



*Prepare 2 GO*  
**Manual**

**By Dr Strelize Benadie**

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The information in this manual is a compilation from various sources

## PURPOSE

There are many reasons to be part of being, or leading a short term missions trip. Mission trips can facilitate a better understanding of the context of missions. It also allows you to have a "taste" of what missions is, while you being protected from some of the difficulties experienced when being on the field for an extended period of time. The trip should result in individuals leaving prepared to support missions, pray for missionaries or GO with a greater understanding.

### *GLORIFY CHRIST*

The ministry of the short term team needs to be one of glorifying and lifting up the name of Jesus. This can be accomplish in some basic ways. First, it is to point others to His glory as it is spoken of in His Word. This means to demonstrate or teach about Christ as it is taught in the Bible. Secondly, we as followers of Christ have been all called to live His glory as a member of the body of Christ. In other words it is to conduct our lives in such a way that others will see the glory of Christ in our actions and behaviors.

### *SUPPORT THE WORK*

For the most part short term missions trips will be ministry in area where exciting ministry is already in place. Either through the work of a national ministry leader and/or a missionary. The goal that every team should have is to support the existing work and not be a burden to the hosts. Every effort possible should be made by the team to find out what the needs of the ministry are in which they will assist and do all they can to fulfill the needs.

### *SHARING OF GIFTS*

Be aware of the mind set that when working in another culture that "they" have the need and we have the solutions. Our attitude should rather be one of sharing our gifts (and receiving the blessing the other culture has to offer as well) opposed to fixing their problems. Although we most certainly have things to offer to other cultures we will just be so much richer for the experience if we acknowledge the truth that other cultures have just as much to offer to us.

Our purpose is to allow God to work through us as a team to glorify Himself, and demonstrate His love to others.

As a short-term missionary , we are reminded that we are ambassadors of the Lord Jesus Christ. As we go to minister, we do not only represent Him, but our home country and your church. This is a tremendous responsibility; consequently we confess our dependence on the Holy Spirit that we will be above reproach in our actions and attitudes.

We recognize that we will not be "in-country" very long therefore our first impression upon someone may also be our last impression. We will thoughtfully allow Jesus to express His love through me, to my teammates and the people with whom I come into contact with.

We are to come along side existing ministry leaders (national as well missionaries) and support their work, not be a burden to them and/or their ministries.

## FOCUS

It is the responsibility of each team member to prepare himself or herself individually as well before they arrive on the field. Each person is aware of their own strengths and weaknesses, gifts and talents and should honestly consider it all when working with the team.

### *YOU HAVE ONE GOAL*

Jesus took His ministry very seriously and so should we. He gave each moment of ministry His full attention and we should follow His example. Whether you are part of a work or drama team, conducting a crusade or providing medical treatment, your primary aim is expressing the love of Jesus. You have actively chosen service.

### *WILL HAVE A LIFE CHANGING EXPERIENCE*

You will have fun, but it's not a "vacation". Don't allow the discomforts of your immediate surroundings to distract you. God already knows and understands everything that will happen to you in this lifetime. He will see you through all of life's circumstances anything good or bad or difficult. Regardless the length of your missions trip should not reduce the seriousness of our attitude but rather we ought to be looking for how we can make the most of the time we are there.

### *BE PREPARED*

All outreach ministries (such as music, dramas, and puppet shows) should be fully rehearsed and performance ready by the time you step off the plane. Despite any and all assurances to the contrary, there is never enough time to fine tune your program once you arrive. Make sure you are fully equipped to fulfill your ministry (power generator / music instruments etc). Determine beforehand what you need to bring and what will be available to you upon arrival. Work with your hosts to determine your budget. Express all of your concerns. Clearly define your purpose, and work towards its fulfillment. Be committed to learn and prepare for your part in the ministry outreaches.

### *UNFORESEEN CIRCUMSTANCES WILL ARISE*

Submission to the authority of your team leader is especially critical at these times. Stick together. You may not be happy with the decision. Stand by your leader. Pray on their behalf, and trust God.

