



Short Term Mission Trip Manual

www.jeremiahshope.org



WELCOME TO AN ADVENTURE!!

It is our prayer that God will bless you over the coming months as you prepare to be used by Him this summer as together we strive to reach “the least of these.” Throughout scripture, ministry and service to orphans is referenced on at least 67 different occasions in conjunction with widows. There are dozens of other times when scripture make reference to just orphans. From the beginning of time, we see that God has an unchanging love for ALL of mankind, but we especially see His heart for those whom society has abandoned. After all, it was these with whom Jesus spent the majority of His days while walking on the earth.

Our desire is to help make your mission trip to Ukraine both beneficial to the children and personally rewarding. We hope and pray that while sharing God’s love with the children, you will be reminded of His love for you and His desire to fulfill His plan in your life also.

For some of you, this may be your first experience working in a different cultural, social and language environment, while others this may be a return trip to minister to children with whom you have ministered to in the past. Visiting an orphanage, teaching in a camp, delivering Christmas gifts, visiting struggling families or other service like building the camp this summer is a unique experience and we want to offer a few guidelines to help you in making preparations.

If you are a second, third, or fourth timer, keep in mind that this will be a brand new team and experience to be embraced with a fresh heart and a desire to serve. You can be instrumental in building team unity and cohesiveness because of your previous experience. We hope that your joy will be as deepened by this trip as it was previously.

PACKING TIP...

Bring a hard copy of this document with you on your trip. It will remind you of important details and help keep you focused on the overall purpose of your team’s mission!!

**Begin praying today for God to do amazing things in and through your team.
Ask your Heavenly Father who desires to give good gifts to his children.**

What You Need to Know About Jeremiah's Hope

Mission Statement

Scriptural Foundation

Characteristics of the Ideal Short Term Mission Team Member

Mission Statement

*Jeremiah's Hope seeks to share God's hope and practical help
with the orphans and at-risk children of Ukraine.
By investing in long-term relationships and ministering
to their spiritual, emotional and physical needs,
we seek to guide these children
to become productive, Christian citizens
in their home country.*

Scriptural Foundations

"Pure and faultless religion is this: to look after the orphans and widows in their distress."
(James 1:27)

"He administers justice to the fatherless and widow, and loves the stranger; giving him food and clothing." (Deuteronomy 10:17-18)

"A father of the fatherless, a defender of the widows, is God in his holy habitation. God sets of the solitary in families; He brings out those who are bound into prosperity." (Psalm 58:5-6)

"Defend the cause of the weak and fatherless, maintain the rights of the poor and oppressed. Rescue the weak and needy..." (Psalm 82:3-4)

"If a man shuts his ear to the cry of the poor, he too will cry out and not be answered."
(Proverbs 21:13)

"Jesus said, 'Let the little children come to me, and do not hinder them, for the Kingdom of Heaven belongs to such as these.'" (Matthew 19:14)

"But my life is worth NOTHING unless I use it for doing the work assigned to me by the Lord Jesus. The work of telling others the Good News of God's wonderful kindness and love." (Acts 20:24)

"We loved you so much that we were delighted to share with you not only the gospel of God, but our lives as well, because you had become so dear to us." (1 Thessalonians 2:8)

Characteristics of the Ideal Short Term Mission Team Member

Here's a peek into the minds of the locals and the missionaries about what kind of person makes a short-term missions trip successful and pleasant....

1. **Flexible!!!** In Ukraine, like many other countries, plans and schedules don't always mesh with reality. Your carefully planned-out game or craft may have to be scrapped. Lunch may be an hour late. You may be switched around to care for a different group of kids. Maybe the schedule has changed and no one told you what's going on. These things are definitely frustrating, and we will try to be as organized as possible, but going with the flow and being laid back about the hiccups will help everyone deal with things easier.



2. **Uncomplaining** - Life in Ukraine is not going to be the same as you are used to. You may have to deal with things that are difficult, unpleasant, unfair, and seemingly (to you) crazy. We try hard to make your trip a pleasant one, but sometimes we may have to ask you to make a sacrifice and it makes a much more pleasant time for everyone when folks aren't complaining.

3. **Servant-hearted** - We love the people who come on a short-term trip who are willing to help out any way they can. Those are the people who see that the dishes need washing, the garbage needs taking out, etc., and they jump in and take care of it, unasked. It's wonderful to have people come to visit and help out who are willing to show the heart of Jesus by serving even in menial ways.

4. **Open-minded** - Until you really live long-term in another culture, you really can't grasp how much of the way you think is because of where you grew up. Keep in mind that it's not just that Ukraine's culture is different, but Ukrainians truly think differently. Western logic (which you think of as just plain logic) does not compute here. Remember that it's not just that Ukrainians are crazy or backwards or whatever, it's that their minds work in a completely different way and sometimes you just aren't going to understand. So stay open minded about things, realizing that it's not necessarily bad, just different.

5. **Humble learner** - Ukrainians love it when you make an attempt to learn some words of their language and ask them questions about them, their families, their culture and their country. It may seem awkward and scary to try to communicate with someone who doesn't speak English, but you will make friends in the attempt, and also you will honor them by taking an interest in their lives and country. Being a humble learner is especially important for those who have come before and know much more than the others on the team.

6. **Team-oriented** - The ideal short-termer understands that they are part of a larger team and is willing to sacrifice their own agenda in order to stick with the team. We will try to accommodate everyone, but sometimes this will be impossible. Don't be the lone ranger trying to do launch out on your own. Be the guy/gal who participates as part of the team.



7. **Risk-taker** - We don't mean extreme sports when we talk about taking risks. We mean the short-termer who is willing to share a conversation with a Ukrainian, try a new dish that may look unappetizing, or attempt to make contact with that scary-looking teenager who is outside smoking and ditching Bible lesson. Now is not the time to worry about looking foolish or staying in your comfort zone.

8. **Understanding and considerate of your hosts** - When missionaries host a short-term team, there is much that goes on behind the scenes you may not be aware of. You and your team are only one of many things that the missionaries need to be taking care of. Be patient and understanding if your needs aren't always met right away, or if the missionaries seem frazzled.

When returning from your short-term trip, please be careful of the image you paint of the missionaries and their service in Ukraine. Remember, they are the ones serving on the "front lines" and working in the "trenches" of ministry in a foreign culture. Be careful not to give those at home the wrong impression of all that they do. Help your local church understand the hard work and service of your hosts!

9. **Not flirtatious or looking to "hook up" with other team members or Ukrainians** - We understand that God brings people together in all kinds of ways and in all kinds of places, but we ask that you wait until your trip is done and you are back home to initiate any kind of romantic relationship. This time is for serving kids and representing Christ to Ukraine. Keep your focus there. This is also true for those with significant others back home. Focus on your short time here, not what you are missing at home.

KEY PERSPECTIVE:

All in all, the ideal team member has a positive attitude and displays Christian character: love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.

