



Serving Ethiopia through short term ministry trips



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greeting

Dear Friend,

We are so happy that you are interested in joining us as we minister in Ethiopia! This packet will answer most of your questions about serving on a short term ministry team with Little Is Much Ministries of Maine. If you have any additional questions please feel free to ask.

We will be praying for you as you begin to raise your support, make plans, and prepare for your trip. God has big plans for this team and we are excited to see all that He has in store for us through this adventure.

In Christ, Ken and Jen Worster



mission statement

We help create lasting change in Ethiopia by working alongside our brothers and sisters in Christ, evangelizing the lost, and sharing the beauty of Ethiopia with others.

trip basics

10 to 14 days (including travel).

Cost is approximately \$3,000.00 USD per team member (subject to change).

who we are

Little is Much Ministries got its name in the fall of 2014. Our family went to church one Sunday morning in November, unsuspecting of how God was about to touch our hearts. Just before the sermon, our pastor had the congregation sing the hymn “Little is Much When God is in It”. As we sang our hearts were moved to the point of tears. And just like that, Little is Much Ministries of Maine had a name.

However, our desire to minister in Ethiopia was born long before that chilly autumn day.

First, let us introduce ourselves. We are Ken, Jen, Caleb, Lincoln, Bethlehem, Ellissa, Lydia, Yosef, and Fiona Worster. We live in Central Maine and are members of Bradford Baptist Church.



In 2004 God touched our hearts with the desire to adopt from Ethiopia, and in 2005 Caleb and Lincoln joined our family. At that time we had no idea how much our lives would change, or how much our hearts would become a part of this beautiful country.

A few years later we were called to adopt again, and in 2010 Bethlehem and Ellissa joined our family. This trip included a visit to an orphanage that was run by Covenant Development Association of Addis Ababa. Here we met the precious children being ministered to by our wonderful brothers and sisters in Christ. It was truly a blessing and a day we will never forget.

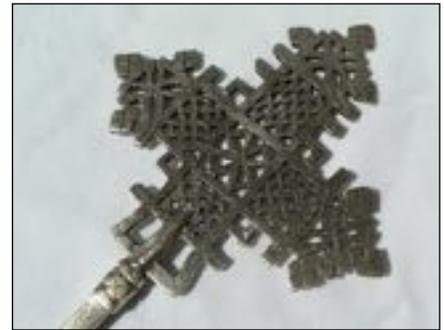
We returned home, but we were homesick for Ethiopia. God kept the people we met and the places we visited fresh in our minds and in our hearts. Two years later God stirred our hearts and we knew that we must act. Our first step was to adopt Lydia and Yosef, two children who we had met on our visit to Covenant Orphanage in 2010. Once their adoption was complete in 2013 we knew we were done adopting, but not done in Ethiopia. The dream of Little Is Much had been planted and was growing.

In 2016 God had a special surprise for our family. Our prayers for a biological child from years ago were answered and Fiona joined our family.

Little is Much Ministries of Maine is now a reality and we are very excited to see God put together teams to do His work in Ethiopia.

what we believe

- We believe that there is one God who exists in three persons: Father, Son, and Holy Spirit. Matthew 28:19; John 10:30; Ephesians 4:4-6.
- We believe in the deity of our Lord Jesus Christ, His virgin birth, His sinless life, His miracles, atonement through His shed blood, His bodily resurrection, His ascension to the right hand of the Father, and His coming return in power and glory. Matthew 1:23; John 1:1-4 and 1:29; Acts 1:11 and 2:22-24; Romans 8:34; 1 Corinthians 15:3-4; 2 Corinthians 5:21; Philippians 2:5-11; Hebrews 1:1-4 and 4:15.
- We believe the Bible to be the inspired, infallible, and authoritative Word of God. 1 Thessalonians 2:13; 2 Timothy 3:15-17.



