



**WELCOME TO  
YOUR MOBILIZE  
TRIP!**

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# WELCOME TO YOUR MOBILIZE TRIP!

You are about to embark on a life changing and wonderful experience. God has things in store for you that none of us are aware of yet. This week you will meet interesting new people, people with heartaches, struggles, grit, perseverance, traumas, loss, brave hearts and lives so fascinatingly and intriguingly different. Soak it up, enjoy each moment. Here are a few goals to help you make the most of your trip.

Be your best self: Everyone has unique strengths and gifts; we are all wired unique. We want you to be all God has designed for you to be. Always ask yourself, “How can I best use my gifts and strengths to serve those around me this week?”

## TAKE TIME TO LISTEN TO GOD:

**PAUSE** to listen and to see all He is doing in you, through you and all around you. Pausing allows our hearts to truly engage and feel what others feel, to walk in their shoes, to experience life through their eyes.

**PLAN** on how you can step boldly into what he has called you to. It might feel a little weird, a little awkward. **DO IT SCARED, JUST DO IT!**

**PESEVERE** in these new habits of courageously living out what God has equipped you for and called you too. Consider what these habits will look like as you transition home.

**PURSUE** new and exciting relationships with those on your team, those you serve and with an Almighty God. Cultural differences are like a track hurdle, not the great wall of China. If you need a little help navigating the communication and cultural challenges, our Trip Leaders are here to help. Don't let these obstacles hinder your best race.

We cannot wait to see how God impacts you and the world around you through this trip!

For Him,  
Your Developing Workers Mobilize Team

## **WHAT WE DO:**

Mobilizing ministry throughout the world – that is what we live to do. It's the calling we were given. It's actually a calling God has placed on all of His children. Our unique piece of the ministry pie is to bridge the gap between the community and the local church. We gain access to communities God has prepared through relationships, providence, and by offering high impact medical clinics. Our medical clinics serve to meet the need of the whole person physical, social/emotional and spiritual. We then also train pastors, teaching them to meet the needs in their own community through discipleship and evangelism. Leadership development is a key element to ensure that the ministry that has been started will be followed up on and maximized.

## **OUR MISSION:**

The scriptures are clear the harvest is ripe, and the workers are few. While many desire to serve, lead and go, there is an absence of preparation and support for these kingdom workers, leading to burnout, frustrations, and ultimately failure.

We desire to develop, empower and send workers locally and globally. Informed by our dedication to the scriptures, our mission is to cultivate and nourish healthy spiritual lives for all people. Specifically, we seek to fulfill our mission by developing workers to mobilize ministry, so that Kingdom workers genuinely leave a legacy.

## OUR VISION:

Putting into movement, the resources God has entrusted to us. Through collaboration with like-minded people locally and globally, we strive to take forth the gospel by empowering and equipping people to serve in their God given strengths through leadership development, personal coaching and mobilization of ministry efforts. We believe that God has equipped each one of us uniquely to complete the tasks he has prepared in advance for us to do.

## OUR CORE VALUES:

### TEAM: BETTER TOGETHER

We are better together and are committed to excellence. Team success first.

### GENEROSITY: TIME, TALENT, TREASURE

We want to be an organization that gives, cares, shares, everything. God provides through incredible ways and we want to be a part of our DNA. To whom much is given, much is required.

Give first, save second, live on the rest

### COURAGEOUS INNOVATION

**Innovation**—We are continuously moving forward, innovating, and improving.

**Courageous**—Run Like Rhinos

Fearlessly reaching beyond existing boundaries

### DISCIPLES MAKING DISCIPLES

Discover your calling and impact your world

### TRANSFORMATION: HEARTS & NATIONS

We want to see transformation in communities, people, churches, cities and nations.

From hearts to nations, we want to see churches thriving in their communities and amplifying atypical growth.

### AUTHENTICITY: BE REAL

We make deliberate choices that produce trust open honest communication on the team.

### ABUNDANCE: BLESSED TO BE A BLESSING

Actively trusting God fully to provide for what has called us to, we see His calling on this ministry through His eyes and His sufficiency.

Belief that God can do what He says He can do.

