**Carver Christian School Training Manual**

Prepared by “Culture Regeneration Research Society” (Esther Leung)

**Cultural Adjustment**

1. **Be Flexible** 
   * Be ready for unexpected things to happen
   * Delays in traffic and services, difficult roads condition
   * Temporarily no electricity or running water
   * Getting sick because of food or weather
   * Living standards – squat toilets, cockroaches
   * Lost luggage
   * Natural disaster
   * Miscommunication between languages may happen
   * The smell of cigarettes (hotel, public areas)
2. **Be Creative**

* Use creative elements/images/ sounds in your lesson plan
* Be adaptable to change to their levels if your plan is too hard or too easy
* Inspire critical thinking in your students
* Be spontaneous in the right circumstances

1. **Be Humble and teachable**

* Do not come with the “savior’s attitude”
* We come to China as a learner as well as a teacher.
* We have something to give, but they also have so much to give and teach us.

1. **Be a peace maker**

* Unity in our team shows love
* Attitude and behaviors should be “above reproach”
* If a conflict arises among you, talk to the leaders.
* Just remember – it is only 1 weeks, you can wait until after the trip to deal with any major conflict.
* Be your brother and sister’s keeper, look out for each other.
* Team meeting– be encouraging and supportive instead of put downs.

**Cultural Awareness**

Chinese Confucius way of thinking: Hard working, integrity, moral values, modesty, family values, respect to elders…etc.

**Behavior Awareness**

* Be on your best behavior, have good manners, be pleasant to others.
* Be respectful to those who serve you (waitress, driver, tour guide…etc), set a good example by treating others well.
* Carry your own luggage from bus to hotel and vice versa, open doors for others.
* Do not spend large amounts of money in front of locals
* Be aware of your own interactions with other team members (etc. Female/Male interactions)

**Rules**

You are representing Carver Christian School, CRRS (Culture Regeneration Research Society) and Canada when you go on this trip.

***(2 Corinthians 5:20)***

***“We are therefore Christ’s ambassadors, as though God were making his appeal through us.”***

Due to the nature of the mission, it is required for team members adhere to all rules and maintain integrity and moral values of CRRS (Culture Regeneration Research Society). If any of the rules should be violated, individuals will be sent home on their own expense. Rules for the duration of this trip are as follow:

1. While traveling or in transit, you must stay with the team unless advised otherwise by team leaders.
2. You must attend all activities on time including all meals unless you are sick, in which case you should report to your team leader immediately.
3. You must attend all activities on time including all meals.
4. All individuals must return to the hotel and their assigned rooms by the time designated by team leaders. You cannot remain in the room of the opposite sex after this designated time. If there is a member of the opposite sex in your hotel room, you must keep the hotel door open.
5. Team leaders remain the right to ask you to switch rooms because of misbehavior or breaking rules.

1. Consumption or purchase of tobacco, alcohol, and illegal drugs are strictly prohibited.
2. Possession of, purchase or use of weapons, firearms, or fireworks is prohibited.
3. Do not engage in romantic/sexual relationships. This includes between team members and / or with local students in China.
4. Respecting the Culture of your destination: Any inappropriate touching or violence will be disciplined and/or sent home on your own expenses.

* Inappropriate touching: Tickle, hug extensively, kiss, and/or hold hands with students or with any other team members.
* Appropriate behaviors include: pat on the shoulders, handshakes, high fives, side hugs.
* Please use your discretion and be sensitive to the local students and team members’ physical boundaries, some people may not even want any physical contact (such as side hugs), you must respect that.

**Rules Continued…**

1. Respecting the culture of your destination: swearing and inappropriate jokes (in English or Chinese) are not permitted. Jokes with sexual content, put downs and mockery are considered inappropriate with the locals and within your team members.
2. Team members must dress appropriately at all times to respect the culture of your destination. Modesty is the key. Team leaders remain the rights to ask you to change your clothing if deemed inappropriate.
3. Electronics
   * These electronics are not allowed unless approve by team leaders ahead of time: Lap top computer, portable DVD player, and video camera.
   * Electronics such as MP3 player, Ipod, Nintendo DS, PSP, or all other entertainment related electronics are allowed only during personal time at night but not during official group activity time or else it will be confiscated.
   * Electronics not related to entertainment use are allowed but up to your own discretion.

