
GoConnect Trip Info Packet

A guide to trip details,
expectations, and
Kontaktmission

GoConnect Mission Statement:

To bridge the gap between Christians and unchurched Europe through the work of Kontaktmission, by connecting participants to active mission work with real multicultural teams, in order to build a desire to support and serve full-time on mission.



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Welcome!

We are so thrilled you have chosen to serve with Kontaktmission on a GoConnect short-term, extended or internship ministry opportunity.

We are excited for your upcoming trip and we are praying for your preparation, travel and time on the field. The items in this packet will help you as you prepare for your trip. We have included Kontaktmission's core values so that you can better understand the mission organization you will be working with.

The goal of any GoConnect trip is to first bring glory to God in response to the Great Commission. Beyond this, we hope that you, the participant (we use the word "tripster" a lot around here), will engage in and learn about ministry in the real world in order to better understand the mission and the reality of life on the field.

For some of you, this experience will lead you to respond in a way that will point your life in the direction of full-time ministry, and we pray this trip will begin to prepare and train you for it. For others, it will be a life-changing experience that will set in motion a life-long desire to support and advocate for mission work.

Either way, our KM team hopes this trip will have a positive impact on your life, spiritually and missionally.

Whatever specific goals you may have for participating in this GoConnect trip, we want it to be the best experience it can possibly be. There are a few guidelines we need to live by in order to make that happen. They are listed in this packet along with the mission statement, core values, and goals of Kontaktmission.

Again, we are so happy to have you on board with us, and we look forward to seeing how God works through you and in you.

In Christ,
The U.S. Kontaktmission Team

GoConnect Trips Participant Expectations

Leadership: All GoConnect trips are purposefully organized and led. The leader may be a member of the Kontaktmission USA staff, or it might be one of our European or American missionaries or even a qualified leader from a partner ministry. KM will attempt to connect you with your leader before the trip to improve communication and planning.

Purpose: You are signing up for a mission trip, not a vacation! These trips are designed for you to learn and to serve. There will be some sightseeing and free time, but the primary goal of the trip is not to have a great vacation.

Planning: You will be expected to follow the itinerary set forth by Kontaktmission and trip leadership. If you wish to do extra traveling before or after the trip we may be able to help with flight arrangements, but you will be expected to pay for this out of your own resources.

Training: Kontaktmission believes in properly preparing all of our participants in cultural entry and communication. We do some of this through the Mission Crash Course Weekend (Crash Weekend) in Germany with Kontaktmission leadership, as well as by working with you individually and in groups as much as possible as the trip approaches.

Spiritual conduct: Prayer, Devotions, and Debriefing

Prayer is a very important topic that is often overlooked or just assumed in the midst of everything else going on. It is vital to make prayer both a big part of your trip preparation and a priority during your trip. **Be sure to involve your supporters** back home in prayer. Make sure you are communicating the need for prayer in your support raising, and make a point of directly asking certain individuals to pray for the duration of your trip.

It is also essential to be in Scripture during your preparations and during the course of your trip. This should be done alone or with your team; ideally, both. We encourage you to set up a study plan before you leave. (Maybe choose Acts 16-18 and Philippians!) Again, there are many resources for devising a plan with scriptures centered on mission and passages that are helpful in dealing with many common experiences of mission trips, such as *interpersonal relationships*, *fear*, *loneliness*, *unity among believers*, and *love of those who are different from us*.

It is important to process the events of each day, including your interpersonal encounters, reactions, and thoughts. Debriefing like this is an important element of the short-term mission trip experience. Process everything you can as a team, and also with a leader and individually; it

is useful to make this time a regular part of your day while on your trip. During group debriefing times, team members should be careful to only encourage each other, both generally through Scripture and also very personally. Listen to each other, then encourage each other, then pray together for each other. We would also like to debrief with you within a month of your return home.

Other Conduct

College covenants, expectations and laws: Kontaktmission expects each individual to uphold any college covenants they may have signed. This includes the “no drinking” policy some colleges have in place. If you have signed a covenant and are currently enrolled in the school, we ask that you abide by the covenant.

Kontaktmission gives each participant the choice of accepting or declining any alcoholic beverages* presented to you while in Europe. But we advise you to uphold the age restrictions of your home country in this matter.

