

Global Urban Trek Essentials for Students

This is the Essential information all students must know before going on the Trek. An electronic copy of this is available for you to email students.

An expanded student manual is available on the Trek website.

Sample Schedule

June 18th – 22nd – Launch Site Orientation

June 22nd -24th – City Orientation

June 25th – July 8th – students at ministry sites

July 8th – July 11th – Mid-project Retreat

July 11th – July 25th – students at ministry sites

July 25th – July 26th – City Debriefing

July 26th – July 31st – Launch Site Debriefing

Please note that Orientation and Debriefing is required for the Global Urban Trek. If you intend to change your itinerary for personal travel, you must contact your director as soon as possible. You will need to pay for any expenses incurred for changing your itinerary for personal travel.

Communication

Telephone

- The Trek policy is that no team members are to make phone calls home during the Trek.
- Your director will be accessible during the Trek and will be able to contact anyone in case of emergency.

Email

- You may be able to email the first or second day we arrive during orientation.
- You will be able to email during the debriefing to let your parents know we're on schedule heading back to the US and send an update to prayer support groups.
- On the mid-project retreat you will get time to email so you can send updates and prayer items to your support team, and email your family.
- Encourage your family & friends to visit www.globalurbantrek.org during the Trek

Letters and Postcards

Some directors allow letters and postcards to be sent from friends and family. If available, an address will be provided by your director.

Emergency communication

InterVarsity Global Projects Office in Madison, WI : 608-274-9001 - Use this phone number during office hours Mon. - Fri. 8 am to 5 pm Central Time

Emergency Cell Phone (608-213-4823) - during non office hour emergencies only.

Passport

Make THREE photocopies of your passport

1. leave one copy with your parents
2. your director will keep a copy
3. you will keep a copy for yourself.

Of course you need to have your actual passport to get into your Trek country.

Visa

Obtain an appropriate visa for your orientation country AND your Trek country. Your director will have more specific details for you.

Packing

1 carry-on bag and a purse/satchel (22in x 14in x 9in or no larger than 45”) rolling bags are not recommended

The Packing List – What to Bring

This list contains the essentials and you should be able to fit it all into your carry-on and “purse”. This is not a starting point, but an exhaustive list of items to bring. You may bring less, but not more.

- **2-3 pairs of pants (women can substitute a long skirt for pants)**
- **3-4 shirts (collared shirt/blouse)**
- **1 light jacket or rain poncho or umbrella**
- **1 Modest set of pajamas**
- **1 Pair of modest shorts (For Mid-project and American Team time ONLY)**
- **1 one-piece swimsuit**
- **5 pairs of underwear (bras for women)**
- **3-5 undershirts**
- **1 pair of Sandals (to be determined by director)**
- **one pair of athletic shoes and socks (to be determined by director)**
- **Bedding: one SHEET, a sweatshirt that can double as a pillow**
- **Small towel or sarong**
- **soap**
- **shampoo (3 oz is all you can check, and will be plenty to get you by. The team will purchase larger bottles in country)**
- **toothpaste, toothbrush, floss**
- **deodorant**
- **Eye glasses, contacts (solution if needed)**
- **shaving gear**
- **feminine products**
- **sunscreen (bring a bottle, you can check your carry-on)**
- **Laundry detergent for hand washing**
- **Your Bible**
- **The Trek Journal (and if you write a lot, another small journal)**
- **The New Friars and another book of your choice**
- **a couple of pens or pencils (do not bring a ton of office supplies)**
- **Water bottle (to be determined by director)**
- **SMALL flashlight**
- **A few photos of your family, friends, city (make sure the photos do not show excessive wealth or people in revealing clothing)**
- **Passport and 3 copies of your passport and visa**
- **Emergency Credit Card (will be collected by your director at Orientation)**
- **Cell Phone for Domestic Travel only (will be collected by your director at Orientation)**
- **Insect Repellent (to be determined by director)**
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Do NOT bring

- walkmans, discmans, cell phones, mp3 players, iPods, portable video games, and all other similar electronic devices.

- curling irons, hair dryers, straightening irons, or other hair products other than shampoo/conditioner
- Alcohol, recreational drugs, firearms, and weapons of any sort.
- cameras
- Cosmetic make up

Your director will give you more specific directions on what gifts to bring.

Money

\$30 maximum spending money, and no credit cards, bankcards, traveler's checks, etc.

Health Concerns

Medical Insurance

Double-check your medical insurance plan and confirm that you have at least **\$50,000** of coverage for medical care. As part of the Trek budget we get campers' insurance for each team member, which will cover small things like a visit to the doctor and also emergency evacuation to the United States. However, your own plan needs to be able to cover longer hospital stays and medical procedures. If you do not have a medical plan with at least \$50,000 coverage InterVarsity can provide you with some travel insurance companies who can provide coverage for you.

Immunizations

Please go to website for The Center for Disease Control to find out the latest immunization recommendations for your specific Trek country. www.cdc.gov

Prescription Medication

If you have prescription medication make sure to bring enough for the entire trip, and if possible bring extra and keep it in a different place than your primary container (in case you lose your medicine). Leave the medication in the original container (or at least have the prescription label) as the customs inspectors may not understand and could confiscate them if they are in an unmarked case. Please also bring a copy of your prescription.

Note for vegetarians and/or vegans: Please note that you may not be able to decide the type of you will have access to. Many places where we will be eating do not offer vegetarian or vegan options. Eating what our hosts serve is a wonderful opportunity to be blessed by our hosts and to share in their culture and hospitality. Students and staff who participate on the Global Urban Trek are expected to eat everything that is served by our hosts unless there is a life threatening allergy.

Reading Assignments

Quest for Hope in the Slum Community

- Introduction
- The one-page summaries at the start of each section
- The conclusion
- Five articles of interest to you

One article from these six sections:

Theology of Poverty, Mission
Incarnational Ministry, History
Health, Property

Spiritual Preparation

Scripture

As we embark on a ministry of incarnation, be reading the Gospels to see what it means to live as Jesus lived, and to love people as he loved them. As you read through scripture before the trip, we recommend that you read through Luke – as his gospel is attuned to Jesus’ message of hope for the poor and oppressed, and to Jesus’ warnings to the rich and powerful.

As we face issues of injustice, be reading the Prophets who spoke out against injustice on God’s behalf. Consider reading Amos – as his message tells of the responsibility of God’s people to protect the oppressed, and God’s displeasure with Israel when they did not do so.

Prayer

Spend time in prayer for

- yourself
- your team
- your Trek city
- your staff and directors
- your ministry site (when known)
- your future and how it may be informed by your experience
- your health

Fund Raising Essentials

Timeline for fund raising

April 1: start sending out letters

May 1: \$2000

May 15: \$3000

June 1: \$3700

Once a plane ticket has been purchased, the student or staff is responsible for the cost of the fare if for any reason they need to back out of the Global Urban Trek.

Upon departure for the Global Urban Trek, if the full amount has not be raised to the participant’s account at the InterVarsity National Service Center, hen the participant will be asked to write a “Faith Check.” This is defined as a check written in faith that it will be raised upon return from the Trek. It will not be cashed, but it a symbolic reminder of the responsibility of fund raising.