

GETTING IT RIGHT

A Training Manual for Short-Term Teams

By John Miles

Contents

Introduction

Having a servant's heart

Jekyll Vs Hyde

How to be a good team member

Mars Here We come

Entering another culture

Make Your Mark

How to be most effective in Africa

Practical Stuff

Practicalities concerning travel

The Legal Stuff

Legalities, insurance, precautions

Won't You Pray for Me?

Prayer support

The Great Bank in the Sky

Fund raising

Don't Burn up on Re-entry

Debriefing and reverse culture shock

How to Come Back Alive

Medical matters

Leadership – Supplement

Additional Reading:

Extracts from "Entering Another's World"

Congratulations! You have decided to participate in a Next Generation Missions short or medium-term mission. Your trip will present you with a number of valuable opportunities. The main aim of this manual and the other training materials and preparation that you will undertake, is to maximise your ability to make the most of these opportunities.

For many the immediate task of raising the money to go will be a valuable spiritual exercise. An opportunity to raise your faith through prayer and fasting. God wants to answer *your* prayers.

This trip may be the only time you travel to the country, or even continent, that you are going to. On the other hand it may be the first of many future trips or the start of a career overseas. Only God knows at this stage. Whatever you do in the future, one thing we in REAP are convinced of is that your trip is a valuable life-changing opportunity for you to grasp with both hands. Your short-term mission, whatever the length, stands on its own as an immensely valuable experience that you will never forget. Right at the start of my own Christian life, I went on a short-term mission. That trip set the course for my life and it has been one long adventure with God ever since.

My prayer is that God will bless you, watch over you and teach you much more about Himself as you prepare for, participate in and then reflect on and evaluate your trip.

John Miles

Director of Next Generation Missions

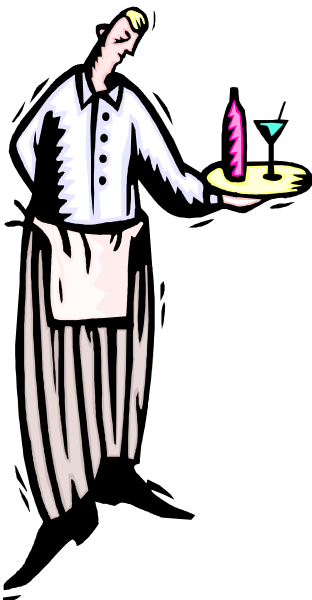


Introduction

Other areas of growth and include:

***We go to be servants not masters
To learn more than to teach
To be – more than to do***

spiritual education will



- Expedition planning
- Cross cultural communication and friendship
- Functioning well as part of a team
- New opportunities for ministry
- Learning new practical skills
- Gaining confidence and ability in international travel
- Learning to look after yourself and stay healthy while abroad
- Appreciating Christians of other cultures
- Exercising your God-given aptitude for adventure
- Learning to overcome difficulties

Unit 1.

The Secret of Success

Having a servant's heart

It is most important that we go on missions with the right attitude; about ourselves, our culture, the people we go to and their culture. Here are three golden rules –

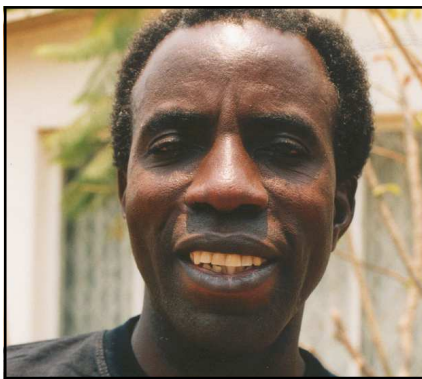
Discuss the following statements –

Christianity thrives better in a third-world village, than in the materialistic consumer society.

Persecution purifies and strengthens the church.

Who do you think you are?

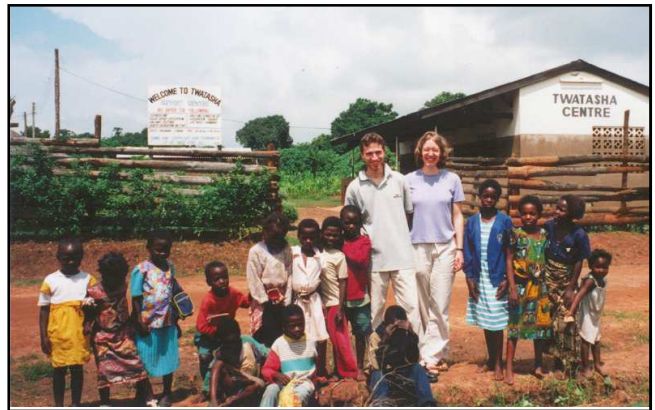
1
–
of
en-
with



Pastor Robert Bwalaya
Of Bethel City Church
Ndola, Zambia.

