2016 Awareness Trip Documents

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Dear Friend,

Thank you for your interest in Rapha House Awareness Trips. We are excited that you are considering joining us! The most important thing you can do while making the decision on whether or not to go on this trip is to pray. Please seek God’s heart as you consider this opportunity. Don’t allow the fear of new places, unusual experiences, or the need to raise support, prevent you from the opportunity of receiving this blessing. If you are truly meant to go, God will make it possible. This packet will contain all of the information that you should need about the upcoming trip, but if you find that after reading everything you still have questions, don’t hesitate to call or to email us. We want to help you as much as we can along the way.

We encourage you to begin praying for this trip, as well as the work going on in Cambodia. There is a huge need for people to learn about sexual exploitation and human trafficking and about the ministry of Rapha House. Our goal is for you to return home and become advocates. Please understand that this is not a “typical” mission trip, which is why we call it an Awareness Trip. You will have opportunities to understand the history and culture of Cambodia and to learn how the culture of Southeast Asia has come to accept the exploitation and/or sale of children and young women. You will also visit several Rapha House prevention programs and continue on to visit two of our safehouse programs. We will seize as many opportunities as possible to minister to the girls and staff of RH. We are truly excited that you are interested in this trip—we want you to become advocates for these women and children and then to join us as we seek to bring awareness to others so that they are equipped to partner with us in bringing an end to these needless tragedies.

Regarding your application:
Your application will be reviewed just after the application deadline and you will be notified of your acceptance to a trip team within 10 days of the deadline. Upon receiving acceptance to a team, you will need to secure your place on the team with a $200 deposit/donation. Please understand that in the event that you do not participate in a trip, this deposit is non-refundable.

Regarding fundraising:
The total cost of the trip at this time is $3,000.00 and is based on the price of international airfare. This price includes your international airfare as well as your hotels, meals, excursions and tips after leaving the U.S. You are responsible for domestic travel to and from our point of departure, usually Los Angeles International Airport, where you will meet up with your team leaders and team members.

We ask that if possible, you send your financial support to Rapha House in two payments. You will be notified of specific dates for payments when you are accepted to a team. You will have two options for submitting payments:
1-Talk to your church office and ask if they are willing to collect and hold your funds for you. They would send a payment on to the Rapha House office when payments are due.
2-You may collect checks, made out to Rapha House, and submit them to our office on financial deadlines or before. Contributors need to understand that their checks will not be deposited until they are submitted to Rapha House on the financial due dates. Your supporters may also use our web-site @www.freedomforgirls.org to make an online donation for your trip. Please ask that they also include a comment that will include your name and trip date

Blessings,

Angela Foster
US Involvement Leader
afoster@raphahouse.org
417.621.0373
AWARENESS TRIP APPLICATION

Human Trafficking Awareness Trips 2016

This form is CONFIDENTIAL and will be used only for the purposes of this trip.

Today’s Date:____________________ Trip Applying For:____________________

Personal Data (please print or type)

Please print name as it appears on your passport.

Legal name:__________________________________________ (Last) (First) (Middle)

Commonly used name (if different than above):__________________ Shirt size:______

Address:________________________________________________________________

Home Phone________________ Work phone________________ Email____________

Date of Birth____________ Age____ Male____ Female____ Marital Status_______

Children and ages (if applicable)____________________________________________

If applicant is under 18 years of age, name(s) of parent(s) or guardian(s):

_______________________________________________________________________

Do you have a current passport?____ PASSport#____________ Exp. Date_______

Your name as it appears on your passport____________________________________

Citizenship________________________ Do you have a criminal record?_______

If yes, please explain_______________________________________________________

Your Occupation__________________________________________________________

Please list any relevant skills, talent or professional training you might have (including other languages spoken):

_______________________________________________________________________

Your Home Church________________________ Minister’s Name________________

Address _____________________________ Phone Number______________________

Write a short paragraph telling about your spiritual life:

_______________________________________________________________________
Personality
Describe how OTHERS view your personality:
_______________________________________________________________________
_______________________________________________________________________

Describe your personal STRENGTHS:
_______________________________________________________________________
_______________________________________________________________________

Describe your personal WEAKNESSES:
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Travel Experience
Outline the trips you have taken, if applicable. Include how long you were on each trip, where you went, and what impact each trip had on your life.

