

2022



# HEY PARENTS!

WE WANT YOU TO KNOW,  
YOUR KIDS ARE IN GOOD HANDS.

# DEAR PARENTS AT HOME,

We know how tough it can be to send your child off to a foreign country. You know it's going to be a life-changing experience for them, but you can't help but worry. This packet is meant to give parents at home as much information, reassurance, and inspiration as possible as you prepare your child for HumanitarianXP.

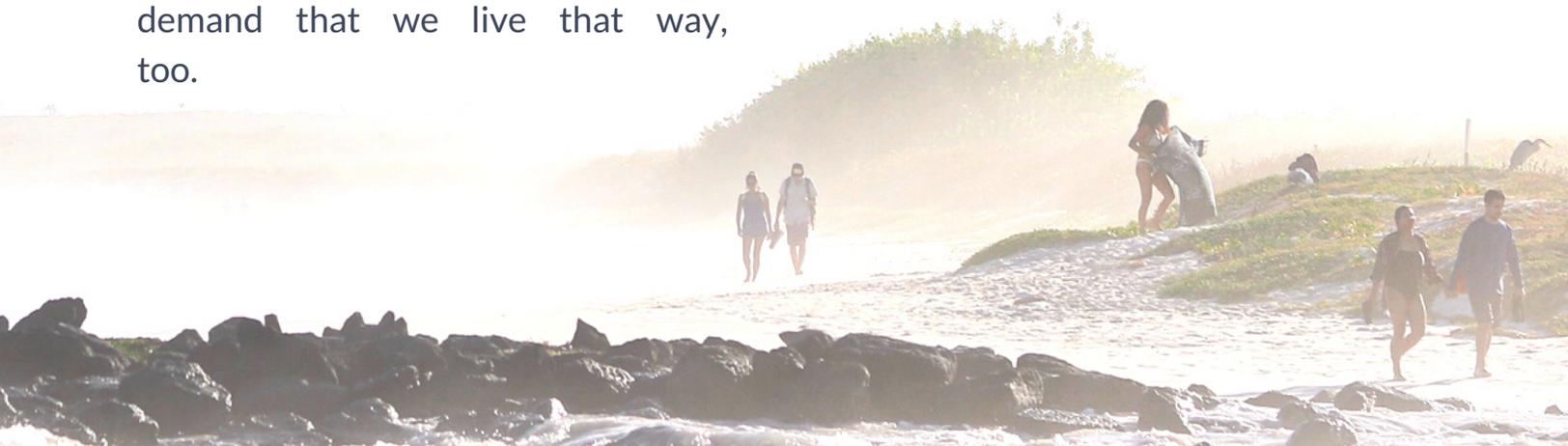
We want you to know that we love your kids just a tiny bit less than you do - but almost as much. They're the reason we do all of this. There's something about the kids of HXP - and especially this generation - that isn't like any in the history of the world. Their brand of unconditional love is nonnegotiable and they demand that we live that way, too.

We call them Builders, because regardless of where they go in the world - or the races, genders, sexual orientations, backgrounds, religions, or beliefs of the people they meet - these kids start first and entirely with love. They tell the story of HXP one by one, miracle by miracle. And they change us along with themselves.

Here's everything you need to know about HXP, the adventure they're about to embark upon, and the role you can play to make it even better. If you have lingering questions after reading this, give us a call or stop by the office anytime. You can also send us an Instagram DM, or just send an email to [info@humanitarianxp.org](mailto:info@humanitarianxp.org).

In other words, we're here for you.

*Love,*  
***The HumanitarianXP Team***



# A LETTER FROM OUR CEO

Dear Builder,

Welcome to Humanitarian Experience 2022! With a new Christ-centered nickname (HXP), nearly 6,500 Builders, and a post-pandemic world that has been anxiously waiting for our return - this summer is going to be one for the history books.