Cor 4:1
“So then, men ought to regard us the servants of Christ and as those

trusted the secret things of God.”



A day-care centre for Orphans of the AIDS epidemic

In this verse the Apostle Paul describes himself and those with him, in a very special



An overloaded Land Rover



The house that we built

way. In the original language, for 'servants', he used the Greek word 'Huperetes'. This means 'Under-rower'. It refers to the Roman sailing galleys of the time which had three rows of oarsmen. The worst, unhealthiest and most vulnerable in battle time, was the bottom unfortunates where 'Huperetes' or 'under-

Jekyll Vs. Hyde

row. These poor known as the rowers'.

Paul had more reason than most to think himself worthy of glory, but this is how he describes himself. We can take a lesson in humility and attitude from this verse. Wherever we go for missions we need to go with the determination to serve not to be served.

“We are the champions of the world”

“The needs of the many outweigh the needs of the few, or the one” - Mr. Spock.

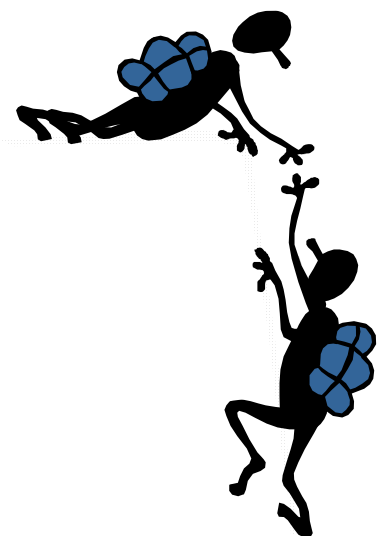
Be prepared to serve other team members. Pray daily for them and always encourage others. Don't be the one that the others are always waiting for. Or the one that never takes turn on the washing up, or the one that likes to talk late into the night, keeping others awake. Put others first. Be sensitive to the difference between a good joke and upsetting people with excessive teasing or sarcasm.

It is

DYING TO SELF IS THE SECRET OF BEING A GOOD TEAM

very common for Christians from our western society, when they go to other parts of the world, to think that they know most things and have a superior way of doing everything. Of course this is just not the case. This wrong attitude is usually bolstered by the local people overseas who partly out of tradition and partly courtesy, will ask you to preach every time or ask you how you want thing done etc. People you stay with will naturally be curious about life in the affluent west. It is very tempting for us to exalt our western, materialistic, wasteful consumer society, as something better than their simpler lifestyle.

When you are suddenly plunged into a foreign culture, it is natural to cling to the people you are with and converse mainly or exclusively with them. Make the effort to get to know the local people, to make new friends and show that you love and respect them. Genuinely love and care for each other and the local people you are working with will have a greater impact that anything else you do. Our lives



SUPPORT YOUR TEAM LEADER AT ALL TIMES

will always speak louder than just our words.



Never criticise, never, never, NEVER com-

- **I was wrong**
- **I am sorry**
- **Please forgive me**
- **No buts!**

Discuss the following:

How do you expect the enemy to cause division in your team?

What are the best ways to prevent this?

Can a couple of 'bad apples' ruin the team?

When is a team more important than the job?

What do you do about a lazy team member?

Unit 2

Being a Good Team Member

There is hardly another problem that arises on teams that is more destructive to the mission than team disunity. We combat this in two ways. Firstly, we do everything we can to prevent problems. Secondly, if they do arise, they must be properly dealt with. Ignoring it and hoping it will go away, just does not work at all.



Great Expectations

Don't expect all your fellow workers to be perfect. We all have our funny little ways that annoy others (*oh yes you do!*). People have to learn to live with you, why shouldn't you learn to live with them? It is not your job to adjust everyone else's behaviour to suit you!

It is your responsibility to listen to the details of the work, food, accommodation etc. that you are agreeing to undertake, e.g. if the project calls for hard physical work in a hot climate, decide **BEFORE YOU GO** that you are prepared to do this without complaint. Remember that you may experience radical changes to your diet, sleeping arrangements, washing facilities and general pace of life. You will be required to get up early in the morning and keep to a team timetable.

Support your leader when he/she is right or in your opinion wrong. When he/she has made a mistake, when things are not going well. Give him/her encouragement, pray every day for your leader. When they didn't do it your way and you were right don't say 'I told you so'. Be appreciative, willing to do anything to help. Remember the attack of the enemy will always try to divide team from leader—don't help the enemy .