Trip Location: ________________________________________________
Trip Dates/Year: _____________________
Purpose of trip: ________________________________________________

Trip Location: ________________________________________________
Trip Dates/Year: _____________________
Purpose of trip: ________________________________________________

(If more space is needed please use an additional piece of paper)

How did you learn about this trip?_____________________________________________________

Why would you like to participate in this trip?
_______________________________________________________________________
_______________________________________________________________________

Do you have any questions or concerns regarding this trip?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
I understand and agree to the following policies:

I understand that my $200 deposit is due upon acceptance to a specific trip team and that this deposit is non-refundable.

I understand that, based on the Federal Income Tax law, gifts are given for the mission trip/related projects and not to me specifically. Should I not participate in this trip, donations will be used for other expenses related to the Rapha House Awareness Trip Project.

I understand that I cannot raise support for this trip until I have been officially notified of acceptance to a specific trip team.

I understand that this trip requires flexibility, maturity, and teachability on the part of the team members. If there is a difference of opinion, the ultimate decision will be made by a team leader.

_________________________________                   _________________________
Signature                                                                   Date

This form must be mailed to the Rapha House USA office, attention Awareness Trip Project
P.O. Box 1569, Joplin, MO 64802 Attn: Angela Foster
If you have any questions, please don’t hesitate to ask.

Application Checklist:
(Use this checklist to ensure the following have been completed and submitted to Rapha House by the application deadline.)

_____ Application
_____ References:  1. ________________________
                               2. ________________________
_____ Medical Information and Release

For office use only:

Date Rec’d   _________
Trip Date    _________
BACKGROUND SCREENING CONSENT
Applicant should complete all relevant information and sign and date this form.

I, ______________________________________, hereby authorize RAPHA HOUSE and/or its agents to make an independent investigation of my background that may include: references, character, past employment, education, credit history (if applicable for position), adult criminal or police records, and motor vehicle records including those maintained by both public and private organizations and all public records for the purpose of confirming the information contained on my Application and/or obtaining other information which may be material to my qualifications for service now and, if applicable, during the tenure of my employment or service with RAPHA HOUSE.

I release RAPHA HOUSE and its agents and any person or entity, which provides information pursuant to this authorization, from any and all liabilities, claims or law suits in regards to the information obtained from any and all of the above referenced sources used. The following is my true and complete legal name and all information is true and correct to the best of my knowledge:

Full Name (Printed)______________________________________________________________
Maiden Name or Other Names Used_____________________________________________________
Social Security Number:________________________________________ Date of Birth*: _____/_____/19_____
Present Address_____________________________________________________________________
City_____________________________________________State__________Zip________________
How Long at Present Address?_________________________________________________________
Former Address_____________________________________________________________________
City_____________________________________________State__________Zip________________
How Long at Former Address?_________________________________________________________
Please list all states and counties of residence since turning age 18:
_________________________________________________________________________________
(Please circle any of the following states in which you have lived:  CA, CO, DE, LA, MA, SD, VT, WV, WY)
Driver's License Number: ___________________________________ State of License: __________
_________________________________________________________________________________
Signature of Applicant / Date
Are you applying for employment in California, Minnesota or Oklahoma?  Yes___ No___  If so, do you want a copy of any Consumer Report prepared concerning you?  Yes___ No___

I understand that California law requires RAPHA HOUSE to give me a copy of any report requested within seven (7) days of the date the information was obtained and that failure to do so will expose RAPHA HOUSE to liability (Section 1786.29).

*NOTE: The above information is required for identification purposes only, and is in no manner used as qualifications for employment, internship, or service as a volunteer. RAPHA HOUSE abides by all applicable state and federal employment laws.
MEDICAL RELEASE

This form must be filled out in order for you to participate in a Rapha House short-term trip.

Name:_____________________________________
Address_________________________________________________________________
City:____________________________________ State:_____________________
Home Phone:(____)___________________ Work Phone:(____)____________________
Medical Insurance Provider:______________________________________________
ID#:__________________________ Group#:_______________________________
Will your medical insurance cover you out of country?_____________________

Name of Primary Physician:______________________________________________
Address:______________________________________________________________
City:____________________________________ State:____________________ Zip:_____________
Phone:(____)_______________________

Emergency Local Contact:______________________________________________
Address:______________________________________________________________
Phone #:__________________________ Relationship:________________________
City:____________________________________ State:____________________ Zip:_____________

Please check if you suffer from any of the following medical conditions:

