



SHARE
FOUNDATION

Building a New El Salvador Today

Theological Consortium

Delegate Manual

“There is much that The United States has to offer El Salvador, but there is just as much that El Salvador has to offer the United States. Together, we can develop the approach that will be needed to assure that the economic, social, and political futures of both El Salvador and the United States are humane and progressive.”

-Archbishop Oscar Romero



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Dear Future Delegate,

Congratulations! You are taking the first steps in an amazing journey of spiritual discovery and experience! The SHARE Foundation is delighted to welcome you to the Theological Education Solidarity Consortium in which seminarians and theology students participate in a contextual learning experience in El Salvador. For the past twenty-five years, SHARE has facilitated partnerships between North American and Salvadoran faith communities to promote justice and development for the marginalized majority of El Salvador and greater awareness among US communities. Out of these relationships, SHARE has identified an opportunity to offer a unique learning experience to seminary and theology students and institutions, bringing them into the circle of solidarity with El Salvador in the spirit of Liberation Theology.

In the 1980's the armed conflict in El Salvador was a very public testament to the living faith of many Christians. Members of the laity and leadership of many churches played key roles in the struggle of the poor for dignity and human rights. Hundreds of US clergy and lay people traveled to El Salvador in solidarity with the poor. They sacrificed US comforts and distractions and some even gave their lives. Their motivations varied in some aspects but each was, inherently, called to service. Today, theology and service continue to have radical repercussions in a globalized world. The SHARE Theological Consortium provides for insight and reflection on the role of theology in the global struggle for social justice as US and Salvadoran faith communities struggle to address basic needs and defend human rights.

“A seminary delegation to El Salvador is the ultimate integration of theory and practice, of words and living Word. Students prepare in the classroom by discussing theology, politics, culture and economics and then move into the actual experience to figure out how to embody a prophetic, gospel imperative in the midst of grotesque poverty and devastating injustice.”

-Dr. Marcia Bailey,
Faculty at Colgate, Rochester, Crozer
Divinity School

The SHARE Foundation invites you to come to El Salvador to participate in a unique environment of theological discourse, grassroots solidarity and contextual learning. The following manual contains an in-depth description of the Theological Consortium as well as a guide for preparing for travel.

Thank you for taking the first steps on a unique journey that promises to challenge both academically and spiritually. The SHARE Foundation asks that you take the time to review all aspects of the manual to fully prepare yourself for travel to El Salvador. Please do not hesitate to consult us at any point along the way by contacting sharedc@share-elsalvador.org or (202)319-5540.

In Solidarity,

SHARE's Grassroots Team

Program Description

What is a Theological Consortium?

The SHARE Theological Consortium is an ecumenical group of seminaries and/or higher education institutions investigating the relationship between faith and practice in a contextual learning environment in El Salvador. The SHARE delegation grants participants a first-hand perspective of the realities that have inspired social action in individuals and faith communities in the US and El Salvador. The consortium learning model consists of three major components; theory, context and praxis. These components will be applied to analyze broader issues such as; globalization, women's empowerment, immigration, the environment, social activism and liberation theology. The cumulative experience grants participants an awareness of pressing, multi-faceted social issues affecting global populations and the role of faith as a catalyst to service.

About SHARE

The SHARE Foundation is an international non-profit organization that accompanies poor communities in El Salvador as they work for economic justice, democracy and sustainable development alternatives at the local and national levels. SHARE has engaged thousands of concerned US citizens and faith communities in delegations to El Salvador and in on-going advocacy since the early eighties. SHARE is not a charity organization nor do we sponsor educational tourism. Our association with the people of El Salvador is one of accompaniment and establishing a global network of justice based people. With over 25 years of experience and relationship building in El Salvador, SHARE is uniquely qualified to offer the caliber of exchange that makes the Theological Consortium successful. To learn more about SHARE and their current projects, please visit our website at www.share-elsalvador.org.

SHARE staff is available before, during and after travel to individually attend to the needs and questions of each delegation. While traveling, SHARE will facilitate necessities such as lodging, meals, transportation, and translation. The SHARE staff in El Salvador is composed of individuals who are living and working, long-term, in country and are available to provide an additional knowledge-base of the Salvadoran experience as well as coordinating the practicalities of travel in a developing nation. Upon return, SHARE is available to facilitate sustained involvement in Salvadoran accompaniment at the institutional and/or individual level.



