

FIELD MANUAL

Ukraine
Radooga



Letter to Participant

Thank you for heeding the call of Christ on your life and participating in this life-changing experience. Experiencing how The Lord is working around the world can forever alter your world-view. Short-term mission experiences allow Americans to catch a glimpse of how the rest of the world live and teaches them to view that culture through the eyes of Christ; seeing not just physical poverty or a lack of infrastructure, but a deep need for a Savior.

We, at Servant Life, desire for you to live a life worthy of the Gospel of Jesus Christ as Paul commands us in Philippians 1:27. We desire for you to live the Great Commission. In Matthew 28:18-20, Jesus commands those who follow him to “make disciples”. The purpose of this trip is to “make disciples”, but don’t let that cause you anxiety! After all, Jesus tells us clearly, “behold, I am with you always, to the end of the age.” That’s a promise you should cling to.

Disciple-making is about sharing life in Christ. It’s that simple. Share your ransomed life in Christ with everyone you encounter and allow the Spirit to do the work of heart-change.

We have prepared this field manual to equip you for the task ahead and help you navigate the important questions you have about your experience. As always, we are available and willing to answer any questions you have, via email, phone, twitter, or and other means of communication. Thanks for partnering with us to change the world.

In Christ,

The Servant Life Team

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Trip Information

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Camps location 1: Solov'ianenko str. 276a, Kozyn, (Koncha-Zaspa) Ukraine

In Russian:

Location 1 - ул. Анатолия Соловьяненко,

276а, Козин, (Конча

Заспа) Обуховский район, Киевская

область,

Украина,

Sample Daily Schedule

Note: This schedule is subject to change by the missionaries. This is just a SAMPLE and will most likely be modified some. A key term in mission work is FLEXIBILITY. Anything and everything could change. Please go with the flow and follow the instructions of your leaders, even if it is not what you were expecting. Your daily schedule will look similar to the following:

Arrival in Ukraine: Day 1

After the whole team has successfully completed Kiev Borsipol Airport arrival procedures (passport control, baggage claim and customs), it will meet a Radooga representative in the arrival lounge. There will be a bus waiting to take you either to the camp facilities (CityCamp, English Language Camp) or to your orientation facility/orphans' campsite (Orphans' Camps). Meals will be provided on the sites.

Orientation : Day 1-2

Orientation is essential to the success of camp and your experience in Ukraine. It is designed to give you a good understanding of Ukrainian customs and culture, walk you through team building activities and allow you some time for final preparation of the camp program. It will include getting to know Ukrainian staff and camp facility, taking a short tour around Kiev (the capital of Ukraine), simulation games and program preparation sessions. You will get the orientation schedule upon your arrival in Ukraine.

JAMMglish English Language Camp:

First Day of Camp: Day 3

The first day of camp is the day the campers arrive and is slightly different from other days of camp. During this day you will be assigned a station (English Interviews or Greet the Campers) all are a very important and essential roles to make this day run as smoothly as possible. More details will be given on the morning of this day, so that you can be properly prepared.

Camp : Day 4-Day 9

The daily schedule will be given to you during orientation. On most days, the American team will meet for a devotional in the morning and debriefing/evaluation of the day at night. On the last day of camp, students leave to go home after lunch. On the last day of camp, campers will present their final projects through The City Event and The Grand Show.

Post-Camp Program

After camp there will be a one-day program that will include sightseeing, souvenir shopping and debriefing. The team will have a dinner in the city. At this time you will be accompanied by some of your interpreters and some of Radooga's staff. When you return to camp that evening there will be a debriefing meeting followed by time to pack.

Departure from Ukraine: Day 10

There will be a bus to take you to the airport. Radooga staff will be there to see you off and assist you in your departure procedures. Arrival in the US (same day you leave Ukraine).

Activities

How can I best prepare for the trip to Ukraine?

Start praying now. Make the best use of available resources (Internet, library, TV, radio) to get acquainted with Ukrainian history and culture/current events. It will help you understand what background Ukrainian campers come from. There will be a 2-3-day orientation program upon arrival in Ukraine. This will be the time for cultural orientation, team building and lesson preparation. The training and orientation opportunities will help you prepare for necessary camp and cultural adjustments.

JAMMglish Camp

The daily key elements are: morning program, 2 English classes, master class, recreation/team building, evening program, followed by group discussions, and late night fun activities. Since English is the drawing card for non-Christian youth to come to camp, English will be spoken often during camp. Owing to some differences in the English-language proficiency of Ukrainian students, interpreters will be working closely with the American team in carrying out the camp program. They will also perform as the counselors. Yet during their free time they'll be available to assist Americans during their personal interaction with campers.

JAMMglish are project based camps with a majority of your responsibilities lying with helping students learn better English. You will help guide students to present the best project they can as a team while presenting their projects in English. This is an intense week of developing students gifts while building relationships with them so that you may share your own story of Faith.

Involvement at Camp

- English Teachers – All team members will be involved in teaching English, correcting English, editing scripts, assisting students, and building relationships.
- Master Classes- All team members will either lead or help facilitate master classes (including City Administration, Business, Show Biz, Architecture, Media-Broadcast Journalism, and Marketing). As you get closer to your trip, you will be given more information about how to prepare for each activity.

Lodging & Meals

While in Ukraine, you will be staying at a camp in the vicinity of Kiev. Typically, there are two beds to a room and linens are provided but you may want to bring your own pillow, if desired! Meals will be served at the camp cafeteria. Meals all provided at camp cafeteria, but we recommend bringing any desired snacks. The food provided is traditional Ukrainian and you may want more food than is given. We also recommend bringing a refillable water bottle.

