



Mission Trip Handbook

**"Making disciples through Jesus Christ,
Bringing hope and healing worldwide"**

Welcome to the ServingHIM team! You are about to embark upon the adventure of a lifetime. We're looking forward to serving alongside you this year. God will work in and through you in ways you never imagined and lives will be forever changed as a result.

Please take some time to read in detail the information in this packet. It provides everything you need to know to be ready for the trip. You'll learn what to pray for, how to fundraise, what to pack, Code of Conduct and ServingHIM policies, and more. For further information, please contact your Trip Leader, or email us at info@ServingHIM.org. Get ready for a great trip!

*Dr. Kevin Seidler, D.D.S.
President, ServingHIM*

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MISSION

Serving **HIM** exists to make disciples through Jesus Christ,
bringing hope and healing worldwide

Our focus is to share the good news of our Lord Jesus Christ, making disciples and caring for the sick. We assist in Kingdom building through long-standing partnerships with local evangelical pastors and their churches.

VISION

We are Kingdom Builders, seeking the lost, to honor and glorify God, until Christ returns.

VALUES

1. We seek to be followers of Christ.
 - To be committed to Jesus Christ
 - To be committed to God's Holy Word
 - To be committed to Prayer
2. Our purpose is to make disciples and share the Gospel of Jesus Christ.
3. We believe in Strong Church/Strong Clinic/Strong Community Outreach
 - Strong Church – a local evangelical/discipleship growing church seeking lost souls.
 - Strong Clinic – a ministry of the church providing health care, promoting excellence and a high standard of care, ministering to the sick.
 - Strong Community Outreach – through multiple activities and programs of the church assist in providing community outreach, sharing the love of Jesus Christ.
4. We understand we serve under the authority of the Holy Spirit and the local church.
5. Through a model of Christ-centered servant leadership, we focus on quality, value, and professional excellence.
 - Collaborating with like-minded groups sharing our purpose and sense of mission.
 - Forming self - sustaining medical clinics worldwide.
 - With caring and compassion, we foster benevolence.
6. We pursue organizational excellence, business discipline, and Christian stewardship, with integrity and vision for outstanding outcomes.
7. We encourage transparency of our policies, processes, procedures and decision-making.
8. We promote the transfer of knowledge and literacy.
9. We foster a culture of team development, embracing respect, collaboration, and continuous improvement.
10. We value and believe in the advancement of physical and spiritual health and therefore we promote a medical and spiritual focus in all our activities.

STATEMENT OF FAITH

“Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit” Matthew 28:20

The task of finishing the Great Commission is bigger than any one part of the Body of Christ. God calls the entire Body of Christ to finish this task. Serving**HIM** believes that Biblical unity of the Body of Christ must be based on the essential absolute truths of the Bible, which are Holy Spirit-breathed:

- **God:** We believe that the Godhead eternally exists in three persons - the Father, the Son, and the Holy Spirit- and that these three are one God.
- **Jesus:** We believe in the deity of Jesus Christ, His virgin birth, sinless life, miracles, death on the cross for our redemption, bodily resurrection and ascension into heaven, present ministry of intercession for us, and His return to earth in power and glory.
- **Holy Spirit:** We believe in the personality and deity of the Holy Spirit, that He performs the miracle of new birth in an unbeliever and indwells believers, enabling them to live godly lives.
- **Bible:** We believe in the divine inerrant verbal inspiration of the Scriptures, as the revelation of God. We believe the Bible in the original manuscripts to be the sole authority and sufficiency with regard to Christian faith and practice.
- **Man:** We believe that man was originally created in the image of God. Adam fell through sin and as a consequence of his sin, lost his spiritual life. Every person is born into the world with a nature that is essentially and unchangeably sinful, apart from the divine grace of Jesus Christ.
- **Salvation:** We believe that due to universal death through sin, no one can enter the kingdom of God unless they accept Jesus Christ as their personal Lord and Savior through faith.

