picture taking. Be sensitive to others when taking pictures. Ask before you take. DO NOT take picture of Government officials, government buildings, etc. It is against the law, and you can get in trouble for it.

PACKING LIST

As you begin thinking about what you will take on your journey, it is wise to make a list. Then before you pack, place everything you plan to take on your bed and start paring down keeping in mind you are allowed one unchecked piece of luggage no larger than 9" x 14" x 22", maximum weight of 22 pounds plus one backpack, purse or tote.

Clothing suggestions: (There is normally a hotel laundry so pack light.)

Women:

- 2-3 long cotton dresses or jumpers with 2-3 T-shirts that can be washed and dried easily. (Sleeveless dresses are not preferred when working in the mission field.)
- One pair of slacks or jeans. (Shorts are not worn when in the mission field but it is okay when you are in the hotel, shopping or in the game reserve the last couple of days.)
- 2 gowns or pajamas. (It gets cool at night)
- One nicer dress for church on Sunday.

*Word of caution: If you can't sit on the floor and get it dirty, leave it at home.

*Personal hygiene products are not easy to come by overseas. Often stress of the trip can throw off your menstrual cycle. Be prepared-bring these products with you. (Bring small baggies for disposal of used products)

Men:

- 4-5 T-shirts or polo shirts.
- 2-3 pairs of slacks or blue jeans.
- One nice outfit for church on Sunday. (Suit and tie is not required)
- Shorts can be worn in the hotel, shopping or at the game reserve.
- Something to sleep in.
- Shoes and socks - Something comfortable, preferably a closed toe shoe. You may want to take an extra pair you can leave behind in case you get caught in the rain. Sandals are okay in some areas but not suggested in the slum areas.

Following is a list of miscellaneous items to consider:

- Light jacket or sweater (Check the weather conditions in the areas in which you will be traveling.)
- Swimsuit (If desired)
- Rubber thongs for the shower.
- Lightweight rain poncho (Small fold-up)
- Medical team - 3 sets scrubs
- Small bible
- Journal
- Your testimony

- Items needed for special projects (If applicable)
- Passport
- Credentials (Medical personnel)
- Fannie pack or body pouch
- Photos of you and your family (Nationals enjoy seeing photos)
- Travel alarm
- Contacts or glasses (Bring an extra pair)
- Hat
- Hair dryer (consider sharing with your roommate)
- Converter
- Camera/film (Suggested, 8-12 rolls) Extra batteries (Film and batteries are expensive in overseas)
- Sunglasses
- Soap/wash cloth
- Shampoo
- Plastic bags for wet or dirty clothes
- Kleenex or toilet tissue (Always carry in your pocket or backpack.)
- Earplugs if you are a light sleeper.
- Razor
- Antibacterial waterless hand wash/antibacterial wipes
- Small flashlight (Loss of electricity is common)
- Snacks, i.e. granola bars, dried fruit, nuts, peanut butter or cheese crackers, cookies, candy, beef jerky.
- Sunscreen
- Insect repellent
- Sleeping pills
- Malaria medication
- Prescription medicine
- Tylenol or ibuprofen, Imodium or Pepto Bismol
- First aid items
- Lip balm
- Small gifts for interpreters, pastors, drivers, i.e. caps, pens, notepads, T-shirts, very inexpensive. Please do not give them money.
- Money - For souvenirs (Suitcases for packing souvenirs may be available for your trip home.), Visa/\$50, additional food or snacks, laundry, phone calls (very expensive) or emails home.

HOTEL AND FOOD

HOTEL:

Our hotel and rooms will be modest but adequate. Don't expect fancy although some hotels might have a swimming pool. There may not be air conditioning. Security is good and the beds are suitable. You can expect the loss of water or electricity occasionally. If mosquito nets are provided, please use them. They are there for a reason. Caution: Never drink the water or brush your teeth with the water. Do not rinse your mouth while taking a shower. You will always be provided with plenty of bottled water.

It is suggested you **do not** leave the hotel area unless you are in groups. Again, this is a precaution for your own safety.

FOOD:

Breakfast and supper will be provided. There is always plenty of bread, butter, jams and hot tea or coffee. Hot tea and coffee come with the meal. You may have to pay for your sodas at each meal.

The nationals will sometimes invite you into their homes for lunch. You can graciously decline, i.e. "I have a sensitive stomach" or "I'm really not hungry" and then eat your "stash" at a later time. Please do not feel pressured.

Besides washing your hands scrupulously with non-contaminated soap and water or anti-bacterial wipes before eating or snacking, the following precautions should be followed:

- Drink purified water or bottled carbonated water. (Only from a bottle with an intact seal.)
- Eat foods that are thoroughly cooked and served hot.
- Eat fruits and vegetables that have skins which can be peeled.
- Avoid salads with raw vegetables, especially leafy green vegetables.
- Do not use ice cubes in your beverages.
- Only eat and drink dairy products made from pasteurized milk.
- Avoid shellfish and raw or uncooked seafood.
- Do not buy or eat food sold by street vendors.

Of course.....there are exceptions to every rule (particularly in the hotels) and your team leader will advise you when necessary.