JAMMglish Planning and Teaching Tips

General Preparation

- Before you plan one lesson, make it a matter of prayer. Pray for your team, for those who are providing you this opportunity to go and most of all for those you will meet.
- Be prepared and flexible for any situation.
- **Be sure to bring the supplies needed for the English and Master classes. See the Packing List.**
- All the campers will be divided into four levels of English proficiency: Pre-Beginner, Beginner, Intermediate and Advanced. You will not absolutely know your assignment until students are tested the first day of camp.
- Read through some of the curriculum now to get a feel for what is expected of you. We want you to take your role as teacher seriously because, though our ultimate goal is to bring these students to Christ, we do want to deliver a quality product. Parents will let their kids come back year after year if they are pleased with the results.
- You will notice that the lessons are planned for you. What you need to do, however, is budget your class time.
- **Please stick to the curriculum.** A great deal of prayer, thought and time went into preparing it.
- Collect all materials you will need for each day and keep them in a labeled Ziplock bag.
- For some activities you may need to make copies. This may be done in the camp office using your copy paper. Just be sure the machine is on the right setting because they use a different size in Ukraine.

Teaching

- How you greet your class will set the tone. Learn the names of your students and call them by name whenever you see them at camp.
- Your students will be excited and shy all at the same time. Communication is the key to breaking awkwardness.
- Speak naturally and in complete sentences with correct grammar. Do not use slang or idioms because they may not understand you or could misunderstand you completely. Speak a little slower but not too slowly. Do not raise your voice if they do not understand. They aren't deaf.
- Make your directions clear, simple and short. Make sure students understand. You may need to act out your directions or state them in another way so they do understand. Use objects, draw pictures or use synonyms to explain difficult words.
- Write down all new words and phrases on the white boards. It's the best thing for your students who are visual thinkers. Students all have camp handbooks/notebooks. They need to bring them everyday to write down new words.
- Give praises with statements like, "That was a great answer." Remember our cultures are different and they will hesitate in the beginning because they want to be correct (perfect) at what they do. So encourage them to try and let them know it is okay if they are not correct.

- Always have plenty of candy on hand to give as prizes even if not specifically mentioned in the curriculum.
- If you encounter a discipline problem first be sure that the student in question is engaged. He/she may feel below or above level. But if you cannot handle him/her, talk to your Team Leader or American Teams Coordinator.
- Take short breaks or change activities when energy is low. But keep in mind that the students will reflect your mood.
- Though it would be great to cover everything in your lesson plan, the most important thing is to get to know the students and build relationships with them. You are to be the reflections of Christ, pointing the way to Him. Remember to be flexible. This is not school.
- If the material you are teaching seems too far above or below the level of most of your students, adjust accordingly. Every group is different.
- For the Intermediate and Advanced classes, limit the amount you speak. Let the students speak the majority of the time. (This might be difficult on the first and second day so don't be discouraged. This is quite normal.)

Please do not share or give away the curriculum. You may have some Ukrainians, usually teachers of English, ask if they may have a copy of the curriculum. Among other reasons, we do not allow this because we try to be innovative and make the learning experience much different than in the schools. Letting others use the materials would dilute the effectiveness and novelty of JAMMglish Camps.

Trip Preparations

Why Go?

What's the purpose of even going on a mission trip? Great question! The simple answer is this: as believers, we are commanded to go.

In his last words, Jesus said, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always to the end of the age (Matthew 28:18-20)."

We are called and commissioned to take the Gospel to all nations. However, this command should not guide us only one week of the year. We should not only "go" on missions trips, but we should also lead missional lives. The idea of Jesus' command is that we should make disciples "as we go," even in the mundane rhythms of normal life. The same God who will be with you on your trip is the same God who will be with you when you are at home, in the classroom, on the field, at work, or in

your community. Our prayer is that you would seek to make disciples in whatever context you find yourself. The Bible commands it, and God is honored when we obey his Word and seek to live for his glory as we share the good news of the gospel with the world.

Knowing that we are commanded to play an active role in global disciple-making, our team at Servant Life has heard from missionaries and ministries around the world who have identified a huge opportunity for short-term teams to support and strengthen their on-going ministry. Teams can be a huge catalyst for reaching people and opening doors that might otherwise be closed. We also hope that participating in a mission trip like this will leave such an impression on your life that you will become supporters of mission work for the rest of your lives, whether through prayer, financial support, church leadership, or even life service. Our prayer is that God would do an incredible work both *in* you and *through* you, and that is why we joyfully send you out on mission!

Training Sessions Outline

Servant Life has content for your short-term team to walk through four training sessions before your trip, covering topics such as why we go on mission, how to share your faith, and culture shock / cultural sensitivity. Each session is designed with a few short articles that your team members would read on their own, then you can come together for a guided discussion and time of prayer and studying the Word. [The training sessions can be downloaded from our online Precenter.](#)

Here is an outline of the four sessions:

Training Session 1:

- Discuss Trip Expectations
- “There Is No Greater Satisfaction” by John Piper
- Prayer Guide
- Scripture Review: Matthew 28:18-20
- Scripture Memorization: John 14:6
- Prayer

Training Session 2:

- Scripture Review: Acts 1:6-8
- Scripture Memorization: Romans 10:9-10
- How to Share Your Faith / Build Your Testimony
- “Extravagant Daily Time with Jesus” by Dick Brogden
- “Abiding Leads to Fruit” by Dick Brogden
- Prayer

Training Session 3:

- Customs and Cultural Guidelines
- Scripture Review: John 20:21-22
- Scripture Memorization: John 3:16
- 7 Ways to Make a Fool of Yourself
- “Cross Cultural Servanthood” by Duane Elmer
- Witness Well to Anybody, Anywhere, Anytime
- Prayer

Training Session 4:

- Culture Shock
- Servant Life Mission Principles
- How to Ruin a Short-Term Trip
- Packing List / Airfare Tips
- Scripture Review: Revelation 7:9-10
- Scripture Memorization: Romans 3:23-24
- Prayer

Preparing Our Hearts and Minds

When planning for a mission trip, it is important to prepare yourself spiritually for what you will experience on the mission field. Begin praying now for the people you will be serving with throughout the week and the ways God is going to use you all to serve Him most effectively. Also be in prayer for those you will be ministering to in Ukraine, keeping in mind scripture passages about God's heart for missions and His desire for all nations to know Him. Here are a few ideas to help you even more as you begin to prepare spiritually for your time in Ukraine.