____Hypertension   ____Hypoglycemia   ____Bleeding Disorders   ____Heart Disease
____Heart Disease   ____Migraines   ____Seizures   ____Insect allergy
____Asthma   ____Chronic Anxiety   ____Arthritis   ____Depression
____Glaucoma   ____Diabetes

Physical limitations: Please list:___________________________________________
_______________________________________________________________________

List any medications (prescriptions or OTC) taken on a regular basis:
_______________________________________________________________________

List Medical and Food Allergies:__________________________________________

Blood Type:_______Have you had any surgery in the past three years?___________
If so, please explain:______________________________________________________

Are you pregnant?_______Due Date:______________________________

In an emergency, I give my permission to a licensed physician to hospitalize or anesthetize me or perform surgery on me. I understand that every effort will be made to inform my emergency contact before these actions are taken.

Signature:____________________________________ Date:____________________
RELEASE AND INDEMNIFICATION AGREEMENT
Rapha House, USA
YOUTH and ADULT

If youth, I give permission for my son/daughter (name of child)____________________________ to participate in the (location)____________________________ missions trip on ________________________, 2016.

Youth: In permitting my child to participate I agree to the following:

Adult: I desire to participate on a short-term trip with Rapha House, and as a part of that participation, I agree to the following:

I release from responsibility and forever waive any right I have for any action or any claim of any sort, including but not limited to: any personal injury, property damage, or wrongful death, whether known or unknown, against Rapha House or any of its staff, officers, board, residents, agents, representatives or volunteers (collectively referred to as “Releasees”) that might occur as part of participation in this project.

I further indemnify and hold harmless the Releasee from any claim or litigation for compensatory or punitive damages, included but not limited to: judgments, assessments, and/or attorneys’ fees arising out of participation in the trip.

I understand this Agreement is continuing in nature. I agree to it knowingly and voluntarily, and without duress or undue influence.

I give Rapha House and any person acting under its authority permission to publish, distribute, broadcast, license, copyright, promote, and sell any form of visual, print or audio recording of my participation, including application of any visual or auditory special effects. I release any claims of copyright or ownership, and agree that these materials may be duplicated or distributed with or without compensation or liability, in perpetuity.

I understand that Rapha House is obtaining this release and assignment of copyright in order to conform to U.S. copyright laws and international copyright treaties and conventions.

For Youth Only: We (I) authorize an adult, in whose care the minor has been entrusted, to consent to any x-ray examination; anesthetic; medical, surgical, or dental diagnosis or treatment; and hospital care, to be rendered to the minor under the general or special supervision and on the advice of any physician or dentist licensed under the provisions of the Medical Practice Act on the medical staff of a licensed hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

The undersigned shall be liable and agrees to pay all costs and expenses incurred in connection with such medical and dental services rendered to the aforementioned child pursuant to this authorization.

Should it be necessary for our (my) child to return home due to medical reasons, disciplinary action, or otherwise, the undersigned shall assume all transportation costs.

Furthermore, we (I) hereby assume all risk of personal injury, sickness, death, damage, and expense as a result of participation in recreation and work activities involved therein. The undersigned further hereby agree to hold harmless and indemnify said organization, its directors, employees, and agents, for any liability sustained by said organization as the result of the negligent, willful or intentional, acts of said participant, including expense incurred attendant thereto.

The undersigned does also hereby give permission for our (my) child to ride in any vehicle designated by the adult in whose care the minor has been entrusted while attending and participating in activities sponsored by Rapha House. IN WITNESS WHEREOF, the undersigned hereby executes this Agreement on the date set forth below:

Date:______________________________

Participant’s Signature:____________________________________________________________

Printed Name:____________________________________________________________________

For Youth only - Parent or Legal Guardian:____________________________________________

***Youth release form must be notarized.***
It is our goal at Rapha House Cambodia to rescue girls from trafficking and exploitation, to protect them and to allow healing to take place. In the best interest of the young people who have been placed in our care, please respect and abide by the following Code of Conduct and Confidentiality Agreement.

CODE OF CONDUCT:

As a volunteer/visitor to Rapha House Cambodia I will **not** seek information or ask questions of the residents or staff regarding the residents’ specific experiences or history. I will treat everyone with respect, recognizing their right to personal privacy.

I will allow Rapha House staff to “counsel” Rapha House residents and will **not** attempt to do so myself. I understand the importance of residents working through emotional issues with someone who has been trained to help them, and with whom they have built an ongoing relationship of trust.

