

Cameroon Arise!

Short-Term Missions Manual



Training Nationals to Start Church-Planting Movements Among the Unreached

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Letter of Introduction

Dear Friend,

We want to thank you for the interest you have shown in possibly coming out to Cameroon on a short-term trip. We are so glad that you are considering the opportunity of coming and serving with us in Cameroon.

This manual has been carefully compiled for you, to help you make the most of this cross-cultural missions experience. It contains important information that you will need as you prepare to come to Cameroon, and also information that will be useful to you while you are here. We would suggest that you print out this manual and bring it with you when you come. If you are coming with a team, one copy of the manual per team will be enough.

We hope that this manual will be a great help to you, but at the same time we are aware that no manual can ever be complete or contain all the information you will need. So please feel free to contact us with any questions or concerns you might have. You can email us about anything at any time. Our email address is: theunreached@gmail.com

We look forward to having you come!
~ Cameroon Arise Team

Statement of Faith

We believe in one God, eternally existing in three Persons: Father, Son and Holy Spirit.

We believe that Jesus Christ was conceived by the Holy Spirit, was born of the Virgin Mary, was true God and true man existing in one person and was without sin. We believe in His representative and substitutionary sacrifice, His bodily resurrection, His ascension to the Father, His present life as Lord of all, High Priest and Advocate, and His personal return in power and glory.

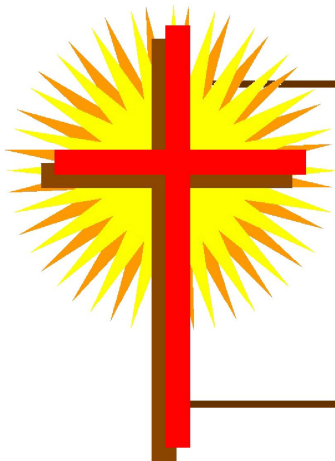
We believe that the Holy Spirit indwells and gives life to believers, enables them to understand and apply the Scriptures, empowers them for bold living, and equips them for service and witness.

We believe that the Scriptures of the Old and New Testaments are the inspired Word of God, without error in the original documents, fully trustworthy, and the final authority in all matters of Christian faith and life.

We believe that each member of the human race is fallen, sinful and lost; that the shed blood of Jesus Christ provides the only ground for forgiveness of sins and justification to all who receive Him by faith; and that only through regeneration by the Holy Spirit can we become children of God.

We believe the one, holy, universal Church is the Body of Christ, composed of all regenerate people. This redeemed community worships God and seeks to proclaim the Good News to all people.

We believe in the bodily resurrection of the just and the unjust, the everlasting blessedness of the saved, and the everlasting punishment of the lost.



After this I looked and there before me
was a great multitude that no one could
count, from every nation, tribe, people
and language, standing before the throne
and in front of the Lamb.

Revelation 7:9 NIV

GETTING READY

Setting a Date

It typically takes about 3 months to prepare for a short-term trip. If you are needing to raise funds to cover expenses, more time may be needed. This should be taken into account when planning your trip.

When deciding how long to stay in Cameroon, please take into consideration that you will spend 4 days just traveling internationally (2 days coming and 2 days returning). You will also spend 2 days traveling in-country, since it can take anywhere from 14-22 hours to travel from the Capital City (where the airport is) to the area of the country where we are serving, and then that same amount of time to travel back to the Capital City when you are about to leave.

We recommend that you plan to stay in Cameroon for *no less than 2 weeks*, this way you will not spend your entire trip in just traveling, but will have sufficient time to do other things as well.

We encourage longer trips (longer than 2-weeks) but recognize that not everyone's work schedules permit this. Those who stay longer get to engage in more aspects of the ministry, and gain a deeper understanding of what life is like for our Cameroonian brothers and sisters.

If you are ready to set a date please contact us via email so that we can discuss with you the best travel options and work with you to find dates that will be ideal for everyone involved.

Cost Estimates

You should plan on having the trip cost you a total of about \$3,500 per person. The rough breakdown of expenses is as follows:

- Your 2-way plane ticket can cost anywhere from \$1,200 to \$2,800 (depending on how far ahead of time you book it, and how busy of a travel time your trip falls into).
- A Cameroon visa costs about \$200 (more if you wait until last minute and have to do a rushed order).
- Immunization for Yellow Fever depends on where you have it done, but usually costs around \$100.
- In-country expenses cost about \$800 per person. This amount covers the following expenses:
 - Public transport to get around in Cameroon.
 - Lodging at a boarding house the first night in Cameroon.
 - Room and board (including meals) during your stay in Cameroon.
 - Malaria preventative medication you will need.
 - Extra "luxury" foods you may want from time to time (fruit, meat, cheese, soft drinks, etc)
 - Essentials -- toilet paper, shampoo, soap (for bathing, laundry, and dishes), etc
 - Gas bottle for cooking
 - Minor medical expenses that may arise
 - The airport tax you will need to pay when leaving the country

Please remember that prices are subject to change or vary depending on the season and currency exchange rate, but be assured that we will do the best we can to insure that you get the best prices possible.

Extra Expenses

The following are extra expenses that may or may not apply to your situation. We can discuss these things with you in greater detail as we correspond and work out the details for your trip.

Team Lodging

Depending on how many people are coming on your team, it may be necessary for us to rent extra lodging, which could add to the cost of living. It may also be necessary for us to purchase extra supplies to house a larger group (such as sheets, pillows, dishes, buckets, water filters, chairs, etc).

Bush Plane

Taking public transport from the capital city (where the airport is located) up to the village (where we are serving), can take anywhere from 14 to 22 hours. Since you have to make this trip twice while you are here (first in arriving and second when you are leaving), it is often ideal to take a private plane on one of these trips, to spend less time traveling and have more time for discovery and ministry.

The cost of the private plane is \$800.00 plus \$150.00 to pay someone to bring the luggage separately. The decision of whether or not to hire this private plane often depends on the length of time you will be in country (for shorter trips it is recommended). It also depends on how many people are on the team, the teams budget, and personal needs/preferences.

Laundry

Laundry is done by hand here. If you would like to do laundry yourself, we will show you how and provide you with the necessary supplies. We do, however, give the option of having someone do your laundry for you, if you prefer, for an additional \$5.00 a week per person.

Souvenirs

Souvenirs and other purchases of a personal nature are not covered in the living expenses. Any purchases you make of a personal nature will need to be paid for in addition to the above quotes.

Personal Phone Calls

We provide our guests with the option of calling home from time to time. It cost about 60 cents a minute to make an international call from here.

Ministry Materials

Depending on the ministry work you will be involved with here in Cameroon, we may ask that each person contribute funds to help cover the expenses of project materials needed.

PREPARATIONS

There is a lot to do to prepare for your trip, so you will want to get started as soon as possible. We hope that the following information will be helpful in getting you started. Please feel free to contact us if you have any questions.

Required Documents

When you come to Cameroon you will be required to have:

- A valid passport
- A Cameroonian tourist visa
- Proof of Yellow Fever Immunization (Yellow Card)
- Your airline ticket (or e-ticket)

Passport

The very first step in preparing to come is to make sure that you have a valid passport. If you do not have a passport at all, you will want to apply for one as soon as possible since it can sometimes take as long as 12 weeks to obtain (depending on the government's backlog of passport applications). You can pay an extra \$90 for an expedited order to speed up the process. We highly recommend this if you are working with a tight time frame.

Considering that it can take up to 12 weeks to receive your new passport, and about 3 weeks to acquire a visa, we would highly suggest that you send in the application for a passport at least 3 months in advance.

If you already have a passport, you will need to check to make sure it is not expired and will not be expiring during your time in Cameroon. Also check and make sure that there are at least two blank pages in your passport for your visa and entry/departure stamps.

Immunization Shots

The next thing you need to do is get your immunization shots. **Immunization against Yellow Fever is required by the government in order to enter Cameroon.** You will want to get this shot done as soon as possible, since you are going to need proof of immunization (a signature from the doctor on a yellow health card) in order to get a Cameroonian visa.

Flight Itinerary

You will not need to actually book your flight at this stage, but you DO need to work out your travel dates and create a flight itinerary that you can send in with your visa application.

You can create a flight itinerary by going through the steps of booking a plane ticket, but then print out the itinerary BEFORE completing the order, and then cancel the order. This way you can acquire a flight itinerary with the exact travel dates of your trip, without actually purchasing the ticket. We suggest doing this if you need to apply for your visa but do not yet have the funds available to actually purchase the ticket yet. However, if the funds ARE available, it is always better to book the tickets sooner than later.

Cameroon Visa

Do NOT wait until last minute to apply for your visa! There can be a lot of delays and complications in trying to acquire a visa to Cameroon, so you will need to send in your visa application as soon as possible!

It usually takes the embassy 2-3 weeks to process your visa application, and it is best not to have it coming in last minute before you leave. So you will want to apply for your Cameroon visa a full 3-4 weeks ahead of time, to ensure that you get it in time.

This means that all of the steps listed above will need to be done even earlier than that, to ensure that you have everything you need in order to send in your visa application. If you are unable to meet this time frame, it is possible to get a rush-order on a visa, but it is much more expensive.

The application for a Cameroon visa can be found online. You will want to apply for the "Tourist" visa.

Information about how to apply can be found at: www.travisa.com

When you visit this sight, in the top left corner there will be an option to search for the visa you are looking for. Enter "Cameroon" in the country space. Enter your nationality in the second space. Then select "Tourism" for the third space. With this information, the search will come up with the information you need in order to apply for your visa.

You can print off a form for a Tourist Visa at: <http://www.travisa.com/visas/cm/visa.pdf>

The Cameroonian address of where you will be staying is: "Yimber Village, Adamawa Region" There are no street numbers or house numbers here, which is why the address is rather vague.