Build a Prayer Network

As the Lord prepares you for this journey, He is also preparing the hearts of those who will pray for you. Believe it or not, there are probably many who are already lifting you up without you even knowing it. In an effort to join the body of Christ together in commissioning you on this journey, it is important that you have a group of committed prayer partners who will bathe you in prayer before, during, and after your trip. Begin now to recruit a team of prayer partners who will commit to pray for you as you share this journey with them. Keep them updated with requests and how your journey is going so that they can know how to pray specifically for what the Lord is doing in and through you.

- Make prayer cards containing specific prayer requests and hand them out to church members, family or friends.
- Create a blog to keep friends and family updated on your trip.

Trip Expectations

What are your expectations for this missions experience?

By now you have probably spent some time imagining what your mission trip will be like. You have thought about what the culture will look like, how the food will taste, what type of work you will be doing, and many other aspects of your trip.

There is nothing wrong with having expectations, but we have to hold on to them loosely. Mission trips never go exactly as planned and foreigners often have a difficult time imagining what life in another country, or even a sub-culture in their own country, will be like before they experience it. There is a good chance that many of your expectations will not be a reality, especially if this is your first time serving in another context.

It is crucial to begin a mission trip with proper expectations. Consider this equation: **if (Expectations ≠ Reality); then (Reality = Frustration)**. Don't spend the first few days of your trip unlearning what you expected to be true prior to the trip and getting frustrated as a result. But even worse, you could miss the point of the trip altogether.

The purpose of missions is to glorify God by making disciples of Jesus Christ. Therefore, you should expect:

To serve missionaries and the local church

- Making disciples takes longer than a week, therefore, Servant Life partners with missionaries and the local churches to create long-term ministry strategies. Making-disciples is about sharing life in Christ with others. A short-term team can establish great initial connections or even deepen the faith of the local church, but the ministry must extend past the 7-10 days your team is on the ground. In order to make disciples, we support the missionaries and the local church in their mission.
- In Matthew 20:28, Jesus tells us that, *“the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”* This is what we are called to do as those who follow Christ. We are not heroes coming to save the world in a week. We come humbly with a heart to serve the Church in the way that will best help them in their ministry. This heart of service may lead you to cleaning toilets, washing clothes, or mopping floors, but know that, *“whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”* (Colossians 3:23-24)

To share your faith

- As we “go and make disciples” we must proclaim the Good News.
 - For *“everyone who calls on the name of the Lord will be saved.”* How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, *“How beautiful are the feet of those who preach the good news!”* (Romans 10:13-15)
- We must be sent and preach so the nations will believe and call on the name of The Lord for salvation.

To experience difficulty

- In John 16:33 Jesus says, *“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”* We are promised difficulty in this world. Since the fall of man this world has been warring against man. When we take mission trips, we do not escape the the sin of this world. In fact, when the Church is proclaiming the Gospel we often enter dark places and Satan is working much harder to distract us. Go into this trip expecting to experience difficulty, but know that our God is bigger than delayed flights, broken down vehicles, the weather, or any other obstacle that you may encounter.

To grow

- I have never known a person to leave a mission experience the same as they began it. Mission trips can forever alter your world-view as you become aware of the physical, spiritual, and social needs of the world. Expect to grow in your knowledge of the world you live in. Expect to grow in your love for The Lord and His people. Expect to be changed.

Pray that God will give you proper expectations for your missions experience. Pray daily throughout the trip that He will give you wisdom and discernment to handle everything that comes your way. Trust that He will never leave you, nor forsake you.

"Be still and know that I am God"
(Psalm 46:10)

Servant Life Mission Principles

Servant Life seeks to equip and encourage trip participants as you prepare for your experience. Outlined below you will find a list of character traits along with Scripture references. As you begin to process the attitude and posture of your heart and prepare for the trip, pray the Lord will supply you with these Christ-like traits.

1. Humility

- Go with a humble heart attuned to the Lord's plans for the trip, not your own agenda. You are not going to "fix" anything, but rather to selflessly serve alongside the long-term missionary partners. Fervently pray against pride creeping into your heart.
 - *Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. {Philippians 2:3-4}*
 - *When pride comes, then comes disgrace, but with the humble is wisdom. {Proverbs 11:2}*

2. Flexibility

- A mission experience exposes you to different cultures, which often times means the schedule isn't always predictable. Having a "go with the flow" attitude is crucial, as plans may change from day to day. Flexibility allows you to continually find joy in each circumstance.
 - *I desire to do your will, my God; your law is within my heart. {Psalm 40:8}*
 - *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. {1 Thessalonians 5:16-18}*

3. Patience

- Patience is key as you encounter new people, places and cultures. Things may not always go as planned, and communication with locals may not always be as easy. Pray for the Lord to equip you with an attitude that is slow to speak and quick to listen.
 - *Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger. {James 1:19}*
 - *May God who gives patience, steadiness, and encouragement help you to live in complete harmony with each other – each with the attitude of Christ toward the other. {Romans 15:5}*

4. Perseverance

- You may experience unfamiliar or difficult situations while serving; therefore perseverance is important. The Lord will supply you with the strength to make it through each and every circumstance.
 - *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. {Galatians 6:9}*
 - *Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. {James 1:12}*

5. Love

- Love is central to each and every character trait that a Christ-follower embodies through the indwelling of the Holy Spirit. Love always, often, deeply, sacrificially, selflessly, and unconditionally.
 - *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. {1 Corinthians 13:4-5}*
 - *And over all these virtues put on love, which binds them all together in perfect unity. {Colossians 3:14}*

Frequently Asked Questions

How will my airfare be handled?