I understand that I must **not**, under any circumstances:

a) develop sexual or inappropriate relationships with children or vulnerable adults, or spend excessive time alone with a child away from others  
b) use language, make suggestions or offer advice which is inappropriate, offensive or abusive  
c) condone, or participate in, behavior which is illegal, unsafe or abusive  
d) act in ways intended to shame, humiliate, belittle or degrade children

If I have concerns regarding the program, a resident or staff member, I will share my concerns with a trip sponsor and they will address the concern with the appropriate Rapha House staff member. I understand that many concerns are a matter of cultural difference and can be addressed discreetly.

I recognize that girls are especially vulnerable to abuse and that they require special protection. For this reason I will make every effort to protect them and myself from compromising situations, especially in respect to appropriate physical contact. (Examples of inappropriate contact include: prolonged hugging, lap sitting, or anything that could be perceived as sexual in nature.)

I recognize that Rapha House staff have a broad range of duties and need to focus their efforts on caring for the children of Rapha House. In order to protect them from additional demands of time and energy, I will filter all communication with the international staff through the U.S. Rapha House office.
MEDIA POLICY:
Visitors and volunteers may not take pictures or video while visiting Rapha House. Approved images for personal use are available, upon request, from the United States office for visitor use. These images are not to be reproduced for any other purpose, as it may endanger the safety and well-being of Rapha House, its residents and staff. Anyone attempting to take photo or video while visiting Rapha House without special written approval from the director will be respectfully asked to reconsider their visit to Rapha House in order to avoid legal action. Please understand that the safety of our residents and staff is our highest priority.

CONFIDENTIALITY AGREEMENT:
I understand that in certain instances I may come into contact with confidential information regarding Rapha House its residents and staff. I will not disclose any confidential information to any outside persons or sources. This information includes but is not limited to identifying information regarding residents and staff, their circumstances or private information, or the locations of Rapha House or other safe houses.

DECLARATION

I, ________________________________, have read and understand the provisions of this Volunteer/Visitor Code of Conduct and Confidentiality Agreement. I agree to abide by them during my association with Rapha House Cambodia. I understand that if I am unable to abide by this agreement I will be asked to immediately terminate my trip to Rapha House in order to avoid legal action.

Signed _________________________________________________

Date: ________________ Group name: _________________________

If you feel that, for any reason, you cannot abide by the Rapha House Code of Conduct or Confidentiality Agreement we respectfully ask that you reconsider your trip to Rapha House. Our highest priority is the safety and healing of the children and young people in our care. We would be glad to help you find other avenues in which you can serve Rapha House Cambodia.

FOR RAPHA HOUSE OFFICE USE ONLY:

Special permission for media use has been granted to ____________________ (visitor)
_________________________ (organization) _______________________ (date)

__________________________________ signature of Rapha House Director/Manager
**PERSONAL REFERENCE # 1**

Applicant Name (Please Print): ____________________________

1. How long have you known the applicant? ____________ Under what circumstances have you known the applicant?  O Home   O School   O Church   O Business   O Pastor   O Other

2. Do you believe the applicant to be a genuine believer? _________ How long? _________

On what basis? _____________________________________________________________

Please circle the term/phrase that best applies:

<table>
<thead>
<tr>
<th>3. Consideration of Others</th>
<th>Self-centered, indifferent</th>
<th>Slow to sense how others feel</th>
<th>Reasonably responsive</th>
<th>Understanding and thoughtful</th>
<th>Responds with unusual insight &amp; consideratio n</th>
</tr>
</thead>
</table>

4. Attitude toward authority

<table>
<thead>
<tr>
<th></th>
<th>Unmanageable</th>
<th>Disrespectful, critical</th>
<th>Indifferent or independent</th>
<th>Usually submissive</th>
<th>Respectful, cooperative</th>
</tr>
</thead>
</table>

5. Teachability

<table>
<thead>
<tr>
<th></th>
<th>Rigid, argumentativ e</th>
<th>Highly opinionated</th>
<th>Open-minded</th>
<th>Willing to receive instruction</th>
<th>Eager to receive instruction</th>
</tr>
</thead>
</table>

6. Teamwork

<table>
<thead>
<tr>
<th></th>
<th>Frequently causes friction</th>
<th>Prefers to work alone</th>
<th>Usually cooperative</th>
<th>Works well with others</th>
<th>Exceptional ly cooperative</th>
</tr>
</thead>
</table>