None of us attain these all the time, but shoot for this goal and we'll all have a great time.

What You Need to Know About This Trip

Timelines & Deadlines

Budget

Passport Information

Visa Information

Important Contact Information in Ukraine

Travel Insurance

Baggage Allowances

Health Questions

Living Conditions at Camp

Dress Code

Eating the Food

Snacks & Munchies

Communication – Phone & Internet

Money

Typical Daily Camp Schedule

Typical Work Schedule

Timeline and Deadlines

Application Due:	January 15
Acceptance to Team:	2-3 days after application
Funds for Airline Tickets Due:	February 1
Remaining Funds Due:	May 1
Scanned Copy of Passport to JH Office Due: thereafter)	May 1 (or shortly
Scanned Copy of Medical Clearance Form to JH Office Due:	June 1

All checks can be written to “JEREMIAH’S HOPE” and mailed to:

Jeremiah’s Hope
P.O. Box 3411
Abilene, Texas 79604-3411

Budget

Your trip cost includes the following:

- Ground Transportation (to/from airport and to/from siteseeing)
- International Airfare
- Meals while in Ukraine
- Housing while in Ukraine
- Translator and Staff Expenses

Your trip cost does not include:

- Passport (if you don’t have one)
- Travel to and from departure city within the US (Dallas/Fort Worth, Chicago, etc.)
- Souvenirs
- Sight-seeing expenses (this includes meals while traveling in Europe on the return)

Note: Any monies sent to Jeremiah’s Hope, by you or others, for your trip are **non-refundable**, even if you are unable to go on the trip. This has to do with tax deduction issues and unfortunately Jeremiah’s Hope cannot make exceptions. However, if you are unable to participate in the mission trip, speak to the director (Andrew Kelly) about the possibility of Jeremiah’s Hope of retaining the funds raised for your trip for a later trip within one calendar year.

Passport Information

Passports cost approximately \$65.00 and are good for ten years.

It generally takes 3–6 weeks to get a passport. If you don't have a current passport, begin the process as soon as possible.

Call or stop by your local post office to find out where to pick up an application.



You will need the following documents and information:

1. A completed passport application.
2. A certified copy of your birth certificate.
(It must have the embedded government stamp.
This is not the original with your baby footprints on it.)
3. Two identical 2" X 2" photos. You can have these photos taken at a Kinko's, Walgreens or Wal-Mart store.
4. A driver's license.
5. You should also have your social security number on hand. (You don't need the actual card, but just the number to put on the application.)

PACKING TIP...

Make a copy of your passport and keep it separate from your original document. In case of loss or theft, a copy can be very helpful in obtaining a temporary or replacement passport while overseas.

Visa Information

AMERICANS - Currently, there are NO VISA REQUIREMENTS for Americans entering Ukraine for a period of up to 90 days. The law states that Americans may be within the border of Ukraine for 90 out of every 180 days.

AUSTRALIANS – Please be advised that A VISA IS REQUIRED for Australians to enter Ukraine.

DUTCHIES – Currently, there are NO VISA REQUIREMENTS for Dutch citizens entering Ukraine for a period of up to 90 days. The law states that EU Citizens may be within the border of Ukraine for 90 out of every 180 days.

IMPORTANT:

Double check - even if your passport is currently valid, make sure the expiration date is six months later than your return date. The airline will not let your board the plane otherwise!!

Important Contact Information in Ukraine

These numbers should be used **ONLY** for emergencies, not routine communication. *Please let your loved ones at home know not to count on frequent communication from you. We ask people to NOT tell family that they will call or email when they arrive or at other points during the mission trip. It may not be possible, and we don't want people to worry.*

- To call from the US, dial 011-3 then the number.
- To call from other countries, dial the international calling code, then 3, then the number.
- To call within Ukraine, dial the number
- In Ukraine, to reach an English-speaking AT&T operator, dial 8, then 10011.
To reach an English-speaking MCI operator, dial 8, then 10013.

Andrew Kelly

Cell Phone: 8 (050) 973-0736
E-Mail: akellyukraine@gmail.com

Jenny Kelly

Cell Phone: 8 (067) 233-7470
E-Mail: jennykiev@gmail.com

US Embassy	8 (044) 490-4000
Marine Post Security	8 (044) 216-3805
US Embassy Consular Section	8 (044) 490-4422

** If your flight into Ukraine is delayed/cancelled, the best thing to do is to find an internet connection and EMAIL your new flight information to Andrew. We will be checking email if your flight has not arrived. **

Travel Insurance

Insurance is not required for the trip. However, we **STRONGLY** recommend and encourage you to purchase some extra travel insurance. The insurance below is not limited to health, but also covers emergency transportation in case of accident or death.

Talent Trust Consultants is a company providing health insurance and evacuation in the event of medical emergencies. The cost is approximately \$48.00 for two weeks coverage. Check to be sure that your personal health insurance will provide coverage outside of the United States as MOST do NOT provide coverage.

www.talent-trust.com
(You want to enroll in the "Outreach Plan")

Baggage Allowances

American Airlines Luggage allowance:

Checked: 1 bag, weighing no more than 50 pounds each

Carry-on: American Airlines will allow only one carry-on bag plus one personal item such as a jacket, purse, etc. Do not pack a second bag and try to call it your purse.

British Airways Luggage allowance:

Checked: 3 bags, weighing no more than 50 pounds each

Carry-on: British Airways will allow only one carry-on bag ***(no more than 12 pounds)*** plus one personal item such as a jacket, purse, etc. Do not pack a second bag and try to call it your purse. Airline personnel may require you to check the heavier bag and pay for excess baggage



SPECIAL NOTE: Place important items in your carry-on bag: money, passport, tickets, camera, personal medications, and Bible.

Health Questions

No shots are required for this trip. However, you may wish to contact your local Public Health Department and ask what shots are recommended for travel to Ukraine. You may wish to get the following shots:

- Hepatitis (A & B)
- Gammaglobulin
- Booster shot for Diphtheria
- Tetanus shot

There is a vaccine for Hepatitis that is available and will protect you for 20 years. It is about \$120 for a series of 3 shots, but well worth the expense. However, it is NOT necessary for the trip.

You also may wish to carry Pepto Bismol and Immodium tablets, as well as the single packaged antibiotic wipes. Anti-bacterial, waterless hand sanitizer is a great idea.