Booking Your Flight

Booking your flight can be done at any time. We will work with you on determining the best dates for travel, and once we have specific dates decided on we will assist you in finding the best deals for booking your flight.

Prayer Support

We cannot stress to you enough the importance of having prayer support. Everyone participating in short-term missions should have a group of people committed to praying for them as they prepare to go, and as they serve overseas.

We strongly encourage you to find at least three people who will commit to praying for you as you embark on this journey. Make sure to get the names and e-mail addresses of those people who commit to praying for you so that you can send them updates of prayer requests and praise items, so that they can know better how to be in prayer for you.

Fund-Raising

When you look at the cost of a short-term trip, it is normal to feel overwhelmed at the thought of support raising, but we have found that it is much easier to raise funds for a short-term team than it is to raise funds for long-term ministry. People get really excited about short-term mission trips and are usually very eager to give something to help out with the trip.

A good place to start is just by sending out an email or a letter to all your friends and family members telling them about the trip and asking if they would like to support you.

Then ask various churches in your area if they would be interested in having you come and tell them about your upcoming trip and if they would consider taking a special offering on your behalf.

You can also hold fund-raising events to help raise funds for your trip. Here are a few ideas to get you started:

- Bake Sale
 - Car Wash
 - Spaghetti dinner
 - Service auction
 - Silent or regular auction of donated products or services
- (Use your imagination to come up with other ideas!)

People get excited about supporting someone's vision. You will need to clearly communicate why you are wanting to go visit Cameroon. The more information people have, the more likely they are to support you.

You need to communicate to the m . . .

- Who you are
- Where you are going
- Why you are going
- When you are going and for how long

- What do you expect to learn from your experience?
- What do you expect to give to others?
- How much it will cost?
- How much money is still needed?
- How will the money be used?
- How they can be involved?

Above all, remember, "Where God leads, He provides". Be committed to praying for God's blessing and provision for this trip. Make sure that it is His will for you to come, and be willing to trust Him to provide for all your needs. Then go out and tell people about your trip!

Sending Funds

Once you have raised the funds for the trip, we need to get the money here to Cameroon somehow. Bringing large amounts of money with you is not recommended, and exchanging US currency can be a bit tricky since the exchange rate changes quite frequently. We also have very limited access to ATM machines, and they all have a limit as to how much money can be withdrawn in a 24-hour period.

There are several different options that have worked for us in the past, but it very much depends on the circumstances, so this is one area in which putting a set "procedure" in a manual doesn't exactly work. So we will be in touch with you and let you know the best way of getting the funds to us.

We do prefer to have your personal funds (the \$800 per person and any extra expenses that may apply) deposited *at least a week before you arrive*. This gives us time to withdraw the funds on this end and enables us to have the funds in hand and already in Cameroonian currency by the time you arrive.

We do realize, however, that often times when fund-raising the full amount does not always come in until last minute. In this case we suggest you send whatever funds *have* come in by that time (minus the funds used for the ticket, visa, and vaccine, of course). If you can send us *most* of the money a week before your arrival, then you can bring the rest of the funds with you in person.

Preparing Yourself Emotionally

In addition to the physical preparations you need to make, it is also important that you prepare yourself emotionally, mentally, and spiritually for your trip. You are about to embark on a cross-cultural journey, where you will be taken out of your comfort zone and immersed into a completely different cultural setting.

Please read through this section carefully, and take some time to evaluate yourself.

Flexibility

In the United States we are used to things being well-planned out and on schedule. This is not the case in Cameroon. Things will not go the way you expected or planned, there will not always be a clear structure of activities, and there is no such things as being "on schedule". It will be important for you to be very flexible and go with the flow. You will do well if you can adapt easily, and then readapt again and again as plans get interrupted, delayed, or changed.

Servant Heart

Just as Jesus washed the feet of His disciples to set an example of service, so we (His followers) seek to wash the feet of others. In this way, we demonstrate the love of Christ to those around us, putting the needs of others above our own. We ask that you would have a servant heart when you come. That you would arrive on the field eager to do whatever you can to serve those around you.

Conduct

We are ambassadors of Christ. Wherever we go we are representing Christ to the rest of the world. There will be many people watching you and evaluating you. Make it a priority to conduct yourself in such a way that would bring the most glory to Christ.

Maintaining Unity

Let us "agree to disagree" on issues that are not essential to salvation and seek to live at peace with one another. We realize that people will not always agree on everything, but let us make it a goal to live peaceably, building each other up in love.

Cultural Sensitivity

When you are in another culture, you need to remember that others will evaluate the appropriateness of your behavior by the standards of *their* culture, not yours. Therefore, when you enter into another culture, you need to be aware of what is and what is not appropriate. In the section of this manual titled "Making Your Stay Easier" we have tried to cover some highlights of cultural differences you will need to be aware of. However, it is very difficult to cover every aspect of cultural differences, so we simply ask that you come with an open mind, be willing to ask questions, and be willing to follow the advice given by our staff, even if it differs from your own perception of the culture.

Leadership

People have been appointed as leaders of the team. In many cases, a team member may be older or more experienced than their team leader, but it is important to submit to those placed in leadership over you, even if you think you may be more qualified than they are in a given area. Your team leader, as well as the members of our staff, are equipped to be in leadership and will be held responsible for any decisions made or actions taken. We ask that you respect their position of authority and offer them support and respect by following their lead.

Be Willing to Stretch

During your stay in Cameroon you have many opportunities to try new things. We encourage you to be adventurous and be willing to step outside your comfort zone. Don't cut your cultural experience short by refusing to try something just because it is different. Be willing to stretch and try new things. Make it a goal to expand your worldview by experiencing the culture to the fullest.

WHAT TO BRING

List of Things to Bring

Here's a list of things you'll want to bring along. Some of it may seem really obvious and other things you might not have thought of. We are just going to list everything just to make sure.

Legal Documents

Don't forget to bring your documents -- your airline ticket, passport, visa, and yellow card.

Photocopies of Documents

You should make at least 2 photocopies of your passport, visa, and proof of yellow fever vaccination. Keep these in a separate place from your originals, incase anything should happen to the m.

Cash

While you are here, we will cover all your expenses with the money you sent from fund raising. However, when paying for the "extra" things (like souvenirs or personal items) it would be good to have cash on hand to pay us back for personal expenses.

Malaria Prophylaxis

If you do not have malaria prophylaxis, please contact us so we can help you acquire what you need.

Your Bible (and be ready to use it)

A Notebook (and a few pens for writing)

Journal

Clothes

Among the clothes you bring you will want to be sure to have some work clothes that you don't mind getting dirty, ripped, or stained.

You will also want to have some good clothes to wear around town or when visiting friends, and some comfortable clothes for traveling in.

Please read our section on Dress Code in order to gain a better understanding of what is appropriate or inappropriate to wear here.

Church Clothes

People here in Cameroon really like to dress up for church. A nice pair of pants and a collared shirt are sufficient for the men. A long dress or skirt is acceptable for the women.

Head-covering

It is optional, but highly recommended, that women bring some sort of head-covering to wear to church. A simple scarf or bandana works well.

Comfortable Shoes

Tennis shoes are preferred, especially if you are going to be helping out with construction or farm work. Sandals are also acceptable. You can expect to be doing a lot of walking, so be sure to bring a pair of shoes that strap around your feet and have good support. They need to be comfortable for walking in.

Church Shoes (optional)

Tennis shoes are appropriate for men to wear to church. For women, if your sandals look nice enough for wearing to church then there is no need for you to bring other church shoes. But if you prefer to wear nicer shoes to church, consider bringing a pair of shoes that has a low heel. The terrain is very rocky and the ground here isn't very level, so it is quite a challenge to walk in high heels.

Socks

Cameras (with extra batteries)

Flashlight (with extra batteries)

Small packet of Tissues or Toilet Paper

Traveling from the capital city to the village where we live is about a 22 hour trip by public transport, and the only "toilets" you will have along the way will be a simple hole in the ground, with no supply of toilet paper. So you will want to have a little package along with you.

Scarf

Depending on the time of year, it can be very dusty traveling by public transport, so you may want to bring a scarf or a cloth of some sort to cover your face so you don't breathe in all the dust.

Toiletries

Items such as a toothbrush, toothpaste, deodorant, razors, shaving cream, comb, hairbrush, feminine products, etc.

Hair Conditioner

If your hair requires conditioner that is something you will want to bring along with you, as it is not something easily found in Cameroon.

Cell Phone

Your cell phone will not likely work here in Cameroon, but it is always good to have with you when you are traveling. They also come in handy for telling time or setting alarm clocks.

Entertainment

Feel free to bring a few things to do during your free time. We also encourage you to bring a few of your favorite DVD's, since we often like to watch movies to unwind and relax in the evenings. We have a good assortment of DVD's here, but are always in favor of having some new options to choose from.

Hand-sanitizer

What NOT to Bring

You do NOT need to bring lotion, shampoo, soap, sunscreen, or bug-spray, since we have those items here that you can use.

You also will NOT need to bring any bed sheets, pillows, towels, or linens, unless instructed otherwise.

Please do NOT bring anything you do not want to lose. Valuables or keepsake items should remain at home.

Please do NOT bring checks or travelers checks. These are completely useless here in Cameroon.

Dress Code for Men

For the most part you can expect to be wearing pants. That is what is most culturally acceptable here. Shorts are okay around the house, on a construction work-site, or when doing sports, but not for every day public activities.

Jeans are fine, but keep in mind that we wash clothes by hand and dry them on the clothesline, so denim material tends to get really stiff.

Shirts need to have sleeves. T-shirts are fine. Collared shirts are best for wearing when going to church or town.

You will want to avoid bringing along any clothes that wrinkle easily, since there is no way to iron clothes while you are here.

You may be required to share a room with others, so make sure your sleeping clothes are appropriate for the situation.