## DW MOBILIZE CONTACT INFORMATION:

**Kelly Ramsland RN**  
Mobilize Director  
[kelly@developingworkers.com](mailto:kelly@developingworkers.com)

480.250.7183  
754 East Maria Lane  
Tempe, AZ 85284

**Lynda J Hartzler RN, BSN, JD**  
Mobilize Communications  
Coordinator  
[lynda@developingworkers.com](mailto:lynda@developingworkers.com)

602.300.3023

**Dr. Gregory Bell MD**  
Mobilize Medical Director  
[greg@developingworkers.com](mailto:greg@developingworkers.com)

480.861.4517

**Emily Brummund, AAC**  
DW Board Member  
Developing Workers Mobilize  
Strengths and Leadership Coach  
[emily@illuminatelc.com](mailto:emily@illuminatelc.com)

402.708.6544

**Dr. John Hollebeek ED.D**  
Child Safety Initiative Clinical  
Director  
[john@developingworkers.com](mailto:john@developingworkers.com)

602.989.0602

### TO CONTACT THE TEAM ON THE FIELD:

You can contact the team  
through Kelly's cell number:  
480.250.7183.

- Messages cannot be retrieved while abroad, if your call is not answered please send a text.
- If Kelly is not on your trip, your Trip Leader will provide a number for you to share.

## ITEMS INCLUDED IN TRIP COST:

- Airfare from Phoenix (Arrangements can be made from other states/countries. Airfare costs will be adjusted accordingly.)
- Hotel
- Meals (not including meals in transit)
- Transportation
- Trip Insurance
- Water
- Visa fees for “on arrival” visas only
- Team t-shirt
- Translator costs
- Gratuities
- Any free day or excursion that is planned as part of the trip
- STEP Travel Program registration with the US Department of State
- CliftonStrengths Assessment and one hour of leadership coaching (with our DW CliftonStrengths Coach Emily Brummund)

## ITEMS NOT INCLUDED IN TRIP COST:

- Passport
- Passport photos that may be needed for “on arrival” Visas in some countries
- Vaccinations, anti-malaria medication, or traveler’s diarrhea medication
- Spending money
- 2 pairs of navy scrubs (scrubs are required for everyone, including pastors and non-medical Team Members)
- Meals in transit
- Visa fees that you need to purchase before arrival in country



## CODE OF CONDUCT:

This code of conduct has been created to provide a clear understanding of expectations of DW Mobilize Team Members.

Developing Workers is committed to offering our volunteers opportunities to serve abroad while also growing in their strengths personally and spiritually. Our focus is serving others and taking forward the gospel of Christ, helping people find, know, and follow Jesus. We strive to always bring our very best to the mission field.

Developing Workers expects that everyone who participates in DW Mobilize trips will abide by and work together to create and safeguard this environment. We ask that as representatives of Christ and DW Mobilize, each Team Member will strive to uphold our mission, vision, and values.

### INVOLVEMENT:

Team Members should be actively involved in all scheduled activities as part of the DW program (unless, due to extenuating circumstances, permission is granted by DW staff/Trip Leaders). This policy is for the Team Member's safety and for the continuity of the team's time. Curfew, if applicable, is to be followed as specified in the schedule or as stated by the Trip Leader. We ask that you follow the trip guidelines given on the field by the Trip Leader regarding where/when we are allowed to go and if it is safe to leave the hotel.

### FOLLOWING DIRECTIONS:

Team Members are expected to follow the directions of DW staff/Trip Leaders, especially in emergency situations or when going through customs. This policy is for the Team Member's safety and the safety of the team. Every decision the Team Member makes for himself/herself impacts others as well.

### RESPECT FOR OTHERS:

- Team Members should treat themselves and others with respect.
- Aggressive, abusive, crude, vulgar, or violent language or behavior towards others (e.g. threats, fighting, cursing, insults, discrimination, etc.) is not permitted.
- Spreading a spirit of negativity or speaking poorly of others fosters disunity in the group and sets a poor example for those we are serving. Team Members should bring problems and frustrations to DW staff/Trip Leaders privately if assistance with resolution is necessary.
- Team Members are expected to abstain from making derogatory comments or arguments regarding people, politics, sports, religion, race, or traditions.
- Trip Members are not permitted in the sleeping areas of the opposite gender at any time, for any reason during the trip.
- Roommates will be assigned prior to the trip and changes are only to be made by the Trip Leader.
- Sexual activity of any kind between people that are not married to each other is not allowed.



### APPROPRIATE DRESS:

Team Members are expected to dress appropriately and modestly (e.g. no short shorts, short skirts, or spaghetti straps). If asked by Trip Leader to change to a more appropriate dress, the Team Member will promptly change clothes to avoid disrupting the local staff and those we are serving.

### FLEXIBILITY:

Team Members are expected to understand that travel can be difficult and promise to adopt a flexible and supportive attitude as plans may need to be changed. Team Members are expected to accept and submit to the leadership of DW staff/Trip Leaders. Team Members are expected to abide by DW staff/Trip Leaders decisions concerning the trip.

### HAZARDOUS ITEMS:

Possession, distribution, or use of, weapons, knives, fireworks or other items that can be used as a weapon are not permitted.