“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.” Romans 10:9-10

PREPARATION CHECKLIST

We want to do everything possible to ensure that you have a smooth preparation process. If you will follow these seven steps, you'll be set to go:

- 1) Pray
- 2) Fundraise
- 3) Meet the financial deadlines and know the financial policies
- 4) Get your vaccines
- 5) Secure your Passport
- 6) Prepare for Ministry
- 7) Pack

STEP ONE: Pray

Prayer Points for Your Trip

The key to our effectiveness for this trip is prayer. Our ministry starts now through prayer, not just when we get there. Begin praying daily for the following as you prepare your heart and as God prepares our way. Enlist others who will pray with you, and for you.

- Effective ministry to the nationals
- Unity on the mission team
- Team leadership
- Fundraising
- For God to give you His heart for the lost
- Health
- Prayer support and financial partnership

STEP TWO: Fundraise

Fundraising is a great way to involve others in your mission trip. It can be a great faith-building experience as well. The following steps are imperative as you start fundraising:

- Pray and ask God for grace and favor (James 2:2-3)
- Find out your financial deadlines from your Trip Leader or on Managed Missions.
- Send out a letter to everyone you know; friends, family, co-workers, church members, neighbors, etc. Don't leave anyone out. You may not know through whom God wants to work to support your mission trip.

Writing your Support Letters

What to include in your fundraising letter

- Name, trip, cost and deadlines
- What you will be doing on the trip
- What role your supporters play
- Mailing procedures (how to fill out the check and response card, deadlines)
- How to make online donations. <https://www.ServingHIM.org/donate/>
- That you will follow-up to see if they are intending to support you through prayer and/or finances (See below for sample letter)

What to include in your fundraiser mailed envelope

- Support Letter
- Response Card
- Self-Addressed, Stamped Envelope

Track your Donations/Where to Send Your Fundraising Support

Please send your donations and Donation Summary Coupon to:

**ServingHIM, c/o The Hope Center
2001 W. Plano Parkway, Suite 1213
Plano, TX 75075**

You may also hand your donations in at a Team Meeting. Please do not give any checks or funds to another person on the trip to turn in.

Credit card payments are also accepted online at: <https://www.ServingHIM.org/donate/>

We recommend that you develop a tracking system for the responses you receive. Set a date to follow up by phone two weeks after sending the letters to check and see if they received the letter, and to ask if they have any questions.

Be Sure to Say Thank You

After you receive a gift from someone, be sure to send a thank you note. Let them know that you appreciate their support and partnership on this trip. Another suggestion is to send them a postcard from your trip and let them know about the exciting things God did on the trip and how they were a vital part of the work there. Start thinking now about how you'd like to follow up with them after the trip (ex. send a trip report, host a follow-up coffee, etc.).

Sample Fundraising Letter for Romania

<current date>

<name of potential supporter>

<address>

<city>, <state> <zip>

Dear <name of potential supporter here>,

Understanding how to be part of something bigger than yourself always starts with an important first step: Saying Yes to God! ServingHIM helps people take that first step - we equip, train and help ordinary people leave the comforts of their home and go to different parts of the world to share the good news of Jesus Christ bringing hope and healing worldwide. (www.ServingHIM.org)

In June, we are traveling to Braila, a poor city in Eastern Romania. Our team will bring critical medical and dental care to those who otherwise might not receive it. We will minister to the very poor, sharing with widows as well as encouraging and working with orphans. We will prepare food baskets, give away Bibles, work with children in schools, teach healthy habits, do home-to-home evangelism, as well as provide a community health fair to treat hundreds of people. Our team will also deliver goats to families in the villages, teaching them how to care for and raise goats that will provide milk and cheese to help sustain their families. We show the love of God in every activity we do and most importantly we share the Gospel of Jesus Christ with the people we meet.

We need your help! We need you to be a strategic part of this mission. First and foremost, please pray for our team, that God will manifest His will and His love through us. Secondly, we need your financial support, providing the resources necessary to facilitate all our activities.

Any gift is a big gift! If you can support financially, please make checks payable to ServingHIM and return it to me in the enclosed envelope. If you wish to use a credit card, please fill out the appropriate information on the response card and return it in the enclosed envelope or donation online at <https://servinghim.managedmissions.com/Donations/Donate/33658> and choose my name in the dropdown menu. Please note that all donations made to ServingHIM are tax-deductible. Any funds raised above the trip cost will go towards other costs associated with the trip, such as community outreach programs, medical and dental supplies and evangelism and discipleship materials.

