

# Project 14

GLOBAL  
MISSIONS

## Mission Trip Guide

### St. Vincent





## Welcome

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Dear Mission Trip Friends:

It is a great honor to have church groups and friends partner with Project 14 Global Missions for the purpose of serving the people St. Vincent. Quite frankly, a mission trip can positively change the entire spirit of a church and significantly impact the lives of those individuals who participate. We eagerly anticipate what the Lord is going to do through your efforts to make a difference in this world. The Bible tells us to “go”, and you are to be applauded for prioritizing your calendar, energies, and resources toward this end.

Whether your group represents a men’s work team, a group of families exploring St. Vincent for potential future ministry, or a youth group coming with eagerness to serve in multiple capacities, we welcome each of you with equal enthusiasm. Our team at P14GM desires your trip to be as efficient and effective as possible. No doubt, we both appreciate the effort it takes to run an event successfully with few difficulties, especially in regards to foreign mission trips. Our commitment in this process is to get answers to your questions quickly, provide coaching and supervision when needed and requested, and do our best to help your team experience satisfaction on your trip.

St. Vincent is special to our hearts and efforts, and it is where our focus is in relationship to assist in building Baptist Bible College of the Caribbean which gives an opportunity for young people to attend a quality, affordable, four-year ministry college.

Make sure to bathe your trip in prayer seeking God to provide opportunities to be a help to P14GM vision and goals and unbelievers who need to see genuine Christianity in the lives of your group. Pray for safety, sensitivity, souls, and service opportunities.

Our team will organize the details of your trip. They also brief the P14GM executive team on upcoming, ongoing, and current mission trips, projects, and issues. Along with all of our partners, including our very capable St. Vincent team and our board of directors, let me extend our gratefulness for your interest in this part of the world. God bless you and your efforts for His glory.

Ken McCoy  
Founder, Project 14 Global Missions  
2728 Marks Creek Road, Knightdale, NC 27545



# Reservation Form

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## Group Information

Group Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Group Leader: \_\_\_\_\_ Contact Email: \_\_\_\_\_

Primary Phone #: \_\_\_\_\_ Secondary Phone #: \_\_\_\_\_

Group Number, Ages (males and females)

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## Travel Information

Arrival Date and Time: \_\_\_\_\_ Departure Date and Time: \_\_\_\_\_

## Purpose

Please describe what your group would like to accomplish on this mission trip:

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## Agreement

By completing this form and returning it to Project 14 Global Missions, you agree to participate in a P14GM led missions trip on the dates stated above.

Please return form to [info@p14gm.org](mailto:info@p14gm.org)



# Group Pricing Worksheet

Group Name \_\_\_\_\_

This worksheet is to be used to help calculate the approximate cost of your mission trip and does not include costs of souvenirs, supplies, snacks, or other items you wish to purchase. P14GM will provide a more definite price once the group number and arrival/departure times have been set.

50% of your total trip cost is due 60 days before your trip begins, and the rest will be due 30 days before the team arrives.

## Costs Paid Directly to Project 14

### Housing:

\_\_\_\_\_ (# of people) x \_\_\_\_\_ (# of nights) x \$10 = \$ \_\_\_\_\_

### Food: \$30 per person, per full day (3 meals)

\_\_\_\_\_ (# of people) x \_\_\_\_\_ full days x \$30 = \$ \_\_\_\_\_

### Transportation:

P14GM hires a vehicle and driver for mission groups. The cost is \$100 per day.

\_\_\_\_\_ # of days x \$100 = \$ \_\_\_\_\_

### Excursions:

Bequia Island - \_\_\_\_\_ (# of people) x \$35 = \$ \_\_\_\_\_

### Special Projects (customized to your group):

\_\_\_\_\_

**Total Costs Paid to Project 14: \$** \_\_\_\_\_

## Costs Paid Directly by Group

### Airfare – prices vary by travel dates and departing airports

\_\_\_\_\_ (# of people) x \_\_\_\_\_ (price of airfare) = \$ \_\_\_\_\_

**Meals Out** – Most of your meals will be provided, however, there might be opportunity to eat out at a restaurant. You will be responsible for these costs.