Consortium Structure

The Theological Consortium is designed to be an experiential complement to an academic course. SHARE organizes and plans 8-10 day educational Seminars through its El Salvador Office. This includes organizing trip itinerary, room accommodation, food, transportation and translation. Activities will focus heavily on providing US delegates an understanding of the contextual reality of Salvadoran citizens and faith communities. SHARE will work



individually with each institution to ensure that the planned activities coincide with the academic objectives of the course. The Consortium is contextual learning based via three focus areas: Theory, Context, and Praxis. Delegation activities are designed to grant participants information and experiences that compliment each focus area as well as to provide powerful and complex material for reflection and discussion.

SHARE is flexible in coordinating events that best compliment the goals and objectives of participating institutions. Corresponding activities may include, but are not limited to:

Theory- Focus on contributions made to the concept and development of Liberation Theology, Christian Based Communities and Missionary/Seminical service.

- Visit tomb of Archbishop Oscar Romero in La Plaza Civica and assassination site at the chapel at Divina Providencia Hospital
- Visit Jesuit martyr Museum at the University of Central America (UCA) and meet with UCA professors to discuss historical and present issues facing El Salvador.
- Meet with Salvadoran seminary and theological students and teachers to discuss/exchange perspectives, experiences and motivations.
- Discuss concepts of accompaniment, solidarity, sustainable development and empowerment vs. charity models as methods for social change.
- Time for reflections and discussion.

Context- Focus on cultural, political and socio-economic factors that have contributed to historical and current situations.

- Pay respects at the Monument to Memory and Truth, a memorial to the civilians killed or disappeared during the 12 year civil war. Located at Cuscatlan Park in San Salvador.
- Discuss the historical and current status of women with members of the Association of Women for Equal Rights (AMAIG) or other women's groups.
- Visit sites affected by the San Salvador green belt
- Meet with officials at the US Embassy and/or Salvadoran Human Rights Director Ombudswoman
- Meet with local progressive community councils and non-governmental organizations
- Receive briefings by local economists regarding free trade in Central America.
- Home stay with Salvadoran families in a rural community.

Praxis- Focus on response and activities of Christian Base Communities, National and Non-Governmental Organizations, and Solidarity/Accompaniment groups.

- Visit Pequeña Comunidad Nueva Esperanza, a Christian Base Community of non-canonical religious women living and working in a community of repatriated war refugees and ex-combatants.
- Visit two different Baptist Ministries in Santa Ana and Atiquizaya, both working to establish a post-missionary vision of the Salvadoran church in solidarity with the poor.
- Visit Tierra Blanca Community, and/or Maria Madre de los Pobres Parishes- dynamic parishes with alternative visions to accompany the marginalized.
- Converse with women from MUGAN (Marta Gonzalez Women's Cattle Cooperative) and see their cattle herds.

- Discuss opportunities for individual and group participation in SHARE accompaniment model.

SHARE believes that a successful learning experience is developed through meaningful discourse and commits to creating an environment of engagement between North American and Salvadoran educational institutions. As consortium members will also be a part of a dynamic group of progressive US theological educators and students, it may be possible for delegates from separate universities or seminaries to participate in the same delegation. SHARE is committed to including diverse learning institutions to provide the highest quality educational environment. Beyond the travel experience, alumni of the consortium create a vibrant network of justice-oriented individuals.

For students of theology and ministry there are admirable examples of liberation theology (in El Salvador)- inspired base communities. Breaking down the long divisions of Catholic and Protestant, they work ecumenically with 'all who share their vision.'

-Rosemary Radford Ruether,
Pacific School of Religion

SHARE's Accompaniment Model

SHARE supports the empowerment of historically impoverished and marginalized communities, as they strive to meet both their most immediate needs and construct long-term sustainable solutions to the problems of poverty, underdevelopment and social injustice. The communities that we work with in El Salvador are changing the structures that keep people poor through an integrated effort that is reactivating sustainable local economies, creating viable rural policies that aid subsistence farmers, and financing projects that provide for the empowerment of women, development of leadership and community organizing.

From our inception SHARE has literally walked with the people of El Salvador in three important ways. We call them the three pillars of accompaniment:

- physical, spiritual and moral support
- advocacy support
- financial support via projects

Delegations sponsored by SHARE reinforce this model of accompaniment by providing US citizens the opportunity to interact directly with the Salvadoran people. Our goal is not to show you El Salvador, but to offer an environment in which you witness the Salvadoran reality by walking beside Salvadorans as they share their analysis and vision.