Thank you in advance for your time and consideration. I look forward to sharing with you all that God did through this mission trip to Romania.

May God Bless You,

<Insert your name here>

Missionary to <insert country here>

ServingHIM Healthcare International Ministry

Response Cards

Please feel free to make copies of these cards. This is the response card that you will include in each fundraising letter along with a self-addressed stamped envelope. Your supporters can fill one out and send it back to you. *For a tax-deductible donation, checks must be made payable to ServingHIM.*

Yes, I would like to bring hope and healing to others in need!

- I will begin praying now for effective ministry on your mission trip
- I would like to give a gift of \$_____

Please apply this gift towards the trip of (missionary's name): _____

My Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

E-mail: _____

I would like to receive updates on ministry events and impact Yes No

Method of Giving: Visa MasterCard Discover Check*

_____ CVC# _____

Credit Card Account Number *Expiration Date*

Card Holder's Signature

Card Holder's Printed Name



***For a tax-deductible donation, please make checks payable to ServingHIM**

Yes, I would like to bring hope and healing to others in need!

- I will begin praying now for effective ministry on your mission trip
- I would like to give a gift of \$_____

Please apply this gift towards the trip of (missionary's name): _____

My Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

E-mail: _____

I would like to receive updates on ministry events and impact Yes No

Method of Giving: Visa MasterCard Discover Check*

_____ CVC# _____

Credit Card Account Number *Expiration Date*

Card Holder's Signature

Card Holder's Printed Name



***For a tax-deductible donation, please make checks payable to ServingHIM**

STEP THREE: Meet the financial deadlines and know the financial policies

****Note:** you are not guaranteed a spot on your trip until you have 2/3 of the trip cost. To go on the trip, the full amount of the trip must be paid in full by the final deposit deadline established by the Team Leader.

Financial Details

Before you mail funds to ServingHIM:

- Ensure that all checks have been made payable to ServingHIM. If the check happens to be made out to the individual, please be sure to endorse the check before sending it to ServingHIM (however the donor will not be able to receive a tax deduction in this case).
- Do not send cash.
- Copy all checks for your own records before sending.
- Send in your funds by the payment deadlines as defined by your Trip Leader.

Financial Policies

ServingHIM may increase trip fees upon notice to participants. Donations made to ServingHIM become the sole property of ServingHIM. A donation to ServingHIM is a charitable contribution for federal income tax purposes to the extent permitted by law. These tax-deductible donations cannot be refunded. If, for any reason, a missionary is unable to participate on the trip, funds raised will not be refunded or held over, and instead will go to cover other trip costs. If trip funds raised exceed the base trip costs, these funds will go towards other necessary trip costs and cannot be refunded, given to another trip participant or held over for a future trip.

ServingHIM Cancellation Policy

If a missionary cancels his/her plans to go on a mission trip, funds raised on behalf of their mission trip will go to cover out of pocket and other mission costs at the discretion of the ServingHIM Executive Board.

If an airline ticket has been purchased on his/her behalf, the ticket is non-refundable and non-transferrable (cannot be transferred to another individual) and the missionary is responsible to cover the full cost of the ticket in addition to any administrative fees. Depending on the airline, the missionary may be allowed to use the ticket, less the cost of the change fee and fare difference, within one year. Some airlines do not allow any changes and the ticket fare will be lost if canceled. At time of cancellation, the airline will let the missionary know if they need to book their new itinerary right then or if they have a year to book it. This is at the discretion of the airline and ServingHIM has no control over this.

STEP FOUR: Get Your Vaccines

Make sure your childhood immunizations are up-to-date. Please consult your family doctor, or your local health department, or www.cdc.gov as soon as possible. Recommended vaccines include Hepatitis A and B, Typhoid, Tetanus-diphtheria and measles. Your Trip Leader will notify you of any specific needs in the country where you will be serving.

See the CDC website for further info: <http://www.cdc.gov/travel>

Step Five: Secure Your Passport

To travel with the international missions team, you must have a current passport. The expiration date of the passport must be at least 6 months after the trip return date.

