



Participant Handbook

This is version 2 of this handbook, your suggestions for improvements are wanted, please pass them on to Bruce Beatty or Kelly Yetter.

Greetings!

Thank you for making the decision to serve our Lord Jesus Christ through short-term missions! It's a remarkable step to choose to spend your time off from work or school serving others. In a world that continually seeks to find fulfillment in a myriad of unhealthy ways, you have chosen to follow exactly what Jesus Christ told us to do in His last words on earth: "Go into all the world and make disciples of every nation, baptizing them in the name of the Father, and the Son, and the Holy Spirit" (Matthew 28:19).

Work & Witness is a short-term missions program through the global Church of the Nazarene. Several years ago I felt led to go on my first trip, and it was a life-changing event for me. I went to serve and received back in blessings far more than I gave. I wish that I would have gone on my first trip when I was much younger, as every trip I make now only increases my desire to go back.

One person can reach and pour their heart for Christ into a limited number of people. When thousands of people want to go serve and pour their hearts into the world, the impact is infinitely greater.

Thank you for allowing Jesus Christ to motivate you to serve in short-term missions. Our vision is that God will do a mighty work through each individual who serves with Fairview Village Church Work & Witness, and through thousands of us serving collectively each year, He is moving more powerfully than we could ever imagine.

If you have any questions or concerns about serving, please contact either Kelly Yetter or myself, and we can also put you in contact with others who have gone before to discuss their experiences with you.

It's all about God!

In Christ,

Bruce Beatty, W&W Coordinator
Kelly Yetter, Pastor

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Mission Trip Checklist

As you begin to plan for your mission trip, use the following checklist to make sure you are prepared for a trip of a lifetime:

Team

- Attend ALL team meetings
- Plan ministries with your team
- Practice your testimony or life story with your teammates
- Pray with your team
- Read the Policy Agreement

Individual

- Pray for your trip
- Thoroughly read through your Work & Witness Participant Handbook
- Write out your testimony or life story
- Recruit 5 or more prayer partners to pray daily for your trip
- Raise the necessary funds
- Write and send out your support letter to family and friends
- Apply for and receive your passport
- Fill out the Team Member information Form
- Visit your doctor or a Travel Clinic to acquire the recommended vaccinations and medications
- Purchase needed supplies and clothing (as necessary)
- Pack appropriately by using the list in your handbook
- Make 3 copies of your passport
 - One for your group leader
 - One for a family member staying home
 - One to keep with you on the trip
- Leave emergency contact info, a copy of your passport, and travel information with a family member

Items to Turn in to Your Group Leader (by dates communicated by leader)

- Individual Registration Form and your \$100 deposit to secure your spot
- A copy of your passport
- The money you were asked to raise
- Health Questionnaire Form
- Signed and notarized Medical Release
- Post-trip evaluation

Passports

Everyone traveling internationally is required to have a passport and a round-trip airline ticket.

United States Citizens

If you currently have a passport please check to make sure that the date of expiration is not within 6 months of the time you will be departing the country you'll be visiting on your mission trip. If it is, you will need to renew your passport prior to your trip.

To obtain a passport for the first time, you need to go in person to one of 6,000+ passport acceptance facilities located throughout the United States with proof of U.S. citizenship such as a birth certificate and a valid form of photo identification, (such as a driver's license). Acceptance facilities include many federal, state and probate courts, post offices, some public libraries, and a number of county and municipal offices. Visit the United States government website for more details and locations to obtain your passport at <http://travel.state.gov/passport>

You'll need to apply in person if you are applying for a U.S. passport for the first time. Each passport usually takes at least 8 weeks for delivery, so allow plenty of lead-time to secure your passport.

When applying for a passport you will need an original birth certificate, that lists your parents names, and has a raised seal. Leave time to obtain an official birth certificate, if you are not able to locate yours.

Obtaining a passport is an investment in your future travel. The U.S. government is now requiring passports to visit Canada, Mexico, and the Caribbean, as well as almost all other countries around the globe. One of the benefits of having a U.S. passport is that it is your most official form of identification and is accepted world-wide.

