



Thank you for your interest in serving the people and missionaries of East Africa. You probably have many questions about traveling and ministering overseas with us. This packet contains valuable and essential information about serving with FRM on a short-term trip. Please, review these materials carefully and completely, they will help you better understand how the application process and the trips work. It is important that you begin taking these steps as quickly as possible because there are many factors that can complicate global travel and many factors that we need to consider when planning for a team. If, after carefully reading this packet, you have any questions about the application process or more general questions about short-term service, feel free to contact us through e-mail at [info@frmusa.org](mailto:info@frmusa.org) or at (951) 677-4474.

## The Next Steps:

1. *We require a \$350.00 deposit for your trip to be received by our office no later than 90 days prior to your departure. If this deposit is not in our office by this time, you will not be included in the team, NO EXCEPTIONS. The deposit is **non-refundable** and is used to pay the fees FRM is charged by the airlines if we have to cancel your ticket. We cannot begin booking your flights until we receive your deposit. The total cost of your trip is \$3,200.00. This cost covers airfare to and from Africa, all lodging in Africa, and all team transportation and meals.*
2. Review the enclosed Code of Conduct; this will guide all your actions and activities as a short-term team member with Far Reaching Ministries.
3. If you have not already, please sign the “Release from Liability” and “Assignment of Authority” forms. Please notarize these (this is absolutely necessary), make copies for your records, and return the originals to our office with your deposit.
4. You are required to be covered by some type of international medical insurance. If your current provider offers coverage for you while you are overseas, you must provide us with proof of that coverage. If your normal medical insurance does not cover you overseas, you must purchase international medical insurance for the time you will be traveling with us. We recommend GNI/SRI. Coverage is very affordable and is not dependent on age. You must purchase this insurance at least 30 days prior to your date of departure. To apply:
  - a. Go to Good Neighbor Insurance’s SRI web site: [www.missionaryinsurance.org](http://www.missionaryinsurance.org)
  - b. On the home page under Short-Term Team Coverage, click on Group Logon for Existing/Contracted Groups.
  - c. Enter FRM’s group code: F9FQHFBT
  - d. Complete information as requested by the website.
  - e. After you enter your name, there is an option that says #Organization/Team Information#. This is where you can enter your team name or identifying numbers, and

- your destination. Example: Valley Chapel Church- Uganda Team. It will help you, SRI, and FRM when you need to make changes in the future.
- f. If you pay by a check, password code is gni123 to get into the Invoice area.
  - g. If you pay by check, you will be covered but will not get a confirmation until SRI receives that check. If you pay by check you must mail the check to SRI [Specialty Risk International, attention: Short Term Teams, 9200 Keystone Crossing, Suite 300, Indianapolis, IN 46240, USA] and fax a copy of that check to Good Neighbor Insurance at 480-813-9930.
  - h. Once you receive a confirmation page, print out that page and send it to us.
5. Our office must receive the remainder of your payment no later than 30 days prior to your date of departure. Failure to make this payment on time will result in cancellation of your ticket, and your \$350 deposit will not be refunded.
  6. When raising funds for your trip, people can write checks payable to Far Reaching Ministries so they can receive a tax deduction. Please make sure that your name is in the memo section of the check as trip payment. You may send these in as you receive them or as one payment.
  7. Be sure that your passport is valid for at least 6 months after your date of departure. The airlines will not allow you to board if you do not have at least 6 months left before your passport expires.
  8. Read the book of Acts, the story of the first century church and its first missionaries, and be prepared to share your insights with other team members.
  9. We have enclosed some information on the area you are going to be ministering in. Don't worry... there won't be a test. This is just to familiarize you with a little of the area's history, culture, and customs.
  10. Write a short biography to introduce yourself to other team members and our missionaries overseas (it's ok to cut and paste from your application) and send it to [info@frmusa.org](mailto:info@frmusa.org) with your name, trip date, and location in the subject line. Please do this as soon as possible so that we can get to know you.

