



## GPPD TRIP RULES & COVENANT

To be able to participate in this mission work, you must agree to abide by the general rules, ministry guidelines, dress code, and conflict resolution tips listed below. Please read through these carefully and check the box at the bottom indicating that you agree.

These rules are put in place to protect your physical safety, the ministry, and your overall experience. If you have any questions about the rules please contact Jonathan Grooms at [jgrooms@gpartners.org](mailto:jgrooms@gpartners.org).

### GENERAL RULES:

- **Alcohol, Tobacco, and Drug Use** during this trip is absolutely forbidden while working with Global Partners.
- **Maintain a positive attitude** regardless of circumstances. (Don't complain or state the obvious in difficult situations).
- **Encourage** one another and be flexible.
- **Be Considerate** of others' sleeping habits, quiet times, etc.
- **Be Neat:** You will live out of your suitcase and will most likely be in a room with others.
- **Show gratitude** to those that we minister with and to
- **Don't Expect** to be served, but display a servant's heart
- **There will be team meetings** throughout the trip to share and recap what is taking place and what God is doing in our hearts. Coming to this meeting is mandatory.
- **Be on time** to all team meetings, because you cannot afford to miss the vital information being shared as well as team exhortations.
- **Maintain Quiet Times on the Trip**– Worship, Bible Reading, Prayer, and Journal. Why? Out of the overflow of the heart the mouth speaks. Staying connected to God will help prepare you for all that He has for you daily.
- **Commit to Journal** during the trip and before and after as much as possible. Why? To record what God is revealing and teaching you. For those who are interested, there may be opportunities to share your story to encourage others in the GPPD family after the trip.
- **Personal Safety:** Never go anywhere without prior permission from your team leader and never by yourself.

### MINISTRY GUIDELINES:

- The most effective method is for guys to minister to guys and girls to minister to girls.
- Never leave the eyesight of your team when in ministry. You must remain with the group at all times.
- During Ministry Events, be aware of the team's departure times.
- Use every opportunity to be Christ and share His love with everyone you come in contact with.
- For single trip participants, we ask that there be no forming of new romantic relationships during the trip or PDA (including holding hands, extended hugs, or communicating any intent of a relationship). The trip is short and we don't want you to be distracted from Jesus and ministry. Note: Married couples, please disregard!
- Follow the Dress Code as outlined below.

### **DRESS CODE**

The goal of this code is to avoid damaging the reputation of GPPD, local ministries, or Christianity through offensive dress or unnecessary distractions. For many cultures, modesty is important. What would be considered "casual" in the US could be very shocking or provocative in some cultures. A good rule of thumb is to avoid tight clothing or showing too much skin. Loose-fitting clothing will also be cooler and more comfortable in summer. In general, avoid any hairstyle or outfit that could be shocking or attract comments from people on the street.

- **No shorts or sleeveless shirts** (men or women).
- **For Women:** T-shirts or button-up shirts are acceptable as they are not tight or revealing in any way. Pants are recommended as they are more practical than skirts or dresses, although you may choose to wear skirts if you prefer. Many women choose to wear long shirts, untucked, with pants.
- **For church:** Nice, clean clothes such as a polo or button up and khakis/black pants will be adequate for men. Shirts and ties for men are not necessary but are fine if that is what you are comfortable in. Women may wear a nice shirt and pants or a dress. Jeans are not preferred for church but are acceptable if they are not faded and don't have holes.
- **Tattoos** should be covered if at all possible.
- **Shoes:** Closed-toed shoes or sandals are fine depending on the weather forecast for where you are traveling.
- **Note For Middle East Trips:** Head coverings are NOT necessary or recommended for women to wear. If you wear a skirt it should be long, well below the knee, closer to ankle length. For men, long (shoulder length or longer) hair is

not acceptable here. Please make an effort to keep it covered with a hat to avoid attracting attention. No earrings or other body jewelry for men.

- **Exceptions to dress code: For any questions about exceptions or country differences, please check with a leader first.** Generally, shorts are ok when swimming or in a strictly tourist area. When swimming, it is best to wear a t-shirt (men and women). All women's swimwear should be one-piece and/or covered with a long t-shirt. Shorts are acceptable if you are not leaving the house or interacting with the opposite sex. Shorts may be ok while playing sports. When with Muslim or Arab people (many refugees) or devout Hindus (India), dress more carefully for their benefit.

### **CONFLICT RESOLUTION TIPS**

- If you have a problem with someone or something – DON'T complain to someone who can't do anything about it. Instead, take steps to solve it by dealing directly with the person with whom you have a problem.
- Keep the big picture in mind. Is there a Christian way to handle this? What is the most important thing – agreeing on the best way to accomplish tasks or being people of character?
- When someone complains to you, redirect them to someone who can address their complaint instead of listening to something not concerning you.
- Support communication - not factual dissension or justification of your position. Be honest, open, and flexible.
- Practice active listening. Remember that other people have valid points of view.
- Try not to take things too seriously.
- Seek a win/win solution.
- Once you have done everything in your power to resolve the issue, go to your ministry leader. If they cannot resolve it, they will take it to the team leader. The team leader has final authority on conflict resolution matters.

### **TEAM COVENANT**

I commit to give of myself to accomplish the things God has called me as an individual and us as a team to accomplish. By signing this covenant I commit to...

- Abide by the given rules
- Love and esteem others higher than myself

- Be honorable in my thoughts and actions
- Respect the team members, leaders, and pastors on this trip
- Encourage and include my team members
- Listen and obey God's Word and His voice when He speaks to me
- Glorify Christ and tell others about what He has done in my life.

I have read the information above, read the Resolving Conflict tips and agree to abide by the trip rules and team covenant.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_