**In many European countries, alcohol consumption among Christians is considered much more acceptable than it is among American Christians. Therefore, it is common, or even expected, among local believers from some cultures for Christians to drink on some occasions. However, this fact and the GoConnect alcohol guideline above do NOT mean we consent to excessive or even frequent drinking by you or your trip team, but rather that we want you to be aware that in some cases alcohol might be present and offered, and we ask you to give thought to how you will respond. We ask you to use great discretion in this area and to decide as a group (including your trip leader) how you will deal with alcohol, if or when it is offered. Please also give thought to your other team members who may be uncomfortable with the idea of drinking alcohol. We ask you, as brothers and sisters in Christ, to be willing to not participate for the sake of another's conscience. {Please see Matthew 18:6-10 and Romans 14:13-14}*

Romantic relationships, etc.: It is extremely important to understand that Kontaktmission does not permit the initiation of or the attempt to initiate romantic relationships between tripsters or tripsters and nationals while on a GoConnect trip. This would only complicate an already complex trip as well as take the focus off the purpose of the trip and what God is doing. No romantic public displays of affection of any kind are permitted. It is also important to avoid excessive hugging and other similar contact with members of the opposite sex, because members of another culture may easily misunderstand these behaviors. This kind of confusion really happens; do not let it happen on your trip.

Unity and harmony: Occasionally, an interpersonal conflict may arise between two members of a trip team or between a trip participant and a national individual. It is of utmost importance that each trip participant lives by the Scriptural motto, **live at peace with everyone**. But remember, Christian love is even more challenging and demanding than mere tolerance of (just living at peace with) another person. So work actively to build true love, humility, and unity in your team and between yourself and the nationals with whom you are serving. Any GoConnect

participant who causes disunity or disharmony will be encouraged by leadership to set things in order immediately. In extreme cases, it may be necessary to send someone home.

Technology, clothing, and displays of wealth: In some host countries, it may be viewed as insensitive – on several levels – to constantly communicate with others via mobile devices and the Internet. It may offend their cultural sensitivities about excluding others from a conversation, or it may even be a resented indication of your wealth. In general, it is best to *greatly minimize* and even avoid the use of mobile devices whenever nationals are present, even if the nationals are also using them. The use of these devices is also not particularly helpful for your team dynamics and unity!

Also because of the wealth consideration, it is best to avoid wearing expensive jewelry and clothing or speaking about possessions you may have back in the US. For obvious reasons, these material things are not to become the topic of your interactions and friendships with nationals in your host country. Dress *modestly*, in every sense of the word.

Personal safety and protection of your property: Every GoConnect trip participant should pay close attention to all instructions and expectations of your trip leader. This is the best method we have to ensure your safety*. Mission trips may not be all about staying safe, but there is no reason to risk injury or other negative circumstances because of a lack of attention to rules and leadership.

Since you will have some spending money with you, please remember to keep this and all other private property of value secured and stashed out of sight. Watch your belongings at all times when out and about. Even in a church setting, there may be non-Christians. Be aware of your surroundings and of the character of the people you are with.

**In fact, most European countries and contexts are extremely safe, often much safer than similar settings in the US. There are, of course, some exceptions. Our trip groups and interns have had very little in the way of negative experiences with criminal activity in any of the countries they have visited.*

Scriptural, Doctrinal, and Mission Statements of Kontaktmission

The following Bible passages form the basis of Kontaktmission's missionary activity:

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|---|---|--|
| <ul style="list-style-type: none">• Matthew 28:18-20• Mark 16:15-16• Luke 24:46-48• John 20:21 | } | Call & Commission: make disciples by going, baptizing & teaching |
| <ul style="list-style-type: none">• Acts 1:8• Romans 12:1-2• Matthew 6:33• Titus 1:5• Acts 2:42• 2 Timothy 2:2 | | |
| | | Equipping for the ministry |
| | | Self-sacrifice, clear stance towards the world |
| | | Utterly dependent on God |
| | | Establishing New Testament churches |
| | | Core elements of the fellowship |
| | | Teaching God's word |

Doctrinal Statement of Kontaktmission's team members

Staff members of Kontaktmission hold to the truths of the Christian faith revealed in the Holy Scriptures. We therefore emphasize particular statements, which are important for understanding the faith.

