



International Mission Team Travel Packet

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Living Hope

FOR CHILDREN

Encourage. Equip. Give Hope.

Contents:

About Uganda -----	3
Mission Mindset -----	5
Our Ministry Partner, Hope Partners Africa -----	6
Short Term Mission Trip Participant Information -----	7
Packing List -----	11
Timeline for Traveling -----	13
Quick Guide to Rukiga / Runyankole -----	14
<u>Documents to be Filled out and Submitted to LHC Prior to Departure</u>	
Application -----	16
Waiver of Liability -----	17
Personal Covenant -----	19

About Uganda

We are so excited that you are taking your first steps on your journey to Uganda with Living Hope for Children. We are thrilled that you will soon see firsthand how God is working through our programs, and that you will be able to experience the joy, steadfast faith, and resilience of the Ugandan people. We hope that you fall in love with Uganda and her people- we certainly have!



Uganda is a breathtakingly beautiful country, and an international tourist destination for its mountain gorillas, white water rafting on the Nile River, mountain climbing, and first-class national parks. It sits on the equator which yields a mild 78-84 degree Fahrenheit temperature all year. It is slightly smaller than the state of Oregon, and has a population of 49 million. Kampala is the largest city in Uganda and the capital of the nation. Independent since 1962, the country has a turbulent past, but since 1986 has been governed as a parliamentary democracy mirroring the British system. The nation's President is Yoweri K. Museveni. Uganda is regarded as the most stable country in East Africa and, as such is the logistics center for UN operations and the headquarters for regional U.S. diplomatic relations.

The present-day boundaries of Uganda were established in 1894 when the region became a protectorate of the British Empire, pulling a variety of African ethnic groups with different political systems and cultures into one region. Additionally, the British brought laborers from India to the area, some of whom stayed and settled in the country until the expulsion of Asians under Idi Amin in 1972. You will notice the influence of both British and Asian residents on the cuisine, especially in restaurants. Ugandan schools follow the British system, with Primary school serving grades 1-7 and then secondary school having another six levels- four years of ordinary and two years of advanced. Rigorous testing dictates academic advancement, as in the British system.

While Uganda's climate is generally mild and pleasant, it does have distinctive wet and dry seasons. The wet season runs from September to November and March to May; the other months are considered dry season. Living Hope operates in central to southwestern Uganda, in a few distinct areas of Uganda in terms of geography. You will notice some climate differences between the flat lands of Kagadi and the hills of Kishanje. Be sure and check the weather before you go for each city/area you plan to stay in, and pack accordingly.

Uganda is a nation of strong faith. The majority of the population identifies as Christian. Islam is a growing, but still minority, religion. As in the western world, a growing number of people are no longer affiliating with established religions. Also practiced are traditional religions, some incorporating Christianity. Prominent

denominations include Roman Catholic, Presbyterian, Pentecostal, and Anglican (Church of Uganda). There is an active cult in one region where we operate. If you go to Kagadi you may observe large groups of people wearing white traveling together- these are cult members. On your trip you may encounter people whose religious practices fall far outside of our norms. As you prepare for your trip, we encourage you to heed the exhortation of the Apostle Paul to put on the full armor of God (Ephesians 6:10-18) and take the time to spiritually prepare yourself for the work you will be doing.

The people of Uganda are known for their hospitality. They are happy to greet you and shake your hand, although this has somewhat been replaced with fist or elbow bumps due to Covid. If someone offers you their wrist/arm rather than their hand it is probably because hands are wet or dirty. It is common to see men holding hands as they walk or put their arms around each other; this is a habit of friendship and not a romantic gesture. Public displays of romantic affection are rare and are considered obscene.

Uganda has received much publicity about its stand on homosexuality. Nationwide, the subject receives an openly negative reaction. If someone is caught in a compromising situation with a member of the same sex or if someone... Ugandan or not... is discovered soliciting a young person of the same sex for sexual favors, the penalties are swift and severe. At one time there was a proposal for imposing the death penalty for people who exhibit such behavior with minors, but that law was never enacted. It is, however, a testament to the strong antipathy toward same-sex relationships that exists in the country.