### *THE FOUNDATION OF YOUR WORK IS FAITH*

Faith that is tested becomes proven and strong. You will be stretched beyond your perceived limitations. You may have to work sick, tired and hot. You may have to live out of your carry-on, because your suitcase was lost. You may be called upon to preach a sermon, and you've never even shared your testimony at a small bible study. Trust God to enable the fulfillment of your callings.

### *STAY CALM AND TRUST GOD.*

Your outreach may be canceled just as you arrive at the location after hours of a driving. Or you may be visiting a church and find out you're the guest teacher. "*Let your gentle spirit be known to all men. The Lord is near.*" (Phil. 4:5). Trust the Holy Spirit's work in, and through, your life.

## CULTURE DIFFERENCES

We realize that we are entering another culture as guests. We will, to the best of our ability, refrain from passing judgment on customs that are foreign to us because we are simply different. We will strive to show respect to those who are native to the country we are ministering in by learning their customs and culture as well as living as they do. We hope that we may gain credibility as people with a genuine love for them as we labor to present the news of Christ to them.

### *AVOID CRITICISM*

Your goal is to build relationships. Careless, negative comments or facial expressions about food, the speed of business transactions, or the local environment, can be very hurtful to members of your host nation. Be a gracious guest. Talk to understand people, not to fix them. Different is not wrong, it's just different.

### *BE GRACIOUS WHEN BEING SERVED*

Often you will minister and your hosts will prepare a meal for you. Receive it kindly, even if you don't recognize what it is or if you do not normally eat a specific dish / food. Especially if the people are poor, you are receiving their best. Treasure it as a special gift. It's the thought that counts. Remember, sharing Jesus is goal not your own dietary preferences.

### *CULTURE SHOCK*

All of us are disoriented by the sights, sounds and smells of a new place. The lack of familiar references can even be frightening. From the moment you arrive (or cross the border!), assume the character of a child. Accept your new surroundings, and begin to learn how the place operates. Before your trip, study updated materials on the local culture. This is very important, because many places have become very "westernized", while others have remained very isolated.

### *CULTURE STRESS*

The shock has worn off, but the anxiety or aggravation continues. The causes may range from frustration with local business practices to just really wanting a hot shower or sleeping in your own bed. The differences in lifestyle will eventually result in continual aggravation. Seek someone out to whom you can express your discomfort, and move on. Remember, you'll be leaving soon, so it's in your best interest to focus on the positive aspects of your trip, and the purpose for your mission.

## RELATIONSHIPS

Various relationships plays a role as to how we conduct ourselves on the mission field.

### *RELATIONSHIP WITH GOD*

Luke 10:27 states *“love the Lord your God with all your heart and soul, and love your neighbor as yourself.”* As short term missionaries, we agree to seek out an ever-increasing dependence and deepening relationship with God through Christ by setting personal devotions as a priority and humility before God in all communication and circumstances.

### *RELATIONSHIP WITH OTHERS*

Other team members needs need to be placed ahead of our own. We need to seek out understanding in all our relationships. We will respect each other by submitting to one another out of reverence to Christ. This includes listening to each other’s opinions, ideas and needs, and respecting time, property, and sleep.

### *RELATIONSHIP WITH NATIONALS*

We will be obedient to the absolute truth of God and be women and men of integrity in our behaviors and motives. We will respect any cultural differences we may encounter. We will demonstrate our love for God, nationals, educational leaders, doctors, and interpreters by respecting their opinions and differences. We will support their endeavors by coming alongside of them with servant hearts and teachable spirits.

There is a tendency, when entering into unfamiliar surroundings, to stay close to that what is familiar. In the case of missions trips the only thing familiar to you may be your team. team often have the tendency to cluster together instead of mingling with the nationals you about to minister too. This is not a missions team trait only but a human trait. You will find the nationals doing the same thing. However, it becomes our responsibility to break this trend and to initiate the first steps towards personal contact and building relationships with the nationals.

### *RELATIONSHIP WITH THE OPPOSITE SEX*

We will maintain relationships with one another as brothers and sisters in Christ and friendship. We will not engage in dating relationships with each other or with nationals. We will also respect other cultural values of relationships with the opposite sex.

