



TRAVEL GUIDE



Imagine the Possibilities

Life is precious and fragile and when it is in crisis it takes love, prayer and people with a servant's heart to help mend it.

Imagine, taking food to starving children, or transporting a child to the United States from a country where medical care is almost non-existent. Or imagine yourself serving in a medical capacity, or as a non medical volunteer distributing food to children in disaster situations or rebuilding homes, clinics, schools and churches. Imagine the Possibilities!

There is a huge challenge out there and I can assure you that your life will change dramatically when you volunteer to go on a mission trip in The United States or abroad. You will see the world as it is. You will experience the hurts, needs, and pains of children and their families who suffer from hunger, disease, and malnutrition. You will see children who have been displaced from their families and communities through wars and natural disasters. You will begin to view the world differently and discover your part in it, with different eyes. You will find out that doors of opportunity to serve others will be opened in ways that you have never thought of.

Believe me, I know how easy it is to get overwhelmed by the thought of volunteering for a missions trip. But rather than focusing on the negative, think about how you can help change the life of a child, their family, or community. Think about how you can bring hope into a situation that appears to be too impossible to fix. You may ask yourself, "How can I change a child's life by myself?" The answer to that question is you can't because responding to a child, a family, or a community in crisis is not a fixed, precise, or perfect undertaking. It takes love and a spirit of Servanthood plus positive relationships with team members, team leaders, nationals and missionaries.

Volunteering is a wonderfully rewarding experience, especially if you are prepared and have spent time in prayer. Going on a mission trip is not for everyone, but if you decide that you want to make the plunge in volunteering, make sure that it is something that you will be able to follow through with.

Reaching Children...One By One

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Getting ready for your overseas trip can be exhausting and confusing. That's why it is important to secure a good travel agent who can help you with all the details. Your travel agent can tell you exactly what you will need and how to get it. You can also check with a team leader at ISOH/IMPACT who can advise you about your passport, visa and immunizations.

Passports

Always travel with a current passport. Getting a passport is simple but will take a little time. Passport agencies are located in courthouses and some post offices. You will need to apply in person if this is your first application for a passport. You will also need to take the following documents along:

1. Proof of U.S. Citizenship:

Your old Passport, certified birth certificate or Naturalization papers are needed.

2. Proof of Identity:

You will need a Document with a photo and signature such as a valid driver's license.

3. Photographs:

You will need two identical photos, two-inch square, full face view, within six months of your application. At least six copies of the photo will be needed for visas and ISOH/IMPACT Board applications. It is good to take two additional copies of the photo (kept separate from your passport) in case you need to replace your passport.

4. Passport Application Form & Fee:

You can obtain the form and requirement information from the Clerk or Deputy Clerk of a Federal Court of Record, certain post offices or passport office. Check with your travel agent for the nearest offices to get your passport application, Allow at least one month for processing your passport application. (Photocopy your passport pages and carry them separately.)

Apply for your passport well in advance of your departure date. The application process is simple but time-consuming. Be sure to carry your passport with you at all times while you are overseas. Your visa, granted by the government of the country you will enter, may be only a stamp in your passport or it may be a special certificate.



Visa

A visa is permission to enter any country which is granted by the government of that country. The visa may be stamped in your passport or it could be a special certificate. EACH COUNTRY IS DIFFERENT. Your travel agent will know what you need. Many countries will not require a visa. Check with your travel agent & ISOH/IMPACT.



Be sure to answer all questions when you complete the visa application. When asked about the purpose of your visit, remember to indicate "tourist" or "visit." Don't say you are going as a "Missionary" it could cause your application to be delayed or declined. In fact it can help if the entire team fills out the visa application just alike in those areas.

Immunizations

All your current travel immunizations should be recorded in the booklet issued by the World Health organization. This booklet is accepted as the approved format by all members of the United Nations and should be carried with your passport. You will receive from ISOH/IMPACT a list of required/suggested immunizations for your assigned country. It is also recommended that you receive the following basic immunizations regardless of the country where you will be traveling.

