

Oceania Region

PARENT AT HOME EXPO



Agenda

SAFETY

PROJECT

FLIGHTS

TRIP ITINERARY

HOW TO FOLLOW ALONG

PACKING





FIJI NADI
FIJI TAVEUNI
SAMOA APIA
SAMOA UPOLU
TONGA FUA
TONGA TAPU
VANUATU

OCEANIA

2024 Trip Stats

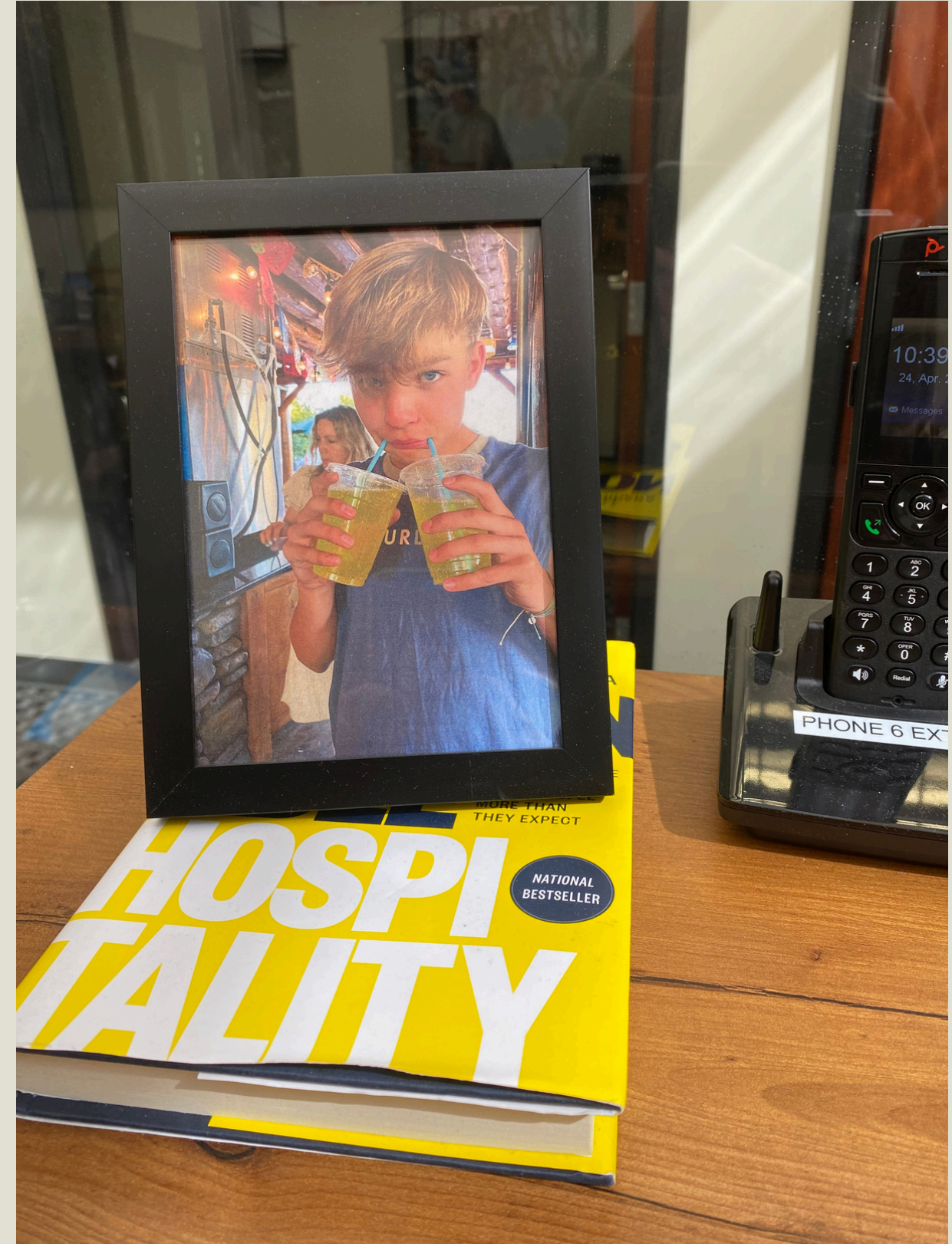
TOTAL INTERNATIONAL DESTINATIONS: 56

TOTAL DOMESTIC DESTINATIONS: 3

TOTAL BUILDERS: nearly 6,500

TOTAL PARENT BUILDERS: 600

TOTAL TRIP LEADERS: 360





SAFETY



In case of emergency, we have a 24-hour hotline during the summer. If there's an emergency at home or on your child's trip, HXP base will get you in touch quickly. We are **in constant communication** with all of our Trip Leaders throughout their trips, but we filter communication so they can focus first and foremost on running trips and connecting with their Builders.