### *RELATIONSHIP WITH MINISTRY LEADERS / MISSIONARIES*

In light of Romans 13:1, *“Let every person be in subjection to the governing authorities,”* we will respect our God-given leadership by understanding their responsibility, accepting their decisions, and praying before we approach them with our disagreements. While submitting to and obeying their authority, we will treat them as friends and give them privacy at proper times.

In respect to all relationships, it should be kept in mind that for the sake of the ministry’s reputation, that the mission trip in not the best place to cultivate or begin any romantic relationship.

## TESTIMONY PREPERATION

***These are very basic guidelines, but they should be some help for short-term mission's ministry.***

### ***ENGLISH AS A SECOND LANGUAGE***

There needs to be a clear understanding that English is usually a “second language”. English is not a “first” or native language for people in different (non-English speaking) cultures. Therefore, we need to accept that fact with respect and realize the comprehension and understanding of those we're speaking to will be limited. Put yourself in their place; you may have learned Spanish or French in school but how easily would you understand if someone was preaching or teaching in that language you were familiar with, but not fluent in?

### ***SPIRITUAL TRUTHS MADE SIMPLE***

Spiritual truths and thoughts are not always easily understood. This is because they are conceptual, abstract, etc, and require critical thinking skills (analysis & insight). How much more difficult when speaking of spiritual things which we relate from *our own* language & culture, values & beliefs (i.e. biases) to those of another language and culture with different values and beliefs.

### ***UNDERSTANDING OUR OWN BIASES***

Our personal experience within our own culture & home country, and even our experiences outside our home with *our* “cultural view” of things will “color” everything we say or try to relate. This includes our speech (ways of saying things, slang, etc.) and how we explain things (examples & illustrations, terminology, our world-view, etc). Eliminate they way you “do / say” things and confirm it to what is culturally appropriate will allow you to share spiritual truths more effectively.

*With the previous in mind, here are some other simple guidelines:*

### ***SPEAK SLOWLY & DELIBERATELY***

Our tendency is to run words & thoughts together without much distinction, and to speak quickly, especially if we are nervous and/or feel under pressure about time. Make a point to slow down or have someone if possible from your team that will signal you to slow down when you start rushing.

### ***USE SIMPLE LANGUAGE***

Keep your vocabulary simple and explain any terminology no matter how familiar it is to you (even basic theological terms or descriptions) speak “concretely” & plainly. Avoid using “christianese” - people in other cultures are not tuned into what is the newest buss word in your home country.

### ***REINFORCE WHAT YOU SAY***

Don't just repeat yourself, but re-state things in a different way, as much as you need to in making important points clear—be creative, yet clear.

### ***DON'T TAKE ANYTHING FOR GRANTED***

What you think is “common knowledge” often is not for those you'll be speaking to. Consider the group age-wise, socio-economically & educationally.

### ***BE RESPECTFUL & CONSIDERATE***

Most likely you will be a guest, but whatever the situation, the burden of understanding is on the you the speaker, not the listener. It's *our* responsibility to make ourselves clear, communicating in an effective manner and at an appropriate level.

### ***ALWAYS BE AN OBSERVANT LEARNER***

What are the greeting customs? What's "ok & not ok". Watch for subtle things—manners, ways of doing things, interactions between people, etc. Ask questions like a student, ready & willing to learn.

### ***THE USE OF EXAMPLES AND ILLUSTRATIONS***

Any illustrations or examples you want to use need to be relevant to the people & culture you are speaking to . Western idioms (slang) and "foreign" places will be nearly impossible to interpret or relate. Use cultural relevant examples; if your are speaking to a remote tribe that has had limited contact with the outside world it will have no effect talking about your Ipod / flat screen TV or even your preference of In-and-Out Burgers instead of McDonalds.

*When those you're ministering to see this attitude in you, they will be more receptive and you'll be building good relationships  
Good relationships are everything. They are what will help you "bridge the cultural gap" between you and others of different languages & cultures.*

# PERSONAL TESTIMONY WORKSHEET

**Everyone should be prepared to give a brief (5 minute) testimony when called upon.**

By using the text of Acts 22:3-30, write out your testimony in the way Paul spoke:

*My name is:* \_\_\_\_\_

*I am a* (Circle one) South African                  American                  Mexican                  Other

*This is my background:*

Where did you grow up? Brothers and sisters? Where did you go to school?