1. Tetanus-TD.

Booster every 10 years

2. Poliomyelitis.

One booster as an adult. Booster every 10 years in heavily endemic areas.

3. Typhoid Vaccine.

Advisable for trips lasting more than six weeks in all Third World countries. Two injections four weeks apart. Single boosters every two years if vaccinated previously. An oral vaccine also is available with boosters every five years.

4. Hepatitis A Protection.

Advisable for all Third World Countries for only one trip. Immune Globulin is a less expensive. Injection according to body weight a few days before travel. But for multiple trips, Hepatitis A vaccine (Havrix) is recommended. The first injection is preferable two to four weeks before travel, following a booster six to 12 months later. Protection continues for at least 10 years.

5. Other Vaccinations.

Other vaccinations such as yellow fever or cholera may be required in certain countries. If not required the cholera is not recommended as it has limited effectiveness and the risk of contagion is very low for travelers from the United States, even during epidemics.

6. Hepatitis B, Rabies Vaccine, Meningococcus Vaccine.

Needed in some countries

Specific immunizations depend upon the country where you are serving. Contact your doctor or your local health department for up-to-date information on inoculation need in your country. Consult your doctor before taking any inoculations. Where do you get shots? Remember to shop around for prices. Your local health department may be less expensive than your personal physician.

It is also important to find out about the medical facilities in the country where you will be serving. The missionaries and/or medical group with whom you will be serving will be familiar with the medical facilities in the area.



Make sure to take extra medicine for special medical needs. Also find out about medical evacuation procedures including airlifts.

All international Medical Mission projects require an insurance package. The insurance will include a detailed explanation of your coverage. Do not leave the country without adequate coverage. It is better to be prepared for any possible emergency situation.



Financial Needs

You will have to come up with your own financial support which, quite frankly, can be overwhelming. Just the idea itself can be overwhelming with all kinds of emotions such as: joy, dread, fear, uncertainty, and finally rejection. The thought of raising your own support does not need to be an embarrassment nor does it need to be fearful. Tremendous blessings can result for both you and your supporters. Those who help support you will be blessed and you will be humbly blessed by the love of others as you accept

Emergency Information Check List

- Carry your emergency information on your person
- Give copy of information to ISOH/IMPACT Team Leaders
- Phone Numbers
- Fax Numbers
- Primary Contact, address phone home & overseas
- Secondary Contact, address, phone home & overseas
- Social Security Numbers
- Medical History
- Critical Medical Needs
- Allergy Information
- Photocopy of Passport, Visa, Immunization Record separate from passport
- Detailed itinerary

(Note: Add personal specifics to this list)

Ideas For Financial Support

- Rent yourself out for work and errands
- Take orders for items that you can sell
- Speak to groups in the community
- Ask businesses to donate supplies
- Ask health care facilities to donate supplies
- Send out letters asking for support



Tips

Financial help will come from unexpected people and places. So your first step in finding support will be to let others know of your need for financial support to travel as a missionary.

As a volunteer under the auspices of ISOH/IMPACT you may be able to claim out-of-pocket expenses related to the ministry as deductions for U.S. tax purposes. This includes transportation to and from the field, as well as food and lodging while performing your volunteer duties. Please refer to IRS publication 526 and consult your tax advisor for specific information,

Make your Financial Needs Known

- Church Newsletter
- Letters to family and Friends
- Personal Friends
- Speaking in churches
- Speaking in community groups
- Contact with businesses

Make sure you have information on the financial specifics before your trip ahead of time. Do not overlook the seemingly "small" things you will need. You will need cost information on air transportation, lodging, passports, visas, immunizations, departure taxes, ground transportation, tips, food, extra baggage, sight-seeing and tourist attractions.

Don't Forget!

Believe it or not, overseas volunteers, like us, often arrive on the field without their underwear, toothbrushes, soap, and other important items. That is why you should try and know all you can about the country you will be traveling to and working in. You will need to know if you will be able to purchase those items you forget, the type of work you will be doing, the weather, church atmosphere, and other information regarding the culture.