For minor medical concerns (constipation, diarrhea, headache, etc.), Trip leaders will be in contact with the HXP medical team. For major medical concerns (including trips to local clinics/hospitals), HXP will be in contact with parents & guardians.



Our HXP medical team is a huge piece of the puzzle when it comes to **extra precautions we take to keep Builder safe**. In addition to 24/7 availability over the summer, the HXP medical team comes to the three-day Trip Leader training, where Trip Leaders are prepared for common travel health occurrences dehydration, motion sickness, and diarrhea. **Regardless of the hour of day and severity of the question, the HXP medical team is quick to answer, patient beyond measure, and confident in his advice on how to best move forward.**

World Travel Protection

Monitor Global Risks, Locate Your Travellers & Get Real-Time Alerts If Threats May Occur



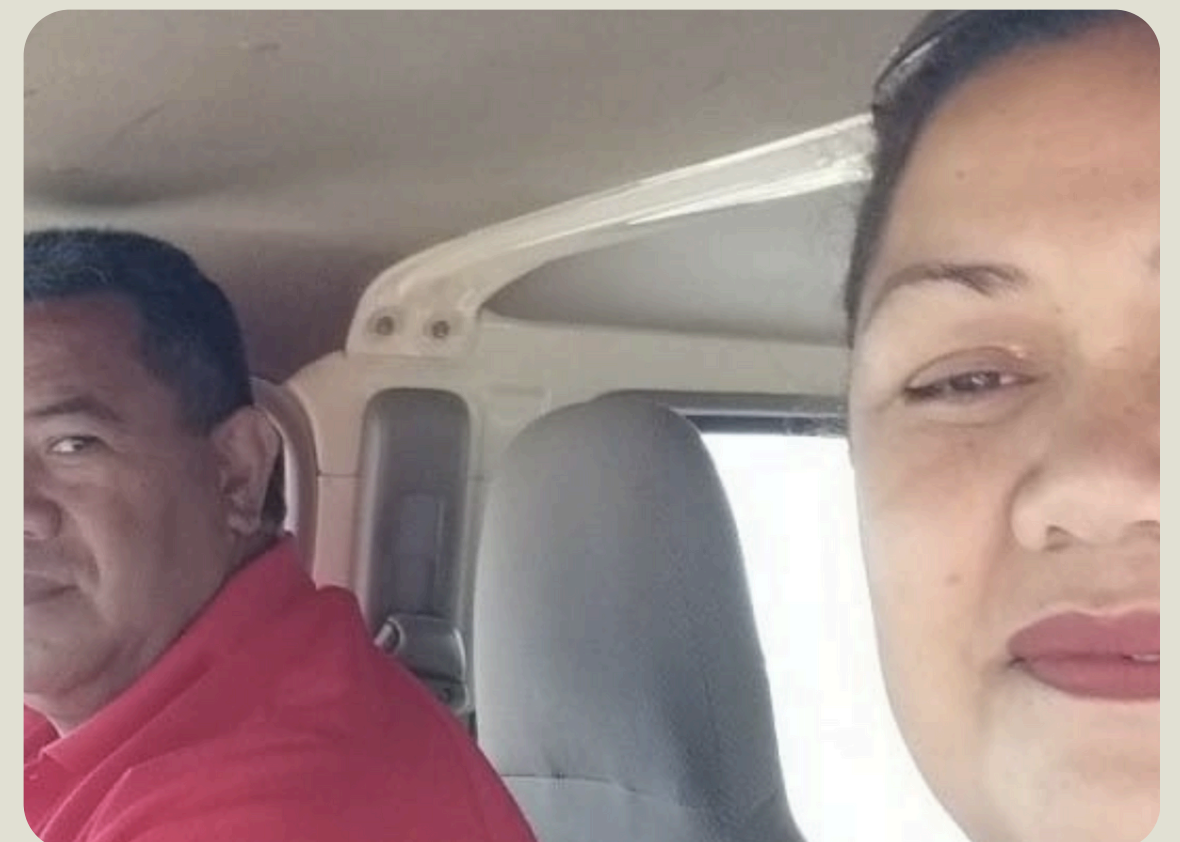
**If you have any questions while your
Builder is on their trip, reach out to HXP:**