You must apply for a passport immediately; this process can take months unless you pay to expedite it. Applications can be found online at <http://www.travel.state.gov> or at your local post office, but you will need an appointment. You can also fill out the application online for a first time passport, renewal, or expediated service and then mail in the documents it requires in the instructions:

<https://www.rushmypassport.com> or <http://www.visaexpress.net/united-states-passport/>

You will need two identical 2"x2" color headshot photos which can be taken at some post offices, and other places like Walgreens, CVS, etc. Here are the Passport Photo requirements:

- Taken within the past 6 months, showing current appearance.
- Full face, front view with a plain white or off-white background. DO NOT WEAR WHITE.
- Taken in normal street attire: Uniforms should not be worn in photographs except religious attire that is worn daily.
- Do **not** wear a hat or headgear that obscures the hair or hair line.
- If you normally wear a hearing device, wig or similar articles, they should be worn for your picture.
- Starting November 1, 2016, eye glasses will no longer be allowed in passport photos.
- Dark glasses or nonprescription glasses with tinted lenses are not acceptable unless you need them for medical reasons (a medical certificate may be required).
- Articles worn for religious or medical reasons should be accompanied by a statement to that effect.

You will need the following for your passport application:

Passport application

Processing fee

Passport photos

Proof of citizenship (a previous passport or original birth certificate)

Proof of identity: official ID with a photo (driver's license, etc.)

Important Note:

If you are less than three months away from your trip and do not have your passport in hand (even if you've applied for one), please contact your Trip Leader or the ServingHIM office immediately.

You will need to expedite your Passport application, because without a passport, you will not be able to go on the trip. Let us know if we can assist you in any way at info@ServingHIM.org

Here are some additional resources that you can contact for official information: 800-556-9990, 877-484-2778, International information 1-703-908-0330 or go to www.pvsinternational.org

STEP SIX: Prepare for Ministry

As you pray and prepare yourself spiritually for the mission trip, please reflect on your spiritual journey, and write your personal testimony, or a spiritual journey statement. Remember that this is your opportunity to tell others what God has done, or is doing in your life. During your orientation on the trip, you will receive training in evangelism tailored for your destination country.

STEP SEVEN: Pack

- Pack the right stuff (see list below)
- Remember to bring only one suitcase and one carry-on.
- You will also be responsible for a container/box from ServingHIM filled with supplies for the mission.

PACKING LIST

General Items

- PASSPORT** (if you forget it, you will not go on the trip. It has happened to others!)
- Photocopies of the first page of passport (with portrait & signatures), and driver's license (place these photocopies in an inside pocket of your suitcase. Send ServingHIM a copy as well.)
- Suitcase (optional FAA-approved lock)
- Backpack or carry-on bag (fanny packs and backpacks are safer than a purse)
- Copy of diploma and license (physicians, dentists, hygienists)
- Bible, ServingHIM Devotional, and journal
- Paper and pen
- Copy of your personal testimony (see "step six: prepare for ministry" section)
- Phone and charger (*Note: You will want to contact your phone carrier to find out about international roaming fees to make sure you have international service during your trip.*)
- Bilingual dictionary or download the Google Translate app on your phone.
- Travel alarm clock with fresh batteries (if applicable)
- Camera and camera charger (if applicable)
- Flashlight
- Reading light for after lights out
- Adapter/converter for electric outlets (*Confirm what is needed in the country you are visiting prior to purchase.*)

Consider these for your sleeping comfort:

- Sleeping mask for eyes
- Neck Pillow for airplane
- Ear plugs
- Small fan and extension cord
- Sound (or white noise) machine

Medicine

- Prescription medication- in original container is best to avoid questions by customs
- Pain relievers, Imodium, Antihistamines, sore throat lozenges, cough drops, etc.

Toiletries

- Shampoo, soap, deodorant, toothpaste, toothbrush, dental floss
- Hand sanitizer (like Purell)
- Tissues (travel packs are great), Toilet Paper
- Sunscreen/ Bug Spray
- Make-Up, Brush, Hair dryer, Hair Ties

Bedding

- Pillow (pillows are provided, but if you want or prefer your own, please bring it)
- Washcloths (towels, sheets and light weight blankets are provided)

Clothing

- Jeans for travel and free days
- Scrubs (Must be professional-looking and in good condition. Bring 2-3 pairs)
- Comfortable walking shoes
- Sleepwear
- Socks and undergarments
- Light rain gear or jacket
- Mix and match clothing (4-6 changes)
- Sweatshirt/sweater
- Flip flops for shower
- Clothes for church service
 - Women** - modest (below the knee) length skirt or dress. No low-cut shirts or dresses. No flip-flop sandals for church.
 - Men** - dress pants with polo or buttoned shirt. No flip-flop sandals for church.