\_\_\_\_\_ (# of people) x \_\_\_\_\_ meals out x \$10 = \$ \_\_\_\_\_

**Total Costs Paid Directly by Group: \$** \_\_\_\_\_

**Total Trip Costs: \$** \_\_\_\_\_

Please send a copy of this worksheet to Project 14 at [info@p14gm.org](mailto:info@p14gm.org)



# Packing List

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## Toiletries & Bedding

- Towel and washcloth (2 each)\* *Leave as donation if you desire*
- Medicines: pain reliever, antibacterial ointments, Band-aids, etc.
- Hand sanitizer
- Tooth brush & tooth paste
- Deodorant
- Shampoo
- Shower soap
- Toilet paper/Tissue
- Lotion
- Q-Tips
- Bug spray
- Sunscreen

## Clothing

- Clothes for work days: short sleeve shirts, knee-length shorts
- Clothes for visitation days: skirts/dresses (ladies), polos (men)
- Swimwear: modest swimsuit with t-shirt (ladies), swimming trunks (men)
- Sleeping clothes
- Light jacket
- Hat
- Closed toe shoes
- Flip flops for shower

## Miscellaneous

- Passport
- Refillable water bottle
- Bible
- Rain coat/umbrella
- Personal Snacks
- Souvenir money
- Garbage bag (for dirty clothes)
- Hard candy, toys, children's clothing (for VBS or children's activity)
- Supplies for work project

## Packing Suggestions

- Have a packing buddy! If you are able to share toiletries such as shampoo or bug spray with someone, you will save a lot of room and weight.
- Don't bring your best suitcase. Your luggage will be in many places, so bring the duffle bags you don't mind damaging.
- Have a day's worth of supplies in your carry on. While we don't want anyone's luggage lost or delayed; we want you to be prepared if it happened.
- Don't pack too much! You'll want to leave room for any souvenirs you may pick up.
- This list is not all-inclusive, so don't forget to bring anything that is specific to you, i.e. contacts, phone charger, medications, etc.



## Frequently Asked Questions

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### **Do I need a valid U.S. passport?**

Yes. If you do not already have a current U.S. passport, you may obtain one by picking up the forms at certain branches of your local U.S. Post Office or visiting <http://travel.state.gov/content/passports/english/passports/apply.html>. It typically takes about six weeks to receive your passport and costs roughly \$135. We highly recommend that you make a photocopy of your passport to bring with you and keep in a safe place separate from your original passport. It is also recommended that you leave another copy with someone at home with whom you can easily get in contact with while you are out of the country.

### **Where will we stay?**

On the campus of Baptist Bible College of the Caribbean.

### **Where will we eat?**

All meals will be prepared at the Baptist Bible College of the Caribbean. If you wish to eat at a restaurant, that will be an additional cost. If special food needs are required, please contact the Mission Event Coordinator.

Filtered water will be available for your team throughout the trip. We recommend that each person bring his or her own water bottle and refill it as needed. You are also encouraged to bring your own snacks, provided they are stored in airtight containers.

### **What kind of transportation is provided?**

Throughout your trip, you will be transported in an air-conditioned, clean, and comfortable bus. A licensed and trained driver is included in the cost of the transportation.

### **What should I pack?**

For transportation concerns, and to avoid delays at the airports, we strongly recommend that you pack one carry-on bag as well as one small bag or suitcase.

### **Is insurance provided?**

You are responsible to purchase any travel insurance you wish to have. This may be done through online insurance companies such as Travel Guard for as little as \$35. If you purchase your tickets thru American Airlines, Allianz is also a great option.

### **What kind of clothing should I bring?**

We ask that all teams dress modestly while on a P14GM mission's trip. In deference to those we are ministering to in St. Vincent, we ask that knee-length shorts or loose-fitting pants be worn for workdays or for sight-seeing, and skirts for ladies and polo shirts for men be worn for ministry days. It is advisable to wear lightweight clothes and closed-toe shoes throughout the trip.

### **What about prescriptions and vaccinations?**

There are no vaccinations required to enter St. Vincent. However, the tetanus shot is recommended. You will be responsible to bring any medications you may need during your stay.

### **How much money should I bring?**

United States currency is accepted in St. Vincent, but it is East Caribbean currency based. You may wish to bring \$150-\$200 for souvenirs and/or meals out. Check exchange rate prior to trip. If you plan to bring cash, it is advisable to bring it in small bills.



## Frequently Asked Questions Cont.

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Group leaders should plan to bring extra money for any incidentals that may arise with your group (spontaneous ice cream trip, forgotten toiletries, etc.) It is also recommended that you contact your credit card company before leaving the USA to confirm that your card will be usable in St. Vincent.

### **Is our group responsible for damages?**

We will never charge or collect money for damages. Although if something is broken because of negligence, we ask that mission teams provide funds to replace the broken item.

### **What is the age limit?**

We ask that our mission trip guests be at least 16 years old. However, there is no age limit, and anyone who is in good health is welcome to join us in Nicaragua. Exceptions may be made for those younger than 16 if their parent or guardian accompanies them.