For many people, the sight of a white person is a novelty, especially in rural villages. Children, excited to see a van full of foreigners, will often yell "Mzungu," which is a person from the white tribe. Give them a wave and a smile! You may experience village children asking for money as you drive by, we ask that you not throw money, or any other items, out of ministry vehicles.

Uganda has a variety of local dishes that we hope you try and enjoy. This includes delicious fresh fruits and juices like passion fruit, pineapple, many varieties of bananas, watermelon, mango, papaya, and jackfruit, and vegetables such as corn, dodo, greens, pumpkin, and potatoes. Many people enjoy chapati, rolex (eggs on chapati), rice and beans, matoke with gnut sauce, and various meat stews. Our Ugandan staff scout out locations that prepare food carefully for foreign stomachs, and many grocery stores offered safe packaged snack options. We always encourage you to be careful in your food consumption in order to avoid travel illnesses. This would include only drinking bottled or boiled water or soda, and avoiding salad greens and perhaps dairy products. Consuming most street food is not recommended, but there are some exceptions. If you see something that you would like to try, please ask your mission trip leader to find out from staff if there is a fresh and safe option available.

Mission Mindset

As visitors to Uganda, we come to do the work of the Lord alongside our colleagues at Hope Partners Africa. As missionaries we encourage you to embrace the following values for a great trip:

- Partnership: Uganda has different cultural norms, and that the best way for us to respect and navigate these differences is by listening to the leadership and staff of Hope Partners Africa.
- Connection: We travel to Uganda to demonstrate our love for the people in our care and to share God's love with them. Prioritize spending time with the children and guardians to build relationships. Take the time each day to connect with the Lord both individually and as a mission team for spiritual refreshment and growth.
- Service: We come to serve and not to be served. Missions work is wonderful, but it can be physically hard. Expect to be exhausted! Also, expect some bugs, dirt, and (in Kampala) smog.
- Humility: We come to teach but we also come to learn. Have an attitude of openness to the things God wants to teach you through this trip.
- Flexibility: The one thing we can count on is that the trip will not go exactly as planned. Prepare to be adaptable and to adjust to changes in plans.
- Honesty: Please be honest with your mission team leader if you find yourself overwhelmed or overstretched. You may see and experience things that are hard to take in. Your mission trip leaders understand.
- Positive outlook: Focusing on the amazing things God is doing through the ministry, the beauty of Uganda, and the wonderful people you meet will help overcome any discomforts you will experience.

Hope Partners Africa

Our ministry partner in Uganda, Hope Partners Africa, ministry leadership includes:

Herbert Ainamani, PhD – Chief Executive Officer. Oversees the running of the ministry.

Aggrey Ahimbisibwe –Director of Finance. Oversees accounts receivable, accounts payable, project budgets, all accounting, and annual audit.

Sarah Ainamani – Child Sponsorship Coordinator. Oversees social workers at all locations and maintains child records.

Brenda Ninsiima - Health Outreach Coordinator. Oversees the nurses in our schools and our medical outreaches.

Isaac Kamuntu- Discipleship and Evangelism Coordinator. Oversees discipleship program for the ministry and is head teacher at our Hope High School in Rubanda.

Joseph Namanya- Administrative Assistant and photographer.

Short Term Mission Trip Participant Information

Living Hope for Children is delighted you have answered God's call to share in the work we are doing in Uganda. This packet has been put together to assist you in preparing for your trip and hopefully answer many of the questions you may have.

Mission Trip Coordinator

Your first step in planning a trip to Uganda is to request a Mission Trip Coordinator (MTC) from Living Hope for Children. The MTC will work with the staff in Uganda and the mission trip leader to plan the itinerary. S/he will also help you through the paperwork and will schedule an orientation for you and your team in advance of departure. Even if you know Hope Partners Africa people in Uganda, it is important to plan your trip through the MTC in the U.S. Please contact the MTC at info@livinghopeforchildren.org.