As you prepare for your visit to El Salvador, we encourage you to explore this model and reflect on the different natures of charity and justice. Participation in the delegation is based on the desire to listen and understand problems without seeking to immediately resolve them. You will be learning about proposals that seek solutions to systemic problems, and global community building through direct involvement with the people making these changes.

Frequently Asked Questions

What is the cost of the trip?

The on-the-ground cost of the delegation is \$950/delegate. This price **DOES NOT** include airfare. (Your local delegation leader will have information about airfare costs from your area.) It **DOES** include; meals and lodging, transportation within El Salvador, activity costs and translation. The packet also includes ideas for fundraising. We encourage you to talk to your peers and delegation organizer to plan out a strategy for raising the funds necessary for the trip.

I have heard that there are high levels of crime in El Salvador; Will I be safe?

It is true that El Salvador has experienced a rise in violent crime, both random and organized, in recent years. Unfortunately, the threat of violence has become a fixture in the daily lives of most Salvadorans with the poorest citizens being the most vulnerable. That being said let us assure you that we are very explicit in our safety orientation and have taken every precaution to ensure that delegates avoid dangerous situations and/or environments. We also have the benefit of 25 years of experience working with Salvadoran communities, and the connections, wisdom and mutual respect that comes along with a quarter century of accompaniment. To put things into perspective, El Salvador is not unlike many major US cities such as Chicago, Washington, D.C., or New York. The same safety measures you would use there apply to El Salvador as well.



Ultimately, the biggest “x factor” in your safety is your own awareness and adherence to safety issues. Included in the information packet for delegates is a detailed outline for expectations while in El Salvador. We encourage you to review this information and ask your delegation organizer or SHARE representative about any questions or issues it raises.

What if I get sick?

Part of the excitement of experiencing another culture is sampling the wonderful and exotic foods that country has to offer. When you return you will surely be raving about El Salvador’s most typical food, *pupusas* (a corn or rice tortilla generally stuffed with beans, cheese or squash). However, exotic foods can sometimes disrupt our body’s “standard operating procedures” and can cause upset stomachs. Also, as sanitation and hygiene standards in El Salvador are not what they are in the US, certain precautions **MUST** be taken. (Suggested precautions are outlined, in detail, in the delegate packet)

More often than not, most digestive issues can be solved with rest and re-hydration. In the **rare** case that medical attention is warranted, SHARE will coordinate appropriate care. If doctor or hospital visits are necessary, the individual will be expected to cover the cost of the visit, which in El Salvador is generally \$15-20. If you would like, you may investigate travel insurance with your current health provider or separate student health insurance coverage may also be available. Again, doctor and/or hospital visits are not typical.

How can I prepare for the trip?

Your participation in the delegation begins long before the plane leaves the ground. You may be asked to attend meetings, participate in group activities, and assist in fundraising efforts. Be open to reflecting upon political, economic, and faith-based issues from a variety of perspectives. This would also be a great opportunity for you to share your enthusiasm and ask for support from friends and family. You might ask those closest to you about their experiences with volunteer projects, international travel and/or cultural explorations. You could talk with them about how they have learned to deal with being out of their comfort zone. Share with them what, to you, is exciting about new experiences. This is an opportunity for you to extend your experience, to be a teacher as well as a student.

Above all, we encourage you to come with an open mind, ready to enjoy new foods, explore new customs, live in close quarters with community members and other delegates, and experience rustic conditions in communities with dry latrines. A positive attitude is key to having a successful – even life changing delegation experience.

You will enjoy the trip much more if you come prepared by reading the materials provided by The SHARE Foundation that will be distributed by your delegation organizer. In addition, we have a resource guide in the delegation page of our website at www.share-elsalvador.org/delegations/youthdelegation outlining books, movies and other resources for learning more about El Salvador. We recommend that you read over these materials and discuss any questions that they may generate with your youth group.



What will be expected of me while in El Salvador?

In addition to following the health and safety guidelines outlined in the delegate packet, there are a few other expectations that SHARE will ask of all delegates:

“I have learned that the world is in danger. The only way to help is to speak out and make your voice heard. It takes many people to make a large change, but it starts with just one person.”