Sort it out – fast!

If a division occurs between you and another team member – SORT IT OUT! Don't let it fester. Don't get others on your side. Don't avoid that person. Do be humble, admit your own fault, ask forgiveness for thinking badly of that person. Do pray together. Go out of your way to help that person. Be determined to build a good relationship with team members that you do not naturally get on with.

If you realise that you have offended someone, there is a Godly way to say sorry. Even if you are only partly to blame, if you put your side right you are in the clear. There are four parts to Godly apology:

Some people are willing to apologise but don't want to admit that they were wrong. Some people want to say "I'm sorry but you...." This self-justification often takes away from the apology. Be humble, admit faults, no buts and God will surely bless you, you will be "out of jail" you will probably repair the relationship with your team member and you will grow as a result.



Rat stew—Yum Yum

Have you seen this very interesting verse in Proverbs?



Unit 3.

MARS, HERE WE COME!



Entering Another Culture

As Christians, we want to enter another culture with great care and as representatives of Christ. In the short term it is impossible to adapt in any great measure to this new culture. To even begin to adapt well to a culture, it is necessary to become fluent in the language and live in the local community for several years.

CULTURAL STRENGTHS AND WEAKNESSES

Therefore, understanding our limitations, we want to be as aware as we can be of cultural difference, be sensitive to local culture and hopefully not cause any offence or misunderstanding. Every culture has its strengths and weaknesses and we must not think of our culture as superior to the one we are visiting.

All cultures have been adversely affected by sin and generations of sinful people. Ours is no exception to this and we should remember this when we observe things that we consider cultural weaknesses in the society we are visiting. For example, we may be dismayed as westerners at the status of women, or the corruption of public officials in the culture we are visiting. On the other hand the local people are probably horrified at the high divorce rate, pornography, child abuse, football hooligans, homosexuality, adultery, juvenile delinquents and immodest female dress of our culture!

ROCOGNISING SIN IN ANOTHER CULTURE.

We should also avoid an over sentimental view of a new culture. Sin is sin wherever it is practised, and must be confronted with the gospel. If an African man sells his twelve year old daughter to the local witch doctor as a servant/sex slave so that he can buy beer, and the poor girl dies of AIDS before her twentieth birthday (a real example) that is sin, even if it is a result of the culture. In an Arab country a thirteen year old girl was raped by her brother and a gang of his drunken friends. The next day they told the local Mullah that it was her fault, that she had provoked them (not true). The girl was stoned to death in the town square for her "sin" and she took two hours to die.



All cultures and societies are hopelessly lost in sin and need a Saviour. This is why we go, and why we need to go with our eyes open and a realistic view of all cultures, our own and the one we are visiting.



'SORRY, I DON'T EAT WORMS'

CULTURAL DO'S AND DON'TS

It is impossible to prepare for every situation, but a few guidelines can help you not to unwittingly offend the people you are going to visit:

Clothing

Girls should wear dresses or skirts for church. Trousers or long shorts may be worn for work. Customs differ with the country and are different in rural areas to urban, observe the local customs.

Boys should wear knee length shorts or trousers. Africans wear shorts in the home, in sports or whilst doing physical work. At other times they are generally regarded as clothes for young people. You should never wear shorts in Church as this will offend people.

Men in black

Africans like to wear bright colours. If you wear black you will be cooked alive not because of offending the cannibals but due to the African sun. Light colours reflect the sun off you.

Rat-atoeoy

Don't refuse food, receive it gratefully. You may be given some very strange food, but you should never pull a funny face and refuse to accept it. Any food given to you will usually be regarded by the locals as the best food they have to offer. Be adventurous and give it a try, you may be pleasantly surprised. Our objection to eating rats is entirely psychological since the meat itself is just as tasty and no less healthy than chicken. It's much better to nibble and



push your food around than to refuse it. The growing lads who have an infinite appetite for any type of food may need to come to the rescue of others.

Suspicious liaisons

If an African of the opposite sex, who you don't know, is trying to talk to you, they may be showing a romantic interest in you because this doesn't normally happen in their culture. In Africa men and women don't even look each other in the eyes. It is not uncommon for western women to receive proposals of marriage from complete strangers. This may be because of the way they have looked into the eyes of an African man. If an African man approaches one of the girls on the team in a bold manner then one of the boys on the team should come to join them—a sort of rescue mission.