What you wear over seas does make a difference—so make sure that you dress modest for all occasions. You will need basic travel clothes for work, church and special occasions. Make sure you have comfortable shoes. Also remember, the way you dress makes a statement about you and the views that you have regarding the country that you are visiting. Please do not overdress or wear flashy jewelry and do not under dress (wearing cut off jeans to church or a special occasion). Dressing down can also send a negative statement to the nationals since many nationals will wear their best clothes to the airport to greet you.

It is important to know how much the baggage is allowed to weigh when packing. You will have to pay if you have too much luggage pieces or if the individual luggage piece is over the weight limit.

Do not take more than you can carry, most likely there will be no one available to help you.

It is a good idea to have an extra set of clothing, underwear, and medications in your carry-on bag. Sometimes luggage does not arrive with you in the country you are visiting. Also have extra money on hand for tipping.

These are just suggestions. Your particular trip may require additional items.

- Bible
- Passport/Visa
- Airplane tickets
- Basic clothing (keep weather in mind, and do not forget your underwear)
- Towels & Washclothes
- Hat (protection from sun), Work gloves
- Camera & Film, CD player (battery operated)
- First-aid items
- Toilet paper & Wet wipes
- Insect Repellent
- Flashlight/penlight
- Feminine products
- Blow dryer (may not be able to use)
- Medicines: prescriptions and over-the-counter including anti-diarrhea medication, laxatives, and anti-motion sickness medications. (Take all medications you need. You probably can't buy them in the country.)
- Journal/pen for quiet times
- Itinerary
- Work-related clothes
- Comfortable shoes
- Toiletry Items
- Sunscreen/lip balm with sunscreen
- Tissues
- Plastic grocery bags
- Electrical current adapter
- Gifts for host/hostess
- Reading material for travel time
- Visa or American Express Credit Cards (At times you cannot change money but credit will be accepted)
- Extra eye glasses, especially if you wear contacts



Travel Arrangements

Volunteers are responsible to help with their own travel arrangements. You are free to travel with any travel agency that you may find. Or you may want to contact ISOH/IMPACT who are experienced in making arrangements. However make sure that you inquire about visa requirements for entry into the country you wish to travel to work in. Some countries require visas, while for others, only a valid passport is needed.

For up to date information on travel to foreign countries, including current travel advisories, please check <http://www.state.gov/travel>. Additional information on a particular country can be found at the US Embassy site in that country. Links to the US Embassy around the world can be located at <http://usembassy.state.gov/>

You may want to check on the protocols for handling travelers to and from SARS infected areas. You may want to check with the airlines and/or the Embassy of the country you intend to travel to enter or transit. Locate the embassy web address at

<http://usembassy.state.gov> . American citizens may also contact the Department of States toll-free at (888) 407-4747, or if calling from overseas, (317) 472-2328, for information.

For additional you can contact the Central for Disease Control at <http://www.cdc.gov> for immunizations and other information.

<http://www.missionaryhealth.net>
<http://www.mtstravel.com>



Safety Choices

Safety important, but it becomes even more important when you are traveling overseas. You can never take too many preparations. Here are some precautions.

Some ways in carry money include: Money belts or money pouches; Purses or Euro Bags that have a shoulder strap with zippers to keep compartments closed; Money clips or rubber bands around billfolds (do not carry money in your back pocket.

Do's	Don't
1. Contact the local U.S. Embassy and let them know you are in the country.	1. Don't forget to notify the U.S. Embassy in the country where you are visiting.
2. Always carry your passport. Guard it!	2. Don't exchange money on the street
3. Use a money belt.	3. Don't wear flashy jewelry
4. Always go out with a friend.	4. Don't put all your money in one place.
5. Keep your doors locked	5. Don't go out alone. Don't reveal your room number to strangers or your future plans.
6. Keep car/taxi windows closed.	6. Don't flash wads of money.
7. Put identification tags on all your bags.	7. Don't carry a lot of cash.
8. Carry a card the taxi driver can read to get back to the place where you are staying.	8. Don't carry an open purse.
9. Carry Traveler's Checks (American Express Only)	9. Don't promise anything, not even to write a letter to someone, if you cannot follow through with your promise.