Snacks

- Gum/candy/crackers/granola bars etc.

Things to avoid taking

- Cologne/perfume
- Expensive jewelry (or anything else of value that you'd be sorry to lose)
- Weapons, knives, sharp scissors etc. Visit the airline website to confirm list of items that are not allowed in carry-on bag.

Baggage Limitations

- If you can't carry it, don't bring it! There is a limit of two bags per person; one suitcase and one carry-on. There will also be a Serving**HIM** Field Mission Box/Suitcase full of supplies assigned to each person for check in. Your suitcase is to be no more than 62 inches in total (height, width and length) and cannot weigh more than 50 lbs. Your carry-on must fit under your seat or in the overhead bin and shouldn't exceed 22 x 14 x 9 inches (including handles and wheels) and cannot weigh more than 20 lbs.
- Any liquids you bring in carry-on luggage must be in no larger than 3.4 oz. bottles and placed in one quart-size zip-lock bag.

Code of Conduct Agreement

The following elements are crucial to the effectiveness, quality and safety of our mission trip together.

As a member of the team, you are agreeing to:

- Remember that you are a guest working at the invitation of a local pastor.
- Remember that you have come to learn, not teach. You may run across procedures that you feel are inefficient, or attitudes that you find closed-minded. Resist the temptation to inform our hosts about “how you do things.” Be open to learning other’s methods and ideas.
- Respect the host’s view of Christianity. Recognize that Christianity has many faces throughout the world and that the purpose of this trip is to witness and experience faith lived out in a new setting.
- Develop and maintain a servant’s attitude towards all nations and your teammates.
- Respect your team leader(s) and his or her decisions. Be on time to all meetings.
- Refrain from gossip. You may be surprised at how each person will blossom when freed from the concern that others may be passing judgment.
- Refrain from complaining. Know that a mission trip can present numerous unexpected and undesirable circumstances, but the rewards of conquering such circumstances are innumerable. Be positive and supportive.
- Respect the labor that is going on in the country with the church(es) or person(s) with whom we are working. Recognize that our team is here just for a short while, but that the local church is here for the long-term. Respect their knowledge, insights and instructions.
- Refrain from negative political comments or hostile discussions concerning our host country’s politics.
- Remember not to be exclusive in your relationships. If your spouse, sponsor, child, boyfriend or girlfriend, is on the team, make every effort to interact with all members of the team, not just one another.
- Refrain from any activity that could be construed as a romantic interest towards a national, translator, or team member. Certain activities that seem innocent in your own culture may be inappropriate in another.
- Wear modest clothing throughout the trip. Some clothes acceptable in the US may not be culturally acceptable in other countries. This includes refraining from flashy jewelry, eccentric fingernail polish, lipsticks and hair colors.
- Have responsible eating habits. The host country’s food may be different than that to which you are accustomed.
- Alcohol, smoking, e-cigarettes, and tobacco products are not permitted in any capacity on a ServingHIM mission trip.
- ServingHIM does not permit American team members to operate a motor vehicle in a mission capacity with ServingHIM teams.
- During a mission campaign, team members will participate in all team activities and not deviate with personal agenda.
- Avoid any un-Christ-like behavior while on the trip.

Spiritual Authority, Unity and Humility

Jesus came to them and said, "All authority in heaven and earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:18-20

The task of finishing the Great Commission is bigger than any one part of the Body of Christ. God calls the entire Body of Christ to finish this task. ServingHIM believes that biblical unity of the Body of Christ must be based on the essential absolute truths of the Bible. (See Statement of Belief).

ServingHIM seeks to serve as a catalyst for biblical unity of the Body of Christ by serving together from different denominational and cultural backgrounds. In doing so, we submit together to the authority of Christ, and serve with a Christ-like attitude of humility and unity.

