

## Helpful Hints for Volunteer Mission Trip

- Smile and be joyful with them.
- Salutation rituals and protocol are important to their customs even before you start any work or business. Be prepared to answer.
  - How is your wife and your children, be ready to respond and ask them the same.
  - A good local word in the Eku area to remember is “doe”. It can stand for hello, thank you, sorry, etc.
    - Be very respectful of someone older than you or in a position of authority. You can greet them with “mig-wa,” a greeting of respect.
    - Greet anyone you meet with “good morning or good afternoon or good evening,” dependent on the time of day. Be sure to initiate the greeting and respond to them if they say something to you. Do not make just a head gesture, be sure to speak.
- Your one “take on” bag should be 15lbs. or less. You are also allowed on small computer type bag or a camera bag.
  - In your take on bag all liquids, paste, or gels must be 3 oz. or less and placed in a clear, zip lock type baggie includes toothpaste, shaving items, shampoo, soaps, etc.
  - Please prepare in your overnight bag a change of clothes since we will spend the night at the arrival location before traveling the next day. Most all the arrival times are in the late evening or nighttime. It is not recommended to travel at night.
  - Remember to put a few energy bars or snacks in your overnight to have for the trip.
  - If you have any special needs items like a pillow or meds that you will need for the first night, please include.
  - Toilet paper is an item to have available with you for the day trip.
- Remember there is a size limit and weight limit to “check in” luggage. The weight is 50 lbs. Most of the carriers restrict the size to the sum of the length, width, and depth of the luggage to 65”.
- A blazer or sport coat is good to wear on the plane. It will give you protection in the wintertime from the cold weather at Frankfurt, Germany. Many times, you have to de-board the plane in the elements.
- A coat and tie are an acceptable outfit when attending church meetings on Sunday.
- Be sure to carry a couple of small flashlights with you. Extra batteries will need to be placed in your check on luggage only.
- **Ziplock** in clear baggies any item that is sweet, liquid, has any food content, vitamins, coffee, tea, or if broken could spoil the other items in your luggage. It is good to double bag them.
- List of things to bring with you:
  - Energy or nutrition bars (for quick meal or pick me ups).
  - Hat or cap for protection from the sun.
  - Slip on shoes. It is customary to remove the shoes before entering a persons house.
  - Sunscreen
  - Hand fan or battery-operated fans for times when electricity is not available

- Include note from your doctor for any personal prescriptions that they are for personal use.
  - Umbrella
  - It would be good to have quick, easy breakfast type food like packaged oatmeal, power bars, etc.
  - A medium plastic jar of peanut butter.
  - A nonelectric alarm clocks. Suggested a battery type since electricity is not consistent.
  - Bring your own coffee, tea, sweetener packets, and cream packets. Be sure they are in Ziplock type bags.
  - Snacks for job sites or mid time breaks such as peanut butter crackers, trail mix, power bars, nuts, etc.
  - Medicinal powders and ointments such as anti-itch powder, chafing powder, bug spray, first aid cream, after bite sting soother.
  - Please keep group leaders informed of any special medical situations or allergy problems.
  - Take sanitizing gels or whips as an anti-bacterial solution for killing germs.
  - Straight bottom shirts and tropical shirts can be worn out. Polo type shirts are acceptable. It is suggested that t-shirts not be worn when involved with meeting the people. Be sure that all representation seen on clothing will be a good witness, since we represent the Love of Jesus.
  - Remember to include any cords needed for electronic equipment. Bring an extra extension cord with multiple plug ins.
  - Keep some cash on your person and be creative in placing the rest in different places.
  - Make enough copies of passport, visa, vaccination card, itinerary, and drivers license to leave one at home and one in each piece of luggage.
  - Always carry your passport with you.
  - Make sure that you can evenly distribute clothes between your luggage in case one is delayed you will still have changes of clothing.
- **If requested for financial help from the nationals, please refer them to the Chaplain or a designated local leader.** Do not promise any financial aid without conferring with group leaders. You will see and hear of great needs, but more harm can be done with unfulfilled promises than a plan worked through the local leadership.
  - All volunteer members need to be very aware of representing the Love of Jesus. We are examples of Jesus' character in our language and actions as we are Walking in Love, ministering His grace to them.
  - Remember that we forerun our actions throughout the day in prayer and agreement with God's Word on each matter that may confront us.

***“And walk in Love as Christ has loved you, and has given himself for us an offering and a sacrifice to God for a sweet smelling fragrance.” (Ephesians 5:2)***