Dress Code for Women

The dress code for women here is dresses and skirts in public, long pants are permitted around the house or during work projects.

The length of the dresses and skirts depends on where you are in Cameron. In the village or around the house it is acceptable to wear skirts that are below the knee. When going to town or attending church it is always recommended that you wear long skirt (ankle-length).

It is required that women dress conservatively. No mini-skirts or tight-fitting clothes. T-shirts or modest sleeveless shirts are fine, but no tank-tops, spaghetti straps, or low necklines.

For added modesty, please wear shorts underneath your skirts.

You can expect to be riding on the back of motorcycles while you are here, so you will want to consider bringing at least one long skirt/dress that allows you spread your legs while still being modest. It can be really uncomfortable and embarrassing to try and ride a motorcycle with a tighter fitting skirt.

You may be required to share a room with others, so make sure your sleeping clothes are appropriate for the situation.

For the benefit of the others on the team we kindly ask that you continue to observe the code of modest and conservative dress, even in the evenings.

Keep in mind that denim skirts probably aren't the best option to bring along. Jean skirts, or skirts made of heavier material tend to get really hot here. Plus, we wash all the clothes by hand and denim material is strenuous to wash this way and tends to be very stiff after drying on the line. Lighter weight material is best.

You'll also want to avoid bringing clothes that wrinkle easily since there is no way to iron clothes while you are here.

Packing Tips

- Be sure to pack well and provide sufficient padding around breakable items. Expect that someone is going to drop your suitcase from a height of six feet, and pack accordingly.
- Put all liquids in zip-lock bags to prevent them from leaking in your suitcase.
- Pack an extra set of clothes and some personal items in your carry-on bag, just in case your suitcase is lost or delayed.
- Do NOT bring anything along that you do not want to lose (such as jewelry or keepsakes).
- Clearly label all pieces of luggage with your name, address (including country name), and telephone number. You can get free labels at the ticket counter in the airport.
- Do not leave your luggage unattended in the airport, or it will be removed and destroyed.
- Consider putting a strip of red duct tape on your suitcase or tie a distinctive color ribbon to the handle of your luggage so that it can be easily recognized at the baggage claim.

Frequently Asked Questions

Q: Should I bring my laptop? And can I pack it in my check-in bag?

A: Do NOT pack your laptop in your check-in bag, it could get damaged or stolen in route. If you are bringing your laptop along, you should pack it in your carry-on bag, and keep it with you at all times.

Something to keep in mind: Every time you go through airport security they are going to ask you to take your laptop out of the bag to go through the x-ray machine, so you will want to keep it in a spot that is easily accessible.

You might also want to consider whether or not you really need to bring your laptop along. Our staff have personal computers that you will be allowed to use if necessary. And since there is no wireless internet, you will need to use our computers anyway for checking email or other online stuff.

Also keep in mind that when you're on the bush taxi here (which is essentially an overly crowded mini-van that they use for public transport) you're going to have to hold your computer bag on your lap the whole way.

These are just a few things to take into consideration. But essentially it is up to you whether or not you want to bring it along.

Q: How cold does it get in Cameroon? Will I need to bring a sweater or warmer clothes?

A: The temperature here is typically very warm, but in the evenings and early mornings it can get down to about 58 degrees. If that will be cold for you, we suggest you bring a light pull-over sweater to wear. But beyond that you shouldn't need any other warm clothes.

Q: Is Cameroon safe?

A: There is no need to be worried about your safety. Cameroon is a very peace-loving country, and you will be in no more danger here than you would in the US.

The crime levels in the capital city are about equal to any other large city (such as Chicago), and in the more remote areas crime is limited to more of petty thieving. If you follow certain security guidelines and use common sense there should be no problem.

Our team feels very comfortable in our current setting and we are all fully aware of all the risks or concerns around us. We feel very safe here and so far everyone who has come from the States to visit us has felt the same way.

MEDICAL

Vaccines

Yellow Fever vaccination is required by the government to enter Cameroon.

All other vaccines are optional. Doctors or nurses may recommend vaccinations for Tetanus, Hepatitis A and B, Typhoid, Rabies, and Cholera. These vaccines, however, are merely suggestions and are not required. Feel free to contact us with further questions.

Malaria

Malaria is a disease that is spread by mosquitoes. It is a high risk here in Cameroon, so you will be required to take preventative medication during your stay here, as a precaution. It is the most ideal to start taking malaria prophylaxis at least 10 days before you come to Cameroon and for 10 days after you leave.

Most US doctors prescribe some form of mefloquine (Larium, Mephaquin) as a prophylaxis, but this medication has a great many side effects and after seeing the horrible affects it has had on many people we strongly recommend that you NOT take this drug.

The best kind of prophylaxis for short-termers is Doxycycline. This can be a difficult one to get in the US, but in Cameroon it is readily available and very affordable.

Let us know if you are unable to get Doxycycline, and we will work with you in finding a solution.

If you are pregnant or taking any medication that may interfere with Doxycycline, please let us know so that we can make other arrangements for you.

It is important to note that there is no prophylaxis that provides 100% protection against malaria, but you are much less likely to get malaria if you are consistent in taking the prophylaxis. It has also been proven that people who regularly take a malaria prophylaxis do not get as severely sick with malaria as those people who do not take any preventative medication at all.



Note: Many of the mosquitoes here are very small. Just because you don't see them or feel effects of their bites does not mean you are not being bit and exposed to malaria.

Common Illnesses and Health Concerns

Dehydration

It is very easy to get dehydrated in the Cameroonian climate, so it is very important that you drink lots of water while you are here, and make sure you are getting a regular daily dose of salt and sugar. As a rule, you should strive to drink about 2 liters of water every day.

Headaches, thirst, dark yellow urine, dry mouth, lack of energy, or the feeling of weakness, are all beginning signs of dehydration. These signs should not be ignored, since the later stages of dehydration can be very serious.

If you identify the signs of dehydration at it's earliest stages, it can be easily treated by simply drinking lots of water. If, however, you find that drinking lots of water is not improving your condition, please contact a member of our staff.

Diarrhea

Diarrhea is a normal part of international travel, but it also holds a great deal of risk that most short-term people are not fully aware of.

Having diarrhea can be a risk in that many people who have diarrhea often end up dehydrated (especially in this climate). But taking anti-diarrheal medications to stop the diarrhea can be an even greater risk and cause greater problems. Diarrhea is the body's way of getting rid of bad bacteria and toxins in the body. When a person has diarrhea there is always a cause and a greater issue that needs to be taken care of which is causing the diarrhea.

If you bring anti-diarrheal medications please DO NOT use them without first checking with a member of our staff. The only time we recommend using anti-diarrheal medications is when traveling long distances where making frequent rest stops is not possible. Only in this case is it suggested that you use anti-diarrheal medications. In all other cases we strongly suggest that you not use anti-diarrheal medicine.

Because diarrhea can be a symptom of other more serious diseases, we ask that you inform a member of our staff if you experience any of the following symptoms:

- Severe pain in the abdomen
- Blood in the stool
- Diarrhea accompanied with vomiting or fever
- Diarrhea that continues for more than three days

Cuts, Wounds, Bites

When you get a minor cut or wound in the US it is no big deal to just stop the bleeding, wash it off, and continue with life as usual. Here in Cameroon, however, because we do not have the cold winters that kill off bacteria, any wound that punctures the skin and draws blood (even just a little amount) can be dangerous. **Any scrapes, cuts, wounds, or bites that draws blood should receive immediate attention, no matter how minor it may seem to you.**

Amebas, Worms, Parasites

We take great care in preparing food and purifying water in order to give you the best protection against these things. We also try not to eat out very often and even then only at locations we have found to be "safe". However, even with the great lengths we take to protect our guests from these unpleasant creatures, there is no way to completely guarantee that you will not get them during your stay here. The sooner we can discover them and begin treating you, the easier it will be to get rid of them. So it is important that you know how to recognize the signs so that you can inform us if a treatment is required.

Signs of infection with amebas, worms, or parasites include:

- Diarrhea that comes and goes -- sometimes alternating with constipation.
- Reoccurring stomachaches or cramps
- Lots of loose (but usually not watery) stool.
- Itching in the anus.

Minimize Your Risk of Sickness

We would like to ask that you observe these following precautions during your stay with us in order to minimize your risk of getting sick:

- Do not eat or drink anything not provided by our staff. We will let you know what is safe to consume.
- Do not eat raw fruits and vegetables unless they have been properly sterilized. We will give you instructions on how to do this when you arrive. The only exception to this rule is if the fruits and vegetables can be peeled. In this case, if you peel them yourself, with clean hands or a clean knife, they are safe for consumption and no further method of sterilization is necessary.
- Do not drink any water unless a member of our staff assures you that it is safe.
- Use filtered water when brushing your teeth or rinsing your toothbrush.
- Avoid too much strenuous exercise during the heat of the day.
- Avoid overexposure to the sun. If you are sensitive to sun rays and burn easily be sure to use sunscreen when you are out of doors. Also keep in mind that even if you are not normally susceptible to getting sunburns the Doxycycline prophylaxis you will be taking causes extra sensitivity to light, causing your skin to burn more easily than it normally would.
- Maintain adequate water and salt intake to avoid getting dehydrated.
- Keep your hands clean and nails trimmed.
- Keep your hands out of your mouth.
- Wear shoes every time you go out of doors.

- Do not swim or wade in streams or rivers.
- Inform a member of staff (preferably the staff nurse) if you feel sick.
- Inform a member of staff (preferably the staff nurse) if you have any cuts, wounds, rashes, or boils.

Allergies or Current Health Conditions

Peanuts and peanut butter are used a lot in Cameroonian cooking, so if you are allergic to peanuts it is important that you inform us ahead of time.