Authority - The Great Commission begins with the proclamation of Christ's authority. He is the ultimate authority over all ServingHIM ministry endeavors. All team leaders and team members should continually acknowledge His authority through individual and group prayer, and continually seek His wisdom and direction before and during every trip and ministry activity.

Humility - In response to Christ's authority, the believer serves in obedience to Him with a continual awareness of his or her own need for forgiveness and mercy. This humility shapes each person's relationship with the trip leadership, other team members, and most importantly, the people served through the trip's ministry activities.

Make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Philippians 2:2-3

ServingHIM missionaries seek to consider their leaders, fellow team members, and the men, women and children God has called them to serve as "better than yourselves." With a spirit of humility, team members are careful to not confuse, criticize, embarrass, debate with or otherwise discourage others, but rather in unity continually and respectfully offer the encouragement, love and hope of Jesus Christ. In this spirit of humility, team leaders and missionaries will carefully consider cultural and spiritual differences between themselves and the local community, working together with the host country church leadership to set parameters for professing salvation, observing baptism, and the manifestation of spiritual gifts.

Unity - Scripture teaches that every believer has spiritual gifts given by God to glorify Himself and build up the Body of Christ. To guard biblical unity of the Body of Christ, each team member should serve in their spiritual gifting when led by the authority of the Holy Spirit and when doing so will bring unity among the Body of Christ both on the team and within the community where they are serving.

There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord...Now to each one the manifestation of the Spirit is given for the common good. 1 Cor. 12:4-7

Above all else, we reach unity with our single focus to proclaim the gospel of Jesus Christ.

For I resolved to know nothing while I was with you except Jesus Christ and Him crucified. 1 Cor. 2:2

Though I am free and belong to no man, I make myself a slave to everyone, to win as many as possible. To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law. To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law. To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some. I Corinthians 9:19-22

Under the authority of Jesus Christ, with a spirit of humility that promotes unity in the Body of Christ, the following issues should be carefully considered when serving cross-culturally:

Dress - Team Leaders will work with the host country coordinator to establish guidelines for modest and appropriate dress and appearance for both men and women. He/she will communicate them clearly with all team members. Care should be taken to not draw attention to any one person, but to dress in a way that best serves the local community culture and allows the ministry activity to effectively be completed. Each team member agrees to “Wear modest clothing throughout the trip. I understand that some clothes acceptable in the US may not be culturally acceptable in other countries. This includes refraining from eccentric fingernail polish, lipsticks and hair colors.” Refrain from wearing expensive or “flashy” jewelry.

Food/ Drink - *“Let us therefore make every effort to do what leads to peace and to mutual edification. Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to eat anything that causes someone else to stumble.”* (Romans 14:19-20) Continuing in a spirit of humble service to those God has called us to reach, team members should take care not to eat or drink anything that could be offensive to the people of the local culture. Team members agree to “Have responsible eating habits. I understand that the host country’s food may be different than that to which I am accustomed. Abstain from the consumption of alcoholic beverages, the use of tobacco, or the use of drugs.” To promote biblical unity among team members, it is the policy of ServingHIM that all team members refrain from using alcohol, tobacco or illegal drugs while on the mission trip.

Gender - All team members will uphold moral and sexual purity, and in doing so, are to be careful with interactions with members of the opposite gender both with other team members and with the local people served. Men and women should avoid one-on-one private interaction with any person other than their spouse. This includes travel and transportation, prayer time, and even photos. Men should pray with men, and women should pray with women, or there may be 3 people praying together. Each team member agrees to “refrain from any activity that could be construed as a romantic interest towards a national. I realize that certain activities that seem innocent in my own culture may be inappropriate in another.”

Physical space - Team leaders should seek guidance from the host country coordinator to best understand cultural differences with personal space. Team members should learn the appropriate greetings and displays of affection and follow them in humility, considering others first.

Names/ Addressing others - Team members should take care to express respect for others in how they address each other. Americans tend to use more casual terms (first names, etc.), and should follow the guidance of the host country coordinator for using titles and Mr./Mrs./Dr. etc. when appropriate.

