



ROCK OF AGES MINISTRIES

INTERNATIONAL
TRAVEL GUIDE

“MINE EYE AFFECTETH MINE HEART...”

—LAMENTATIONS 3:51

ROCK OF AGES MINISTRIES FOREIGN OUTREACH

For over three decades, the Rock of Ages has been taking the Gospel to the prisons of America. In 1991, the ministry began taking trips outside the US with the purpose of evangelizing prisons worldwide. Over the years, the ministry has expanded its outreach to the juvenile prisons and public schools. As of the year 2012, we are working on five continents in eleven countries, with many national and American families ministering on a daily basis. The work has been truly blessed of the Lord.

One of the greatest assets to the foreign work has been the mission trips made abroad. The teams' effectiveness has resulted in thousands of foreigners coming to Christ. Our families overseas look forward to the fellowship and encouragement received from those who visit from America.

We want to thank you for making the decision to take a trip with us. Your labor and investment is very valuable to the work. It is our prayer that God will use you to impact the world for our Lord.

This booklet is designed to assist you with your trip. If you have any questions, please contact your team leader.

Enjoy the trip and God bless you.

In Christ's Service,

Dr. Ricky Dunsford

Executive Vice President

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DOCUMENTS

If you are a Rock of Ages missionary, you will need to submit a duty release form to your immediate supervisor.

Passport:

You must have an up-to-date passport in order to book your flights to foreign countries. You can get a passport at your local Post Office. If you have a passport, make sure that the expiration date is more than six months away from your return date. It is also a good idea to make sure there are at least two empty pages in the back of your passport for stamping. If you were under 21 years of age when you received your passport, you will need to get it updated.

NEVER SEND YOUR PASSPORT IN REGULAR MAIL; ALWAYS USE FEDEX, UPS, OR PRIORITY MAIL WITH CONFIRMED DELIVERY AND A TRACKING NUMBER.

Make sure to give ample time in obtaining your passport. It can take up to six weeks to process your request.

Shots:

Some countries require yellow fever, tetanus, and/or other shots. You should make extra copies of your shot records and bring them with you. Your team leader will inform you if these shots are necessary.

Make a list of your allergies and prescription medications and give a copy to your team leader.

What to do with documents:

Make copies of each of these documents:

- Passport
- Driver's license
- Flight itinerary
- Shot records – if necessary
- Original birth certificate

Keep a copy of these documents in each piece of your luggage and send a copy of each of them to Rock of Ages Ministries, Attn: Therese Herron; P.O. Box 2308 Cleveland, TN 37320

If the trip is in multiple countries, you must keep a copy of your flight itinerary to and from the states with you during each flight.

Visa:

In most cases, an entry visa is not needed prior to departure, or it can be purchased in the country. If a visa is needed before departure, your trip leader will notify you.

If a visa is required, make sure you follow the directions carefully when you apply for it.

You will need to send your passport to the visa agency when making the application. Make sure you allow enough time for this process. If you do not have the proper visa, you will not be permitted to enter the plane that would transport you to the country. This will also mean that your return tickets will not work either.

Always carry at least two extra passport pictures with you. Some countries require a picture when you arrive and obtain your visa.

LUGGAGE

The luggage limits are changing on a regular basis. It is a good idea to log on to the airline's website to check your airline luggage requirements, or call your airline before you pack. The normal size of a piece of check-in luggage is 50 lbs (23kg) and 62 inches (157 cm) when you total length + width + height.

When traveling with a large team, we would like you to limit your luggage to one suitcase along with your carry on and a briefcase or purse. Space may be limited with the transportation when we arrive on the foreign field. You may be asked by your team leader to carry material for the work in your additional baggage.

Your check-in luggage can not weigh over 50 lbs for international flights; your carry on bag must be able to fit in the overhead compartments.

It is a law that all prescription drugs must be packed in their original bottles. You can not transport them in a daily reminder box. Bring the box with you and put the medication in it when you arrive on the field.

Carry-on Items:

Pocket knives, letter openers, or any other sharp objects are not permitted on board the cabin of the airplane. You can put a knife in your check-in baggage if you choose to bring one.