In 57 locations around the world, Builders like you are going to be learning for yourselves where you want your lives to be focused. There is a reason that you are going *where you're going* this summer with *the people you're going with*. You don't know what it is yet, but I'm confident that by the end of your trip, you'll know why you were there. Your "to do" list this summer contains only two items:

Love God, and Love people. On your trip consider following the Prophet's counsel: *find a quiet place where you can regularly go, humble yourself before God, and pour out your heart to your Heavenly Father. Turn to Him for answers, for truth, and for comfort. And then, listen to what the Spirit has to tell you.*

To that end, **consider spending a little time in personal prayer in the months BEFORE** your trip, asking your Father in Heaven to help you prepare. It doesn't have to be a big deal; just ask Him what you need to do now in order to be ready to see miracles. He'll tell you. In fact, wherever you are right now in your own personal spiritual journey, consider taking it up a level as you prepare for your trip. Maybe spend a little more time on your knees, maybe read your Book of Mormon a little more intently, maybe find someone you can consciously serve. Maybe fast on behalf of the people in your group, or go do baptisms and put their names on the prayer roll. You are about to experience one of the most incredible adventures of your life, and the more you get to know your Savior in preparation, the more you'll reflect His love and power while you're out there.

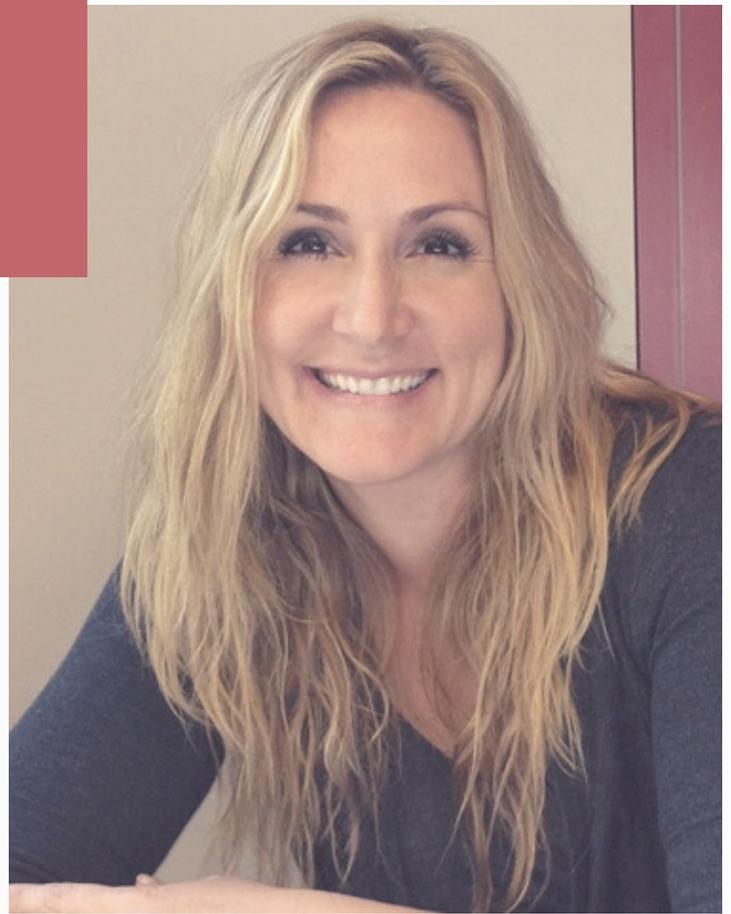
The work we are doing together to serve our friends around the world is more important than ever before. As you serve, you will learn better how God speaks to you, and you will be strengthened and prepared for what lies ahead. I believe there has never been a generation with more responsibility - or more capacity - to understand truth, and to learn it from the Source.