Servant Life will offer all airfare through our travel agency. If you're traveling in a group, everyone on your team must travel together. We book group airline tickets and cannot accommodate special requests for different individual flights. Due to commitments to our missionaries to have groups there on set dates, trip dates are not flexible. Once a ticket has been purchased in your name, it must be paid for regardless of circumstances. All tickets are non-refundable and non-transferable.

If I have a frequent flyer program, can I use those miles to cover my plane ticket?

Possibly. We cannot guarantee which airline your team will use, as we are watching for competitive pricing and schedules. Please contact Servant Life if you are interested in learning more about using frequent flyer miles on a mission trip.

What activities will I be involved in while I'm there?

Servant Life works with missionary partners in each country. Your team will be helping our missionary partner with various needs, and exact details may vary from trip to trip. Specific details for each missions experience can be found by clicking on the trip's link at servantlife.com.

When do I need to get a passport?

If you do not already have a passport, we encourage you to apply for one as soon as possible. The amount of time it takes to get a passport can vary, and we cannot book plane tickets without a copy of each person's passport. Any costs associated with obtaining a passport are solely your responsibility. You can download a passport application and read instructions on obtaining a passport online at www.travel.state.gov/passport.

What immunizations do I need to get?

Immunizations and any costs related to them are the sole responsibility of the trip participant. All childhood immunizations must be complete (measles, mumps, rubella, polio, diphtheria, pertussis, and tetanus). We also HIGHLY advise any immunizations recommended by your physician and/or the CDC for the area of travel. Both Hepatitis A and Hepatitis B are strongly recommended for all international travel. It is solely the traveler's responsibility to obtain information on required/recommended travel immunizations and travel precautions for the area. The CDC website is www.cdc.gov and has up-to-date information on immunizations for every country.

Am I serving alone or as part of a team?

You will be part of a Servant Life team, which can be made up of groups and/or individual participants. If you are registering alone, you will join the team at a domestic or international airport, and stay and work with them for the remainder of the trip.

Is there any supervision?

Servant Life trips are led by our in-country missionary partners. This partner serves as the host and leader for your team from the time you land in-country at the airport until you depart at the end of the mission experience.

How safe are these trips?

Servant Life makes every effort to keep you safe during your entire experience with us. We carefully evaluate each location before sending a team, and work with partners in the country who are familiar with the area in which you will be staying and working. We research and plan the safest places for you to eat, stay, work and play.

Who will my team work with?

All teams work with established missionary partners in the Servant Life network. These are either missionaries or ministry leaders who have a history of service in the country and programs that fit with the mission of Servant Life. To read more about the mission partners in our network, visit servantlife.com/partners.

Who do my parents call in case of an emergency?

If an emergency arises where your parent needs to reach you, they may reach out to you directly or to your group leader who is overseeing your trip. If they are unable to reach you or someone on your team, please have them contact Servant Life, and we will work closely with our mission partners to be able to connect you.

Will I be able to call home and email while on the field?

Access to phone calls and email may be limited, and varies from location to location. In the event of an emergency, Servant Life will contact parents immediately. So remember that no news is good news!

Is a visa required for my trip?

No.

Will I receive any training?

Aside from this manual, any other training will take place with the ministry partner once your team arrives at your destination.

Is there anything not covered in my trip cost?

The only expenses not covered in your trip cost are meals in airports on travel days, any souvenirs that you may wish to purchase while in country, and any expenses related to obtaining a passport and immunizations.

How To Share Your Faith

Our team at Servant Life feels that it is not only for your benefit, but also our responsibility to make sure that you have a clear understanding of the gospel and how to share it. After all, if we are going to make disciples, we need to be able to tell others what that means. We believe that your ability to articulate the gospel and share your testimony is not just something you should rehearse before a mission trip, but something you are prepared to do at all times as a Christ-follower.

Below is a guide to help you prepare how to share your testimony with the essential elements of the gospel. On a mission trip you might not have extended time to lay out the full story of salvation with those you encounter. It is important that you are able to share the Gospel in both short and extended versions. We ask that you take the needed time to seriously work through the following questions. We know that it is the work of the Holy Spirit that brings about new life through Christ, but we have the responsibility to share God's good news and make disciples (Mt 28:18-20, Acts 1:8-9 & Luke 24:44-49). Our hope is that this exercise will not only prepare you, but also remind you of the goodness of God's grace through the work of Christ (Eph. 1:18-21 & 2:4-10). We look forward to hearing how God uses your testimony in the life of others!

PART ONE: THE GOSPEL

Use these five elements of God's story to write the Gospel in your own words:

The Character of God
(1 John 1:5-10, Ephesians 2:1-10)

Write the Biblical truth about the character of God found in this passage:

The Sinfulness of Man
(1 John 1:5-10, Ephesians 2:1-10, Romans 3:23, 6:23)

Write the Biblical truth found in these passages:

The Sufficiency of Christ
(1 John 1:5-10, Ephesians 2:1-10)

Write the Biblical truth found in these passages

The Necessity of Faith
(1 John 1:5-10, Ephesians 2:1-10, Romans 10:9-13)
Write the Biblical truth found in these passages:

The Urgency of Eternity
(Ephesians 2:1-3, Romans 6:23)
Write the Biblical truth found in this passage:

Write in your own words (100 words or less) the five biblical truths studied above:

PART TWO: SHARING MY STORY

Work through the following questions to help you simply and clearly share your story.