*This is my spiritual background:*

Did you go to church as a child? Where? What did you believe about God?

Be careful not to “bash” other religions, such as Catholicism, as it is a quick way to “lose” your audience and offend those you’re trying to reach!

*This is how I met Jesus Christ:*

Be specific; did a friend share a Bible verse with you? Was there a problem in your life that made you look for God?

*This is who Jesus is:*

Explain clearly. Don’t just use Biblical terms. Describe Him as if describing a close friend

*Who saw you come to Christ?*

*Who noticed the change in you?*

*Describe an experience in your Christian life that confirms to you that Jesus is real and that your faith in Christ is real.*

*What has God called you to now?*

*What freedom do you have (as an American citizen, student, professional etc.) which God could use in your life?*

## CONDUCT ON THE FIELD

When planning to travel somewhere new we often begin to build a picture in our minds of how things will be when we get there. But when you actually arrive, it doesn't take long to realize that more often than not reality is very different from our mind picture. You quickly came to the conclusion that things are very different from how things are back in your home country. Some people enjoy and can easily embrace these differences but other struggle and find it very difficult to deal with. One of the best ways to deal with these differences is to pay close attention to what is happening around you.

### *OBSERVE*

Take your cues from the nationals and missionaries. By observing how they react and respond to certain situations and/or circumstances will give you an idea of how you should respond and act in return.

### *SUBMIT*

Since its impossible to fully grasp all the cultural differences within a foreign country with a week or two, its extremely important that follow the guidance and directions of the national leaders or missionary in the field. The reason being that these individuals either grew up in that particular culture or has at least spend some extended time in the culture. They can therefore guide and direct you better to avoid some of pitfalls that exist when entering into another culture.

### *FLEXIBILITY*

1 Corinthians 9:9 states, *"For though I am free from all men, I have made myself a slave to all, that I might win the more."* We should be flexible in our attitudes, actions and circumstances as we allow Christ's purposes to be carried out through us. *"To the weak I am weak; I have become all things to all men, that I may by all means save some (1 Corinthians 9:22)."*

The mission field is the one place where anything can and most likely will happen. Consequently, it will pay to be extremely flexible. Your flight may be delayed, your reservations may have been canceled, or you may be detained for hours at the immigration point. Once you finally reach your destination, you may have to endure unreliable transportation, scheduled ministry programs beginning one or two hours late or being cancelled, etc... Whatever may happen, it can't last forever. See it through, **laugh about it** without sarcasm or condescension, and learn from your new experience.

### *ACCOUNTABILITY*

Philippians 2:3 states *"Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself."* In all our actions on the mission trip, we are individually accountable to God first of all. We are also accountable to the team leaders, supervisors and other members of our team. We should also agree to encourage each other to be faithful servants of God. Hebrews 10:24 states, *"But encourage one another day after day, as long as it is still called 'today' lest any one of you be hardened by the deceitfulness of sin."*

### *RESPONSIBILITY*

Philippians 2:4 states *"Do not merely look out for your personal interests, but also for the interests of others."* As team members of this missions trip, we pledge to carry out our tasks in a responsible and timely manner. We will handle all ministry equipment and assignments as tools and gifts that God has entrusted to us. *"And whatever you do, do it heartily, as to the Lord, and not unto men (Colossians 3:23)."*

### *TIME/PUNCTUALITY*

Philippians 2:3 states *"Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself."* We agree to exhibit respect to other team members and others by arriving and carrying out tasks on time. If a situation arises which causes one to be late, we agree that time is given to us for God to accomplish His purposes and being punctual is an outward display of using God-given time wisely. Although most cultures are not as time conscious as most Westerners, it is still absolutely necessary for a team to be as punctual as possible.

It is always better for us to wait to begin ministry than having the people we are ministry too waiting for us. Being on time not only shows an interest in what we're doing but also in the people we are ministering too. Things in many other countries already are moving slow enough without the team's help. For example it can take an extra half an hour (or more) to round up the children for the children's ministry outreach your about to do.