I've been doing humanitarian work for many years, and it never fails to surprise me how the Lord brings the right people to the right place at the right time they're needed. I believe there's something unique and important that only you can do this summer. So get ready, because I am counting on you to write your own page in the incredible story of HXP. Let the Spirit teach you what you were born to do, and I promise you: *there will be miracles.*

With Love,



CEO, Humanitarian Experience



# ALL ABOUT HXP

**OUR STORY:** HumanitarianXP was founded in 1999 when Glenn and Elisabeth Bingham wanted their 17-year-old son, David, to have a humanitarian experience in an emerging country in order to help him change his own life by changing the lives of others. They wanted to find an organization aligned with the vision and values of their faith - The Church of Jesus Christ of Latter-day Saints - but were unable to find an established youth program.

Because Glenn had served a mission in Brazil, he decided to take David to the Amazon community of Santarem, where he knew from personal experience that they would have many opportunities to help people in need.

This first HXP expedition consisted of just David and Glenn in Brazil, working together to provide a school for street children. The experience created a special bond between them and sparked in David a keen desire to serve.

The next year in 2000, the Bingham family was contacted by several other parents who wanted their children to have a similar experience, so they set up another expedition to Santarem with ten teenagers who would help continue building the new facility for street children. Meanwhile, David enrolled in BYU and later received his mission call to the Philippines. (continued)



# ALL ABOUT HXP

Glenn and Elisabeth soon realized that they wanted to provide this experience to their three younger children, so they formed a nonprofit organization called Alliance for Youth Service (AYS) based on the vision and values of The Church of Jesus Christ of Latter-day Saints.

As word spread, the Bingham family kept getting more requests from teens who wanted to participate. AYS changed its name to Humanitarian Experience (nicknamed HEFY) in 2011 and was a thriving organization for teens ages 16-19 who wanted the opportunity to serve people in need while growing a personal testimony of the gospel of Jesus Christ. In 2021, the Humanitarian Experience nickname changed again to focus more on Christ, and it is now known as HXP. With this change they also added 14-16 year-olds to the army of teens serving and loving people domestically and abroad.

David Bingham unexpectedly passed away in 2013 from an undiagnosed heart condition at the age of 31, joining his identical twin brother, Richard, who passed away as an infant. David treasured his missionary experience in the Philippines where he deepened his love for service, and just before he passed away, he had made plans to return and create a humanitarian organization there. In 2019, HXP opened a trip to San Pablo and continues to serve there today in honor of David.

HXP exists today because of David's determination, undaunted enthusiasm, and tender heart that always found ways to care for those in need. Because of him, nearly 20,000 teenagers have now shared their love with people all over the world. His mother Elisabeth summarizes it this way: "As we look back on David's brief life, we believe that starting the HXP organization may have been his primary mission on this earth."

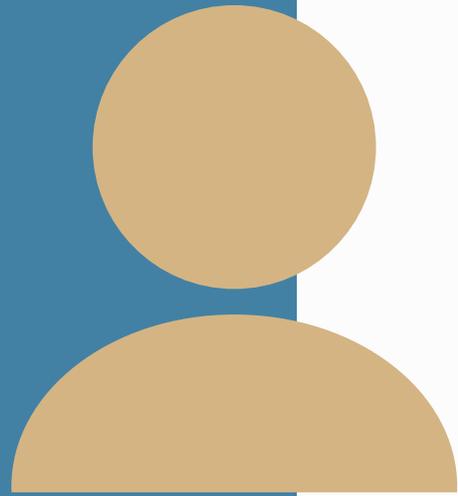


# HXP TODAY



**57 GLOBAL  
LOCATIONS**

**6,300 +  
PARTICIPANTS**



**384,872  
WORKSITE HOURS**

# THE DEALBREAKERS

*HXP trips can be life-changing, but in order to facilitate these experiences, there are some deal breakers that will get your child sent home early, by themselves, at your expense, with no discussion.*

The ones listed below are the most common, but please make sure you read through the Builder Agreement with your child for the full scope of expectations.

## THE RULE OF THREE:

Whether it be at the worksite, sightseeing activity, church, or even just running into a public bathroom, all Builders must be in a group of at least three people, always. This might be the most annoying rule for teens to follow but once we recognized the importance and strictly enforced it at all times it has saved lives more than once.