It is also important that you inform us of any health concerns you currently have so that we can be better prepared to assist you in any medical or emergency situation. Since many medications can react negatively to each other, it is important that you list all the medications (including natural remedies or supplements) on the medical form provided.

If any of the women of the team are pregnant we will need to be informed ahead of time since this will affect many of the arrangements we need to make before they come.

In-Country Health Care

Cameroon has very good health care available. There are several pharmacies, good hospitals, and doctors who are well qualified to take action in an emergency. Although medical care may not be as advanced as in North America, still we have confidence in their ability to deal with any situation that may come up.

Our house in Banyo is within walking distance of a Baptist Mission hospital. In Yimbere medical facilities are a bit further away, but our staff nurse will be on call to see to medical concerns and to assist in an emergency until it is possible (if deemed necessary) to reach a medical facility.

We will do everything possible to ensure your safety and health during your stay in Cameroon. However, there are always risks involved in any travel, and for this reason we require that you sign our Liability Release Form before you come on this trip.

We also request that you fill out an Emergency Contact Form to make it easier for your family to be contacted should anything happen.

Liability Release Form

I, _____ acknowledge that I have voluntarily applied to participate in a short-term mission trip to Cameroon, to serve with the team Cameroon Arise (an associate of International Teams).

I am aware that I am going to serve in a developing country. I am aware that the mission trip poses risks including but not limited to: sickness, injury, poor food and water, illness, disease, pests, poor sanitation, hazardous transportation, crime, political instability, or injury. I am voluntarily participating in this missions trip, fully aware of these risks. I agree to accept responsibility for any and all risks that may result for my participation in this trip.

I authorize the staff of Cameroon Arise to make decisions to allow me the best possible care. I agree that any cost incurred will be my responsibility.

I agree to release Cameroon Arise and International Teams, its directors and staff, and all associated parties, from any and all liability that may result to me personally or to my belongings.

In the event that it becomes necessary to seek medical assistance, I authorize those in charge to take me to the nearest licensed physician, medical center, or hospital to secure the necessary treatment to protect my well-being. I will be responsible for all medical costs not covered by my insurance.

Signature _____ Date: _____

If under 16, signature of parent/guardian: _____

Emergency Contact Information

If your family members need to get a hold of you in the event of an emergency, they can contact us:

By Phone:
Samuel Weber: 011-237-77-33-45-08
Kelsey Weber: 011-237-79-82-36-40

By Email:
Samuel Weber: theunreached@gmail.com
Kelsey Weber: kelsey@myallforjesus.com

Your Emergency Contact Information

Name: _____

Name of Emergency Contact Person: _____

Relationship: _____ Email: _____

Day Phone #: _____ Evening Phone #: _____

Medical Form

Name: _____ Age: _____ Male / Female

Do you have any special medical conditions that we should be aware of during your trip (allergies, low or high blood pressure, diabetes, etc)?

Do you have any special dietary needs or restrictions?

Have you ever experienced a negative reaction to any drugs (such as penicillin)?

List all medication (including natural remedies and supplements) you are currently taking or that you take regularly:

Is there anything else we may need to know about your current health condition or medical needs?

INTERNATIONAL TRAVEL

TSA Regulations

The airlines are very strict about what you can bring with you on the airplane. The check-in bags are the big bags (or totes) that weigh 50 - 70 pounds each (depending on the airline). For the most part you can bring just about anything with you in the checked luggage, but NOT in your carry-on bags. The carry-on bags cannot have anything remotely dangerous in them (and the airports definition of "dangerous" is pretty strict).

You are ONLY allowed to have 3.4 ounces of liquids or gels in your carry-on bags, and ALL liquids and gels you bring in your carry-on HAVE to go in the same small zip-lock bag. This is very important! It is also important that you keep this zip-lock bag in a spot that's easy to get to, since you might be asked to take it out when you go through security.

Liquids and Gels include:

- water
- toothpaste
- hand sanitizer
- chapstick
- nail polish (or other make-up items)
- deodorant
- shampoo/conditioner
- lotion
- paint

This is not a complete list, but hopefully it will give you a good idea of what the airlines consider to be restricted items.

Because of the liquids limitation, you will NOT be able to bring water bottles through security. But since it's such a long trip (and since you don't always know when they'll be serving water on the plane), it would be a good idea to bring an EMPTY water bottle with you through security and then fill it with water once you have passed through security.

Other things you are NOT allowed to take with you in your carry-on include:

- Sharp objects (including knives, tools, razor blades, long scissors)
- Explosive objects
- Flammable objects
- "Dangerous" sports equipment (ex. baseball bat, bows/arrows, golf clubs, etc.)

You ARE allowed:

- A pair of scissors IF the blade is shorter than 4 inches.
- Personal safety/shaving razors
- Tweezers and nail clippers (okay in MOST airports, but not all)

Check-In Baggage Allowance

Your baggage allowance very much depends on which airline you are flying with. The standard baggage allowance is 1 check-in bag weighing no more than 50 pounds. This may vary depending on the airline, so please check your e-ticket to confirm the exact luggage allowance.

Since it is hard to get certain supplies here in Cameroon we like to make the most of having short-termers come, and will most likely ask you to bring over supplies for us and carry items back to the US for us. So you should be prepared to travel with the full baggage allowance permitted by your airline.

Carry-On Luggage Allowance

For international flights you are allowed 1 carry-on bag and 1 personal item. For maximum space, your carry-on bag can be like a small suitcase that has wheels and your personal item could be a backpack (or a computer bag, if you are bringing your laptop along).

Landing Instructions

On your last flight entering Cameroon you will be handed a landing card which you will need to fill out for when you go through customs.

The landing card is pretty simple to fill out, you just have to read it carefully first to get an idea of what information they are wanting.

They will basically ask you for your personal information, your passport number, the flight number (found on your ticket), where you're coming from, and how long you plan to stay in Cameroon.

You're also going to need the "address" of where you'll be staying while you're in Cameroon. Unless otherwise instructed, the address you should put is: "Yimbere Village, Adamawa Region" (you'll want to write that down somewhere and keep it with your passport so you remember)

If it asks for a contact number, you can put Sammy's cell number: (001) 237-77-334-508,

Your reason for coming to Cameroon is "Tourism". It's important that you not make mention of any kind of "work" your doing here, because if they hear the word "work" the government officials will give you a hard time about whether or not you have a workers permit and how you'll pay taxes on income, etc. . .you don't need to deal with that hassle. So you're NOT here to work, you're just here as a tourist, visiting friends in the country. There's nothing illegal about you entering as a tourist, since the tourist category best describes the status that you will have during your time in country.

That should be all the information you need to know for filling out the landing card. Make sure to fill this card out BEFORE you land, in order to save time.

The form will also ask if you have anything to declare. You are not here on business so you will not have anything to declare.

Customs

When you land in Yaounde, you will need to have your passport, yellow card, and landing card all ready to show the custom's officials.

Do **NOT** take any pictures in the Cameroonian airport. The bigger airports are used to people taking pictures and enjoying their travel time, but smaller airports (especially in 3rd world countries) are much more uptight about that. So do not pull out your camera until AFTER you get outside the airport.

Airport Tax

You will be required to pay an airport tax when leaving Cameroon. We will provide you with Cameroonian currency at the time you need it.

IN-COUNTRY TRAVEL

Public Transportation

In all our travels here in Cameroon, we use public transportation, which can make traveling quite an experience.

We have very interesting "roads" here. None of them are boring! You can expect to have quite a bumpy ride along the way. If you are prone to getting car sick, you might want to consider bringing something along to help you with that.

The goal of the taxi driver is to get as many passengers (and all the luggage) packed into the vehicle. They make use of every inch of space in a vehicle. In a small car it is common to have 4 or 5 people sitting in the back seat, and 4 people crammed in up front. So you can count on being in close proximity with the other passengers while riding in public transport.

Means of transportation include bush taxis (overly crowded mini-vans), cars (also overly crowded), and motorcycles.

Carrying ID

You do not need to carry any ID with you when moving out and about in the smaller villages, but when making trips to town or traveling between cities you will be required to carry ID with you.

We advise you to have a photocopy made of your passport, visa, and yellow card, so that you will not have to carry the originals with you at all times. When traveling long distances you will need to have the originals on hand, but when moving about the city, or traveling shorter-distances, a photocopy is sufficient.

Maps



TRIP ITINERARY

Example of a Trip Itinerary

Every team that comes to visit us has had a completely different schedule, and completely different projects they have helped us with. Because of this, the itinerary for your trip will vary considerably from this sample we are giving. But we hope that this example of one teams trip itinerary will give you an idea of what you can roughly expect your trip to look like, and hopefully this will give you a place to start in planning your trip.

The following is a basic outline of a real itinerary which shows how one short-term team spent their time here:

Day 1 -- Travel day. Departure from the US (usually early afternoon). Overnight flight

Day 2 -- Travel day. Arrive in Cameroon (usually in the evening). Drive to guesthouse. Supper. Brief orientation. Bed!!

Day 3 -- Travel from Yaounde to Yimbere. 14 hour drive (by private vehicle). Arrive around midnight.

Day 4 -- Relaxing day. Orientation. Tour of the village. Resting to get over jet-leg and travel fatigue.

Day 5 -- Work on writing out Bible Studies for Future Leaders' Program. Work on making guava jam for tent-making project.

Day 6 -- Work on writing out Bible Studies for Future Leaders' Program. Work on making guava jam for tent-making project. Bible Study with youth in the evening.

Day 7 -- Packaging pepper to sell as a tent-making project. Bible study with youth in the evening.

Day 8 -- Attend church. Market day (pick up groceries). Rest.

Day 9 -- Early morning farm work. Rest in the afternoon. Go to meet the chief.

Day 10 -- Travel 4 hours to Banyo. Get settled in at our house. Trip to the market for groceries. Meet some of our Cameroonian missionaries.

