



IMPORTANT MISSION INFORMATION AND APPLICATION

We are excited that you will be joining Sowing Seeds in Belize! The below important information will make your time in Belize more efficient and effective and prepare you for an amazing experience. Please read over carefully as there are many details to consider. You may click on items highlighted in blue below for more information related to that topic. We welcome individuals without a team to join us - we will schedule several trips each year where you will be able to join others to form a team with a minimum of 3 persons, maximum of 10. Those trips will be posted on our website on or before January 31st annually. **Costs and payment terms are detailed in the attached schedule of fees.**

FLIGHT AND TRAVEL OPTIONS

Several US international airports offer flights to Belize. Consider using [City Express Travel](#). They are a Christian travel agency specializing in booking group airfare for churches and mission trips. Ask for Simeon Kumar. Or refer to your airline or travel agency of choice for specific flight details and to book your flights. All flights arrive in Belize City at Philip S.W. Goldson International Airport ([PGIA](#)), 3-1/2 hours north of our location in the Toledo District. There two (2) options to consider for getting you and your team south to our mission location, each with different fees associated. **Refer to attached schedule of fees for more details.**

OPTION 1 – GROUND TRAVEL

A SSIB representative will be at the airport when you arrive and will transport you south. SSIB will also return you to PGIA for your flight home.

OPTION 2 – CONNECTING FLIGHT TO PUNTA GORDA AIRPORT

A connecting hopper flight from Belize City is available which flies directly into the Toledo District arriving at the Punta Gorda airport. Flights are available via [Maya Island Air](#) or [Tropic Air](#). Click on links for flight costs and booking information.

Ground transportation will be made available to and from your choice of lodging location. **Refer to attached schedule of fees for more details.**

CUSTOMS DECLARATION FORM

All travelers to Belize are required to fill out a customs declaration form on the plane before arrival in Belize. At the bottom of the form there will be two (2) questions which must be answered. Recommended answers are as follows:

Reason for visit: visiting friends

Address of Stay: Forest Home Village, Toledo District

IN-COUNTRY TRANSPORTATION DURING STAY

The SSIB 15 passenger van is available for rental at \$500/week plus fuel (this is ½ of the cost of a local rental).

Refer to attached schedule of fees for more details.

LODGING

We highly suggest (however not required) staying at the Pallotine Retreat Center (PRC). Rooms have two single beds in a dorm style arrangement. Separate wings with community bathrooms for male/female are available.

There is a large conference room and a cozy gathering lounge with wi-fi and beautiful grounds to explore and enjoy. There is a short video of the rooms and grounds on our website. **Refer to attached schedule of fees for more details.**

If your group prefers to stay in a hotel, we can recommend several. Please contact us at info@sowingseedsinbelize.com for a list of recommended hotels in the area. If you choose the hotel option, you will be responsible for booking and payment to the hotel.

MEALS

For those lodging at PRC, daily breakfast is included in the PRC fee. Those lodging at a hotel will need to make arrangements for breakfast separately. Lunches will be determined by work project, etc. – average cost is \$6/lunch. Dinners will be at local restaurants at an average cost of \$6-10 per meal.

CURRENCY

Some purchases may be made with a credit card (**make sure you secure international usage on your card in advance**). However, you will also need cash for most dinner costs and incidentals. Please bring small bills that are **crisp, with no tears, or markings**, \$20 bill denominations and less as most places will not be able to change large denomination bills.

PASSPORT

Make two copies of your passport picture/information to provide one to SSIB leader and one copy for your safekeeping.

CULTURAL GUIDELINES

Many hours have been spent over the years learning the culture and developing trusting relationships with the amazing people we serve in Belize. We would never want to make anyone we serve feel uncomfortable or as though they are being exploited. We know you would not want this either. As a host group you will be representing the ministry of SSIB, so we ask that you honor our guidelines, especially in the areas of dress and picture-taking as noted below. If you are uncertain, PLEASE don't hesitate to ask us in advance.

DRESS CODE

We ask that you keep modesty in mind as you pack. For integrity purposes, we ask that no tank tops or spaghetti strap tops, low cut blouses, short skirts or short shorts be worn. When visiting villages, we ask that females do not wear leggings – jeans, capris, mid-length shorts, dresses and longer skirts (at least knee-length) are all fine. When in the more modern communities, leggings are acceptable. For men, jeans and longer shorts are fine.

PICTURES

You will see and experience many new, unique and interesting sites, people, etc. and we encourage taking pictures. However, we must be respectful, especially when visiting the remote villages. **Some villagers are offended by picture-taking**, so it is important to **ask first**.

