

Volunteer Information

What is Missions?

- ✓ "Jesus calls every Christian, old and young, male and female, to be a visible sign of his loving presence in the world. He calls us to share our time, talents and treasures, and to spread the Gospel message to all his people. Jesus is especially concerned with the poor of the world and invites us to serve him through the faces of the poor. "
- ✓ Short Term Mission Trips can be defined as any term of cross-cultural Christian service, in country or out of country, from 1 or 2 weeks up to 2 years.
- ✓ There is a fundamental difference between Humanitarian projects and mission projects. The difference is purpose. Only one is Bible based, doing good works to honor Jesus Christ.¹
- ✓ Christians need to address both physical and spiritual needs.¹

Four Themes of Missions¹

1. The oneness of Humankind
"Live in harmony with one another. Do not be proud, but be willing to associate with people of low position." Romans 12:16
2. Living a Covenant Relationship
"For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance." Hebrews 9:15
3. Our Lives as Servant Disciples of Jesus Christ
"Carry each other's burdens." Galatians 6:2
4. Our Commission as Evangelists
"Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness."
Matthew 9:35

"The message of missions is woven throughout the Bible, and the sending of God's people into all the earth was not an appendix to the story of redemption". (*"Mind of Missions"* by Paul Borthwick)

Other Mission related scriptures:

Matthew 28:18-20, Mark 15:16, Luke 24:47, John 20:21 and Acts 1:8

Purpose

Our purpose is to spread the good news of the gospel to others by modeling Christ in our motives, words, relationships, lifestyle and service.

Volunteer Ideals

Volunteers actively seek to follow the example of Jesus by treating the poor with dignity and respect.

Volunteers are expected to adhere to the "hands up" ideal that promotes dignity and self-reliance among the poor. In this way, volunteers are actively fostering self-respect, which in turn enables the poor to break the cycle of poverty that haunts their daily lives.

In contrast, the "hand out" ideal (freebies, giveaways, etc.) only encourages dependency among the poor. They will never be freed from the "bondage" of the cycle of poverty. As a result, we would be responsible for thrusting the poor of third world countries into a cycle of greed, begging, and loss of pride. Work through the authority channels of the nationals. The elders know who has the greatest need among the people. Let them distribute the things.

Our attitude to giving must be right, we are nothing more than God's delivery person, distributing his gifts to others. We **are not** the one giving, **we are** not a big Santa Claus, we **are** just the delivery person. All glory must be given to God.

Be a living Gospel that people can read. This may mean living a simpler lifestyle.

Remember that you are going to a third world country. Things often run on their time, meaning not always on time. We have little access to vehicles and phones, supplies are often not available on time, the power goes out occasionally, the tools that you will use will probably be inefficient and old, people arrive late, etc. The focus for volunteers should be on CHRIST first. Think of the time during a power outage or waiting for a late bus as a great opportunity for prayer and reflection.

You were called to be here according to God's plan for you. Go where He leads you by surrendering your will to Him. In doing so, you will be opening yourself to an experience that will enrich your life and the lives of those you will touch while you are here. Ask God to give you a heart to learn from the people and see them through His eyes.

Building your Mission Team ¹

Building—

Prepare spiritually and mentally

- a. Review the Bible Study hand-out as a team and individually
- b. Spend time together before you go to forge bonds and friendships
- c. Know what each member is willing to contribute to the team—decide who will be:
 - participating in the building aspect of the project
 - responsible for buying and preparing the food
 - teaching the group Bible studies
 - teaching the children
 - leading a women's fellowship group, etc.

Your—

Remember, you are a part of a unique group!

- This is your team
- Work together, build each other up. Laugh together, Eat together and pray together.
- Act as a servant of the Lord
- Pray daily for your team leader and each member

Mission—

Don't lose sight of the team's purpose

- First and foremost, we are there to share God's love with the people and to build loving relationships with them.
- The work we complete is not the main goal, although important.

Team—

Not everyone on the team will have the same abilities and interests. That is why you are a team. Weaving your differing interests, backgrounds and abilities will make your team successful and your adventure more fulfilling.

Practical preparation

Are there any specific requirements?

A desire to serve and a willingness to give of yourself are the primary requirements. You need to be flexible, willing to work, and in reasonably good health. The minimum age for unaccompanied volunteers is 18 years. Minors in a supervised group of any size must be at least 15 years old. The group supervisor or accompanying individual of minors must be at least 21. Each minor (under 18) not accompanied by both of his/her parents must provide the group leader with a signed copy of the Permission and Liability Release for Minors under Age 18. THIS MUST BE SIGNED BY EACH PARENT NOT ACCOMPANYING THE MINOR ON THE MISSION TRIP.

Each volunteer is responsible for acquiring the funds for their own flights, living costs and other expenses during their time of service. (See fund-raising insert) You must also have a passport and medical insurance with coverage for overseas medical expenses. Please note that Medicare does not cover medical expenses overseas. You should check with your insurance carrier to see if you have overseas medical coverage. There is a special policy for short term missions is available through the United Brethren Church .

What kind of activities can I expect to do on a work team?