- It is very important that while in El Salvador, you adhere to proper behavior as a member of a group. This implies very basic expectations such as listening and following the instructions and requests of the organizer and SHARE staff, being mindful of the rest of the group with regard to schedule, and staying with the group during activities. Further, you should be prepared to gracefully handle experiences and realities radically different from your own. (i.e.: be tactful, courteous and polite with staff, other delegates, Salvadoran guides and communities as you encounter new foods, rustic accommodations, etc.)
- We ask that delegates remain mindful of SHARE’s Accompaniment Model and do their best to interact with the Salvadoran community in this capacity.
- As is standard for visiting any foreign country, delegates should abide by Salvadoran law. This includes but is not limited to laws regarding

consumption of alcohol and drugs. Delegates should also be aware of a law which prohibits foreigners from participating in Salvadoran politics- this even prohibits wearing politically flavored shirts or hats.

- It is important not to be too shy! Especially if you are trying to learn Spanish, the best way to take advantage of being in El Salvador is to initiate conversation, ask respectful questions, and express yourself.
- Finally, communication is key! It is vital that you communicate any special needs (dietary, physical, or emotional) in the application form as well as any issues that come up along the way.

“This trip has exceeded all my expectations, and opened my eyes to so much.”

What if I want to bring gifts for the communities/families I visit?

In keeping with the spirit of our solidarity model, we discourage delegates from bringing large or extravagant gifts; including money. What would be appropriate, although by no means mandatory, is to offer a simple memento or a meaningful token of your visit. Gifts that families often appreciate are photos of you, or perhaps a simple cultural souvenir representing your state or town.

How do I stay in contact with family and/or friends while I am in El Salvador?

Due to the nature of the delegation and communication issues in El Salvador, it may be difficult for you to contact friends/family from El Salvador. We encourage you to contact your local organizer about adding appropriate contacts to a phone tree so that those who wish will be advised as soon as possible about the arrival of your flight and/or any important news along the way. As the Grassroots Delegation team, we want to assure you that you will be in good hands. Keep in mind, also, that if there is an **emergency** situation and someone needs to contact you right away, they can call Kelley Burns, the education coordinator in El Salvador, on her cell phone at (011)503-7252-9989. They can also call the SHARE Office at (011)503-2260-4325. Keep in mind that this is **only for emergencies**, and that it will be very difficult for you to call you during the delegation.

On behalf of The SHARE Foundation, we wanted to take this opportunity to thank you for your decision to *truly* experience another culture. We are truly looking forward to the role that you will play in building a new El Salvador.

Warm Regards,

The SHARE Foundation
Grassroots Education Team



Safety and Health

The number one key to a successful delegation is keeping all delegates safe, healthy and happy while they are in El Salvador. We, here at SHARE, have committed ourselves to doing just that. However, we can't do it alone and ultimately success in this area depends on the delegates themselves. We will do our best to keep delegates informed of any health or security risks while maintaining the safest environment possible within the context of the delegation experience so that delegates can make safe and responsible decisions.

In general, we will ask that all delegates respect the decisions made by SHARE coordinators and our hosts. It is important that the coordinators and delegates agree upon a process for decision-making and problem solving before arriving in El Salvador. During the visit, delegation coordinators may need to hear concerns and suggestions of all delegation participants. When it is necessary to make a group decision, the coordinators will facilitate the group process and will make the final decision, always acting in consultation with our hosts who are most familiar with the situation in their country. It is important to remember that as part of our objectives, we are in El Salvador to provide support to our Salvadoran hosts. This means maintaining good group discipline and an attitude of flexibility to most effectively respond to their needs.

Above all, we want you to know how important delegations are to the promotion and strengthening of our solidarity with the Salvadoran people and their struggle for justice and democracy. We at SHARE are dedicated to making them the best and safest experiences possible.

Safety

While researching El Salvador or speaking about the trip to friends or family, you may have heard that El Salvador is currently experiencing a high level of violence, specifically gang violence. Recent reports indicate that violence and crime, both random and organized, have risen in El Salvador since the signing of the peace accords in 1992. As a matter of fact, El Salvador currently faces some of the highest levels of violence in Latin America. National studies indicate that the root causes of the current situation include extreme poverty related to ten years of neo-liberal economics, lack of programs to support reinsertion into society for people after the war, too many guns, and (in spite of reforms) a still-corrupt judicial system.