Day 11 -- Tour of Banyo. Meet other team members and missionaries.

Day 12 -- Travel back to Yimbere. Work on drying papaya leaves. Label jars of guava jam.

Day 13 -- Packaging papaya leaves to sell as a tent-making project. Bible Study with youth in the evening.

Day 14 -- Labeling products to sell as tent-making projects. Packing for trip tomorrow. Bible Study with youth in the evening.

Day 15 -- Travel day. Leave for Yaounde mid-day and travel through the night.

Day 16 -- Travel day. Arrive in Yaounde in the afternoon. Trip to market for food. Rest.

Day 17 -- Tour of capital city. Go to airport. Fly out of Cameroon (in the evening). Overnight flight.

Day 18 -- Travel day. Arrive back in the US (afternoon)

LODGING

How We Live (and why)

We aim to live at the level of the people. Which means if our neighbors don't have the option of having something, then we choose to go without it as well. Because of this conviction, our team lives quite simply here in Cameroon.

From a Western perspective we would be viewed as being "poor". Even more so than most other Western missionaries who also live here. Because of the kind of work we are doing, we find it to be very important for us live at a standard of living that is similar to those that we serve. This chosen lifestyle is driven by our convictions that it would not be appropriate for us to live on a higher living allowance than the average Cameroonian. We also seek to be a model for those Cameroonians that we are training as church-planters, by using resources that are available to the average Cameroonian. We have several micro-business (tent-making) projects that help to bring in income to cover a portion of our living expenses. Being able to support ourselves in this way allows us to be more generous with the funds we receive from donors, to spend it more on ministry related things as opposed to living expenses. We also feel that living at the level of the people we are here to serve is a practical and crucial way in which we can "love our neighbor as ourselves" (Matt. 22:39).

Practically speaking, this means that we do not have many of the "luxury items" found in a Western home. We do not have a refrigerator or oven. We do not have running water or water heaters. We do not have a wash machine or dryer. We do not have a car, or a TV, or even couches or nice furnishings. This also means that our lifestyle is very similar to theirs as well. It means carrying buckets to the nearby well or water pump whenever we need water in our home. It means eating less meat and other expensive luxury foods. It means eating only two meals a day, since it requires so much work to prepare meals from scratch. And it means that our house looks just like the other houses in our neighborhood, with mud-brick walls and a hard cement floor.

For us, all of this is a part of incarnational ministry. We have also found it beneficial to live this way, as it gives us a better understanding of people we are serving here. It also puts us on an equal level with them, which enables us to build deeper relationships with people, and to minister more effectively to those around us.

An Average Day

It is very difficult to layout a picture of what an average day looks like for us, since no day is the same. Even when we set out to make a schedule and plan out the events of the day, there are always things that come up, and the day never quite looks like what you expect.

But here are a few things that tend to be consistent most days:

- Most nights we get to bed pretty late, so we usually have a slow start on a day unless there is a specific activity scheduled for that morning.
- More strenuous activities are done in the early mornings. Going to work on the farm, washing clothes, and construction work, are all activities that are best done in the early hours of the morning.
- Meals usually revolve around our daily schedule rather than having our schedule planned around meal times. For this reason it is common to have breakfast anywhere between 7am and noon. The second meal is then determined in regards to what time we had breakfast. If breakfast was really early, then we will usually eat the second meal around 3pm, if breakfast later, the second meal could be as late as 7pm. Most often we aim to have breakfast around 9am and then have our second meal around 6pm, but it can vary depending on how the day goes.
- Cameroonian culture is very relationship based with no concept of "calling ahead of time". Because of this, it is very common to have unexpected visitors show up at any hour of the day.
- The children in the community like to pay us frequent visits. It is very common to have a child or two (or three, or six) seated on the floor, observing all the goings on in our home.
- Temperatures start to cool down around 5:00pm, which is the best time to carry water and take walks.

-- Evenings are a time to unwind and de-stress after a busy day. There will be some evening when we will engage in group activities, or get together with other missionaries in the area. But for the most part evenings are considered free time to do whatever you want to do with your time.

Meals

The meals you will be eating during your stay may be somewhat different than the food that you are accustomed to. We try to have a balance between traditional Cameroonian food (so that you can taste the ethnic dishes) and American style meals (to help you feel more at home).

All food is carefully cleaned and prepared to ensure that you do not get sick from eating it. All our fresh fruits and vegetables are washed and sanitized to make them safe for consumption.

Because of the fact that meals have to be prepared from scratch and therefore take a lot of time, we are in the habit of only serving two meals a day. We usually eat breakfast around 9am. We then have our main meal sometime between 4-6pm.

We will try to have a few snacks available when you first come, to help you ease into the 2-meal-a-day routine. But if you continue to find that two-meals-a-day is not filling enough, we would encourage you to "stick it out" for just two weeks (realizing that other people here in Cameroon are also going hungry, as it is a normal part of their lives). If, however, you have medical reasons for needing more/different food (such as diabetes), we can make snack foods available for you as needed.

Water

While you are here it will be important for you to remember that water is a very precious luxury. You will need to assist us in conserving water.

We are very careful about supplying our guests with clean, filtered drinking water. Please do not drink any water unless it has first been approved by a member of our staff.

Depending on where we are staying at the time, you may or may not have running water.

Running water is not considered a necessity among Cameroonian nationals, and since we aspire to live at the level of the people, we are in the habit of going to the public tap for drawing water to use in our house. We have two large containers for storing water in our house. One container is used for daily water needs, while the other container is kept as a reserve, since the water supply in the area is sometimes cut off without any advance notice.

The reserve of water is left closed and is not used unless absolutely necessary, while the other container is filled quite frequently. You may be asked to help carry water to fill these containers in order to keep a supply of water on hand in the house.

Quote: "We have running water! You take a bucket, fill it with water, and turn it upside-down -- voila!! Running water!"

Bathing

Bathing is done as the standard "bucket-bath" method. Buckets and dippers will be provided for your use. Feel free to ask a member of our staff to give you further instructions if you are unsure of how to bathe this way.

Laundry

Laundry is all done by hand, the same way that the nationals wash their own clothes. If you choose to do your own laundry, we will provide you with the supplies you need, and will instruct you on the most efficient way of getting your clothes clean.

Culturally it is usually the women who wash clothes, so if your team wants to assign the task of laundry to the women that would be most acceptable, if everyone on the team is comfortable and agreeable to this arrangement. Men are welcome to do their own laundry. It is not considered unacceptable in this culture, but it may cause a few people to wonder.

It is possible for a member of our staff to do the laundry for you, but we do ask an additional \$10 for each person that chooses this option.

Electricity

You can count on having electricity in most places where you stay here in Cameroon. However, the voltage of electricity here is much higher than in the US, so you will need to know what voltage intake your electronics can stand, otherwise you may lose your electronics to a power surge.

The voltage of electricity here in Cameroon is 220v (which is much higher than the standard 110v in the US). And it requires a different kind of adapter in order to plug into the outlets.

At our house in Banyo, and also in Yimbere, we do have a transformer that converts 220v to 110v, so that we can plug in American electronics, but anywhere else you travel in Cameroon will not have that.

You are more than welcome to plug into our 110v system (you will not need any adapters to do this). However, depending on the size of a team that is coming out, and depending on what all we are needing to plug in at a given time for ministry related work, there may be times when you will not be able to plug your electronics in. There is a limit as to how much we can plug into the 110v system at a time since we do not want to take the risk of possibly causing a fire, blowing a fuse, or burning out our transformer.

We ask that you limit the amount of electronics you bring, and that during your stay here you would conserve electricity as much as possible, viewing it as the precious commodity and luxury that it is.

Please do NOT bring electrical devices that produce heat or contain a heating coil (such as hair dryers and curling irons). These items do not fare well here in Cameroon, and draw too power for our electrical system.

Internet

In the Capital City and during travels, you will not have any access to the internet, so you will not be able to contact family and friends when you first arrive in country.

Once in the village, we have access to the internet in the comfort of our home. However, it is only possible to connect one computer to the internet, so only one person can use the internet at a time. Since much of our ministry work requires the use of the internet it will not always be available to you. Also, the number of people who come with you on the team will also affect how much time each person will be allowed to use the internet.

We ask that our short-termers limit their internet use to doing email only, so that the internet can be free for other people to use, and free for ministry work.

It is important to note that the internet is VERY SLOW here! If you have ever used a slow dial-up connection, it may be easier for you to comprehend just how slow of a connection actually we have.

If you have friends or family who are asking if they can Skype with you while you are here, you will need to tell them that it will NOT be possible, due to the fact that the internet connection is much too slow to run any features in Skype.

It would be most ideal if you could compile a list of email addresses of all your friends, family, and supporters who will be wanting to hear from you while you are here. That way you can send out a single email to everyone with general information (such as letting them know that you have arrived in Cameroon, or updating them on prayer/praise requests).

If you can compile a list like this for all the members on your team, a single email can be sent out that will go to all friends, family, and supporters of the entire team. This way it will save time and the internet will not be as congested.

Entertainment

Most evenings will be reserved to give you a time to just rest and relax. There will also be times during the day (especially mid-day when it is the hottest) when there will not be much to do. During these free times, you can fill your time with reading, conversing, watching movies, or other forms of entertainment.

We have a couple games and some decks of cards here that you are welcome to use. There are also great nature trails to walk on and great places to explore out-of-doors, which we encourage you to take advantage of.

MAKING YOUR STAY EASIER

Jet Lag

Jet lag is something you get after traveling across several time zones. Since your brain and "internal-clock" were synchronized with the location where you were living, it can really confuse your brain when you suddenly step out of the plane in a completely different time zone. Nights and days are reverse, the times when the sun rises and sets are different, and after traveling for so long it can be hard to even remember what day it is.