The work team experience provides an opportunity for you and/or your group to participate in:

- Church services. The spiritual program might involve participating in church services with the local churches or a teaching program that your own group has developed.
- Work on projects to benefit the Mission organization or church. (activities will depend on the type of project your work team is involved with)
- Minister/deliver supplies to poor/shut-ins

Where can I find information on the country I am visiting?

Surf the net—Type “Honduras” or “Belize” in the search and you will find much information on your country.

Or visit your library, bookstores or travel agent.

Team leaders, who have been there before, are a great resource.

If possible, learn a few key phrases in the native language. There is a Spanish handout available for those going to Spanish speaking countries. Taking time to learn some of the language displays the servant attitude you are encouraging.

Communications

Use of Telephones and E-mail: The Mission telephone is a business phone and should be used by visitors only in cases of emergency or with permission. Local public telephone is service for personal use and is available in most villages or towns but may be difficult to use with language barrier. We recommend volunteers take major telephone charge cards

with them on mission trips. Before leaving the US, check with your long distance telephone company about using your phone card. Access to e-mail may be available at local internet cafes.

What documents do I need?

You will need a valid US passport. The typical processing time is approximately two months. You can apply for a passport at many facilities nationwide including Federal, state and probate courts, many post offices, some libraries and a number of county and municipal offices. If you have a passport, please verify that it is current and will not expire at least 3 months after your visit. Non US citizens should check with the Honduran embassy to determine if they need visas. It is recommended that you make several copies of your passport, keeping one in your luggage and one at home. Minors not accompanied by both parents require properly signed documentation. Please check with your travel agent for requirements for the country you are visiting

When you enter the country you will be issued a temporary visa. Do not lose this documentation, as you will need it when you depart.

What kinds of immunization/medications are recommended?

Consult a physician or contact your county Public Health and Immunization Department to find out the latest requirements from the Center for Disease Control (CDC) or visit the CDC's web site at www.cdc.gov/travel/index.htm. Some of those recommended are: flu shot, tetanus, hepatitis A, hepatitis B, and the taking of Malaria pills. Again, consult your physician.

What Kind of living accommodations will I have?

This will depend on where you are going. Your team leader will be able to fill you in on the details. [What should I pack?](#)

A one week supply of cotton shirts, t-shirts, jeans, long shorts (for work sites only), a skirt for women and one or two pair of cotton long pants for men (preferred for church and school area), hats, work gloves, comfortable work shoes, rubber sandals, cotton socks, a sweat shirt in winter, windbreaker, etc... . The temperature hovers between 60 and 80 degrees year round. You will be able to hand wash your clothes so a one week supply is quite sufficient. Do not pack anything valuable in your checked baggage. Pack camera, toothbrush and medications in carry-on.

Canteen/sport bottle for water, rain poncho, sunglasses, small flashlight, wide brimmed hat.

Always carry prescription medications in their original pharmacy-supplied bottle, antibacterial soap, unscented toiletries, sunscreen, bug repellent, lip balm

Twin bed sheets, small pillow, towels, washcloth

Photocopy of your passport (leave another photocopy at home)

A roll of small plastic trash bags and Clorox wipes for cleaning bathrooms.

If bringing toilet paper, drive your car slowly over the roll. It will flatten it and require much less packing space.

Other suggestions: Camera (inexpensive), Spanish-English dictionary, a notebook and pen for journaling, reading material

Any gifts you bring for the children should be group-oriented, not personal. Books in Spanish are good. It might be good to coordinate your gifts with the group, so each packet is the same.

Consider bringing clothing and linens, which can be left behind as a donation.

NOTE: The Airlines allow you to bring one carry-on and two suitcases of luggage. (70 pound limit)

Please make your trip a retreat from life in America. We ask that you not take American secular music to play. Leave at home magazines that are inappropriate.

How much money will I need?

For general spending money in the local area, \$30-40 a week per person should be ample. Travelers' checks are the most secure way to carry money. They can be easily converted with your passport at banks.

Credit cards are accepted at some restaurants and hotels but you should not rely on them as your primary source of money. It is always preferable to use the local currency.

In most countries when you leave, you must pay a Airport Exit Tax. Be sure to reserve this amount so it is available when you leave. (In Honduras the airport exit tax is \$25.00)

How can I notify my family about my safe arrival?

Upon arrival individual volunteers or group leaders will have access to a phone and e-mail to contact home. Remember that phone service is not very reliable in third world countries. You must take a calling card, or be prepared to call collect if you use the telephone.

What kinds of food and water are available?

Your group should purchase large bottles of purified water. Individuals can fill their canteens or water bottles from this supply. Tap water is not recommended for consumption. Avoid untreated water, ice, salads, dairy products, raw vegetables or fruit that cannot be peeled. Soft drinks and sealed juices are always good, as is well-cooked food. It is not a good idea to eat food from street vendors, although most have done so with no ill effect.