ALCOHOL CONSUMPTION

We ask that you refrain from alcohol consumption while on mission with us at SSIB.

MISSION INSURANCE

Mission insurance is an option available to all individuals joining SSIB. For coverage details, fees and procurement, please click on [mission insurance](#). Email us any questions you may have – info@sowingseedsinbelize.com

AFTER THE MISSION

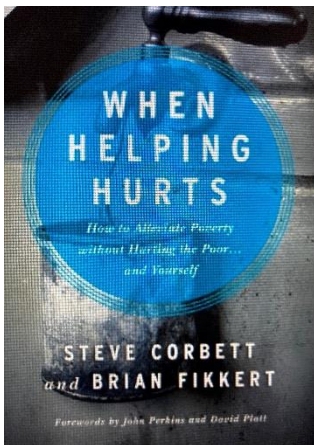
If your group would like to take a day or two to decompress, relax, sightsee, snorkel, etc., below are several options. Please note, your group will be responsible for all additional costs associated with 'after the mission' activities.

TOLEDO CULTURE TOUR – There are many options for exploring the sights and culture in the heart of Toledo District – exploring a Mayan ruin site; chocolate factory tour; swimming at the waterfalls; cliff diving; spice farm tour. A cultural lunch inside a traditional Mayan thatched home is included. Cost per person is \$25/person plus any entry fees.

SNORKEL & SWIM WITH THE SHARKS AND/OR RELAX ON THE BEACH – Relax at the beach and visit the shops in Placencia, a popular tourist resort or snorkel at the Barrier Reef.

TO CONTACT US: you can contact us directly while in country via cell phone - (814) 312-3316. Text is available in country via WhatsApp (download and install on your cell phone) as well as standard international calling.

PREPARING FOR YOUR MISSION TRIP



We strongly suggest that your team meet together at least 4-6 times to prepare your hearts and minds for your mission trip. We recommend your team read and discuss "When Helping Hurts" by Steve Corbett and Brian Fikkert. Sowing Seeds in Belize has incorporated the wisdom, experience and principles of this book into their ministry which will help your team understand our "boots on the ground" mindset and approach to ministry as we serve the Belizean.

For questions or clarification of any information in this packet, please contact us at 814-312-3316 or 814-569-8339, or info@sowingseedsinbelize.com.

TEAM MEMBER INFORMATION

This form must be completed by each mission team member and submitted to SSIB upon arrival in Belize

First Name: _____ Middle Initial: _____ Last Name: _____

Phone (circle type: Cell / Home / Work): _____

Home Address: _____

City, State and Zip code: _____

Email Address: _____

Church/Group: _____

Emergency Contact Person Name: _____

Emergency Contact Person Phone (circle type: Cell / Home / Work): _____

Medical Information:

Current medications (please list or attach separate form):

List medications which should NOT be administered to you / medicinal allergies (penicillin, aspirin, iodine, acetaminophen, sulfa, etc.):

Allergies food or otherwise (i.e. dairy, wheat, seafood, nuts, insect, pet, etc.):

_____ **(initial here)** I have read and agree to comply with the guidelines regarding proper dress, picture-taking, and alcohol consumption.

_____ **(initial here)** I have read, agree with, signed and executed Schedule B - Liability Waiver form, a copy of which is attached.

Signature

Printed name

SCHEDULE A – Mission Fees

Below is a list of fees for your mission with Sowing Seeds in Belize. These fees cover actual and administrative costs. This list DOES NOT include cost of air travel or hotel if chosen. Please check each item applicable to your group:

GROUND TRANSPORTION TO AND FROM AIRORT:

Group of three (3), SSIB pick up and return to Belize City (PGIA):	\$400.00
Group of four (4) or more requiring hired driver/van:	\$800.00

OR

Group of three (3), SSIB pick up and return to Punta Gorda airport:	\$25.00
Group of four (4) or more requiring hired driver/van:	\$50.00

GROUND TRANSPORTATION IN-COUNTRY (WHILE ON MISSION) \$500/week plus fuel

LODGING

Pallotine Retreat Center (PRC) \$26 per individual, per night (includes daily breakfast)

NOTE: Because payment to the PRC must be made in cash ONLY, payment is due in cash to a SSIB representative upon arrival. Any meals not procured will be refunded prior to your departure

If you prefer to stay in a hotel, costs range from \$80-120/night – we can recommend several – payment is due directly to hotel.

