



## ***Welcome Medical/Dental Team***

*You are about to embark on one of the most exciting and rewarding experiences of your life. EIM's Medical/Dental Evangelical mission trips have been designed for those that have been given the gift of medical/dental knowledge and a heart for overseas ministry! A desire to help someone physically for a short time---knowing Jesus can change them for an eternity! It is very likely that you will leave a part of your heart on the mission field. But more than anything, we hope and pray that you are deeply touched by the physical and spiritual needs all around you. Pray for all who you come in contact with to experience a personal relationship with Jesus Christ and to live in obedience to the Father. Pray, also, that they understand how He died to take on the punishment of our sins. Ask God for a great desire to minister to them, share the truth of this relationship with them, and experience the part of the Great Commission that commands us to "go into all the world."*

*Consider your team, your family the week you are there. Be willing to tackle any job given to you, come with an attitude of wanting to serve rather than be served and show grace with all when the week wears on and you get tired and worn down. God does not call everyone to this kind of ministry. You have to understand that this isn't a vacation, and that there will be a lot of hard work and a lot of spiritual warfare.*

*This EIM OBS team manual has been prepared with enthusiasm and anticipation to help you experience an exciting, fulfilling, and fun mission trip. Please read this manual carefully as it contains pertinent team and travel information. We at EIM will make every effort to keep you informed with the latest updates concerning your particular team, if any, or answer any questions.*

*All required documentation that you must complete is available online at: [www.eimworldwide.org](http://www.eimworldwide.org) "TAKE A TRIP". Read that page carefully for valuable mission, immunization, and passport information. Then, click the [Medical/Dental Trip](#) link for all the requirements to complete the application for a Medical/Dental team and for EIM's travel policy details.*

**Cancellation Policy:** It's important for all team members to understand that if for any reason EIM feels the team's safety could be in jeopardy when traveling overseas, they reserve the right to cancel the trip. This would be done only after thoroughly investigating the situation with our overseas directors. There is always risk involved when traveling overseas that is beyond anyone's control, and we are not responsible for any expenses lost due to the cancellation. Our team's safety is our top priority. Every effort will be made to reschedule a cancelled trip, but there is no guarantee. We hope and pray we never have to cancel a trip; however, we do want to make you aware of that fact, since it is always a possibility.

The Department of State issues travel advisories concerning serious health or security conditions that may affect U.S. citizens and locate country Consular Information Sheets, Travel Warnings and Foreign Entry Requirements at [www.travel.state.gov](http://www.travel.state.gov).

### **Covered & Non-Covered Expenses:**

All Dental/Medical teams pay their own expenses. The fee quoted for teams include:

- Airline tickets\*
- Ground transportation in-country
- Meals & lodging while in-country
- Supplies for crafts, teaching, games, etc.
- Travel Insurance for mission days

\*Note: Price subject to increase based upon increase in ticket costs should that occur between now, when the team fee is quoted, and actually booking the ticket.

### **Non-Covered Expenses:**

- Meals traveling to/from
- COVID test fees, if needed
- COVID-19 Positive Test Procedures – If you receive a positive test for COVID-19 while in a foreign country, each individual will be responsible for any additional cost which includes but not limited to: lodging, food, transportation and any fees due to airline changes.
- Checked luggage fees
- Any room service/laundry fees while at the hotel (pay for these the day before check out)
- Shopping/Souvenirs/Recreation
- Emergency/Unexpected Expenses – There is always the chance there could be a long layover when you are traveling, so **remember to have some emergency cash & your Credit/Debit Card with you at all times.** Items purchased in airports are very expensive. Overnight layovers that are weather related are not covered by the airlines. Hotel rooms/meals must be assumed by you if the team is delayed and must stay extra nights either in the U.S. or during travel outside the U.S. **EIM does not assume costs beyond the Covered Expenses listed above.**

**Travel Insurance:** Travel insurance is included in your team fee. A brochure/information will be emailed to you prior to departure. NOTE: It does NOT cover the loss of your airline ticket if you cancel BEFORE you go for any reason.

**\*\*NOTE: Since EIM is a 501(c)3 Non-Profit mission agency, all money given to pay for your mission trip is non-refundable if you cancel for any reason OR EIM has to cancel due to circumstances beyond our control such as natural disaster or political unrest.\*\***

### **Travel Information & Tips:**

**Covid Protocol:** At the current time there are no covid restrictions. However, due to the ever-changing COVID-19 protocols for international travel, EIM will monitor and contact you immediately if changes are made. Changes could include additional charges or even cancelation of our trip, although we do not anticipate this. While traveling with EIM if wearing a mask and social distancing is required, we will honor that request and follow all other Covid protocols mandated during travel and in our host country.