7. Conduct with opposite sex

|                   | Definitely unprincipled   | Questionable                  | Generally Good            | Above reproach                | Exemplary                                 |

Please mail to:
Rapha House Awareness Trip
P.O. Box 1569
8. Home environment
   Non-Christian
   Much lacking
   Nominally Christian
   Spiritually oriented
   Excellent

9. Circle the main gift(s) you feel this applicant has
   Administrati   Encourageme   Service
   on           nt            Teaching
   Showing         Evangelism         Giving
   Mercy           Preaching

10. To your knowledge, has the applicant ever been involved in drugs? _________
    Pornography?_________

11. What do you consider the applicant's strong points?
    ___________________________________________________________________
    ___________________________________________________________________

12. What do you consider the applicant's weak points?
    ___________________________________________________________________
    ___________________________________________________________________

13. Specific recommendation:  O Recommended  O Not recommended
    O Prefer not to make a recommendation

14. O I agree I am over the age of 18
    Name (Please Print)__________________________________________ Date __________
    Address ______________________________________ Phone __________
Applicant Name (Please Print): _________________________

1. How long have you known the applicant? ____________ Under what circumstances have you known the applicant? O Home  O School  O Church  O Business  O Pastor  O Other

2. Do you believe the applicant to be a genuine believer? _________ How long? _________ On what basis? _____________________________________________________________

Please circle the term/phrase that best applies:

3. Consideration of Others
   - Self-centered, indifferent
   - Slow to sense how others feel
   - Reasonably responsive
   - Understanding and thoughtful
   - Responds with unusual insight & consideration

4. Attitude toward authority
   - Unmanageable
     - Disrespectful, critical
     - Indifferent or independent
     - Usually submissive
     - Respectful, cooperative

5. Teachability
   - Rigid, argumentative
     - Highly opinionated
     - Open-minded
     - Willing to receive instruction
     - Eager to receive instruction

6. Teamwork
   - Frequently causes friction
   - Prefers to work alone
   - Usually cooperative
   - Works well with others
   - Exceptionally cooperative

7. Conduct with opposite sex
   - Definitely unprincipled
   - Questionable
   - Generally good
   - Above reproach
   - Exemplary
8. Home environment
   - Non-Christian
   - Much lacking
   - Nominally Christian
   - Spiritually oriented
   - Excellent

9. Circle the main gift(s) you feel this applicant has
   - Administration
   - Encouragement
   - Service
   - Teaching
   - Giving
   - Showing Mercy
   - Evangelism
   - Preaching

10. To your knowledge, has the applicant ever been involved in drugs? ________
    Pornography? ________

11. What do you consider the applicant's strong points?
    __________________________________________
    __________________________________________

12. What do you consider the applicant's weak points?
    __________________________________________
    __________________________________________

13. Specific recommendation:  
    O Recommended  
    O Not recommended  
    O Prefer not to make a recommendation

14. O I agree I am over the age of 18
    Name (Please Print)__________________________ Date ____________
    Address ________________________________ Phone __________________
Specific packing Needs:

Ladies
- 5 cotton capris, gauchos or pants (cargos are good)
- 7 shirts (not sleeveless – if a low cut v-neck t-shirt, please wear a cami underneath)
- shorts & t-shirt (for sleeping)
- nice shirt and capris or pants for church — (knee length or longer skirt is acceptable)
- flip flops or sandals (with ankle strap recommended)
- underclothes/socks
- comfortable walking shoes
- Feminine supplies (be prepared!)
- Make-up

Guys
- 1 pair of nice casual pants
- 7 shirts (mostly t-shirts and 1 nicer shirt)
- 2 short-sleeved dress shirts or polos
- shorts and t-shirts for sleeping
- 5 pair longer shorts ie: cargo shorts
- underclothes/socks
- flip flops or sandals with ankle strap
- comfortable walking shoes
(Laundry service is available in your hotel for a minimal expense.)