We believe:

- in the divine plenary inspiration, infallibility, and authority of the Holy Scriptures.
- In the Trinity of the Godhead, Father, Son, and Holy Spirit.
- In the utter sinfulness and guilt of fallen mankind, making him liable to God's wrath and condemnation.
- In the vicarious sacrifice of the incarnate Son of God as the sole and sufficient basis of redemption from the guilt and power of sin.
- In the justification of the sinner by God's grace alone based on faith in Jesus Christ crucified and risen bodily from the dead.
- In the Holy Spirit, who brings about conversion and regeneration, and dwells in the believer, enabling him to live a holy life.
- In the priesthood of all believers, who constitute the worldwide church, the body of which Christ is the Head, committed by His command to proclaim the gospel worldwide.
- In the personal, visible Return of the Lord Jesus Christ in power and glory, and in the bodily resurrection of all men: the believers to eternal glory, the unbelievers to eternal damnation.

Basic Goals & Principles

1. The Goals of Kontaktmission

A. Church Planting

Church planting is our primary objective. We work to start new churches from nothing *or* to help existing small groups to become fully self-supporting churches capable of reproducing, depending on the situation. We provide assistance for workers on the field and for local believers, as well as for the newly planted church.

B. Sending and multiplying

We send out missionaries and support local workers who work in accordance with Kontaktmission principles. Churches established by our missionaries should, in turn, send out missionaries to establish new churches.

C. Pioneering

Pioneering means we work in areas where there is no current missionary activity with the purpose of establishing an evangelical witness in the area and planting churches there.

D. Training

Kontaktmission offers churches and small groups in both sending and receiving lands practical assistance for their individual situations. We provide existing churches with competent counsel and strategies for growth. In addition, we offer local leadership training and centralized education of leaders, who are then themselves capable of effective leadership. Depending on the situation, we may establish Bible schools to meet local training needs.

E. Expansion without geographical boundaries

We have not limited ourselves to working in certain countries or regions, but rather we seek to work everywhere the Lord may lead. (At this time we are working primarily in European countries, including Russia, but also have workers in Africa, Asia, and the Americas.)

2. The Purpose of Kontaktmission

A. It is our purpose to:

- **Glorify God**

The focal point of world missions is God, not man and his religious, physical and emotional needs.

- **Respond to the Great Commission**

The motivation for world missions is the will of the Father.

Jesus, the Son, established the basis for world missions.

The Holy Spirit works in the conversion, the rebirth and the sanctification of all new believers around the world.

B. Areas of responsibility

Kontaktmission *serves* on the mission field by providing assistance in the areas of strategy, coordination, and support wherever we work. We seek to motivate Christians to engage in world missions for the fulfillment of the Great Commission, to effectively take the Gospel to all peoples. Kontaktmission also recognizes its responsibility to provide humanitarian aid and to support the efforts of local workers.

4. Core Values

Kontaktmission:

- **Innovates**

We work as visionaries in the development of mission work.

- **Initiates**

We move forward boldly in both new and existing projects.

- **Cooperates with churches**

We work closely with sending churches and with existing churches on our fields

- **Forms partnerships**

We work worldwide with partners to fulfill our vision.

- **Considers God's calling**

We lead and motivate people to live out their God-given callings.

- **Equips**

We equip and qualify Christians and churches for ministry.

- **Empowers**

We give our team members on the field a high degree of individual responsibility.

- **Adapts**

We ascribe God's leading the highest priority and act with the necessary flexibility.

- **Believes**

We live and work in faith that God guides our projects, resourcing them as needed.

5. The Pillars of Our Work (Our Mission, Our Goals)

*The mission of Kontaktmission is to send missionaries
to areas with little or no Christian witness
and to train and support local workers
in order to establish self-supporting churches,
which will then send missionaries to plant churches.*

send ▪ plant ▪ multiply

6. KM mottos and principles

Live Called. And what moves you?

Because it is clear to us that God uses all kinds of people with a wide variety of spiritual gifts, educational preparation, and natural abilities, we know we encounter God's leading quite directly in the very people He sends our way. We recognize that it is our responsibility to help these different Christians find their places in the world of mission and to help provide what they need to be effective. We therefore encourage people to *live called*, and we ask the question boldly, "what moves you?"

We are a mission seeking solutions to the challenges that face the gospel worldwide.

We love to find answers to complex problems facing our missionaries or the churches we meet. We see it as our responsibility to be creative in our approach and to be aware of new methods and approaches others are using effectively. We watch for trends in evangelism and mission growth, we pay attention to what the Lord is doing, and we work hard to stay ahead of changes on the geopolitical and cultural fronts we encounter in every country and context.

GoConnect Covenant

I, _____ hereby acknowledge the content in this document to be sound. I will abide by the guidelines set forth in this document during my trip with Kontaktmission. I will uphold the beliefs and practices stated by Kontaktmission and my trip leadership in an effort to support the work Kontaktmission is doing.