### ALCOHOL/DRUG USE:

Possession, distribution, or use of illegal drugs, vaping, tobacco products, and unauthorized prescription drugs are strictly prohibited during the trip.

Use of alcoholic beverages may be permitted by those of legal drinking age if permission is granted by the Trip Leader and is used in a manner that is discreet and not offensive to the group or ministry we are serving. Many of our partners on the field may be offended by the consumption of alcohol.

Discrete consumption of alcohol on the plane is permitted if it does not offend Team Members or others around you.

### CONSEQUENCES:

Unacceptable behavior during the trip (as defined within this Code of Conduct) jeopardizes the success of the DW Mobilize's ministry. If mediation during the trip has failed to correct the behavior, the Team Member's services in connection with the trip shall end and the Team Member will return home immediately at his/her own expense.

## MANAGED MISSIONS BACK OFFICE:

When you enrolled for this trip, you created a Managed Missions Account at [managedmissions.com](http://managedmissions.com).

Please login (created when you enrolled for your first trip) to the site and familiarize yourself with your account as it contains some critical trip information.

Please confirm that all of your information is included and accurate.

In your back office you will find:

- Links to mandatory forms to be completed
- Cultural resources and tools
- Educational videos and other useful resources
- Meeting times and dates
- Funding status

## TRIP COST:

### DEPOSIT:

\$1000 (or amount designated per your specific trip) is due prior to ticketing. All payments and deposits can be made at [www.developingworkers.com/trips/](http://www.developingworkers.com/trips/)

- From the "Trips" page, select your trip.
- Fill in the required information and under "Gift Designation", select your name.
- Proceed with the credit card payment.
- Failure to select your own name will result in your funds not being reflected as going toward your trip.
- The deposit amount is for the coverage of your airline ticket. All funds are non-refundable.

### REMAINING BALANCE:

The remainder of your trip cost will be due 30 days prior to your trip departure. Please make every effort to have your funds in on time. \$100 late payment fee is applied if funds are not submitted on time.

To see how much you've raised and the total funds due, please visit your Managed Missions account at [app.managedmissions.com/Account/LogOn](http://app.managedmissions.com/Account/LogOn). See Managed Missions Back Office in this guide for additional information.

- If you have an extenuating circumstance, please connect with us before your payment due date at [tripleader@developingworkers.com](mailto:tripleader@developingworkers.com).
- The link you use for your deposit can be shared in an email or on social media.
- Payments can take up one week to process.
- Please put your name and trip country in the MEMO line.

Checks should be made payable to Developing Workers and mailed to:

Developing Workers  
c/o Jean Bell  
108 East Loma Vista Drive  
Tempe, AZ. 85282

## FUNDRAISING:

There are many types of ways to raise money towards your trip. A common way to raise funds is to write a letter requesting support. These letters need to be concise and yet personal. Here is an overview paragraph you can use and/or tweak to make it your own.

“I will be going with a team of volunteers to provide medical exams, nutritional assessments, child safety assessments, deworming, giving vitamins, dental hygiene instructions, and medicine. Each patient has the opportunity for prayer and to hear the gospel. Our goal will be to share the gospel with each patient and to connect them with the local church for follow up and discipleship. By meeting the communities most basic medical needs, it is possible to come alongside their community leaders, pastors and church leaders, and equip them with strategies to carry out the Great Commission. By developing a culture of mentorship, discipleship, and education that is focused on the whole person, these communities can take what they see and begin implementing it themselves, thus empowering their current leaders and future generations to live well both physically and spiritually.”

### HERE ARE A FEW KEY POINTS TO INCLUDE:

- Ask them to make checks payable to Developing Workers Global and have them sent directly to your home address. Then once you collect them you can submit them at the address above. You may send them in as often as you like.
- Ask them to leave the memo line blank as you will put your name and trip country in the memo line of all checks.
- Include your picture from on a previous trip or possibly serving in some capacity, or just your smiling face.
- Note on the letter that “you will receive a tax receipt from Developing Workers for your donation.”
- Those who make an online credit card donation will receive an email receipt immediately after submitting their gift.
- Cash will not be accepted and does not qualify for a tax receipt.
- Remember to ask for committed prayer partners, you will be required to establish a team of 3 people who will commit to pray for you while you are on this trip.
- Include a self-addressed envelope in your support letter is very helpful, adding a stamp can also be helpful, but not necessary.
- Personalize the letter with a handwritten note, for example, “I hope you are doing well. Congratulations on your new grandchild! I’m sure she will be such a joy in your life.”
- Add a Bible verse, for example “*and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*” Acts 1:8
- Add your handwritten signature on each letter.