Estimated Costs

Your mission trip leader will provide the actual cost for your trip. In the past, round-trip airfare from Chicago has run from \$1,000 to 2,000 per person. In-country costs for accommodations, meals, transportation, tours, and tips will depend upon the requests and size of your team and can range from \$80-125 per day. All rates are for double accommodation. Single accommodation can usually be arranged for an increase in the daily fee. Our MTC will work with you to assess the costs of your planned trip and supply you with an accurate in-country daily rate. Any funds remaining at the end of the trip will be used for ministry purposed.

A Uganda one-time visa costs \$50.00, and must be purchased online through the Ugandan Embassy. For those traveling to Rwanda first, a Rwanda one-time visa costs \$50.00 at Kigali airport or you can arrange them online at www.rwandaembassy.org. Alternately, you can purchase an East African Tourist Visa which will allow travel between Uganda, Rwanda, and Kenya for \$101.00. You cannot apply for an East African Tourist Visa if you already hold a visa for Uganda, Rwanda, or Kenya. These visas can be obtained online www.immigration.go.ug/services/east-african-tourist-visa.

International travel medical insurance is required and runs from \$50-150 per person. We also ask that you undergo a one-time background check or provide us with the results of background check run by a partner church, these tend to cost between \$25-50. We require that you purchase travel insurance that includes a medical evacuation policy, and we recommend a policy that covers travel delays/cancellations as you will be responsible for all costs if required.

Insurance sources we have used in the past include:

Atlas Travel: www.atlastravel.com

AIG Travel Guard: www.travelguard.com

Multiple carriers: www.insuremytrip.com

Additional costs may be incurred for immunizations prior to your trip. There may be extra costs and requirements for Covid-19 while in Uganda, your MTC will keep you updated.

Although your meals are included in the daily rate, you may want to bring a little extra money for snacks and souvenirs. Many of the guardians at our various care points have crafts or baskets for sale, and we can also make sure you have time to visit a craft market and a grocery store before you leave, so you can bring a bit of Uganda home with you. Please be sure and check the US customs website before you buy food products or items made of natural materials to prevent confiscation of your precious mementos.

Personal Covenant

Living Hope for Children requires that all travelers agree to the Personal Covenant included with this document. You or your team leader will be responsible for collecting this document from each traveler and forwarding it to Living Hope prior to departure.

Application and Waiver of Liability

Living Hope for Children requires that all travelers fill out a Mission Trip Application and sign our Waiver of Liability. Your church or sponsoring organization will collect this document from you and forward it to Living Hope. If you are traveling independently, you may send it to Living Hope directly. It is essential that we have this document in our hands prior to your departure. Each person must fill out an application and waiver even if multiple members of one family are traveling together.

Payment for Trip

If you are traveling with a church group or sponsored organization, you will most likely make payment for airfare directly to that organization which will, in turn, pay for travel services. If you are traveling independently, you may pay the travel agent for airfare directly. **In-country costs must be paid to Living Hope for Children no later than 30 days in advance of departure.** The date for this will be worked out with your MTC. Funds will be wired to mission team personnel in Uganda prior to your arrival.

Cancellation

If you cancel your participation in this trip prior to the departure date, the only way you can get a refund is if you purchased trip cancellation insurance. Some in-country costs apply to the entire group's travel and are not refundable.

Booking Air Travel

Airline tickets are the responsibility of each team. Flights may be booked through any travel agency, but most of our groups use Adoption Airfare:
www.adoptionairfare.com.

In order to fly at a missionary rate, some airlines require a letter from the missions organization certifying that the people who are going are actually going to assist the organization. Should your travel agent request such a letter from you, please make that request to your MTC via info@livinghopeforchildren.org.

The missionary or humanitarian rate is not always the best rate, so we encourage you to have your travel agency check all options for your trip.

Passport / Visa

The traveler assumes all costs for passports and visas needed prior to arriving at Uganda. **Very important:** Be sure the expiration of your passport is more than six months away from your date of return to the U.S. You should purchase your visa online through the Ugandan embassy **at least thirty days** prior to departure:
<https://visas.immigration.go.ug/> or <https://washington.mofa.go.ug/>.