Packing List

In your carry-on pack:

- Passport
- Plane tickets (if e-tickets, then have your itinerary with you)
- List of contact numbers in Ukraine (in case you miss a flight, get lost, etc.)
- Your cash and a credit card for emergencies (only new, clean, un-torn bills – in denominations of \$10 and up).
Please do NOT bring traveler's checks. Bring cash or ATM/credit cards only.
- Important medicines
- Extra socks and underwear plus your toothbrush and deodorant in case checked bags are lost
- Camera, iPod, etc. (do not put camera, electronics or other valuables in your checked bag. Ukrainian baggage handlers have been known to help themselves.)
- Book or other items for the plane

In one of your checked bags, pack items for yourself:

- One set of nicer clothes (so you feel human at church or sight-seeing)
- One set of sports clothes (for playing sports or playing outside)
- Three to five sets of casual camp clothes (2 pair jeans/pants, 4-5 t-shirts, 1-2 sweatshirts, etc.)
- Swimsuit (ladies: one-piece only please)
- Socks and underwear
- Light Jacket
- 1 pair sandals
- 1 pair tennis shoes
- Medicines as needed
- Bug spray (pump NOT aerosol)
- Sunscreen
- Shampoo, soap, toothpaste
- Hat
- Hairbrush, pony-tail holders (if needed)
- Feminine products (if needed)
- Shaving gear (if needed)
- Bible, journal, pen
- Flashlight and batteries
- Water bottle
- Your personal testimony written out
- Small photo album to show the kids
- Small games to play with kids (cards, UNO, Skipbo, etc.)
- A towel and a set of twin sheets TO LEAVE BEHIND – your donation to the camp linen closet!

PACKING TIP:

Be sure you are able to carry all three of your pieces of luggage by yourself. If you can't, you've probably packed too much. It's completely acceptable in Ukraine to wear the same clothes over and over again.

Your second & third checked bag is for camp supplies and crafts.

Andrew will let you know before camp what you will be bringing in your camp bag. Contact Andrew (or your team leader) at akellyukraine@gmail.com about this.

Living Conditions at the Camp

During your visit to Ukraine, you will be staying on site at the camp property. You will be sleeping in camp bunks and during camp sessions, you will eat camp food. The rooms accommodate from 4-12 people. At the camp there will be modern bathroom facilities, with hot water (be prepared if hot water or electricity goes out – it happens periodically). There is a main lodge with bunkrooms upstairs and bathrooms, kitchen and dining room downstairs. There are also summer cabins (a bit more rustic) on the property that provide accommodation for 8 people in each cabin. The bathrooms and showers for those cabins are in a separate freestanding bathhouse.



The property is very sandy, like beach sand. The front part of the property has some smaller trees and all of the buildings (the main lodge, the directors' house, the cabins, craft cabin and the bath-houses). The back part of the property has hills and ravines and lots of tall pine trees. Some of our sports areas will be on that part of the property. Behind our property is a forest that we may possibly use for hiking, etc.

The camp has a playground, sand volleyball court, soccer field and trampoline.

The camp sits in a small, remote village called Kolentsi (population approximately 200 people). The nearest town is about 7 miles away, and it's called Ivankiv. Ivankiv is an hour drive north of Kiev. There are no amenities in Kolentsi, but Ivankiv has several small stores where the basics are available. To get to a real grocery store or a McDonalds, a trip into Kiev is necessary.

Dress

Please dress modestly!

Ladies: no short shorts or short skirts, no bare mid-riffs (watch those low-riding pants!), one-piece swimsuits only (tankinis are fine). No shorts in church.

Guys: Keep your shirts on unless swimming or playing sports outside. Although in Ukraine it is standard for guys to wear speedos at the beach, we would ask you to wear swim trunks. If you go to a church service wear pants not shorts.

Please remove body-piercing before coming to Ukraine (girls' earrings are fine).

Eating the Food



Much of the food at our meals will be new to Americans, and sometimes might not be to your taste. **You are expected to attend every meal**, and eat something at each meal. At the camp we try hard to serve meals that are pleasing to everyone, but obviously that won't always be the case. Please be sensitive to those who have spent hours in a hot kitchen preparing your food. Also remember that food you don't like may be standard food for Ukrainians, so in light of that please do not complain or make faces or comments about how you don't like the food. Also, keep in mind that the children you will be working with come from homes where they often eat only once a day, so they are hungry. Meals at camp are a treat for them, so do not make yourself look like the "Ugly American" and refuse to eat something just cause it isn't your favorite food...the kid across from the table – it might be his only food!

Sample Camp Breakfasts

Banana Bread, Orange Wedges, Cereal & Milk, Hot Tea
Cinnamon Sugar Muffins, Banana, Oatmeal, Hot Tea

Sample Camp Lunch

Chicken & Rice Soup, Hot Dog Weiner, Mashed Potato, Cabbage/Carrot Salad, Kool Aid
Hamburger Soup, Grilled Chicken Legs, Mushroom Wild Rice, Carrot Salad, Lemonade

Sample Camp Dinner

Cheese & Tomato Pizza, Coleslaw, Chocolate Cupcake, Juice
Chicken Mushroom Paste, Cabbage Salad, Jello, Juice
Cheeseburgers, Chips, Pickles, Juice

On the camp property, **water comes from a clean well, so drinking it is fine.** Outside of camp, tap water isn't recommended to drink.

Snacks & Munchies



There are no shops or kiosks in our village and we will not be able to be going into town daily. Therefore, Jeremiah's Hope operates a small store on the property for **TEAM MEMBERS ONLY!**

Drinks – Coke, Diet Coke, Coke Zero, Pepsi, Pepsi Max,
Sprite, Fanta, Peach Tea, Berry Tea, Lemon Tea

Snacks – Snickers, M&Ms, Peanut M&Ms, Twix, Kit Kat, Chips

Communication- Phone & Internet

Will I have internet access? Not on a regular daily basis. Jeremiah's Hope has a Netbook connected (via Satellite) for our guests to use. Unfortunately, we have to pass the cost on to team members for usage. It costs \$1 for 15 minutes of usage. Also, think about this...are you coming to serve the kids in Ukraine? If so, why do you need internet that week? Give it up for a week and enjoy the short moments you have with the kids who need your love and attention!

What about phone access? Phone access will also be very limited. We will be able to call the States in case of an emergency. (Also, leave a copy of the contact numbers page with parents/spouse so if need be, someone in the States could call us in an emergency). Other than that, don't count on being able to call home.



Money

What's the best way to bring money? The ideal is to bring some money in cash and then bring an ATM card to withdraw whatever else you might need.

- CASH: Only clean, new bills are accepted in Ukraine. No marks or rips.
- ATM card: There are cash machines readily available in Ukraine, so you can withdraw funds as you need them. CALL YOUR BANK ahead of time and let them know you will be out of the country. Some banks will block out-of-country activity assuming it's fraudulent.
- CREDIT CARD: There won't be many places you can use a credit card in Ukraine, but it's good to have for emergencies when travelling (for example, your flight from Europe to Ukraine gets delayed and you have to pay for a hotel).
- TRAVELLER'S CHECKS OR PERSONAL CHECKS: No!!! These are not used in Ukraine. Don't bring them.