Your built-in clock and calendar have been disturbed and it's going to take your body a while to adjust and figure out what day and time it is again.

It has been estimated that a person needs one day for every one-hour time zone they cross, in order to get back to their normal rhythm and energy levels. So a 6-hour time difference can mean that it could take up to six days for you to get back to normal again.

You may feel very tired and disoriented for the first few days after traveling. A lack of concentration is normal, especially for any activity that requires some effort or skill (such as driving). But even simple activities can seem harder and require more effort on your part.

Crossing time zones can cause you to wake up during the night, or make it difficult for you to get to sleep at night, or give you a strong urge to go to sleep in the middle of the day. The fastest way to get over jet lag is to force yourself to adapt to the current time zone as soon as possible. You might consider taking a short nap (no longer than 1 hour) your first day in country. But after that, make it a goal to stay awake until night fall, regardless of how tired you are. This will make it more likely that you will sleep at night and give your body a good idea of when it's allowed to sleep and when it should be awake.

It is also common, when suffering from jet lag, to just have an overall sense of "not being well". It can't be identified as a sickness or a specific problem, it's just sort of a "malaise" -- all you know is that you just don't feel 100%.

Culture Shock

When you come to Cameroon you may experience a brief period of Culture Shock. Don't be alarmed, it is perfectly normal. Culture shock happens when things around you conflict with your expectations. In this case it is natural to feel disoriented, confused, afraid, depressed, or even angry. *See the next page for more specific symptoms of Culture Shock.*

Things that heighten the culture shock cannot easily be escaped, such as . . .

- Not being able to establish or maintain any degree of daily normality.
- Not understanding the language or culture around you or what is going on.
- Not being able to meet your own basic needs due to language barriers or "new ways" of doing things.
- Not being able to communicate well with those around you, due to language barriers or differing methods of communication.

These are examples of things that can heighten your culture shock. It is important for you to be aware that this may be a factor. If you are prepared for it, you will more easily be able to identify the signs of culture shock, and be able to work through it.

Symptoms of Culture Shock

Here is a list of common symptoms of culture shock. It can be very helpful to keep this list on hand and refer to it often so you can identify when an issue you are having may be a result of culture shock.

- Depression
- Sadness
- Loneliness
- Shy or insecure
- Lost or confused
- Feeling overlooked
- Boredom
- Withdrawal
- Insomnia or excessive sleeping
- Headache or general aches and pains
- Feeling like you want to distance yourself from people
- Frustrated by the lack of privacy
- Thinking negatively about yourself, your life or circumstances
- Being judgmental of the people or culture around you
- Over concerned about health or safety
- Becoming obsessed with cleanliness
- Overwhelming sense of homesickness
- Questioning your decision to come here
- Developing “stereo-types” in the new culture
- Idealizing about your home culture and how things are “back home”
- Trying too hard to adapt by becoming obsessed with the culture
- The smallest problems seem overwhelming
- You are more emotional or moody than usual
- You feel like you just want to go home

Interacting With Cameroonians

We do not expect team members to speak the language. However, we do encourage all team members to work on some basic language greetings and phrases. Even if you struggle with the language, knowing even just one phrase is better than nothing at all.

The people of Cameroon are generally very friendly and sociable. It is common for strangers to greet each other, so you may want to learn a few phrases in the local languages in order to greet people.

But even though conversation may be limited by language barriers, the people will still enjoy speaking with you. And just because you do not speak their language does not mean that they do not understand what you are saying. People can also read body language, facial expressions, and hand motions, so we encourage you to try and use every means you can to communicate with those you come in contact with.

Security Guidelines

- Avoid carrying large sums of money or items of great value. If you must carry money or valuables with you, keep them hidden and take care not to flash them about.
- Do not give your phone number or personal information to anyone without our approval.
- In the city, stay with your group when going out.
- In the villages it is safe to go walking about and exploring on your own, but make sure to let your team know where you are going and when they can expect you to return.
- If you carry a backpack with valuables in it, carry it in front of you for added safety.

Cultural Guidelines

When you enter into another culture it is important to remember that *YOU* are the stranger. It is *you* who talks funny, not them. It is *you* who eats weird foods, wears strange clothes, has odd habits, and rude manners -- not them!

-- Don't be too quick to judge or criticize your experiences. Whether it is the food, the music, the lifestyle, or whatever, it is important to note that the way they do things in this other culture is not wrong or bad -- it's just *different!*

-- Americans tend to "stand out" overseas. They often come across as being boisterous, loud, forceful, and rich. In the way American's walk, talk, and compose themselves, their non-verbal communication speaks very loudly. Often without even knowing it they are communicating to those around them that they think themselves superior to the rest of the world. They give the impression that they think the whole world revolves around them, or that they have the answers and solutions to all of life's problems (and all of their solutions contain dollar signs). Because of this, it is important to present yourself in a respectful manner. Refrain from defending your culture or pushing your views and standards. Instead, make it a goal to be open-minded and embrace this new culture that you have entered into. Bear in mind that you would have to be here more than a few weeks or months in order to acquire an accurate view of the culture and be qualified to critique it.

-- If you promise to do something for a Cameroonian they will not forget it and will expect you to follow through. Choose your words wisely and think before you speak, because meanings can often get lost in translation. If you say, "I would love for you to be able to come to our church in America", they will take it to mean that you are promising to pay their way to go to America. If you say "I will see if I can give you some financial help later", they will take this as a promise, that you are committing to help them by sending them money. For this reason, it is very important that you be careful how you speak, and never promise anything you cannot fulfill.

-- A smile goes a long way. If people stop in at our house, or if you see them in passing, be friendly and greet them with a smile.

-- When a guest comes to visit, always show hospitality by greeting them and offering them a seat.

-- Privacy is a foreign concept in this country.

-- You may be asked by local people for your phone number or other personal information. We suggest that you not give this information out to anyone. If there is someone you meet who you feel you may want to help in the future or want to correspond with, check with our staff first and we will be able to instruct you further in this area. If someone is persistent in this area even after you have refused, let a member of our staff know right away.

-- Do not promise to perform any services for any of the nationals after you return to the US. If someone asks you for a favor or a service, direct them to a member of our staff.

-- Do not give out gifts of any type without first checking with our staff.

-- Many foreign cultures are not acquainted with and do not understand the freedom of expression of Americans (such as holding hands, putting your arms around each other, etc). Please be sensitive to this, especially if you are on the trip with a "significant other". Physical contact between opposite sexes should be kept to a minimal.

-- In US culture it is normal for there to be a certain amount of physical contact between members of opposite sexes, and fairly unusual for there to be much physical contact between people of the same sex. Here in Cameroon the reverse is usually true. It is very common to see men holding hands or walking arm in arm, this does not make a statement about their sexuality, and is considered very normal.

-- Eye contact between men and women is acceptable, but prolonged or flirtation eye contact is not. It is also acceptable for men and women to shake hands in greeting, and to converse in moderation.

-- Using your left hand for social interactions can be highly offensive to people in this culture. You should use your right hand for all social interactions, whether shaking hands, giving money, offering food or drink, or any other items. If you find yourself in a situation where you are eating without utensils, use the right hand only.

-- When sitting in a group of people, you should be careful not to point your toes or show the bottom of your feet to people, since it is considered very offensive to many people here in Cameroon.

-- Do not identify yourself as a "missionary". In the minds of many Cameroonians, that word brings up other connotations that you are not intending to communicate. The word "missionary" often brings to mind the image of a "white man invading the local culture to steal people away from their religion and force them into Christianity". Instead of calling yourself a missionary, it would be better to identify yourself as a follower of Jesus Christ.

-- The culture here in Cameroon is very "relationship" based. Therefore "doing" is considered less than "being". Many times in the US a person can feel like their day was wasted if they spent too much time talking with people and didn't get enough crossed off their "to-do" list. Here in Cameroon it is the opposite of that. You can spend all day conversing with people, being a friend, and nurturing relationships and get absolutely nothing crossed off on your "to-do" list, and your day would be seen as a very productive day!

Common Emotions

- You may feel frustrated as you see how awkward you are in this new culture and setting.
- You may get impatient when the nationals don't share the same work ethic as you or don't spend their time being as productive as you would like to see.
- You may get discouraged when you cannot communicate even on the most basic topics.
- You may feel embarrassed when can't do things correctly or need to be shown something multiple times.
- You may get angry when you feel like you could be doing greater things but are asked to do something small and menial.
- You may feel irritated when asked to do a job with slightly less than adequate materials and tools.
- You may be shocked when you see how the nationals reprimand and discipline their children.
- You may be horrified and enraged by the corruption.
- You may feel inadequate and afraid as one who has lived a relatively sheltered life.

Rules of Conduct

- Any alcohol, tobacco, and illegal drugs are prohibited at all times.
- Respect the property and rights of team members, staff, and others.
- Refrain from using profanity, from possessing a negative attitude, or using abusive, prejudice, or offensive language.
- Participate in all meetings, activities, and services with the rest of the team
- We ask that you not pursue or initiate any new romantic relationships with any team members or any local people during your stay here in Cameroon. While you are on this mission trip, allow God to receive your full attention, and view others as being nothing more than your brothers and sisters in Christ.
- Be prepared! You may be asked to share your testimony, pray, lead a devotion, or write an update for supporters back home.
- Your team leader and members of our staff have the right to add a rule or change a rule at any time.
- At all times, remember that you are representing Christ, your church, and this team.