Exp: camera, hair dryer, phone and phone charger.

1. Cannot go out alone or with local students unless approved by teacher

* Also, try not to be alone in all circumstances unless you are in your room. This is for your own protection as well as for the locals; people can sue or accuse you of inappropriate behaviors if there are no witnesses around to prove your innocence.

1. If you are injured, or you see anyone else who is injured, notify team leaders and seek medical help immediately. Do not try to treat the injury by yourself.

**How Much Money to bring to HK?**

Recommendation : $200 Cad worth of HKD.

**Packing List**

**Weather – What to expect in Hong Kong in March?**

* + Humid weather
  + Anywhere from 15-28 degrees

**Luggage**

* Recommend to pack 1 luggage and pack as light as you can.
* Pack enough clothes for 10 days
* In your carry-on luggage, always have 1 set of clothing (with undergarments) just in case your luggage is lost for a few days.

1. **Toiletries**

* Regular toiletries that you need
* Small bottle of hand sanitizer
* Hair dryer (if you bring this, please share between you and your roommate)

1. **Clothing** – be ready for both cold or hot weather

* Bring 1 warm jacket that is water proof, preferably with a hood.
* Have 1 slightly formal outfit: Smart casual, collar shirt (Polos or blouses), appropriate length.
* Tip of packing clothes – roll it up, squish them into a big Ziploc bag. Squeeze out the air form the bag.

1. **Shoes – 2 or 3 pairs.**

* 1 pair Runner, comfortable shoes for walking around
* Flip flop slipper - for hotel floor and showers

1. **Other accessories:** Bring scarfs, mittens, toques, light rain coat, small umbrella
2. **International plug** ( if you want to use electronics in the hotel)
3. **Pens and note pad**
4. **Pictures** of your family, hobbies, pets, life in Canada
5. **Some medicine**: gravol, Tylenol, Imodium, vitamin C tablets, cold medicine…etc. (your own discretion)
6. **Bible** – bring your own
7. **Safety traveling pouch for passports and money**
8. **Tissue packages / wet wipes –** Always have tissue with you, China toilets or restaurants do not always provide tissue.

C:\Documents and Settings\Esther.CRRS\Local Settings\Temporary Internet Files\Content.IE5\FDG8KADL\MC900280512[1].wmf**Health and Vaccinations**

Please let us know if you have any medical condition that needs attention, and any life-threatening allergies ahead of time.

Please try your best to stay healthy during the stay of your trip!

* Get enough rest during breaks and night time. Jet lag plus exhaustion, and being in a different environment with different weather conditions may cause your immune system to weaken.
* If you feel sick, you should take half a day off; let your team leader know right away.

**Food Attention**

1. The meals we provide are safe to eat; most cooked food is safe to eat inside a restaurant or cafeteria. Usually the food can be quite oily. We request no spices or intestines.
2. Street food– do not eat this, if you do it is at your own risk.
3. Drinks – make sure the bottle is sealed.
4. Water – don’t drink out of tap water, but ok for brushing teeth
5. Fruits – if you buy this, make sure you peel the skin.
6. Packaged dry food from supermarkets – crackers, candy, chips, cookies…etc are fairly safe. But be careful of overdue food in stores, always read the label.
7. Bring Vitamin C supplement, this helps strengthen your body and prevents sickness such as colds and flu.

**Vaccination**

1. The best is to consult your family doctor or visit a travel clinic at least 1 month before the trip because some vaccination shots take a couple of weeks to be effective
2. ***Dukoral*** is recommended for people who have a weak stomach.

* It is used to help prevent travelers’ diarrhea caused by E.coli
* Your family doctor should be able to prescribe this to you.

1. ***Hepatitis 1 shot*** is recommended as this passes on through food, and it is very common in China.
2. ***Flu shot*** is highly recommended as it is flu season
3. Other vaccinations are up to your own discretion and recommendation by your doctor.