- We believe that all men everywhere are lost and face the judgment of God, that Jesus Christ is the only way of salvation, and that salvation is a free gift received from God when we put our trust in Jesus Christ as our personal Savior. Luke 24:46-47; John 14:6; Acts 4:12; Romans 3:23; 2 Corinthians 5:10-11; Ephesians 1:7 and 2:8-9; Titus 3:4-7.
- We believe in the present ministry of the Holy Spirit, whose indwelling enables the Christian to live a godly life. John 3:5-8; Acts 1:8 and 4:31; Romans 8:9; 1 Corinthians 2:14; Galatians 5:16-18; Ephesians 6:12; Colossians 2:6-10.
- We believe in the spiritual unity of believers in our Lord Jesus Christ and that all true believers are members of His body, the Church. 1 Corinthians 12:12, 27; Ephesians 1:22-23.
- We believe that the ministry of evangelism and discipleship is a responsibility of all followers of Jesus Christ. Matthew 28:18-20; Acts 1:8; Romans 10:9-15; 1 Peter 3:15.
- We believe that we must dedicate ourselves to prayer, to the service of our Lord, to His authority over our lives, and to the ministry of evangelism. Matthew 9:35-38; 22:37-39, and 28:18-20; Acts 1:8; Romans 10:9-15 and 12:20-21; Galatians 6:10; Colossians 2:6-10; 1 Peter 3:15.

- We believe it is the responsibility of all Christians to care for the orphans, the widows, the poor, the downhearted, the prisoners, and our brothers and sisters who labor in Christ. James 1:27, Psalm 82:3, Isaiah 1:17, Proverbs 14:21, Proverbs 19:17, Hebrews 6:10, 2 Corinthians 9:8, 12, Matthew 25:35-36, 40,

CONCERNING DENOMINATIONS:

We believe that most evangelical churches are divided over just a few issues. We believe that the teaching of those differences is the responsibility of the local church. Little Is Much Ministries of Maine does not teach doctrines which are not common to most evangelical churches (see 'what we believe' above.). Our hope is to bring Christians of many denominations together for a common ministry purpose, acting as the body of Christ that we are.

overview of Ethiopia

Ethiopia is a landlocked country in eastern Africa. It is one of the oldest countries in the world, tracing its history back thousands and thousands of years. Over the last century war, famine, and disease have ravaged the region. Despite these many hardships, the people of Ethiopia remain joyful, friendly, hardworking, and industrious.

- Population is >105,000,000
- 31% percent of the population earns less than \$1.25USD per day, the average annual income is \$790 per person
- Illiteracy rate is 61%



- The average age in Ethiopia is less than 18 years old (>60% of the population is under the age of 24), and only 3% of the population is over the age of 65.
- Life expectancy is age 66 (for women) and 64 (for men)
- Ethiopia has a high rate of infant (5.9%), under-five (8.8%) and maternal mortality (.35%). Contributing factors include preventable diseases such as malaria, tuberculosis, and typhoid, as well as malnutrition, lack of medical care, accidents, violence, and infant abandonment.
- >34% of the population does not have access to clean water, and in rural areas as much as 90% lack access to adequate toilet facilities.
- Nearly 50% of children are involved in some form of child labor, and it is estimated that 400,000 Ethiopians are trapped in some form of slavery (with many more world wide)
- Approximately 4.5 million of Ethiopia's children are orphans.
- 44% of the population are Ethiopian Orthodox, 34% are Muslim, and 19% are Protestant.
- There is only 1 physician for every 33,000 people, 1 teacher for every 55 children, and 1 hospital for every 730,000 people.

why go?

People often wonder with the cost of airfare, food, lodging, and transportation if it would just make more sense to send that money to Ethiopia. After all, don't they need the money more than they need people visiting for a few weeks? This is a valid question and one with many answers. Ethiopians know that gifts of money only temporarily solve many of the needs and problems they face. They also know that relationships last forever and no one can take them away. By traveling in person you can give people hope, love, friendship, and encouragement that no amount of money ever could. Shouldering the weight of ministry alongside our brothers and sisters cannot be measured with a dollar value. It is a priceless investment in their lives.

Mark 16:15 says "...Go ye into all the world, and preach the gospel to every creature." Jesus' command to us is not to send money into all the world, but to go ourselves. God's goal is not to get money to the people of Ethiopia, but to transform lives. Consider more than what you might be able to give, but also what He plans to do in your life. This is always His concern; touching our lives and changing our hearts to be more like His. Is He calling you to Ethiopia?

All that being said, there are many needs in Ethiopia and they are great. If you do not feel that you are being called to go to Ethiopia at this time, please consider helping with one of the many needs Little is Much tries to meet.