For more information about obtaining or renewing your passport:

<http://travel.state.gov/content/passports/english/passports/apply.html>

Immunizations and Medications

Step One: Visit www.cdc.gov/travel for country specific information

Step Two: Make an appointment with your Healthcare Professional/Travel Clinic

For convenience, the below link is to a King of Prussia based office,

although no recommendation is made to use this particular one.

<http://www.passporthealthusa.com/locations/pa/king-of-prussia/401/>

Immunizations

Routine: Ensure you are up to date with routine shots such as the poliovirus vaccine, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, etc.

Other: The following are possible immunizations that your health professional may recommend depending on the location you are serving:

- Hepatitis A: All susceptible persons traveling to or working in countries that have high or intermediate hepatitis A endemicity should be vaccinated or receive IG before departure. Hepatitis A vaccine at the age-appropriate dose is preferred to IG. The first dose of hepatitis A vaccine should be administered as soon as travel to countries with high or intermediate endemicity is considered.
- Typhoid: Typhoid vaccine needs to be given 2 weeks before travel to be effective. This can be administered through injection or oral dosage. Your doctor will help you decide which is best for you.

Medications

- Travelers' diarrhea is the most common travel-related ailment. All travelers should bring along an antibiotic and an anti-diarrheal drug to be started promptly if significant diarrhea occurs. An antibiotic is usually prescribed: either Ciprofloxacin (Cipro) 500 mg twice daily or Levofloxacin (Levaquin) 500 mg once daily for a total of three days. Most cases of travelers' diarrhea are mild and do not require either antibiotics or anti-diarrheal drugs, but you may want to bring some Imodium (anti-diarrheal) as a first course of treatment. **Adequate fluid intake is essential.**
- Malaria: **This is country specific and based on the recommendation of your health professional.** Chloroquine is commonly prescribed to prevent Malaria, taken once weekly in a dosage of 500 mg, starting 1-2 weeks before arrival and continuing throughout the trip and for four weeks after departure. An alternative anti-malaria drug is Atovaquone-Proguanil (Malarone), which is taken daily, starting 2 days before, and until 7 days after the trip.

Insect Protection

- **Insect protection measures are strongly recommended.**
- Mosquito nets will be provided as part of your trip fee.
- Bring insect spray (suggest 25% DEET content), to be applied after sunblock.

Health Guidelines

1. Drink water that you know is safe. This usually means drinking bottled water. We provide as much water as you can drink. Bring a water bottle (**with a large mouth opening**) to have refilled and keep with you. Drink water early in the day and often throughout the day.
2. When you are drinking other liquids, look for the word “purified” or “pasteurized” on the container. When you have ice, make sure it is from purified or filtered water.
3. Do not drink out of anyone’s water bottle other than your own. The local children may want to drink from your water bottle; instead find a cup to give them water in.
4. Wash your hands or use anti-bacterial gel frequently but discreetly before every meal. Avoid fruit that cannot be peeled, uncooked vegetables, salads, fruit juices, raw eggs, and uncooked meat or unprocessed cheese.
5. Bring all customary medications with you in their original bottles and take them as directed.
6. Keep a copy of your passport and medical cards with you at all times.
7. Be aware of the intensity of the sun and temperature. Apply sun block frequently and dress at all times to avoid sunburn and heatstroke.
8. Do not take unnecessary physical risks and be conservative with physical limitations. Nobody should be a “hero.” Do not push yourself too hard. Take frequent water breaks, get enough sleep, wear shoes at all times, and wear gloves when necessary.
9. Always take a partner with you when you are away from the group and communicate where you will be with the Team Leader. Be aware of your location and the people around you at all times.
10. Bandage up your cuts and don’t touch anyone’s cuts that are bleeding. We have First Aid kits available for your use.
11. Notify the Team Leader or seek professional help if you experience physical problems. These could include diarrhea lasting more than 48 hours, persistent cramps or vomiting, severe chills, or any other symptoms that are of medical concern.
12. Please stay away from and do not pet or touch any local animals including insects, lizards, dogs, cats and other pets. Animals are not vaccinated like our pets are in North America and they could carry rabies.
13. Zip up your belongings before leaving for the day. Stay on the lodging grounds unless you receive permission to leave.