## KISSING (OR PAIRING OFF):

When Builders kiss or pair off on the trip it changes the group dynamic. We ask Builders to make the choice not to kiss (or pair off) until their trip is over. They will meet new friends and we hope that the focus on this trip is the service and the group dynamic. Every year we have to send home a few Builders for this, and it is devastating for them and for their whole group.

## SNEAKING OFF:

Safety is our most important priority. No matter how much confidence, freedom at home, or experience traveling your child has, sneaking off is something we take very seriously, even if they snuck off in a group of three, any instance will warrant being sent home. Sneaking off in foreign countries can literally put their life at risk from things like buried land mines or wild animals. The Trip Leaders know the areas to avoid, the Builders don't. It's a non-negotiable.

## HEALTH CODE:

We've chosen to follow the same code as The Church of Jesus Christ of Latter-day Saints. No drugs, vaping, smoking, alcohol, black tea or coffee. We've had to send a few Builders home for this in the last few years, and it is always so sad for everyone. If your child has a problem with substance abuse, help them see this as an opportunity for a clean start.

## SECRET PHONES:

HXP believes that the Digital Detox is one of the key factors that makes these trips life-changing for Builders. Trip Leaders collect the phones and keep them safe until they return back to the airport in the United States at the end of the trip. Every once in a while, a Builder sneaks a secret phone, iPod, or Wi-Fi connecting device in their luggage. Sometimes parents even encourage the hiding of these devices. It may not seem like a big deal, but you'd be surprised at how that one choice can actually totally wreck the whole experience for your child and even the whole group. It's damaging enough that it landed in the dealbreakers section. Know that at any point on the trip, HXP can get a hold of Trip Leaders within a matter of minutes.

# THE DIGITAL DETOX



Over the years, our Digital Detox has become somewhat infamous. A scary prospect to those teens who have never been on a HXP trip, and something *beloved* by those teens who have.

When Builders are able to give their whole time, attention and hearts into the service, they truly gain a connection with the group, their new local friends and themselves that is hard to match when spending time staring at a screen.

Before you panic, let us explain. We know that travel is tricky. When you drop your Builder off at the airport and bid farewell for two and a half weeks, rest assured that your Builder will be able to use their phone to navigate the airport and find their Trip Leader and group where the fun officially begins.

The Trip Leader will then collect the phones and keep them safe until they return back to the airport in the United States at the end of the trip.

So many Builders have commented, “Wait, I don’t even want this back!” because the feeling of being able to be fully present, serving, and bonding can't be replicated through a screen.

As you've put together by now, the Digital Detox is such a crucial part of a HXP trip but, with that said, we see you. We know you miss your child and are dying to know what and how they are doing every moment of the day. So here's the deal:

- We, at HXP, will send you an email once the group has arrived safely in-country.
- One of the Parent Builders will keep you updated on day-to-day activities through the trip's Instagram page. You can follow along each day with all of the adventures your Builder will be having.
- About halfway through each HXP trip, Builders will have the opportunity to write you a letter if they chose so.

If you need to get in touch with your child during the trip, you can contact the HXP office and we will get in touch with the Trip Leaders who always carry cell phones. HXP keeps in contact with all Trip Leaders on a regular basis throughout the Summer.

You can help your child get the *most* out of their HXP experience by encouraging them and preparing them for their own Digital Detox.

# SPIRITUALLY PREPARING YOUR CHILD FOR HUMANITARIANXP

Sometimes we get asked why we direct our correspondence to the Builders more than their parents. It may seem counterintuitive, but over the years, we've learned an important lesson: the more ownership the Builders have during their preparation, the more invested they are in their experience.

We're going to be sending your Builder some ideas this year that he/she can use to spiritually prepare for their experience. We're going to invite them to give some thought to what they want to get out of the trip, and, once they are clear about that, what they're willing to give in order to get that. We're going to invite them to spend some time on their knees asking the Lord what they personally can do to take their relationship with Him to the next level - regardless of wherever that relationship is right now. Then, we invite them to act on those promptings.