## Before You Leave:

1. Make sure you get all the necessary immunizations. Contact your local health department or the Center for Disease Control and Prevention at [www.cdc.gov/travel](http://www.cdc.gov/travel) or call (800) 232-4636 for the most current information on what shots are required. Certain healthcare providers also offer a travel advisory service. You should begin getting these immunizations immediately, as many of the required immunizations are difficult to come by (yellow fever) or consist of a series of shots that must be administered a certain amount of time apart (Hepatitis B, Hepatitis A, Tetanus). These shots cost \$300 on average.
2. You must see your doctor for an anti-malarial prescription. This is not an option. We do not recommend that you use Lariam (also known as mefloquine), as it has serious side effects that may include hallucinations, headaches, vivid dreams or nightmares, mood changes (in some cases even psychotic behavior), tremors, loss of coordination, numbness in hands and feet, ringing in the ears, vision changes, blurred vision, dizziness, drowsiness, diarrhea, nausea, stomach pain and, in some cases, irregular heart beat.

3. Make a copy of your immunization certificate. Leave this copy in the US and bring the original with you. Please send a copy to the FRM office with your final payment. You may not be asked to show the immunization record, but you don't want to be stuck without it if you are.
4. Get 2-passport photos to BRING 2 WITH YOU for visas (if they are needed).
5. **Please fill out the “Emergency Contact/Medical” information sheet and carry it with you while traveling in the event of an illness or injury.**
6. You will be allowed to bring 1 checked bag weighing 50 lbs for personal items. You will also be asked to carry an additional bag(s) for FRM ministry purposes.
7. Please make three black and white copies of your passport. *Carry one set of copies with you for personal use in Africa, give the other copies to our staff when you arrive in Africa and send one copy to FRM office with application.* If you lose your original documents, these copies can aid in your attempt to get new ones.
8. If you are carrying boxes/Rubbermaid tubs of items for FRM, you will be required to affix a Customs Manifest and an International Relief Placard to each piece of luggage and carry an additional copy of the manifest on your person. If we are having you carry boxes for us, we will send you the forms.

## What to pack:

- **Bible**
- **Medical Items:**
  - Medications (Allergies can be an issue in cities! Dust, pollen, smog, animal, etc.).
  - To avoid problems with customs, keep medicines in their original packing with labels. Bring a copy of your prescriptions and generic names for drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting your need for this drug.
- **Clothing:**
  - **Kenya Only:**
    - Malaria medication only if you are planning on the Masai Mara safari
    - You should wear closed toe shoes like tennis shoes when doing home visits in the slums, visiting schools. Flip-flops are welcome to be worn in the guesthouse.
    - Dresses up to the knee, jeans, pants, skirts up to the knee are all fine to wear. No tube-tops, shorts or attire that reveals your bust, abdomen or thighs.
    - Summer season in Nairobi is December through March, it is hot with occasional showers. March and April, September through October is the rainy season but can still get hot and humid. July begins the winter months and will get chilly (cold), dry and dusty.
  - **For All Countries (including Kenya):**
    - All capris, skirts, and dresses must fall below the knee.
    - Tank tops and tank style dresses must have straps at least 1” thick (2” is better)
    - No bare-midribs
    - No sagging pants/shorts that show your underwear when your arms are raised above your head.

- For women – skirts, jeans and pants are OK. Skirts or dresses are only required for village ministry.
- For men – shorts are acceptable, especially while working, but pants are always required when teaching.
- For both –shorts are great for hanging out at the guesthouse.
- A hat is nice to block the sun.
- Flip-flops are not good for Nairobi, but acceptable for Kampala. Sandals (like Tevas) are better; you will want something that sticks to your foot a little better than flip-flops.
- Boots are only recommended for ministry in bush areas (i.e. Sudan & Kitgum)
- A sweatshirt or light jacket is absolutely necessary.
- Travel light – bring clothing that can be hand washed and does not need to be ironed. Do not count on being able to do a load of laundry (except by hand) during your trip. It's perfectly FINE to wear things for two days in a row or more.
- East Africa can be extremely dusty, even in the cities; dark skirts and pants are a good idea.
- **Personal Items:**
  - Bring a one-liter bottle of water for the flight; it is easy to get dehydrated. The stewardesses will be happy to show you where you can re-fill it on the plane. It is a good practice to drink 2-4 liters in the course of the flight and while in East Africa. Staying well hydrated will also help reduce jet lag.
  - Sunscreen
  - Bug repellent
  - Personal toiletries
  - Anti-bacterial hand gel or anti-bacterial wet wipes.
  - Snacks (trail mix, beef jerky, canned tuna, etc-- think PROTIEN)
  - A large jar of your favorite kind of peanut butter
  - Flashlight (we recommend an LED type- they last longer and are more powerful) with extra batteries.
  - A journal is recommended. If you don't write down your daily experiences, you may forget many of them.
- **Electronic Devices:**
  - You must bring adapters for any electronic devices that you bring, the ones that we have at the guesthouse are needed for daily operations, and so they will not be available for your personal use.
  - Camera and plenty of film or storage cards
  - Check to see if your camera needs a transformer, some camera batteries cannot be charged on 220V.
  - We do not recommend that you bring any conspicuous and expensive electronics. This makes you and the rest of the team a target for theft. Smaller electronics like CD players or iPods are fine.
  - If it is necessary for you to bring a laptop computer, you should look into an outlet adapter with a built in surge protector. These can be purchased at Radio Shack and similar stores. Your laptop's power adapter will most likely accept anything between 110-240V, (in other words, you don't need a transformer). The