I was awakened to my need for a Savior by (people, circumstances, books, etc.):

I realized that God is:

I realized that I was separated from God because:

I came to understand that Christ:

I responded to the good news of
Christ's death and resurrection by:

PART THREE: PUTTING IT ALL TOGETHER

Using the five elements of the Gospel and the previous questions just answered, use the following space to share your story and the gospel. The goal is to be able to clearly articulate the Gospel and your story within 60 seconds.

Packing

Clothing Overview

The most important thing to keep in mind as you decide what clothes to pack is to be appropriate and modest. It is essential to be sensitive to the culture of Ukraine. While you're out working during the day, cotton t-shirts and appropriate length shorts are great! Make sure to pack nicer clothes for church and worship times. Here are a few packing tips as you begin preparing for your trip.

- Pack lightly! Airlines have restrictions on how much your checked luggage can weigh. Make sure you pack what is necessary without too much excess. Plus, who wants to carry around that much stuff in another country?
- Leave room in your suitcase for any souvenirs you may want to bring back.
- Consider packing items like shampoo, conditioner, etc in plastic bags. In case these things leak during travel, your clothes and other items will be protected.
- It's a good idea to pack a change of clothes, toothbrush, important travel documents, and any irreplaceable items in your carry on bag in the event that your checked luggage is lost.
- To save space, you can roll your clothes instead of folding them.
- It's best not to pack any flashy or expensive jewelry to wear while you're in country.

Plug Adaptor and Converter

Ukraine uses 220/230V of electricity so you will need a type B plug adaptor (shown below) and a power converter if you wish to use devices like chargers, hair straighteners, etc.



Airline Restrictions/Tips

Arrive early for check-in at the airport. Because you are flying, we strongly suggest arriving at least three hours before your flight is scheduled to depart. This allows time for parking, shuttle transportation, check-in, and security checks.

Label all of your luggage. Servant Life provides each trip participant with two luggage tags that we strongly recommend your group using. This will help when collecting luggage from baggage claim. Due to the similar look of most luggage, you may also want to set your bag apart in another way by adding a ribbon, luggage strap, or sticker in a visible location.

Always have your passport with you. While traveling through airports, it is important to always have your passport with you. Do not pack it in your checked luggage, and do not put it in the pocket of your airplane seat. It is best to keep it in a secure section of your carry on luggage.

Checked Baggage

We recommend that everyone travel with one checked bag. It is helpful if everyone can manage their own luggage while traveling. Remember that luggage with wheels will make life much easier as you maneuver through airports! Also, be sure to put a copy of your passport information page in every piece of your luggage.

Carry-On Bags

It is always a good idea to keep a change of clothes as well as a small toiletries kit (toothbrush, deodorant, etc.) with you in your carry-on in the event of flight delays or cancellations. Your passport counts as your form of identification and you must keep this on you at all times in the airports. You may not carry-on liquids of any kind larger than 3 oz. Any liquids 3 oz. or smaller must be in their original container and in a quart-sized Ziplock bag.

*****Baggage policies are based on airline regulations and change often. Please visit your airline's website before you leave for their latest baggage policies. Any costs associated with checking bags or overweight bags are solely the responsibility of the participant.*****

General Packing List

Baggage policies are based on airline regulations and subject to change. Please visit your airline's website for their latest baggage policies.

Clothing

- Be careful not to pack a lot of name brand items as this translates to teens as “spoiled, rich American”
- Lightweight clothing for warm weather, such as athletic shorts and t-shirts
- Pants and shorts that you do not mind getting dirty
- One outfit that can and should be reused for activities that will cause you to get extremely dirty/muddy
- Any shorts must be finger-tip length and can only be worn for sports activities and travel
- T-shirts – No tank tops
- Worship clothes can be casual.
- Comfortable shoes (an extra pair of tennis shoes that can be possibly thrown away at the end of the trip)
- Flip flops for use in the showers
- Bathing suit (use discretion)
- Hat or cap
- Raincoat/Poncho

Toiletries

- Basic Personal toiletries – toothbrush, toothpaste, soap, shampoo, feminine items, etc.
- Washcloth / Bath Sponge
- Bath / Beach towel
- Insect repellent
- Sunscreen
- Disinfectant hand gel
- Dramamine/Gas X/Antacids/Imodium/Tylenol (as needed)
- Baby Wipes/Kleenex
- Chapstick with Sunscreen
- Aloe vera – for sunburn relief

Other

- Passport (place in your carry-on bag and have a copy in your checked bag)
- Bedding, pillow
- Towels (Beach and Bath)
- Bible, Journal and Pens
- Camera, Batteries and Film (hard to find and expensive in other countries)
- Flashlight
- Work gloves
- Bug Spray

- Work gloves
- Sunglasses
- Binoculars
- Snacks
- Water bottle
- Alarm Clock
- Phone card – internet is not readily available, so don't depend on it as a source of communication
- Small desk/clip-on fan
- Peanut butter, nutella, beef jerky (even if you don't eat them, they are a great way to bond with the staff!)
- Earplugs
- Eye mask

Teaching Supplies

An exact list of supplies and quantities needed will be provided closer to your trip but will include things like

- Candy to share with learners
- Colored sharpie markers
- Pencils
- Pencil Sharpeners
- Colored Index Cards
- Colored Construction Paper
- Masking tape

Arrival and Departure

Arrival

Just before your plane lands in Ukraine, each person will be given a customs form to fill out. You are considered a tourist so you can list that as your reason for entering the country. You don't have anything to declare unless you brought something LIVE over, such as an animal or plant (and we hope you didn't!). Do not lose these forms, as you will be asked to present them as you go through customs. The address you should put on your customs form is:

Departure

Before you clear security, there is a departure customs form that you will have to fill out that you will get at the airport. Always mark tourism/travel as your reason of travel.

