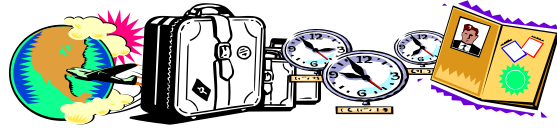


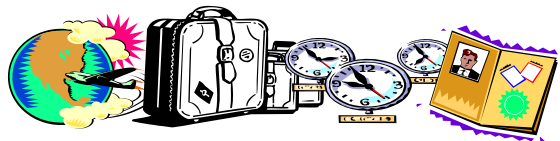


Checklist— Things To Do and Pack

1. Valid passport—copy first page and keep it separate from passport. Always keep your passport on your person at all times.
2. Take a copy of your medical history with you.
3. Airline tickets
4. Sufficient money for tips, optional meals, sightseeing and shopping
5. Bible
6. Camera
7. Personal hand tools. Pack all tools in checked luggage.
8. Sunscreen lotion, chap stick, sunglasses and mosquito repellent with Deet
9. Work clothes, work gloves and cap
10. Snacks
11. Flashlight and extra batteries
12. Voltage converter
13. Medication for possible upset stomach or diarrhea
14. Antihistamines (if needed) Medication: Pack all prescription medicine in your carry-on bag. Also, carry written prescriptions from your doctor for any necessary prescription medicine.
15. Pack lightly, dress for comfort and not style, and protect your valuables at all times. You may take two suitcases as checked luggage and one carry-on bag. Label every piece of luggage with your name and address.
16. When you come back you will have to go through U.S. customs. If you purchase more than \$800 you must declare the items along with their value and pay a duty tax.



HELPFUL HINTS FOR TRAVEL



Prepared by:
Men and Women of Action
PO Box 2430
Cleveland, TN 37320-2430
Phone: 423-478-7955
Fax: 423-478-7408
www.cogmwoa.org

Tips for the Trip

1. **Departure Tax**—Check with your leader about this tax. It is not always included in the price of your trip.
2. **Money Exchange**—Your host will be able to advise you on the best place to exchange currency. Do not deal with people that come up to you offering to change your dollars to local currency. Traveler's checks are not as easy to exchange and we DO NOT encourage purchasing traveler's checks. DO NOT exchange your funds in USA, as you will lose exchange value.
3. **Tipping**—For tour bus drivers, donations will be received when deemed necessary by your leader.
4. **Settling Hotel Accounts**—Your travel package includes hotel costs. You should settle any other charges made to your room during your hotel stay personally before checkout time. Be careful about making phone calls from your hotel room since each hotel charges a surcharge in addition to the cost of the telephone call.
5. **Shopping**—Opportunities will be given for shopping. In large cities you can use major credit cards, but in most areas you will need cash.
6. **Electricity Information**—If your appliances (hair dryers, curling irons, etc.) are not convertible from 110 to 220 currents, you will need a converter. You will also need outlet adaptors for the specific country.
7. **Health Concerns**—Follow the counsel of your leaders. Stay away from uncooked fruits and vegetables. A good rule to follow when drinking and eating food in a foreign country is “drink it boiled and eat it hot.”
8. **Jet Lag**—The best way to treat jet lag is to adjust to your hosts' schedule as soon as possible and that means going to bed when they do and getting up when they do even if you don't feel like it.
9. **Medical Information**—Make sure you have proper inoculations prior to your trip. If you have chronic illnesses, you should carry documentation describing your illness and the treatment you are receiving. Medications should be identified on the label in case you're questioned by customs.



1. Be flexible
2. Be respectful and courteous
3. Do not attempt to impose your ideas and cultures upon your hosts.
4. Forget about your own personal agenda and ambitions.
5. Remember the servant attitude.
6. You should not drink the water from the tap. Drink only bottled water.
7. Always be aware of your valuables and protect them as diligently as possible.
8. Punctuality is extremely important!
9. Avoid being alone.
10. Dress modestly.

Do's and Don'ts of Traveling

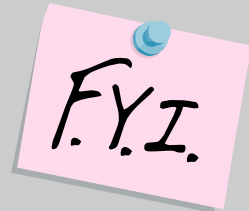
On The Way

1. **Follow your team leader.**
2. **Stay with your group.** If you do need to leave the group, make sure your team leader knows exactly where you are going, who you are going with, and when you will be back.
3. **Connecting flights** should not be a problem as long as you stay with your group and follow the instructions of your team leader.
4. **Getting through immigration and customs:**
 - A. Listen to the instructions of your leader and stay as a group.
 - B. Have all of your papers and documents in hand: Passport, Immigration Card (properly filled out), and Health Certificate (if required).
 - C. Show your return ticket if necessary
 - D. Know exact date of departure, number of days you will be in the country, and the address of the host missionary.
 - E. Be sure to keep all papers given to you. You will need them when leaving the country.
 - F. Proceed to customs. Every person will be responsible for his/her own luggage. Find yours and take it to one of the customs counters.

G. Answer all questions asked by the customs inspector.

H. When you have cleared customs, proceed as a group out of the terminal.

I. If you need money changed into the national currency, your host will know the best place to have this done. DO NOT do it on your own.



Remember these phrases:

Port of Disembarkation: The point of departure from the US

Port of Embarkation: The first city in the country of your destination

Proof of Citizenship: Passport and/or birth certificate



What To Do If...

Problem: What if I get separated from the team in the airport?

Suggestions: Stay calm. Know your flight number and schedule and go to the gate of your departure. If you do not know where the gate is, talk to a ticket agent at your airline's counter or other airline personnel. Stay with your team from then on.

Problem: What if I get separated from the team in the country where I am visiting?

Suggestions: Stay calm. Make sure you have your passport with you in a secure place and never give it to anyone else who shouldn't have it. Be sure you know the name, address and telephone number of where you are staying and the name, address and telephone number of your host in the country. Attempt to contact your team leader or one of your hosts. If all else fails, contact the U.S. Embassy, Consulate or a Tourist Bureau nearest to you.

Problem: What if I get sick?

Suggestions: Notify your team leader at once. Work with your leader and your host in getting medical attention if it is needed. Re-

member, most illnesses you may get are treatable. Always bring your medication with you.

Problem: What if I lose my passport?

Suggestions: Inform your team leader at once. After you have made a thorough search, immediately contact the U.S. Embassy for further instructions on how to proceed. It is always good to have a Xerox copy of your passport. Leave this copy with your luggage and present to the U.S. Embassy for reference.

Cross Cultural Notes:

1. Avoid the temptation to question their way of ministering or their way of dealing with the local people.
2. Do not complain about conditions, food, travel, and so on.
3. Show them that you are there to be a servant.
4. Don't be too quick to judge a national for what you feel is unchristian conduct.
5. Be considerate of your hosts' time.
6. Avoid references to military and political issues, or to other religious groups.
7. Some words and colloquialisms are distasteful or very confusing to people of other cultures. Check with your host before you put your foot in your mouth.