I understand that all funds donated for my GoConnect trip directly to Kontaktmission are, in fact, donated *to Kontaktmission*, but are designated for the purpose of my trip, yet not for my private use. This means Kontaktmission has the right to allocate it as necessary. Any money unused for my trip will be held for my use for a maximum of one year.

I understand that I am responsible to personally pay for or raise the necessary funds to cover any and all expenses for my trip or internship.

In signing this covenant, I agree to being a part of the Kontaktmission team and doing my best to show the love of Christ in every encounter I have before the field, on field, and after my GoConnect trip.

Signature _____

Date _____

Travel Tips for Europe

The following tips are amazingly helpful...and there are a lot of them! Please take the time to read them thoroughly. They will help you immensely! Read all of them!

They are organized into sections. Keep this with you while you travel.

Before you go:

- Fill in the **emergency contact information on the inside page of your passport in pencil**. Carry your passport at all times, it is your identification. Do not lose it! **Make two photocopies of the first page and leave one at home with a family member and take the other in your suitcase just in case.**
- **Make two copies** of your COVID-19 immunization card. Leave one at home.
- **Download the app(s)** for your airline(s) so that you'll receive updates or changes to your flights. Also, **download WhatsApp** if you have not already done so.
- **Phones and Texting.** Contact your cell phone provider to see what options you have to keep in communication with family back in the U.S. Skype, WhatsApp & FaceTime are also very useful. Most smartphones will work in Europe, but you might pay a LOT of money to call and text back home without Wi-Fi if you don't have a plan to make it cheaper. And besides, you should plan to only text back home for *very occasional check-ins or in case of emergency*. Be "all-in" while you're in Europe! Try to disconnect from the USA a little bit, while you've got the chance.
- **Credit & debit cards.** Be sure to notify your bank and credit card companies that you will be traveling, giving them dates and countries where you might need to use your cards. Cash may be obtained from ATMs just like in the US. We suggest using the ones at your final destination European airport (Stuttgart for many of you) to get Euros. Airport ATMs are generally more friendly for non-European bank cards than are local ATMs in small banks in, say, a village in Germany. KM USA will deposit the funds you raised for your trip needs into your bank account so that you can withdraw money when you land.
- Bring a few packaged **snacks** (ex: granola bars) in your carry-on, checked baggage or both. With travel and jet lag, you may get hungry and not have the opportunity to get something to eat when you want it. This is also very important if you have health/blood sugar concerns. Remember, no liquids in carry-ons until you are through security checkpoints. Bring an empty water bottle - you can fill it up once you clear security and save money.

- **KMUSA will purchase a health insurance policy for you that will cover you outside the US during your trip.** Carry the information about this with you.
- **Make sure** your family has emergency numbers so they can reach you or us if there is a need. These numbers are in the “After you reach your destination” section of this document and in a document we will give you before you leave.
- **Electronics, etc.** Your electronics, including chargers, will probably work just fine in Europe, but you’ll need the simple plug adapters. You should not need electric transformers for most electronic devices, although non-digital electric devices *might* not work (hair dryers/curlers, electric razors). Check the range of currents listed on the device. The regular house current in Europe ranges from 220-240V. Most newer chargers and devices have transformers built in. The regular plug adapters are available at places like Walmart, or, for a lot more money, at the airport.

Checked baggage – Pack small due to limited space in vehicles

1 suitcase (50lbs max)

- Bring clothes that can be layered and something for rain. Also, bring one or two nicer outfits for Sundays or other events if needed. You may wish to **check a weather website before departure** for expected weather in areas you will be visiting.
- **Fold & roll** clothes instead of just folding. More will fit in a suitcase with fewer wrinkles.
- **Dress code/neatness.** You probably will not need to dress up TOO fancy. Jeans and shirts with collars are pretty much always OK. Add leather shoes and you’re in pretty good shape. Shorts may be worn, especially in camp situations like English camps, but they should be long ones, at least to your fingertips when standing. (Many cultures find shorts to be a little too poor and not terribly appropriate for meetings or anything even a little bit official.) Women should plan to avoid spaghetti straps and other too-revealing clothing. Think about it this way: “Dress and shave appropriately neatly and modestly for an ambassador of Jesus to another culture.” Remember, “modesty” means we don’t need to try to dress like a billion dollars, either! Just be neat and respectable, and it’ll be fine.
- Bring a couple of plastic trash/grocery bags for wet/dirty items. **For short trips**, you may or may not be able to wash clothes while you’re there. It is best to plan on not being able to do a load of laundry and then if you can it’s a bonus. Dryers are not the norm so keep that in mind. For example, khakis dry faster on the line than jeans.

