



# *Trip Guidebook*

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**e3 PARTNERS**  
*equip. evangelize. establish.*





# WELCOME *to the team!*

**Y**ou are joining thousands of Christians spreading across the globe to change lives and transform communities with the Gospel. It's going to be an amazing adventure that redefines "normal" in your life.

e3 Partners equips God's people to evangelize His world by establishing healthy, multiplying, transformative churches. Every e3 trip is designed to enhance the ministry of local believers and launch new churches among unreached communities. As we spread the Gospel, we also address critical issues that plague various parts of the world. From humanitarian aid to medical care, we demonstrate Christ's rescuing work in tangible ways that change lives.

While it may feel like just one week, your trip has the capacity to transform entire nations. Each church we help

establish is designed to multiply into new communities as it grows. If your team helps establish four new churches, they could become 16 within a year or less!

After you return home, local believers will help the new Christians grow while ensuring these young churches multiply across the region. Your trip could be the spark that ignites a new Gospel movement and changes a nation.

This booklet will help you prepare for your trip, offering guidance on everything from packing to sharing Christ in a new culture. Please read it carefully and discuss any questions you may have with your trip leaders.

**Are you ready for the adventure  
to begin?**



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# *Expect Great Things!*

While you may not realize it yet, you're beginning a life-changing journey. As you prepare, expect God to do something incredible! Stay focused on your mission and the reason you're going—to share the story of Jesus and establish His Church among those who have never heard the Gospel.

William Carey, the father of modern missions once said, "Attempt great things for God; expect great things from God."

The journey begins now. Expect to see God move powerfully in your life as you step out in faith.

**Are you ready? Let's go!**







# Spiritual Preparation

Packing. Finding a house-sitter. Getting a ride to the airport. There are so many things to consider as you leave for your trip. In the midst of it all, it's easy to forget about the most critical aspect of your trip—the spiritual preparation.

The key to a powerful trip doesn't hinge on your packing list or anything else. It's all about getting spiritually ready. Intimacy with Christ is your most important asset. So how can you develop this intimacy?

## BEGIN WITH PRAYER

Let your first step be the four-week Ignite Your Prayer Life prayer journal. We sent it to you specifically to help you develop a closer relationship with God. Many have called it life-changing.

The journal will help you discern God's leading as you seek His will and guidance in your life. Prayer is the simple acknowledgment that we depend on God for all things. We can't do anything of eternal significance on our own.

## As you pray, ask that ...

- God will raise up a full team of people to go.
- He will raise the funds for you and your team members.
- The Lord will prepare the hearts of the people your team will encounter.
- New churches will be established as a result of the trip.

## ASK OTHERS TO PRAY

As the apostle Paul went from city to city, he constantly asked others to pray for his work along the way. We should do the same, and now is the time to build your prayer team.

**Establish a network of people to pray for you.** Ask them to begin now and continue while you're on the trip. This network can include friends, family, and even your pastor or small group leader.

“

God uses men who are weak and feeble enough to **LEAN ON HIM.**

”

- *Hudson Taylor, missionary to China*

In the weeks before you leave, we will provide a prayer calendar that you can share with your prayer team. It serves as a daily reminder to pray for specific aspects of your trip.

Establish an email distribution list. Often, trip leaders send regular email updates from the field that include testimonies and specific prayer requests. Consider giving your prayer team's email addresses to your trip leaders. This allows your team to stay connected while you're overseas.

### **SPEND TIME IN GOD'S WORD**

If you aren't already doing so, begin saturating yourself in Scripture. Meditate on what you read, and look for encouraging verses along the way. Ask the Holy Spirit to give you understanding and strength to obey what He is calling you to do. God desires immediate, radical, and costly obedience from us. Let His Word guide you in this endeavor.

### **PREPARE FOR SPIRITUAL BATTLE**

Don't kid yourself. This is spiritual war and you are making a bold advancement on the enemy. You're going to the ends of the earth to make Christ known. Expect moments of discouragement, fear, worry, and feelings of inadequacy. Continue in prayer and remain in God's Word. Ask for protection and hold onto God's promises to us.