Work & Witness Insurance Coverage – International Trips

To help you understand the Work and Witness insurance required for all team members by the General Board of the Church of the Nazarene, please read the summary below. This is not a complete policy disclosure, but is intended to provide basic information. An “Emergency Travel Assistance Information form and ID Card” can be read/printed at www.workandwitness.org under the resources tab.

Insurance Summary:

1. Accidental injury or illness maximum coverage is \$100,000. Pre-existing conditions treated in the last 12 months are excluded. (There is no dental coverage except for injury to natural teeth.)
2. Accidental Death & Dismemberment limit is \$75,000.
3. Emergency evacuation – 100% of usual and customary charges. (Evacuation is to the nearest safe country and must have W&W office and insurance company authorization.)
4. Repatriation of Mortal Remains - 100% of usual and customary charges. (Must notify the W&W office at the first sign of serious medical problems or sudden death. Insurance company must be notified to make arrangements.)
5. There is a \$100 deductible per incident. After deductible, the plan pays 100% up to the stated maximums.
6. You must be initially treated during the dates of coverage for the policy to cover follow-up care when you get home.

Procedure Summary:

1. You must contact the W&W office ASAP to notify them of any injury. (If injury is minor, notify the W&W office within a week of your return home. For hospitalization, contact the W&W office and Field Strategy Coordinator immediately.)
2. You are responsible to pay for all medical expenses at the time of service. After claim forms are submitted and processed, the insurance company will reimburse you based on policy.
3. All initial receipts should have the exchange rate and person to be reimbursed clearly noted. Receipts and bills must be received by the company within 20 days of date that care was received.

Note: The Berkley insurance does not cover any costs related to trip disruptions, i.e., flight cancellations, hotel, change in tickets, etc.

Note - This information is subject to change by the global Work & Witness headquarters, so should be reviewed on the above mentioned website for the most current information.

Clothing Guidelines

Our desire is to dress in a manner that does not distract from the message of Jesus Christ at all times. Therefore, wearing dressier and more conservative clothing is a requirement. Washing facilities will not be available, so please pack accordingly. We suggest bringing plenty of shirts and long shorts as you most likely will need a change of clothes on many days because of the heat. Please be sure to pack with the knowledge that it will be very hot.

So, what should I wear...

	MEN	WOMEN
For Church?	<ul style="list-style-type: none">• Long dress pants• Dress shirt	<ul style="list-style-type: none">• Skirts that fall below the knee, lightweight long pants, or capris• Dress with sleeves• Dress shirt• Dress shoes (optional)
For Work Projects?	<ul style="list-style-type: none">• Knee-length shorts or pants• T-shirt• Tennis shoes, work shoes, or boots	<ul style="list-style-type: none">• Knee-length shorts or pants• T-shirt• Tennis shoes, work shoes, or boots
At Other Ministry Sites?	<ul style="list-style-type: none">• Dress shorts or long athletic shorts• Polo shirt or nice t-shirt• Tennis shoes	<ul style="list-style-type: none">• Skirts that fall below the knee, lightweight dress pants, capris, or long shorts• Dress with sleeves• Nice shirt with sleeves• Tennis shoes or closed-toe shoes

Common Questions

How much clothing should I plan on bringing?

As you are packing for a generally hot climate, we recommend bringing extra of everything as you may have to change a few times each day. Generally, bring 2-3 church outfits, 4-5 work project sets of clothes, and 3-4 “other” ministry sets of clothes (depends on length of trip).

What about for swimming? (in case we visit a beach on our tourism day)

Ladies, please make sure you bring a one-piece modest bathing suit. Guys, please bring swimming trunks.

What should I NOT bring?

Sleeveless shirts, low-cut shirts, tank tops, tankinis, bikinis, short shorts, or jewelry

What am I forgetting?

