



MISSION TRIP TO JAMAICA

The Jamaica mission trips are usually adventurous and rewarding. No two days are alike which makes it interesting. You will be introduced to the flora and fauna of the country, the exotic foods, and of course, the Blue Mountain Coffee. We will be traveling through the mountains and by the sea to give you a cross-sectional feel of the country. You will be among the local Jamaican people and on your last two days, you get to experience being a tourist and stay at an all-inclusive hotel.

REQUIRED PAPER WORK

ALL team members must have the necessary paperwork **prior** to leaving the US and all these forms can be found on our website at www.cameomissions.org under the Volunteer page. The forms are as follows:

- **Application Form**
- **Release of Liability**
- **Short Term Volunteer Form** (If other than a physician, mark "Volunteer" under profession)
- **Exempt from Work Permit** (Questions 1 – 15 but omit #9) with small photo
- **Medical Practitioner Form** (If you are a physician)
- **Nurse Council Form** (If you are a nurse or nurse practitioner)

Please send all completed forms to us either by Fax: 407-480-2536 or via email to cameomissions@yahoo.com. In order for the forms to be processed smoothly in Jamaica, it is preferred that all forms be sent in at least **6 – 8 weeks** prior to departure. (**Nurse Practitioners need a 3 month lead way for processing.**)

AIRLINE TICKETS

We can book your tickets for you but sometimes there is some local consideration, flight preferences and reimbursement issues that may prohibit it. It would be preferred if you make your own arrangements. **IMPORTANT:** You will need to fly into **Norman Manley Int'l Airport** in Kingston, Jamaica and return out of **Donald Sangster Int'l Airport** in Montego Bay. Please arrive as early as possible into Kingston, Jamaica. We usually take the first plane in so that we can take advantage of beaches and/or other points of interest the rest of the day. You will need to have a valid Passport to return back to the US.

COSTS/FUNDS NEEDED

The cost for a typical mission trip hovers around \$800 per person depending on current airfare and the amount of gift money you take.

Airfare – Roundtrip into **Kingston** and out of **Montego Bay**

Food – \$60 pp + snack funds

Van and Gas - \$100



Miscellaneous - \$20 (admin cost)

Hotel – approximately \$220pp for the weekend (rates vary according to time of travel)

Housing - Compliments of the Jamaican Government at the Buff Bay Community Hospital – it is rustic with “camping out mentality”. It’s a great bonding experience.

CLOTHING

Pack lightly and remember your bathing suits and towel (Put this in your carry on bag)

One dressy outfit for dinner at the hotel

Shorts and tees are appropriate

Scrubs are worn in the Clinics and comfortable shoes

Flash light, umbrella and bug repellent

TYPICAL WEEK SCHEDULE:

Saturday	Arrive at Norman Manley Int’l Airport and take the vans over the mountains to Buff Bay – our Headquarters for the week. The later we arrive at the airport, the later we arrive in Buff Bay.
Sunday	Settling in and sight seeing
Monday - Thursday	7:30am breakfast 8:00am – devotion 8:30am – depart for clinics Dinner when we get home (approximately around 6 pm)
Friday	Tour Ocho Rios: Dunns River Falls, Shopping and Hotel in Montego Bay
Saturday	R&R at Sunset Beach Resort (www.sunsetbeachresort.com)
Sunday	Leave Jamaica from MONTEGO BAY (note the different airport)

COME WITH AN OPEN MIND FOR ADVENTURE AND MAKING NEW FRIENDS