

CODE OF CONDUCT

Because we are representing Jesus Christ at all times, we will set and maintain the highest standard of conduct. This may include altering eating habits, dress styles, conversation, etc.

Be imitators of God, therefore, as dearly loved children and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. Ephesians 5:1-4

- Refrain from meddling, complaining, and using obscene or insensitive humor
- Do not purchase or use alcohol, tobacco or illegal drugs during the mission trip
- Practice daily quiet time and respect others' need for quiet for Bible study and sleep
- Tattoos' must be covered whenever possible as these are considered a sign of the Mayan beliefs and gangs or criminals in the country
- Respect the advice you are given concerning attire, eating and drinking, and either such traditions that will help you to assimilate into the local community
- Refrain from any other behavior or activity that would hinder your ministry or the ministry of your team during the term of your service

By participating in this mission/activity, I may be subjecting myself to certain uncomfortable and difficulties. This may include: differing expectations, lack of materials, substandard food and/or lodging, personality differences, cultural differences, diseases, pests, lack of sanitation, potential injury or inadequate medical facilities. I will be selfless, display a heart of servanthood, be flexible, and will guard myself from complaining.

I understand the above Code of Conduct regarding my behavior on this mission trip. As a representative of Jesus Christ and of Bridge of Hope, I will willingly abide by this Code of Conduct, maintaining the highest standard and positive witness. I also understand that violation of any of the above could result in immediate dismissal from the trip or activity and a direct return home at my own expense.

SERVING

You are representing the Bridge of Hope (BOH) ministry and God's light in a spiritually dark area. You need to be the reflection of Jesus Christ in all of your actions, words, attitude, posture and facial expressions. Please remember this at all times—on house builds, on the bus, in the market and everywhere in Guatemala—with each interaction, and smile as you experience the people. In the larger cities some people understand English, whether they speak it to you or not, but ALL of the people understand actions, body language and facial expressions.

THE most important thing to remember on this trip is you are there to serve, not be served. If everyone remembers the order of importance and serving on the trip, the rest of the trip will take care of itself successfully.

The serving order to remember is JOY.

- Jesus—Widows and Locals
 - Matthew 25: 40 “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”
- Others—Bridge of Hope Teammates
 - Philippians 2:3-4 “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others.”
- You—Yourself
 - Philippians 4:13 “I can do all things through Christ who gives me strength.”

If your team meets the needs in this order you will serve the Kingdom well on your mission trip!

REFLECTION AND PRAYER TIME

- *Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.* 1 Thessalonians 5:16-18
- Each day will begin with prayer. Each build will begin with prayer. Each house will be dedicated with prayer. Each day will end with prayer.

It is very important to have group reflection time in the evening every day after serving, and personal devotion time at least once a day preferably in the morning to dedicate your day. Everyone is on the mission trip by God's design. Listen for God's voice in your hearts, and for what He is trying to teach you on the trip. Most people will not have time to “listen” once they return to work, family and the pace of life in the US.

SAFETY

Simple safety recommendations are as follows:

- Don't venture out alone—Stay with your team on a work site—Always let a BOH leader know where you are if you leave the group with another team member
- Carry a full bottle of water with you at all times. DRINK LOTS OF WATER, even when not feeling thirsty, to avoid migraines or other dehydration symptoms due to higher altitudes (7000 – 10,000 feet above sea level)
- Use sunscreen and hats, especially up the mountain. You are much closer to the equator and exposed to much stronger sun UV rays at high altitudes – even if you don't do so at home. (You will still get a tan using sunscreen)
- Use hand sanitizer before putting anything in your mouth
- Only eat food you brought with you, packaged foods or foods prepared at a restaurant approved by BOH leaders. Avoid local fruits, vegetables, water and ice.

PRE-TRIP SURVEY

Please fill in the below information and return to your team leader right away.

Please keep in mind that your answers will be used as a comparison to later questions, for your own personal and spiritual growth. The answers will also be used as feedback to prepare future teams. Please be as specific as possible.

Thank you!

Name: _____ Trip Date: _____

T-shirt Size: _____

1) What are your expectations of this trip? (Are you looking for a specific experience? To learn something specific?)

2) What do you hope to accomplish in serving on this trip?

3) What are you looking for as a change or difference in yourself, or your life, as a result of this trip and serving experience?

4) Do you have thoughts that weigh heavy on your mind or heart right now as you prepare to depart?

5) Do you feel that you are adequately prepared by your team leader for the trip? (If yes, what areas are you best prepared? If not, in which area do you need more preparation?)