When you first arrive in the country you will be working, listen to what the missionaries tell about changing money. Never carry large sums of money with you and keep your money secure keep it close to you body. Wherever you choose to carry your money do not keep patting or reaching for the pocket to check on it. That clearly points to your money.

Always be careful when traveling in a taxi. Keep the window up, the doors locked, and move valuable to the middle of the vehicle. And Never Go Out Alone! Always take at least one person with you. Try to blend in with other people rather than drawing attention to your selves. The less noticeable you are, the fewer problems you will have.

You can never be too careful when traveling overseas. Always travel with at least one person and try blend in rather than bring attention to yourself. Be Prepared!



Diverse Cultures: Flexibility is the Key to Other Cultures

Culture refers to a way of life that is totally different from the way you live. Different ideas, different customs, traditions, language, belief system, social structure, and norm. You will find many differences in the country you will serve. The stress from those differences can cause problems and make a difference to whether your effectiveness as a volunteer will be positive or negative. The best way to prepare yourself to overcome these differences is to prepare yourself for potential problems before you go. Find out what ever you can about the country, the organization you will be traveling with, and your team leaders. There will be times when you will be uncomfortable due to culture differences. Remain calm.

Flexibility is the key in another culture; flexibility is the key to working with new people, new surroundings, and new circumstances. You will probably find differences related to privacy, worship styles, and meal times. Privacy or lack of it can be a stumbling block if you are not prepared. The styles of toilets can be very different...not to mention there may not be any toilet paper.

Worship is a big event in many cultures. You may be sitting on a hard bench for several hours or under a tree. Meal time is another big event that can last for hours. Don't be impatient. It may be rude to turn food away, but follow the lead of your missionary host or team leader. If you notice that he or she is not eating, you might be wise to do the same thing. Smoking and drinking are often seen as rude and offensive behavior in many countries.

Do not be critical of the differences you see because a critical attitude can interfere with the work of the Holy Spirit. You will have a successful mission experience if you have a cooperative attitude and remain flexible.

Hospitality

It is important to be hospitable towards those you serve in the country that you are working. It is easier to show care, attention towards others if you plan in advance. You can ask if there is a particular need or item that you can bring. It is important to remember small gifts for the nationals who are working with you. Kids love candy, toys and craft supplies.

Your Voyage

You will be so excited when the plane finally lands. There will be new sights, sounds and smells. You will be living and working in a new culture. But do not forget the reason you are there...don't get caught up in the moment and forget to schedule time for both yourself as well as with other team members. And don't trust in your own strength and abilities. It is only through the Holy Spirit that anything of lasting value can be accomplished.

Every morning the team leader with ISOH/IMPACT will set aside time for devotions as well as a time of sharing. It is important that team members spend time together so that they can develop a spiritual bond. The evening is also a great time to reflect on your day; what did the Lord teach you about yourself. It is important to keep track of your thoughts. Take a few moments each day for journaling...writing down your thoughts. The evening is also a great time for a team meeting. Remember to encourage one another and give God the honor and Glory for all that happens.

Your trip back home will also be filled with emotions. You will want to share every experience whether someone wants to hear it or not. You may also feel emotions of separation from team members and times of low feelings. Your journal will help you process what you have experienced...the highlights as well as the low points. You may want to ask yourself a few questions. What were my expectations? Were they met? Have I grown spiritually? Did I do what I wanted to do or was I flexible? Was I a servant? Was I changed by this experience?

Equally important is the way you share with others about your experience. How were you changed? Did you grow spiritually? What is different about you as a result of this trip? What will you do with this experience? Remember to be open and share with one another

Volunteer Checklist

- Contact with ISOH/IMPACT
- Passports secured
- Visas acquired
- Orientation materials acquired
- Meetings scheduled with team
- Work days for packing supplies
- Volunteers application submitted
- Recommendation letters returned
- Liability Form returned
- Travel arrangements made
- Travel Insurance acquired
- Necessary Immunizations taken



ISOH/IMPACT

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