Typical Daily Camp Schedule

8:30am	Wake Up
8:30am	Breakfast
9:30am	Morning Program (Songs, Skit, Announcements)
10:00am	Rotation #1 (Bible Lesson, Craft, Sports)
11:00am	Morning Snack/Break
11:30am	Rotation #2 (Bible Lesson, Craft, Sports)
1:00pm	Lunch
1:30pm	Rest Time
3:00pm	Rotation #3 (Bible Lesson, Craft, Sports)
4:00pm	All-Camp Activity/Free-time
6:00pm	Dinner
7:00pm	Evening Program
8:00pm	Group Time
9:00 or 9:30pm	Prepare for bed
9:30 or 10:00pm	Bedtime
10:00pm	Team Meeting

Typical Work Schedule

7:30am	Breakfast Preparation (3 people)
8:30am	Breakfast
9:00am	Breakfast Clean Up (3 people) Dining Hall Clean Up (3 people)
10:00am	Bathroom Cleaning (4 people – 2 for lodge/2 for bath houses)
11:00am	Lunch Preparation (3 people)
12:30am	Lunch Server (2 people)
1:00pm	Lunch
1:30pm	Lunch Clean Up (4 people) Dining Hall Clean Up (3 people)
4:00pm	All-Camp Activity/Free-time Monitors (4 people) Dinner Preparation (3 people)
5:30pm	Dinner Server (2 people)
6:00pm	Dinner
6:30pm	Dinner Clean Up (2 people) Dining Hall Clean Up (2 people)
10:30pm	Sweep & Mop Dining Hall (3 people)

What You Need to Know About Culture

Basic Culture Shock

Be Aware of Stereotyping

Expectations – What to Expect

Helpful Tips for Working with Ukrainians

Common Ground and Connections

Basic Culture Shock

Every person experiences culture shock in one-way or another. Whether you feel it in a mild or extreme way depends greatly on your length of stay, where you travel, and on your previous overseas experience. Culture shock isn't a bad thing. God uses it to stretch our view of the world, our view of people, and challenge our personal day-to-day values. Some people feel it while overseas, some upon returning home, and others in both environments. The lessons you learn from your time in Ukraine will not end the moment you and your team return home. **Be ready to have your life shaken up a bit. GET EXCITED!**

engage them...

Ministry is all about people and relationships! People are the reason we go. You will encounter many "nationals" who would be more than happy to help you learn about their culture. Be an initiator. Ask questions free of criticism or judgment. You aren't from this culture—don't act as if you've got it all figured out. Be willing to be "in the dark" and admit you don't understand things. **You'll learn so much more if you don't fake it!** Learn to laugh at yourself. Everyone will make cultural mistakes - learn to apologize and move on. The children you are serving will appreciate your effort to learn. Be engaging in your conversation. Investigate things as if studying for a final exam. Spend time with people - develop relationships with your interpreters, missionaries and most of all, the children! **Give of yourself and you will be blessed!**

KEY PERSPECTIVE...

As a foreigner, one of your goals is to avoid anything that would hinder the Truth from being heard or welcomed.

In all you say and do, keep this factor in mind. It isn't just about you and what you are used to—it's about becoming "all things to all men so that by all possible means (we) might save some.

1 Corinthians 9:22b

enjoy their country!

Enjoy the culture. Celebrate the differences - God made them! This is something we often forget! God made each person and each nationality. The variety of peoples, ways of doing things, foods, dress, manners, etc., are all wonderful expressions of God's creativity. Try to find those differences and challenge your own way of thinking. Learn to see the similarities and bridges between your home country and their home country, between you and them.

adapt yourself...

No matter what country you visit, you will need to examine your behavior - how you speak, act, dress, work, etc. Be thoughtful - consider yourself a work-in-progress, needing continual editing. Be humble and quick to adapt to the advice or direction of your missionary, team leader or translator.

(Borrowed from Faith Ventures Training Manual - GCLA)

Be Aware of Stereotyping

Stereotypes may make us feel superior, safe, in control, or knowledgeable, but they will never lead to genuine, loving, truthful interactions with other people. Be honest with yourself and with fellow team members as you recognize stereotypes in your mind and heart. You will surely find that you are not alone in your misperceptions, and discussion will help you move beyond “typing” people to genuine friendships

Westerners may have these ideas about people in Ukraine

<i>Negative</i>	<i>Positive</i>
Uneducated	Multi generational families
Superstitious	Genuine
Inefficient	Sincere
Greedy/corrupt	Content
Naive	Enthusiastic
Lazy/Backward	
Inflexible	
Needing of help	

Ukrainians often hold these ideas about Westerners

<i>Negative</i>	<i>Positive</i>
Loud/arrogant	Confident
Having superior attitudes	Educated
Aggressive	Efficient
Wealthy/materialistic	Strong
Corrupt	Successful
Violent	Good at business
Demanding	
Competitive/selfish	

Expectations – What to Expect

- Expect lots of differences and surprising similarities. Remember that different is just different, not wrong.
- Expect to flex, flex, flex, and flex some more.
- Expect frustration but refuse to complain.
- Expect to forgive others and yourself.
- Expect to be stretched, challenged and changed.
- Expect that your expectations won't all be met.
- **Expect wondrous acts of God!!**

GREAT EXPECTATIONS:

Have lots of them.

Remember: The God of the Universe will go before you and your mission team.

(Adapted from Faith Ventures Training Manual – GCLA)

Helpful Tips for Working with Ukrainians

We want to offer some suggestions that will make working with other Ukrainians a very rewarding and fruitful experience. Our Ukrainian friends are to be treated in a respectful manner as they are natives to this country and understand not only the language, but also the culture and traditions more than we do. We feel that the Lord has blessed Jeremiah's Hope with some exceptionally talented co-workers.

Suggestions:

- Respect them for the cultural context from which they originated.
- Make sure to spend time each day building relationships, not just talking about the camp.
- Avoid incomplete thoughts and sentences.
- Attempt to keep your sentences short and concise.
- Don't criticize things in front of Ukrainians. You are a guest in their home country. If you think something is silly, or not advanced as in the West. **KEEP IT TO YOURSELF!!!**
- If a misunderstanding should arise between you and a Ukrainian co-worker, we ask that you first speak with them. If you feel it cannot be resolved, we ask you visit with the camp director (Jeremiah's Hope staff). We ask this to be done as Christians ought to handle situations. In this fashion, the problem can be resolved with regard and respect for both the co-worker and the Western worker.
- An occasional compliment (or even a coke, a candy bar, dinner at a restaurant) can go a long way in building a good working relationship. Remember, during the day, if you go out for something invite our co-workers to join you. Even if only going to the store.