## IN A LETTER INCLUDE DIRECTIONS FOR ONLINE GIVING, AS FOLLOWS:

- Go to [developingworkers.com/trips/](http://developingworkers.com/trips/).
- From the "Trips" page, select my trip.
- Fill in the required information and under "Gift Designation", select my name.
- Proceed with the credit card payment.
- Failure to select a name will result in your funds not being reflected as going toward my trip.

## MANAGING DONORS:

- Collect donors' names and save addresses of those who send you checks so you can write thank you notes. (Please note: Names of online donors can be found in your Managed Missions back office.)
- Keep a spreadsheet for your records and include check numbers with amounts.
- As donations start coming in, you will begin to see both check amounts and online donation amounts in your Managed Missions back office. This is where you can check your funding status. Please note: Donations can take up to one week to post.
- **PUBLIC PROFILE:** Each Team Member has access to a personalized online public profile.
- Log into your Managed Missions account.
- Choose the "Setup" option on the left.
- Upload a photo and customize your content. (Some of the content is pre-filled for you.)
- Save and Submit your profile for approval.
- Once your profile is approved, you will receive an email.
- Your link will be LIVE and ready to share on any social media platform or via email. (This is optional.)

## TAX RECEIPTING:

All donations for your trip are tax deductible. The person making a donation will receive a thank you email immediately after making the donation. All donors who make contributions to Developing Workers (by check or online with a credit card) will receive a tax receipt in mid January for all of their contributions for the previous year. We send the tax receipt to the email provided while donating.

## **REQUEST FOR INDIVIDUALIZED ITINERARY FORM:**

If you would like to request an alternate departure or return date/location, you will need to submit the following form to your Trip Leader for approval: [developingworkers.com/individualized-itinerary/](https://developingworkers.com/individualized-itinerary/). (Please note: this form is also located on [developingworkers.com](https://developingworkers.com) under “Team Resources” in the “Trips” tab and on your Managed Missions back office.)

If your request for an individualized itinerary is approved, your Trip Leader will discuss the adjustment to your trip cost.

## **CLIFTONSTRENGTHS ASSESSMENT & COACHING:**

At Developing Workers, we want to create an extraordinary culture on our teams. Your experience serving with us matters. We want to give you the tools to be the best version of you, the version God created to be bold and courageous for the gospel. To accomplish this, we will learn about the four CliftonStrengths domains and how your most dominant talents help you work with information, make things happen, influence others and build relationships.

PLEASE NOTE: Taking the CliftonStrengths Assessment and scheduling the Overview Session takes coordination with our DW Strengths Coach. Please take the assessment at least 7 weeks prior to trip departure and do not wait until the last minute to schedule Overview Sessions. Waiting until the last minute could result in inadequate time to accommodate your Overview Session.

Please follow the instructions below to take the CliftonStrengths assessment and discover your strengths. Visit [my.gallup.com/direct/ac/K6A4B9E6YX9KD7XK](https://my.gallup.com/direct/ac/K6A4B9E6YX9KD7XK).

- Follow the onscreen instructions to create a Gallup account.
- Once registered, you will be able to take the CliftonStrengths assessment. Please give yourself 45 minutes of uninterrupted time to complete it.
- Once completed, please email your results to our DW Strengths Coach Emily Brummund at [emily@illuminatelc.com](mailto:emily@illuminatelc.com).
- Then, please schedule an overview session to review your results with Emily using the following link: [emilybrummund.as.me/](https://emilybrummund.as.me/).

## **TEAM MEETINGS:**

Team meetings are an integral part of connecting with our team before we leave the comforts of home. Please make every effort to attend each meeting. Each meeting (unless otherwise noted) will be via Zoom.

Zoom is a web-based meeting platform where you can attend the meeting from your home. Please try to have your computer available as the link provided for this meeting will be a link to a video meeting. If you use your computer, your phone can be used. Please mute your line when you are not talking so the background noise does not disrupt the meeting.

Meeting times and dates can be found in your Managed Missions back office. Please plan accordingly to attend these meetings. Occasionally, an additional meeting or pre-trip activity will need to be scheduled. You will be notified via email if these meetings arise. Please note: We try to schedule meetings far enough in advance so that you can plan accordingly, however on occasion the meeting times may need to be changed.

The 1st meeting is required for first time Team Members only; however, we welcome our frequent trip goers to join us to share their tips and tricks. The purpose of this meeting is to give our new Team Members plenty of time to understand what your experience with us will look like and ask questions.

The 2nd meeting will be required for the entire team. At this meeting, we will go over trip specific details and travel information, as well as get to know each other better.