A Missionaries Prayer: "Where You lead me I will follow; what You feed me, I will swallow!"
(*"Vacations with A Purpose"* by Christ Eaton and Kim Aurst)

Dress Code:

Long pants should be worn at all times except when at work sites. Men and women should take only long shorts or cutoffs for working. Jeans are acceptable anytime. All volunteers should have modest, non-revealing clothing. Volunteers should not bring short-shorts, halter tops or other skimpy clothing with them.

How do I prepare Spiritually

Prayer and Scripture

- Prayer will be one of the most important ways that you can prepare for your short-term experience. I Thes. 5:17 says to pray continually! Here are some suggestions of things to pray about:
 1. Pray that you will be teachable, submissive to authority and eager to serve.
 2. Pray for your team leaders and the other members of your team.
 3. Pray that you will demonstrate love toward the people you meet.
 4. Pray for the people in the city/country where you will be serving.¹
 5. **Pray for flexibility.**

- Ask others to pray **for you** and **with you**. You will need their prayer support while on your mission.

Especially during the months before you leave, aim at walking consistently with the Lord. Spend quality time each day meditating on God's word. Read the book of Acts at least twice before going .

Continue to serve others around you and seek opportunities to share Christ with others. Practice leading a Bible study. Prepare a three minute testimony to give while there.

Train spiritually as a team

1. Teams should be doing Bible Studies together.
2. Team members should be assigned homework.
3. Teams should interact with each other verbally and cooperatively in gathering or making items you'll be taking along.
4. Get to know each other's strengths and weaknesses and pray for God's guidance.

Living together in a foreign culture is an adventure under the best of circumstances but it can be disastrous if team members are not properly prepared.

Other useful Scriptures

Contemplate on these passages in regards to your motivation to serve:

James 2:14-16

Philippians 2:1-4

Remember those you will be serving:

Matthew 9: 35-37

Matthew 19: 13-14

Mark 10: 13-16

Consider the members of your group and the community of believers you represent:

Romans 12

Preparing for Evangelism

Preparing your personal testimony

Each team member should "...be prepared to give an answer to everyone who asks you to give the reason for the hope that is in you." (I Peter 3:15) This can be done in three easy steps and should be no longer than 3-5 minutes.

- Introduce yourself—your name, where you are from, your vocation, a short description of your family, a greeting from your home church.
- Now add a couple of positive specific observations about the host country, the community, and the people you have met.

- Next comes the easy part; Share something God has done for you, how He has changed your life, or things that you are grateful for. Pretend you are making up a thank-you note to send to God.¹

Team exercise: Write and practice your testimony with you group members.

Below are some ideas for group sharing, children and adults enjoy these activities: Keep it simple; no flashy presentations.

- Coloring pages and small packs of crayons.

- Paper cross tear- Follow diagram on next page

- Gospel bracelets- Have packets made up in advance:

John 3:16 For God so loved the world

That he gave his only son
That whoever believes in Him
Will not perish, but have everlasting life.

The color black signifies sin in our heart.
We cannot save ourselves.
“For all have sinned and fall short
of the Glory of God” Romans 3:23

The color red signifies that only the blood
Of Christ can cleanse our sin.
I John 1:7 “The blood of Jesus Christ,
God’s son cleanses us from all sin.”

The color white signifies the clean/pure
condition after you receive Christ as your
Savior. “If we confess our sins, He is
Faithful and just to forgive us our sins
And cleanse us from all sins.” I John 1:9

The color green signifies our growth in
Our new lives in Christ. “But grow in
The grace and knowledge of our Lord
and Savior Jesus Christ.” II Peter 3:18

The color yellow or gold signifies heaven,
where we will spend eternity with our Savior.
“Into an inheritance that can never perish, spoil
or fade—kept in heaven for you.”
I Peter 1:4

- Bible stories

Jaun 3:16 Proque de tal manera ama Dios al
mundo

que ha dado a su Hijo unigenito,
para que todo aquel que en el cree,
No se pierda, mas tengo vida eterna.

El color Negro significa el pecado en el Corazon.
No podemos salvar a nosotros mismos.
“Por cuanto todos pecaron estan destituidos
de la Gloria do Dios”. Romans 3:23

El color rojo significa que solo la sangre
De Cresto puede limpiarnos de pecado.
I Jaun 1:7 “La sangre de Jesucristo,
Su Hijo, nos limpia de todo pecado.”

El color blanco significa la limpieza despues
de recibir a Cristo como nuestro Salvador.
“Si confesamos nuestros pecados, El es
fiel y justo para perdonar nuestros pecados
y limpiarnos do todo pecado.” I Jaun 1:9

El color verde significa crecimiento en
nuestra vida nueva en Cristo. “Antes bien,
creced en la gracia y el conocimiento de
nuestro Senor y Savador Jesucristo.” II Pedro
3:18

El color Amarillo u de oro significa los cielos,
Lugar de los salvor por toda la eternidad.
“Una herencia incorruptible, incontaminad
y inmarcesible, reservada en los cielos para
vosotros.” I Pedro 1:

For Belize you can use old Sunday school literature or one of your children's Bible story books but also be prepared for a Spanish speaking audience.