Common Ground and Connections

1. **The love of Christ is able to bridge any and all cultural differences!**
2. All human beings desire to be valued, loved and appreciated for who they are.
3. God's gifts of sports, music, art and drama can powerfully connect people across cultural and linguistic boundaries. Take advantage of opportunities in these and other areas to build friendships.
4. Extending kindness and respect speaks loudly in any language.
5. **Every person on the face of the planet desperately needs to know Jesus Christ!**

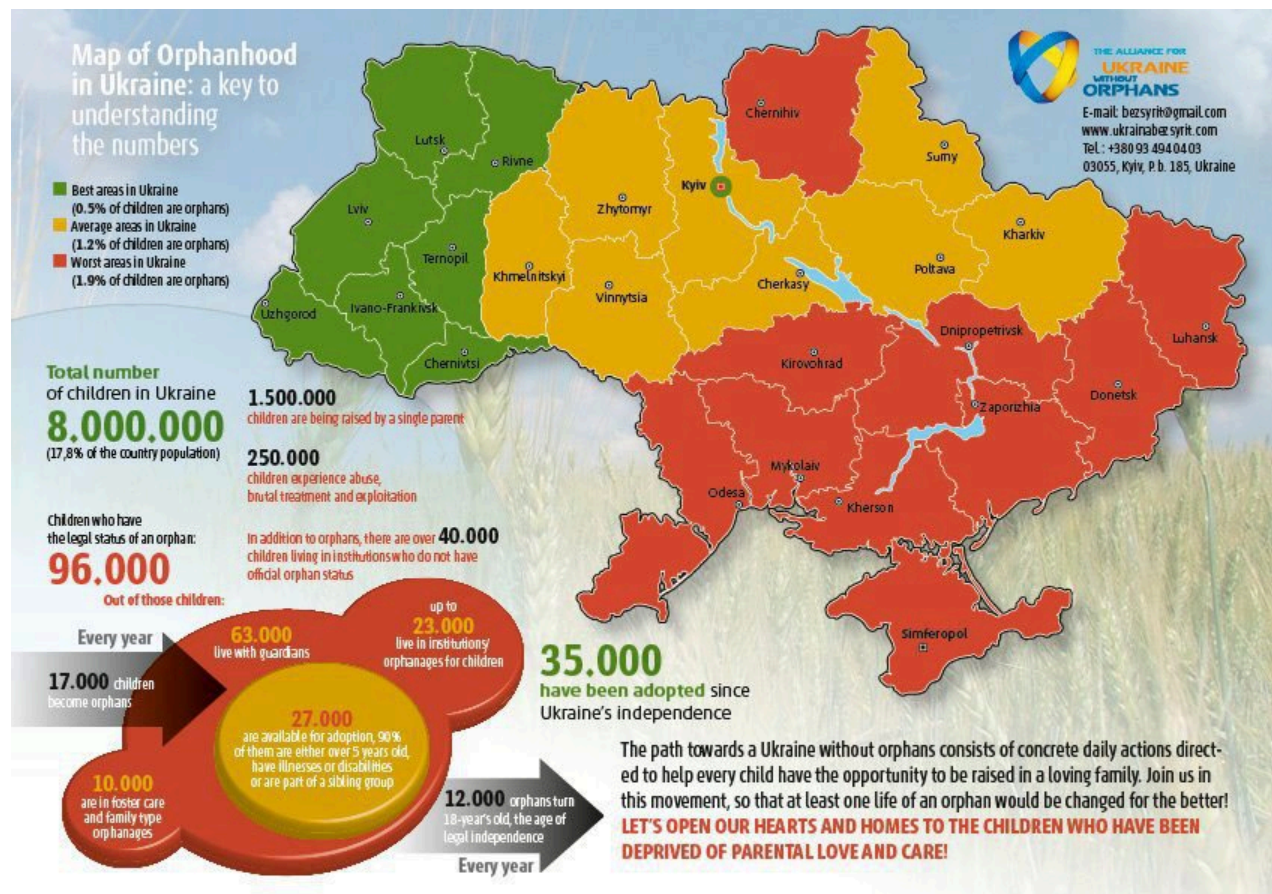
(Borrowed from Faith Ventures Training Manual – GCLA)

What You Need to Know About Orphans & At-Risk Children

Background of Ukrainian Orphans
Background of At-Risk Children in Ukraine

Background on Ukrainian Orphans

Why are they orphans? Although some of the children in the orphanage system truly have no living relatives, most do have living parents. It is estimated that 90% of orphans in Ukraine are “social orphans” and have living relatives. Only an estimated 10% are full orphans with no living relatives. Most often, the children who end up in orphanages are there because one or both parents are alcoholics. Many kids were abused and/or neglected by parents. Some were outright rejected - their parents keeping some children and deciding not to keep others for whatever reason. Some children were thrown out of their homes or were abandoned in basements, at train stations or left on the street.



(Graph above is used with permission from Ukraine Without Orphans)

What is the orphanage like? The condition of orphanages varies from place to place and depends very much on the director of the orphanage and the staff who work there. Some orphanages work hard to try and gain advantages for the kids while other orphanages work hard to use the kids for their own advantage. The orphanages also vary greatly in their material poverty or abundance.

What happens to kids after they leave the orphanage? Teens who graduate from the orphanages at age 15 or 17 do not have many options. By law, orphanages are required to send their graduates to trade or technical schools. Many kids drop out of school and are forced to look for work, untrained and unskilled, at age 16. Orphan children are entitled to a place to live upon leaving the orphanage, however, most never receive an apartment. Approximately, 60% of orphanage graduate girls in Ukraine end up involved in some form of prostitution, 70% of orphanage graduate boys turn to simple crime for survival and an estimated 10% of all orphanage graduates commit suicide within a year of leaving the orphanage.

Helpful Hints for Working with Orphans & At-Risk Children

- **They have been victims of abuse!** Remember that even though these kids look relatively normal on the outside, most have been victims of abuse, alcoholism, and rejection. The children grow up feeling unwanted, worthless, and can have mild to severe emotional problems.
- **They are not blameless and innocent!** While many of these children have been victimized, that does not mean that they are always innocent and sweet. Beware of kids playing on your sympathies, where they may not necessarily be blameless.
- **Don't try to resolve their issues!** Be careful not to jump in to a situation to try and resolve the kids' problems without knowing the exact circumstances. Without knowing the language and the background of the situation, it is very difficult to discern the correct response.
- **Respect the rules and the authority of those in charge!** Even if you are dealing with non-believers, they are the ones that have to deal with the kids on a day-to-day basis. Do not interfere with the counselors and their rules and ways of disciplining the kids. We can't change things in a few weeks, and not knowing what is happening, you may make things tougher on the kids after you are gone.
- **In Ukrainian culture, people are much less sensitive to critical comments.** What we might consider insults are normal conversation. The kids who grow up in orphanages or abusive homes are even more desensitized to harsh words. If you hear insulting comments from the kids, do not be offended or take it personally, but do correct their behavior by telling them it's not ok to say those things. If they are laughing at you, but you don't understand what they are saying, try not to be too sensitive and then good-naturedly joke back with them. Be aware that it is rare in Ukraine to see people who are overweight or who have a different skin color. If you fall into one of these categories, be aware the kids may point it out – but they are not trying to be offensive, they are from a “thick-skinned” culture where people often openly discuss what may be offensive to an American.
- **Help the long-term workers by being firm with the kids** when they are out of line. You can't really discipline kids, being outsiders, but you can let them know that you don't approve. If a kid is repeatedly rude or disruptive, you can exclude him from the group and let him know that he can join again when he has settled down. Anything more serious than that, and you can enlist a staff person for help.
- **Help the kids follow the rules!** When you are with the kids, be aware of the camp rules and do what you can to help the kids stick to them.