General Needs:
- Passport AND one additional passport photo (for your visa @ the airport in Cambodia)
- Airline Ticket (Domestic)
- Toiletries & medicines
- Bible, pen, notebook, journal
- Camera
- Small alarm clock
- Handi wipes/anti-bacterial lotion
- Sunscreen/bug spray
- Converter for electrical appliances (universal available at Walmart)
- 2 pieces of luggage (1 for your stuff,
  1 for RH donations) + a small backpack…
- personal money (crisp/newer bills in small denominations)

Packing Hints:
- Rolling your clothes allows you to pack more.
- Pack one change of clothes in your carry-on bag
- Put shampoo, toiletries, etc. in Ziploc bags for traveling
- Suitcases can weigh NO MORE than 50 lbs. (Alegiant Air 40 lbs) or you will have to pay an extra fee!
- Pack only what you can carry/lift yourself

**Guidelines to Live by:**
1. No alcohol or tobacco of any kind
2. Dress modestly and appropriately
3. Protect your stuff (money, valuables)
4. Be early, flexible and helpful
5. Everyone is expected to be present at all devotions, meals and other scheduled activities (unless feeling ill, etc. then notify leader)
6. Everyone is to keep his/her living area clean
8. Respect trip leaders or anyone speaking to the group
9. No romance/dating the people we meet, no public display of affection.
10. Come with a humble heart and good attitude
11. Be willing to submit to your team leader’s authority. (Always important when traveling in a foreign country and for safety.
12. Please, no revisions or deletions to packing list without permission.
Rapha house exists to love, rescue, and heal children who have been rescued from trafficking and sexual exploitation.

Through a Rapha House Awareness trip, you will learn about life and human trafficking in Cambodia. The trusted staff at Rapha House works hard to provide aftercare and ensure that victims of oppression are equipped to rebuild their lives.

During your stay, you’ll have the opportunity to bring much needed spiritual and emotional encouragement to the Rapha House staff and girls through devotions, group games, personal interaction, and testimonies. Also while in Cambodia you will spend time near the capital city of Phnom Penh (Tak-Mao) working with Rapha House Kids Club. Throughout your time there, you will spend time with and play games with the impoverished children in the neighborhood. It’s a wonderful opportunity to lavish these children with God’s love.

TRIP MISSIONARIES/RAPHA HOUSE
Sadly, each and every day, little girls are bought and sold like common possessions and then trafficked into the thriving sex trade that exists in Cambodia. Rapha House exists to bring much-needed hope and healing to girls who have been rescued from the evil darkness of forced-prostitution and slavery. You will also have the opportunity to meet some of the staff and the director of Rapha House Kid’s Club, Theara Sath, and the Sath family. You will meet children from their neighborhood and have the chance to play games with them and interact with them in a safe environment where they offer English classes, learn traditional Khmer dances, and are taught about the love Jesus has for them. You will be challenged to think about holistic ministry, community development, and how every day choices affect others.

WHY WE DO WHAT WE DO
Today, millions of lives around the world are in the grip of injustice. More children, women and men are held in slavery right now than over the course of the entire trans-Atlantic slave trade: Millions toil in bondage, their work and even their bodies, the property of an owner. Trafficking in humans generates profits in excess of 32 billion dollars a year for those who, by force and deception, sell human lives into slavery and sexual bondage. Nearly 2 million children are exploited in the commercial sex industry. The AIDS pandemic continues to rage, and the oppression of trafficking victims in the global sex trade contributes to the disease’s spread. The work and purpose of Rapha House is like a bridge between slavery and freedom. The roadbed of this bridge contains four sections. At one end of the bridge is slavery. At the other—freedom. To cross the bridge all the sections of the road must be in place. Otherwise, you would plummet to the deep and dangerous waters below.
To bring trafficked and exploited children to lasting freedom—sustainable freedom—four components are necessary:
• Rescue
• Equipping/Vocational Training
• Shelter/Safehouses
• Reintegration
RESCUE
At Rapha House, they work with law enforcement authorities to rescue trafficked and exploited children. They cooperate with recognized NGOs such as, World Hope International (WHI), International Justice Mission (IJM), and the International Organization of Migration (IOM). Rescue is the first step to sustainable freedom.

SAFEHOUSES
Children receive food, clothing, and shelter, as well as complete medical and dental care. Psychological and social services promote each child and her family’s well-being. Every girl receives general education, along with aggressive judicial advocacy, whenever possible. These types of programs and services are the second step to sustainable freedom.

EQUIPPING
It is not enough to provide children with safehouses. They need to be adequately prepared—both emotionally and vocationally for life outside residential care. That’s where vocational training comes in. Rapha House works hard to make sure that whenever a girl is ready to take the next step towards freedom, she has a solid footing to stand upon. That’s the third step to sustainable freedom.