Dealing with Conflict

As we all seek to live in unity with one another, there will inevitably be moments in which you feel annoyance, frustration, or disharmony with one or more members of the team. In these cases we ask that you observe the following suggestions:

Keep Short Accounts

It is near to impossible to live in close proximity with people for any length of time without somebody getting on someone else's nerves. We encourage you not to harbor any grudges or keep any running scores of ways others have annoyed you. Instead, be quick to give them the benefit of the doubt, and quick to forgive and forget. If there has been conflict between you and another, do not wait for them to make the first move in restoration, but rather, take the

initiative to go to them and be the first to apologize. Keeping short accounts, and dealing with conflict in a timely manner will prevent small issues from erupting into bigger problems.

Work Out Your Problems One-On-One

Whenever possible, work out your problems with the individual and do not involve a third party. However, if it is necessary for a third person to get involved, please take the matter to your team leader or to a member of our staff.

Gossip Divides

If you have a grievance towards someone, please go directly to that person and discuss the matter with them in person. Do not fuel the problem by gossiping with other people. The more team members that get involved in the situation, and the further the gossip spreads, the more divided the team will become. It is acceptable to take the matter to your team leader or a member of staff, in order to bring resolution to the problem. But once the matter is solved, there is no need to discuss it further with any other members of the team. If someone comes to you with a grievance or a word of gossip they heard from someone else, please be the one to stop the chain of gossip. Take the matter to your team leader or to a member of staff so that they can take appropriate steps to resolve the problem.

Pray

Praying as a team is essential for team unity. We encourage our teams to spend time doing devotions and praying together as a group. We would also like to encourage you, in the area of conflict, to observe the instruction in scripture to "pray for those who persecute you". If you have a grievance against someone, or feel that you have been wronged in some way, PRAY FOR THEM!!

Return Good for Evil

Be willing to turn the other cheek. If you feel like you have been wronged by someone, make it a goal not to retaliate or pay them back for the wrong. Retaliation leads to more retaliation which can cause even the smallest issue to build up into a huge battle. Instead of retaliating or seeking revenge, make it a goal to do good to the person that has wronged you. Turn the other cheek and return good for evil. This response can solve a great many problems and prevent greater conflict from arising. This response also gives the most glory to our Lord!

Debriefing

Since you will be experiencing many new things during your stay here in Cameroon, it is very important to take time to think through your experiences and talk about them with the rest of your team. Being able to talk about your experiences and ask questions about things that have caught your attention can really help you a lot in processing new information and taking in the experience more deeply. It can also help a great deal in lessening the effects of culture shock, as well as making your transition back home much smoother.

In most cases it will be the team leader who will be in-charge of leading debriefing session. We suggest that you hold debriefing sessions every evening during your time in Cameroon. This will give you a chance to think over the events of each day and discuss them with the rest of the team.

Debriefing sessions do not need to be anything complicated. The goal is simply to take some time to talk together to share observations and experiences with one another. It is also a good time to ask questions if there was something you observed during the day that maybe you didn't quite understand.

Below is a list of questions that you can use as a place to start in encouraging conversation. These are mainly meant to be ideas for conversational starters, so feel free to use them only as much as you find them to be helpful.

- What was a high point of your day/week?
- What was a low point of your day/week?
- What's something new that stands out to you?
- What has surprised you about the culture here?
- Are there any questions you have about the culture or about things you see here?
- Is there anything you don't understand?
- What is a favorite experience you have had?
- What is a negative experience you have had?
- How do you see God working through the negative experiences?

- How are you doing emotionally?
- How would you describe your feelings right now? Example: joyful, frustrated, peaceful, excited, exhausted, grieved, lonesome, depressed, confused, anxious, etc.
- How are you doing physically?
- How are you doing spiritually?
- Do you feel spiritually nourished?
- How do you see God at work in your life right now?
- Have you noticed any signs of culture shock?
- Which stage of adjustment do you think you are in, and what could help this stage be a little easier for you?

Stages of Adjustment

Stage 1: Honeymoon

Everything is new and exciting to you. You are in awe of the different things you see and experience. You feel excited, stimulated, and enriched.

Stage 2: Distress

Everything you're experiencing no longer feels new and exciting. Instead it feels like a wall that is blocking you from experiencing things. You feel confused, alone, unable to communicate or do anything yourself, and reluctant to go out on your own. Everything familiar to you feels very distant.

Stage 3: Re-integrated

You are tempted to refuse to accept the differences you encounter. You feel frustrated, even angry, at your surroundings or circumstances. Nothing seems to measure up to how it is "back home". You may doubt your reasons for coming to this place, and wonder why you are here.

Stage 4: Emergence

You begin to rise from the cloud and finally start feeling like yourself again. You feel more confident and able to cope. The things around you start to feel more normal and familiar to you. You no longer feel isolated.

Stage 5: Independence

You are yourself again. You embrace the new culture and see everything as new and exciting again, but this time in a more realistic way. You start to understand more of what is going on around you. You feel more comfortable, confident, able to make your own decisions, free to go places and do things on your own. You start feeling at home.

TOPICS OF INTEREST

Going to Church

Church services are Sunday mornings any time between 9am and noon. Unlike churches in the US there is no specific time in which you are required to arrive at church, and there are no rules that say you have to stay for the entire service. You can come to church any time during those hours, and you can leave at any time during those hours.

The language that is spoken in the church service you attend will vary depending on which part of Cameroon you are in. But even if it is in a language you cannot understand, going to church is still a very unique experience, and can be very enjoyable to observe. You will see many things in church that may seem very strange to you, such as having people dance up to the front to give their offering, or having people stick coins to the foreheads of the singers. The style of music and order of service will be very different than what you are used to, but remember, their style of worship is not bad or wrong, it's just *different!*

When you go to church we will provide you with Cameroonian currency to give as offering.

Before taking your seat in church it is important to take note of how people are segregated. In some churches it is acceptable for men and women to intermix, while in other churches the men and women will sit on separate sides of the room.

Ladies should wear head-coverings when they attend church. In some churches it is becoming less customary for a woman to cover her head in church and more acceptable for a woman to attend church with her head uncovered. But since this cultural change is still fairly new, we do ask that the ladies on the short-term teams observe this cultural aspect and wear a head-covering when they attend a church service.

Calling Home

We do our best to make it possible for our guests to call home from time to time. It costs about 60 cents a minute to make an international call, and we will certainly do our best to make this option available to you. However, depending on the circumstances, there may be times when it will not be possible for you to make a call, so do not tell your family that you will call them on a certain day or at a certain time, as it may not be possible.

Cameroon does not have a day-light-savings. In the fall (from about November to March) Cameroon is 7 hours ahead of the Central Standard Time (CST) of Chicago. During the rest of the year, Cameroon is only 6 hours ahead.

Credit Cards and ATM Machines

Most transactions made here in Cameroon are done in cash. There are very few ATM machines here in Cameroon, and the ones that are here only accept Visa cards, not MasterCard, and have a limit of only being able to withdraw \$500 in a 24-hour period.

Most US banks have Cameroon blocked off as a "danger zone" for financial fraud, so even if your bank tells you that your card works internationally, unless they specifically enable it for Cameroon, it will not likely work here.

Most banks also charge a large fee for using your bankcard in a foreign country. They not only charge a transaction fee, but they also have their own exchange rate that they use when giving you foreign currency, which makes your money less in the other currency.

Also, where we are living right now is about 10 hours from the nearest ATM machine, so you will not likely have any opportunity to use an ATM machine during your time here, and should not count on this as being an option.

Because of these factors, we suggest that our short-termers NOT count on using credit cards or ATM machines during their time here. It would be most ideal to have your funds transferred to our account at least a week in advance so that we can withdraw the necessary funds before you arrive. Any additional funds should be brought with you in cash, taking into account that it is not safe to travel with large sums of money on your person.

We will contact you concerning the best method for transferring funds, since the "best method" very much depends on the circumstances.

Traveler's checks are very difficult to cash here, so please DO NOT bring them!

Currency

Cameroonian currency is called Francs. The currency fluctuates quite frequently, but on average the currency rate is about 500 francs to the dollar.

Local Market

Groceries and supplies are purchased at the local market. Every village has a different day designated as a "market-day"; larger villages and towns may have a couple days a week designated as market days.

Visiting an open-market is a unique experience, especially if you have never seen one before. There are many merchants that lay out their goods along the side of the road for buyers to see. When you go into the market there are shops set up, each shop selling products of a specific category. There are shops that sell food, shops that sell clothes, shops that sell material, shops that sell building materials or electrical products.

It can be fun to browse through the market and see the many things that are for sale, and we will make it a goal to make sure each person on the team has the opportunity to visit the market.

Tourist Sites

While there are a few "tourist spots" in Cameroon, we will not likely be visiting those areas. We live and work in a remote area of Cameroon which is a great distance from the common tourist locations.

Our team aims to show you the REAL Cameroon, the way it is seen through the eyes of the nationals, which is an incredible opportunity, and a side of Cameroon that most tourists never get to see.

While we may not visit locations specifically geared towards tourists, we can guarantee that you will see many great sights and scenes, and have many opportunities for you to take pictures and make memories, since Cameroon is a very beautiful country with many beautiful sights and scenes.

Souvenirs

Since the area where we live is not catered to tourists, it can be a little tricky to find souvenirs to take back with you. If you would like to have souvenir-type items (such as bamboo cars, drums, traditional clothes, etc) made for you to take back with you, please let us know early on so that we can make the necessary arrangements.

Please take into consideration that it can take several days to have something made. We will do our very best to get the desired items for you, but we cannot guarantee that they will be ready before you leave, especially if you do not give us enough advance notice, or if you are not going to be in Cameroon for very long.

Tailor-Made Clothes

If you want to have a traditional outfit made while you are here, please let us know far enough in advance so that you will have sufficient time to purchase material and have the clothes made before you leave.

There are shops that sell Cameroonian cloth in the market, where you can choose from a wide variety of fabrics, designs, and colors. 6 yards of cloth (enough for a complete outfit) usually costs between \$10-\$24 (depending on the quality and type of fabric you choose).