outlet adapter you purchase will allow you to plug your laptop's power cord into a British 3-prong style outlet and provide surge protection. It should cost less than \$30. Some without surge protection may cost less than \$10.

- **Money:**

- Depending on the amount of souvenir shopping you intend to do, most people do just fine with about \$300 for souvenirs, meals eaten at restaurants, airports, etc.
- **Bring CASH – NOT** traveler's checks or debit cards, and bring crisp new (with the big face) \$50 and \$100 bills for the best exchange rate.
- No one in Africa is accepting bills older than 2003. Make sure that they are new looking, or you probably will not be able to exchange them.
- Postcards can be sent from Africa to the US for about \$.80 and will generally arrive within 7-10 days.
  
- Here is an overview of the total/potential costs involved in your trip:

Trip cost (includes airfare, team lodging, team meals, transportation for ministry purposes)	\$3200.00	This is the cost of the trip that you pay to FRM
Cost of mandatory background check	\$35.00	
Spending money & emergency cash	\$300.00	These are <u>potential</u> costs that you must cover.
Cost of Passport	\$97.00	
Cost for extra passport photos (Sudan)	\$20.00	
Ugandan/Kenyan visa	\$50.00	
Potential cost of immunizations/anti-malarial medication	\$300.00+	
Medical Insurance for the length of trip	\$26-40+	
Potential overnights in London/Amsterdam/Brussels	\$150.00	
Potential total cost you could expect to pay	\$4178.00	

## How to Pack:

- Normal suitcases are fine for luggage.
- If you are carrying items for the ministry, we recommend using Rubbermaid plastic tubs (25 gallon size). They are fairly pliable, sturdy, and can be reused on the field. Simply drill holes in the edges of the lid and use zip-ties to hold the lid on, but wait until you've had your baggage checked in the US before you put the zip-ties on, otherwise they may cut them to inspect your luggage.
- We recommend that you throw an empty duffle bag or something similar into your luggage to use to transport souvenirs back home.

# Checking in at the airport:

- When you check in at the airport, the agent may question the fact that you do not have a visa. Explain to them that because of the high volume of tourist travel through Kenya and Uganda, they have made it as easy as possible to get a visa. You will simply purchase it at the Kampala/Nairobi airport upon arrival.

## Arriving in Africa:

- **Entebbe**

- Getting a visa: You will get a small arrivals card to fill in. It is usually colored. Don't worry about exact address, just put Kampala. After filling it in go to the visa counter. Have your passport, the card, and \$50 ready. No matter where you are serving ask for a three-month visa. Go past the counter and to your right to get your luggage
- When filling out the immigration card you can say you are here for business. If questioned, just say you are meeting people at the airport, and they will know the information if it is needed.
- One of our staff will be meeting you at the airport in Entebbe. They will try to have a sign that says "Far Reaching Ministries". In the event that our people are not there to meet you, please refer to the contact info below.