In addition, each team member is expected to raise funds which will be used to continue the many projects we participate in (this is included in the total cost of the trip). All money that is used in Ethiopia will be distributed by our partners before, during and after our visit. We do not contribute any funds to projects/people directly.

getting started

Contact Little is Much Ministries of Maine at info@littleismuch.us or 207.216.5348 about joining a team or organizing a team to go to Ethiopia.

Each team will have a representative from Little is Much Ministries of Maine. The representative is responsible for the logistics of the trip, communicating with our partners in Ethiopia, resolving issues as they come up, and overseeing the projects our teams work on.

Each team will also have a team leader who is responsible for the team before and during travel, communicating with the representative, dealing with small problems, coordinating fundraising efforts and team meetings, and helping to make the trip run smoothly. The team leader will be selected by Little Is Much once the team is assembled.



Each member will read the short term ministry trip handbook in its entirety. The representative will discuss it thoroughly at a team meeting before the trip and answer any questions. Each team member will sign a trip agreement from Little is Much Ministries of Maine. This also serves as a volunteer agreement with our partners in Ethiopia.

The team will have a minimum of 3 meetings in preparation for the trip (more meetings preferred).

The team leader will work closely with the representative and keep lines of communication open with the rest of the team.

All plans will be approved by the representative. Plans must keep in line with the policies and mission statement of Little is Much Ministries of Maine. This ensures consistency and continuity in the communities we serve.

Teams will consist of 5-8 people who will stay in Ethiopia approximately 10 days (travel may extend the trip to two weeks).

Each morning the representative, the team manager, or one of our partners in Ethiopia will be responsible for leading a devotional, debriefing, and prayer.

what to expect

Teams will begin their adventure with team meetings. These will be monthly or weekly depending on the amount of time until departure. Meetings will include praying for the team and the trip, updates on funding, outlining projects, planning for upcoming fundraisers and activities, and learning about Ethiopia.

The trip itself will begin with 24-36 hours of travel from the eastern United States (either Boston, New York, or Washington DC depending on ticket prices) to Ethiopia. The flights are long, but the airlines are top notch and every attempt will be made for comfort. Plan on this time to sleep, pray, prepare for VBS lessons, witness to your neighbor, and relax.

Once in Ethiopia, team members will experience culture shock. That's OK! You will be tired and everything will be un-familiar. Relax and take it all in. During your trip you will see and experience many things and you will feel every possible emotion. Many things will make you incredibly sad, but our purpose is not pity. Team members should instead focus on finding meaningful ways to help, enjoying a culture completely diverse from their own, and building relationships with team members and new Ethiopian friends.

The team's first few hours in Ethiopia will be spent settling in at the guesthouse. Little is Much Ministries of Maine rents rooms at a comfortable guesthouse in a moderately quiet neighborhood. There will be snacks and drinks available. Drink some water and get some rest!

Depending on the arrival time in Ethiopia teams will either spend the night at the guesthouse or head out to their project location. From that point on every trip is different and every schedule is different. Specifics for each individual trip will be discussed at team meeting before departure.

All that being said, everything moves at a different pace in Ethiopia. Times are not set in stone, no one is in a hurry, and all plans are subject to change. The old adage 'blessed are the flexible for they never get bent out of shape' should become the team motto!

Keep in mind that western ways of doing things are not the norm in Ethiopia and western expectations will lead to disappointment, frustration, and ill feelings.

It is our hope that we will not create or contribute to a sense of dependency but rather, to multiply what we have to offer by sharing our knowledge and encouragement with our brothers and sisters in Ethiopia. To this end, pass on what is lasting; knowledge is more valuable than items that will certainly run out without a continued stream of provision.

Little is Much Ministries of Maine, our partners in Ethiopia, or the guesthouse will provide the following:

- Bed, bed linens, pillow, blankets, towels, and laundry services
- All drinking water, and occasionally tea, coffee, and sodas
- 3 meals a day and some snacks
- Toilet paper
- First aid supplies
- Basic over the counter medications



policies and specifics

PURPOSE: The purpose of short term ministry trips with Little is Much Ministries of Maine is to come along side our brothers and sisters in Ethiopia with financial, physical, and practical help, foster compassion for the plight of those living in poverty, share the gospel of Jesus Christ with the lost, and share the beauty of Ethiopia with others.