**Greater is He who is in us than he who is in the world.**

**We are more than conquerors in Christ Jesus.**

**We have the victory!**

The "Scriptures for Victory" booklet is a great resource to use when preparing for spiritual battle. You can download it for free at:

**[e3partners.org/scriptures-for-victory](http://e3partners.org/scriptures-for-victory)**







# A Typical Day

The only thing we can guarantee about your day is that it will be a far cry from typical. Your activities and schedule will vary depending on the country where you work. However, most trips follow a similar format:

- Early breakfast and devotional time with your team
- Meet with local partners and train on 4 Fields strategy and tools
- Depart for ministry location(s)
- Evangelism and discipleship throughout the day, “modeling” the tools learned in training with the nationals that morning, while looking for “Persons of Peace”
- Training new believers along the way
- Small group meetings
- Lunch in the field
- More evangelism and discipleship in the afternoon

Depending on the country, your team may finish up in the late afternoon and head to the hotel for dinner. Others will continue their ministry after dinner.

# Cross-Cultural Ministry 101

Doing ministry in another culture can feel daunting at times. There are many nuances to other cultures of which you may not always be aware. While your trip leaders will provide training for the culture you're serving, there are some general rules to keep in mind as you go.

## **BE FLEXIBLE.**

As Americans, we tend to be very individualistic. When you go on a trip, you are part of a larger team. Your decisions have the potential to impact everyone else traveling with you.

It's important to foster a spirit of love and unity. Do everything you can to cooperate and show grace in your relationships with team members and local partners. Avoid criticism and submit to the decisions made by your trip leaders. We encourage you to respect their authority without complaining. Likewise, get to know your team and take advantage of the opportunity to build lasting friendships.

## **YOU ARE THERE TO SERVE THE LOCAL BELIEVERS, NOT FIX THEM.**

You will work closely with indigenous churches. Inevitably, they will have habits and customs that you haven't experienced before. You may even

disagree with them, whether it's a choice in music or their attitude towards spiritual gifts. Your purpose is to serve them, not fix their perceived problems. If you do have concerns, we encourage you to speak with your trip leaders.

## **DON'T MAKE PROMISES OR MONETARY GIFTS.**

You will fall in love with the local partners with whom you serve. At times, you may be tempted to make promises of gifts or support.

Please do not make any promises and do not give any gifts, especially money, without clearing it with your trip leaders first. They have a much better understanding of the needs and what is appropriate.

Even when given with the best of intentions, gifts can cause problems and create jealousy. If people know that Americans are offering gifts, it could appear that we are paying people to convert to Christianity. While this isn't the case, we must stay above reproach. We want to avoid creating problems that our local partners must solve after we return home.

We also don't want to create a relationship of dependency between us and the locals. If the ministry



multiplies, they must be able to reproduce the model without outside funds. Any dependence on external sources limits its growing potential.

It is so critical that you submit to your trip leaders on these matters and trust their judgment. In every country we serve, e3 Partners has a long-term strategy that is bigger than any individual. A gift given to the wrong person at the wrong time could hinder that strategy.

### **BE SENSITIVE TO THE LOCAL PARTNERS.**

There will likely be a stark contrast between your lifestyle and theirs. While on the trip, observe the following rules:

- **Avoid talking about money.**  
It can be a major distraction. If people ask you questions about finances, tactfully shift the conversation to another topic.



# Cross-Cultural Ministry 101, Continued

- **Be discreet when pulling out money.** Half of the world lives on less than \$2 a day. You might be holding more money than they've seen in a lifetime. Be very considerate of this.
- **Don't discuss politics.** We are there to spread the Gospel, not the "American way." If people ask you political questions, tactfully change the subject.
- **Be mindful of what you say in front of our local partners about their country.** Discussing things like poverty, culture, and your opinion of the food may cause offense. They may like their food, and they haven't ever known a different standard of living.

## HELP OUT YOUR TRANSLATOR.

During the week, you will be partnered with local believers who speak both English and the native language. You may find yourself working with mature local Christians and experienced translators. But for others, it is likely that this is their first time sharing their faith.

Remember that this can be a great discipleship opportunity. Throughout the week, spend time encouraging your local partners. Help them take the lead by the end of the week. After all, they are the ones continuing the ministry when you leave!