Carry-on baggage must fit easily in the Carry-on Baggage Check, which is located near the check-in counters and at the gate. The approximate size is 22" x 14" x 9" (or 56 x 36 x 23 cm). When oversized bags do not fit in the overhead bins, delays happen. Fees will also be applied to the oversized bags if they have to be checked. In order to avoid delays as well as fees, follow the size and weight requirements listed on your airline web site. Please log into your airline website to view the carry-on restrictions. They are constantly changing.

You may bring one carry-on bag and one personal item (briefcase, computer bag, or purse) on board at no charge, plus one extra smaller item like a coat. All items must meet the size requirements for carry-on baggage, so they can easily fit into the overhead bin or under the seat in front of you.

Additional Approved Carry-on Items:

Most countries now prohibit or strictly limit the size of containers with liquids, gels, aerosols, and pastes (including the empty containers) during security check-in. Your preparation may

help to prevent some real hassles at security check-in or even the frustration of having personal property confiscated. For U.S. arrivals, the items may be placed in your checked luggage after passing through Customs and Immigration. For non-U.S. arrivals, we suggest you do not purchase any liquids, gels, or creams while on the flight.

Place all liquids in a single quart size, clear zip-lock bag that can be easily removed for security surveillance. Remove your quart-size bag from your carry-on and place it in the provided bin at the security checkpoint. Bring some additional zip-lock bags.

You will fly through the security check-in in most countries by following these guidelines for your carry-on baggage.

It is a good idea to go to www.tsa.gov for the latest security details, warnings, and baggage restrictions.

WHEN CONNECTING WITH FOREIGN AIRLINES; the weight requirements usually are different than the American based airlines. The average weight requirement for the carry-on is 20 lbs. You are allowed to take a brief case, laptop, or purse in addition to your carry-on. Additional weight charges can get rather expensive. Always have a copy of your original itinerary back to the U.S. with you at all times.

Packing your Carry-on Luggage:

It is not uncommon for the airlines to lose luggage. Therefore, it is a good idea to pack the following in your carry-on luggage:

- Change of underwear
- One pair of socks
- (For Men) Change of pants and shirt with tie to match
- (For Ladies) Skirt or dress
- Sleeping clothes
- Toiletries (Shampoo, toothpaste, hair spray or gel, suntan lotion, lotions, hand sanitizer etc... in one ounce bottles)
- Bible and sermon notes

These things will get you by in the event that your luggage is delayed. If need be, we may be able to get overnight cleaning done.

Packing your Check-in Luggage:

Make sure to have a copy of your Passport, flight itinerary, birth certificate, and a copy of your shot records (if applicable) in your checked in and carry-on baggage.

Do not pack your computer in your check-in baggage.

Some hotels do not provide wash cloths; it is a good idea to bring

some with you.

Be sure to pack for the climate of the country you are visiting. For instance, if it is a warm climate, coats and gloves are not necessary.

Bug repellent is a good idea for some countries, such as Zambia, Thailand, and other Asian countries.

You can pack some of your favorite snacks. The airlines do provide snacks on the flight.

Most hotels we stay in do provide laundry services.

TRAVEL ATTIRE

Travel in casual attire - it has been noted that terrorists are more apt to target a person in a suit and tie than they would someone in casual attire. This makes us look more like tourists than businessmen.

We will wear shirts and ties in the church services and prisons, and/or accepted native clothing as approved by the team leader. I suggest that while in the prison you wear semi-formal attire that you can wear a tie with, then when we are at the restaurant or out on the streets the tie can be taken off and we will look more like residents or tourists.

All ladies and teenagers are expected to meet the Rock of Ages dress requirements. We highly suggest closed toed shoes due to the sanitation conditions in the prisons.

It is a good idea to use a small satchel to carry your Bible and files in rather than a brief case. Carrying your Bible openly recognizes you as a missionary and a briefcase typifies a businessman.

It is best to refrain from wearing anything that depicts you as an American such as ball caps, red white and blue paraphernalia, or any items that represent the United States. We are Americans and proud of it, but we need no unnecessary attention if a terrorist attack occurs.

IMMUNIZATIONS

We will contact you concerning all required shots. It would be beneficial to:

- Update your tetanus shot.
- Check with your doctor about getting a prescription for diarrhea medicine. The over the counter medicines may not be strong enough.
- Make a copy of your immunization card and place it in your luggage.