Hat or baseball cap, socks, undergarments, lightweight sleepwear, sunglasses, and rain gear

Policy Agreement

I agree to follow the outlined policies as a mission trip member in accordance with Fairview Village Church (FVCN) Work & Witness:

1. As a representative of Jesus Christ, the United States, and FVCN, I will behave at all times in a manner that brings glory and honor to these institutions.
2. I am aware that my every word and action is being watched during the entire mission trip experience. Therefore, I agree to act and talk in a manner that glorifies the name of Jesus Christ. I want everything I do or say to draw people to Jesus.
3. I will be spiritually, physically, and mentally prepared for a mission trip that will stretch me and mold me in ways that I can only imagine. I will do everything I can ahead of time to prepare myself for a "trip of a lifetime."
4. I am a guest in the area I am visiting. I will respect and follow the traditions of the local people and nationals. For example, if the way I dress offends them, I will change. If I am offered food, I will take it with a "thank you" and a smile.
5. I will not criticize the culture, efficiency, work habits, food, traditions, etc. with which I come in contact. I have come not to judge, but to learn and to share the person of Jesus through my words, actions, and deeds.
6. I will respect and follow the FVCN W&W Leaders and his/her decisions.
7. I agree to have a servant attitude at all times. When I am doing a task or ministry I don't particularly care for, I will put my best foot forward and be witness in this activity and in everything I participate in while on the trip.
8. I will use words that encourage and build up my team members and the nationals at all times. This means I will refrain from gossip or words that bring dissention and take focus away from the goals of the trip.
9. I will have a positive attitude at all times. Every trip has its challenges and unforeseen circumstances. People could get sick, items lost, and plans changed. I realize that there are times I will need to "roll with the punches" and look at challenges as opportunities to be a witness for Jesus Christ.
10. I will work with all members of the team. I will refrain from pursuing romantic relationships during the trip. If my spouse or significant other is on the trip with me, I will make every effort to spend time with each person of the group and interact with all team members. I realize that sleeping accommodations most likely will not allow me to stay in the same room as my spouse. Men will be in rooms with men and women with women.
11. I will attend all team meetings and fulfill the responsibilities I have agreed to before, during, and after the trip. If I am not able to attend a meeting, I will be in contact with my Trip Leader as to what I missed.
12. I will not talk negatively about my home country's politics or the host country's politics during the trip.
13. I will abstain from using, consuming, or possessing alcohol, tobacco products, and illegal drugs while on the trip.
14. I will not steal or commit any crime or do anything illegal while on the trip.
15. I will meet all medical, logistical, and legal travel requirements. I will follow all import and export laws. I will not attempt to bring any item or good into the host country or into the US that is banned.
16. If in the future I desire to return to the host country on a mission trip to visit any connections or ministry locations from this mission trip, I must do so through FVCN Work & Witness or receive their written permission to do so.
17. I will follow the travel, supply, clothing, financial, medical guidelines, etc. set forth and explained to me prior to the trip. I am responsible for knowing and following everything in the FVCN Work & Witness handbook and explained at the group meetings.
18. If I break any of the policies listed above, at the discretion of a FVCN Work & Witness representative and in conjunction with my Group Leader, my mission trip can be terminated and I can be sent home at my own expense. I realize that to attend this trip and represent Jesus Christ on the mission field is a privilege and if I abuse that privilege this constitutes the right for my trip to end prematurely.

Packing Checklist

Clothing

- ☐ Dress clothes for church (2-3)
- ☐ Work project clothes (4-5)
- ☐ Other ministry clothes (3-4)
- ☐ Lightweight sleepwear
- ☐ Undergarments
- ☐ Swimwear (one-piece for ladies)
- ☐ Socks
- ☐ Closed-toe/tennis shoes
- ☐ Dress shoes (optional)

Travel Needs

- ☐ Passport and copy of passport
- ☐ Flight information
- ☐ Medical information and insurance card
- ☐ Personal snacks
- ☐ Spending money*
- ☐ Money belt (optional)