Covid-19 Requirements

As the situation with Covid develops, requirements can change quickly. Each team must stay up to date on the requirements of both Uganda and any country they are passing through. Currently, all in-bound and outbound passengers are required to show proof of full Covid-19 vaccination. Bring a paper copy of your vaccination record. Travelers with partial or no vaccination are required to present a negative PCR test done within 72 hours of travel. Additionally, in and out bound travelers are subject to temperature screening at Entebbe.

Additionally, teams should be aware that if they test positive for Covid-19 while in Uganda, they will be subjected to Uganda's current public health policies (previously, this was a seven-day isolation period). Teams should have a prior discussion about this and a plan in place should this occur. We recommend purchasing a travel medical insurance plan that will reimburse you for expenses accrued during isolation, as these expenses are not covered in our mission trip rates.

Recommended Vaccinations

Contact your physician, a local travel clinic or your county health department to receive recommended immunizations as soon as you commit to traveling to Uganda due to current shortages of many travel vaccines. Shots should be administered no later than six weeks prior to the trip to allow them to take effect. Typically, none of these immunizations are required for entry into Uganda but are required when you are coming from the U.S. Your MTC will know the entry requirements and advise you

to get the appropriate shots and documentation. If funds are limited, items 1-3 are the most highly recommended.

1. Yellow fever (required)
2. Typhoid
3. Hepatitis A
4. Polio
5. Tetanus-diphtheria booster

Prescription Medicine

If you take prescription medicine, make sure you bring enough for the whole trip plus a few extra days in case of flight delays. When bringing prescription medicine, be sure to leave it in original containers. Please notify your MTC of any food allergies or medical conditions if it might be important for your safety. This information will be passed to the people in Uganda.

Safety requires you to obtain a prescription for the following:

1. **Malaria medication** (required). Malarone is a daily medication that tends to have the fewest side effects. Mefloquin (Lariam) is weekly, however it can have psychiatric side effects (bad dreams, anxiety etc). Doxycycline is daily, but it can cause you to be sensitive to the sun, which might cause discomfort since Uganda is on the equator. Discuss each with your physician to see which is right for you.
2. **Cipro** (required) is an antibiotic that your doctor prescribes for severe diarrhea that does not resolve with Imodium.

Money

The currency of Uganda is the Ugandan Shilling, exchanging at approximately 3,500-3,750/= per US dollar. The most effective way to carry money to Uganda is to bring cash in \$100 bills that were issued in the year 2015 or later and are in good condition (no rips or tears). Those can be changed to shillings at a local Foreign Exchange (Forex) office. Lower denominations are not accepted, so please stick with hundred dollar bills. ATMs are available at banks in most towns, but may not connect to your bank's network in the U.S. As previously discussed, money for your daily needs will be sent through Living Hope for Children prior to your trip, so you do not need to bring large quantities of money.

Packing List

First Aid Items

These items can be carried individually or as a first aid kit for the team:

1. Imodium or other anti-diarrhea medicine
2. Laxative
3. Assorted bandages
4. Antibacterial cream (like Neosporin)
5. Hydrocortisone cream
6. Antihistamine tablets
7. Motrin, Advil or Tylenol
8. Powdered electrolyte packs (Gatorade or Pedialyte) for rehydration
9. Aloe vera gel for sunburn
10. Tums/Antacid
11. OTC sleep aids such as melatonin or Advil PM

Everyone should carry:

1. Sunscreen (no stores sell sunburn products in Uganda)
2. Mosquito spray / cream (DEET is most effective)
3. Hand sanitizer and/or hand wipes (70% alcohol or more recommended).

What to Bring (and what to leave at home)

DO NOT BRING:

- Candy or gifts to hand out to individual children. It is important that missionaries control the urge to just give treats to individuals, especially children. Such actions create expectations that can be detrimental to the ministry and the community.
- Valuables such as diamonds, jewelry, expensive watches or new/costly electronics. Theft, especially in Kampala, has increased. Cell phones and computers are of special interest to thieves. We encourage you not to bring anything that would be difficult to replace if it were stolen. When you are traveling in a vehicle, keep the doors locked and DO NOT browse your cellphone or other electronics while stopped in traffic.