TRAVEL CHECK LIST

- Forms sent in to Rock of Ages Home Office
 - Emergency Data Form
 - Copy of Passport
 - Copy of Flight Itinerary
 - Copy of Birth Certificate
 - Copy of Shot Records (if applicable)
- Tickets
- Passport
- Flight Itinerary
- Flashlight
- Camera (Extra batteries or charger)
- Prescriptions
- Washcloths
- Wet wipes and hand sanitizer
- Cell phone and charger

You will be able to purchase toiletries and most any other supplies you may have forgotten in nearly every country we visit.

Snack foods can be brought in either your carry-on or your checked luggage. There are plenty of places to purchase snacks in most countries.

When in a foreign country, remember to take precautions where water is concerned. Only drink water that is filtered at the restaurants or bottled water. We can buy bottled water when we arrive in the country. Always ask if the ice comes from filtered water.

CONDUCT ON THE FIELD

Conduct in the Prisons:

1. Do not attack other denominations.
2. Do not attack any political system such as communism.
3. Do not get in political debates or discussions.
4. Do not wander off by yourself (Always work with your partner).
5. Do not lag behind. Stay with the team!
6. Be courteous and friendly at all times.
7. Be aware of their manners and customs (How they eat, pray etc).
8. Be sure to show your appreciation to all officials
9. Be careful how we joke with one another (Many do not understand our ways and humor).
10. Be courteous when meals are prepared for you (Do not display an attitude of dislike or ingratitude).
11. Do not bombard the officials with questions (It would be good to let the one in charge of the team ask the questions. Ask the Team Leader; he may already know the answer).
12. Be alert at all times; you are still in a prison.
13. Do not take pictures unless we are given approval.
14. Do not stand around watching if there is work to be done.

- Jump in and help; we are a team.
15. Be ready to preach if called upon and ready to listen when someone else is preaching.
 16. Do not comment on the conditions of the prison.
 17. When you are preaching, remember most foreigners do not have the Bible knowledge of the inmates in America. (Keep it simple and lay your own groundwork).
 18. Witness to the commandants and officers when opportunity arises. (Let it be done in an orderly manner. It is best to allow one person to deal with them, so as not to cause confusion).
 19. Do not assume anything.
 20. Do not promise or give anything to an official or a prisoner. (The team leader will present any and all gifts).

Conduct in the Homes of the Nationals:

1. Be courteous and friendly at all times.
2. Be respectful of their home and furnishings.
3. Be sure and clean up after yourself (Especially in the bathroom).
4. Be aware of their manners and customs.
5. Be sensitive to their daily schedule, (Meal time, bed time, etc).
6. Be sure to show your appreciation for all they do.
7. Be careful how we joke with one another. What we think is funny may be very offensive to them.

8. Be sure to straighten up your bed each morning.
9. Be courteous when meals are prepared for you.
10. Do not ask for particular items if they are not on the table.

DAILY SCHEDULE

Our international schedule is very demanding. If you are physically unable to attend any of the daily events, you can remain at the hotel. Our biological time clocks are messed up due to the crossing of so many time zones. If rest is needed, take the time.

If you remain behind, it is advisable not to leave the hotel by yourself. There normally is a restaurant in the hotel where you can get your meals for the day.

Each day there will be several different ministry opportunities. If you have a preference, such as going to prison or a school, please notify your team leader of your choice.

There will be time set aside for sightseeing, picture taking, and souvenir shopping.

Please understand that we are a moving team and we cannot meet the desires of everyone at the same time. We must stick to the schedule and stay together at all times.

The team leader you are assigned to is experienced in international work. Please submit to their authority at all times. Your best interest is our desire.

TIPS FOR THE TRAVELER

- Stay with a friend while out on the street.
- When checking in for your flight, make sure your frequent flyer number is posted.
- Always negotiate the fare before you get in the taxi. This will prevent the driver from taking the scenic route and charging you much more than usual.
- Don't drink the tap water; this includes brushing your teeth! Always use bottled water or filtered water to drink and brush your teeth. Ask if the ice comes from filtered water or ask for drinks without ice.
- Consider purchasing a traveler's insurance policy through your airlines and or credit card company.
- Notify the American Embassy that you are in the country.
- Safety on the streets: tourists, businessmen, and missionaries are the most likely candidates to be kidnapped or robbed. Try to avoid lingering long in areas that would be an easy target. Stay in areas that are patrolled frequently by officials and stay with your national guide.
- Bump & Run is still the most common method of street crime. Keep your valuables in an area where a would-be thief cannot grab them and flee.