- **Children in the former Soviet Union play sports for competition, not for fun.** Keep in mind they take competition very seriously. Try to help instill less competition and more fun and teamwork. Keep things light.

Most importantly, remember that you are representing Christ to these children. Love them the way Jesus would – with patience, kindness, not easily angered, not boastful etc.

Physical Affection

The purpose of camp is to show Christ's love to orphan and at-risk children. And while we don't want to be bound in fear in regards to physical affection, we also need to be **VERY** careful in how we handle physical contact with orphans, especially older kids of the opposite gender.

Understand that many of these children, both boys and girls, have been physically and sexually abused and may be growing up very confused about the distinctions between parental-type affection and sexual affection. While you may feel like a parent towards them, (and they may see you as a parental figure), they may not understand appropriate physical boundaries.

Especially important for the guys on the team is to understand that many of the girls have never had any kind of relationship with a male that didn't entail physical involvement. This is an excellent opportunity to show these girls, by refraining from physical contact but still being interested in them as people, that they have value beyond physical contact.

Realize also that many people have no comprehension of why we would want to spend time with these children, and we don't want to give anyone the wrong idea or a reason to accuse us of any wrong motives.

As a general rule for OLDER children of the opposite gender, try to avoid:

- Sitting on laps, or allowing them to climb on you (sit on your shoulders, piggy-back rides, etc.)
- Holding hands with children, prolonged hugs or arms around them/you
- Walks alone, or spending time together exclusively (if it happens that you need spend some time talking to a child of the opposite gender alone, just make sure you are in sight of others)
- Backrubs
- Wrestling or tickling

The above is fine for smaller children, as long as there is nothing that might raise eyebrows. In general, try to use good judgment and if you have a question about what's appropriate, ask Pine Branch staff. Also, please maintain appropriate boundaries with team members and Ukrainians of the opposite sex. Their culture is more conservative than ours when it comes to hugs and physical affection. **No dating please.**

Russian Language

The Russian Alphabet

Russian Phrases

Russian Numbers

The Russian Alphabet

<u>Russian Letter</u>	<u>Pronounced</u>	<u>Russian Letter</u>	<u>Pronounced</u>
Аа	Ah as in <u>t</u> all	Сс	s as in <u>s</u> oup
Бб	B as in <u>b</u> oy	Тт	t as in <u>t</u> able
Вв	V as in <u>v</u> iolin	Уу	oo as in <u>f</u> ood
Гг	G as in <u>G</u> od	Фф	F as in <u>f</u> ries
Дд	D as in <u>d</u> og	Хх	H as in <u>h</u> appy (but a little more "German" sounding)
Ее	Yeh as in <u>y</u> es	Цц	Ts as in <u>p</u> ots
Ёё	Yo as in <u>y</u> o-yo	Чч	Ch as in <u>ch</u> air
Жж	Zh as in occa <u>s</u> ion	Шш	Sh as in <u>sh</u> ut
Зз	Z as in <u>z</u> ebra	Щщ	Shch as in <u>fr</u> esh <u>ch</u> ese
Ии	ee as in <u>f</u> ee <u>t</u>	Ъ	(unpronounced) Hard Sign
Йй	yih as in <u>y</u> ip	Ы	ee in the back of your throat
Кк	k as in <u>k</u> itchen	Ь	(unpronounced) Soft Sign
Лл	l as in <u>l</u> ittle	Ээ	eh as in <u>se</u> t
Мм	m as in <u>m</u> itten	Юю	yoo just like <u>y</u> ou
Нн	n as in <u>n</u> othing	Яя	yah as in <u>Y</u> ahweh
Оо	oh as in <u>o</u> pen		
Пп	p as in <u>p</u> an		
Рр	r as in <u>r</u> oad		

Russian Phrases

Yes	Да	dah
No	Нет	nyet
Maybe	Может быть	MOH-zhet beet
Later	Потом	pah-TOHM
Hello	Здравствуйте	ZDRAHS-voo-tyeh (**to adults)
Hi	Привет	preev-YET (**to kids or friends your age)
May I?	Можно?	MOHZH-nah?
Thank you	Спасибо	spah-SEE-bah
You're welcome Please	Пожалуйста	pah-ZHAL-oo-stah
Excuse me	Извините Извени	iz-ven-EE-tyeh (**to adults) iz-ven-EE (**to kids or friends your age)
Nice to meet you	Очень приятно	OH-chen pree-YAHT-nah
Goodbye	До свидания	dah svee-DAHN-yah
Bye	Пока	pah-KAH (** only say to kids or friends your age)
Good morning	Доброе утро	DOH-broy-eh OO-trah
Goodnight	Спокойной ночи	spah-KOY-nee NOH-chee
Here you go	На	nah
Be careful	Осто рожно	AH-stah ROZH-nah
Let's go	Пошли	pah-SHLEE

I'm full	Я наелся Я наелась	yah nah-YEL-syah (males say this) yah nah-YEL-lahss (females say this)
Good	Хорошо	hah-rah-SHOH
Bad	Плохо	PLOH-hah
A little bit	Чут-чут	choot-choot
A lot	Много	muh-NOH-gah
I love you	Я люблю тебя	yah loo-BLOO teb-YAH
More	Ещё	yes-SHOH
Enough	Хватить	HVAH-tet
I	Я	yah
You	ТЫ/ ВЫ	tee/vwee
He	он	own
She	она	ah-NAH
We	мы	mwee
They	они	ah-NEE
Sleep	спать	sraht
Eat	кушать	Koo-shat
Sing	петь	pyet
Read	читать	chee-TAHT
Pray	молиться	mah-LEET-sah
Think	думать	DOO-maht

Russian Numbers

0	Нуль	nool	20	Двадцать	DVAHT-sat
1	Один	ah-DEEN	30	Тридцать	TREET-sat
2	Два	dvah	40	Сорок	SOH-rak
3	Три	tree	50	Пятьдесять	peet-dee-SAHT
4	Четыре	chet-EE-ree	60	Шестьдесять	shayst-dee-SAHT
5	Пять	pyaht	70	Семьдесять	SYEM-dee-saht
6	Шесть	shayst	80	Восемьдесять	VOH-syem-de-saht
7	Семь	syem	90	Девяносто	dyeh-vah-NOH-stah
8	Восемь	VOH-syem	100	Сто	stoh
9	Девять	DYEH-vyat	1000	Тысячь	TEE-sach
10	Десять	DYEH-syat			
11	Одинадцать	ah-DEEN-aht-sat			
12	Двенадцать	dvee-NAHT-sat			
13	Тринадцать	tree-NAHT-sat			
14	Четырнадцать	chet-EER-naht-sat			
15	Пятнадцать	peet-NAHT-sat			
16	Шестнадцать	shayst-NAHT-sat			
17	Семнадцать	syem-NAHT-sat			
18	Восемнадцать	voh-syem-NAHT-sat			
19	Девятнадцать	dyeh-vyat-NAHT-sat			

