

CSM: What to Bring

...and What NOT to Bring on your Mission Trip to TORONTO

Five things to remember about the City:

1. The people who live in the city come from many different places, backgrounds and cultures. Different isn't good or bad.
2. The people of the city work hard at preserving their cultures...they are proud of their cultural heritage.
3. You will bring your suburban/rural culture with you. You will naturally look, act and talk like suburban/rural people.
4. Sometimes these cultures are in conflict. Please remember to respect the cultures of the city that are different from your own. Do not make fun of or put down the dress, actions, food, or music of the cultures with which you come in contact. This also includes different religious groups, ethnic cultures, sexual orientations, political views, etc.
5. The city is inconsistent. At our ministry sites, long pants are required. We ask that you dress modestly and appropriately for the situations that you will be in. This request and rule is regardless of the attire you may see others wearing who are not part of CSM. Most ministry sites that deal with food or construction require close-toed shoes with non-skid soles and long pants rather than shorts and sandals.

Things to bring with you to the City:

- **Passport is required if either FLYING or DRIVING into Canada.**
- An attitude of FLEXIBILITY! And remember, Toronto is in the Eastern Time Zone!
- Please make every effort to use VANS for your group's transportation. Make sure there is room for your CSM City Host in your vehicle.
- Sleeping bag, pillow, towel, wash cloth.
- Personal toiletries (Shampoo, soap, toothbrush, sunscreen, etc.)
- Your Bible, a pen and a journal.
- Work clothes: most sites prefer jeans/long pants, t-shirts, closed-toe shoes with non-skid soles.
 - Some ministry sites are OK with shorts, fingertip length or longer. Most prefer jeans/long pants.
 - Shirts that expose the shoulders (tank tops, halter tops, muscle shirts, etc.) may NOT be worn. Shirts must be long enough to raise arms without exposing midriff or underwear.
 - Leather Work gloves may be needed for work projects.
 - General clothing should be seasonally appropriate.
 - Modest, practical clothes Comfortable shoes with non-skid soles.
 - Sandals or flip-flops may be worn around the CSM buildings, but be prepared to change.
 - One-piece swimsuits with modest cut for females, only in summer.
- Church clothes (only if you will be in Toronto on Sunday morning):
 - Men: Dress pants, collared shirt and tie. No jeans or tennis shoes.
 - Women: Knee-length or longer dress or skirt. Nothing sleeveless. No pants or short skirts

OPTIONAL: A sheet to lay your sleeping bag on, Flip-flops.

LEADERS: Alarm clock.

Things NOT to bring to the City:

- Radios, Walkmans, portable CD players, Gameboys, TVs. (We prefer that students not bring cell phones. If you do, they must be left at the housing site.)
- Anything that is not replaceable or has significant value, like expensive jewelry.
- A lot of money (CSM t-shirts are available for purchase.)
- Drugs, alcohol, knives, guns, weapons of any kind, etc
- If planning VBS activities, please be creative and **do not** use the "Salvation Bracelet" craft, as the colors can easily be misinterpreted and offensive to certain cultures.

CSM: Rules and Guidelines

TORONTO

The best attitude to take into this experience is to pretend that you have arrived in a far-away land where the customs, language, food and thinking are very different from your own. Thinking about Toronto this way will help you prepare for your time in the city.

We will be the guests at Riverside Missionary Church. We want to be as sensitive as we possibly can to the church and its testimony in the community.