### **What if I get hurt or sick?**

While the activities your group will participate provide little chance of you getting injured or sick, we do have access to private doctor clinics. For minor aches or scrapes, there are pharmacies that provide medications found in the USA.

### **Is there anything I should do when the trip is done?**

Yes! We would love to see any pictures or hear interesting stories from your trip. We would specifically love to hear any testimonies of what God did in your life during your time in St. Vincent. These can all be sent to [info@p14gm.org](mailto:info@p14gm.org).

### **Can our group do anything before or after your trip to help P14GM?**

Yes! Your group can raise funds for a project and bring those funds with you to give out when you arrive. You are also welcome to take an offering or leave your unused funds and designate them to a specific need.

### **What is the process from leaving the USA to arriving in St. Vincent?**

Before you arrive in St. Vincent, your flight attendant will give each passenger a Customs Declaration form (one per family). On this card, you should mark that you are a tourist, and you are staying at Baptist Bible College of the Caribbean. Once you have passed through Immigration, you will then collect your luggage.



# Sample Schedule

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**Day 1**

Arrive in St. Vincent  
Head to BCC  
Arrive and unpack  
Dinner  
Welcome Meeting and Devotional

**Day 2 (Sunday)**

Personal Devotion  
Breakfast  
Church Service  
Lunch  
Church Service  
Dinner  
Devotional

**Day 3**

Personal Devotion  
Breakfast  
Project  
Lunch  
Project  
Dinner  
Devotional

**Day 4**

Personal Devotion  
Breakfast  
Project  
Lunch  
Project  
Dinner  
Devotional

**Day 5**

Personal Devotion  
Breakfast  
Church Project  
Lunch  
Church Service  
Dinner  
Devotional

**Day 6**

Personal Devotion  
Breakfast  
Excursion  
Lunch  
Excursion  
Dinner  
Devotional

**Day 7**

Personal Devotion  
Breakfast  
Pack  
Leave for Airport  
Depart for USA





## Sample Schedule

### **Support Local Churches with Outreach Programs.**

We desire to help churches grow in their faith and in numbers by supporting them in outreach into their communities. Your group will have the opportunity to partner with local churches and/or church plants to help them as they have ministry in their towns. You will be able to help in different programs such as:

- Music: Help develop their choir or teach them how to play an instrument
- Outreach Meeting in Public Areas: Passing out tracts, Bible stories, preaching
- Children's meetings: VBS, etc.

### **Construction Projects**

Your group could also help with construction projects at Baptist Bible College of the Caribbean or at local churches. These projects could range anywhere from remodeling a church room or classroom or painting, etc. Some projects would include:

- Churches: remodeling, painting, etc.
- BBC: faculty houses, dorm rooms, landscape, etc.



# Individual Information Form

Group Name: \_\_\_\_\_ Trip Dates: \_\_\_\_\_

## Personal Information:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Single     Married    Spouse's Name \_\_\_\_\_

## Passport Information:

Passport Number: \_\_\_\_\_ Issue Date/Expiration Date: \_\_\_\_\_/\_\_\_\_\_

Name as it appears on passport: \_\_\_\_\_

## Emergency Contact:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Medical History:

Do you have any limitations? \_\_\_\_\_ If yes, explain \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date of you last tetanus shot: \_\_\_\_\_

List medications and reason taken: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

This form must be filled out for each individual participating in a P14GM led Mission Trip. A copy of each form is to be sent to P14GM at least one week before the scheduled trip.



# Adult Consent

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## Release, Hold Harmless, and Indemnify

I, the undersigned, acknowledge that participating in the Project 14 Global Missions trip to St. Vincent involves certain risks and that injury, death or other harm (including damage to property) could occur to me. By participating in this mission trip, I hereby assume full responsibility for the risk of injuries, whether caused by negligence or otherwise. I, on my own behalf and on behalf of my heirs, successors, assigns, executors and administrators, hereby RELEASE AND HOLD HARMLESS AND AGREE TO INDEMNIFY Project 14 Global Missions and its staff, volunteers, employees, board members, and affiliates from and against any and all liability, claims, damages, causes of action, loss, costs and expenses (including, without limitation, attorney fees) for injuries arising out of or connected with the Mission Trip, including traveling to and from the location(s) of the Mission Trip. I assume all risk of sickness, death, or personal injury, and damage to or loss of my personal property, and any delay, change or cancellation of travel arrangements, and all other damage or expenses I may suffer as a result of participation in this mission trip or in activities related to it. I fully agree to be responsible for my actions and will pay all costs involved should I become ill or injured or suffer other damage to my possessions or myself. I also agree to allow Project 14 Global Missions use of any photographs, videos, or recordings I am in.