Don't hug Africans or each other. A handshake is more culturally appropriate. There should be no contact between boys and girls. In Africa, even married couples do not touch each other in public. A girl and boy seen walking alone will be regarded as an engaged or married couple. On the other hand, in many places it is dangerous for a girl to walk or travel alone. Safety is more important than cultural taboos where there is no other option. Some African have become westernised. In this case just watch for local norms and follow suit.

Say what you mean, mean what you say

Don't say you'll do something unless you're certain you will. Even if you say you might do something it will be taken as a promise. If you're not sure you will definitely do it, don't say anything. It's better to surprise people than to give them false hope. Because of this misunderstanding, Africans often say that white people don't keep their promises. Africans will sometimes ask you for things or money. This is not bad manners in their culture. Don't worry or be embarrassed about it, just smile and politely say that you will not be able to help—they will not take offence.



Left-handed people beware!

In most African cultures it is an offence to use the left hand when receiving gifts, eating food, passing things and shaking hands since this is the hand used when going to the toilet. It is also bad hygiene. Left-handed people will need to concentrate hard in order to avoid offending in this way.

Offering to help in the kitchen is a polite thing to do in Western culture but many African cultures will be greatly offended by such an act. Doing any housework or even going into the kitchen can sometimes offend your hosts. This is because of the great honour of receiving outside guests. It is good to serve but we must careful not to offend people in the process.



Conform to the norm

If you have any uncertainty about what to do or not to do, then ask someone local. Don't ask for permission (since they will usually give permission out of politeness) but ask them about the cultural norm for the situation in question. Then try your best to conform to what you learn.

Unit 4

MAKE YOUR MARK

How to be most effective in Africa

Members of our teams in the past have had:

Bags snatched
pockets picked
lost money

bags left behind
vehicles broken into
clothes stolen

passports left behind
lost passports
materials stolen

Problem 1: Not enough time to change the world

When you finish your short-term mission, what will be left as evidence of your having been there? That is why many of our teams do a building project in the various countries they go to. Many also have opportunities to preach in churches or do evangelism but you're only there for a short time. Who will continue the work when you've left?

Problem 2: cultural and linguistic barriers

The nature of the people in the culture you visit often seems so completely alien to our western culture. Their way of life so different to our own. How can we communicate the need for Jesus to such people? We don't know their language or their mind set, how can we expect to connect with them and explain what Jesus has done in our lives in a way which will be relevant to their lives?

Africans for Africa

The best people to evangelise Africa are the Africans. They are a part of the culture, they speak the language and their way of life is the same as those they evangelise. They don't have any time constraints, since they live there. So why do we bother going there at all? Why don't we just sit back and leave them to it instead of interfering?



Lack of training/experience

In many countries the opportunities to receive Bible teaching and missions training are few and far between. We, on the other hand, are in a very fortunate situation because of the great opportunities available to us. We have so much Bible teaching and so many books which should never be taken for granted. In some countries they do not even have the Bible written in their language and others have no Christian literature. Many people, particularly women, cannot read.

When we go on short-term missions we will always learn far more than we will be able to teach but that should not stop us from imparting unto others some of what we have learnt. We can pass on knowledge of God and what Jesus has done in our lives. Just as Paul said in 1 Thessalonians 2:8, "We were well pleased to impart to you not only the gospel of God, but also our own lives because you had become so dear to us."

Teaching and Learning

Merely passing on what we have learnt is not enough. The people we teach must also be able to teach others. We need wisdom from God to choose people who are willing to learn and who are able to teach. Often, during a short term mission, the local person best suited for passing on your teaching to others will be the one who teaches you many things. Discernment is needed to recognise those with a true hunger for God as opposed to those with a hunger for money.

"And the things which you have heard from me, among many witnesses, commit these to faithful men who will be able to teach others also." 2 Tim 2:2

Many people you will meet are far more capable than you are at evangelising their country and when what you have learnt is passed into their hands then God can use them mightily in that place.



Can one person change the world?

You can't change a whole country single-handedly, but if you can make a difference in the lives of a few people, they can change the whole country through the people they train. The apostle Paul is widely regarded as a man who changed the world through his mission work. At the end of his life he looked back and said.

"I have fought the good fight. I have finished the race, I have kept the faith". 2 Tim 3:7

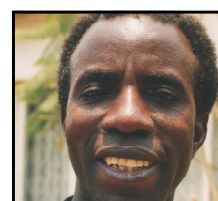
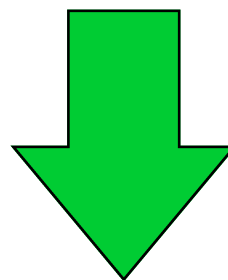
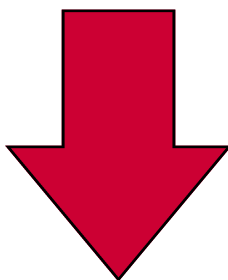
If we take a look at the state of the church at the time, it is easy to wonder how Paul

could say such a thing. The persecution of the church was escalating to such an extent that their survival was being questioned. There were many divisions and sects appearing in the church. How could such a man feel that he had completed the task God had given him? How is it that he is considered to have had such an impact on the world?