DO BRING:

- Items collected for the ministry such as clothing, children's shoes, books, sports equipment (esp. soccer), and school supplies. These will be distributed according to standard ministry guidelines; they will be accepted by the community with gratitude to you and God. Your team leader should have consulted with the Ministry to discover the most current urgent needs and will guide you in a team-wide collection effort.
- Ministry items. Please reserve space in your luggage for ministry items (ie, mail from sponsors or other requested items from the staff); your MTC will coordinate this with you. If you are bringing medical supplies, contact info@livinghopeforchildren.org for the latest needs and shipping requirements.

PERSONAL ITEMS:

- A small backpack or fanny pack to carry all personal items for the day
- Minimal electrical appliances; pack an international power adapter that will allow you to charge with a 220-volt British plug
- Power bank(s) for charging cell phones, as electrical outages can be frequent and unpredictable. Many places we stay will have generators, but they do not usually run overnight.
- Hat for sun protection
- Work gloves for building projects, where applicable.
- Enough undergarments for trip (your host family or hotel may do some laundry for you if you ask. However, out of courtesy, they will not wash your lingerie)
- Sturdy walking sandals (such as Teva, Keen, etc), gym shoes, hiking shoes (if you are visiting a mountainous area), and nicer sandals for church days.
- Clothing:
- Women's clothing: comfortable, wrinkle free skirts and dresses that hang **below the knee**. Bring one nice dress for Sunday church. Capri pants and jeans are ok for travel days or working. Do not wear leggings unless you pair them with a longer, tunic style top (which can hit above the knee but should come to mid-thigh or longer). No short shorts. No camisole, spaghetti string, or tube tops. A dress or shirt with thin straps may be paired with a sweater or shirt to cover the shoulders. Shirts must be modest.
- Men's clothing; wrinkle free pants and shirts. T-shirts and collar shirts only. Avoid t-shirts with slogans or imagery that might be considered rude or inappropriate. Shorts are fine except for church, so please pack at least one pair of pants.
- A light jacket or sweater for evenings
- Warmer (sweatshirt weight) clothing and socks for sleeping in Rubanda and Kabale districts; it gets cold in the highlands.
- A lightweight raincoat, poncho, and/or umbrella.
- Febreeze for the clothes in your suitcase.
- Plastic (grocery store) bags to store your shoes in; they can become full of red mud and can be a mess to pack when moving from place to place.
- Alarm clock (cell phone is fine)
- Ear plugs and a white noise app on your phone, to assist with sleep.
- Washcloths (optional, quick dry types are best)
- Pillowcase (optional)
- Small mirror to fix hair, shave etc; some accommodations do not have mirrors
- A hanging toiletry bag is useful for those who take more than a toothbrush-many accommodations do not have counter space for personal products.
- Shower/water wipes (optional)
- Flashlight or lantern
- Notebook or journal
- Bible
- Camera or phone with camera

- Snacks for in-between meals or long journeys (especially if hypoglycemic). Nuts, trail mix, dried fruit, beef jerky, power bars and M&M peanuts travel well.
- Flavored tea or lemonade in powder form for bottled water also works well. If you are a vegetarian and do not eat eggs, you might want to bring protein bars as not all places have vegetarian options that are high in protein.

It is very helpful for one member of the mission team to have a handheld luggage scale. Each team only needs one, but many airlines are very particular on the trip home about the weight of both checked and carry-on luggage. You can save yourself a big headache at check in if all bags have been weighed and the luggage restrictions of your airline have been carefully adhered to.