### **Immunizations:**

**IMPORTANT: Mandatory Requirements:** When you are traveling, you will need to have your passport and proof of medical insurance on you at all times and proof of sufficient funds for your stay. Due to it being “possible” that you will have to show proof of medical insurance at the airport before getting your ticket, you need to know where your travel insurance card is at all times and be prepared to show it. (Not for certain). We will provide you a travel insurance card before departure for you to print. You also should take any other proof of insurance cards you may have. The State Department also lists the following:

- You must also carry proof of a **valid medical insurance** policy contracted for payment of all costs for hospitalization and medical treatment.

**Passport Information:** A valid passport is required. ***\*\*Your passport must be valid six months beyond the date of departure for your trip. Customs at the airport will not let you into the country, so check your passport to see that it has a minimum of six months validity left. If it does not, you must renew it.*** Have your passport available when you check in at the airport. After check-in, place it on your person. Passports have been lost in transit, so **know** where your passport is at all times. Signature on passport must be in ink with your full name.

**NOTE:** It’s a good idea to keep a photocopy of your passport in your carry-on and in your checked luggage. You should also leave a photocopy with your family, along with emergency numbers.

**Passport and money security:** After arrival at the hotel, it’s helpful to place your passport and money in a Ziplock-type bag (to prevent sweat moisture from getting on your passport) and keep it in a travel wallet/security fanny belt/other secure place all week. **Keep your passport on you at all times. Do NOT leave your passport/travel insurance card in your hotel room when you leave.**

**Airline & Luggage Information:** The weight limit for checked bags is 50 pounds and 62 linear inches per each piece. Weigh your luggage before leaving home to make sure it meets these guidelines. This will keep us from running into any unnecessary delays. You are allowed two carry-ons. One that will go into overhead storage with a weight limit of 20 pounds and the other can be a purse, backpack, laptop, etc. that can be kept under your feet. **Place a change of clothing in your carry-on bag in case your luggage is delayed or lost.** If possible, have carry-ons that have wheels or a backpack. Sometimes, there can be long walks and long lines. It makes it much easier when you don't have luggage to carry. Whatever luggage you bring, you will be responsible to get it through the airport.

**\*\*Important:** Some of the items you cannot put in your carry-on luggage are: **no sharp objects (tweezers, scissors, razors, tools, etc.), medicines not in the original container, large-sized toiletries, large jars of snacks such as peanut butter and unmarked containers with liquids.** We advise you to check for carry-on restrictions with the airlines before packing as they can change quite often.

**\*\*\*Any toiletries that are carried on the plane MUST be travel size and all placed in ONE quart size clear Ziploc-type bag. Airlines are getting stricter about this policy.\*\*\***

- **Always keep all documents you are given while flying (boarding passes, luggage tags, etc.) even if you think you no longer need them. Most airports will ask to see your luggage tags before exiting.**
- Consider footwear that is easy to get off and on for security check purposes. If at all possible, avoid shoes/boots with laces. (If wearing lace tennis shoes, you might keep them loose enough to slip on and off quickly.) We want to get through security as quickly as possible.
- Upon arrival, we will proceed to customs, then to baggage claim. When passing through immigrations and customs, it is better to **not** offer any unsolicited information. Only answer the questions you are asked as simply as you can.
- If you are ever pulled aside in customs, there is no reason to panic or get nervous. It is routine to randomly pull aside someone for a more thorough search of the person or luggage. We will all wait for you together in a group just outside of customs.
- Put your identification (name/address/phone) on the outside of your luggage. **The team will tag their luggage with razorback OR red duct tape.** Things can get hectic at baggage claim, but with everyone's luggage "tagged" the same way it can help get luggage off the belt and distributed quicker. Please keep the entire team together as you proceed through customs. It can be a long wait standing and moving through customs, so consider carry-on luggage with wheels and comfortable footwear.
- Do **not** allow anyone at the airport to handle your luggage, do **not** tip anyone and do **not** exchange money at the airport.

### **Coming Back through Customs in the U.S. (Houston, Atlanta, Miami & Dallas – most common)**

- **Forms:** When filling out forms to come back to the states, write “no” to all questions on your Declaration page or computer screen. You do not want to “declare” any of the kinds of souvenirs we buy. Write “0” on value of items to be declared even if you spent several hundred dollars. The touristy items we buy are “duty free.”
- **Airport Customs Questions:** If you are asked questions such as: “Are you bringing back any food, fruit/vegetables, etc.”, “Have you been around any farm animals”, “Are you bringing back any exotic leathers/goods, etc.”, the answer is “NO.” The kinds of items we buy in an in-country airport are NOT the kinds of goods they are referring to.