Leaving apostles everywhere

That answer is that he had done exactly what he was telling Timothy to do. He had passed on what he had learnt to others who were able to teach. It was these people who stayed strong through the persecution, who continued the work after Paul had gone, who spread the gospel all over the known world of the time. Paul was thinking of them when he said that his work was finished.

This is a great example to us for our whole life but especially as we go on a short-term mission. We truly can change a whole country if we train and disciple key individuals who will train others who will train others who will train others.



Unit 5.



PRACTICAL STUFF

For
team
bers
items
ered
unit

THE LAW AND LIABILITIES SURROUNDING PEOPLE AND MISSIONS WHO ORGANISE TRIPS IS NOT CLEAR TO MANY PEOPLE, AND IT IS HARD TO KNOW THE EXACT SITUATION. IN THIS UNIT WE WILL TRY TO LIST SOME

many
mem-
the
cov-
in this
are

often their chief source of anxiety and stress. This particularly applies if their past experience of travel is limited or non-existent.

Luggage

Most people take too much! The amount of clothes you need depends on the facilities for washing them once you are on location. Most places you can wash clothes, in some places it will be done for you! Take this into account when packing.

A rucksack is an awfully inconvenient invention for keeping things in. Its one overwhelming advantage is that when carrying it, you can have one or two hands free. It's also more difficult for a thief to snatch.

Money

Always try to carry extra for emergencies. Don't assume you can change travellers cheques or use credit cards on location – find out in advance. For most third world or Eastern European countries you cannot buy their currency in the west – their currency cannot be imported or exported. You can't bring much out with you, find out how much. In many places you may need to take western currency. Sterling is acceptable in most places, but the US dollar is king almost everywhere, and often attracts a far better local exchange rate.

Remember not to leave the airport or cross the border without having first obtained local currency. Your spending money requirements will vary greatly from person to person. If you are intending to take a short holiday while there and visit tourist spots, your requirements will rise dramatically. Buy souvenirs that can be easily transported without breaking. If you use a taxi without a meter, always agree the fare before getting in the taxi.

Security

Wherever you are, always be on your guard and assess the situation in terms of security. For example, walking the streets of an African town at night, is a vulnerable situation. Picking up hitch-hikers, especially at night, can be dangerous. If you hitch-hike yourself, do it in pairs or in small groups and never females alone.

Always use your next-to-skin flat money belt when travelling. Unless you are in a secure setting, always keep your money, your passport and your return ticket in your money belt, even if it means wearing two. Some people sew ingenious pockets to the inside of their clothing: this is excellent, some thieves are adept at cutting the straps of your money belt. A pocket that has been equipped with both a buttoned flap and underneath that a zip, is impossible to pick.

Watch your bag

Never leave your bags on the ground or unattended. Bags that can be snatched are very vulnerable. Wear shoulder straps cross-ways rather than loose on the shoulder. Never leave anything valuable in a car. Be careful where you leave your car, if you are using one. Leave someone in your vehicle in vulnerable places.

Thieves sometimes work in groups. Some will distract you while others take your bag or try and pick your pocket. For example, youngsters may noisily crowd round you with sponsor forms, asking you to sponsor them.

Try not to venture out alone, especially at night. Always try to know where you are going and how to get there. You attract the wrong kind of attention if you are looking lost. Try always to have maps of your route or location. If you are expecting to be met, try to phone that person before leaving home.

Always have a back-up address, phone number and directions to your location, in case the person meeting you has been prevented from coming.

It is *not* a good enough arrangement, to say you are going to be met at the airport or bus. I could make a list of 101 reasons why that person may not turn up. If you have no alternative instructions, no address, no phone number, no local currency or directions, you are stranded!