801-900-4111

801-882-7797

INTERACTIONS WITH LOCALS

Our Local Coordinators





Foreman



Students



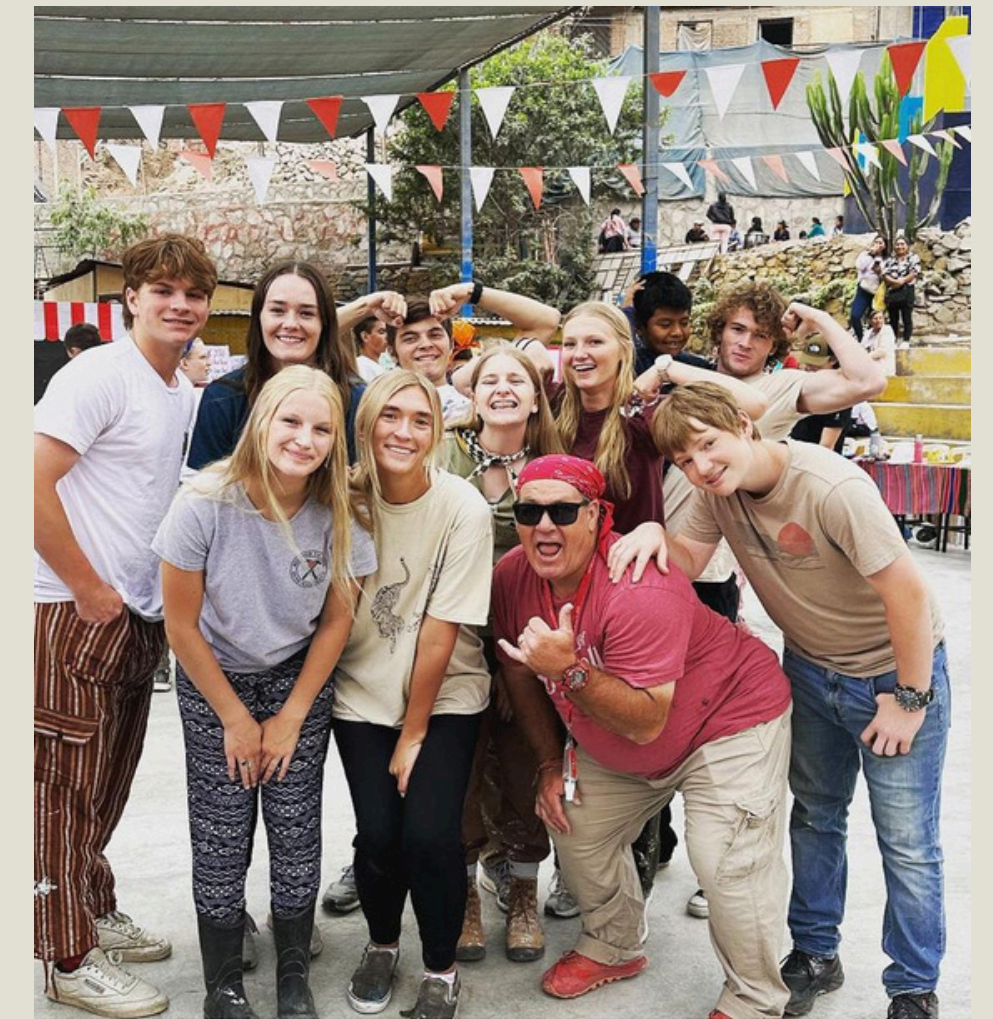
Bus Drivers



Food Providers

PROJECT

Although many of the Oceania Islands are well known for their beautiful beaches and five-star resorts, 34 percent of the population lives below the national poverty line. An estimated 140,000 people currently live in substandard housing conditions in informal housing settlements, and that number is increasing. Child care and education are especially challenging issues in rural, hard-to-reach communities, especially in informal settlements where many young families can't access early education options.



In response to these challenges, HXP Builders are working on projects to construct a structure (houses, women's shelters, and schools) aimed at supporting locals. This initiative reflects a concerted effort to address the educational needs of the community in light of the ongoing economic and health challenges.

FLIGHTS



Click [here](#) for Flights expo slides.

TRIP ITINERARY

WEEKDAY SCHEDULE

ACTIVITY	START TIME	END TIME
Wake Up/Get Ready	6:30 AM	7:00 AM
Scripture Study/Devotional	7:00 AM	7:45 AM
Breakfast	7:45 AM	8:30 AM
Travel to Project Site	8:30 AM	9:00 AM
Work on Project	9:00 AM	12:00 PM
Lunch	12:00 PM	1:00 PM
Work on Project	1:00 PM	4:00 PM
Travel Home	4:00 PM	4:30 PM
Shower/Get Ready	4:30 PM	5:00 PM
Dinner and Nightly Culture/Ward Activity	5:00 PM	9:00 PM
Devotional/Journal Time	9:00 PM	10:00 PM
Get Ready for Bed	10:00 PM	10:30 PM
In Bed	10:30 PM	

SUNDAY SCHEDULE

ACTIVITY	START TIME	END TIME
Wake Up/Get Ready	7:00 AM	7:30 AM