## TIPS FOR WORKING THROUGH A TRANSLATOR:

- Talk with your translator before getting started. Get to know each other and practice doing evangelism together. You should both be familiar with the format and strategy.
- When speaking, try to position the translator between you and the person you're speaking with. Keep your eyes on your audience, not on your translator.
- Speak in complete phrases and ideas. Don't speak in one or two words at a time. Concepts are often expressed differently in other languages, and your translator will need the entire idea before conveying your thought.
- Avoid jokes. Have fun, but be aware that humor doesn't often translate in other languages. You could even shock or outrage your audience.

- Avoid slang. Your translator may not speak English very often. Using common American phrases often doesn't make sense in another culture, even to an English speaker.
- Avoid contractions.
- Speak slowly.
- Avoid references to American contemporary culture. Most people won't be familiar with the latest technological advances, TV shows, or movies.
- If the translator doesn't understand, simply repeat what you said. If that doesn't help, consider rephrasing your thought. Talking louder won't help, and Christian jargon will likely just confuse them further. Keep it very simple!
- Don't overuse your translators. They are speaking all day long. Give them a break whenever you can.
- Feel free to ask questions of the people you meet. Ask them about their families and tell them about yours. Show them some family photos!
- Learn a few words in the local dialect. Even if you mess up, people love it when you try to speak their language!
- Avoid looking like a "rich American." Be mindful of your clothes, jewelry, phone, and bags. Remember that their idea of "rich" is different than yours.
- Be mindful of body language. For example, giving a "thumbs up" in some cultures can be obscene. In other places, letting people see the bottom of your shoe is insulting. Your leaders will brief you on gestures that should be avoided.

#### **JUST REMEMBER ...**

- Smile, even though you might be nervous.
- Be gracious.

While this may seem like a lot to remember, your trip leaders and local partners will guide you through it all. If you mess up, they can cover for you and get you back on the right path. Just be loving and gracious as this covers a multitude of mistakes!

*“...I will show my greatness  
and my holiness, and I will  
make myself known in the sight  
of many nations. Then they will  
know that I am the Lord.”*

**- Ezekiel 38:23**







# Sharing God's Story in Your Life

While on the field, you will have many opportunities to talk with people and share your story. Before you get started, spend a little time getting to know the people you meet. They will appreciate your interest and will listen to what you share.

## YOUR EXPERIENCE

Your story is unique and powerful. You will share it often with people you meet. It is the perfect bridge that moves someone to a point where they can hear the Gospel. A great place to start is by reading the example Paul sets in Acts 26. Paul tells the story of Jesus in his life by sharing three components of his journey. As you share your story, make sure you answer the following questions:

- ☐ **What was your life like before following Jesus?**
- ☐ **How did you become a follower of Jesus?**
- ☐ **What has your life been like after following Jesus?**

As you share, keep the focus on your life since knowing Christ. Tell them about how Jesus changed your life. Tell of the joy, peace, and forgiveness Jesus gave you.

## A STORY OF VICTORY

You can share about your salvation or a story of something God has done in your life. Did He help you through a time of difficulty? With a physical ailment? A troubled relationship? When sharing a story of victory, answer the following:

- ☐ **What was the problem?**
- ☐ **How did God change it?**
- ☐ **What has victory looked like for you since then?**

## Some Practical Tips:

- ☐ Before you leave for your trip, write down your story.
- ☐ Be prepared to share it in three minutes or less.
- ☐ Avoid Christian jargon.
- ☐ Avoid references to age.
- ☐ Learn how to share your "15-Second Testimony" at: [e3partners.org/your-story](http://e3partners.org/your-story).
- ☐ Practice your story so that it comes out naturally.
- ☐ Share it with several people and invite feedback on how to share it better.

The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field.

**- LUKE 10:02**

### **GOD'S STORY**

Eventually, your story should lead into God's story. It's the Good News! You will have many opportunities to convey it throughout your trip. However, you can't share it well if it's not clear in your own mind.