- Do not put locks on suitcases, unless you get the **TSA accessible locks** – they may be cut off. Instead, tie zippers together with twist ties. These will keep the zippers closed but allow easy security access.
- Pack all fragile items in the middle of your suitcase rather than near the edges or (and this saves space) pack them inside your shoes.
- **Do not pack anything in checked baggage that cannot be replaced.** It is unlikely but possible that baggage will be lost.
- Pack any needed toiletries (soap, shampoo, hand sanitizer, personal items) and medicines/first aid items in a Ziploc bag in case of spills and place it in the middle of your suitcase. Pack a thin washcloth & bath towel that can dry quickly.
- Mark your suitcase for visibility (ex: ribbon/yarn on the handle). There are many similar suitcases on the conveyor belt so it is helpful to be able to identify yours from a distance. A sturdy name tag should be securely fastened to each piece of baggage. Double-check that you have the correct bag when at baggage claim.

Carry-on bag – Check your airline’s website for size and restrictions (some count a woman’s purse as the carry-on)

- **Anything valuable should be in this bag (or in your pocket)!**
- **Keep your passport, tickets, insurance information, identification, money, COVID-19 immunization card, etc. on your person.**
- Pack 2 complete changes of clothes and everything you will need for 2 days as if your suitcase is not going to arrive with you. It happens more than we wish!
- Pack some backup toiletries in your carry-on in the event your suitcase arrives later than you do. **Bottles must be under 3 fl. oz.** This restriction does not apply to checked bags. They will need to be in small, closed Ziploc bags. Pack larger amounts for use during the trip in the checked baggage. Be sure to check your airline’s website for exact restrictions. **Larger "carry-on suitcases"** must frequently be gate-checked for small commuter flights. It is best to avoid these and use a good backpack and a good suitcase. But some of you are traveling all summer and need more.
- **Do not put anything sharp in carry-on** – it will probably be taken by security. If you are unsure about something you want to bring, put it in the checked baggage.

- If you are used to carrying your backpack everywhere, completely empty it out before you repack it. There may be things in there you forgot about (like a small pocket knife or tool) that will not make it through security.
- Pack something to do on the long flight but if it is overnight, then sleep!
- Put an empty water bottle in your bag. You can fill it up after going through security.
- A couple of small packages of Kleenex can be very useful. They double as napkins, toilet paper, etc.
- Remember, you must carry this bag through the airports so be aware of the weight. It also has to fit in an overhead compartment or under the seat in front of you on the plane. Consider a backpack or a bag with wheels.

In the airports – both here and beyond

- **Do not goof off in the airports.** American TSA agents and European Security Officers are not known for their sense of humor.
- Know what electronic devices you have and be prepared to show it to security/customs agents.
- **Follow your airline's instructions about when to arrive at the airport.**
- Keep track of your bags at all times. For safety's sake, **always be alert** to what is going on around you.
- **Keep documents close to your body** (in a front pocket, etc.).

On the airplane

- **Be mentally prepared** that the trip will be long and you will get tired.
- Stay hydrated. Drink water instead of carbonated/cafeinated beverages.
- Stretch your legs in the seat often. Stand up and walk down the aisle occasionally.
- Take your shoes off; your feet may swell. An extra pair of socks may help cold feet.
- Bring several medical-grade masks. N95 is best, but surgical masks are typically accepted as well. No cloth/handmade masks. They may be required for public transportation in the country as well.
- Locate the nearest air sickness bag in case it is needed. They also make great gift bags for your family if you pick up a souvenir for them!
- A pillow and blanket will be given to you to use on an overnight flight, along with earphones for music and movies. Meals and snacks are also served depending on flight times.
- Try to sleep/rest during the flight as much as possible. On the way to Europe, your body is losing at least 7 hours. It's best for jet lag to keep it dark or have your eyes covered. You may consider using a travel mask; the plane will be darkened for several hours. Also for this reason (jetlag), limit the movies you watch going to Europe. Your night will be short, so rest is needed.
- **Wear comfortable, loose-fitting clothes and comfortable shoes** – very important!
- The flight is the beginning of your cross-cultural experience. Start to notice the different kinds of people. **You may be able to be a witness for the Lord.** You never know who you may sit next to or have the chance to talk to!