Personal Items

- ☐ Personal Medications
- ☐ Pepto Bismol and Imodium
- ☐ Anti-bacterial hand sanitizer
- ☐ Sunburn medication and lotion
- ☐ Bath towel and/or beach towel
- ☐ Wash cloth and towel
- ☐ Laundry bag (pillow cases work great)
- ☐ Wet wipes
- ☐ Lysol/Febreze
- ☐ Comb/brush
- ☐ Contacts, contact solution, and case
- ☐ Glasses and glasses case (+ spares)
- ☐ Mosquito net (provided)
- ☐ Pillow (optional)
- ☐ Sheets (optional)
- ☐ Toiletries
 - ☐ Razor/shaving cream
 - ☐ Soap and shampoo
 - ☐ Toothbrush(2) /toothpaste/floss

Must Haves

- ☐ Bible
- ☐ Pen
- ☐ Handbook/Journal
- ☐ **Water bottle with large opening**
- ☐ Backpack or small duffel bag
- ☐ Hat or baseball cap
- ☐ Sunglasses
- ☐ Work gloves
- ☐ Safety goggles
- ☐ Battery-operated alarm clock
- ☐ Inexpensive watch
- ☐ Flashlight
- ☐ Ear plugs
- ☐ A roll of toilet paper
- ☐ Sunscreen/sun block
- ☐ Insect Repellent
- ☐ Ziploc baggies (some gallon size, some sandwich size) for packing liquids, and wet items

Other Items**

- ☐ Ministry supplies
- ☐ Donated supplies

**Confirm other needed items with Group Leader

* Spending money:

- ☐ Food in airports or rest areas
- ☐ Snacks in country
- ☐ Church service offerings
- ☐ Love offering at end of trip
- ☐ Souvenirs

Travel Suggestions

Packing

- Plan on bringing one checked suitcase and one carry-on for your own clothing and personal items.
- Pack lightly and efficiently
 - Don't bring unnecessary items in your wallet or purse
 - Stuff your shoes with socks or underwear to save space
 - Roll your clothes to save space
- Bring travel-sized containers of shampoo and other toiletries
- Your luggage may get damaged or lost during travel, so be sure to use older or sturdy luggage.
- Pack one change of clothes and necessary items in your carry-on so if your luggage gets lost or delayed you will have something with you.
- Do NOT bring knives, scissors, tools, or other objects that could be used as weapons in your carry-on luggage.
- Bring clothes that are used. Do not plan on wearing your best stuff.
- Leave enough room in your suitcase for items you may purchase to bring home.
- Consider leaving your dirty clothes behind as a donation (frees room for souvenirs).

General Travel

- You will be given a yellow FVCN luggage tag and a purple handle cover for use on all your bags (checked and carryon). This makes for easy identification at the baggage claim.
- Stick with a partner at the airport and have all flight information and contact information with you in case you get separated.
- Don't wear brand-new shoes in the airport or bring them on the trip. Break them in before you leave to avoid blisters.
- Leave a copy of your itinerary and emergency contact information with a family member or close friend at home.
- Passports will be collected and stored once we are in country, until we are ready to leave at the airport.

Good to Know

- Come into the trip well-rested and in good health. Please get good rest in the days leading up to the trip. Do not pull an all-nighter prior to the trip; you will not have the chance to catch up on sleep during the week.
- Please DO NOT BRING iPods, cell phones, mp3 players, laptops, tablets or any other personal electronic devices as we find them to be a distraction from the mission experience. There is no guarantee of any cell service or wifi connectivity.
- Don't plan on calling or emailing home. Our policy is "no news is good news" while on the trip.
- Trip Leader and W&W host will have phones for emergency situations, able to call out or receive calls. Their contact information will be provided for you to leave at home.
- You will be provided with sample customs/immigration forms for your reference when filling out forms on the airplane (way down) or airport (on way back).



Prepare Yourself for Ministry

Why Me?

The question on your mind may be: “Why should I go on a mission trip?” Many people have wondered the very same thing and have been able to find many good reasons to participate on a short-term mission trip. The following list may help you as you prayerfully join your short-term mission team.