#### **TRAVEL**

Before planning or going off any trips outside of our pre-scheduled group itinerary, we will discuss it with the team leader. We will not travel anywhere without another team member. We agree to stay together in a group wherever we may go, unless given permission to be apart from the group. It is wise when traveling in unfamiliar territory to take whatever safety precautions might be necessary.

#### **CONFLICT RESOLUTION**

Conflict or disagreements will arise. When we have conflicts and differences among ourselves, we will, first through prayer and time in the Word, examine ourselves for selfish motives and unrealistic expectations of the other person. We will take responsibility to approach or confront the other person if appropriate. We will do this in love, for the purpose of restoring unity. We will forgive one another and pray together. We will not discuss the matter with other members of the team, causing them to become involved with the conflict. *"In your anger, do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold (Ephesians 4:26-27)."* If a conflict cannot be settled between the two parties, they will then seek council from the group leader.

#### **TEAM UNITY**

We agree that being united as a team means that as in Philippians 2:1-2, we must be *"like-minded, having the same love, being one in spirit and purpose."* We will accomplish this as outlined in Philippians 2:3-8: *Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."*

We realize that each team member is vital and has something unique to contribute; he or she should be encouraged and given opportunity to develop and utilize his/her spiritual gifts. Romans 12:4-6 states, *"Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. <sup>6</sup>We have different gifts, according to the grace given us."*

In order to maintain unity in the time of ministry the team will have to be in good terms with one another. Jesus told His followers to take care of relationship problems before offering sacrifices to the Lord (Matthew 5:23-24). If there is any conflict within the group it should be resolved quickly, left behind and move on.

#### **GOSSIP**

As a team we agree to speak only words to and about each other that will serve to build up and encourage. We will refrain from remarks that would hurt or tear down. We will avoid any situation that will make us or members of our team vulnerable to negative accusations. It is Jesus that said to be wise like serpents and innocent as doves (Matthew 10:16).

#### **James 3:9-11 (NIV)**

*With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be. Can both fresh water and salt water flow from the same spring?*

### *ALCOHOL AND TOBACCO*

1 Corinthians 9:22 states, *"I have become all things to all men so that by all possible means I might save some."* In order to express the best image for Christ as possible, and in light of the alcohol-related problems so rampant in many countries, we will abstain from drinking alcoholic beverages. Everyone should also abstain from using tobacco products, allowing God the opportunity to work in this area of someone's life.

### *PHOTOGRAPHS & VIDEO*

Photos and video are excellent ways of capturing your experiences on the mission field. However, sometimes you will be ministering in sensitive areas. Ask permission from the local ministry leader **BEFORE** you take any pictures or videos. Never post any pictures / video without the permission on any form of electronic media. You can also not use any pictures / video to raise funds for personal gain.

## MINISTRY IDEAS

If we are thinking what type of ministry we as a team and individually want to do, which we believe will glorify Christ, we should remember that for Jesus people were of the greatest importance. It is therefore very important that we put people before projects.

The team leaders will discuss the ministry they feel the Lord wants them to do with the local host. This will also be done by considering the special gifts and talents that the members of the team may have. Possible ministries can include.

### ***Children's Ministries***

- Street Kids Party/Presentation
- Orphanage Visits & Presentation

### ***Construction Opportunities***

- Build Play Structures (at Orphanages, Day Cares, etc.)
- Additions onto Rural Churches
- Re-roofing of Roofs (would require the help of a national and some training)
- Painting of Institution or Church
- Electrical / plumbing / carpentry help at institution or church (require skilled people in these professions)

### ***Street Evangelism***

- Bus / Taxi Stop Raids (passing out tracts)
- Street Witnessing
- Open-Air Outreaches/Crusades/Concerts
- 1-on-1 Street Witnessing w/ church intern

### ***Visiting Opportunities***

- Hospitals (only at the outside of the hospital)
- Remote colinas
- House-to-House
- Jails / rehabilitation centers (restrictions apply)

### ***Giving Opportunities***

- Feeding Programs
- Gift Evangelism (ex. Giving out food with a tract)

### ***Seminars / conference and/or youth camps***

- Children's Ministry / worship seminars
- Women / men conferences
- Youth camps

## CRAFT SAMPLES

Crafts are an excellent visual way in sharing the Word of God. In many areas even senior citizens enjoy doing the crafts. The craft itself is considered a keepsake that most will treasure for a long time.