If you have the kind of relationship with your child where your involvement in that preparation would be helpful, you might consider joining them in their preparation. If this doesn't sound like your Builder, we understand teenage/parent relationships vary and you might consider just giving them the space to decide on their own whether to spiritually prepare. For every Builder the answer will be different, and for some, the miracles might happen later.

We know you are already privately praying that your child will get what they need from HXP and their



# SPIRITUALLY PREPARING YOUR CHILD FOR HUMANITARIANXP

Trip Leaders. We feel those prayers and believe that so many HXP miracles come as a result of a mother or father's prayers. That image of you pleading for your child drives us to be the best we can be.

At some point during the next few months, after one of your prayers, think about writing your child a letter telling them what you just prayed for. Tell him or her how much you love them, and about who you believe them to be. You might even pray to know what your child will need to hear from you then. Tuck it into their suitcase sometime before they leave for them to find and read while they're on their trip. It will mean more to them than you'd expect.

When they come home, take them out to dinner and give them your undivided attention. Ask them details about the trip; the highs and the lows, and what it meant to them. Consider helping them unpack. Listen to their experiences and how they have grown as a person, then help them process what just happened. Then, ask THEM what they might need from you to help them maintain the feeling they had on their trip and the goals they made for themselves. Continue to have conversations with them about the people and experiences that changed their life.

We believe strongly in meeting every Builder where they are right now, and helping them grow from there into the man or woman they were personally created to become regardless of where they are starting. The miracles that happen at HXP are quiet, individual, and usually very profound. And they happen when, and only when, each Builder is ready.

We love them already, so much.



# BOOKING YOUR DOMESTIC FLIGHT



Your Builder will receive an email 90 days before their departure date with their international flight itinerary. That's when you can start booking their connecting flights. We don't recommend purchasing the domestic flight before receiving this email because prior to 90 days, airlines will often change the schedule of the group flight and you'll be forced to either change or lose your domestic ticket.

You must book your domestic flight **BEFORE** 60 days prior to their trip. This is the window when airline prices typically dip most, so waiting to book them then is the best way to do it. Prices are also typically lower on weekdays, and you can look for deals by searching in a private (incognito) browser to get the best rates!

Your Builder will need to get to the airport early—**FOUR hours** before their international flight leaves to be exact. We know the four hour rule seems ridiculous at times, but sadly we do not control the weather, technical difficulties delaying flights, late crew members, etc. and **the last thing you want is for your Builder to miss the group flight. When that happens it can sometimes take a day or two to catch up, and by then your Builder will have missed the first weekend sightseeing. SO YES.** They need to be to their domestic airport at **least four hours** before the scheduled take off time to help ensure they do not miss their international flight with their group.

With the well-being of Builders as our top priority, HXP purchases travel insurance for Builders for what happens *during* the trip. (Visit our website for what that policy includes.) The HXP trips "begins" the moment the flight departs from the international airport, so anything leading up to that point will not be included.

HXP highly recommends purchasing Cancel for Any Reason insurance to protect your investment in the event that for any reason YOU need to cancel your trip prior to the start date.

# PASSPORT

This year, more than ever, it is very important that your child applies for a passport immediately. Do not delay.

If your child does not have a passport, apply today. The COVID-19 pandemic has caused a backup in the passport offices and they are currently 8-12 weeks out WHEN EXPEDITED.

If your child does have a passport, the first thing you need to do is look at the expiration date to make sure it expires no less than six months after the date of travel, as this is a requirement at all international airports.

It is sad for us and your Builder when they arrive at the airport ready to go, only to have the gate agent turn them away because of an expiration date less than six months away. This happens every year at HXP, so please make sure you pay close attention to this detail.

# "NO TRACE" TRIPS

Over the past 23 years, we have been blown away by the generosity of our Builders. We have loved watching the joy they feel as they have donated supplies, old electronics, clothes (sometimes off their backs) and other goods to the people they are serving. Donations have been a great source of happiness to our Builders and have helped them feel like they are supporting their new friends.