A few side notes about numbers:

** Number words, like everything else in the Russian language, have different variations or endings depending on how and when you use the word. Don't be surprised if you hear different variations of these words.*

**When counting (and only when counting), the number one is said "RAHSS" (раз) instead of the "ah-DEEN" (один) listed here.*

Ukrainian Language

The Ukrainian Alphabet

Ukrainian Numbers

Ukrainian Phrases

The Ukrainian Alphabet

<u>Ukrainian Letter</u>	<u>Pronounced</u>	<u>Ukrainian Letter</u>	<u>Pronounced</u>
Аа	Ah as in <u>t</u> all	Тт	t as in <u>t</u> able
Бб	B as in <u>b</u> oy	Уу	oo as in <u>fo</u> od
Вв	V as in <u>v</u> iolin (sometimes like a w)	Фф	F as in <u>f</u> ries
Гг	H as in <u>h</u> at	Хх	H as in <u>h</u> appy
Дд	D as in <u>d</u> og	Цц	Ts as in <u>p</u> ots
Ее	Eh as in <u>e</u> gg	Чч	Ch as in <u>ch</u> air
Єє	Yo as in <u>y</u> o-yo	Шш	Sh as in <u>sh</u> ut
Жж	Zh as in <u>o</u> ccasion	Щщ	Shch as in <u>fr</u> esh <u>ch</u> ease
Зз	Z as in <u>z</u> ebra	Іі	ee as in <u>e</u> at
Ии	ee in the back your throat	Її	yee as in <u>y</u> east
Йй	y as in <u>y</u> ellow	Ь	(unpronounced) Soft Sign
Кк	k as in <u>k</u> itchen	Єє	yeh as in <u>y</u> es
Лл	l as in <u>l</u> ittle	Юю	yoo just like <u>y</u> ou
Мм	m as in <u>m</u> itten	Яя	yah as in <u>y</u> ahoo
Нн	n as in <u>n</u> othing		
Оо	oh as in <u>o</u> pen		
Пп	p as in <u>p</u> an		
Рр	r as in <u>r</u> oad		
Сс	s as in <u>s</u> oup		

Ukrainian Numbers

0	Нуль	nool	20	Двадцать	DVAHT-sat
1	дин	oh-DEEN	30	Тридцать	TREET-sat
2	Два	dvah	40	Сорок	SOH-rok
3	Три	tree	50	Пятдесять	pyat-dee-SAHT
4	Чотири	chot-EE-ree	60	Шістдесять	sheest-dee-SAHT
5	Пять	pyaht	70	Сімдесять	seem-dee-SAHT
6	Шість	sheest	80	Вісімдесять	vee-seem-de-SAHT
7	Сім	seem	90	Дев'яносто	deh-vyah-NOH-stoh
8	Вісім	VEE-seem	100	Сто	stoh
9	Дев'ять	DEH-vyat	1000	Тисяча	TEE-sacha
10	Десять	DEH-syat			
11	Одинадцять	oh-deen-AHT-sat			
12	Дванадцять	dvah-NAHT-sat			
13	Тринадцять	tree-NAHT-sat			
14	Чотирнадцять	chot-eer-NAHT-sat			
15	Пятнадцять	pyat-NAHT-sat			
16	Шістнадцять	sheest-NAHT-sat			
17	Сімнадцять	seem-NAHT-sat			
18	Вісімнадцять	vee-seem-NAHT-sat			
19	Дев'ятнадцять	deh-vyat-NAHT-sat			

A note about numbers:

** Number words, like everything else in the Ukrainian language, have different variations or endings depending on how and when you use the word. Don't be surprised if you hear different variations of these words.*

Basic Ukrainian Phrases

Yes	Так	tahk
No	Не	nee
Maybe	Мабуть	mah-BOOT
Later	Пізніше	peez-NEE-shee
Hello (good day)	Добрий день	DOH-bree den
Hi	Привіт	preev-EET (**to kids or friends your age)
May I?	Можно?	MOZH-noh?
Thank you	Дякую	DYA-kooyoo
You're welcome/ Please	Будь ласка	bood-LAH-skah
Excuse me	Вибачте Вибач	VWEE-bah-cteh (**to adults) VWEE-bach (**to kids or friends your age)
What's your name?	Як тебе звати?	yahk teh-BEH ZVAH-tee?
How old are you?	Скільки тобі років?	SKEEL-kee toh-BEE RO-keev?
What grade are you in?	У якому ти класі?	oo yah-KOH-moo tee KLAH-see?
Nice to meet you	Дуже приємно	DOO-zheh pree-YEM-noh
Goodbye	До побачення	doh-poh-BAH-chen-yah
Good morning	Доброго ранку	doh-broh-hoh RAN-kooyoo
Goodnight	На добраніч	nah doh-BRAH-nee-ch
Here you go	На	nah
Be careful	Обережно	oh-beh-REZH-noh
Let's go	Пішли	pee-SHLEE

I'm full	Я наївся Я наїлася	yah nah-YEEV-syah (males say this) yah nah-YEEL-lahss-yah (females say this)
Good	Добре	DOH-breh
Bad	Погано	poh-NAH-noh
A little bit	Трошки	TROH-shkee
A lot	Багато	bah-NAH-toh
I love you	Я кохаю тебе	yah koh-HAI-yoo teh-beh
More	Ще	scheh
I	Я	yah
You	ти	tee (one person familiar)
You	ви	vwee (many people or one person formal)
He	він	veen
She	вона	voh-NAH
We	ми	mwee
They	вони	voh-NEE
Sleep	спати	SPAN-tee
Swim	плавати	PLAH-vah-tee
Eat	їсти	YEE-stee
Sing	співати	spee-VAH-tee
Read	читати	chee-TAH-tee
Pray	молитися	mah-LEE-tee-syah
Think	думати	DOO-maht-ee

What You Need to Know About Spiritual Preparation

General Spiritual Preparation for Your Trip

Personal Spiritual Preparation

Thriving Spiritually on the Mission Field

General Spiritual Preparations for Your Trip

Prayer

Prayer will be one of the most important ways you can prepare for your short-term experience. Here are some suggestions of the things you can pray about:

- Pray that you will be teachable, submissive to authority and eager to serve.
- Pray for your team leaders and the other members of your team.
- Pray for the missionaries and the Ukrainian Christians with whom you will serve.
- Pray that you and your team will demonstrate love toward the people you meet.
- Pray for the people in the place where you will serve.