Gifts for Children

The people of Ukraine will value your time and your attention more than you may realize. Still, please feel free to bring gifts for the children you meet while you are there. Try to think simplistically when it comes to the gifts you bring. Here are some examples:

- Small toys and books (nothing violent, like toy guns)
- Clothes, especially socks and underwear
- Toiletry items like toothpaste, soap, and shampoo - keep in mind to bring enough for the whole family
- photos of you and your family
- coloring books and crayons
- stickers
- small decorative items for the home
- bubbles
- hair bows, headbands, and other hair accessories for little girls
- Hard candy that won't melt in your luggage

Culture Shock

It may not seem like it, but culture shock is a big deal. Any time you experience another country, culture, people group, and way of living, it takes some adjusting. Not everyone experiences culture shock, but it's still important to recognize it and know how to deal with it.

Culture shock is characterized by an anxious feeling from being surrounded by completely new things. You are so accustomed to life in America that it may overwhelm you to all of a sudden find yourself in a culture that you know nothing about.

The best thing you can do when it comes to culture shock is to keep an open mind about your new experiences. Remember that people around the world think and act differently than you. Keep an understanding mind about others' opinions. The worst thing you can do is to think that you are superior to someone of a different culture or people group.

Along with keeping an open mind, it's important to be flexible as well. You will be experiencing a new culture and things may not always go your way. In fact, you probably already know that things will rarely go your way. Remember to be easy going when new plans arise. This also includes maintaining a positive attitude instead of complaining.

If you're feeling some culture shock, communicate that with the people on your team. Chances are good that someone else may be feeling the same way or can at least help you through it. Being able to identify with others about your thoughts can help you not be overcome with culture shock.

Keep in mind that if you experience culture shock, that does not mean you are a failure. Everyone adjusts differently to a new setting. You may not even identify with culture shock. However, if you do, it's important to be aware of what to do so that it does not become a problem.

How To Ruin Your Short Term Mission Trip

1. *Have an "It's all about me" attitude.* The best way to ruin your mission trip is to act as if everything revolves around your comfort and your wants and needs. Even if you are sacrificing time and resources to go and serve, don't expect others to worship the ground you walk on. Read Philippians 2:3-8 and consider the humble attitude of Christ.
2. *By all means, don't be flexible.* If you don't live out the words of Philippians 2:14 to "do all things without grumbling or questioning," then you are guaranteed to have a trip full of complaints. There is not a formula to mission trips; you should expect a high degree of flexibility when you are serving real people and meeting real needs. Please be a blessing to work with and a joy to be around, not the person complaining that your expectations aren't being met.
3. *Don't devote yourself to prayer or time in the Word.* Spending time talking to the Lord and studying His word only ensures that your heart will be aligned with His will. Failure to draw near to the Lord will set you up to have the wrong attitude, and possibly the wrong actions. Furthermore, in order to tell others about the spiritual disciplines of prayer and Bible study, we ourselves must practice those disciplines.
4. *Start thinking your mission trip is terrible because you didn't see much fruit.* It is likely that you might not see hundreds of people come to know Christ while you are there, but that does not mean your trip was a bust. 1 Corinthians 3:6 reminds us that there are stages of planting seeds, watering, and seeing growth. As a short term team, you are largely helping to plant and water seeds-- and ultimately God gets the glory in their growth!

(We want you to have the best mission trip possible. So please do the opposite of these 4 things. Always keep the Lord and the gospel in the forefront of your mind!)

Country Information

Ukraine

Population

Estimated to be 37 million people

Capital City

Kiev, Ukraine

Language

The primary languages are Ukrainian and Russian.

Primary Religion

The main religion/denomination in Ukraine is Christianity.

Time Zone

Eastern European Time Zone (UTC + 03:00)

Currency

The official currency of Ukraine is the hryvnia. 1 hryvnia = .027 USD as of July 2023.

Safety

Servant Life makes every effort to keep you safe during your entire experience with us. We carefully evaluate each location before sending a team, and work with partners in the country who are familiar with the area in which you will be staying and working. We research and plan the safest places for you to eat, stay, work and play. In general, you should always be cautious and aware of your surroundings when you are traveling internationally.

Food

Do not eat anything that has not been pre-approved by the missionaries. Food from street vendors and Ukrainian homes are not safe for your consumption unless pre-approved by the missionary. Because Radooga runs orphan camps at the camp-owned sites, food corresponds to the government requirements. Here are some dishes that can be served at the camp: mashed potatoes, macaroni, cabbage, fried or stewed chicken, buckwheat, borsch or other soups for lunch. Dill and parsley are highly used. The most common meats are chicken and pork. In general, Ukrainians eat a light breakfast: bread with butter or pastries with coffee/tea. Oatmeal and milk, fried eggs or sausage (hot dogs) with macaroni, pancakes may also be served. The main meal is served around 1 PM, it usually consists of soup and a dish with meat or poultry. The third meal takes place around 6 or 7 PM.



Water

Do not drink anything that has not been pre-approved by the missionaries. Drinking tap water should be avoided. Bottled water and/or filtered will be provided for you and should be used for drinking.