REINTEGRATION
Reintegration is so important. It is one thing to rescue a girl, and quite another to keep her safe and equip her for her future. Rapha House works hard to help girls set foot on the solid ground of freedom.

PRACTICE SPIRITUAL DISCIPLINES
Daily, we need to spend time in prayer that God will transform us into the likeness and character of Jesus Christ. Read through this list of spiritual disciplines. These descriptions of the disciplines were adapted from Richard Foster’s Celebration of Discipline (San Francisco: Harper Collins, 1978).
Take on the spiritual fruit of love and joy and peace and patience and kindness and generosity and faithfulness and gentleness and self-control (Gal 5:22-23).

- Meditate - Slow down, find a quiet place, and be still. Focus your heart and mind on Jesus Christ.
- Pray - Listen and talk to God—talk to Him when you’re walking, driving, resting—share life with Him.
- Study - Search for the truth of God through the Scriptures. Read your Bible daily.
- Fast - Abstain from something (Starbucks, food, Facebook, iPod, TV, etc.) for a day. Allow yourself to be filled by the presence of God.
- Simplify - Don’t be enslaved to your stuff (clothes, car, gadgets, iPhone, etc.).
- Solitude - Seek quiet time alone with God—without the distraction of others. Seek His peace and love.
- Submission - Practice denying yourself—not out of duty, but out of love and freedom. (Give up power, self-control, comfort, etc.)
- Service - Humble yourself and serve others. Jesus modeled this discipline in washing His disciples’ feet.
- Confession - Confess your sins and temptations to God. Experience His love, grace, and forgiveness.
- Worship - Acknowledge just how AWESOME God is—through prayer, silence, or singing songs of praise.
• Guidance - Seek the wisdom of trusted others (family, friends, pastor) for direction in your spiritual journey.
• Celebration - Celebrate God’s goodness and mercy and embrace the people God has placed in your life

TRAVEL INFORMATION
• Passports: Don’t leave home without it! Please make sure you send us a legible photocopy. You will keep your passport on your person at all times when away from the hotel.
• Visas: This is very important! You must bring TWO visa photographs with you (2x2). We recommend you use a professional visa/passport photo service to ensure they meet the requirements. (Walgreen’s is a good source.)
• Currency: Please make sure any cash you bring is “clean money,” and is printed after 2005. This means you want to bring clean/crisp new bills—without creases, tears, or markings. The Cambodian currency is the Riel and the exchange rate is about 4,000 Riel to one US dollar.
• Suggested amount of money to bring: We recommend you bring around $100-$200 to cover incidentals, offerings, snacks, extra food, laundry fees, and souvenirs.
• Weather: Situated in the tropical zone north of the equator, Cambodia has a monsoon climate. Temperatures are very hot and humid. The heavy rainy season is from August - October, however, it can rain at other times as well. (Be prepared; sandals with a strap; or sport shoes are essential.
• Accommodations: The team will stay at hotels, which have 24-hour security. Rooms are equipped with two or three beds, with an adjoining bathroom. Linens are provided, but you may bring your own small pillow, light weight blanket, and towel and washcloth if you prefer.
• Meals will vary from Khmer cuisine to Western style dishes. Rice is the principal staple, so you will eat lots of chicken and rice, vegetables and rice, and fish and rice. Cambodia is blessed with many tropical fruits, and the fresh pineapple is amazing.
• You may bring dry snacks (such as granola or energy bars, crackers, trail mix, gold fish, or cookies). They MUST be in a sealed plastic bag at all times so we don’t invite pests!
• Water: You do NOT drink tap water in Cambodia. We also suggest you do not eat lettuce while there to avoid illness. We will have access to bottled/filtered water for drinking throughout the trip.

IMMUNIZATIONS
Below is a summary of recommendations. Please visit either your personal physician or a travel health clinic at least 4-8 weeks before our departure Cambodia.

Mandatory: • Up-to-date Tetanus • Hepatitis A & B
Optional: • Diarrhea medicine – Travelers’ diarrhea is the most common travel-related ailment. The best prevention is adequate intake of fluids and using food precautions (not eating from local vendors, etc.). Talk to your physician about taking precautionary antibiotics or acidophilus.
• Typhoid – Please call your local health department for information.
• Allergies – Dust/dirt can be a real problem when we’re in some of the communities, so if you are susceptible to allergies, please plan accordingly.