Emergencies

If

DIETS

Next Generation Missions does not accept participants who want to follow a vegetarian diet while in Africa. This is partly because a healthy vegetarian diet is difficult to arrange in Africa and partly not to inconvenience the local host. Other diets such as health-related diets should first be notified to Next Generation Missions to see if it is possible to provide them in Africa.

the

worst happens, and you lose everything, it is not the end of the world! British Embassies will issue you an emergency passport. In extreme situations, they will repatriate you. If stranded, local churches and Christians are good places to seek help. Airlines will replace your ticket. You can claim for your other items off your insurance when you return. Try to keep as many receipts or other proofs of ownership for

In- **The importance of prayer support**
 Satan does not think much of these trips and will not stand by without opposing what we do. All kind of obstacles, discouragements and doubts may be thrown at anyone who steps out in faith to represent Christ in another country.

your clothes, cameras, etc as you can. insurance companies will

try everything to avoid paying out. A copy of a local police report can usually be obtained if you report losses to them. For most insurance companies this is a necessity.

Always have with you, preferably not in your luggage, emergency information. This should include your name and home address and telephone, address and phone number of the British Embassy, name and address of local contacts, your blood group and any allergies or medical conditions such as diabetes.



We have one great advantage over other travellers – God is with us! Talk to any group of experienced Christian travellers and they will tell you many stories of how God protected them overruled the circumstances, sent angels to help etc. So while we take all reasonable precautions, our trust is in the Lord.



Travelling by car

If you are in a vehicle and you break down, often western currency (especially dollars) will buy you a cheap tow from a truck to your destination. If you crash, try to avoid police involvement. Try to use your money to buy your way out of the situation. In many places the ‘rich foreigner’ is always in the wrong!

Always carry the correct documents, licence, insurance, registration document, power of attorney, if the vehicle is not yours. Always carry spare fuel. There may be great distances between filling stations in rural areas or your fuel may be siphoned off by thieves.

In any difficult situation, keep your eyes open for anyone around who looks like a well-dressed educated business man type of person, and ask them to help. This type of person will often be the one who speaks English, is influential and is likely to take pride in helping a foreigner out of a difficult situation.

Passports etc.

If you do not have a passport, apply immediately. As soon as you decide to join a project, check your passport. Some countries require you to have three or six

months left before your passport expiry date, after the exit date on your visa. Some countries require a passport to be at least three months old! Check that you do not have old visas in your passport that may be politically unacceptable to the country you are going to. If you have, get a new passport. In Britain you don't need a reason to apply early for a new passport.

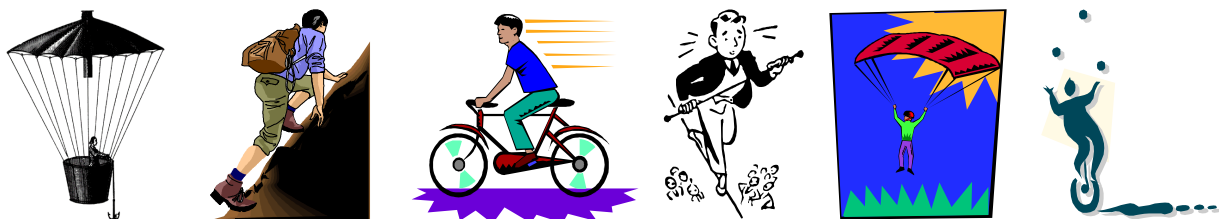
When you fill in your dates on a visa application, give yourself a few extra days, in case you are delayed. Never let your visa run out, you may be arrested at the border. If you are unavoidably delayed, try to get written evidence for the genuine reason. For example, evidence of a hospital stay.

Most countries require you to fill out entry forms and often currency declaration forms. Be patient and fill them out carefully and correctly and neatly. Officials tend to get irritated if they can see you haven't bothered much with their form, or if they can't read your writing.

Customs

Who you trust – is more important than who you ask!

Declare anything you think might need duty paying on it, in both directions. Some countries are very restrictive on bringing out works of art. It is a strange but true fact, that the most frequent reason for court cases in the UK involving people who have been on short term missions, are charges of smuggling when returning to this country! So be careful to declare everything.



RED CHANNEL
GREEN CHANNEL?

Remember
God wants to answer your prayers
He doesn't have a grudge against you

Unit 6

The Legal Stuff

Anyone on short-term mission with Next Generation Missions has no contractual relationship with this mission – (this includes there being no contract of employment except as expressly stated herein).

For the purposes of Mission, we define the length of mission as follows:

Short term – Up to eight weeks
Medium term – Up to two years
Long term – Over two years

Insurance

Participant will be covered by standard travel insurance for public liability, loss of goods, illness, medical evacuation and injury. **Insurance companies will ask for evidence of ownership of items claimed for.** This is difficult or impossible for clothing, but for valuable items such as cameras etc. it is important. You should take out any additional insurance cover you may require yourself – we cannot offer any advice on this. Most important is medical evacuation. **Insurance companies will probably refuse to pay out for treatment or evacuation of a person who goes on a trip with a known illness or condition without declaring it in advance.** If in doubt, ask the insurance company. Often they will ask you to obtain a doctor's written consent.