Scripture Study/Devotional	7:30 AM	8:15 AM
Breakfast	8:15 AM	9:00 AM
Travel to Church	9:00 AM	9:45 AM
Church	10:00 AM	12:00 PM
Lunch	12:00 PM	1:00 PM
Splits with the Missionaries	1:00 PM	2:00 PM
Travel Home	2:00 PM	2:45 PM
Group Activity/Journal Time	3:00 PM	5:30 PM
Dinner	5:30 PM	6:15 PM
Fireside with the Ward	7:00 PM	9:00 PM
Devotional	9:45 PM	10:00 PM
Get Ready for Bed	10:00 PM	10:30 PM
In Bed	10:30 PM	

HOW TO
FOLLOW ALONG

hxp.fijinadi

HXP.
HUMANITARIAN EXPERIENCE

2,513 posts 1,376 followers 1 following

HXP Fiji Nadi
Formerly @hefy.fijinadi
www.humanitarianxp.org/registration

Followed by hailey_wilson32, woolley and 3 others

Follow Message

Takeover Highlights Fijinadi5 Fiji Nadi 4 Group 3 '23...

THANKS TO YOU, 2023 WAS THE BIGGEST SUMMER YET
HXP.
HUMANITARIAN EXPERIENCE

hxp.guatemalamayan

HXP.
HUMANITARIAN EXPERIENCE

1,103 posts 824 followers 1 following

HXP Guatemala Mayan
www.humanitarianxp.org/registration

Followed by kaylee.barloww, mitch_stepan and 25 others

Following Message

Takeover Trip 4

THANKS TO YOU, 2023 WAS THE BIGGEST SUMMER YET
HXP.
HUMANITARIAN EXPERIENCE

hxp.kenyamasaimara

HXP.
HUMANITARIAN EXPERIENCE

1,396 posts 1,308 followers 1 following

HXP Kenya Masai Mara
Followed by ljtate11, bollisbunt and 2 others

Follow Message

Takeover Kenya 5 Kenya 2

THANKS TO YOU, 2023 WAS THE BIGGEST SUMMER YET
HXP.
HUMANITARIAN EXPERIENCE

hxp.peru.iqitos

HXP.
HUMANITARIAN EXPERIENCE

745 posts 774 followers 1 following

HXP Peru Iquitos
This is the OFFICIAL HXP Peru Iquitos Account! -HXP HQ
Followed by hxp.humanitarianexperience and hattiejackson_

Follow Message

Takeover Group 5 Iqu... Group 5 Iqu... Group 5 Iqu... Iquitos grou...