At customs/passport control/security stations

- **Do not joke around at all! Do not mention words such as “knife”, “bomb”, “explosives”, etc. Do exactly as you are asked and answer questions clearly.**
- Your bags will likely be searched in some way. You will be asked if you packed your own luggage and if you are “carrying anything for anyone”. This does not refer to gifts you may be bringing, but rather to items someone has asked you to transport (something you didn’t wrap or pack yourself). You may also be “patted down” or asked to remove your shoes.
- **You may be asked where you are going and why. Good answers are that you are “visiting missionaries in Europe for a couple of weeks” or that you are a tourist.** Adjust your answer according to how the question is asked. Do not be afraid to explain exactly what you are doing, there are no restrictions on it.
- You are from a non-EU (European Union) country – **get in that line at passport control if it is marked that way.**
- After landing at your final destination in Europe, proceed through customs and baggage claim. You will not have anything to declare at customs; watch for the sign “nothing to declare”. You can sometimes ask a flight attendant or another passenger if you have questions. **Avoid asking security; they do not usually appreciate being approached.**
- You will have to go through multiple security checks. Depending on your flights, when going through customs **you may be required to pick up your suitcase, take it through customs, then give it back for the connecting flight.** Usually, it is not difficult to follow either the signs or the crowd. Ask an airport employee if needed.
- **On the return trip entering the U.S.** – you will be required to show a negative COVID test. Check the latest rules and plan to be tested the day before your flight leaves. You may be asked what you are bringing back. Be ready to tell them if you purchased souvenirs, etc.

Upon arrival at your destination

Emergency phone numbers:

Please give these numbers to your family as well, so they will know who to contact **in case of an emergency** back home. We will be keeping track of where you are and will carry all contact information and can get them connected to you. (Please DO leave a detailed voicemail if we don't answer.)

- ❖ If you have a minor medical emergency (minor accident, non-life-threatening illness), please work directly with your hosts to address that. They will have better information about local treatment options. Please DO let both Keith and Amanda know about it. Send a text or email us.

Rob Harris, US Director, Cellphone: +1 (731)467-1664

The secondary emergency number is our regular office number for calls only:

001 (731)784-9422. Use (or have your family use) this number *only in the event that you cannot reach Keith's cellphone*. It will also be forwarded to a number at all times. *You cannot send text messages to this phone number, but please do leave a voice message.*

- **LOST LUGGAGE NOTE:** Many tripsters will have complex flights with sometimes fairly tight connections. We've been noticing an increase in the frequency of baggage problems (bags not arriving on time with the traveler so needing to be delivered). So that means if you have, say, 6 flights or so, it's very possible your luggage will get lost at least once. So keep a list of locations and the phone numbers we will give you with you in your small carry-on. The address of the Kontaktmission office in Germany, which is your first address and to be used for lost luggage, is:

KONTAKTMISSION

FUCHSWIESENSTRASSE 37

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GERMANY

- **Security of belongings.** Plan to keep a close eye at all times on your prized material possessions. Or just don't bring them! Keep your passport on your person or someplace *extremely* safe. We've had interns who had items stolen by non-believers at a church event. These were phones and money left in bags in the same room they were in at the time of the theft! So plan to keep things at your secure host home or keep them close and watch them when strangers might be around. Another thought... Some of you will be around people who are quite poor. The temptation of your fancy electronics or US passport

might be an unnecessarily difficult temptation for them. Help them make it easy by not flashing them around.

- **Keep some kind of journal** during the trip. Record what you do each day: names, impressions, questions, etc. You will be encountering many new situations, people and places. At least jot down notes to jog your memory. Notes made along the way can be invaluable. This will also help you when you report back to your supporters.
- **You will experience jet lag** to some extent, possibly severely. Your body will feel like it is in a different time – your sleeping and eating patterns and digestion will likely be affected for several days. You may have headaches and the “Twilight Zone” feeling. To help with jetlag, begin to live according to the local time as soon as possible – tell yourself that it is lunchtime even when it feels like the middle of the night. Do not remind yourself “what time it is back home.” Keep your eyes in the dark during the hours when you are expected to sleep; don’t turn on a light to read, etc. Avoid naps during the day. Drink plenty of water.
- When calling back to the U.S. from Europe, dial 001-area code number. Be aware of the time difference.
- **While traveling in Europe, be very observant, ask good questions, and have a great time!**