Your trip leaders will train you to share the Gospel in a manner that is appropriate for the culture you're visiting. Regardless of where you go, the essence of the salvation message remains the same. Make sure you include the following points:

- ☐ **Creation**
- ☐ **The fall of man**
- ☐ **Our separation from God**
- ☐ **Our inability to come back to God and the need for a sacrifice**
- ☐ **Jesus coming to Earth**
- ☐ **Jesus' death as the perfect sacrifice**
- ☐ **His resurrection**
- ☐ **How to receive His sacrifice**
- ☐ **The assurance of salvation**

### **Some Practical Tips:**

- ☐ Before you leave for the trip, write down how you wish to communicate God's story.
- ☐ Avoid religious jargon that non-Christians won't understand.
- ☐ Practice sharing God's story so that it comes out naturally.
- ☐ Share it with several people, and invite feedback on how to share it better.

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Learn more about  
sharing God's story from  
Creation to Christ at:

**[e3partners.org/3-circles](http://e3partners.org/3-circles)**

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# Your Toolkit

When it comes to sharing the Gospel, we have provided many powerful resources to help you out. The following are a few tools you may use on the trip:

## YOUR BIBLE

Your Bible is your most critical resource. Read it daily while overseas for encouragement and strength. You might also consider memorizing a few key verses: John 3:16, Romans 3:23, and Ephesians 2:8-9.

## 3 CIRCLES

3 Circles is a simple method of sharing the Gospel. All you need is a piece of paper and a pen, or a stick in the dirt. Go to [e3partners.org/3-circles](http://e3partners.org/3-circles) to watch a step-by-step instructional video on how to use the 3 Circles method.

## YOUR STORY

"Your Story" is a way to share your testimony in a simple and quick manner. Go to [e3partners.org/your-story](http://e3partners.org/your-story) to watch a step-by-step instructional video on how to use the 15-Second Testimony method.



## 4 FIELDS STRATEGY

4 Fields is the strategy e3 Partners has adopted to radically advance God's kingdom. Following the pattern set by Jesus and Paul in the Gospels and Acts, 4 Fields embraces their example of entry, sharing the Gospel, discipleship, church formation and multiplication of leaders.



2 kinds of people  
1) following God's design  
2) still in brokenness

The 4 Fields strategy is a global strategy. It uses the same training, tools and Biblical principles regardless of what country you're in, so you will be able to use it to multiply disciples and churches on your trips and in your own community once you return home!

You can learn more about the 4 Fields strategy at:

[e3partners.org/training-resources](https://e3partners.org/training-resources)

# The Person of Peace

Whatever house you enter, first say, 'Peace be to this house.' If a man of peace is there, your peace will rest on him ... Stay in that house, eating and drinking what they give you ... Whatever city you enter and they receive you ... say to them, 'The kingdom of God has come near to you.'

**- LUKE 10:5-9**

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While on the field, one of the most important things to do is pray for a "person of peace."

When Jesus sent out His disciples, He encouraged them, "whatever house you enter, first say, 'Peace be to this house.' If a person of peace is there, your peace will rest on him; but if not, it will return to you. Stay in that house, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house."

While Jesus doesn't explain the reasoning behind this command, we

see many examples of "persons of peace" throughout the New Testament: people like Zacchaeus, Cornelius, Lydia, and the Samaritan woman at the well. These are people God prepared in advance to both receive the missionaries and their message.

**A "person of peace" will do three things:**

**1 / Accept the messenger.** He or she will welcome you, often providing hospitality and interacting with you.

**2 / Accept the message.** He or she is an unbeliever who has been prepared by the Holy Spirit and is always open to the Gospel.

**3 / Accept the mission of God.** He or she will introduce his or her family, friends, neighbors, and coworkers to Christ. This person will testify to what Jesus has done for them as well. As others watch the person of peace transform, they are drawn to the reason for the change.

Finding your "person of peace" is key to establishing your work in that particular area. When churches are established on natural friendships and family lines, the community grows more quickly and often makes a greater impact.





## FINDING THE PERSON OF PEACE

**When we find people whom God has prepared in advance, they will believe—usually sooner rather than later. There are several ways to find your person of peace.**

- **Travel from home to home,** sharing Christ until you find him or her.
- **Ask questions.** You might enter a village or place of ministry by asking questions. “Do you know anyone who is seeking God? Do you know anyone who is sick and in need of healing? Do you know anyone who has problems and really needs the Gospel?” These are often the people that become persons of peace.
- **Look for influential people.** This could be the village chief or a shop owner. If they’re open, their influence could be very helpful.