Guest House +256-41-286661

Jill Kanyike +256-77-268-5759

Brian Kanyike +256-071-266-1476

Brian Kelly +256-772-825956

Lynne Kelly +256-782-527257

Vicky Bentley +256-772-420632 or +256-712-115200

Craig Linquist +256-782-578652

- **Nairobi**

- There is a full sheet visa application you must fill in. Don't worry about the address, just right Nairobi. Take the sheet and fill it in while in line if you can juggle your hand luggage, it will save you lots of time. Have \$50, your passport and the application ready to give to the clerk. Ask for a three-month visa. From there go through the exit and down the stairs to get your luggage.
- One of our staff will be meeting you at the airport in Nairobi will have a sign that says "Far Reaching Ministries". In the event our people are not there to meet you please refer to the contact info below.

Dave Zavala +254-734-761822

Twinkle Zavala +254-733-665116

Arie Ramirez +254-736-623-068

- Go through the "Nothing to Declare" customs line as a team. If you go individually you are far more likely to get stopped!

- If questioned, inform the customs officer that you are here to serve for two weeks with an NGO (Non-Governmental Organization, basically an aid or relief agency) and everything in your possession is for your **personal use**, nothing will be sold. If you have been asked to carry materials for the ministry we will give you additional instructions.

From the airport, you will be escorted to your accommodations.

## At the Guesthouse:

- Expect a security briefing.
- Expect an itinerary update.

## While You Are Away:

1. If your family experiences an emergency, please have them contact our office. Our office staff knows how to get in touch with FRM team members in Africa.
2. **No news is good news.** Phone calls from Africa to the US are fairly expensive and can be difficult to place. Please, instruct your family members not to call our US office for a daily report. Therefore don't expect communication.
3. Some of our accommodations may have limited Internet access where you may be able to access your web-based email. If it is possible, we will make one or two visits to Internet cafes, which will also allow you to contact your friends and family. You will need web-based email account access similar to yahoo.com or gmail.com which both offer free email accounts via the web. Ask your email provider if you already have that capability.

# Code of Conduct:

All FRM missionaries are expected to adhere to the standards set forth below. As a missionary in a foreign country, you are an ambassador for Jesus Christ and for FRM. Through all that we do and say, we want God to work through us as a team to glorify Himself and demonstrate His love to others.

## Fellowship

The most common reason that short-term missions teams experience difficulty is interpersonal conflict within the team. In order to function as a team, it is important to have a common understanding of acceptable attitudes and behavior prior to going to the mission field. Here are some basic guidelines for how to behave toward those around you.

## With the Lord

*...for without Me you can do nothing.* – John 15:5

Team members should seek ever-increasing dependence upon, and a deepening relationship with, God through Christ by making it a daily priority to spend personal time in prayer and the Word.

## With Others

*...being like-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interest, but also for the interests of others.* – Philippians 2:2-4

The needs of other team members should be placed ahead of one's own. Team members should seek out understanding in all of their relationships, respecting each other by submitting to one another out of reverence to Christ (Ephesians 5: 21). This includes listening to each other's opinions, ideas, and needs; and respecting each other's time, property and sleep.

## With Locals

*You are our epistle written in our hearts, known and read by all men' you are manifestly an epistle of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart.* - II Corinthians 3:2-3

Team members should respect any cultural differences they may encounter, demonstrating their love for God, locals, other missionaries, and interpreters by respecting their opinions and differences. As you are probably proud of your history and heritage, the people that you are visiting have a history and a heritage that they are proud of as well. Team members are expected to support these people by coming alongside them with a servant's heart and a teachable spirit. Remember, you are a guest.

# Between Brothers and Sisters in Christ

Team members are expected to maintain relationships with one another as brothers and sisters in Christ, not pursuing dating relationships with other team members or locals during the trip. Team members are also expected to respect cultural differences in the way they interact with locals of the opposite sex. In some Islamic cultures, for example, a man will NEVER touch or look at a woman who is not a family member. Remember, Americans are comparatively very liberal concerning the manner in which those of the opposite sex interact. We don't want to stumble those we are ministering to by behaving in a way that their culture considers improper. (I Timothy 3:7)

## With Team Leaders/Project Directors

*And we urge you, brethren, to recognize those who labor among you, and are over you in the Lord and admonish you, and to esteem them very highly in love for their work's sake. Be at peace among yourselves.* - I Thessalonians 5:12-13

Team members are asked to respect their leadership by understanding their responsibility, accepting their decisions, and praying before approaching them with disagreements. Your team leaders bear a great deal of responsibility and must take numerous factors into consideration in making every decision. Also, remember that you are in a culture that is probably very new to you, and the team leader is familiar with the culture. Following their leadership will help you better function and minister within this new environment.