For Honduras there are Bible stories in Spanish available. Some are very short and others longer. Some can be made available on a cassette tape if no one in your group can read Spanish. If you would like to try to read one, you will need to practice reading them ahead of time. The children love being read to.

- Songs (appropriate for all ages)

Team Exercise: Learn a song together

I have the Joy, Joy, Joy, Joy

I have the joy, joy, joy, joy
 Down in my heart.
 Down in my heart.
 Down in my heart.
 I have the Joy, joy, joy, joy
 Down in my heart
 Why? Jesus is my Sa- vior.

Family of God

I'm so glad to be a part of
 The family of God
 I've been washed in the fountain
 Cleansed by His blood.
 Sole heirs of Jesus, as we travel this sod.
 For I'm a part of the family,
 The family of God.

The Joy of the Lord

The joy of the Lord, is my strength
 The joy of the Lord, is my strength
 The joy of the Lord, is my strength
 The joy of the Lord, is my strength.

Yes, Jesus loves me

Yes, Jesus loves me,
 Yes, Jesus loves me
 Yes, Jesus loves me
 The Bible tells me so.

Yo Tengo gozo, gozo, gozo, gozo

Yo tengo gozo, gozo, gozo, gozo
 En mi Corazon.
 En mi Corazon.
 En mi Corazon.
 Yo tengo gozo, gozo, gozo, gozo
 En mi Corazon.
 Por que? Cristo es mi salvado.

La Familia de Dios

Soy feliz que yo soy
 de la familia de Dios
 Soy lavado en su sangre,
 Limiado por el.
 Con Jesus co-heredero del Padre yo soy,
 Soy feliz que yo soy
 De la familia de Dios

El gozo del Senor

El gozo del Senor mi fortaleza es
 El gozo del Senor mi fortaleza es
 El gozo del Senor mi fortaleza es
 El gozo sin medida el ma da.

Si, Cristo me ama

Si, Cristo me ama
 Si, Cristo me ama
 Si, Cristo me ama
 La Biblia dice asi.

Raising Funds

There are basically four approaches to raising money.

1. Each individual pays for himself or herself from his/her pocket or by soliciting others.
2. The church mission budget pays for the entire team.
3. Scholarships are awarded from the church mission budget based on need.
4. Some combination of the first three.¹

Luke 10:4-7 and I Corinthians give a scripture basis for asking for funding for your mission trip.

The worker in God's service should be supported by those he represents. It also helps us to depend on God for our needs.

Josh McDowell explains it another way. He says you should ask others to support you on your mission, so you can tell those you go to serve that there are many others back home who also cared enough about them to send you. It increases the "ownership" of the mission and the impact on the people you are serving.

About Writing Letters ¹

A popular method of raising money is for team members to write to friends, family, even, mission trip costs this way; they are not allowed to simply write a check, even if they are financially capable of doing so. This is an important lesson in humility, and puts every team member on the same footing. Yet some people would refuse to participate in a team if they had to do that.. If you do select this method, be sure to keep your letter to one page, make it personal, not a form letter, and discuss in advance with the team how to avoid sending more than one request to the same person. (See sample support letters) ":

Direct mail fund-raising experts consider the medium to have two primary purposes: You can reach many potential donors whom you cannot contact personally, and it is a targeted, relatively inexpensive method of getting your message out to a large audience. Here are four valuable tips for any mailing team members send asking for financial support.

- Once opened, a personal letter has ten seconds to capture the reader's attention. Mass-produced typed letters only have five seconds. The P. S. always stands out and is often read first. It should contain the deadline, the action you are seeking, and any specific amount you are requesting.

- Avoid long words and sentences. Shoot for words averaging five letters and short, conversational sentences and paragraphs free of technical or jargon words.

- Eighty percent of all donations (in large bulk mailing

campaigns) come from 5 percent of the donors.

- Mention dollar amounts several times in the letter.

While many people vow they would never write letters asking for financial support for their trip expenses, few are opposed to the suggestion that they request contributions toward the project cost. One team member's letter to friends asking for support for the construction costs of an orphanage in Transylvania brought more than \$6,000 in response.

[OTHER FUND-RAISING IDEAS](#)¹

Many fund-raising events can involve fun, low-key yet competitive sports events, such as a golf tournament. Also consider the following twenty fund-raising ideas:

1. Dinner a la Heart
2. Talent show
3. Church-wide yard sale
4. Trivial Pursuit marathon
5. Road rally
6. Mystery trip
7. Chili cook-off
8. Bake sale
9. Sell cookbooks
10. Craft fair
11. Square dance
12. Quilt raffle
13. Circus
14. Amusement fair
15. Pancake breakfast
16. Spaghetti dinner
17. Treasure hunt
18. Murder mystery
19. Gift-wrap table at mall or large store
20. Baby-sitting

Buy a brick. People like to envision where their money is going. Asking for "money toward our trip," fails to create that clear vision. Suggesting \$50 to buy ten bags of cement for the Habitat house, \$200 for the front doors of the church you are building, or \$100 to buy a calf that will supply the family with milk, lets donors feel their money is doing specific good and involves them mentally in your mission. In that way they can visualize buying the components to construct the building, almost like buying a brick. (Be careful not to mislead people into thinking that all the money will go for supplies if you are indeed going to use some of it for airfare, lodging, etc.)