It is the responsibility of all participants to read carefully the conditions and coverage of the insurance policy obtained by Next Generation Missions. If they consider the coverage inadequate, it is their responsibility to obtain further coverage. The cheapest way to insure some items of value such as musical instruments, is often on parents' household contents policy. Consult your parents and their insurance company.

If you
us be-
the
when
book
insur-

**And my God shall supply all your
need according to His riches in glory
by Christ Jesus** Phil.4:19

inform
fore
time
we
the
ance

that you would like to increase the length of your trip for holiday purposes, we can arrange the insurance to cover that period. If you decide to do this after leaving the U.K. you may need a separate policy for which you will have to pay separately.

Leadership

WE DRAW PARTICIPANT'S ATTENTION TO THE FOLLOING POINTS AS REGARDS THE POSITION OF TEAM LEADERS.

- Your team leader carries a lot of responsibility and authority.
- He/She is REAP's representative in your location.
- You must regard their decisions as REAP's decisions and binding on you.
- There are some areas where the local host can overrule the team leader
- Team members individually or collectively cannot overrule the team leader.
- The officers of REAP in the U.K. can overrule the team leader
- Once the mission part of your trip is finished and you take any extra time for holiday, REAP and the team leader no longer has any responsibility for you.
- If you have any questions or disputes over the conduct/decisions of your leader, first consult the local host and then contact the REAP U.K. office.
- The team leader has the authority to send people home if he/she deems it necessary after consulting with the local host and the REAP office.
- Candidates are expected to maintain a high standard of work and personal behaviour. No smoking, drinking alcohol or developing personal/romantic relationships with other team members or local people.
- If a team member detaches him/herself from the team, or does not comply with the leaders instructions then the mission cannot provide help or be responsible for them.



If you incur any fines from police for traffic offences, you are responsible for paying them yourself.

If the local host takes you out on a trip for recreational purposes, it is your responsibility to financially reimburse them.

If you damage the property or vehicles of local hosts, it is your responsibility to reimburse them.

It is your responsibility to read the health and safety information provided by REAP and to follow the advice and instructions given.

Unit 7

PLEASE PRAY FOR ME

Gathering Support

You should ask the following groups to pray for you in the trip and the trip

- Your Family.
- Friends at home (student) at college.
- Church. This regular prayer
- Support group who agree to



the build up to itself:

and (if you are a leader) can be in the meetings in the church pray regularly.

Communica-

tions

A prayer letter to all your supporters is advisable. Draw up a mailing list, on a computer if you have access to one. At least one should be sent out before you depart.

Prayer letters should be concise, have plenty of facts, photos if possible, descriptions of the work surroundings and local people. A story or testimony of a local believer or church, makes interesting reading. It is best to ask a friend at home to copy and distribute the prayer letters during the trip.

A final report and letter of thanks should be sent after you return home. Individual letters of thanks should be sent to those who supported you both in prayer and finance.

Personal Prayer

Most important of all is personal prayer. Pray about every aspect of the trip. Pray for the mission, the team leader and the other team members. This trip is an opportunity for the spiritual growth, not least in the area of personal prayer and faith.

Continuing Prayer

One of the greatest blessings you can give to the local Christians overseas, is to

continue to pray for them and continue to present their needs to your home church and/or Christian Union Prayer group long after you return home.



Unit 8

THE GREAT BANK IN THE SKY

Fund Raising

There are a multitude of ways to raise money. Far too many to include here. We will consider a few. However, the most important thing of all is prayer and faith. The trip is a faith building experience, which often begins with prayer for funds. Many who have been on missions will testify to God's amazing provision. Whatever methods are discussed, over them all is the vital principal of faith. The Bible says we should make our requests known to God. However, there is nothing wrong in also making our requests to man, so long as our faith remains in God alone.

Sponsored Events

Some people like to engage in sponsored events like a bike ride or mountain climbing etc. There can be an element of fun and recreation in this and there is nothing wrong with that. This type of event can be very successful if planned properly and the effort put in.

It does have some disadvantages though. First, it is a closed-end event. Once you have done it, if you haven't been very successful and only part of the money is raised, it is difficult to go back again with another event to the same people. Secondly, it takes a lot of time and effort. Candidates are usually busy with work and if they are students, it is the time of the year where exams are looming large.