Prayer should be regular and specific for your upcoming mission trip. Ask church members to pray for your spiritual development and sensitivity as you prepare for your trip. You could even find at least one person to pray for you on each specific day of your trip, so that every day you are gone you know you are being prayed for.

Scripture

Also, memorizing Scripture that will encourage you as you prepare and while you are overseas is a great way to prepare. We suggest Philippians 2:3-11. **Read the book of Acts at least twice before heading overseas.**

Your Walk with the Lord

Especially during the months before you leave, aim at walking consistently with the Lord. Spend quality time each day meditating on God's Word. Show Christ to all around you. Pray for your areas of weakness.

Practical Preparation

Also, prepare yourself in practical ways:

- Practice leading a Bible study
- Volunteer in Sunday School and Youth Group to help you practice being with groups of kids. Watch experienced children/youth leaders and how they deal with disruptions, kids who won't participate, crowd control, etc.
- Practice your testimony (see the helpful section at the end of this handbook if you need help writing your testimony), remembering that you will be telling it with a translator – delete slang or figures of speech, stop after each sentence to allow for translation.
- Seek opportunities to share Christ with others

Personal Spiritual Preparation

Many who go on short-term trips report that it was the most significant, spiritual experience of their lives. In a short amount of time, the adventure of a completely different culture, helps them to get a new perspective of the world, of God, and of themselves. There is something special about jumping into the unknown, utterly depending on God, seeing Him work in a new way, and experiencing another culture that creates lifelong impressions in volunteers. Many times I've heard, "Because of this trip, I'll never be the same."

However, from time to time, the ordeal is one of the worst of a Christian's life. Sometimes volunteers end the trip disappointed because the stress of the trip caused them to act in a way that reduced the effectiveness of the team. They may have become panicked or depressed on the field, or felt guilty because of their own sinful failures during the project.

Mission projects can be one of the best or worst experiences for a Christian. Therefore, it is critical to start the training with spiritual preparation. Some projects put Christians in areas of the world where the gospel is unknown. This is a direct attack on Satan's territory is a spiritual battle that reminds me of Paul's instruction to the Ephesians: *"For our battle is not against flesh and blood, but against the rulers, against the authorities, against the world powers of this darkness, against the spiritual forces of evil in the heavens."* - Ephesians 6:12.

A spiritual battle should be taken seriously, and volunteers should prepare for the reality of walking into Satan's schemes.

Let's start with the basics: Paul commends the Colossians because he **...heard of your faith in Christ Jesus and of the love you have for all the saints.** - Colossians 1:4.

Developing faith in Christ... During the few months that you have before the trip, volunteers should take advantage of this special season to actively give attention to developing faith in Christ at a new level. This is a faith of absolute trust in His love, forgiveness, provision, and salvation. What are some ways to cultivate faith in Christ?

1. **Get in the Word daily and journal insights.** Try to read through all four gospels before your trip and record key spiritual truths that Jesus taught, key commands for all disciples to follow, and character qualities that disciples should develop.
2. **Transform your prayer life.** After Paul spoke of the spiritual battle to the Ephesians, his instruction to them was: "Pray at all times in the Spirit with every prayer and request, and stay alert in this with all perseverance and intercession for all the saints. Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel." Eph. 6:18-19. Let your mission trip preparation be the time to have the prayer life that you always wanted. This will take planning, focus, and personal discipline, but you'll never regret it.

Developing love for all the saints... God so loved the world; it's all about people. The great commandment is to love God and to love our neighbors as ourselves. Jesus said "By this all people will know that you are MY disciples, if you have love for one another" - John 13:35. Love has been an essential part of the powerful message of the Gospel since the time of Christ.

1. Paul asked the Philippians to, "Do nothing out of rivalry or conceit, but in humility consider others as more important than yourselves. Everyone should look out not only for his own interests, but also for the interests of others", Phil. 2:3-4. Take a full day off of your normal activities and just focus on the interests and needs of those around you. This habit over time will help transform your orientation from an inward one to one of service.
2. One of the most significant hindrances to "loving saints" is lack of forgiveness that can lead to bitterness. Read Matthew 18:21-35 about the slave with the insurmountable debt to the king. The king forgave him of the debt, but later the slave asked for a small debt to be repaid from a fellow slave. When that man wouldn't repay, the forgiven slave had him thrown into prison. Make a list of those in your life who have hurt you. When you think of the person or a hurtful event in your life, does the emotion still rise in you? In a sense they don't deserve your forgiveness. However, remember that person's debt to you is like the fellow slave's. Remember that your insurmountable debt was forgiven by the King. Christ asked us to pray for forgiveness of our sins as we forgive those who sin against us. Being able to forgive those who sin against us is an essential quality for the effectiveness of short-term teams. Go to God and specifically forgive everyone on your list.

Spiritual Preparation is essential for anyone going on a short-term trip. Team members should use the time before the project begins for an intensive time of spiritual preparation to develop their faith in Christ and love for all the saints.

(Adapted from World Christians – www.worldchristians.info)

Thriving Spiritually on the Mission Field

It's no secret, that the benefits of short-term mission projects are received, by the ones going on the trip, as much as the local people that the team serves. However, the benefit to the goers is not automatic. Below are some suggestions to help get the most spiritual value from a short-term missions project. It can be used as a daily checklist to make sure that you stay on track to thrive as well as survive spiritually during the project.

1. **Keep a journal.** The practice of writing will motivate you to reflect on the day's activities and to organize your thoughts. Each day, take time to record crucial conversations, scriptural insights, ministry lessons, observations about the culture, prayers, team lessons, adventures of the day, etc. The journal will also be invaluable when communicating with friends when you arrive home about the experience.
2. **Consider relationships on the team.** Anyone to forgive? Anyone to serve or encourage? Anyone who needs correction? Anyone that you are irritated with that you need to give more patience? Are you praying for the team and especially its leader?
3. **Consider the ministry with the locals.** Who are you praying for? Anyone who you need to follow-up with a word of truth or with scripture materials in their own language? Are your ministry projects really being done with excellence? Any progress that can be celebrated as a team?
4. **Consider the field leadership.** Are you serving them well? Are you accomplishing the goals that they set out for the group? Do you have a clear conscience regarding your relationship with them?
5. **Rest some each day and all day at least once a week.** Short-term teams are often very productive because they don't have to pace themselves like longer term workers do. However, periodic rest is necessary to avoid burn out. You will get rest one way or another: either schedule it or you will get it because of an illness or discouragement that comes from stress.

While on the field, take a few minutes to write and reflect on your team and local relationships. Careful reflection each day and mid-course corrections are essential to maintaining healthy relationships and learning the lessons that God has for you during the trip.

(Adapted from World Christians – www.worldchristians.info)

NOTES