[Here are a few tips to consider. . .](#)¹

- Almost everyone you ask will support you; most people will give simply because you are asking!
- Be prepared, know how [the mission will] work and be prepared to answer questions; the more informed you are, the better your chance of getting sponsored.
- Start with people you know well; they will probably be open to what you are doing and want to support your efforts; then move onto anyone and everyone you can think of.
- If someone says "no" to your request, it is not a reflection on you.
- Many people make the mistake of not asking for a specific amount; people are most likely to give more if you offer categories (for example, \$50, \$100, \$250) or average the cost per day (for example, @ \$100/day, ask folks to sponsor a day or a half day). Don't try to decide how much you think they will be able to help-let them decide how much to pledge.
- Developing financial help from a network of supporters builds a base for those who will uplift you in their prayers for the work you are doing.

SAMPLE SUPPORT LETTER

Dear Friends and Family,

As most of you know, Cindy and I became involved with “Here’s Hope Ministries” last year on our first ever mission trip, which took us to Honduras. It was a life changing and heart changing experience for both of us. The Lord has been working in our lives each day since, preparing us to be more and more involved in His work around the world with “Here’s Hope Ministries”.

This letter is the result of a “Here’s Hope” meeting we attended today, concerning the building of an orphanage in the country of Belize (just north of Honduras). Since the Lord has gifted me with the ability to build things and work with my hands, I knew as I listened to the presentation, I would be going to Belize in November. So I am asking for your prayers and financial support as you are able and lead.

The cost of the trip is \$900.00 per person. This includes transportation, food, and lodging. A large portion of this amount will be used for the cost of the building materials. If the Lord directs you to be a part of this ministry, please make your checks payable to King Street Church, Belize Project (Nov.) and earmark it for support of Don Kane. The Church’s mailing address is 162 E. King Street, Chambersburg, Pa. 17201.

Please pray for our team, that we will experience the reality of His presence and power at work, providing us with the strength and abilities needed for the job ahead.

Joyfully Serving Him,

P.S. All donations must be received by October 6th, 2003. Anyway you can help will be greatly appreciated. Thank you in advance for your support.

SAMPLE SUPPORT LETTER

Dear Friends,

In February of 2002 our King Street work team was privileged to help with the construction of the first 6 houses that were built at the El Pino site on the outskirts of La Ceiba. Again this winter the Lord is calling men and women from the Mid-Atlantic UB churches to return to Honduras to resume work on this long-term project.

Whether or not to join one of the teams again this year was a difficult decision for us. “After all, “we thought, “there are plenty of other people going this time, and we aren’t getting any younger.” But each time we prayed about it this seemed like only a feeble and selfish excuse instead of a valid reason. We continued to pray and also sought counsel from trusted friends; their answers were all the same—“Go while you can!” Then the Lord reminded us of His call on our lives and the desperate needs of so many Honduran families.

So—we are once again stepping out in faith, convinced God has called us to be part of Team #4 to Honduras-departing February 24 and returning March 7th. Now that we’ve made the decision, our excitement is mounting daily. In order to make this a reality we are trusting the Lord to speak to family and friends who will be part of the experience through their prayer and their financial support. The cost is \$950 for each of us. This covers transportation, food, lodging, and our share of the building materials. If the Lord directs you to participate, checks are made payable to King Street Church, Honduras Project marked with our names. The church’s mailing address is 162 E. King Street, Chambersburg, PA. 17201.

We’ll keep you informed of progress and plans as February approaches. In the meantime, please begin to pray! John makes it clear in his gospel “Without me you can do nothing.” (John 15:5) Pray we’ll experience the reality of His presence and power at work, providing the much needed wisdom, guidance and daily strength. Thank you and may God bless you abundantly.

In His Service,

Once you get there

How do I clear Immigrations and Customs at the airport?

On the plane you will be given an Immigration and Customs Form to fill out. State that you are traveling as a tourist. You should have nothing to declare for Customs since you will not be selling anything. Once you have deplaned, you may be asked by Immigrations for this information and the address where you will be staying. Again, say you are a tourist. **Be sure your team leader lets you know before you arrive what your address in the country will be because you will be asked this information.**

What should I do about my baggage?

After Immigration, find your baggage claim tickets and keep them in your hands until you leave the airport. Do not let anyone take them from you. The porters in the airport will try to claim your baggage for you and "help" you through Customs. They are not employees of the airport and expect to be tipped for their assistance. We recommend you keep your luggage with you at all times. Theft is not as rare as you would wish. When the entire group has assembled at Customs, the group leader should tell the Customs agent that his/her group is a church group or "Grupo Iglesia.". This may help the group get through Customs more quickly.

To expedite going through Customs be sure all medications are still sealed in their original clearly marked containers and have current expiration dates. They usually will not allow outdated medications. Personal prescription medications should be clearly marked as such. You may have to explain why you are carrying large quantities of some things. Remember to watch your bags and the agents.

What should I do if my luggage is Lost?