RISK: Team members and team leaders serve at their own risk. Little is Much Ministries of Maine is not liable in the event of sickness, accident, death, or terrorist act. Transportation expense beyond that of normal involvement are the responsibility of the team members. Travel insurance is required and will be included in the cost of the airline tickets at time of purchase.

ILLNESS: If a team member is ill to the extent that he/she can not continue with the group and must return home, the team member will be responsible for any costs incurred in leaving before the end of the trip (beyond travel insurance).

CONDUCT: If a team member is involved in drugs, alcohol, stealing, sexual immorality, or open rebellion they will be sent home at their own expense without clemency, so as not to destroy the testimony of the team or ministry.

CANCELLATIONS: In the event that a trip is cancelled for any reason, team members will be assigned to another trip. Contributions are not refunded.

TRAINING AND DEBRIEFING: Attendance to training meetings and debriefings is mandatory. If a team member cannot attend these meetings they should not sign up for the trip. Attending meetings via Skype or phone is fine, and is an excellent option for team member living outside the Central Maine area.

CRIMINAL BACKGROUND: No person who has been convicted of a crime against children, or a crime of a sexual nature will be permitted to join a team under any circumstances. Other convictions will be assessed on a case by case basis. If you have been convicted of a crime please bring it to the attention of the team leader as soon as possible.

how to make it happen

All short term ministry team members are responsible for raising the full amount of their needed expenses for their trip. This can be done with individual fundraising efforts or as part of the whole team. Little is Much Ministries of Maine will help as much as possible in fundraising efforts, but in the end the responsibility rests on the team members.

All donations designated to a specific team member, but received by Little is Much Ministries of Maine, will be distributed at our discretion.

The cost of the trip is subject to change due to increases in airfare or fees. Dates, travel arrangements, and schedules are subject to change.



All contributions are non-refundable and non-transferable. In the event of a medical or family emergency only, where a team member is unable to go on the trip, Little is Much Ministries of Maine will hold all funds raised, minus airfare and a 20% administration fee for one year to be applied to the cost of another short term ministry trip.

In the case that a team member raises more money than needed for his/her trip, the excess will be allocated as follows.

1. The travel expenses of the rest of the team
2. The project that the team will be working on
3. Donations to be taken to Ethiopia
4. An account which Little is Much Ministries of Maine may use at its discretion.

No refund of any donations will be made.

Team members will be responsible for any passport fees, vaccinations, mailing costs for support raising, spending money and souvenirs while traveling, transportation to meetings, and any communication with home while in Ethiopia.

DEADLINES:

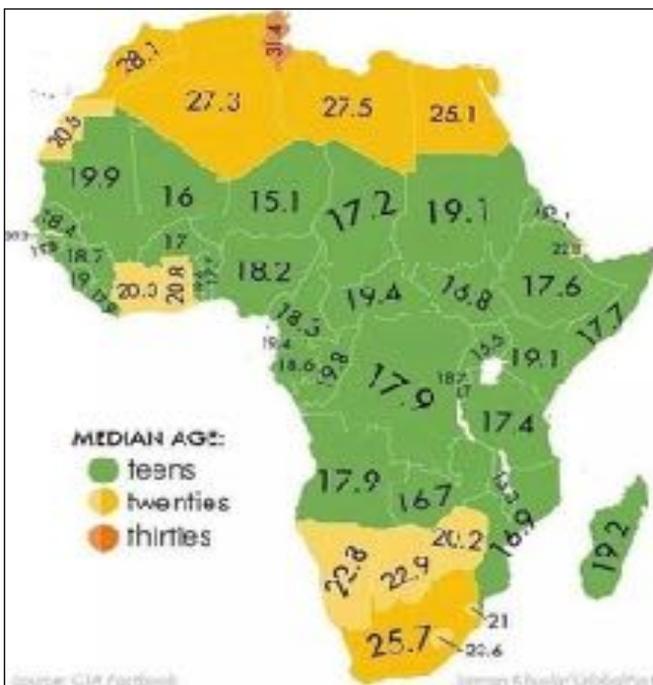
Fees for airfare will be due on a date determined by the team and based on dates of travel and the cost of tickets.