Timeline for Traveling

1. Prepare for this trip in prayer
2. 6-9 months- Secure a Mission Trip Coordinator (MTC) via livinghopeforchildren.org. You will be advised to download this packet of information to begin the process of preparation. Read the packet and prepare questions for your MTC. Remember, s/he is there to help you prepare well and have a successful trip.
3. 6 months- Secure funding for your trip
4. 6 months- Make sure your passport is current and not due to expire within six months of your last day in country. Apply for passport renewal if you do not already have travel documents.
5. 3+ months -Read vaccination requirements and schedule a time to get any that are not current. Some vaccinations require a series of shots over a span of time.
6. 3+ months- You or your Trip Leader are responsible for securing air travel. Reservations recommended at least 90 days in advance.
7. 1 month to 2 weeks- Plan to attend at least one orientation session in-person or on-line prior to travel.
8. 30 days- apply for Ugandan visa, send funds for in-country travel through Living Hope for Children.
9. 1-3 days- complete Covid testing and paperwork for both Uganda AND the country you transit through.

Quick Guide to Rukiga/Runyankole

(This language is generally spoken everywhere we work except Kampala)

K is often pronounced "CH"

Example: Rukiga= Roocheega

C is often pronounced "CH"

Example: Kacerere=Kacha-rarreh

KY is often pronounced "CH"

Example: Kyotera=Cho-tera

R is often pronounced as an "L"

Example: Kare= Colley

GY is pronounced as a "J"

Example: Tugyende= Tuh-jenday

Multiple vowels mean stretched out sound Example: Omusiisi= oh moo seeeeee si

J is pronounced as a "ZH"

Example: Kwija= Kwee-zha, Najuna=Na-zhoona

E at the end of a word is "AY"

Example: Arahe = Ara-hay

Useful words and phrases:

Praise the Lord: Mukama Asiimwe
Praise Him indeed: Asiimwe Munonga

How is everyone? Murigye Mwena?
We are fine Ego, Turigye! Note: Ego (ay-go) means "yes"

My name is... Iziina Ryangye Ninye...
I am called... Nebanyeta...
I come from America Ninduga America
What are you called? Nibakwetoha?

I was a sinner but Jesus saved me Nkaba Ndi Omusiisi, Jesu Na Kanjuna
Now I walk with Jesus Ningyenda Na Jesu
I greet you in Jesus' name Nimbaramusya Mwiziina Rya Yesu
I am happy to come here Nashemererwa Kwija Hanu
Is there any hot water? Hariyo Amaizi Agari Kwotzia
May the Lord bless you. Mukama Abahe Omugisha

Thank you (very much) Webare (Munonga)
Let us pray Katushabe
Let's go Tugyende
Smile! Sheka (or sheka sheka) (many = msheka)

Hello, how are you? Agandi
I am fine. Nigye (pronounced Nidjeh)
Good morning Oreiregye
Good afternoon Osibiregye
You are welcome (to my house) Mwebare Kwija
Goodbye (okay) Kare (pron. Colley)

Bye bye	Kare Kare
Goodbye, Sir	Kare, Sebu
Goodbye, Lady	Kare, Yabu
Goodbye to several men	Kare, Basebu
Goodbye to several ladies	Kare, Bayabu

I am tired	Naruha
A drink	Ekyokunywa
Motorcar	Emotokar
Where are you?	Olyankahe

Father	Tata
God	Ruhanga
Jesus (King)	Mukama
Grandfather	Shwenkulu
Grandmother	Makaaka
Uncle	Shwento
Beautiful	Nimurunji
It is good	Nikirunji
Respected elder	Mzee (muh-zay)

Though it is in the Luganda language and not Rukiga, you will hear this song often when giving thanks to God:

Tukutendereza, Jesu,
 Jesu Orimwana Gwandi-ga
 Omusai Goo-na Na-zi-za
 Nebaza
 Omolokozi.

Participant Application and Waiver

Short Term Mission Trip – Living Hope for Children

Traveling as a short term missionary for Living Hope for Children (LHC) is not the same as typical vacation travel. You will visit remote areas of the world where logistical requirements for volunteers may involve modes of transportation and/or accommodations that are unfamiliar to Americans. In addition, LHC Short Term Mission trips contain the full range of risks and inconveniences of international travel and volunteer service including physical labor, timing delays, decision frustrations, surprises and changes in plans. It is important that you realize these facets of missionary travel are not meant to be an irritation but are, in fact a valuable part of the cross-cultural experience. As a necessary precaution, LHC requires that each program participant understand and execute the following application and waiver.