AFTER THE MISSION – driver/fuel expenses will be added to the beach excursions – THIS IS OPTIONAL

- 1) There are several options for Toledo culture excursions starting at \$25/participant plus any admission fees if applicable
- 2) Beach excursion - \$200/per person per night
- 3) Beach excursion with snorkeling option -\$300/person, per night 1st night, \$200/person each additional night

SCHEDULE B

SSIB Mission Trip Liability Waiver—Required

Legal Name of Participant: _____

Address: _____

City _____ State _____

Zip: _____ Email: _____

Phone: _____ (home) _____ (cell)

Mission Trip Dates From: _____ To: _____

It is my understanding that participating in any or all programs, mission work, visitations, recreation and/or other activities (hereinafter referred to as “Activities”) as determined by and of Sowing Seeds in Belize, a US registered Section 501(c)(3) nonprofit organization, or Sowing Seeds in Belize, a Belizean registered NGO, or both (individually or collectively hereinafter referred to as “SSIB”) is a privilege and one I do so voluntarily.

Prior to my participation in Activities, I acknowledge that there are certain risks associated with Activities, including, for example, physical injury due to Activities-related accidents, transportation-related accidents and/or illness. In addition, I acknowledge there may be other risks inherent in Activities of which I, and /or SSIB may not be presently aware.

Release of Liability

By signing this Liability Waiver Form, I expressly warrant that I am capable of withstanding both the physical and mental demands of Activities. I also expressly ASSUME ALL RISKS of participating in Activities, whether such risks are known or unknown to me at this time. I further release SSIB and its Board of Directors, Co-Founders, leaders, employees, volunteers, and agents, collectively AND individually, from any claim that I may have as a result of injury, illness, financial loss, terrorism, kidnapping, or any and all harm incurred during the course of participation in Activities. This release of liability shall include, without limitation, any claims of negligence or breach of warranty. This release of liability is also intended to cover all claims that members of my family or estate, heirs, representatives, or assigns may have against SSIB and its Board of Directors, Co-Founders, leaders, employees, volunteers, and agents, collectively AND individually. I further agree to indemnify and hold harmless SSIB and its Board of Directors, Co-Founders, leaders, employees, volunteers, and agents, collectively AND individually from any and all claims arising from my participation in Activities or as a result of injury or illness during such Activities.

First Aid and Emergency Medical Treatment

I recognize that there may be occasions where I may be in need of first aid or emergency medical treatment as a result of an accident, illness, or other health condition or injury. I do hereby give permission for agents or representatives of SSIB to seek and secure any needed medical attention or treatment for me including hospitalization if in agents or representatives of SSIB’s opinion such need arises. In doing so, I further agree to pay all fees and costs which arise from this action to obtain medical treatment.

Publicity

On occasion, agents or representatives of SSIB takes photographs or makes audio or video recordings of children and/or adults involved in Activities. Such photographs or recordings may be used by staff and participants to remember the activities and participants. In addition, such photographs and recordings may be used in SSIB’s publications, advertising material, or social media outlets to let others know about the ministry. I consent to the use of any such audio or visual record of me to be used, distributed, or displayed as agents or representatives of SSIB see fit. This consent includes but is not limited to: photographs, video and audio recordings. Furthermore, I give permission to be interviewed by the media, or for such photographs and other recordings to be used by the media.

Health Insurance Company: _____

Policy #: _____ Phone #: _____

Travel Insurance^[1]_{SEP} Company (optional) : _____

Policy # _____ Phone #: _____

Volunteer Agreement

As a volunteer, I hereby agree to each of the consents and waivers listed above, including the Release of Liability, as pertaining to my own participation in Activities.

Signature: _____

Date _____

Participant Full Name _____

Date _____

Witness Signature (not a relative): _____

Date _____

Witness Full Name _____

***** FOR USE IF PARTICIPANT IS A MINOR *****

Emergency Contacts

Parent/Guardian: _____ Phone _____

I represent that I am the parent/guardian of _____, Passport # _____ who is under 18 years of age. I have read the above Permission/Waiver Form and am fully familiar with the contents thereof.

I give permission for the child named above to participate in Activities of SSIB including any special events/activities described above. In consideration for allowing the participation of the child in Activities of SSIB, I hereby consent to the Permission/Waiver Form, including release of Liability above, on behalf of the child and agree that this Permission/Waiver Form shall be binding upon me, my family, heirs, legal representatives, successors, and assigns.

In addition, I/we give permission for the above named child to travel to Belize with:

Passport Name: _____

Passport # _____ (responsible party's name) _____

from _____ to _____.

Signature of Parent or Legal Guardian: _____ Date _____