The total balance of all money is due 30 days before leaving for Ethiopia.

a little perspective

Through our partners in Ethiopia we are blessed to work with many children in a

Many people think of Africa as a country, but it is actually a huge continent! This graphic puts its vastness in perspective. The United



variety of settings. There's a reason why much of our efforts are focused on children! In Ethiopia, as in much of Africa, the median age is under 18 (compared to almost 38 in the US). In addition, only 39% of the population is over the age of 15 (compared to 80% in the US). These numbers mean that the greatest mission field and the greatest need in Ethiopia is the children.

States, China, India, and other prominent countries would easily fit within its borders. Ethiopia is in the area covered by India in the graphic. Imagine how far away from some of the other well known African countries you will be.

rules and expectations

All team members need to sign a trip agreement. This includes a release of liability statement, a policy statement, basic information, and a medical form.

If you are under age 18 and will not have a parent or legal guardian traveling with you, we require your parent(s) or legal guardian(s) to sign and notarize a release form giving us permission to travel with you across an international border.

All team members must provide us with all the personal information we will need to make travel arrangements on your behalf.

All team members must read all the materials provided by Little is Much Ministries.



All team members must meet all deadlines in relation to providing information and raising financial support.

All team members must adhere to all policies of Little is Much Ministries of Maine, and to respect the authority of the representative, team leaders, and our Ethiopian hosts.

All team members are expected to stay with the rest of the team at all times.

All team members are expected to attend and be prompt to all meals, meetings, and departures unless a prior arrangement has been made with the team leader.

All team members are expected to only enter another room with permission from a resident of that room and only in his/her presence.

Male team members are expected to refrain from entering female team members rooms and vice versa. Because of the emotionally charged atmosphere when serving on a ministry trip, team members of the opposite gender (who are not married to each other) will not be allowed to spend time alone together.

No team members may display any kind of action that could be perceived as romantic interest in any Ethiopian national while in Ethiopia.

No team member will be alone with a child at any time.

Every team member is responsible for his/her own clothing, luggage, and personal belongings. Little is Much Ministries of Maine is not responsible for any items that are lost or stolen during the trip. Our suggestion is to only take items with you that you are OK losing.

All team members are expected to be respectful of the belongings of others, buildings, and facilities. Any team member defacing property must make restitution for the damage done whether by repairing the damage or paying the cost of repair or replacement.

Attention is expected from all team members during meetings. These are important, whether for instructions, devotions, debriefing, or prayer, and should be respected.

It is expected that each team member will dress in good taste at all times. Women should dress modestly and men should dress simply. No expensive clothing and nothing impractical or fancy.

Little is Much Ministries of Maine recommends keeping the technology you bring with you to a minimum. Your cell phone will not work in Ethiopia and laptops, iPads, and smartphones are targets for theft. Please use your discretion when deciding what to take. There may be an opportunity to call home using the team phone during the trip and every effort will be made to provide internet access periodically throughout the trip.

Team members are expected to refrain from “griping”. Any necessary complaints must be made to the team leader and will be dealt at the discretion of the team leader and representative.

We encourage wholesome relationships between all team members, but discourage any evidence of familiarity or public displays of affection between team members. Dating between team members is discouraged, and dating between team members and team leaders is prohibited. If a dating or married couple joins a team they are expected to put their relationship on hold for the duration of the trip.

Any available sightseeing and shopping will be permitted only if it coincides with the team’s main purpose, but could be cancelled if not deemed convenient for travel time or if it hinders the ministry.

It is the responsibility of the team members to serve God by doing the work of the team, putting the priorities of the team and the ministry ahead of themselves (or their friends), and submitting to the direction and instruction of the representative and team leader.

All team members should ask team leaders before starting any project in the name of the team or in the name of the ministry (whether in Ethiopia or at home).

If it is brought to the attention of any team member that their actions are detrimental to the unity of the team, or are detracting from the work, or having a negative impact on our Ethiopian hosts, the responsibility of that team member is to listen to correction and act on it in humility that displays a true servant’s heart.

Team members must listen to the direction and advice of the team leaders and Ethiopian hosts and act on those directions without arguing or complaining. If the team leaders consistently have problems with a team member (problems that disrupt our work or our unity as a team, or display lack of respect for the team leaders or our hosts) we will seriously consider whether that particular person will be accepted as a member on a future team.

All gifts to be handed out in Ethiopia will be discussed with the team leader prior to the trip. Unless otherwise discussed, gifts will be given to our partners in Ethiopia who will distribute them when appropriate.