- Keep your purse or waist belt under a sweater or coat.
- Do not set your purse or belongings on a chair near you.
- Purchase a shoulder or waist security holder to be worn under your clothing. This is an ideal place to keep tickets and a passport. These holders can be found at Wal-Mart in the travel section.
- Divide your money up in different places; put some in your shoes, in your wallet, and in your concealed pouch.
- A decoy wallet can be carried with \$30-40 and expired credit cards; this will often satisfy a thief if you are robbed.
- Write down the numbers of your credit cards and leave them with someone in the states in the event the cards are lost or stolen.
- Notify your credit card company that you will be traveling out of the country. If they notice unusual use they may block the card.
- Individual wet-ones are great to wash up with when without water.
- Vitamins and medications are to be kept in their original containers. Loose tablets can be mistaken for illegal drugs.
- Prevention: diseases such as cholera, hepatitis A, and Typhoid fever are spread through contaminated food and water. Caution should be taken: avoid leafy vegetables, ask your host or hotel if they use filtered water before you have coffee or tea, avoid most meats when served

outside of a home, starches are usually the safest foods when prepared properly.

- Nausea: saltine crackers are good to help settle an upset stomach on a long flight. If you get motion sickness, take Dramamine or over the counter meds. Your doctor can prescribe you something stronger.
- Keep your passport, plane tickets, and a copy of your flight itinerary back to the states on you at all times; you cannot leave the country without them. Never leave them at the hotel – never leave them with someone else.
- Money should be divided into different increments. Usually twenty-dollar bills are most versatile; however, one hundred-dollar bills bring in a better exchange rate. When getting your traveling money, make sure the bills are new or slightly used with no writing or markings on them; new bills are the best.
- NEVER MAKE JOKES OR COMMENTS ABOUT A WEAPON OR A BOMB AT THE AIRPORT. YOU WILL BE ARRESTED.

MEDICAL CARE ON THE FIELD

It is a good idea to check if your present medical policy covers you outside the country.

Make sure your team leader is aware of all of your medical needs before you leave. Remind them of any special needs you have.

Make a list of all your prescriptions and allergies in case of an emergency. Keep this list with you at all times and give a copy to your team leader.

Be sure to bring all prescription medications in their original container. You can use your daily containers after you arrive. Make sure you have enough medication to last the entire trip.

It is always a good idea to have a current tetanus shot.

AIRPORT INFORMATION

Departure from the USA:

1. Call or check on line at least 24 hours prior to departure to confirm your flight and seating.
2. It is recommended that you arrive at least two hours before you are scheduled to leave.
3. Before leaving for the airport, make sure you have your passport, tickets, and the credit card you purchased your tickets with.
4. Remember to contact your credit card company to inform them you are leaving the country and a list of the countries you will visit. Give the dates that you will be gone.

At the Airport:

1. It is required that you check-in at least two hours prior to your international flight departure.
2. Upon check-in you should secure your boarding passes. Your boarding pass will tell you the flight number and the gate number. It also gives you your seating assignment. In most cases, your local airport facilities will be able to assist you with your international flight needs. Go to any

ticket counter and someone will help you. Remember the gates can be a very long walk.

3. Be sure to check your luggage all the way to the final destination.
4. Be sure that your baggage claim tickets show your final destination (the agent will staple them to your ticket portfolio).
5. Make sure your airline name and flight number matches with the gate you are waiting in. You could miss your flight if you are not in the right place.
6. In most cases, you will fly into a major international airport to make your transoceanic flight. After checking in, proceed immediately to the international departure gate. Look for the team leader; the entire team will board the aircraft together. You will be teamed with a partner for traveling.

Arrival in a Foreign Country:

1. After deplaning, go through passport control. Present your passport to the agent and any entrance forms you had to complete on the plane.
2. Locate Baggage Claim, pick up all of your luggage, and proceed to the Customs Checkpoint. (Sometimes they do not check any bags; other times they may want to check all of them).
3. After customs, everyone is to group together again before

departing the airport.