Weather

During the summer months of June –August, average temperatures are in the 70's and 80's during the day and cooler in the evening through morning. Layers and a raincoat are a good idea as you may be comfortable enough to be in a short-sleeve shirt during the day, but want a sweatshirt/medium jacket for the cool mornings and evenings

Immunizations

Please inform your physician as early as possible that you are going to Ukraine and ask what immunizations are recommended. Some immunizations may need to be started sooner than others. You can also check the CDC website (www.cdc.gov) to see what immunizations are recommended for travel to Ukraine.

Communication

There is internet and phone access; however, do not count on access to it as a sure thing.

Partner Information



Oleg and Lena Vasilevsky founded Radooga in 1994 and have been faithfully serving this ministry since that time. After the first camp in 1994, Radooga began to grow in quantity and popularity, making it obvious what a powerful evangelistic and discipleship tool the camping ministry is in Ukraine. God let the ministry grow from one-time summer projects to a year-round operating organization in 1998, as it still exists today. Radooga is determined to continue creating a camp environment where people can meet God or experience His presence more intimately.

Radooga hosts three different camps, Orphan Camp (ROC) English Language Camp (ELC), and JAMM. At the orphan camp, Ukrainian orphans have the opportunity to spend the summer experiencing different activities as well as being shown Christ's love by the staff and teams at Radooga. At ELC, Ukrainian teenagers are not only being taught English, but also are able to experience a camp-like atmosphere, with games, worship and teaching. Radooga also offers conferences and events for youth ministers to train and equip them to lead their teenagers as well as providing resources for them to do so.

For more information about Radooga, please visit www.radooga.com.

Ukraine Do's & Don'ts

As those seeking to honor Christ, it should be our desire is to build each other up and encourage one another in love at all times. The staff of Radooga want it to be one of the most encouraging places on earth! They desire to walk in a way that is pleasing to the Lord throughout the year. The staff will positively encourage one another in both word and deed, treating the opposite sex with the utmost respect! As such, they expect both their visiting leaders and their mission team to possess similar character and lifestyle qualities.

DO'S

- DO feel free to give gifts, but please ask the missionary before doing so.
- DO be prepared to smell body odor. Stifle your reaction (facial expressions are bilingual)!
- DO compliment babies and play with them.
- DO label any medicines you are taking with you.
- DO remember that you are representing a ministry that has been around longer than you've been in the country and will still minister there after you have left.
- DO keep a copy of your passport on you, NOT your actual passport (except in the airport).
- DO use the "buddy system."
- DO bring any medicines that you may need (pepto bismol, ibuprofen, allergy, etc.)
- DO take food that's offered to you - just wait until the missionary gives the okay to eat it.
- DO offer to share your Coke and snacks when you're consuming them in public.
- DO sanitize your hands before eating. But do it discreetly, not blatantly just after holding a child or shaking a national's hand

DON'TS

- DON'T flush toilet paper. Toilets are most likely not up to US standards.
- DON'T give directly to an individual.
- DON'T make yourself stick out by wearing inappropriate clothing.
- DON'T make fun of differences in culture. You never know who might understand English. It is safer to just assume someone in the crowd understands you.
- DON'T be a loud/obnoxious tourist that needs to be toned down.
- DON'T give out your personal information
- DON'T refer to Ukraine as "the" Ukraine.
- DON'T encourage begging by rewarding the effort.
- DON'T go out after dark.
- DON'T bring anything that you aren't willing to give up if someone asks for it.
- DON'T drink tap water.
- DON'T go without sunscreen!

*Practice Your
Russian!*

Praise the Lord!	Slava Bogu!
We give thanks.	Mwe blagodareem
God bless you.	Da blagoslaveet vas Gaspod
Hello	Preevyet
Welcome	Dobro pozhalovat'
Good morning	<u>D</u> obraye <u>o</u> otra
How are you?	Kak deela
Thank you	Spaseeba
Thank you very much	Bal' <u>sh</u> oye spaseeba
I'm fine, thanks, and you?	Harasho, spaseeba, a <u>oo</u> <u>tebja</u> ?
What is your name?	Kak vas/ tee <u>bya</u> zavoot?
My name is...	Meen <u>ya</u> zavoot...
How was your trip?	Kak doekhalee?
Goodbye	Da sved <u>ane</u> eeya
How much?/How many?	<u>S</u> kol'ka
Money	Dyengee
Where?	Gdye
Today	Sevodnya
Tomorrow	Zavftra
Guest house	Gosteeneetza
Bathroom	<u>T</u> oalyet
Eat	Kooshat'
Food	Eda
Bread	Khlyeb
Milk	Malako
Sleep	Spat'
I Want...	Ya hachoo...
I am from...	Ya eez...
American	Amerikanyets
One	<u>A</u> deen
Two	Dva
Three	Tree
Four	<u>C</u> heet <u>i</u> ree
Five	Pyat'
Six	Shest'
Seven	Syem'
Eight	<u>V</u> oseem'
Nine	<u>D</u> yeveet'
Ten	<u>D</u> yeseet'

Servant Life

Since its inception in 1999, Servant Life has been a mission-mobilizing ministry providing dynamic mission experiences for students and church groups. Our aim is to connect students' love for God to the nations through His Word and by His Spirit. Currently, Servant Life sends short-term mission teams to a global network of partners in eleven countries, including two locations in the United States. Servant Life is dedicated to *Helping Students Go And Make Disciples Of All Nations*.

Core Values

Servant Life strives to focus on three aspects, or values, of ministry that are central to our philosophy and practice.

1. Gospel-Centered Ministry
2. Long-Term, Church-Centered Strategies
3. Relationally-Focused Approach

For more detailed information about each of these values, please visit www.servantlife.com/core-values.