If you are on a special diet, please bring these items with you. They can be packed in one of the foot lockers we check through baggage.

PASSPORT AND VISA

You must have a passport to travel to Angola. Visas are purchased prior to departure for a fee of \$100.00 US. VA visa application must be completed and turned in with a passport size photo and copies of passport and yellow fever vaccine card. **YOU WILL NOT BE ABLE TO BOARD FLIGHT WITHOUT VISA STAMP IN YOUR BOOK.**

IMMUNIZATIONS AND HEALTH CONCERNS

Yellow Fever is a required vaccine to enter Angola. You must have your Yellow International Vaccine Card with proper date stamps and signatures. We suggest you speak with your personal physician.

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need. If you or your doctor need help finding a location that provides certain vaccines or medicines, visit the [Find a Clinic](#) page.

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
Routine vaccines	Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include	Immunization schedules

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
	<ul style="list-style-type: none"> • Chickenpox (Varicella) • Diphtheria-Tetanus-Pertussis • Flu (influenza) • Measles-Mumps-Rubella (MMR) • Polio • Shingles 	
COVID-19	All eligible travelers should be up to date with their COVID-19 vaccines. Please see Your COVID-19 Vaccination for more information.	COVID-19 vaccine
Cholera	There is no longer active cholera transmission, and vaccine is not recommended.	Cholera - CDC Yellow Book
Hepatitis A	<p>Recommended for unvaccinated travelers one year old or older going to Angola.</p> <p>Infants 6 to 11 months old should also be vaccinated against Hepatitis A. The dose does not count toward the routine 2-dose series.</p> <p>Travelers allergic to a vaccine component or who are younger than 6 months should receive a single dose of immune globulin, which provides effective protection for up to 2 months depending on dosage given.</p> <p>Unvaccinated travelers who are over 40 years old, immunocompromised, or have chronic medical conditions planning to depart to a risk area in less than 2 weeks should get the initial dose of vaccine and at the same appointment receive immune globulin.</p>	Hepatitis A - CDC Yellow Book Dosing info - Hep A
Hepatitis B	Recommended for unvaccinated travelers of all ages traveling to Angola.	Hepatitis B - CDC Yellow Book Dosing info - Hep B
Malaria	<p>CDC recommends that travelers going to Angola take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. Talk to your doctor about which malaria medication you should take.</p> <p>Find country-specific information about malaria.</p>	Malaria - CDC Yellow Book Considerations when choosing a drug for malaria prophylaxis (CDC Yellow Book) Malaria information for Angola.
Measles	Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR)	Measles (Rubeola) - CDC Yellow Book

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
	vaccine before travel. This dose does not count as part of the routine childhood vaccination series.	
Rabies	<p>Rabid dogs are commonly found in Angola. If you are bitten or scratched by a dog or other mammal while in Angola, there may be limited or no rabies treatment available.</p> <p>Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife.</p> <p>Travelers more likely to encounter rabid animals include</p> <ul style="list-style-type: none"> • Campers, adventure travelers, or cave explorers (spelunkers) • Veterinarians, animal handlers, field biologists, or laboratory workers handling animal specimens • Visitors to rural areas <p>Since children are more likely to be bitten or scratched by a dog or other animals, consider rabies vaccination for children traveling to Angola.</p>	Rabies - CDC Yellow Book
Typhoid	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.	Typhoid - CDC Yellow Book Dosing info - Typhoid
Yellow Fever	<p>Required for arriving travelers ≥ 9 old</p> <p>Mandatory for all travelers ≥ 9 months old</p>	Yellow Fever - CDC Yellow Book

Personal Protective Measures Against Mosquitoes and Ticks and Insects:

- Purchase an insect repellent containing 25-35% DEET.
- Wear light colored clothing; not black, bright prints or patterns.
- Wear long pants or skirts.
- Wear closed-toe shoes or socks.
- Use mosquito nets for sleeping when available.

Traveler's Diarrhea:

Traveler's diarrhea is an acute illness that commonly occurs in international travelers going to developing countries where sanitation is substandard. It occurs when the normal balance in the gastrointestinal tract is upset by the introduction of bacteria, viruses, and parasites contained in food and water. It may be accompanied by any of the following: urgency, bloating, abdominal cramps, nausea, headache, general malaise and low-grade fever. Prevention is key. Besides washing your hands scrupulously with non-contaminated water and soap or antibacterial wipes, the following procedures should be followed:

- Drink purified water or bottled water. Do not brush your teeth using tap water. Do not get water in your mouth while taking a shower.
- Eat foods that are thoroughly cooked and served piping hot.
- Eat fruits that have thick skins. (They should be peeled at the table by you).
- Avoid salads made with raw vegetables, especially leafy green vegetables.
- Do not use ice cubes in any beverages.
- Only eat and drink dairy products made from pasteurized milk.
- Avoid shellfish and raw undercooked seafood.
- Do not buy or eat food sold by street vendors.

Recommended treatment for traveler's diarrhea is Imodium-AD. Don't leave home without it.

If you are taking any prescription drugs, make a list to keep in a safe place.