THANKS TO YOU, 2023 WAS THE BIGGEST SUMMER YET
HXP.
HUMANITARIAN EXPERIENCE



PARENT BUILDER INSTAGRAM CALENDAR

TRAVEL DAY 1	TRAVEL DAY 2	SIGHTSEEING DAY 1	SIGHTSEEING DAY 2	SABBATH DAY	WORKSITE DAY 1	WORKSITE DAY 2
MEETUP AIRPORT: 1 POST OF GROUP IN U.S. POST FOR EACH LAYOVER	ARRIVAL IN COUNTRY: POST UPON ARRIVAL!!	2 POSTS TODAY INCLUDE AT LEAST 1 ENTIRE GROUP PICTURE!	2 POSTS TODAY INCLUDE AT LEAST 1 ENTIRE GROUP PICTURE!	YOUR CHOICE POST	WORKSITE POST (INCLUDING A GROUP PHOTO & "BEFORE" PROJECT PHOTO) EVENING ACTIVITY POST	WORKSITE POST FROM LIST EVENING ACTIVITY POST FROM LIST
WORKSITE DAY 3	WORKSITE DAY 4	WORKSITE DAY 5	SIGHTSEEING	SABBATH DAY	WORKSITE DAY 6	WORKSITE DAY 7
WORKSITE POST FROM LIST EVENING ACTIVITY POST FROM LIST	WORKSITE POST FROM LIST EVENING ACTIVITY POST FROM LIST	WORKSITE POST FROM LIST EVENING ACTIVITY POST FROM LIST	2 POSTS TODAY INCLUDE AT LEAST 1 ENTIRE GROUP PICTURE!	YOUR CHOICE POST	WORKSITE POST FROM LIST EVENING ACTIVITY POST FROM LIST	WORKSITE POST FROM LIST EVENING ACTIVITY POST FROM LIST
WORKSITE DAY 8	TEMPLE DAY	TRAVEL HOME DAY				
WORKSITE (INCLUDING A GROUP PHOTO & "AFTER" PROJECT PHOTO) EVENING ACTIVITY POST	YOUR CHOICE POST	BACK TO THE U.S.: 2 POSTS INCLUDING A GROUP PICTURE WHEN YOU LAND IN THE U.S.				

Mandatory specific posts

Your choice posts

Refer to the list for content ideas

FIJI NADI

@hxp.fijinadi

FIJI TAVEUNI

@hxp.fijitaveuni

SAMOA APIA

@hxp.samoaaapia

SAMOA UPOLU

@hxp.samoaupolu

TONGA FUA

@hxp.tongafua

TONGA TAPU

@hxp.tongatapu

VANUATU

@hxp.vanuatuportvilla

LETTERS HOME

Halfway through the trip—typically Sunday—all builders write a handwritten note home. Trip Leaders will take pictures of the letter and email it to you. This is a great opportunity for them to talk about the trip and what they've learned, and you'll be blown away by their growth and perspective shift in such a short period of time.



PACKING

One of the best parts of HXP trips is learning to love a new culture. Builders can show gratitude and appreciation for the people that so generously welcome us into their lives is by respecting their culture. This can be done in a variety of ways.



Builders can show respect by the clothing they wear. Some countries have traditional clothing that they share with us, and Builders can show appreciation by honoring this clothing and wearing it appropriately. Other places have different standards of what appropriate dress means, and we can honor the country and culture by dressing according to this more modest standard.

HXP Pro-tip:

‘UNPACK WITH YOUR BUILDER’

This is the perfect opportunity to get to know all the little details of your Builder’s trip!

Click [here](#) for HXP Packing lists.





CONTACT US

801-900-4111 (MW 9-4:30, F 9-2)

info@hxp.org (M-F)