Craft ideas are only limited by our own imagination (and sometimes resources). Not every craft has to be made out of the latest & best special craft material. Sometime a paper bag & stick can convey the lesson object just as effectively.

Some craft ideas are (should always be accompanied by a Bible lesson & memory verse):

Salvation bracelets

Tug o' war?

Altar building

Are you ready for some real food?

Special music effects for a specific passage etc

## LITERATURE SAMPLES (tracts)

Jesus declared, "I AM the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. But as I told you, you have seen me and still do not believe. All that the Father gives me will come to me, and I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all that he has given me, but raise them up at the last day. For my Father's will is that everyone who looks to the son and believes in him shall have eternal life, and I will raise him up at the last day."

John 6:35-40



Y Jesus les digo: Yo soy el de vida: el que a mí viene, nunca tendrá hambre; y el que en mí cree, no tendrá sed jamás. Mas os he dicho, que aunque me habéis visto, no creéis. Todo lo que el Padre me da, vendrá a mí; y al que a mí viene, no le echo fuera

Saint Juan 6:35-37



## KEY SPANISH PHRASES

Hello  
Yes / No

Hola  
Si / no

Good morning  
Good afternoon  
Good evening  
Good bye  
See you tomorrow

Buenas dias  
Buenas tarde  
Buenas noche  
Adios  
Hasta manana

Thank you  
Please

Gracias  
Por favor

What is your name?  
My name is...

Como se llama?  
Me llamo .....

I'm pleased to meet you

Mucho gusto

Where do you live?  
I live in...

Donde vives?  
Yo vivo en.....

How are you?

Como estas?

Where is the bathroom, please?

Donde esta el bano, por favor?

Good  
Bad  
Delicious

Bueno  
Mal  
Rico

Why?  
That  
Where?

Por que?  
Que  
Donde?

God bless you  
Jesus te ama

Dios te bedinga  
Jesus loves you

# SPANISH SONGS SAMPLES

## Worship Songs

### Jesus Lord of Heaven

Jesus Lord of Heaven,  
I do not deserve,  
The grace that you have given,  
And the promise of Your word,  
Lord I stand in wonder,  
Of the sacrifice you've made,  
With mercy beyond measure,  
My debt you freely paid,

*Your love is deeper...than any ocean,  
Higher... than the heavens,  
Reaching... beyond the stars in the sky*

Jesus Your love has no bounds,  
Jesus Your love has no bounds,

### Cristo en el cielo

Cristo en el cielo,  
Yo no merezco,  
La gracia que me has dado,  
Y la palabra de Tu amor,  
Estoy maravillado,  
De tu sacrificio que,  
Tu gracia sin medida,  
Y me dueda pagaste,

*Tu amor es...  
Mas vasto que el oceano,  
Mas alto, que los cielos,  
Pasando a las estrellas,*  
Jesús, Tu amor no tiene fin

### I Could Sing Of Your Love Forever

Over the mountains and the sea  
Your river runs with love for me  
And I will open up my heart  
And let the Healer set me free  
I'm happy to be in the truth  
And I will daily lift my hands  
For I will always sing of  
When Your love came down

*I could sing of Your love forever  
I could sing of Your love forever*

### Cantare De Tu Amor

Sobre los montes y el mar,  
Tu rio corre hacia mi  
Y yo abriere mi corazon  
que libre el Salvador  
Yo soy feliz en la verdad,  
y yo mis manos alzare,  
Cantare de cuando  
*Cantare de Tu amor por siempre  
Cantare de Tu amor por siempre  
Cantare de Tu amor por siempre  
Cantare de Tu amor por siempre*

## HEALTH CONSIDERATION

It is very important that you notify your team leader and/or local host of any illness or injuries. Please keep in mind that medicines differ from country to country. So you may need to take medicine which is not the name and/or brand that you are used to.