Religiousness - Sensitivity is needed in reaching communities with other cultural and historical values and practices regarding religion. Team leaders will seek direction from the partner host country

churches for strategies for sharing the gospel within the cultural context. Respect and sensitivity for the religiousness of the people served should model Christ's love and humility while teaching the biblical truths and freedom of the gospel.

Self or group identity - Team members should understand the difference between self-identifying as an individual or as a member of a group. Americans tend to think more independently (i.e. self-centered), where other cultures define themselves more collectively. Decisions are often made as to what is best for the group, rather than what is best for the individual. Sensitivity should be given to this as teams encourage salvation decisions and life changes in Christ.

Self-actualization (internal) or fate (external) - Similar to self-identity, different cultures have a different sense of how their life is determined. Americans tend to think "fate" is in their control, whereas other cultures tend to think more passively or reactively, i.e. that their lives are determined by fate. Americans tend to have a greater sense of confidence to change their life, and take charge of their circumstances. Respect and sensitivity for different worldviews encourages ministry that best serves the spiritual, emotional and social needs of the local community.

Team Safety

Health Considerations

a. Immunizations

All participants should have the following vaccines up-to-date:

1. Tetanus / Pertussis
2. Hepatitis A
3. Annual Flu Vaccine

All healthcare professionals should also make sure that they have their Hepatitis B vaccine up-to-date.

b. Personal medications

Travel with medications in labeled Rx bottles, or carry a list of your medications signed by your M.D. Also carry a list of your over-the-counter medications and supplements.

c. Medications for illness on the trip

Recommended meds include:

1. Pepto-Bismal, Tums, Prilosec or Zantac, Imodium for GI distress.
2. OTC anti-histamine and decongestant (e.g. Benadryl, Claritin, Sudafed)

Rx meds that may be beneficial in some situations (ServingHIM recommends consulting with M.D. on the team or phone consult with M.D. at home prior to initiating treatment):

- Cipro for traveler's diarrhea with fever. Prophylactic use of Cipro to "prevent" traveler's diarrhea is discouraged.
- Z-Pak or similar if bronchitis / URI / Sinusitis (although realize that most of these infections are viral and will not respond to an antibiotic).

d. Hygiene

Wash hands with soap and water often, especially before eating. Use alcohol-based hand sanitizer often, especially during air travel.

Cover mouth and nose with your arm if you cough or sneeze.

- e. **Medical professionals should ALWAYS observe universal precautions.** Immediately report any needle-sticks to the team leader/medical lead. Secure the name and contact info for the patient, and if possible have blood sample drawn on the patient for HIV, Hepatitis B, and Hepatitis C at the time of the incident.
- f. **Do not drink tap water! Only drink bottled water.**
 Avoid ice
 Avoid salads and fresh fruits or vegetables in most cases (unless prepared for you by team cooks or you know that it was washed in bottled water)
 Avoid brushing teeth with tap water or swallowing shower water
- g. **Stay hydrated**
 Drink plenty of bottled water during travel and each day while on the trip
 Avoid excessive carbonated beverages
- h. **Avoid bug bites**
 Use mosquito repellent with 20% DEET if necessary
- i. **Guard your sleep**
 If necessary, use an OTC sleep aid or Rx sleep med.
- j. **Exercise / Walk each day**
 Be sure to stretch / walk the aisle on long plane trips

Travel Deviations

- a. ServingHIM does not promote or encourage travel deviations from the mission team.
 - There may be some exceptions to the rule.
 - It causes issues with transportation when people travel in and out at different times from the rest of the team.
- b. ServingHIM discourages missionaries from planning personal excursions with our partnering pastors and /or church leadership.
 - There are costs involved that the Pastor incurs with time/gas/food/etc.
 - We are now requiring that person to pay \$150/day.
 - The Pastors will never say no or request any funds.
 - This could cause friction with the Pastors unintentionally.
- c. The ServingHIM mission model has been orchestrated to accomplish God's work with our church partners and is not designed to include personal deviations to leave ministry activity early.

Buddy System

- a. Airport travel will be coordinated with travel groups of approximately 6 individuals with a group leader. Movement through airports should always be as a group, especially during transfers / connections.
- b. Team leader is responsible for assuring the entire team successfully clears security screening and advances to the connecting gate.
- c. Movements in the ministry city or elsewhere should be in groups of no less than 2 people during the day and 4-5 people at night. Solo excursions are strictly discouraged.