Be a Blessing

- Fulfill the Great Commission (Matthew 28:18-20)
- Invest in the lives of others (Philippians 2:1-4)
- Care for people in need (Matthew 10:42)
- Encourage the Christians and churches in the country you are serving (Ephesians 6:9-10)
- Use the gifts God has given you for His purposes (1 Peter 4:10)

Be Blessed

- Deepen your walk with Jesus Christ
- Build lifelong relationships with your team members
- Fulfill a dream of going on a mission trip
- Learn to rely on God for all your needs
- See God’s power and might in a new way
- Be available for God to use in new ways
- Have the opportunity to find gifts and abilities that you may have not known you had
- Experience the worldwide body of Christ
- Step out of your comfort zone and away from your day-to-day distractions
- Travel to a new country
- Learn about another culture
- View the world from a whole new perspective
- Listen to the voice telling you to go - Jesus may be talking to you

My Prayer Partners

Each team member is expected to find at least five people who will pray for them, other team members, ministries, safety, the nationals, etc. each day of the trip. You may want to ask these partners to support you financially for a portion of the cost of the trip. You are also encouraged to invite these vital members of the team—these prayer warriors—to your reunion after the trip as a celebration and to say “thank you” for all God has done through them and you.

[illegible]

My Testimony

As you prepare to embark on the trip of a lifetime, you may want to spend some time reflecting on what God has done in and through your life. The likelihood that an opportunity to share some of your testimony while you are on this trip is great! These opportunities may be in a formal setting such as at a church service or in an informal setting such as team devotions, group activity, or individual conversation with team members of the local community. You will be most effective if you know what you want to share ahead of time and have practiced prior to the trip.

Possible Themes:

- Your life story with an emphasis on your walk with Jesus
- Your faith journey throughout the years
- Your conversion experience
- Something God is teaching you now or has taught you in the past
- Personalize a Bible story
- A couple of ways that God has impacted your life

Some Reminders for a Formal Setting

- Plan to share for 4-5 minutes
- Write your testimony on a note-card and keep it with you during the trip
- Smile, relax, and share from your heart
- Be real
- Have a solid opening and closing
- Remember you are in another culture and some things may not be culturally relevant
- When you are finished, stop
- Speak loudly, slowly, and clearly (if talking to a group)
- Be ready to share at any time during the trip
- Know what you are trying to say

Helps

The following page has questions that may help you prepare for sharing your testimony or faith story. Please take some time prior to your trip to think about what God has done in your life and how He may use your story to impact the lives of others. He may surprise you with many opportunities throughout the trip to share!

Preparing to Share

Prayerfully consider the following questions as you prepare to share what God has done in your life during your trip and potentially after your trip is completed.

Who is your favorite Bible character and why?

What is your favorite Bible story and what is God teaching you through it?

What has God taught you recently?

When did you come to know Jesus Christ as your personal Savior? How has that changed your life?

What was the first Scripture verse you memorized, or what is a favorite Scripture verse, and how has that impacted you?

How has God amazed you lately?

Who did I meet this week?

As you go through your week of ministering to the people of this particular community, we encourage you to remember these people who have found themselves in your heart. When you go home, continue to pray for them and think of them often. As you meet them, remember to write down their names and what you know about them. As much as we would like to remember, our minds quickly forget details, names, and places. The space below is provided for you to collect names, and information from people you meet.

Name	Other Information to remember

12 Ways to Ruin a Trip of a Lifetime

1. Be a loner. Go off by yourself or with one or two others and don't get to know the other team members or nationals.
2. Expect things will be done in the same way things are done at home and make suggestions as to how to do things better.
3. Be inflexible. Complain and whine when things don't go as expected.
4. Don't eat the food of the country you are visiting. Make jokes about how bad it tastes and what it looks like and then sneak off to find "American" food.
5. Stay up late talking and don't get enough sleep.
6. Look for ways in which this trip will benefit you instead of how you can serve.
7. Point out the negative side of people on your team and those you are visiting.
8. Come unprepared for ministry. Just stand around while everyone else puts forth effort. Wait to be assigned a job.
9. Don't try anything new. Stay in your comfort zone.
10. Don't find prayer partners. Don't pray for your upcoming trip. Don't pray for the trip preparations and logistics. And DON'T pray during your trip.
11. Don't take the sun seriously. Rarely drink water and never apply sun block.
12. Don't read through this handbook and never journal.