To help keep perspective though, we want to assure you that on the ground we are explicit in our security orientation, and have never had any serious incidents to date. Also, the targets of violent crime are generally not foreigners. The crime situation in El Salvador is not very different than that of big cities in the U.S. like Chicago, Detroit or Washington D.C. The same safety measures you would use there apply. What you will notice is that Salvadorans' sensitivity to violent crime is less acute than that of North Americans. We tend to be more shocked than they when we see, for example, very graphic pictures in the newspapers that you wouldn't see in the U.S.

Female travelers should also be advised that *machismo*, or sexism, is a significant problem in El Salvador. One of the major cultural critiques of the FMLN is its failure to address this. Currently, progressive feminist groups are working to combat this issue. Additionally, those of Anglo descent are seen on television and movies as both wealthy and promiscuous, therefore the specific impression that precedes white women is not pretty. Be prepared to be whistled at, spoken to in a derogatory manner, or just "scoped out" on a regular basis. We suggest that women delegates dress more conservatively than they might in the US, i.e., avoid shorts, short skirts and revealing tops. Doing so may minimize unwanted attention.

The following guidelines reflect SHARE's commitment to take our responsibility to safeguard our delegations' security seriously. We seek to create a secure environment as you accompany your

Salvadoran brothers and sisters in their struggle for a just and democratic society. We will inform you of current threats to safety while at the same time try to keep in perspective the reasons we are here and what we are trying to do in El Salvador.

1. Stay with the group. It is critical to be accompanied at all times by your SHARE coordinator or Salvadoran friends. We advise groups to not be on the streets after dark - city or countryside.
2. Don't wear and/or bring jewelry that you would mind losing (necklaces, earrings, rings, etc.). Most foreigners here keep their watches in their pockets when out in public.
3. Don't carry other valuables with you. Keep your camera secure and out of site when not in use. Keep pocket money to a minimum. If you will be shopping for crafts, your coordinators will choose a place that is most secure. But.... always be on guard for pickpockets. It is not recommended that you bring ipods and/or walkmans, as they are popular targets for theft as well as being a distraction from the purpose of the delegation.
4. If you are being robbed - DON'T RESIST! Just quietly hand over your money or valuable.

Health

One of the greatest things about cultural travel is experiencing the exotic tastes of your host country's cuisine. However, this can also leave us susceptible to illness and discomfort as our bodies may not be accustomed to the spices, or preparation processes that our hosts utilize.

Diarrhea is a top concern to those traveling in El Salvador. Our dietary staples will include rice, beans, pupusas (tortillas stuffed with cheese, beans and/or meat), bread, tortillas, fried chicken and/or meat, cabbage salad, eggs, plantains, French fries, and root vegetables. Here are the steps you can take to avoid the stomach bug:

1. Drink only bottled, purified water, bottled or canned sodas, juices, or beers, or water that you know has been boiled for several minutes. The water quality rule also applies to when you brush your teeth.
2. Avoid ice, order drinks without ice by saying *sin hielo* or "scene yellow" with your best Spanish inflection. Ice is generally not made from boiled or purified water.
3. Only eat cooked vegetables. Only eat fruit which has a peel and that you have peeled yourself. In fancier restaurants, salads are ok because they are washed in good water.
4. All meat should be well cooked. Shellfish and cooked fish are fine but when in doubt ask your coordinator.
5. Milk and milk products should be avoided unless you know they have been pasteurized and are fresh.
6. Avoid food sold on the street altogether; street vendors don't always have access to sanitary cooking conditions.
7. Keep your hands as clean as you can, especially around mealtime.

Treatment for stomach discomfort and diarrhea is depends on severity of symptoms. In most cases symptoms are mild, and although uncomfortable, are most easily addressed by taking a mild over-the-counter medication (such as Pepto Bismol), drinking lots of electrolyte rich fluids (such as Gatorade), and eating mild, bland foods, and taking it easy. More intense cases may require a stronger medication (such as Imodium), drinking lots of electrolyte rich fluids, and lots of rest. In the rare case that someone experiences severe symptoms SHARE will facilitate medical attention.

DISEASE INFORMATION

SUGGESTED IMMUNIZATIONS

Yellow Fever: Yellow fever is not present in El Salvador; however, a certificate of vaccination against yellow fever is required for persons over six months of age coming from infected areas.