- **Pray for miracles.** You could enter villages by offering to pray for them. You might ask the question, “If God could meet any need in your life or do a miracle, what would it be?” For people who are open, pray over them and invite God to work in that situation, avoiding Christian jargon. When God answers, they will know it was Him. This is a great segue into spiritual conversations.

## PRAYER IS KEY

Begin praying for your “persons of peace” now and continue throughout the trip. We suggest prayer walking the area each morning, asking the Holy Spirit to go before you and lead you to the people He has prepared in advance.



# A Believer's First Steps

It is such a joy to see someone come to Christ! But what comes next? In Matthew 28, Jesus' commands are very clear: "... [teach] them to obey everything I have commanded you ..."

The next step after receiving Christ is cultivating a lifestyle of obedience. If you've just led someone to the Lord, there are several ways to begin that process.

- **Take time to invest in him or her.** Discipleship is an investment of time. Go deep in that person's life. Take them through a 3/3rds Discovery Bible Study (which you will learn about in your pre-trip training).  
  
Luke 10 advises us to "stay in that house, eating and drinking whatever they give you." Enjoy the person's hospitality, and use it as a chance to share more with them about Christ.
- **Teach the new believer how to share his or her story.** Walk the person through the very exercises you went through before your trip. Ask them questions about life before Jesus. Help the person articulate the change that has taken place and what Christ has done.

- **Teach the new believer how to share God's story.** Practice walking through the Gospel with the person, keeping it as simple as possible. Teach the new believer the same evangelism method used to lead them to Christ.
- **Keep practicing with the person.** Go through the 411 Training with them. Practice not only makes perfect, it also builds confidence. While it will take time, it is a significant and worthy investment. This person may be the village's only connection to Jesus after you leave.
- **Invite him or her to make a list of people who need to know Jesus.** Encourage them to pray and make a list of 10 people who need to hear the Gospel.
- **Help the person share with others.** If possible, have the new believer invite over friends or family from his list. Help him or her share the Gospel with them with your guidance and direction.
- **Keep it going!** Instruct the person to continue through the same steps with anyone else who receives Christ. This is how the church begins to multiply!



# Getting Ready!

## What You'll Need to Do

**There are plenty of things to get done before you head overseas. Here are some practical tips to help you get ready.**

### **GET A PASSPORT**

You can't leave without one! Applications are available on the U.S. Department of State website: **travel.state.gov**. Apply as soon as possible. New passports can take up to 11 weeks for processing.

If you already have a passport, it needs to be valid for at least six months after your scheduled return date. Many countries will not allow entrance if it is too close to the expiration date. If your passport expires in less than six months, get it renewed right away.

***NOTE: The cost of a passport is not included in the price of your trip.***

### **OBTAIN A VISA**

Some countries require visitors to obtain a visa prior to arrival. A visa is usually a stamp placed on your passport by the embassy or consulate of the country you plan to visit. Your trip leader will let you know if this is required for your trip and how to obtain it.

### **GET YOUR SHOTS**

Some countries require specific immunizations while others merely recommend them. You can find what is needed on the Centers for Disease Control and Prevention (CDC) website: **cdc.gov**. Click on "traveler's health" and then "destinations."

You should also consult your doctor or a travel clinic about any immunizations they might recommend. e3 Partners staff cannot advise you on the necessary vaccines or medications.

***NOTE: The cost of vaccinations is not included in the price of your trip.***



“How beautiful are the feet of those who bring good news!”

—ROMANS 10:15

### **DRESS PROPERLY**

It's important to dress appropriately for the culture you are entering. For men, a pair of khaki pants or nice jeans is usually appropriate, coupled with a collared shirt or a nice T-shirt. Shorts are usually not appropriate for ministry days, though this isn't always the case.

Dress for women varies a bit more. In some places, pants are appropriate. In others, skirts will be required. Women should also be mindful of their skirt length. In some countries, a knee-length skirt would be considered scandalous. Nice T-shirts or button-down shirts are generally acceptable. Sleeveless shirts are often not appropriate.