- d. Team / Group leaders are responsible for checking in, and out of hotel accommodations. Coordinating airport transportation is the responsibility of the team leader. Wake-up calls to each team member are encouraged.

Travel Wisdom

Avoid packing high security-interest items in carry-on luggage (such as dental and medical equipment), and electronics that may impede progress through security check points. If these items must be transported in carry-on luggage, be sure to place them in a plastic bin before proceeding through the luggage x-ray.

Remove all metal items (watches, belts, jewelry, etc.) and place in carry-on luggage prior to approaching security screening.

- a. Make sure that all electronic items that you are carrying are charged and capable of being powered on prior to going through security (in foreign connecting airport, this may mean saving some “juice” in these devices during the long trans-oceanic flight). If the electronic items cannot be powered on, they risk being confiscated!
- b. Protect your passport and boarding passes carefully and have them available for inspection.
- c. Make a copy of your passport and place in your carry-on in case the passport is lost or stolen.
- d. Never go anywhere by yourself. Every time you leave the clinic or living quarters, make sure you go at least in pairs. Let the Trip Leader know where you are going. In a group, always take a head count. Passport and monies should stay in the dorm in a locked suitcase or in a safe location designated by your Trip Leader. Do not drink anything with ice, and do not eat lettuce or anything that requires cleaning with water - except food at the clinic dining room. Your Trip Leader will provide other rules to promote safety on your specific mission trip. Used bottled water to brush your teeth.

ServingHIM Travel and Integrity Protocols

- a. Traveling
 - A man and woman, who are not married to one another, shall not fly, drive, or travel alone together. Another person will be sent on the trip.
- b. Hotels
 - A man and woman, who are not married to one another, shall not share a hotel room/lodging.
- c. Meetings
 - A man and woman, who are not married to one another, shall not meet alone behind closed doors and should either have another person present, or meet in a public place, or leave the door open.
- d. Compromising Situations
 - Avoid compromising situations. Sometimes it is the way a situation appears to others. You do not know who will see you that might recognize you as being part of the mission team working with the church and in the clinic. You are representing both.

- Team Leaders shall advocate against compromising behavior and situations.
- e. Dress Modestly
- Team Leaders will advocate against inappropriate dress. Some clothing may not be appropriate in the culture, whereas in the U.S. it is not a big deal. Dress modestly.

List of Emergency Contacts

The ServingHIM administration will provide each team leader with a list of emergency contacts. The team leader should then communicate this list in advance with each team member prior to departure, so these numbers are available to family members at home.

In Case of Illness, Injury, or Emergency

- a. Notify team-leader / medical lead immediately
- b. Coordinate with ServingHIM office and medical liaison in the USA as soon as possible. They will be able to help coordinate communication with the travel insurance provider and assist with ongoing medical decision-making.

Travel Insurance

ServingHIM cares for your health and safety. The intent of ServingHIM is to help mitigate a critical health issue that you could have while on the mission trip. An insurance policy will be purchased in your name from the TravelGuard insurance company. This cost is included in your trip fees. Depending on the nature of the accident or illness that occurs, this insurance policy may or may not cover the cost to transport you to the hospital of your choice or home if medically necessary, and may or may not cover any qualified accompanying medical expenses that you may incur. If you would like to view the detailed information about the coverage of this policy, you can go to the Travel Guard website, www.travelguard.com, or review the email copy of your policy from the ServingHIM office. The level of coverage we purchase is "Medevac per trip." You also have the option to pursue additional coverage if you deem necessary based on your previous travel experience or personal preference. ServingHIM does not and cannot guarantee any medical care or service that you received and is not financially responsible for any costs incurred due to your accident or illness. Any costs that the insurance policy does not cover, will be the sole responsibility of the patient or their parent/guardian.

Cell Phones

Every effort should be made to arrange for at least one individual on the team (preferably the team leader) to have an active international cell phone number. This is crucial for communications during travel/ transfers-connections/ in-country coordination. Please arrange for this well in advance of departure and communicate the numbers to the ServingHIM home office, other team members, and ministry partners in-country.