4. Never wander away from the team while in the airport, baggage claim, or custom areas.
5. Be courteous and patient with the officials.

Departing from a Foreign Country:

1. You must check in with your airlines 72 hours prior to your departure time. The team leader will do this. Please make sure you have sent a copy of your flight itinerary to the team leader.
2. Arrive at the airport three hours before your flight.
3. You will need to go to the International Airport, not the Domestic airport. (Some cities have two airports).
4. Go to the airline ticket counter; check your luggage all the way to your final destination (The same as when you left the USA.). Be sure to get your boarding passes and, check baggage tickets. Your flight number, gate number and terminal will be on your boarding pass.
5. Go directly to your departure terminal.
6. You need to be at your gate and ready to board at least one hour before departure.

Arrival in the USA:

While you are on the plane returning home you will be given a form to fill out. It is your declaration of purchases. This form

must be filled out. You only need to declare \$800 and up. (This is to declare all merchandise bought in foreign countries).

1. You must go through Passport Clearance.
2. DO NOT USE YOUR CELL PHONE IN THE BAGGAGE CLAIM AREA OF CUSTOMS!
3. Pick up your luggage and proceed to Passport Control and Customs checkpoint. At this point, give them the Declaration Form you filled out on the plane.
4. If you are traveling on to another city, re-check your baggage after you clear customs, proceed to your departure terminal, and check in at the counter.
5. If you are at your arrival city, proceed to the parking area or outside for your ride.
6. I would advise that you do not try to travel very far by car once you arrive unless someone else is driving for you. It would be in your best interest to get a room for the night and start afresh the next morning. The reasoning for this is that you will have been up for at least 24 hours or more; please be careful.

SECURITY CHECKLIST

- Non-ticketed passengers cannot go beyond airport security checks. It is best if the person taking you to the airport simply drops you off at the ticket counter.
- When checking in at the airports overseas take your luggage and go quickly and directly to the check in counter. Do not stop off at vendors or stores outside of the airport.
- Be at your departure gate one hour prior to your scheduled departure. Random checks will be made at the gate that could take extra time.
- Make sure you have nothing in your carry-on luggage that might be a security risk. If you are unsure of what you can pack, call the airline.
- Never joke about terrorist activities such as bombs, guns, knives, etc. This could get you immediately arrested by airport security.
- Avoid: logo wear and slogan wear; shirts, caps, and baggage that have English writing or American slogans all suggest that you are American.
- Dress discretely; collared shirts with buttons and non-denim pants are less likely to draw attention.
- Make sure to keep your passport in a secure place and on your person at all times. Also, have a copy of your

passport in your luggage.

- Check in with the US Embassy by phone or fax.
- Shopping: the way you spend your money is a definite marker for potential thieves. Put the money you plan on spending in your pocket or wallet. An obvious sign that you are carrying large amounts of money is when you reach under your shirt or belt to retrieve it.
- Speak low and be courteous. Loud speaking will draw attention. Do not give away your daily schedule to potential kidnappers or thieves.
- Cooperate at customs, borders, and other critical transition points. Being patient may save a lot of unnecessary frustration.
- Obey the laws and customs. You are subject to the laws of the country you are visiting. Your Constitutional rights mean little when you leave the boundaries of the USA.
- EYES WIDE OPEN AND MOUTH SHUT APPROACH. Be yourself, but keep it a low simmer.

FINAL CHECKLIST

Ask yourself these questions before you leave on a trip:

- Do I have my passport?
- Do I have my tickets?
- Do I have my money?
- Do I have my shot records?
- Do I have all my medications?
- Have I sent in all my required forms?
- Do I have copies of my flight itinerary?

IMPORTANT CONTACT INFORMATION

Rock of Ages Prison Ministry
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Cleveland, TN 37323
423-479-3243

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P.O. Box 164
Century FL 32535

Office 850-256-0044
Home 850-256-4201
Cell 850-261-0480

- Name address and contact numbers on the foreign field will be sent with a coordination letter once a commitment to the trip has been made.
- Please make sure that all this information is left with your spouse, parent, or emergency contact.

Lamentations 3:51 “Mine eye affecteth mine heart...”

We hope that your trip will cause you to see missions with a different light. It is our prayer that the LORD will give you a greater burden for the lost of the world because of your decision to accompany us to the foreign field.