Cholera: Cholera is present in this country. Cholera vaccine is not required or recommended according to international health regulations (WHO) or the Centers for Disease Control and Prevention. Cholera vaccine provides incomplete protection. Strict adherence to food and water precautions lowers risk.

Malaria: Risk of malaria is present in rural areas below 600 meters only. Risk is increased during the rainy season. We will advise your delegation coordinator if you will be visiting a high-risk malaria area.

RECOMMENDED IMMUNIZATIONS

Update tetanus/diphtheria, measles/mumps/rubella, and polio vaccines as appropriate to age and date of last dose

Gamma globulin is given for protection against Hepatitis A and is strongly recommended

Typhoid Fever vaccine

SPECIAL ADVISORIES

Hepatitis B virus is common among inhabitants of El Salvador. The virus is transmitted from person to person through blood contaminated needles or sexual contact. Vaccination is recommended for persons providing health care and those who plan extended residence in the area.

There have been outbreaks of Dengue Fever, a mosquito-borne virus. There is no immunization except to protect against mosquitoes bites. It is important to note that the Dengue mosquito is a daytime mosquito.

For further information contact Center for Disease Control at: <http://www.cdc.gov/travel/camerica.htm>

Packing Guide

As bags are sometimes lost en route, be sure to pack two changes of clothes, important documents, medicine, toiletries, and your camera in a carryon bag.

DOCUMENTS

- Passport, plus a photocopy of the first page of passport*
- Money belt or other means of carrying valuables safely

CLOTHING

Weather will be hot and humid (80-90 degrees and sticky) in most regions of El Salvador. Bring a long-sleeved sweater or light jacket for chilly evenings and overly air-conditioned planes. Rainy season begins in May and ends in September-October, so you should expect some rain and bring a light poncho and shoes that can handle lots of mud.

For meetings, dress should be neat and clean, but not fancy. Skirts, nice jeans, cotton pants and a blouse/shirt are fine.

- Lightweight skirts, pants, dresses, shirts, etc. (Cotton is best, jeans are fine -- just hot)*
- One nice outfit (for formal interviews, religious services, etc.)*
- Walking shoes*
- Sturdy Sandals
- Flip Flops (for bedtime, showers, etc.)
- Rain gear (light poncho)
- Sun glasses and sun hat **
- Change of underclothes for each day (+ one)*
- Plastic bag for dirty clothes
- Bathing suit
- Long sleeved shirt or light jacket

EQUIPMENT AND TOILETRIES

- Light blanket and sheet, sleep sack or light sleeping bag*
- Aspirin/Tylenol -- your preferred headache reliever
- Pepto Bismol (tablets travel more easily than liquid)*
- Sun screen*
- Bandages/first aid material
- Mosquito repellent with DEET (30-38% strength for adults and 6-10% for children) and a cortisone cream (for bites)*
- Roll of toilet paper/packets of soft tissue (important but can be purchased in ES)
- Personal hygiene products (toothpaste, toothbrush, soap, shampoo)
- Comb, brush, small mirror, etc.
- Towel and washcloth
- Packets of Wash-n-Dry to carry in your purse/pocket/knapsack
- Anti-malarial and/or other prophylactic medications
- Any other prescription medicine (be sure it is in your name and in the original packaging)
- Three zip-lock bags of various sizes (to keep things dust-free and to store soiled items)
- Water Bottle
- Flashlight (Mini-Mag brand is small, light, cheap and convenient)

*Starred items are absolutely necessary

OPTIONAL (Ideas from past delegations)

- Your favorite munchies -- granola, candy bars, raisins, crackers, gum -- energy food. (We may not be able to stop to eat often enough to please all appetites, so be prepared!)
- Lip balm (with sunscreen)
- Comfortable shoulder bag or knapsack
- Spanish dictionary or Spanish phrase sheet
- Leisure reading
- Penknife
- Ear plugs or cotton
- Notebook and journal
- Pens and pencils
- Camera (Best to bring disposables -- they are small and less tempting to petty thieves. If you bring your own camera, make sure it has fresh batteries and bring plenty of film – (if film camera), depending on your needs. Film and batteries are expensive in ES.)
- IMAGES OF HOME (to help convey your reality to your sisters and brothers) Picture of your family, your community/church family and picture of yourself (to leave behind with your new friends)

***Advise- Pack as light as you can, multi-functional clothing is best. If you think you can live without it for a week, you probably can.