## Accountability

In all of your actions on this trip, you are accountable to God first of all. You must also agree to be accountable to the team leaders, supervisors, and other members of the team.

## Responsibility

*Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice, and weep with those who weep. Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion. Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceable with all men.* - Romans 12:9-18

Team members are expected to carry out tasks in a responsible and timely manner and to handle all ministry equipment and assignments as tools and gifts that the Lord has entrusted them with.

# Punctuality

Team members must exhibit respect to team members, leaders, and others by arriving and carrying out tasks on time. We all must understand that time is given to us by God to accomplish His purposes, and that being punctual is an outward display of using God-given time wisely. Even in a culture where punctuality is not the norm, we can glorify the Lord with how we use our time.

# Team Unity

*Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us - Romans 12:4-6.*

Team members should realize and respect that each team member has unique gifts and that the Lord has called us to act as a single, cohesive body for HIS glory.

# Flexibility

*For though I am free from all men, I have made myself a servant to all, that I might win the more; and to the Jew I became as a Jew, that I might win the Jews; to those who are under the law, as under the law, that I might win those who are under the law; to those who are without law, as without law (not being without law toward God, but under law toward Christ), that I might win those who are without law; to the weak I became as weak that I might win the weak I have become all things to all men, that I might by all means save some. Now this I do for the gospel's sake, that I may be a partaker of it with you. - 1 Corinthians 9:19-23*

Pastor Chuck Smith said, "Blessed are the flexible, for they shall not be broken." Team members should be flexible in their attitudes, actions, and circumstances as they allow Christ's purposes to be carried out through them.

# Culture

*...just as I also please all men, in all things, not seeking my own profit, but the profit of many, that they may be saved. - 1 Corinthians 10:33*

Team members should realize that they are entering another culture as a guest. They should, to the best of their ability, refrain from passing immediate judgment on customs, foods, and sights that are foreign to them, especially in the sight or hearing of locals. Try to picture Jesus as a missionary-- would He be pointing and laughing at people or complaining about their food?

# Travel

For safety reasons, you are not allowed to travel alone or to do any extra traveling while on a trip with FRM.

# Conflict Resolution

*“Therefore, if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift. – Matthew 5:23-24*

*Therefore, putting away lying, each one speak truth with his neighbor, for we are members of one another. ‘Be angry and do not sin’: Do not let the sun go down on your wrath, nor give place to the devil... Let no corrupt communication proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed of the day of redemption, let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, just as God in Christ also forgave you. - Ephesians 4:25-27, 29-32*

It is clear in the Word that the Lord does not want disagreements between members of the body to remain unresolved and develop into deep-rooted festering resentment. As members of a diverse body, you must anticipate that you may not always agree with your fellow team members. When a conflict does arise, do not allow resentment to build. Do not begin to gossip among the other team members about the conflict, this only sows seeds of discord and hinders the ministry that the Lord has you there to perform. Remember to always deal with your fellow brethren in love, submitting to one another in the fear of God, especially when it comes to conflict resolution. Always be willing to admit if you are wrong. Be swift to ask for forgiveness if you have wronged someone, and be even swifter to grant forgiveness if you have been wronged. If you are absolutely unable to resolve the conflict between the two of you, and mediation is needed, go to your team leader, once again, in a loving manner befitting a servant of Christ.

# Being Above Reproach

*Now concerning things offered to idols: We know that we all have knowledge. Knowledge puffs up, but love edifies. And if anyone thinks that, he knows nothing yet as he ought to know. But if anyone loves God, this one is known by Him. Therefore concerning the eating of thing offered to idols, we know that an idol is nothing in the world, and that there is no other god but one. For even if there are so-called gods, whether in heaven or on earth (as there are many gods and many lords), yet for us there is only one God, the Father, of whom are all things, and we for Him, and one Lord Jesus Christ through whom are all things, and through whom we live. However, there is not in everyone that knowledge; for some, with consciousness of the idol, until now eat it as a thing offered to an idol; and their conscience being weak is defiled. But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol’s temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat mean, lest I make my brother stumble - 1 Corinthians 8:1-13.*

**NO ALCOHOL, NO TOBACCO, NO EXCEPTIONS.**

# Emergencies/Contingencies

FRM has a full security manual and contingency plans for each of its projects. Your Project Directors are aware of all policies and protocols. You are required to follow their instructions without hesitation and without question in the event of an emergency. You will be briefed upon arrival about the current security situation.