Participant Information – Please fill in all blanks

Name as it Appears on your Passport _____

Preferred Name _____ U.S. Passport No. _____

Address _____

City _____ State _____ Zip Code _____

E-mail Address _____

Phone Numbers: Home/Cell (____) _____ Work (____) _____

Emergency Contact Name: _____ Phone #: _____

Your Relationship to Emergency Contact: _____

Emergency Contact E-mail address _____

Male _____ Female _____ Occupation _____

Single _____ Married _____ Name of Spouse _____

Past Missions Team Experience (year/place/sponsoring organization)

1. _____
2. _____

This Trip's Sponsoring Church or Organization: _____

Living Hope for Children – Post Office Box 2384 Glen Ellyn, IL 60137 318-686-7491

Waiver and Release of Liability

I, _____, hereby apply to Living Hope for Children (LHC), a charitable organization recognized by the U.S. Internal Revenue Service as a 501(c)3 not-for-profit corporation, to participate in the mission trip to Uganda, East Africa, scheduled for the dates from _____ to _____. LHC provides advisory services regarding the planning and logistics of this trip. In consideration of the mission opportunities provided to me by the LHC or any other sponsoring organization, and through the advisory services provided by LHC, which I agree are adequate consideration, I agree to what follows.

Acknowledgment of Risks. I acknowledge that I am a volunteer and assume all risks associated with international travel to non-tourist locations. I understand and acknowledge that due to the nature of the trip, preparing for it, traveling to and from it, and actually participating in it, involves risks of damage to or loss of property, harm to my body, mental faculties, or emotions, or those of my family and even death; by signing this legally binding contract, I hereby assume those risks. Sources of damage, loss, harm or death may include, but are not limited to, (1) harmful acts or failures to act in harmony with employees, agents and volunteers of LHC and other trip participants, who have varying levels of knowledge, experience, and judgment; (2) a remote, primitive, unsanitary, dangerous and at times inaccessible location; and (3) potentially dangerous construction work. I understand and acknowledge that LHC will act according to recognized mission agency procedures in the unlikely event of a kidnapping or hostage situation and will attempt to negotiate the release of a trip participant, but will not encourage the future abduction of missionaries by paying a ransom of any kind. I agree expressly and voluntarily to assume all risks and full responsibility for any bodily injury, death or property damages arising out of or related to this trip.

Acknowledgment of Insurance. I acknowledge that I have been advised by LHC to purchase international travel insurance to cover any necessary medical or evacuation expense while traveling. I hereby attest that by departure date I will have purchased international travel insurance and will provide the ministry a *bona fide* receipt for same.

Facts About Me. I am _____ years old. I am in good health and sound mind, and able to understand this Contract. I have or will discuss my participation in the trip with my physician, have or will receive any vaccination he or she deems necessary, and will participate in the trip only if I have received his or her approval and believe that I am able to endure the physical requirements that may be associated with such participation. If I am under the age of 18 years, it is understood that all risks assumed here will be borne by my parent or guardian as agreed by signature on this Contract.

Approval for Participation. I acknowledge that LHC reserves the right to deny participation in this mission trip to any applicant and I will abide by any such decision.

Covenant Not to Sue, Release, and Indemnity. I promise the following: (a) I WILL NEVER SUE LHC FOR DAMAGES, including damages resulting from LHC's negligence (excepting its willful and wanton misconduct.) That means that I hereby agree and covenant not to institute and suit or action at law or at equity against LHC. I intend this Instrument to be defense to any such suit or action, and a complete bar to the commencement and prosecution of any such suit or action. (b) I RELEASE AND DISCHARGE LHC FROM AND WAIVE ANY AND ALL LIABILITIES.

(c) I WILL INDEMNIFY, HOLD HARMLESS, AND DEFEND LHC FROM ANY AND ALL LIABILITIES, including liabilities arising from its negligence, (excepting its willful and wanton misconduct), and including liabilities arising from my actions. In addition, I hereby give LHC permission to use my image as captured by still or video photography for ministry purposes.