Members on the team will not infringe on the staff of the guesthouse or ask for favors unless cleared by the team leader.

Keep in mind, this is a short visit and you will not see the big picture. The last thing you would want to do is cause unnecessary stress on our partners or to be a burden. We are guests in their



country and, as such, must be gracious. We are there to serve God and to serve them. We should all look to Christ's example. "Jesus came, not to be served, but to serve..." - Mark10:43

If, at any time, a member of the team does not comply with Little is Much Ministries of Maine's policies, we will not be able to work together in the future.

ALL TEAM MEMBERS SHOULD TAKE THE FOLLOWING PRECAUTIONS:

When traveling:

- Wash hands often with soap and water
- Carry hand sanitizer with them and use it often
- Don't eat or drink dairy products unless you know they have been pasteurized
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself
- Never eat under cooked or raw meat, or raw eggs
- Drink only bottled water, or carbonated drinks you have observed being opened.

- Avoid tap water, fountain drinks and ice cubes.
- Take your malaria prevention medication before, during and after travel, as directed. (See your doctor for prescription.)
- Protect yourself from mosquito bites by using insect repellents that contain DEET when in low elevation areas.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.
- Don't eat food purchased from street vendors.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases.
- Don't handle farm animals to avoid the spread of disease

Once home:

- Continue taking your malaria medication as directed by your doctor.
- Travelers who become ill with fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical attention and should tell the physician their travel history.

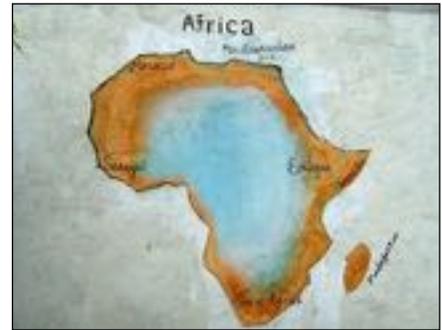
(All information in the section “all team members should take the following precautions” was taken from CDC web site, www.cdc.gov/travel/caribbean.htm, and was edited by us.)

preparing to go

Pray, pray, pray! And when you're done... pray some more!

Start a journal to record your thoughts, feelings, experiences, and specific prayer requests each day. Don't wait until you arrive in Ethiopia, start today! After the trip this journal will be one of your most treasured items. Years from now it will be a welcome reminder of how God touched you before, during, and after your trip.

Get your church involved. Share where you are going and your hopes for the trip. Ask people to pray for you, help you fundraise, and donate items to take with you. Put together a prayer card so that people have a visual reminder to pray for you often. Be specific with your needs and ask for help with them. Be sure to send thank you notes for any and all donations.



Ask individuals and businesses for donations that can be taken to orphanages. Baby formula is a huge need, as is children's medication. Cloth diapers, new baby and toddler clothes, bottles, shoes, and disposable diapers are all needed as well.

Begin researching Ethiopia. Look up information on the web or in your local library. Little is Much Ministries of Maine recommends a number of books. Please visit our website for an updated list.

Learn a few Ethiopian (Amharic) phrases. Download the PDF phrasebook available on our website.

Some vaccinations are strongly suggested before traveling. Team members should be up to date on routine vaccinations (measles-mumps-rubella [MMR], diphtheria-tetanus-pertussis, varicella [chickenpox], and polio). They should also seriously consider hepatitis A, hepatitis B, and typhoid vaccines. A consultation with the local immunization clinic is highly recommended. For cost savings find out which vaccines can be ordered and administered by your pharmacist.

Talk to your doctor about starting anti-malaria medication. This is not necessary for your time in Addis Ababa, but should be considered once outside the capital. Anti-malaria medication must be taken before, during, and after travel.

You don't need to do a bunch of clothes shopping before you go. Pack comfortable shorts, jeans and t-shirts, things you feel good wearing. A seven hour bus ride can be miserable in a new pair of ill-fitting pants!

When packing clothes keep the climate in mind. While Ethiopia is near the equator, it isn't always as warm as you think it might be. In Addis Ababa the daytime temperature on sunny days will range from 70°F to 90°F, while nighttime temperatures may dip into the low 50's°F. Outside of Addis Ababa sunny days often reach into the high 90's°F, but nights are very cool. Pack a warm sweatshirt or fleece jacket and warm socks.