## PRE-TRAVEL CHECKLISTS:

### IMMEDIATELY UPON TEAM REGISTRATION:

- Please go to [developingworkers.com](https://developingworkers.com), hover over “Trips”, and select “Team Resources”. The password is 1John4:7-8 (no spaces). Please complete the applicable forms.
- Every trip: Medical Release of Liability and Release to obtain medical care [developingworkers.com/medical-release/](https://developingworkers.com/medical-release/)
- One Child Matters Partner Trips: Statement of Commitment to Child Protection [developingworkers.com/child-protection/](https://developingworkers.com/child-protection/)
- Global Surge Partner Trips: Global Surge Missions Experience application [bit.ly/globalsurgemissions](https://bit.ly/globalsurgemissions)
- Request for individual itinerary (if applicable) [developingworkers.com/individualized-itinerary/](https://developingworkers.com/individualized-itinerary/)
- Travel disclaimers [developingworkers.com/travel-disclaimers/](https://developingworkers.com/travel-disclaimers/)
- Make sure your passport is current and valid six months after your return date.
- Make your \$1000 trip deposit (additional details in the TRIP COST section of this Travel Book).
- Developing Workers does not require any vaccinations for travel. However we do recommend you know what your risks are and make an educated decision on what is right for you. Visit the following website for guidance: <https://www.cdc.gov/travel/>
- If you are getting vaccinated, we recommend starting with your primary care physician to obtain a prescription for a Typhoid vaccine, Malaria prophylaxis, a current Tetanus and a prescription for an antibiotic for traveler's diarrhea. This will save you paying a fee for a travel vaccine service. Costco carries Typhoid Vaccines. If you go to Passport Health or a similar facility, be prepared that there is a very long list of expensive vaccine recommendations.

### 30 DAYS PRIOR TO DEPARTURE:

- Two pairs of navy scrubs purchased and ready.
- CliftonStrengths Assessment completed and your Top 5 Strengths memorized
- CliftonStrengths Overview Session scheduled.
- Make a list of things you may want to purchase or have ready for travel. This is a great way to reduce the stress of worrying about it. Using the NOTES app on your phone is one way that is useful or a small notebook you can keep with you at all times to jot things down.



### 30 DAYS PRIOR TO DEPARTURE (continued):

- Trip balance should be paid at [developingworkers.com/trips/](https://developingworkers.com/trips/).
- If you will be taking medication while traveling, make sure you have an adequate supply for the duration of your trip.
- Consider when you will write thank you notes to your donors, before or after the trip.
- If you are an examiner or helping in pharmacy please complete our Pharmacy training. Go to <https://www.developingworkers.com/trips/>. Scroll down until you see Access Team Resources. Password is 1John4:7-8.  
Under Resources, access the Pharmacy Training Guide on your computer or iPad and the Pharmacy Training Video on your phone.  
You will use the the training guide while you're watching the training video.  
Please allow 1 hour to complete the training.  
If you have any questions about the training, please contact your trip leader.

### 7 DAYS PRIOR TO DEPARTURE:

- Make two copies of your passport, itinerary, doctor information, and vaccinations. Give one to an emergency contact and carry the other copy with you on the trip.
- Call your credit card company ahead of time and let them know the dates of your travel and where you are traveling.
- If you want to use your cell phone while traveling, call your provider for data plans and options.
- WhatsApp downloaded and notifications turned on.
- Pick up your supply suitcase from your Trip Leader. (Please note: Details about your supply suitcase will be discussed during your team meetings. DO NOT add or remove anything from your supply suitcase.)

## SUGGESTED PACKING LIST:

The packing list items noted below are optional, unless otherwise noted. Many items listed are to help you feel as comfortable and prepared as possible, and to avoid the “Oh, I wish I would have thought to bring...” moments.

- Bible (paper or electronic version) (MANDATORY)
- Journal and Pen
- Travel Wallet/Fanny Pack to hold passport
- Spending money for souvenirs/food in airport (about \$100)
- Small travel packs of toilet paper/tissue
- Towel and washcloth (washcloths may not be available overseas)
- Personal hygiene items
- Soap, shampoo, conditioner (may not be supplied at some hotels)
- Cards to write notes to interpreters/directors
- Book to read
- Two pairs of navy scrubs for clinic (MANDATORY)
- Sunglasses
- Hat
- Church clothes men - dockers and a nice shirt
- Church clothes women - dress or capri pants (shoulders/knees must be covered)
- Modest swimsuit and swimsuit cover (if needed for your trip)
- Raincoat/light jacket
- Flipflops to run around hotel/for the shower, if needed
- Tennis shoes or work shoes for clinic
- TED hose/compression socks to prevent swelling in flight
- Dirty clothes bag or plastic bag
- Camera
- Adapters/converters/cords
- External charger
- Alarm clock
- Personal fan
- Flashlight (or use phone)
- Hand sanitizer
- Bugspray (with DEET)
- Laundry soap for scrubs
- Sunscreen
- Water bottle (MANDATORY)
- Drink mixes with electrolytes (propel, hydrate, gatorade, etc.)
- Snack/lunch items for clinic days
- Basic first aid supplies
- Ear plugs
- Ziploc bags
- Dryer sheets (6) for bed, in between sheets, keeps bed bugs away
- Stickers (for kids)

## LUGGAGE:

### PERSONAL SUITCASE:

When packing, be sure to know the airlines' luggage restrictions. You can find this information through your Trip Leader or airline websites.

