

## **GSF Rules for Visiting Teams and Short Term Volunteers**

- 1) Contact your airline before departure for current rules and regulations concerning airport changes and baggage allowances (they change frequently). They are even fussy about carry-on weight.  
Confirm your return flight at three days prior to departure. A visa can be purchased at the airport in Entebbe for \$30 (US).
- 2) Bring only \$50 or \$100 bills with the new larger portraits **from the year 2001 or later** to receive the best exchange rate-**earlier bills are not accepted in most places!!!! Do not bring travelers checks, they are useless here.**
- 3) In order to limit a focus on materialism when visitors come, we ask that you please not hand out gifts and candy to the children except at special events. They quickly come to expect gifts whenever we have a guest and will come to the guest house specifically looking for a gift.
  - a) Any items brought as gifts for the kids should be given to the missionaries to distribute to those who need it most. (Many times those who are most friendly get most of the treats while the most needy child might be too shy to come and get to know you)
  - b) If you have brought a gift for a specific child (i.e. your sponsor child, etc) please let the missionary staff know before presenting it to the child
- 4) **No children will be allowed at the guesthouse. Please do not invite the children to come by and visit you there.**
- 5) For any planned events with the children they must receive permission from their mom before going. Please get some signed proof that their mom has been informed of the event
- 6) If you wish to leave your clothes or shoes behind leave them with the matron to give to the most needy children
- 7) If you grow attached to a particular child, please **don't** give them gifts while you are here. Give them your friendship and even consider sponsoring them.
- 8) If you want kids to write to you after you leave, please give your address to Claudia or one of the other missionaries. Please **do not** give out your address (e-

mail or post) to the children or the staff. Please consider leaving some money with the missionaries (Claudia) to help with postage and envelopes. It costs GSF \$1.10 for every letter mailed to the states

- 9) During your stay at GSF, please do not accept letters from children & staff to be mailed for them in the States. All letters and craft purchases must go through Carolyn Jacobsen.
  
- 10) Please do not give gifts to staff members or people of the villages without first talking to one of the missionaries. There are cultural issues involved that you may not realize. We would like to advise you on them first. In many cases it will be ok to do so but it will have to be done properly.
  
- 11) Extra, unscheduled trips to town must be planned ahead due to the transport costs (GSF is 30 minutes from town and fuel is very expensive)
  
- 12) Provision to send/receive e-mails is available if you have a laptop. Otherwise e-mails can be checked in town.
  
- 13) Please **do not** tip the staff who help cook and wash for you. They will be paid an appropriate amount out of your room and board costs. If there is a tip given then it should pass through the missionaries.
  
- 14) **Please don't** pay or tip kids with money or other gifts to thank them for helping you
  
- 15) Dress Code:
  - \*Dress modest at all times to set an example for our kids.
  - \*Long dresses and skirts (below the knee) should be worn by girls, especially in the villages, unless involved in a work project. (No spaghetti straps or midriff is to show)
  - \* Long shorts (to the knee) can be worn during sports only.
  - \* For boys, mid-length shorts can be worn during sports-no short shorts
  - \* Sandals are fine on compound and in town, but we recommend sneakers or work boots for village outings.
  
- 16) When bringing supplies and items requested by missionaries, please clearly label each item according to which missionary they belong to in order to avoid

confusion.

17) Immunizations Are Important

Yellow Fever Vaccine is required to re-enter the U.S. after being in a third world country. Beyond that we suggest

Malaria Prophylaxis like Mafloquine or doxycycline

Tetanus Immunization

Meningococcal Meningitis Immunization

If you will be doing any medical work we recommend Hep. B vaccine (must be 3 months in advance)

18) **Please always heed the advice of experienced staff and missionary personnel. You may feel very connected to a child but not realize all the cultural history that exists.**

19) **Cultural Stuff-** men and women do not show public displays of affection; however you may see two men friends holding hands as a sign of friendship. Greetings are very important in any Ugandan situation. It is rude to begin a conversation without a greeting.

20) SUPPLIES TO BRING

Snacks or power bars (possibly some to share with missionaries!!)

1 set of sheets to use and leave

1 towel to use and leave

sunscreen

bug repellent

Antibacterial Hand gel

Flashlight (torch) with extra batteries

Mosquito net to fit triple bunk beds

Hat for sun protection

Sandals (Teva's) to wear around for comfort

Light poncho for the rainy season

Light sweater or jacket for colder nights

If you are particular about a shampoo or soap, please be sure to bring enough for your visit.

Please date and sign the following:

I, \_\_\_\_\_, will serve at Good Shepherd's Fold from \_\_\_\_\_ until \_\_\_\_\_. While here, I will joyfully give my time and services a minimum of 8 hours per day. I will respect the personal belongings and space of the others in the guest house, cleaning up after myself daily in the kitchen and bedroom, keeping the bathroom tidy, and making every attempt to not wake my brothers and sisters trying to sleep. I will seek Bob and Carolyn's permission if there are any questions about my responsibilities or services, and I will do my best to fulfill their recommendations and requests. I understand that I am a guest on the mission field, and that the Staff Missionaries have been here much longer than I will be. I will do as they ask and maintain good communication with them about my experience.

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Short Term Volunteer's Signature

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Date