If you arrive but your luggage does not, immediately make a claim with the airline for your lost luggage. Insist on filling out a claim form even if the agent says it is not lost or tells you to come back tomorrow. Do this before you leave the airport. DO NOT surrender your baggage claim tag. Just give the airline the tag number. It is all they need, no matter what they say. That claim tag is your only receipt for your suitcase and its contents.

What should I do if for some reason my host does not meet me or my group?

Be patient and let the team leader take care of it! *What are my responsibilities if I stay in a property owned by the mission organization or church?*

Volunteers are expected to clean their rooms and bath areas prior to departure. Please leave your room for the next volunteer in the condition you would want on your arrival. Group leaders should remind their group members of this important responsibility the day before departure and ensure their group members have adequate time and materials to clean their rooms. Community areas used by the group, classrooms, kitchens, etc., should also be cleaned. Again, group leaders should ensure this is done.

Is there anything I need to know about traveling outside the Mission compound?

You are a guest in a foreign country with different laws and customs. Violence against foreigners is uncommon, especially in the rural locations. However, it is recommended to always travel in pairs. Be careful to walk well off the shoulder of the road. Keep your passport or a photocopy and a small quantity of money on you when you are away from the compound. Pick pockets do exist. Beware of little street boys who try to befriend you.

What medical care exists in case of an emergency?

Medical care for minor emergencies and illnesses is available in most areas. Ask your insurance company about your overseas coverage. A special policy is available through the United Brethren Church.

How can I be notified in case of an emergency back home?

You should always leave the telephone number of your host before you leave. Get this information from your team leader.

Are there any cultural norms I should be aware of?

There is a marked difference between a traditional/communal society and an individualistic one. Privacy does not exist for most people in underdeveloped countries. When in town or public areas, short pants are considered inappropriate for both men and women. Women dress very modestly.

What are some of the other things I should be aware of?

- ❖ Standards of Behavior: It is the responsibility of each group leader to establish and enforce rules of behavior and dress for their groups.
- ❖ Alcohol Prohibition: Alcohol should be prohibited. It is important for us to be good examples to our host community, many of whom are alcohol dependent.
- ❖ Tobacco is also prohibited for team members, along with playing cards.
- ❖ In many cultures, people are content to survive. In our culture, survival is usually taken for granted. We use our energies to make the “best” better. Along with comfort we want ease. Our culture is dedicated to raising ease and comfort levels. When you enter a survival-based culture, you won’t readily shed your comfort-based culture. You will immediately begin, mentally, to make changes in your host culture. You will see difficulties that could be resolved and ways in which life could be made easier. When you cannot make the changes you visualize, you will be tempted to complain. Make a conscious effort to accept the circumstances and stifle your complaints during the duration of your stay.²

How do I cope with cultural shock?

I can do all things through Christ who gives me strength.
I **can** do all things through Christ who gives me strength.
I can **do** all things through Christ who gives me strength.
I can do **all** things through Christ who gives me strength.
I can do all **things** through Christ who gives me strength.
I can do all things **through** Christ who gives me strength.
I can do all things through **Christ** who gives me strength.
I can do all things through Christ **who** gives me strength.
I can do all things through Christ who **gives** me strength.
I can do all things through Christ who gives **me** strength.
I can do all things through Christ who gives me **strength**.

Other suggestions:

- Try to see God through the eyes of the nationals. God created us in His image, but we have decided to return the favor, and we have created a God who is in our image. He comes across as a white Anglo-Saxon Protestant Republican! Not So!
- Recognize and respect cultural differences. Things will not be like “back home”. Don’t embarrass your hosts by acting like they should be.
- Remember that when you are in a foreign country, you are the foreigner. Be Flexible! Adapt!
- Do recognize that personal cleanliness standards are different in some cultures. Some of the dearest people have a strong body odor because they are simply not used to bathing regularly or using deodorant as we do.
- People are always watching you. How you act is just as important as the ministry.
- Making Nationals smile and laugh is one of the best ways for hearts to begin to open to God’s message.
- Relate to people—talk with them and ask questions about their life.
- Playing with the children is fun and opens their hearts and makes them receptive to you and your message. It will also help the parents be more receptive.
- Speaking their language—Nationals love to hear you even attempt to speak their language.
- Smiling—The international sign for friendliness
- Show compassion—the “Seen” language of love.
- Never bash the people’s belief or culture—instead always point to how awesome Jesus is!

Upon Return

Prepare for re-entry—Use recommended study guide with team members “Reentry Guide to Short-term Missions” by Lisa Espineli Chinn

- ❖ Don't expect things to be the same.
- ❖ Prepare for what God has in mind for you now.
- ❖ Prepare for a battle, Satan wants to destroy all you've gained from your experience
- ❖ Pray, Pray, Pray
- ❖ “The short-term mission trip may have ended, but a new life has just begun!”—*Lisa Espineli Chinn*
- ❖ Write a mission statement for your life.

How can I continue to grow in Mission spirituality?