PACKING TIPS/CLOTHING LIST

Travel clothing
When we depart on your international flight, wear comfortable—loose-fitting clothing. Please bring a hoodie or jacket as the temperature can be cool on the long international flights. You may bring a travel pillow and a small blanket if you wish.

Dress conservatively
Team members should dress conservatively to demonstrate respect for the people of Cambodia and to protect and honor the reputation of the Rapha House staff.

Packing tip
Consider rolling your clothing or packing in oversized plastic bags. This allows you to organize things and pack more. Please put shampoo and other toiletries in zip-lock bags for travel—otherwise, you may discover exploded shampoo on everything!

Laundry
At least once during the trip you will have the opportunity to have some laundry done at a hotel. Laundry service is charged by the pound. This is a way to bless a Cambodian woman as she provides for her family. Please bring a laundry bag with your name on it.

Jewelry:
Please leave your jewelry at home! Nothing expensive and keep it to a minimum. No body piercings, please.

Carry-on Essentials (backpack):
• Passport
• Medications
• One change of clothing
• Visa photos
• Cash
• Travel snacks

SOME FRAME WORK FOR CAMBODIA

This is a glimpse of what you might expect on our journey. Please begin practicing the art of flexibility. Even if we have a schedule, we invite the Holy Spirit to enter in and recreate our itinerary to place us where we need to be—doing what is needed for the Kingdom.

A glimpse of activities to follow:
• Visit Toul Sleng (genocide museum) • Church services at Women’s Island/tour of island
• Prayer walks • Rice distribution
• VBS for “Friends of Jesus Kids Club” • Devotions with Rapha House staff
• Visit the Rapha House salon in Tak Mao. • Testimonies, devotions, games at RH
• Russian Market • Angkor Watt • Battambang Tuk-Tuk tour
LORD PREPARE ME
Romans 12:12
Rejoicing in hope, persevering in tribulation, devoted to prayer.
Philippians 4:4-7
Rejoice in the Lord always. REJOICE! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Jesus Christ.

Prayer
Father, I love You and I am so thankful for the hope that eternity holds because I know You. I am not alone—nor will I ever be. I will lack nothing because You are my Provider. I will sing in the midst of the storm because You are my Sanctuary.

GENERAL NEEDS:
- Passport & passport-type photos for Cambodian visa
- Toiletries, towel, wash cloth
- Bible
- Journal and pen
- Camera (with extra batteries)
- Small alarm clock (battery operated)
- Personal money
- Rain jacket or small umbrella
- 2 Pieces of luggage (suitcase & backpack)
- Converter/adapter for electrical appliances
- Sunscreen/bug spray
- Hand wipes/hand sanitizer

GUIDELINES:
1. No alcohol or tobacco of any kind.
2. Dress modestly and appropriately.
3. Protect your stuff.
4. Be flexible.
5. Everyone is expected to be present at all devotions, meals & other scheduled activities. (Unless you are ill and need to rest)
6. Everyone is to keep his/her living area clean.
7. Report all illnesses to an adult.
8. Respect the trip leaders or anyone when they are speaking to the group.
9. No romance/dating the people we meet. (No PDA)
10. Come with a humble heart and good attitude.

OPTIONAL ITEMS TO BRING:
- Extra money for offering
- Anti-itch cream
- Sunglasses & hat
- Sunscreen, lip-block

There will be an opportunity to visit the Rapha House Salon, so you may want to bring a little extra to cover their services. This is a wonderful way to encourage RH girls! ($10-$20)

Housekeepers at the hotel will do laundry for a very small fee. We recommend this to keep your packing load lighter and also to help support the housekeepers.
DO NOT BRING:
• Hair dryer, flat iron, or curling iron unless you have a converter that works for hair appliances. A hairdryer with the proper electrical plug can be purchased when you get there for around $5 if you don’t want to take a chance on ruining yours (they have been known to overheat).
• Military clothing
• No body piercings/GUYS: No earrings. (Respect for culture)

EXTRA:
Cell phone use is for traveling but can be used via Facebook messaging etc., to connect with family while in Cambodia. You may bring your computer as most hotels have free WiFi.

LUGGAGE:
One large sturdy bag/suitcase (maximum weight 50 lbs.). One other suitcase for Rapha House donations is optional. Do not lock your bag! One carry-on such as your backpack or purse, backpack preferred, and one personal item. A small one-shoulder backpack comes in very handy while you are in country.

NO MILITARY BAGS!