## Medical Authorization

If, while participating in the Mission Trip, I require emergency medical treatment, I hereby give my consent for any emergency medical care to be rendered as may be deemed necessary by any duly licensed physician or dentist. I hereby give my permission to Project 14 Global Missions to obtain the emergency medical treatment at any hospital, clinic, or other health care provider as may be deemed appropriate. In these circumstances, I hereby request and authorize any duly licensed physicians, dentists and staff, or other licensed technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment as may be necessary, including but not limited to medical transport, hospital tests, injections, anesthesia, surgery, and administration of prescription drugs. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes from any Medical Contacts provided by Project 14 Global Missions. I agree to assume and pay for all costs of such emergency medical treatment.

\_\_\_\_\_  
Participant Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

This form must be signed and returned to Project 14 Global Missions' Office in order to participate in the mission trip.



# Parental Consent

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## Release, Hold Harmless, and Indemnify

I, (We) the undersigned, acknowledge that participating in the Project 14 Global Missions trip to Nicaragua involves certain risks and that injury, death or other harm (including damage to property) could occur to my (our) child. By allowing my (our) child to participate in this mission trip, I (we) hereby assume full responsibility for the risk of injuries, whether caused by negligence or otherwise. I (We) hereby RELEASE AND HOLD HARMLESS AND AGREE TO INDEMNIFY Project 14 Global Missions and its staff, volunteers, employees, board members, and affiliates from and against any and all liability, claims, damages, causes of action, loss, costs and expenses (including, without limitation, attorney fees) for injuries to my (our) child arising out of or connected with the Mission Trip, including traveling to and from the location(s) of the Mission Trip. I (We) assume all risk of sickness, death, or personal change or cancellation of travel arrangements, and all other damage or expenses my (our) child may suffer as a result of participation in this mission trip or in activities related to it. I (We) fully agree to be responsible for my (our) child's actions and will pay all costs involved should my (our) child become ill or injured or suffer other damage. I (We) also agree to allow Project 14 Global Missions use of any photographs, videos, or recordings of my (our) child.

## Medical Authorization

If, while participating in the Mission Trip, my (our) child requires emergency medical treatment, I (we) hereby give my (our) consent for any emergency medical care to be rendered as may be deemed necessary by any duly licensed physician or dentist. I (We) hereby give my (our) permission to Project 14 Global Missions to obtain the emergency medical treatment at any hospital, clinic, other health care provider as may be deemed appropriate. In these circumstances, I (we) hereby request and authorize any duly licensed physicians, dentist and staff, or other licensed technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment as may be necessary, including but not limited to medical transport, hospital tests, injections, anesthesia, surgery, and administration of prescription drugs. I (We) agree to the release of any records necessary for treatment, referral, billing, or insurance purposes from any Medical Contacts provided by Project 14 Global Missions. I (We) agree to assume and pay for all costs of such emergency medical treatment.

\_\_\_\_\_  
Parent/Guardian Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

This form must be signed and returned to the Project 14 Global Missions' office in order for your child to participate in the mission trip.

## St. Vincent Fact Sheet

Located in the southern Caribbean Sea, forming part of the Windward Islands, St. Vincent & the Grenadines comprises 32 islands and cays. St. Vincent, the largest of the islands comprising the nation, covers roughly 150 square miles.

The population of St. Vincent & the Grenadines is approximately 110,007. About 25% of the labor force works in agriculture, 10% in industry and over 50% in services, based mostly on a growing tourism industry.

Agricultural produce includes bananas and plantains, coconuts, sweet potatoes, spices, citrus and mangos; a small number of cattle, sheep, pigs and goats are reared; and there is a small fishing sector. Industries include food processing, blockmaking, furniture, clothing and starch.

St. Vincent, or the “mainland” as it’s often called, is mountainous and lush, with waterfalls, rainforests, coral reefs and an active volcano. Abounding in natural beauty, steeped in history and rich in cultural heritage, St. Vincent is still relatively untouched by mass tourism.

- Average temperature – 80.6°
- Government – Parliamentary Democracy within the Commonwealth of Nations; Queen Elizabeth II, Head of State
- Currency – Eastern Caribbean Dollar; EC \$2.70 = US \$1
- Education – School is compulsory up to 15 years of age; government funded primary and secondary schooling is free; post-secondary education is provided through a community college and polytechnics



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Forms

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