### **Lodging & Meals:**

**Lodging:** Teams will stay in hotels. If other arrangements are made, you will be notified. They will have A/C and hot showers. Washcloths are not always provided in hotels so you might consider packing if you use them. Most hotels will have Wi-Fi. We will make every effort to find out pertinent hotel information for each team and provide that to you.

**Electrical/Voltage:** You will need an adapter for the country we are staying in. This is for charging electrical devices. If you use a high voltage item such as a hair dryer/straightener/coffee pot, you will need a universal travel voltage converter with an adapter.

**Meals:** The restaurants we eat at will be safe for consumption. If you have special dietary needs, be sure to plan to pack them from home.

**Water:** Bottled water needs to be purchased to take to the ministry site, so we will provide that for you.

**Snacks:** Feel free to pack snacks from home, especially if you have a special dietary need.

*Note: On occasion, we may be provided some meals cooked for us in the area we are serving. In many countries and cultures it is offensive when guests refuse food the host has prepared, so we ask you to please TRY what is offered to you. Some may love the local cuisine, and others may not, but we do not want to offend anyone, especially those who have taken the time to prepare us a meal. If you don't think you are going to like the local food or you are not hungry, you don't have to eat. But make sure you have enough snacks to get you through the trip. If you refuse, do it with a gracious spirit and watch your facial expressions.*

### **Money & Valuables:**

Bring cash and a credit card: keep your purse/backpack with you at all times and never leave it unattended. Keep your passport and extra cash in a travel wallet in order to have it on you at all times. Be discreet when getting cash out. Never flash money around. Leave all your expensive jewelry (i.e. diamond rings and earrings, tennis bracelets, and other precious stones) at home, except for an inexpensive watch. Although we suggest you leave ALL your jewelry at home, small wedding

bands and stud-type earrings (no diamond studs) are allowed. Expensive jewelry can draw unwanted attention.

### **Packing/Personal Needs Information:**

Packing List – We have attached a **Packing List on Page 10**. This is a sample list only. You will need most items on this list; however, there are some you may not need. It was designed to be used only as a guide to help you. If anything special is needed for your team, we will inform you.

If you do not carry a backpack/fanny pack on the plane, then plan to pack one in your luggage. Each day, you will need to pack personal items such as your ministry materials, medical/dental materials, mosquito repellent, toilet tissue, feminine items, antibacterial wipes/liquid, sunscreen, first aid, etc. In most cases, you won't go back to your hotel for the day.

It's also a good idea to "travel lightly". Since each team is responsible for packing their team supplies needed for the week, each person may have to pack supplies with their personal items, so try to pack as lightly as possible to avoid fees for heavy luggage or to avoid having to check in extra bags. These details can be worked out as your team has their organizational meetings.

### **Clothing Guidelines:**

We ask that you be discreet, very modest, and respectful in your dress. We will wear LONG PANTS anytime we are not at the hotel. It's not a good idea to wear clothing that looks military-like, such as camouflage, and be cautious about clothing with American flags on them, in fact, we advise you to not wear any clothing with American flags. You never know where there might be anti-American sentiment.

### **Please read the following cautions:**

**Good Rule to Remember:** You are not in the "Witness Protection Program". Please follow all caution guidelines.

**Caution:** We must use extra precautionary measures in a foreign country. ALWAYS stay together. No one is allowed to walk off from the hotel/lodging, even in a group without permission. We ask that you stay in the Hotel compound. Minors need to be accompanied by adults. Children stay with your parents. Refrain from any travel after dark, if possible. While we have always been safe, we will not take any risks. Do not give out your personal address or addresses of other team members.

**NOTE: No smoking is allowed by team members. A smoking believer is offensive to believers in other countries.**

## Summary & Closing:

For each mission trip, you will be given itineraries and plans for the trip. However, we'd like to leave you with two thoughts. First, in spite of all efforts to be organized and have everything go according to plan, sometimes things happen and our plans may change. The joke at EIM is "if you're not willing to be flexible and work closely in, sometimes, less than ideal circumstances, then foreign missionary work is not going to be your cup of tea."

First, be ready to roll with the flow, don't take yourself too seriously and laugh along the way! God has it all under control.

Second, and most importantly, is to bathe your mission trip in prayer!

**PRAY – For the Lord** – For God to receive all the glory and for His name to be made famous. **For the Lost** – That God would save them and open their hearts to understand the Gospel. **For Logistics** – For safe travel, lodging and getting through customs. **The Lion that Devours** – For victory over Satan and that satanic strongholds will fall. Ask your church, family and friends to pray for you and the team as you prepare to take the Gospel of Jesus to the nations.