However, HXP has recently begun to notice ways that our good intentions have sometimes accidentally harmed the communities we are trying to help. May we explain?

As we now have so many groups going to 57 global locations every summer, it has become clear to us that we can occasionally and inadvertently create dependencies and/or a sense of entitlement by giving things away for free.

There is also a risk that even giving small things—like candy or plastic toys—can damage the health, economies, and communities of the people we love in ways we don't anticipate or understand.

Therefore, we are asking all Youth and Parent Builders to help us in our quest to inspire self-reliance by not bringing any donations to give



# "NO TRACE" TRIPS

away to the local community. In that same vein, we also ask every Builder to return home with all personal items that they bring into the country, including their work clothes, shoes, and empty plastic bottles. The last thing we want to do is add to the very real trash problems of these countries.

This year, the No Trace policy is one of the reasons we are requiring the COVID-19 vaccine. This decision is inline with our guiding principle: doing as little harm and as much good as possible.

As Sharon Eubank, the director of LDS Charities and 1st Counselor in the General Relief Society Presidency, reminded us:

“If you want to be involved in humanitarian service, this is the way—and I hope this is the thing that you will remember...**You are the gift.** You yourself are the gift. It is not the clothing, the hygiene kits, the school desks, or the wells. It is you.”

We believe that we best honor our new friends by loving them unconditionally, working incredibly hard alongside them, and helping them develop the respect and dignity of self-reliance.



# SAFETY & EMERGENCIES

Our top priority is your child's safety, and we do everything possible to keep them safe. Of course, with all international travel there is always an added risk, but we try as hard as possible to mitigate the danger.

## What will happen if there's an emergency on my child's trip?

First, HXP Trip Leaders are chosen from a candidate pool of nearly 2,000 applicants. They are chosen based on their ability to handle the logistics and pressures of the trip while simultaneously building a close relationship with each Builder. They are required to be CPR and FirstAid Certified, and to attend a three-day mandatory training conference. They are well prepared to handle emergency situations.

In addition, HXP maintains a robust "on call" program which is staffed during the summer four levels deep, 24 hours per day, 7 days per week. Over 23 years, we have learned a lot of lessons, and we have emergency procedures and contingencies in place.

Finally, HXP partners with International SOS, the leading provider of security and medical evacuation services, as well as a variety of online health, safety, and security resources to assess, advise, and assist with all of our planning and procedures.



# SAFETY & EMERGENCIES



## What if there's an emergency in my family and I need to notify my child?

HXP maintains a constant connection with our Trip Leaders and Local Coordinators in each of our locations. If there is an **urgent** need to reach your child, you can reach them quickly by calling the **On-Call Number (385-210-9382)**. If there are special non-emergency circumstances where you would need to touch base with your child during the trip, please **call our office (801-900-4111)** prior to the trip to make arrangements. Please do all college class planning, etc. prior to the trip.

## Why don't you post my Builder's location or itinerary online?

Because your child's safety is our number one priority, we do not provide the names of our lodging, sightseeing, or project locations or itineraries. We ask that you also do not share the details of your child's trip until **AFTER** the trip is over, particularly on social media, in order to reduce your risk of being targeted by "virtual" kidnapping scams or similar problems.

## BUILD: Worksite Safety

Your child will be spending the majority of their days on the local worksite. Hard hats are a requirement at all times while working on the worksite, as well as long pants, closed toed shoes and work gloves to avoid any sort of minor injuries. A first aid kit will be on site and with the group at all times.

# BUILDER HEALTH

## What if my child has food allergies or restrictions?

It is very common for our Builders to have allergies or dietary restrictions. They should list these on their health form as part of their pre-trip checklist. It's very important for the Trip Leaders to know about food allergies, but your child will ultimately be responsible for their food decisions. We would encourage any Builder with food allergies to bring a lot of snacks, but they should be able to eat the local food with modifications. If Builders need to keep medicine or insulin refrigerated, most lodgings we stay in will have a fridge available they can use.