### *WASH YOUR HANDS OFTEN*

Particularly after outreaches and before meals. This is your best means of avoiding illness. Antibacterial hand creams are good, or plain rubbing alcohol can serve the same purpose.

### *USE INSECT REPELLANT*

Diseases are often carried by mosquitoes and other biting insects

### *AVOID QUESTIONABLE FOOD, ESPECIALLY FROM OPEN-AIR VENDORS.*

Use good judgment and common sense when choosing what and where to eat. Of course, there may be a situation where you need to eat what is served to you. Be gracious in these settings. If you are concerned, ask your team leaders or national host.

### *DRINK PLENTY OF WATER*

Carry your own water bottle. CTC will provide a place to refill your water bottles. Sodas will not replenish the liquid your body needs. DRINK A LOT OF WATER. Please do not drink water out of faucets, only drink purified / filtered water.

There's no end to the trouble that a little dirty water can cause you. Remember to brush your teeth using bottled water—not tap water. When at a restaurant, ask whether their table water has been purified. And reconsider that ice - ice from bad water can carry bacteria, too

### *SUNSCREEN*

Use sunscreen middles as often as possible. Don't be fooled to think you will not burn if the sun is hiding behind clouds. This applies to everyday trips into town, working, and especially going to the beach.

### *CARRY TISSUE AND HAND SANITIZER WITH YOU*

Carry bathroom tissue and hand sanitizer with you at all times since most bathrooms do not have toilet paper and some may not have running water to wash your hands.

### *IMMUNIZATION TIPS*

Hepatitis A and B, malaria, typhoid fever, anyone? These are among the most serious diseases travelers can prevent with vaccination or pre-trip medication. Hepatitis A and B vaccines (three shots over six months, \$80-200) provide protection for at least 15 years. Mosquito-borne malaria is prevented by daily pills such as Doxycycline and Malarone (\$60-150). Immunization against typhoid fever cost around shot (\$70-120) or the oral vaccine (\$50). To avoid being vaccinated at the border (or possible quarantine) check entry requirements before departure and carry proof of vaccination. If you shouldn't get a vaccine for health reasons, be sure to carry a doctor's signed waiver.

## EMERGENCY/CONTINGENCY PLAN

If an emergency or crisis develops, the team will follow the following principles:

Whatever action is taken, the TEAM STAYS TOGETHER. There is no room for individual action. If a team member is away from the group at the time of the event, he or she will immediately return to the group and contact the group leader.

Once the team leader is contacted, he will assess the situation and make further contingency plans. If necessary, he will contact the office of your home church, who will be the communication link to our families.

A decision to leave an area will be made in conjunction with the team leader, the home church office, and national leaders in the country. The team leader or team members will not seek to make a decision without consultation with local national leaders. They know the situation best and know the best way to leave the area.

## TRAVEL TIPS

Make sure you have a signed, valid passport (within 6 months of the expiration date). Also, before you go, fill in the emergency information page of your passport!

Read the Consular Information Sheets (and public announcements or travel warnings, if applicable) of the countries you plan to visit. (See [travel.state.gov](http://travel.state.gov))

Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, your country's constitution does not follow you! While in a foreign country, you are subject to its laws.

Make 2 copies of your passport identification page. This will facilitate replacement of your passport is lost or stolen. Leave one copy at home with friends or relatives and carry the other with you in a secure place separate from your original passport.

Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.

Do not leave your luggage unattended in public areas. Do not accept packages from strangers.

If you plan to stay abroad for more than two weeks, upon arrival you should notify by telephone or register in person with your embassy in the country you are visiting. This will facilitate communication in case someone contacts the embassy looking for you.

To avoid being a target of crime try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.

In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.

If you get into trouble, contact your nearest embassy (make sure you have your country's embassy / consulate number on you as person at all times.)

### **Other essentials**

Among handy items to pack, you'll find that Ziploc bags are the most useful— good for wet swimsuits, medication, shampoo bottles, soap, and dirty laundry.

Duct tape (wrap a few feet around a pen for later use) comes in handy if the strap on your favorite sandals breaks or the handle on your suitcase snaps.

Avoid camera calamities and pack extra batteries in addition to extra film; also an extra watch battery.