Prepare to Go Home

"Every time you cross my mind, I break out in exclamations of thanks to God. Each exclamation is a trigger to prayer. I find myself praying for you with a glad heart...There has never been the slightest doubt in my mind that the God who started the great work in you would keep at it and bring it to a flourishing finish on the day Christ Jesus appears." Philippians 1:3-6 (MSG)

The following pages will help you prepare stories to tell, clarify what God was teaching you in the past weeks, and thank God for all He has done for us! Review these pages in the days, weeks, and months to come as you continue to serve our King at home.

Post-Trip Checklist

Continue to grow:

- Spend time each day in prayer
- Commit to read the Bible and journal daily
- Attend church
- Attend a youth group
- Join a Bible study or small group
- Attend a trip reunion

Continue to serve:

- Volunteer at your church or in your community
- Pay it forward - -contribute financially to your church or charitable organizations
- Make plans to attend a future mission trip
- Use this trip to share about Jesus Christ with people who don't know Him

Share about your trip:

- Send thank-you letters to financial supporters and prayer supporters
- Share pictures with others by posting them on a website or blog
- Share trip experiences at school, church, or work
- Send a story and picture to your local newspaper

“May God Himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ.”

1 Thessalonians 5:23

Dear God...

Take some time to write a letter of thanks to God for all the things He has done in, through, and sometimes in spite of you this week.

"You need to know, friends, that thanking God over and over for you is not only a pleasure; it's a must. We have to do it. Your faith is growing phenomenally; your love for each other is developing wonderfully. Why, it's only right that we give thanks."

1 Thessalonians 1:3 (MSG)

Sharing Your Experience

You may find upon returning home, that some people want to hear every single detail about your trip and will sit down with you for hours as you share about what you saw, who you met, and how God worked on your trip. More often, though, you will find people who will only want to hear one two-minute story about your trip. Make it a good one! The following questions and suggestions will help you prepare to share your mission experience effectively in any situation.

Think of one “God” story that you witnessed while on the trip.

Think of one person you met that had an impact on you.

Think of one funny thing that happened on the trip that may still point people to God.

What did you learn about God on the trip?

What did you learn about yourself on the trip?

What was one thing that surprised you on the trip?

What is one thing that you will NEVER forget?

Bringing Missions Home

It is vitally important that you continue thinking about what God has revealed to you on this mission trip and continue serving once you return home. Please prayerfully consider the following.

What things will you do differently upon returning home?

What are some lessons you learned on this mission trip that you will never want to forget and which you can apply to your life back home?

What are some goals for the rest of your life that God has revealed to you on this trip?

In what ways have you grown in your faith?

In the following chart, please list the ministries you were involved in during the trip and how you can continue to serve in those types of ministries upon returning home.

Ministry	Plan for continuing at home
1.	
2.	
3.	
4.	
5.	



Forms to be
Completed and Turned
In to Team Leader

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Work & Witness Post-trip Evaluation – Trip Dates: _____

Thank you for your participation in the Work & Witness trip! Please share your feedback on the trip, and what we might consider doing differently on a future trip, and to get your input on potential destinations for future trips.

1. How were the food and accommodations for this trip?
2. Did you feel comfortable and safe on this trip?
3. What surprises did this trip have for you (good or bad)?
4. Length of trip – What do you suggest the optimum length of days to be?
5. Cost – This trip was \$_____ per person. What do you believe the optimum price point to be?
6. Timing – Is there a best time to have these trips scheduled? If so, when?
7. Destination – Is international travel an important feature of a Work & Witness trip? If so, what country would you like to see as a destination for a future trip?
8. This trip had several worship services. What is your thought on the amount of worship and witness opportunities?
9. What kind of activities are you interested in for W&W trips? (examples - VBS, Jesus film, medical, crafts, light construction (painting / landscaping), heavy construction (block / concrete))
10. Is there advance preparations / training that would be helpful for W&W trips?
11. What were the best parts of the trip for you?
12. What would you have changed about this trip?