Open Sponsorship

This is a system of sponsorship that requires relatively little effort on the part of the candidate. The key is a well-produced sponsor form that gives concise information about the project, preferably with some attractive photos from the location. REAP produces these as a service to our candidates. The form asks the reader to give a pound to the candidate. Most people will contribute this small amount to a worthy cause, especially if it is a valuable humanitarian project.

You will be issued with 20-30 of these forms or as many as you want. You should make a list of all your friends, relatives and colleagues, who you think might help you. Then, approach them with an empty form and ask them to take the form to their particular church, office, school, business, factory to try to get it filled with spon-

sors. The principle is asking many people to give a little.

This method has important advantages. First, the money is given up-front. There is no tedious collecting after the event, **the trip is the event**. Secondly, others are doing the collection on behalf of the candidate, saving time spreading the request to a far wider circle of people than would be otherwise possible.

Other Sources.

Apart from the methods already mentioned, here are some other places where past candidates have often found help:

- Their home church
- Family and Friends
- Personal savings. God is unlikely to miraculously provide what you already have, but are reluctant to use.
- Most schools, colleges and universities have travel sponsorship funds.
- Grant-making trusts.
- Sale of unwanted or little used items i.e. Garage or car-boot sales.
- 'Out of the Blue'. God delights in surprising us with the unusual and unexpected ways he has of supplying our needs.

It can be very helpful and encouraging to have a group discussion on imaginative ways to raise money. You can make a list of people who might help you. Depending on available time, you can also compose letters requesting friends to help.

If you raise the sum easily, we encourage you to carry on and raise more. The surplus can then be given to fellow team members who may be struggling. This greatly enhances team unity.

Unit 9

HOW TO COME BACK ALIVE—MEDICAL MATTERS

Go slow not gung ho!

It is good to take things easy when you first arrive. Initial enthusiasm can quickly lead to heat exhaustion and other problems. It is best if the first week is spent gradually easing into the work. Usually it is the third week before the team is really steaming along at their optimum pace which will still be slower than over here.

Don't keep it all in

If you begin to feel ill, or if you have diarrhoea, you should immediately tell your team leader. You can then go and rest and have treatment without delay. This is the quickest most efficient way to recover.

Failure to tell the leader may quickly spread an infection throughout the team. Some team members (often male members) will keep quiet about such problems out of a misguided macho attitude of wanting to 'tough it out' and carry on working. Others (often females) just don't like others to know about their problem, so keep quiet. Both attitudes can be harmful to the rest of the team as well as themselves. Dehydration is a killer and once a certain point has been reached no amount of re-hydration fluids will work, only immediate and competent medical attention, usually in hospital, will save that person's life.

The M-word

At the time of writing this manual, there is a controversy about what Malaria prevention to use. The BBC Watchdog programme has highlighted evidence that Larium (or Mefloquine) increasingly recommended in recent years, has serious side effects. The reporters' main concern are the side effects: allegedly they are far more common than the manufacturers are prepared to admit. In our own experience in REAP we have had an average of one person in ten suffering side effects, usually of a mental or emotional nature that we suspect are due to Larium. These have included depression, crying, bad dreams and fits. We no longer recommend this product.

Food for dynamic muscle building!

Part of the fee for the trip is for food. This money is supplied to the local situation, in advance if necessary, to purchase reasonable food for the team. Make sure you eat a good balance of vitamins, proteins and carbohydrates...so that you have energy to work, you will be less likely to get sick and you will grow huge muscles.

Unit 10

DON'T BURN UP ON RE-ENTRY

DEBRIEFING AND REVERSE CULTURE SHOCK

If the trip has gone reasonably well or better, then you **will come home on a 'high'**, full of enthusiasm and talk about the work you have been doing and the project in general. The worst thing that can happen is that no one at home seems interested in what you have been doing. **This sometimes happens** and you must be prepared to deal with it. The recommended book, 'Re-entry' contains good ideas on how to approach your Pastor/Minister to get permission to talk about the work in church.

Happy Talk

Talking to your family, friends and church about the trip and the big experiences that you had **is very important**. Care must be taken not to become a nuisance with only one topic of conversation. Many find it useful to write a report on their trip. Some need to do so for any grant-making body that helped them. Or for an employer who gave extra leave off work. Certainly a final prayer letter/report to those who prayed for you is necessary.

Promise you a miracle

Some people on short term missions have a tendency to make promises, often out of sheer enthusiasm, to the local Christians that they then do not keep. It may be as simple as swapping addresses and promising to write. It may be a promise to return or to send goods or money. You should not make any promises that you cannot or might not keep.

Any promises you do make you should certainly keep.