

UMVIM Family Camp: **Health Learning Exchange Across the Globe**

This framework is designed as a means to provide an intercultural and intergenerational idea exchange on health topics in the spirit of mutual learning. It is not to be used as a method for UMVIM teams to “teach” or push western ideas.

Participants: UMVIM and Host Country Families with children age 12 and above. Combined host and visiting participants should not exceed a total of 20 persons. If the combined host and visitor group is too large, consider dividing into two groups that address different topics simultaneously and rotate. (Keep in mind that in host countries, getting whole family units to participate may be difficult.)

Theological Focus:

Day 1: “Experiencing Hospitality” – Scripture: Ephesians 2:17-21

Emphasize that in the Bible, Gentile Christians and Jewish followers of Jesus were one in the Lord...”Not Jew nor Greek” Likewise, even though we come from different places, with different habits and customs, we are here to share in our common humanity and learn from one another.

Discuss: How are we able to both extend and receive hospitality this week? Which is more difficult/easier? When do you feel less in control and vulnerable?

First Day Gathering:

As group arrives, have each person make a nametag, by writing their first name and drawing a picture (or selecting a sticker) that best describes them.

Provide nametags on lanyards that can be turned in each evening and picked up the next day.

First Icebreaker activity: Ask each family to introduce themselves and ask each person to explain how the picture/sticker describes something about them.

Areas for mutual learning through discussion and activities:

1. Prevention – staying healthy

Beginning: Suggested activity: Story-telling- ask someone to share a story about a family member who was sick. What happened? How did the person recover? What made them better? How could this illness have been prevented?

Discussion: Ask group members to respond to the story or stories.

1. Do you have health problems like that? If not, what is common?
2. What do you think caused the illness?
3. How do you help someone who is sick?
4. How do diseases spread within your family?
5. What things could keep disease from spreading?

Select teaching illustrations from Health Education for Developing Countries to talk about ways diseases are transmitted. Discuss which Diseases are most relevant to visitor group and host group.

Activity: Make hand-washing stations (tippy-taps) and/or Bug Traps before-hand, ask host Missionary if these activities are relevant.

Recommended Learning Tools/ Resources –

1. One gallon plastic jugs , twine, soap bars, string for tippy-taps
2. One-liter soda bottles to make mosquito traps
3. Pictures from Health Education Program for Developing Countries that depict healthy/unhealthy habits for adults and children. Make up stories about the pictures.

Group Activity: Make Tippy-Taps and Mosquito Traps

Explore other ways families can prevent the spread of germs in their homes and communities. Other ideas to talk about: coughing, waste disposal, hand washing, vectors, cuts, contamination (i.e. lead or bacteria in water supplies) How does each group deal with such issues?

Theological Focus Day 2: “Jesus as a Healer” – Matthew 4:23

Jesus showed us that he cares about healing those who are sick and suffering. He emphasized both spiritual and physical wholeness. Why should we as Christians think that this is important?

Second Day Gathering:

2. Protection/Injury Safeguards

Ask a different group member to tell about an accident that caused an injury. Hosts and visitors each explain how they might prevent that event in the future. What items of clothing should be worn for protection? (i.e., sunglasses, hats, gloves, coats, boots, is there local clothing or dress that serves a protective function? etc.)

Name children’s games that could result in injuries
Parents share safety rules they have for their children.

Group Activities: Demonstration by hosts and guest re: typical response to an emergency/injury.

Ideas: wound/cut care; make a litter from natural materials to carry someone, choking, (Heimlich), child-call for help, ways to rescue someone from drowning.

Theological Focus- Day 3: Faith and Deeds..”suppose a brother or sister is without daily food..”James 2:14-17.

Opportunities here for discussion would be to talk about dietary differences and similarities. God has a plan and intends for us to strengthen our bodies with the many healthy options the earth provides. How are the hungry helped in your country?

Third Day Gathering:

3. Nutrition/Growth

People usually have growth patterns similar to their parents. Healthy development is influenced by diet and exercise. Each group/family share about foods that they eat each day. Use Illustrations on Nutrition from HEPFDC. Identify what is most beneficial in each category.

Activities:

- Measure height for each child and compare with their age, remembering that children grow at different rates.
 - Participants prepare a typical host meal together
 - Guests will prepare a typical meal at a later time.
- Looking at HEPFDC Nutrition Information, find the benefits of foods in the meal.

Theological Focus- Day 4: “Suffer the Children to come unto me...” Mark 10:14-19. Jesus not only wanted children near him, he “rebuked” those who would separate him from them. How are children included in our homes/cultures?

Fourth Day Gathering:

4. Education/Early Learning Activities

Discuss: What are children’s earliest memories of learning at home? What do parents recall that were the first things taught to their child?

Activity: Make puzzles from cereal boxes, play “hopscotch” or a Host country game. Guests and hosts both lead/teach the group a child’s game or song. Ex. “London Bridge is Falling Down”, Jump-rope jingles, Rock-a-bye-Baby, Patty-cake. Peek-eye, etc.

Ask the group, “What do you think are the benefits of singing to or playing with a small child?”

Theological Focus: Holy Spirit comes at Pentecost...”Each one heard their own language being spoken” Acts 2:1-8

Discuss: How has our group come together in understanding and love?

Fifth and Final Day Gathering.

5. Coordination/Motor Development

Discussion topics should center around what rules or habits families have when working at a job, playing sports, doing home chores to protect them from injury? (Body Mechanics)

- Ask:**
1. What are the ways that exercise makes people healthier?
 2. How can exercise be harmful?

Prepare to play a game from each culture, but first discuss how to play safely.
Possible Activities: Frisbee, kick-ball, jacks, jump-rope or local games.