Paying a tailor to make the clothes for you cost about \$10 (give or take a few dollars depending on the style and whether or not it is a rushed order).

Photography

We encourage all short-termers to bring cameras and take pictures while they are here. There is no better way to show you supporters, family, and friends what your mission experience was like than by showing them pictures.

Generally, people do not mind if you take their picture, but it is always polite to ask before doing so.

Please be considerate and sensitive to the timing of your picture taking, and be aware of who else is taking pictures at the same time. It can be very disturbing to have a whole team of people all taking pictures at the same time. It would be best to take turns taking pictures in a given setting, and then get copies of their pictures later on.

You might want to consider designating one person on your team as the team photographer who could be responsible for taking pictures in situations that would be inappropriate for multiple photographers (such as worship services). This person could then take the pictures and later distribute copies to the other team members. This way you will not disruptive or draw more attention than necessary.

Although we often encourage teams to take pictures of everything, it's important to note that there are some things that you should not take pictures of. Never take pictures in the Cameroonian airport, or of military or government personnel.

Please ask a member of our staff if you have any questions about whether or not a setting is acceptable for taking pictures.

RETURNING HOME

What to Expect

One of the hardest parts about any missions trip is returning home. After an intense experience of discovery, you return home to people who have not had this experience; people who cannot understand what you have been through and cannot comprehend what you try to share with them.

As you get ready to return home, there are a few things you will need to keep in mind in order to make your re-entry transition easier.

-- The person you were when you started out on this missions trip is not the same person you will be when you return home. Whether you realize it or not, the things you experience on your missions trip will inevitably change you in some way or another.

-- One of the changes that is common for short-termers is a change in their value system. After seeing the standard of living in a 3rd world country, it is natural to return home to the US and feel overwhelmed by the materialism in the American culture. It is common to feel judgmental of others, or even feel guilty about your possessions. It is important not to take for granted the many blessings you have in the US, and it is important to be generous in sharing those blessings with others, but do not allow the guilt to consume you or cause you to become bitter. Instead, let it make you grateful for God's many blessings in your life, and inspire you to bless others as well.

-- Your team has been through a lot together during your time overseas, so it is common to feel a loss or loneliness as you part company and each go your separate ways.

-- It may be hard to go back to "the way things used to be" after such an intense adventure. Your teammates won't be with you every day and it may be hard to find time to pray and study the Word the way you did while you were on your trip.

-- Don't expect your family and friends to be as excited about your trip as you are. Remember that they have had experiences of their own which were completely different than yours, and their inability to relate to your experience may result in them seeming less interested than you would like. This can be very disappointing when you have a great many stories to tell but then find that your audience isn't equally excited as you are.

-- The pace of life here in Cameroon is much slower than in the US. Here people focus more on building relationships, so you seldom see anyone rushing around or hurrying off to their next scheduled event. At first when you arrive in Cameroon you may feel like things are moving *too* slowly, or that there isn't enough structure to the daily schedule. You may even feel frustrated or bored with this slower pace, but eventually you get used to it. Once you have gotten used to the slower pace of life and have learned to enjoy the relational focus of the culture, it can be terribly overwhelming to step off the plane and re-enter the "fast-lane" of the American culture. This may be the first time you ever realized just how busy everyone is in the US. It is normal to feel overwhelmed and a bit lost at first. It is normal to feel frustrated when friends and family members seem so busy with their own schedules to really have much time for you. And it is normal to be frustrated with your own life, when you find how quickly you get pulled back into the "business" of the culture, and find yourself missing the slower-pace of the culture you just left.

-- Keep in mind that your family probably missed you more than you missed them. Be sure to spend extra time with them or give them extra attention when you first get back.

-- As you send out your final update telling your prayer supporters that you have returned to the US, be sure to also ask them to continue praying for you as you readjust to daily living. Share with them a little about your trip and thank them for their prayers.

-- Be cautious about making negative reports concerning your trip. If you experienced any problems on the team, or if you were sick during your time in Cameroon, it is common for these negative experiences to be in the forefront of our minds when we return home. But if you report about these problems right away, or dwell on them more than on the positive experiences, you may give people the impression that your entire trip was bad.

-- Your teammates will be the ones who will best understand your experiences. If you find yourself experiencing the effects of culture shock (such as depression, loneliness, guilt, and frustration), we would suggest that you meet up with members of your team and just spend time sharing stories, looking through pictures, and rekindling the memories of your trip. Sometimes just being able to talk to someone who understands and can relate to you will help a great deal in lifting your spirits and helping you survive this stage of transition.

Reverse Culture Shock

Most people expect that they will experience culture shock when they arrive in a strange country, but what they don't expect is that they are even MORE likely to experience it when they return home.

For a few months after you return home, it would be a good idea to occasionally examine yourself to see if you can detect any of the following traits appearing. These things tend to occur in people returning from service in another culture, and it's a good idea to keep an eye out for them so that you can identify them for what they are so that you can better deal with and work through them.

Some common emotions that may signify culture-shock:

- Depression
- Disappointment
- Feeling like you want to distance yourself from people
- Wishing you could be back with your teammates or back overseas again
- Thinking very negatively about yourself or your life
- Being judgmental of the people or culture around you

Refer to the Symptoms of Culture Shock on page 31 for a more complete list of symptoms.

If you evaluate yourself regularly, or ask trusted friends to tell you if they see these traits appearing, you will be able to overcome them and avoid letting the effects of culture shock turn into habits.

Debriefing

Debriefing and re-entry is a process, not a one-time event.

It is a good idea to continue holding debriefing sessions even after you return home. It can be overwhelming returning home after a mission trip. It can also be very difficult to find people who can understand what you're going through in the transition process. Since you have shared unique experiences with the other members of your team, and are all in a period of transition together, it can be a great help to get together as a team periodically and just talk. Getting together once a week, for about a month or two, can really help you a lot as you re-emerge into your home culture again.

Here are a few debriefing questions you might consider working through once you have returned home:

- What were the high/low points of your trip?
- What part of the mission experience was the most challenging for you? What was the easiest?
- What did you learn about God's mission in the world?
- How did you see God at work?
- How has your relationship with God changed as a result of this trip?
- Describe the one or two images that stand out from your trip.
- How would you describe your feelings right now? (joyful, frustrated, exhausted, peaceful, grateful, grieved, confused)
- What do you miss most about Cameroon?
- What are you thankful for now that you are back home?
- Name some people who really touched your life during your time in Cameroon. What did you learn from them?
- What stories can you share with friends and family?
- In what ways did you feel prepared or unprepared for the trip?

- What changes (if any) will you make in your life, based on what God has been teaching you?
- Would you go on another mission trip? Explain.
- How are you doing emotionally?
- How are you doing physically?
- How are you doing spiritually?
- What surprised you about the Cameroonian culture?
- What comes next for you in life?
- What do you hope to accomplish in the next year?
- What changes do you want to make to your life?
- Do you plan to be involved in any ministry activities in your community?
- What did you like most about other people on your team?
- What did you like most about the nationals you met?
- What were some things you feared that turned out to be good?
- What are some of the negative aspects of your trip?
- How did God use these bad experiences to bring growth in your life?
- How has your view of missionaries changed?
- How has your view of missions changed?
- How has your view of your own culture changed?

Sharing Your Story

When you return home, people will most likely ask you a lot of questions. You may also have the opportunity to share with your supporters about your experience in Cameroon.

Here are a few things to remember when telling people about your experiences:

- You have had the privilege of seeing, first-hand, what God is doing in another part of the world. As an eyewitness of these things, make it a goal to try and see things through His eyes, and to give Him the glory.
- Keep in mind that the people you are sharing with will not be able to understand or comprehend everything that you are telling them. Telling stories and showing pictures will go a long ways in helping them to better relate to what you experienced.
- Choose to have a positive attitude in the way you share your story. You may not have enjoyed everything you experienced, but you can choose to be positive in the way you share even negative memories. Try to see what God may have been teaching you through the struggles, and use this as a testimony to those you are sharing your story with.
- Share how the trip impacted you, not just what you did. People want to know how your heart was changed by the things you experienced.
- Be sure to thank the people who were supporting you and praying for you during your trip. Let them know that you appreciate the investment they made in you by making it possible for you to go on this trip.
- If you are going to be sharing your testimony during a worship service, you may only have 3-10 minutes. If you speak to your church during a special mission program, you may have as much as an hour to work with. In either case, seek God's guidance when you prepare for your presentation, and be very careful to stay within the time-limit that has been allotted to you.

Looking to the Future

As you reflect on your experience in Cameroon, this is a good time to give thought to what your future plans may be. This is a good time to consider what might happen next in your life.

When you arrive home from a missions trip, you have three options.

- First, you can go back to "life as usual" and continue with your current plans and goals.
- Second, you can make minor changes in your life to include more mission-focused activities
- Third, you may decide to make major changes in your life, taking a very different direction than before.

If you are going to continue with your current plans and goals, no further consideration is needed. But if you are considering making changes to your life, here are a few possibilities you might consider:

Pray

Make it a habit to pray for missionaries or start a mission prayer group with others.

Give

Financially support missionaries or mission agencies that are doing work that is close to your heart.

Serve

Find ways to serve in your home church and make this your primary focus. Consider asking a missionary you support if there is anything you can do to help them while you are in the US. Many times there are things that missionaries could use help with if only people in the US would be willing to assist them State-side.

Be Open to the Spirit's Leading

As you engage in ministry in these ways you may find yourself becoming more and more passionate about missions. Be open to the Spirit's leading and consider what God might be telling you through your experiences with missions.



Thank you, once again, for your interest in possibly coming out on a short-term team. We hope that this manual has been helpful to you, and we look forward to working with you more!

If you have any questions don't hesitate to contact us by emailing kelsey@myallforjesus.com

May God richly bless you!