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HEALTH QUESTIONNAIRE



Name: _____

All team members are to complete this form and provide to the team leader, who will keep the form with your medical release during the trip.

Please place a check mark beside any of the health conditions that you may have at the present time or have had in the past. It is important that your team coordinator be aware of any medical problems that may arise while on the trip. Please use the comment space below to add any existing conditions that may not be itemized. Preexisting conditions are not covered by the W&W Insurance policies.

HEART

- ☐ Heart Surgeries
- ☐ Bypasses
- ☐ Heart Medication
- ☐ Pacemaker
- ☐ High blood pressure

LUNGS

- ☐ Asthma
- ☐ Emphysema
- ☐ High Altitudes

DIET

- ☐ Diabetes
- ☐ Prescribed insulin
- ☐ Hypoglycemia
- ☐ Diet restrictions

OTHER

- ☐ Allergies -list
- ☐ Phobias (heights, crowds, etc.)
- ☐ Epilepsy
- ☐ Other Medications (sulfa etc..)
- ☐

COMMENTS

(Please include any health conditions that your team leader should be aware of in case of any emergencies and any list medications you will be taking with you.)

MEDICAL RELEASE



Each team member is to complete the following medical release, and have it notarized before departure. In the case of a minor, the parent or legal guardian should complete, sign and have notarized.

NOTE TO TEAM COORDINATOR: *The signed and notarized copies of the medical release **must be taken to the field by you and not sent to the Work and Witness office since they may be required by the hospital or doctor before medical assistance can be given.***

Date: _____

I hereby give _____ (team coordinator), or _____ (team member) permission to secure immediate medical treatment for me in the event that I am not able to make that decision due to an injury or illness. In the case of a minor, I, the legal guardian, give permission to the aforementioned to secure immediate medical treatment for my child in the event of accident or illness. In either case it will be from the dates of _____ to _____.

NAME: (Print) _____

SIGNATURE: _____
(If minor-guardian's signature)

STATE OF _____

COUNTY OF _____

Sworn to before me and subscribed in my presence this _____ day
of _____, _____

Notary

Expiration and seal



WORK & WITNESS Team Member Information Sheet

Name:

Spouse Name:

Home Phone:

Emergency Contact and Number(s)

Cell phone:

Date of Birth (DD-MM-YYYY):

Email:

Foreign Languages? Physical

Condition (circle) Specify if

Good

Fair

Poor

under Doctors Care

Personal Skills & Services: (if applicable, rate on scale of 1-5, with 5 being most skilled)

Cook

First Aid

Brick/Block

Teacher

Carpenter

Sports

Cement Work

Photography/Video

Electrician

Musician

Mechanic

Preacher/Witnessing

Plumber

Writer

Iron / Welder

Artist

Please summarize any prior experience with Work & Witness or other missions work

Please Summarize your Christian Testimony

WORK & WITNESS

Team Member Information Sheet (continued)

Do you have a fear of heights, step ladders, scaffolding, or other fears? If so, please let the team leader know. We do not wish to place anyone in a work situation where they are uncomfortable or may be placed in inappropriate danger.

Are there any food or diet considerations we should know about you? If you have dietary considerations because of choice, such as vegetarian, please let us know.

Are there any foods you would like considered for the trip? This will assist in menu preparation and determining food items that may be taken along.

Please describe any physical conditions the team / leaders should be aware of that may affect your work. (Joint problems, limitations, exposure to sun, heat, medications, etc).

What are some of your expectations from the trip?

How do you feel you can be used most effectively on the trip? Remember, the focus of the trip is to help our brothers and sisters in Christ with a project.