Make sure that you have an adequate supply of any prescription medications before you leave (include extra in case of travel delays). Filling a prescription in Ethiopia is impossible.

Get a prescription for Cipro from your doctor. Fill it and bring it. This is used to treat traveler's diarrhea and is a must.

You should pack any over the counter medications you typically take. Even simple medication is not easily available in Ethiopia. Consider aspirin, acetaminophen, or ibuprofen, anti-diarrheal, antacid, nighttime sleep aid, antihistamine, motion sickness prevention (we recommend Bonine because it is non-drowsy and lasts for 24 hours), triple antibiotic ointment, and a box of bandaids. The Little Is Much representative will have a well stocked first aid kit, but we cannot anticipate every need.

Consider how you will take pictures while in Ethiopia. While we do not recommend experiencing the trip from behind a camera, you will want a few pictures of new friends, and unique sights. The Little Is Much representative will have a surge protector/outlet strip and adaptor for charging, but you will need your own charger.

packing basics

Team members will be taking one carry-on bag and two suitcases each. They should plan on limiting their personal belongings to one carry-on bag measuring 22 x 15 x 8 inches and weighing about 17LBS (8kg). Part of one suitcase (as small a part as possible!) may be used for items that are difficult to pack in a carry-on. The rest of the first suitcase and all of the second suitcase will be used for supplies and donations for various ministries which Little is Much supports. These include (but are not limited to) orphanages, churches, schools, and individual brothers and sisters in ministry. As soon as you have committed to joining a ministry team you should begin collecting donations to take with you. A list of current needs is available on the Little is Much Ministries of Maine website.

Team members **MUST** bring the following:



- Valid passport (not within 6 months of expiration) and another government-issue photo ID
- A small backpack or bag that zips closed to carry small items, water bottle and snacks
- Bible or Bible app
- Over-the-counter medications - Tylenol, ibuprofen, or aspirin, Tums, Immodium AD, Pepto Bismol tabs, Benedryl, antibiotic ointment, anti-gas tablets, etc.
- Prescription medications - bring more than enough for the entire trip in the original container
- Malaria pills
- Band-aids
- Feminine products
- Bug spray & sun block
- Hat (for sun protection)
- Necessary toiletries (shampoo, toothpaste, toothbrush, etc.)
- Liquid anti-bacterial soap for showering (soap for hand washing will be provided)
- Anti-bacterial hand wipes
- Hand sanitizer
- Sunglasses
- Earplugs (if you have difficulty with noise)
- Journal and pens
- Camera (optional) (Don't forget extra batteries , if needed)
- Flashlight and extra batteries

- Comfortable, close-toed shoes
- Flip flops for the shower and inside the house
- Some small food items in case of aversion to local food (granola bars, beef jerky, fruit snacks, protein bars, etc.)
- Spending money for snacks, souvenirs, special attractions, tips, and meals during sightseeing (this money should be in newer \$100 USD bills).
- Chapstick
- Outlet adapter
- Rain jacket or fleece jacket

Team members should NOT bring the following:

Hair driers/flat irons/curling iron

Favorite items (these may become ruined)

Heavy items such as books

Cigarettes or other tobacco products

Revealing clothing, camouflage clothing, short skirts or skimpy shorts

Weapons

Alcoholic beverages (and do not purchase any in Ethiopia)

Expensive or valuable jewelry, watches, or electronic equipment

Bad attitudes

Your own personal agenda - you will be expected to work as a team and share the priorities of the team.

things to keep in mind

- You will be watched closely. People are often very curious about why you are in Ethiopia. Don't worry about being watched. Project a friendly demeanor, and have a smile ready at all times. Remember, we are representing Jesus!
- You may see some nudity (bathing in rivers or public areas) or see men and children urinating on the side of the road. Simply look away.
- People will ask you to give them your things. Please DO NOT give anything, including money, away without checking with team leaders first - even if it is something you do not mind giving away.