When in doubt, err on the conservative side. Sunday church services may require you to dress up more than you do during the week. Your trip leaders will provide specific guidelines for your location.

### **GET PACKING**

Your trip leaders will provide the baggage weight and size allowances for your airline. In general, pack light. For a full list of packing suggestions, flip to page 25-26.





# Fundraising

Foreign travel can be expensive. It's tempting to let this get in the way of your trip. But e3 makes it easy to raise support and embark on a fully-funded trip. We provide the resources, tips, and infrastructure needed to make it happen. All you have to do is take the first steps.

We recommend you start the fundraising process by filling out your personal online fundraising page. You should have received information and instructions for personalizing this page when you completed your application. Customize it with your story, add videos, and post photos that share your passion with the world. When you're done, share it with your friends and family!

Depending on your trip destination, it may be unsafe to post your fundraising page on social media, so be sure to check with your trip leader before posting anything. We also suggest that you send out letters to

family and friends, asking them for their prayers and financial support. Through this act, you are inviting them to become directly involved with God's work in your life. You will be surprised by how many are willing to share their material possessions so others can know Christ through you.

Don't be shy about who you select to receive your support letters. Consider sending them to family, friends, and anyone else who might be interested in your trip.

You may even consider discussing your trip with your church leaders. Share your call with your pastor or ministry staff and ask for their advice or assistance. Some churches even have missions committees that welcome funding requests. With permission, you may be invited to approach small groups about your plans and financial needs. In doing so, someone else could be encouraged to go with you.

# Packing List

Baggage allowances vary from airline to airline. Regardless, you'll want to pack light. You will be responsible for carrying your own baggage, sometimes for quite a distance.

We recommend that you bring one big suitcase to check and one small suitcase as your carry-on. As you get closer to departure, check with your airline's specific weight and size allowances. You should also save space for team materials and any souvenirs you may want to bring home.

It's also a good idea to pack a few extra changes of clothes, toiletries, and medications in your carry-on in the event your luggage doesn't arrive when you do.

You are responsible for any excess weight charges. As you pack, here is a suggested list to follow.

## CLOTHING & ACCESSORIES

- Changes of clothes to last through the trip. Take articles you can mix and match. Try to make an outfit last for 2 (or more) days.
- Nice outfit for church on Sunday. Men may need to bring a tie, dress shirt, and nice shoes.
- Slacks/jeans and sometimes shorts are fine for free days and travel days.
- Walking shoes. Make sure they're comfortable! Athletic shoes are great.
- Sleepwear
- Socks
- Underwear
- Flip-flops/sandals
- Sunglasses
- Money belt or pouch
- Hat

## TOILETRIES

- Shampoo & conditioner
- Soap
- Deodorant
- Toothpaste & toothbrush
- Hairbrush
- Washcloth
- Kleenex
- Sunscreen
- Moistened hand wipes
- Hand sanitizer
- Band-aids and antibiotic ointment
- Toilet paper
- Shaving cream
- Razor
- Makeup
- Glasses
- Contact lenses & solution
- Insect repellent

## MEDICINES

- ☐ Aspirin/pain/cold medications
- ☐ Stomach medications
- ☐ Cough drops
- ☐ Antihistamines (*for allergies*)
- ☐ Eye drops and nose drops
- ☐ Ginger candy (*helps with nausea*)
- ☐ Antidiarrheal medicine
- ☐ Laxative
- ☐ Antacid tablets
- ☐ Lip balm and sunscreen
- ☐ Sleep medication
- ☐ Prescription medications  
(*Take some extra and pack it in another suitcase.*)

## SNACKS

- ☐ Gum/candy
- ☐ Trail mix
- ☐ Peanut butter/cheese crackers
- ☐ Granola bars/power bars
- ☐ Sweet-N-Low  
(*if desired instead of sugar*)
- ☐ Powdered drink mix/tea bags

## DOCUMENTS

- ☐ Passport
- ☐ Visa (*if required*)
- ☐ Immunization record (*if required*)
- ☐ Airline tickets
- ☐ Emergency contact information
- ☐ Credit card (*for emergencies*)
- ☐ Spending money