- Check the condition of your luggage. Don't take broken or worn bags.
- All liquids for carry-on bags must be in containers no more than 3 ounces in volume. Place these containers in a single, 1-quart sized, clear, zip-top bag. Each passenger is allowed only one bag of liquids. If this rule is not followed, the liquids could be discarded at the security check and you will be without these items for the entire trip.
- Make sure you pack using a suitcase, backpack, or duffle bag that you will be comfortable carrying as you may be asked to carry it through an airport or up several flights of stairs.
- Pack necessities, all personal medications and a change of clothes in your carry-on just in case your luggage is delayed or lost.
- When traveling to certain countries, luggage restrictions may be in place. In these cases, you may be asked to pack all of your personal belongings in a carry-on bag to be taken on the airplane with you. In these instances, these restrictions will be discussed during your team meetings.
- You will receive a Developing Workers luggage tag for use on your personal suitcase for identification purposes.

### SUPPLY BAG:

Each Team Member will be assigned a supply suitcase that is your responsibility from origin to destination.

- If you are traveling from a different destination than Arizona, you may not be assigned a supply suitcase.
- You will pick up your supply suitcase from your Trip Leader approximately one week prior to departure.
- Please note: Details about your supply suitcase will be discussed during your team meetings.
- DO NOT add or remove anything from your supply suitcase.

## JET LAG:

Traveling to a new and different time zone can sometimes make you feel tired & lethargic. This less-than-uplifting response is called jet lag.

### PREVENTING JET LAG:

On the plane, drink plenty of water and avoid caffeinated sodas. Caffeine can cause dehydration and add to feelings of anxiety. Make sure to stay active during the flight as well.

At your destination, try to get out into the sun during the daytime. Exposure to the sun prompts your biological clock to stay in an awake state.

Try to exercise and do not nap. This helps keep you alert during the day and tires your body making it ready for rest at night.

Make sure you adjust any medication schedules you are on to your travel arrangements. Talk to your doctor if you are concerned that this may become an issue.

### SYMPTOMS OF JET LAG:

- Headache
- Constipation, fatigue, and lethargy
- Sweating
- Irritability or anxiety
- Dehydration
- Difficulty concentrating
- Difficulty sleeping
- Loss of appetite and nausea
- Minor coordination problems

## SUNBURN:

During daytime hours, you may be exposed to intense UV radiation from the sun. You are responsible for taking care of your skin. Please monitor your skin's condition and take 5 minutes every 2-3 hours to put on a new layer of sun protection. Wearing hats, long sleeve shirts, and pants will also help prevent overexposure. We do always try to have clinic in a covered area, but there are no guarantees.

## DEHYDRATION:

During your trip, you will be very active in hot, and often humid climates. It is your responsibility to restore fluid loss. We recommend packing a water container along with your other items. Water will also be provided throughout your trip by the in-country staff.

## ILLNESS:

You are responsible to monitor your personal health while on the trip. This includes taking medications and responding to symptoms appropriately. Please notify the Trip Leader right away when you begin to feel symptoms that would require special attention by you, the leader, or a medical professional.

Please feel free to take the time to rest and relax when not busy. This is particularly important in a foreign country where you are exposed to new stresses, fatigue, and viruses. Plan to go to bed earlier than your normal routine, when allowed by the team's schedule. Developing Workers will purchase travel insurance on your behalf that will often help cover expenses in the event of a medical emergency. It is the responsibility of the traveler to understand coverage provided by a work-sponsored health plan and its benefits in travel situations.

### TRAVELER'S DIARRHEA:

Travelers' Diarrhea occurs when micro-organisms are carried through food or water sources and ingested by people. In cases where a person's body becomes infected, the body's reaction is to flush the bacteria out as soon as possible. This manifest itself as intestinal pressure and finally unformed stools are expelled frequently for several days.