- Be quick to listen, slow to speak, and slow to act!
- You may be called “big”, “fat” or “American size”. Do not be offended!
- There will undoubtedly be a bit of minor sickness within the team - this is normal especially with resistance being low due to lack of sleep, anxiety, etc. Any change in diet and climate can result in diarrhea. If you are not feeling well, please let your team leader know asap. One common ailment is a general feeling of ick. Light head, dizzy, tired, queazy. This is due to the high altitude. Move slowly, drink a LOT of water, breathe deeply, rest often. It will pass.

safety

We want this to be a positive experience and to eliminate any unnecessary risks to your personal safety and team safety. We also do not want to place our hosts in an uncomfortable or unsafe position. Remember, we will be going home in a short time but they will still be there, dealing with whatever situations we may inadvertently create for them. Be smart, use common sense, and always ask if you are unsure of a situation.

GENERAL SAFETY

Try not to look like a tourist.

Be aware and conscious of activity around you at all times. Be confident, but discreet and unassuming.

Do not display jewelry, cash, or other valuables.

Maintain a calm, mature approach to all situations. Be unprovocative if confronted with hostility or potentially hostile situations. Be alert to the possibility of confrontation with individuals or groups.

Avoid being a magnet for criminals. Do not easily display bags, cameras or other valuable equipment. When making a purchase, do not display your cash but hand it over to the merchant concealed in your closed hand. Be aware that pickpockets often work in pairs using distraction as their ploy. Choose a backpack or bag that can be closed securely with a zipper.

Consider keeping your passport in a security belt or pouch under your clothes. Divide your money between 2 or 3 pockets or bags.

Never give anything to beggars or street children.

Never ever walk off alone.

SAFETY WHEN TRAVELING

Leave a copy of your itinerary and the identification page of your passport with a family member at home. Give a copy of the identification page of your passport to your team leader as well.

Carry a list of emergency names and phone numbers (your team leader will give this to you) at all times. If you get separated from the group ask to borrow a cell phone and call our Ethiopian hosts, or ask someone to call for you.

In the airports, sit with your team members. Keep your bags in front of you. Arrival at the airport can be confusing and chaotic. Please stay together with your team members and listen to all the instructions of the team leader. Do not let anyone carry your bags unless instructed to do so by the team leader.

Vehicles traveling on the roads generally are not cautious when passing pedestrians. There is no right-of-way for pedestrians. Be aware of approaching vehicles when walking on the road. Make sure you are well out of the way when they pass you.

Don't eat anything from street vendors.

SAFETY ON THE ROAD

If you want to take pictures while riding in a vehicle, please ask the team leader first so we can be sure it will not cause problems. Keep your camera strap on your wrist at all times.

If you are in a car and are advised to roll up the windows and / or lock the doors, please do so immediately.

It is common to be stopped by police in a roadblock or checkpoint. Do not be alarmed. If there



are problems we may have to answer your questions later, so please be understanding.

Roads in Ethiopia can be in poor condition. Expect bumpy roads and long, hot rides, especially when traveling through the countryside. Be sure to carry a bottle of water with you.

SAFETY WITH PEOPLE

Carry only essential items with you. Carry your personal items securely and close to your body.

Be friendly and smile often. If you can't communicate with words, use gestures and facial expressions.

Stay close with the group.

Ask questions of your team leaders or hosts if you do not understand something.

Do not pass anything out or give anything away. Handing out even a piece of candy can start a riot if you are in the wrong place at the wrong time.

Be cautious but not fearful.

Remember that you are presenting Jesus in your everyday actions and attitudes. People are always watching you.

SAFETY AT THE GUESTHOUSE

You will be sharing your space with others so please be considerate. Try to keep your belongings in your area or under your bed. Do not leave any personal belongings in the living room. Take away any temptation for theft by keeping valuable items in your suitcase.

Please do not leave the guesthouse.

Do not invite anyone into the guesthouse or allow street children to come into the guesthouse.

we look forward to you joining us

Short term ministry trips only last a few weeks, but don't let their length fool you. They can change your life forever. When you are working along side your brothers and sisters in Ethiopia on a project, or sharing the Good News of Jesus Christ with others, or when you are sharing about your experiences once you are home, you are making a lasting impact for God.

Mark 16:15 "And he said unto them, Go ye into all the world, and preach the gospel to every creature."

Matthew 25:40 "And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

1 John 3:17 "But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?"

James 1:27 "Pure religion and undefiled before God and the Father is this, To visit the fatherless and the widows in their affliction, and to keep himself unspotted from the world."

James 4:17 "Therefore to him that knoweth to do good, and doeth it not, to him it is sin."