Definitions. When I use the following words, I mean the following: (a) "DAMAGES" means any damage of every kind and nature, including damage or loss to property, financial loss, harm to body, mental faculties or emotions, or death, resulting from, in connection with, or in any way related to the trip whether caused by LHC's negligence (excepting its willful and wanton misconduct), or any other cause. "DAMAGES" includes, but is not limited to, damage that occurs or is caused during the planning of, preparation for, travel to or from the site of, and actual conduct of, the trip. (b) "I" means myself, my spouse, members of my family, my insurers, heirs, estate, legal representative, executor, administrators, successors, and assigns. (c) "LIABILITIES" means any liability of every kind and nature in connection with my participation in the trip, including any and all causes of action, actions, suits, claims, demands, rights, damages, judgments, executions, court costs, attorney and other legal fees, and including such liabilities that arise from claims for contribution by others that I have sued or from whom I have received compensation for DAMAGES. (d) Living Hope for Children (LHC) means its directors, officers, employees, agents, volunteers, affiliates, associates, sponsoring churches, and cooperative institutions, including the spouse, insurers, heirs, estates, legal representatives, executors, administrators, successors, estates, and assigns of the foregoing.

Governing Law and Disputes. I agree that the laws of the State of Illinois only will govern every aspect of this Contract, and my rights and responsibilities in connection with the trip. I intend this Contract to be as broad and inclusive as permitted by the laws of the State of Illinois. I may sue only in state or federal court in DuPage County, Illinois.

Complete Reading and Understanding. I have carefully read this Agreement and fully understand its contents. I am aware that this is a complete and irrevocable Release of Liability and a Contract between myself (along with my parent or guardian if applicable) and Juna Amagara Ministries and/or their affiliates. No oral representations, statements or inducements apart from this Agreement have been made by me. I sign this Agreement of my own free will.

Signature of Applicant (Releasor)

Date: _____

By: _____
Signature of Applicant

Printed Name

Parent / Guardian (if applicable)

I have read this document and agree to be governed by all of its terms and conditions as they apply to my child during this trip

Date: _____

By: _____
Signature Parent/Guardian

Printed Name

Witness Signature

Date: _____

By: _____
Signature of Witness

Livings Hope for Children Trip Personal Covenant

As a traveler to Uganda for Living Hope for Children, I agree to conduct myself in a courteous and respectful manner both to people in Uganda and my fellow team members. In this regard, I hereby agree to:

- Accept responsibility to represent myself and my organization with dignity and cultural sensitivity by being a positive role model in Uganda.
- Accept and submit to the leadership and authority of the team leader and promise to abide by his/her decisions as they concern this mission trip.
- Abstain from and not tolerate physical or verbal abuse of people or animals.
- Abstain from and not tolerate foul language, jokes or gestures, being especially insensitive to cultural differences in gestures and clothing, politics, customs or traditions.
- Not attempt to establish my own agenda or methods, but instead will comply with nationals and show deference to customs and differences in lifestyles.
- Not use any forms of tobacco, alcoholic beverages or prohibited substances while in country.
- Refrain from giving gifts (money, clothing, jewelry or other items) to individuals. If I feel compelled to make a gift to someone I have met, I will first consult with the team leaders before promising or making such a gift. This covenant does not apply to host gifts.
- Refrain from promising sponsorship to any individual without first consulting Living Hope for Children MTC or Hope Partners Africa team leaders.
- Care for and manage all property and equipment both owned and borrowed by Living Hope for Children and Hope Partners Africa their agents or other members.

I agree that in the event my conduct is considered so unsatisfactory that it jeopardizes the success of this trip, and that mediation during the trip has failed to correct my behavior, that my services in connection with this mission shall end and I shall return home immediately at my own expense.

In signing this covenant, I represent that I am eighteen (18) years of age or older. If I am under the age of 18, my parent or legal guardian signs on my behalf. This (these) signatures seal my acceptance of these conditions declared in this covenant.

Signature _____

Date _____

Parent / Guardian
Date

Printed Name _____

Printed Name _____