Things to avoid, lessening the risk of travelers' diarrhea:

- Tap water
- Ice from unfiltered water
- Fruits without a peel
- Uncooked vegetables salads
- Unpasteurized milk and milk by-products
- Undercooked meat, seafood, or food from street vendors

If you do get diarrhea:

- Tell your Trip Leader. Remember, you will likely not be the only one to get sick. Your leader is prepared to assist you but cannot if he or she doesn't know what is going on.
- Drink lots of bottled water and add electrolytes. If you still feel dehydrated, tell your Trip Leader.
- Limit food to clear liquids to start and easily digestible solids like crackers, bread, rice and toast. As your appetite grows, slowly add simple bland foods. Be cautious not to do this before a time of extended travel.
- Consider taking an anti-diarrhea medication according to the directions.

## THEFT:

Developing Workers is not responsible for any lost or stolen items. It is the responsibility of the owner to look after valuable items. As a foreigner you will attract attention and be noticed by locals. You dress, act, and look differently and likely can't communicate in the local language. Most people you come in contact with will embrace your difference. However, some might seek to take advantage of the situation and your lack of cultural knowledge. Be sure to stay conscious of your belongings and self. If possible, leave valuables behind in the safe at your hotel. Just remember to always have your passport on you.

## SAFETY:

Your safety is our number one priority. We will do whatever we can to keep you out of harm's way, but you must also do your part. The following are guidelines to follow while traveling abroad:

- Know your surroundings. Walk with your head up and be aware of what is happening around you.
- Do not expose valuables in public. Be discreet with money and other items of monetary value.
- Keep your address and personal information private. If strangers are within earshot, do not disclose your hotel room number.
- Always stay with the group. Do not go anywhere alone. The group host will give you further instruction while you're in-country - please always follow his or her directions. When walking outside, men please head the front and the rear of the group, women in the middle.

## HEALTH:

**Get sufficient exercise:** Exercise creates immune-enhancing chemicals and increases oxygen flow for a feeling of well-being.

**Consider taking probiotics:** Probiotics are live microorganisms intended to provide health benefits, it contributes to the health and balance of the intestinal tract. A probiotic is also referred to as the "friendly," "beneficial," or "good" bacteria which when ingested acts to maintain a healthy gut flora and helps fight illness and disease. You can usually get them through a local health food store. Culturelle from Costco is a good option.

**Pack a Nutritional Travel Kit:** In preparation for your journey, consider packing a travel kit filled with nutritional snacks, vitamins, and supplements that you can bring along. The following are some optional examples of items you could include:

- Snacks (granola bars, nuts, or seeds)
- Packets of Emergen-C (powdered vitamin C with extra B-vitamins and minerals)
- Supplements (Vitamins A, C, and E, antioxidant formula, maybe sublingual, and digestive enzymes)
- Probiotics (L. acidophilus and other healthy bacteria), aloe vera caps, and other specific herbal immune supporters like Echinacea and Goldenseal, or Powdered Greens.

## WHILE YOU'RE ON THE TRIP:

### Avoid food born illness:

- Avoid ice chipped from a block, consume only ice from a machine that filters water.
- Don't eat street food or unpeeled fruit or vegetables.
- Do not drink water that is from the tap in the airport or hotels.
- Don't brush your teeth with tap water.
- Avoid consuming juices or drinks served to you by local volunteers at clinic. Be mindful of where juices come from and if they have been prepared with filtered water and in a sanitary way. They are typically safe if served from a box.

**Get plenty of sleep:** Sleep is a basic foundation of immunity. Lack of sleep can often lead to reduced immunity against illness.

**Stay hydrated:** Proper hydration does more than just keep you from getting thirsty. Drinking water cools your core body temperature and keeps you from overheating. You will know if you are dehydrated if you don't feel a need to go to the bathroom for several hours, if your joints hurt, or you develop a headache or dizziness. Keeping hydrated will keep you alert and keep you from becoming fatigued from long days!

Let the Trip Leader know at the first sign of stomach upset. Waiting until you have severe symptoms to start an intervention or treatment can prolong your illness.

## WHATSAPP:

Team Members are required to download and become familiar with WhatsApp, an application for your phone. This is an app that can be used like a group text while on WiFi. We will begin using WhatsApp one week prior to departure for team updates. Please make sure your notifications are on to ensure you are receiving these communications.

## ATTITUDE:

Be kind and gracious to local waiters, hotel employees, clerks, etc. We are in their nation to show the love of God. If you are not pleased with a service or situation, be calm and constructive with your words. It is never appropriate to make demands or show dissatisfaction. In most cases, it is better to seek help from the Trip Leader before getting too frustrated. Honor and respect the local missionaries and nationals. They are taking time from their responsibilities to host you. You may not be aware of what they are going through or facing. We never want to add more stress or make their burdens heavier.