Your mission trip will not end upon your return. You can expect to find yourself processing the images, insights, and experiences long after you come home. Pray every day and reflect on the experiences that you had. Think about how your relationship with God has grown and how you have come to a deeper awareness of your responsibility to the poor and as a missionary. You are now looking at the world through a different set of eyes. You come back with a new set of questions to ask. It is important to process what God has done in your life. Try to stay connected to the mission group you traveled with through monthly meetings or a retreat together.

How can I enrich the community to which I belong?

Share your experiences on the mission trip with others in your church and nearby churches. Give presentations to pastors, youth groups as well as adult groups. Show your pictures/videos. Write a testimonial of your experience for your church's website. Look for new ways for you and/or your group to serve here at home.

How can I continue Helping, the Mission organization or church I went to serve?

Publicize them through your local newspaper and/or posters in your church. Recruit more volunteers to serve, either as individuals or groups. Consider creative ways to raise awareness in your community to the needs of the people you visited and how to provide financial aid to the Mission organization or church.

What reactions can we expect from re-entry? ³

- ❖ Isolation: Isolate yourself from the mainstream of life.
- ❖ Imitation: Blend back into the mainstream. Get back to normal
- ❖ Integration: Put the lessons you learned into action in your life.

SPANISH

English	Spanish						Phenetics
Hello	Hola						<i>OH-lah</i>
Good Morning	Buenos dias						<i>bweh-nahs DEE-as</i>
Good Afternoon	Buenas tardes						<i>bweh-nahs Tahr-dehs</i>
Good	0	1	2	3	4	5	
Night	zero	uno	dos	tres	cuatro	cinco	
	<i>zay-roh</i>	<i>oo-noh</i>	<i>doss</i>	<i>trehs</i>	<i>kwah-troh</i>	<i>seehn-koh</i>	
	6	7		8	9	10	
	seis	siete		ocho	nueve	diez	
	<i>seh-ees</i>	<i>see-eh-teh</i>		<i>oh-cho</i>	<i>noo-eh-beh</i>	<i>dee-ehs</i>	
	Buenas noches			<i>Bweh-nehs Noh-chehs</i>			
Goodbye	Adios						<i>Ah-dee-ohs</i>
Yes/no	Si / No						<i>See/noh</i>
My name is	Me llamo . . . or . . nombre						<i>May yah-moh,,,,noom-bray</i>
I am American	Soy estadounidense						<i>soy ehs-tah-soh oo nee-dehn-say</i>
I live in . . .	Vivo en . . .						<i>Bee-boh ehn. . .</i>
I am a Christian	Soy cristiano/a						<i>Soy crees-tee-ah-noh/nah</i>
Please/Thank you	Por favor / Gracias						<i>Par tah-bohr / Grah-see-ahs</i>
You're welcome	De nada						<i>Day nah-dah</i>
I am staying in . . .	Me estoy quedando en . . .						<i>May ehs-toy kay-dahn-doh ehn</i>
I am on a Christian mission trip	Estoy en una excursion misionera cristiana						<i>Ehs-toyehn oo-nah ex-coor-see-ohn mee-see-oh-nay-rah</i>
							<i>crees-tee-ah-nah</i>
Where?	Donde						<i>Dohn-day</i>
How do you say...	Como se dice....						<i>Ko-mo say dee-say</i>
I don't understand	No entiendo						<i>no en-tee-en-doe</i>
Help me	ayudeme						<i>a-you-da-may</i>
I'm lost	estoy perdido						<i>Es-toy pair-dee-doe</i>
How much?	Cuanto						<i>Kwan-to</i>
How are you?	Como esta?						<i>Ko-mo es-ta</i>
Good	bien						<i>bee-en</i>

I'm looking for

Estoy buscando

Es-toy boos-

con-do *Helpful hints for the cooks*

(courtesy of Darlene Goshorn)

Food items to take along

peanut butter	pancake mix	sugar
honey	creamer	tea
dry milk	coffee	chicken in the can
oatmeal	instant rice	10X sugar
vanilla	jelly	raisins & prunes
tuna	cheese slices	cake/brownie mixes
flour	Spices (salt, pepper, onion, cinnamon, parsley, vanilla, Baking powder, baking soda, basil, Italian spice)	

Other helpful things to take

Dish soap	scratch pad	throw-away cutting board
Can opener (hand crank)	measuring cups/spoons	Ziploc bags
Tea towels	twin sheets for tablecloths	clothes pins
Shower caps (bowl covers)	laundry tabs	Clorox

Kitchen Tips

- ❖ Make sure all water is boiled for drink and washing food and dishes
- ❖ Wash and rinse dishes in boiled Clorox water (1 capful per dishpan)
- ❖ Ziploc all liquids and powders for packing
- ❖ Rinse all veggies in boiled Clorox water
- ❖ Use shower caps as bowl covers
- ❖ Buy radiated shelf milk in boxes (regular milk does not keep well)

Quick and Easy Recipes

ONE DISH MEAL

Slice a layer of potatoes in greased casserole; add carrots and then a few onions. Sprinkle with $\frac{1}{4}$ teaspoon of salt and pepper to taste. Put butter slices on the top (about 4 pieces) Next add hamburger (raw) scattered lightly over the top. Add $\frac{1}{4}$ cup of water. Cover with foil and bake at 350 degrees for 1 hour.