The following rules are given with the safety and the testimony of the students in mind:

1. Girls generally should not make eye contact with men or be too friendly. This may be cause for miscommunication. The same is true for men with women. Remember, the customs are different here. Don't worry about offending someone of the opposite sex for not greeting them as you do at home. Ignore any attention or advances made towards you. (Try not to even giggle!)
2. Bring dress clothes for the Sunday church service. Guys bring dress pants and nice shoes, not jeans and tennis shoes. Girls bring dresses or skirts that are at least knee-length and no sleeveless tops. Modest dress is required at all times. Tops should touch your pant-line when you raise your arms and shorts must be fingertip length when your arms are at your side. No tank tops are allowed. Be prepared to wear long pants and closed toes shoes at the ministry sites. Bring good walking footwear.
3. Walk in groups of no less than three with an adult leader at all times.
4. Activity is confined to your rooms after you are dismissed in the evening.
5. Please do not yell, whistle, gesture or lean out of a moving (or stationary) vehicle.
6. When handling money, be careful to do it out of public view.
7. While in the city, DO NOT give money to those who ask for it. If you feel you have uncovered a serious, pressing financial need, consult your CSM host before promising any assistance.
8. Always lock your rooms before you go out. Never leave anything in your vehicle, even if it has no value. Someone may be tempted to break in to steal it. Report any thefts to your CSM host.
9. Don't take any photos or videotape without first asking permission from those you wish to photograph. Many residents do not appreciate being photographed.
10. When walking down the street, try not to get too engrossed in your own conversation and jokes. You need to be aware of what is going on around you. For example, in case of an argument or fight nearby, you will want to steer away from it. If at any time you feel your safety is at risk, leave the area and don't try to "fight it out."
11. Let CSM know if anyone in your group has allergies of any kind or any other medical concern.
12. Do not use the word "Goof". This is a fighting word on the street in Toronto.
13. HIV/AIDS is a very real concern when dealing with any bodily fluids, including blood and saliva. When assisting in a first aid situation, make sure you are wearing rubber gloves before you help. If the person is able to help him/herself, let them do so. This is true for ANYONE you help, including members in your own group.
14. Do not let anyone into the church unless they are from your group. Make sure doors are locked at all times
15. Report any injuries, thefts or unusual incidents to your CSM host IMMEDIATELY.
16. Do not give your address or phone number to people at ministry sites. Do not work alone at a ministry site or with someone not from your group.

CSM

Toronto Project Orientation for American Visitors

When you come to Toronto you will be coming to a different country. The following is given to prepare you for crossing the border and for the differences you may find in Canada.

At the border you will be asked for some form of Identification to prove your citizenship (passport, birth certificate). U.S. citizens may enter Canada without a VISA. If you are not a U.S. citizen you should check with authorities before you come to be sure there will be no problems reentering the U.S.

Passport is required if either FLYING or DRIVING into Canada.

You must have some proof of health insurance coverage and a phone number in case of emergency.

Toronto is predominantly English speaking (Canada is officially bilingual, but French is mostly spoken in the Province of Quebec).

Bring winter clothing from November through April and expect to have cold weather. A warm coat and extra sweaters and socks, as well as boots, hat and gloves would be advisable. June through September can get hot, so bring shorts, etc. Other months are quite variable, so come prepared for anything (hot or cold, or in between).

Canada has its own dollar, so expect to exchange your money for Canadian money. American dollars are not widely accepted, except near the border. Some stores will accept American money but will give you a very low rate of exchange.

Remember during your stay that you are guests of another country and respect their differences (don't make fun of them).

On the surface some things may seem familiar – but are quite different. For example, Blacks in the U.S. look to Africa for their roots and prefer to be called "African-American." In Toronto, 85% of Blacks are of West Indian descent. Generally "Blacks" is OK, although most Blacks think of themselves as Jamaican, Barbadian, etc.

You may run into anti-American sentiments. Don't try to defend your country, just be friendly.

Canada uses the metric system of measurement. Traffic speed limits are posted in Kilometers per hour rather than miles per hour. (100 Km/hr = 65 mph) Temperature is measured in degrees Celsius, not Fahrenheit. (0 Celsius = 32 Fahrenheit) Gasoline is measured in liters not gallons. (3.785 liters = 1 gallon)

If you are using a borrowed van (or other vehicle) be sure to have a letter of permission from the owner as well as registration and insurance information.

If you are taking prescription drugs, be sure they are in a clearly marked container.

Expect to pay more for gasoline (up to twice as much).