**For any questions you may have, contact EIM's Mission Coordinators:**



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## Overseas Travel Health Tips

We want you to stay as healthy as possible on the trip, so that you can maximize your energies for ministry in sharing the Gospel. To prevent possible health risks overseas, we advise the following steps. While not required, these precautions might prevent some common problems frequently associated with overseas travel.

**\*Reminder: We will follow all Covid guidelines that the host country requires.**

\*We strongly advise that your tetanus shot is up to date. If it's been over 9 years or you can't remember, it's a good idea to get one. Consult your doctor if needed.

\*FOOD/WATER GUIDELINES: Don't drink the water, unless it has been boiled (coffee or tea), or comes from a source you are absolutely sure has been purified. Drink bottled drinks/water instead of iced. If you can peel it, you can eat it. It's not advisable to eat any fresh fruit that you didn't peel or any lettuce. Politely turn down salads, no lettuce, or other foods where the ingredients have not been boiled or peeled. Make sure your plates, cups, and eating utensils are dry before using them. Bottled soft drinks, hot coffee, and hot tea are safe beverages. Drinks containing ice that has not been purified are not safe to drink. When in doubt whether to eat or drink, ASK.

\*Bring strong mosquito repellent and always wear it! Avoid wearing perfume and cologne which can attract insects. Mosquitos carry diseases and the threat is real!

\*Brush your teeth and rinse your toothbrush in bottled water, not tap water. (Bottled water will be provided for brushing your teeth in your hotel room.)

\*Pepto-Bismol Regimen: We have found the following to be helpful in preventing minor bacterial problems in the stomach which tends to be the most common problem: Start a regiment of Pepto-Bismol (2 tablets 2-4x daily) two days before departure to coat your stomach against minor bacterial problems. Continue to take 2 tablets 2-4 times daily while overseas, continuing two-three days after returning. Consult your doctor to determine if this is advisable for you. You DO NOT have to do this.

\*Wear close-toed shoes such as tennis shoes while ministering at the ministry site. You can wear sandals around the hotel, but never go barefoot. Bring shower shoes.

\*Wash hands as often as possible with clean water and use hand sanitizer or wipes frequently. Keep hand sanitizer in your backpack.

\*Consider consulting your physician or local health department regarding the above recommendations and ask what is best for you, as well as letting your physician know what country you'll be traveling to if you have health issues that might warrant extra precautions.

## SAMPLE PACKING LIST

### **Clothing**

#### **Sunday Church Service:**

(Casual skirt/dress for ladies, jeans/slacks for men. **NO** shorts for any church service.)

#### **All Other Days**

Slacks/jeans  
Capri's/long shorts  
T-shirts/loose shirts  
(Clothing for ministry days may get dirty!)

Light jacket  
2 pair walking shoes (1 pair you don't mind getting wet/dirty)  
Shower shoes  
Sleepwear  
Underwear  
Sunglasses  
Hat or belt, if needed  
Money pouch/travel wallet

### **Toiletries (Travel Size)**

Shampoo/conditioner  
Hairspray/hair dryer  
Soap  
Deodorant  
Toothbrush/toothpaste  
Kleenex  
Sunscreen  
Moistened hand wipes  
LOTS of antibacterial wipes  
LOTS of hand sanitizer  
Feminine sanitary/cleansing  
Makeup, if desired  
Shaving cream/razor  
Glasses  
Contact lenses/solutions  
Insect repellent

### **Medicines**

\*Prescription drugs  
(In original containers – pack in carry-on)  
Tylenol, etc.  
Aspirin  
Eyedrops  
Pepto-Bismol  
Anti-diarrhea medicines  
Laxative  
Lip balm with sunscreen  
Cough drops  
Band-Aids  
Antibacterial cream  
\*If your prescription meds are absolute necessities, please pack extra and keep in a separate place in case of lost luggage.

### **“Tools”**

Bibles  
Ministry materials  
Pens & pencils  
Backpack/tote/fanny pack  
Bilingual dictionary/electronic translator, if desired  
Miniature flashlight  
Alarm clock  
Sewing kit, if needed  
Camera (extra batteries)  
Camcorder, if desired  
Ziplock-type bags (for packing liquids)  
Extra plastic bags for souvenirs  
Extra batteries  
Umbrella

### **Snacks**

Gum/candy  
Crackers  
Granola bars  
Nuts  
Any snacks you would like for the week and to share with the group.

### **Documents/Information**

Passport  
Flight itinerary  
Emergency information  
Credit card (if you desire one for emergencies)  
Cell phone # of team members  
Spending money (Don't forget to take extra for departure tax, meals, travelling, or emergency for extended layovers, etc.)

### **Things to consider before leaving** (as they apply):

Leave copies of itinerary, passport, and emergency information with family.  
Stop mail.  
Stop papers.  
Turn unneeded appliances off.