## JEWELRY & APPROPRIATE ATTIRE:

- For church/project visits, men are requested to wear slacks or nice blue jeans and a collared shirt. Women are requested to wear long skirts, capris, blue jeans, or slacks.
- For clinic days please bring 2 pairs on navy blue scrubs. Be prepared to wash them during the week and have a fresh pair ready for each day.
- Shorts and sleeveless tank tops are best saved for free time or on your excursion.
- When picking clothes to bring, choose items that are modest and that do not exude wealth. Your expensive clothes and jewelry could invite a rush to judgement that you did not intend to create. It is best to wear things that are plain and provide full coverage.

## TIME:

- Developing relationships is valued above time commitments. Therefore, it is acceptable for locals to take a more relaxed approach to a daily routine and spend more time engaging with friends or strangers. Embrace this cultural adjustment but be responsible to maintain the group's schedule. Be flexible to changes in the daily schedule. Business arrangements are often more informal than what you are used to at home.

## SHOPPING:

- In many foreign countries, bartering is a way of life. It's a great way to break the ice and can be a lot of fun. DO negotiate in the markets if the host recommends it. This varies by location. However, please keep the following guidelines in mind:
- Once you have made an offer, you are committed. It can be offensive to back out, so be sure you want the item before making an offer.
- Always be polite, but firm.
- Under no circumstance should you question the validity of any price. A small amount to you could be extremely important to the seller.
- Some items available in local markets cannot be exported back to your home. Make sure you do not purchase something that is forbidden. Examples include, but are not limited to, wildlife and reptile skins or shells.

## TIPPING:

- Tipping will be handled by your Trip Leader or in country staff. Often times, the in-country staff has funds that he or she will use to tip on behalf of the entire team.

## CAMERA & VIDEO:

- Be sensitive to where you are using camera and video equipment.
- Avoid drawing attention to yourself and the group.
- Respect the dignity of others. Not all people appreciate being photographed or filmed. If in doubt, ask permission or ask the opinion of the Trip Leader.
- Avoid filming or taking pictures of or near any government officials or government sites.

## SOCIAL MEDIA:

For many, a short-term mission trip is an exciting and new experience. It is a beautiful combination of exploration and service. Each day is filled with opportunities to be the hands and feet of Jesus.

Today when we discover something new, see a new sight, or try an interesting food, we feel a tug to pull out our phones to capture the moment to share it with others.

At Developing Workers, we have learned that social media can be both a blessing and a distraction. It can sometimes be a hindrance to staying engaged in the ministry happening around us. We don't want you to miss it! However, social media can be an excellent and necessary tool to share the powerful stories that are going on all around us.

### That leads us to 3 questions to wrestle with as a group:

- How can we use social media to engage our friends and family in prayer and support for our group?
- How can we use social media to share our experiences and stories as we return?
- How can we best represent the people and the mission we are there doing? The one we raised support for or have asked for prayer for?

It is helpful to consider yourself as the viewer of your posts in the US. Please consider the story that your posts and photos are telling. If you are only posting the fun "after work hours", free time activities, what message is that relaying to those at home? A good rule of thumb is to post 3-5 ministry related posts to every 1 free time post.

Don't forget to hashtag your posts with [#developingworkers](#) and your trip specific hash tag. Your experiences and stories are powerful and meaningful not only to you, but to a world of people who also are considering supporting or serving. Please represent the field and Developing Workers well.

## **REQUESTS TO HELP NATIONALS:**

Occasionally, host country nationals will give an emotional plea for assistance for their struggling family. While their need is valid and you may have the means to help, do not feel pressured to meet these needs. Listening and empathizing with their troubles is the best solution, do not make commitments to help. If you do feel called to help further, talk to your Trip Leader. The Trip Leader, in turn, can speak with the in-country staff to see if it is appropriate to help. In many places, you will see locals, including children, begging for money or food. In general, avoid giving to people that are begging. Giving money may attract unwanted attention and can create difficult or dangerous situations for the team. If you see children begging, they are usually sent by their parents or another adult. The money the child acquires will most likely not remain with them but go to someone else.

## **INTERACTING WITH CHILDREN:**

Children in foreign countries are just like children in America. They have lots of energy, are full of joy, and simply want to play. To bridge the cultural and language barrier, it can be helpful to prepare activities or games to engage the child in.

The following are suggestions for items to bring with you to make the interaction with children more enjoyable and easier.

- Tennis balls
- Stickers
- Bubbles

## **BLESS THE FIELD GIFT:**

At times, it is appropriate to offer a monetary gift to our host or host church. If this is an opportunity that arises, your Trip Leader will ask if anyone would like to collectively, as a team take an offering. This is optional to each individual and not something that is done on every trip.



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