## OTHER ITEMS

- ☐ Bible
- ☐ Bilingual Bible or New Testament  
(*if available*)
- ☐ e3 Partners discipleship materials  
(*if available*)
- ☐ Journal
- ☐ Pens and pencils
- ☐ Backpack or tote bag
- ☐ Family photos
- ☐ U.S. map to show where you live
- ☐ Flashlight
- ☐ Earplugs/eye mask/neck pillow
- ☐ Reading materials
- ☐ Alarm clock
- ☐ Power adapter and converter  
(*if needed for electrical supplies*)
- ☐ Sewing kit
- ☐ Camera & memory card
- ☐ Zip-lock bags and plastic grocery bags
- ☐ Extra batteries
- ☐ Umbrella/raincoat (*if needed*)

## BEFORE LEAVING (AS THEY APPLY)

- ☐ Be commissioned by your local church
- ☐ Stop mail
- ☐ Turn in e3 medical release forms
- ☐ Give itinerary and emergency information to others
- ☐ Send/email trip prayer calendar to prayer team
- ☐ Send email addresses of friends/family who will pray for your team to e3 trip leaders

# Travel Basics/Staying Healthy & Safe

## TRAVEL BASICS

**Where will I exchange my money?** Every trip leader handles this differently. Often, you will have the opportunity to exchange your money at the airport when you arrive in the country. Carry plenty of cash to exchange and a credit card for use in the event of an emergency.

**How much money should I bring?** Typically, \$100-200 will do the trick. You will not need to spend money on ministry days. Most of your expenses will be covered. You are only responsible for meals on travel and tourist days, and for any shopping you wish to do. We suggest purchasing small thank you gifts for some of your supporters.

**How should I carry my passport, airline tickets, and cash?** We recommend keeping your passport, airline tickets, and cash with you at all times. It's best to carry these items in a money belt that's concealed under your clothes. Do not keep them in your purse or backpack. Money belts are available in travel stores or online.

**Will I be able to call or email home?** If your phone is able to make international calls, you may be able to call home. However, these calls can be expensive. Contact your wireless carrier to learn more about international coverage and plans.

You may also consider using an online service like Skype or FaceTime if you're at a location with Wifi availability. Your hotel may also have a landline available. Again, check into the rates before you make a call so you're not surprised by a monstrous bill!

Depending on your location, email may (or may not) be available at your hotel or a nearby Internet cafe. Your trip leaders can help you with this.

## STAYING HEALTHY & SAFE

There are several critical things you can do to stay healthy while overseas.

- Drink plenty of water! You will be surprised by how quickly you can dehydrate. Bottled water will be provided for you when you arrive.
- Do not drink the tap water. In most places, the water supply is not purified to the same level as in the United States. The increased pathogens can cause many North Americans to become ill.
- Use bottled water to brush your teeth.
- Avoid ice and fruit juice, which are often made with tap water.



- Follow the eating recommendations from your trip leaders. They will know which foods you should or should not eat. Generally, you should only eat meat that is thoroughly cooked. Avoid dairy products, fruits, and vegetables.
  - Do not eat food purchased from street vendors.
  - Avoid eating food offered in the villages. Pre-packaged foods (like chips or cookies) are often safe. The same goes for hot tea or coffee that has been boiled. You should stay away from everything else. In declining offers for food, be as gracious as possible. Let your host know that you'd love to accept their offer but that your American stomach is very weak and reacts differently to foods.
  - Rest. Resist the temptation to stay up late each night. Sleep is critical!
  - Sanitize your hands often by using hand sanitizers and antiseptic wipes.
  - Keep your feet clean and dry. Do not go barefoot.
  - Don't pet, touch, or handle any animals, especially dogs and cats.
- Your trip leaders and local ministry partners have worked diligently to ensure your safety while overseas. However, it is still important to take appropriate measures.
- Be aware of your surroundings, just as a good defensive driver is aware of their surroundings.
  - Follow your gut. If something feels wrong, take immediate action to correct it.
  - Stay with your team. Travel in groups of at least two or more during free times, and keep the group small.
  - Be cautious in crowded places like train stations, urban centers, or markets. These are prime spots for pick-pocketing. Watch your purse, wallet, and passport. In these areas, it's a good idea to carry your backpack in a front-facing position.
  - Always carry a business card or envelope from your hotel. If you get separated from your group, you can use the address and phone number.
  - Keep your hotel door locked. Do not open it for anyone unless you know them.
  - Hide and secure all valuables. We cannot guarantee that anything is absolutely safe, even if it's left in your suitcase.