ENERGY BARS

$\frac{1}{2}$ cup honey
1 cup nonfat dry milk
Combine honey and peanut butter. Gradually work in dry milk and oats. Press into a pan and cut into bars. (High in protein, calcium and riboflavin, and iron)

ENHANCE ANY CAKE MIX BY ADDING THESE INGREDIENTS IN ADDITION TO BOX

DIRECTIONS:

$\frac{3}{4}$ cup flour	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	1 teaspoon baking powder
1 Teaspoon oil	1 egg
	$\frac{1}{3}$ cup water

SAUSAGE CASSAROLE

1 ½ pounds sausage
¼ cup chopped onion
2 tablespoons flour
4 cups cooked sliced potatoes
½ teaspoon salt
1 cup milk
½ lb. velveta cheese
1-10 oz. pkg. peas
Add all ingredients in casserole and bake until hot and cheese is melted.

CHICKEN RICE CASSAROLE

Cook rice in chicken broth and add chopped cooked chicken. Top with buttered bread crumbs. You may want to add raw carrots or other veggies to taste. Another option would to add shredded cheese to the top. Bake until veggies are soft.

MEAT LOAF

2 lbs. meat
¼ teaspoon pepper
parsley
3 eggs
2 teaspoons salt
onion
tomato juice (or milk)
1 pkg. of crackers (crumbs) or 1 ½ cups oatmeal

Topping:

3 Tablespoons brown sugar
½ cup ketchup
1 teaspoon mustard

Bake at 350 degrees for 1 ½ hours.

BROWNIES FOR A LARGE GROUP

1 ½ cups flour
2 teaspoons vanilla
½ cup cocoa
¼ cup water
2 cups sugar
4 eggs
1 cup vegetable oil
1 teaspoon salt
Mix ingredients together and pour into a greased and floured 13x9 pan. Bake at 350 degrees for 30 minutes.

BREAKFAST CASSAROLE

6 eggs
2 cups milk
dash of pepper
½ lb. cooked/drained sausage
2 slices of bread
1 teaspoon salt
½ lb. of drained bacon
1 cup shredded cheese
Mix all ingredients together and put in covered dish in frig over night. Bake at 350 degrees for 45 minutes.

QUICK COFFEE CAKE

½ cup shortening
1 egg
2 ½ cups flour
¼ teaspoon salt
1 cup sugar
1 cup milk
2 teaspoons baking powder
½ cup raisins
Mix together and pour into a greased/floured pan, sprinkle top with sugar and cinnamon. Bake at 375 degrees for 45-50 minutes

SHORT - TERM MISSION TRIP EVALUATION FORM

Name:

Country of Ministry:

Date:

1. Describe your most important objectives during the pre-trip planning stage.

2. What were your greatest concerns during the pre-trip planning stage?

3. What was the greatest lesson you learned during this mission trip?

4. What helped you learn this lesson? (Describe the experience, people, etc

5. What were the best parts of the overall experience?

6. How was the balance of work, fellowship, witnessing for you?

7. Which tasks were the most fulfilling for you?

8. How would you describe the effect this trip had on your personal:

a. Self image?

b. Spiritual life?

c. Interest in future missions?

d. God's overall plan for your life?

9. Will you covenant to pray for any of the people with who you worked?

Who?

10. Do you plan to maintain contact with any of the people you met?

11. Where do you rate yourself regarding missions service?

- I am definitely going to be a missionary or tentmaker.
- I definitely wan to return on another short-term mission trip
- I am open to being a missionary, but I am unsure where
- I just started thinking about being a missionary, and I am unsure
- I am going to be a supporter of other missionaries
- I am opposed to the idea of missionary work
- I have never really thought about missionary work.

12. What would be your biggest piece of advice concerning improving our teams in the future?

13. General Comments _____

Rewards and Benefits

Personal Benefits

- Witness the plights and challenges of Christ's poor
- Become more aware of the third world people and their culture
- An opportunity to use your gifts
- A chance to re-exam your value system/priorities

Spiritual Benefits

- Grow in faith and spirituality
- Opens your mind and heart to the workings of God as you watch miracles take place
- Teaches you to draw on Spiritual Resources
- Learn how to serve as you strive to make a difference in someone's life.

Kingdom Benefits

- Provide attention and love to the children in areas where volunteers serve.
- Work on projects to benefit the Mission
- Mutually support one another with prayer
- Others learn to know the love of Christ through you

Third world missions depend heavily on the services of volunteers who come for periods varying from one week to a year or more. All volunteers spend time in both spiritual and work-related activities. The opportunities for interaction between the volunteers, the long-term staff and children at the mission are particularly gratifying and fulfilling experiences.

1 Taken from The Essential Guide to the Short Term Mission Trip by David C. Forward

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1 Taken from Successful Mission Teams A guide for Volunteers by Martha VanCise

³ Taken from Reentry Guide to short-term Missions by Lisa Espineli Chinn

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