Next Steps

Reflection

As your time in Ukraine comes to an end, you've probably seen, touched, tasted, and felt things you never had before. You have seen God work in new and powerful ways, and your eyes have been opened to a whole new world. As you complete your mission experience, it is very important to take time to reflect on all that God has done and taught you over the last few weeks, as well as how your view of world missions might have changed. Spend some time journaling about your experience and praying about your re-entry into American culture. The following questions will help get you started, and will also help you be prepared to answer family and friends who want to hear all about your mission trip. Remember that just as it took a few days (at least) to get acclimated to another culture, it will also take you some time to get re-acclimated once you get home. And hopefully there are a few ways that you have been changed forever.

1. What did you learn during your time in the Ukraine?
2. How did God stretch and use you?
3. List names of people you don't want to forget and why.
4. How will you share your experience with those back home?
5. How did your team work together as the body of Christ during your trip?
6. Describe at least one experience in which you felt or saw the power of the Holy Spirit as He worked among the people.
7. Explain at least one situation in which your prayers were answered.
8. What were you most thankful for?
9. How have you been changed?
10. How were the people you ministered to changed from you being there?
11. How will people at home be changed by you and the experiences you share with them?
12. How will you ask others to continue to pray for the people you ministered to during your trip?

Sharing Your Experience

When you get home, you may become overwhelmed with the number of people who ask to hear your stories from your trip. If you had a dollar for every time someone will say “How was your trip?!” or “Tell me all about it!” than you could probably pay for a whole other mission trip.

When it comes to sharing your story, you’ll encounter different types of listeners. Some people will ask you about your trip in passing and will only want to hear one or 2 sentences about your experience. In the space below, go ahead and write down a few sentences that you can quickly share with people. The most important detail to include is something incredible that you saw the Lord do. Think of a great story you have and sum that up into a few words that will give the other person a feel for what happened on your trip.

Others will want to have a detailed, but not lengthy conversation with you. Imagine that you are grabbing coffee with a friend as you share your experiences. This person will likely spend a decent amount of time with



you and will expect to hear several stories. Have a variety of stories ready to share with this person and be ready to answer any questions they might have. Also, it’s safe to assume that people who will sit and listen to you talk for an extended period of time are interested in missions as well. Don’t be afraid to encourage them to go on a mission trip!

Lastly, you will definitely have people in your life who will want to hear every single detail you are willing to share. These types of people will come to your house and spend hours sitting on your couch as you pour out your heart. In these instances, feel free to share any and every detail you would like. You might want to consider taking your journal along so that you don’t miss a beat.

One major thing to remember is this: people love pictures! Your stories will be better if they have pictures to accompany them. Have some printed out or saved to your phone/computer so that you can easily show your friends and family.

Sudoku

easy

		7	3		6		1	
	9	1			4		3	2
8								
9					1			
1	6		5	7	8		2	9
			2					8
								1
5	4		8			6	7	
	1		6		3	9		

medium

6				8	3			
7		3			4	1		
	2					3		
5	1		8			7	2	3
				7				
3	6	7			2		5	9
		6					7	
		9	4			2		8
			2	1				4

medium

1	7				9	6	4	
		4			7			3
		3		1	6			8
	9	6			4			
				7				
			1			4	2	
	6		3	4		2		
7			6			8		
	3	5	7				6	1

hard

	4			2		5		9
9			6			3		
			5		9		2	
7						1		2
		5	7		8	4		
4		6						8
	8		3		1			
		4			2			1
1		9		7			3	

Servant Life Word Search

Find these words in the word search below! Words can be forward, backward, up, down, or diagonal.

Uganda
Africa
Go
Missions
New York
Kingdom

Ecuador
World
Serve
England
Haiti
Missionary

Dominican
Asia
Give
Ukraine
Pray
Houston

Disciple
Nicaragua
Costa Rica
Students
Gospel
Ministry

E	L	T	U	G	A	N	D	A	O	Z	B	Q	R	D
D	E	G	F	W	S	V	S	E	P	X	U	J	L	Y
O	P	A	K	E	I	E	C	Y	I	T	D	R	R	N
M	S	W	Q	C	A	U	R	W	N	G	O	T	M	I
I	O	I	H	U	C	K	H	V	D	W	S	U	I	C
N	G	H	O	A	O	R	G	B	E	I	Y	K	S	A
I	C	L	U	D	M	O	D	G	N	I	K	R	S	R
C	O	S	S	O	T	Y	A	I	M	J	C	A	I	A
A	S	R	T	R	E	W	M	B	I	K	Z	I	O	G
N	T	G	O	U	F	E	L	D	S	N	V	N	N	U
H	A	M	N	F	D	N	X	M	S	A	O	E	A	A
A	R	S	G	I	V	E	D	K	I	Y	N	O	R	C
I	I	T	H	S	Z	A	N	C	O	P	R	A	Y	D
T	C	A	F	R	I	C	A	T	N	R	Q	P	B	R
I	A	U	I	L	P	Z	D	I	S	C	I	P	L	E
R	V	M	E	N	G	L	A	N	D	E	X	Q	B	J

We want to hear from you

We are thrilled that you will be serving on a Servant Life mission trip! Know that we are here to help you in the process of preparing. Anyone on our team is available to answer questions. You can find that contact info at the beginning of this Field Manual. Feel free to contact us at any point.

On the same note, we love seeing pictures and hearing stories from your trip! If you have any photos, blogs, videos, etc. that you'd like to share, you can email those to us, or tag us on social media.

Know that we are praying for you with expectancy! We are confident that The Lord has great things in store for your mission trip!

In Christ,
The Servant Life Team



/ServantLife



@servantlifemissions



@ServantLife