### SECURITY IN "CLOSED" COUNTRIES

We work in a number of regions that are considered "closed" to the Gospel. Additional security protocols are implemented in these areas. These could relate to how you speak about your work in the country and to your use of social media, phone calls, and email. Your trip leaders will provide details. Please abide by these protocols diligently. Your safety and that of our local partners is extremely important.

# Coming Home

## Now What?

**One of the hardest parts on a trip is the re-entry into “normal” life. You just spent a week or more in a foreign country. You witnessed people receive Christ for the first time. You experienced new churches develop right in front of you, and you may have encountered poverty at a level you’d never seen before.**

You’ll discover that a part of your heart never returned home. It’s still lost in some village or neighborhood halfway across the globe. The trip was really just training for a new kind of living.

There are a number of ways to stay connected to what God is accomplishing through e3 Partners. Go with us again, and next time bring a friend! You can also donate to our ministry abroad. Our best encouragement is to make your new experience an ongoing lifestyle.

### GET INVOLVED LOCALLY

The U.S. is a mission field too! There are people all over your community that need to hear the message of the Gospel, and you can share it with them!

All the tools you learned and used on your trip work in the U.S. as well. You can share the 3 Circles with your neighbor. You can share your testimony with the person behind you in the grocery store line. You can bring the training to your church!

Make a list of people you know that are far from God, and make an intentional effort to start ministering to them.

You can also get involved with our e3 USA team. They do the same work domestically that we do globally. They search for houses of peace, share the Gospel, disciple new believers, and help plant churches all over the U.S.

For more information about e3 USA, go to: [e3partners.org/gospel-conversations](https://e3partners.org/gospel-conversations)







**I AM SECOND** is a movement meant to inspire people of all kinds to live for God and for others. Actors. Athletes. Musicians. Business leaders. Drug addicts. Your next-door neighbor. People like you.

The authentic stories on [iamsecond.com](http://iamsecond.com) provide insight into dealing with typical struggles of everyday living. These are stories that give hope to the lonely and the hurting, help from destructive lifestyles, and inspiration to the unfulfilled.





Check out [iamsecond.com](http://iamsecond.com) to find stories that resonate with you. Share them with your friends. Watch them with others. They can create opportunities to share the Gospel and have heartfelt conversations about your struggles, weaknesses, fears, and hopes.

Being Second is a lifestyle. Choose to be “Second” every day.

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# A New Tension

After you step off the plane, you may notice something strange happening to you. As much as you've missed your family and friends, you'll find that a part of your life is still in another part of the world. You will feel a tension between the life you've always known and the transformation you just experienced. But there are things you can continue doing now that you're home. Start by maintaining contact with your team. They know how you're feeling, so talk with them. Stay in touch!

## **Thank your contributors.**

Once you've settled in, take some time to thank your prayer team and contributors. Write some notes by hand or share a story with them about what God has done. Cultivate those relationships. They may be willing to give to your next trip!

## **Create an elevator speech.**

When you return to work, church, and back to your community, people will ask you the same question over and over — “So? How was it?!” At the



## Share Your Story on The e3 Blog!

Visit [e3partners.org/stories](https://e3partners.org/stories) for the latest news and updates.

Email [e3times@e3partners.org](mailto:e3times@e3partners.org) to have your story featured on the blog.

moment, it will feel as if you have two answers, one that takes 15 seconds to answer and another that takes 15 minutes.

Begin thinking through what you want to tell people about your trip. Pick 1-2 stories that represent your overall experience and share those when people ask you.

### Recruit your friends.

As you prayerfully consider returning, invite your friends and family to come

with you next time. Offer them the opportunity to join you on such a life-changing experience.

### Continue sharing your story.

Take the lessons you learned in the field and apply them to your relationships here at home. Consider getting involved with e3 USA. Start a house church in your home. Share your story with friends. Pray for those in your life who need to hear the Gospel. The mission doesn't end when you step off the plane!



# Stay in Touch

## Contact

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