A Swiss army knife (keep it in your checked luggage) has multiple uses on the road.

Bring a copy of your medicine and eyeglass prescriptions in case you need to refill them during your trip

## **Phoning Home**

Your cell phone will not work here unless you have activated the international plan for your phone. But be aware that the charges can be extremely high for these calls. You can buy a local SIM card and air-time for your cell phone for less than what it will cost you to add the international feature on your cell phone plan.

## **Additional tips:**

Never check luggage containing valuables (passport cash, credit cards, cameras, jewelry); fragile items (eyeglasses, bottles); or critical items (medicine, keys, travel vouchers). This advice is even more important lately, with checked luggage now subject to routine hand searches and increased opportunity for theft.

Stick a copy of your travel itinerary in an outside pocket of your luggage so that if it's lost the airline has a better chance of tracking you down while you're traveling. To insure your luggage, ask for "excess valuation." With this you can bump up the liability to as high as \$5,000. The cost: about \$1 per \$100 of coverage. Additionally, this gives the airline more incentive not to lose your luggage.

Avoid frustration, cost and delays by being careful what you pack to carry on. Remember the airlines are very strict on the quantities allowed for fluids, medicines etc

## WHAT TO BRING (PACK LIGHT!)

### Luggage Logic

"The best packing question you can ask is: Do people where I'm headed live without this item? In brief, you'll be better off with less.

### **CLOTHING — All clothing should be loose, comfortable, lightweight & cotton—be practical!**

T-Shirts/Walking Shorts

Jeans/Pants/Skirts/Dress

Hat or Cap/Rain Jacket

Bandanas & Handkerchiefs

Tennis Shoes & Sport Sandals

Flip-flops (note: not appropriate for church. You'll need shoes or nice sandals)

Modest Swimsuits – Guys – NO Speedos. Girls – one-piece swimsuits w/ lightweight shorts, in some cases, a t-shirt will also be required.

**You'll need 1–2 outfits for church/ministry.**

Ladies – Skirts (no minis) or nice slacks are great with flats or sandals. Avoid form-fitting t-shirts and tank tops.

Men – Khakis & polo or dress shirt. No tie is required but be fashionable.

Construction Teams—T-Shirts and shorts are fine with one "church outfit." Please, no shorts for Sunday church!

Bible & Notebook!!

Prescription Medicines

Everyday medicines such as vitamins / eye-drops etc

Toiletries/Handi-wipes

Toilet paper or Kleenex Travel Pack

Water Bottle

Sleeping bag

Insect Repellent (non-aerosol w/ deet )

Small Flashlight

Sunscreen (at least SPF 15)

Sunglasses (w/ cord)

Towel and Washcloth

Soap & Shampoo

Antacid tablets, 24-hour non-drowsy cold and flu medicine, and Band-Aids.

Camera & Film (film available here), extra memory cards, USB adapter.

*The golden rule is that if you cannot carry all your 'stuff' in one trip you have to much!!!*

## BACK HOME—WHAT NOW?

Most people upon returning from a mission's trip (regardless of the length of the trip) usually have a desire to be more actively involved in mission's. However the majority of people lose that zeal once the everyday responsibilities of home life returns. It is therefore strongly suggested that the team should look for ways to share what was learned and experienced from the Lord during the trip. There are various ways in which you can use to share these experiences with the people back home. Care, however, should be given to give an balanced account (the good and the bad) of the trip, avoid being taken away by emotional highs.

One of the goals for sharing experiences should be to instill a missions orientated mind set in those you share. It should be something that that will help people realize that missions is not a "once a year when a missionary from the field comes home on furlough" thing. It should be something that we all do everyday, regardless of where the Lord has us at this particular time of our lives.

## CONTACT DETAILS



*Centro De Entrenamiento  
CALVARY TRAINING CENTER, LA GLORIA  
Calle De Las Pilas No 8976,  
La Gloria, Tijuana B.C 22710 Mexico*

**TEL.: (+52-664) 636-1252 Mexico  
TEL: 702-448-4725 US Vonage #  
Fax: (+52-664) 636-5450**

**E-mail: [lagloriactc@yahoo.com](mailto:lagloriactc@yahoo.com)**