## What if my child has physical or mental health challenges?

It is also very common for Builders to struggle with minor anxiety and depression. It is important that they disclose these challenges in their Health Form. Being honest on the Health Form usually won't keep your child from being allowed to go on a trip – it will just let the Trip Leaders know the needs of their group and how to best help them. Builders are ultimately responsible for handling their own medications and procedures, so please make sure they are equipped to do so before choosing to send them to HXP.

## Vaccines/Immunizations

**VACCINES:** Due to the global pandemic, HXP has followed the advice of the FDA and The Church of Jesus Christ of Latter-day Saints as well as a team of diverse doctors and has required the COVID-19 vaccine for all participants. You can find more information about that [here](#).

**IMMUNIZATIONS:** Some countries do require specific immunizations before entering, and HXP has posted these requirements on our website for you to consider before picking your trip. Apart from specific country requirements, HXP does not require any immunizations to go on our trips. We do strongly encourage you to check out the CDC's website for immunization recommendations for your trip location specifically and follow their suggestions: <https://wwwnc.cdc.gov/travel/destinations/list>



# PAYMENTS & PRICING

## SETTING UP A PAYMENT PLAN

We get it – these payments can seem overwhelming at first, but that shouldn't keep your child from having an adventure of a lifetime.

Now that you've paid the \$500 deposit, you can start paying weekly, bi-weekly, or even monthly to meet these deadlines.

If you get to these dates and you're still a little short, please don't hesitate to reach out to us. We can definitely help you up with a payment plan that will make things a little easier for you. Just email us at [info@humanitarianxp.org](mailto:info@humanitarianxp.org) for more information!

## FUNDRAISING

Over the years, thousands of Builders have paid for their trips through their own entrepreneurial ventures. We've collected dozens of ideas from past Builders who have funded their trips with creativity and hard work.

Many others have raised the necessary funds by inviting their extended family, friends, work, and community to partner with them in their service.

You can learn more about how you can pay for your child's trip by visiting our website and going to our blog post: "HXP Fundraising: How to Pay for Your Trip."

**INITIAL DEPOSIT: \$500**

**HALFWAY PAYMENT (JANUARY 21): \$1,500**

**HALFWAY PAYMENT DOMESTIC (JANUARY 21): \$500**

**FINAL PAYMENT (FEBRUARY 18): TRIP BALANCE**



# BUILDER CHECKLIST

There are a few things your child needs to do before they head out on their trip, so make sure they're keeping up with their checklist! Below, is a timeline of everything your child will need to do prior to their departure. To complete each checklist item, log into the Builder Portal on our website. ([humanitarianxp.org](http://humanitarianxp.org) → "Login")



# CONTACT INFO

## FOR OTHER QUESTIONS...

Visit the HXP FAQ page! We have tons of blog posts, pro-tips, and answers to every question you could possibly have. And if we don't have the answer you're looking for, we'll add it to the list.

Speaking of not having the answers... if you can't find what you're looking for on the FAQ page, please don't hesitate to reach out! *Also the key word in this packet is "become."*

If you still have questions, you can fill out a form on our website, send an email to [info@humanitarianxp.org](mailto:info@humanitarianxp.org), or give us a call at (801) 900-4111. We've got you!

## WE'RE HERE FOR YOU!

Your Builders mean everything to us, and we want to help them get ready in every way possible. During the summer we are available 24/7 and will respond at all hours. But during the year, if you send us an email on Christmas Eve at 8 pm, you miiiiight not get a response right away.

### *Here's our office schedule this Winter/Spring:*

Regular office hours: M-F, 9 am - 4 pm MT  
Christmas break: December 20 - January 10  
MLK Day: January 17  
Presidents' Day: February 21  
Trip Leader Training: May 9-14  
Memorial Day: May 30

If you contact us within our normal office hours, you can expect to get a response within 24 business hours. And if you call, someone will be here to answer! You can also feel free to stop by our Salt Lake office anytime and meet us. We love to get to know you in person!