## Ten Commandments for Mission Trip Participants

Adapted from the article by Howard Culbertson

- I. Thou shalt not expect to find things as thou hast them at home, for thou hast left thy home to find things differently.
- II. Thou shalt not take anything too seriously. A willingness to accept things as they are lays the foundation for a good trip to another country.
- III. Thou shalt not let other group members get on thy nerves. John 13:35
- IV. Thou shalt not forget that, at all times, thou dost represent thy own country and the Lord Jesus Christ.
- V. Thou shalt not be overly worried. He who worrieth hath no pleasures. Few things people worry about are ever fatal. Semper Gumby – Always Flexible.
- VI. Remember thy passport (or other identification document) so that thou knowest where it is at all times. A person without documents is a person without a country.
- VII. Blessed is the person who says when in Africa, do as the African Christians do. If in difficulty, use common sense and thy American friendliness.
- VIII. Do not judge all (Africans) by the one person with whom thou hast had trouble.
- IX. Remember, thou art a guest in (Africa). He who treateth his host with respect shall be treated as an honored guest.
- X. *The Lord our God is one; And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and all thy mind, and with all thy strength- Mark 12:29b-30*

Admittedly, these 10 commandments weren't given to Moses on Mt. Sinai. They are, however, based on some foundational principles of success in short-term cross-cultural experiences. Breaking them can spoil your short-term experience and even tarnish your witness for Christ.

*Our character is revealed most clearly under irritating and difficult circumstances.  
Thomas Hale, missionary author*

### **Far Reaching Ministries Contact Card (Kenya)**

Dave Zavala cell phone: 011-734-761-822

US Embassy: <http://nairobi.usembassy.gov/>

### **Far Reaching Ministries Contact Card (Uganda)**

Brian Kelly cell phone: 011-256-772-825-956

Vicky Bentley cell phone: 011-256-772-420-632

Guest House phone: 011-256-41-286-661

## EMERGENCY CONTACT/ MEDICAL INFORMATION

Please answer the following questions accurately and honestly. All information will be handled with a high standard of professional confidentiality. We are collecting and keeping this information on record so that we can provide medical personnel with complete information should a medical emergency or serious illness occur while you are on the field.

Name		Today's Date
Weight	Height	Blood Type
Women: are you pregnant?		
Please check off if you suffer from any of the following health conditions:		
Asthma	<input type="checkbox"/>	
Food allergies	<input type="checkbox"/>	Specify <span style="border: 1px solid black; padding: 2px 20px;"></span>
Diabetes	<input type="checkbox"/>	
High blood pressure	<input type="checkbox"/>	
Neuro-muscular disorders	<input type="checkbox"/>	
Arthritis	<input type="checkbox"/>	
Allergies	<input type="checkbox"/>	
Heart disease	<input type="checkbox"/>	
Kidney disease	<input type="checkbox"/>	
Lung disease	<input type="checkbox"/>	
Epilepsy	<input type="checkbox"/>	
Psychological illness	<input type="checkbox"/>	
Others	<input type="checkbox"/>	Specify <span style="border: 1px solid black; padding: 2px 20px;"></span>

List any medications you may be taking while on the field and any side effects that may accompany those medications

Medication	Side effect

If you are working in any part of Uganda, Sudan, or Kenya (except for Nairobi), you are required to be on Malaria prophylaxis medication. This should be started a week before your travel to the mission field. We highly recommend that you avoid Lariam or Mefloquine as it has neuropsychiatric side effects.

What malaria medication will you be taking?	What are its possible side effects?

What vaccinations have you received to prepare for travel overseas?	
Vaccine	Date of vaccination

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Has your doctor prescribed you a special diet? If so, please specify why you have been placed on the diet and what the restrictions of the diet are.

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Are you allergic to any medications? If so, please specify.

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In case of a medical emergency, whom should we contact?

Name		Address	
Relationship			
Home phone		Work (daytime) phone	

Mobile phone	
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