

8 . NORMS WITHIN THE LIFE BUILDERS MINISTRY FOR MISSIONARIES IN GUATEMALA

- 8.1** **The first floor House** belongs to Jason and Tressa. Please respect their privacy, especially after 7pm. If you do need to talk to them after hrs, please call or use the intercom.
Call before coming to their home.
- 8.2** **Use of the Motorcycle:** Anyone with motorcycle endorsement can use the motorcycle without incurring cost for ministry use; should you for some reason need it for personal use, it is the exception and we ask that you put in your own gas. Therefore, turn in the receipt to the Guatemalan administrator for reimbursement. For use of the car, we still are not at a financial level to pay for, and it will need to come from your own pocket.
- 9.3** **Traffic Violations:** If someone is borrowing a vehicle for any purpose, either for personal benefit or the missions and they get a ticket, it is the responsibility of the missionary to pay for the violation that they caused.
- 8.4** **Don't take risks when you don't have to:** When transporting teams in the pickup truck, all Americans must ride in the cab, especially if it is a youth mission team. There is more risk of injury or death when riding in the back of the truck. It is permissible for Guatemalans to ride in the back because they are used to doing this in their culture and are more aware of how to do it safely.
- 8.5** **Driving In Guatemala:** Driving here is very different from driving in the States. Traffic signs are more like "suggestions" rather than rules. Don't assume that everyone will obey signs, stop for you at an intersection, or even stay in their own lane. You will see cars straddling the white lines in the street. This is because there are often large potholes along the curbs, or even people walking in the street. Don't park along a red line. You will get a ticket and a clamp put on your wheel. In this country, it is acceptable and even wise to pass a police officer's car. If you don't, they may assume you are a drug runner and stop you.
- 8.7** **In the car:** The tinted windows are for your safety. Please keep them up while driving. There are many robberies that occur while people are in their cars; it is often someone on a motorcycle who will drive up next to you while you are stopped at a traffic light and try to rob you. If they can't see you through the tinted windows or how many passengers are in your car, or if you have a weapon, they are less likely to rob you.
- 8.7** **Vehicles:** If using a ministry vehicle either for ministry or personal use, the missionary is responsible for a \$300 deductible and the mission will pay for

the rest. Should the missionary be using the vehicle for personal use, the same applies but the mission needs \$.45 per mile for maintenance, insurance, and accident (minus \$300 deductible) should an accident occur. General policy is that Each missionary is responsible for his own vehicle and insurance. Should the mission have one for the missionary to use, it is expected that the missionary pay for full coverage for the term of service and no charge on the use of the vehicle.

8. A Flight ministry

(translate) 3. FRECUENCIAS DE PISTA DE MOTAGUA Y AERÓDROMO
MORALES: A todos los socios se les informa que antes de hacer uso de las pistas de Motagua ubicada en el municipio de Los Amates, Izabal y Bananera en Morales, Izabal deben previamente solicitar autorización en las oficinas de Bandegua. Y al momento de utilizar las mismas deberán usar la frecuencia unicom 127.55 y 118.4 respectivamente, esto por motivos de seguridad ya que no cuenta con torre de control.

8.8 The apartment is for the commitments. When using the apartment, it is with the understanding that you are here for a focus. By commune living, each person has a job or responsibility. The Muchachas job is to clean the apartment; your job is a specialized role as well. We ask that you honour the muchacha and let her do her job. It is viewed as an insult to her if you don't let her do her job. This also helps keep you focused on what you are here for and to use your personal skills to make transformational differences.

8.9 As far as using mission time to use twitter and facebook. We are asking that your social networking be done after business hours of Monday through Friday, 7am-4pm and 7am-1pm on Saturdays, unless it specifically ties in with your job at the mission. We also request that you do not bring newspapers or Bible to read during Work hours, but do that at home. Unless you are preparing for a sermon that is part of your job. Do not use ministry time for your private devotion.

8.10 If you are single, we expect high standards of conduct toward the opposite sex. In Guatemala, the culture is very different from the culture in the States and what is viewed as acceptable in the States is not always acceptable here. For example, in Guatemala, singles should do only **group** activities with members of the opposite sex. Being alone with someone of the opposite sex, even just going for a short walk, could be viewed the same as being engaged! The people here are very friendly and will probably hug you, but it is acceptable to shake their hand also.

If you are a single female, please be aware that Guatemalan men may view an American woman as a ticket to a better life in the States.

8.11 When you see beggars: Please don't give them money, even if the beggar is a child. Many kids give the money to parents for drug habit. You don't know what they will use the money for. Many of these people have drug/alcohol addictions and will use the money you give them to supply their habit. It is better to give them food. An exception is someone physically disabled and it is fine to give money.

Shopping: You will see armed guards almost everywhere you go. Even the small markets have armed guards. You will notice the prices on store shelves are in Quetzales, not dollars. (You can go online to look at the current exchange rate.) For your safety, much of the food we purchase here is imported, but many of the fruits and vegetables are purchased locally and will need to be washed in **purified water**. The peeling should not be eaten since that is where most of the contamination is likely to be.

8.12 Tap water: **Do not drink the water from any tap!** Do not even use it to brush your teeth or you may get sick. You will need to drink bottled water. Your bottles may be refilled from the cooler on the first floor. When you are out, only buy bottled water or ask for agua pura.

8.13 Showers: On the mission base there are showers on each level. The fourth floor operates on a different water system. The water is solar heated on the roof, so the hottest showers are in the evening. The hot water cannot be adjusted to a lower temperature by turning on the cold water. The cold water will take over and you will have a cold shower! When the tank runs low, it should fill automatically from the water heater downstairs, providing reasonable temperatures even in the morning after the solar heated water has cooled or run out.

8.14 Wash your hands thoroughly or use antibacterial gel after using bathroom facilities or returning to the Mission Base from an excursion. When washing your hands make sure you dry them afterward, each drop of water contains 100 bacteria. When you dry your hands the bacteria cannot live. This is the same for drying our cups, plates, and silverware.

8.15 Bathroom: All toilet paper is deposited in the trashcan next to or near the toilet. The plumbing in Guatemala cannot handle any paper. When we go out, you sometimes have to pay for the use of a public bathroom, usually Q1 Quetzal or about \$.13 cents. The fast food restaurants never charge, however some restaurants charge if you do not eat there.

8.16 Sidewalk vendor food: Avoid eating sidewalk vendor's food (fruit, hot dogs, tacos, ice cream or "ceviche" which is a meal made with seafood and vegetables). Also avoid lettuce, we use spinach leaves in our salads and have never gotten sick.

8.17 You should be taking acidophilus pills two weeks before and during the trip. This natural supplement contains "good bacteria" (also found in yogurt) and helps ward off any gastrointestinal problems. Should be taken three per meal for every meal.

8.18 Tattoos: Please keep any tattoos covered at all times. The only reason a Guatemalan will have a tattoo because they belong to a gang. If a gang member sees a tattoo and can't identify it, they will assume you belong to a rival gang, and this puts everyone at risk associated with the ministry.

8.20 Three rules to remember:

Remember to have a positive attitude. The uphill battles of life are easier to fight if you can view them with a positive attitude. Every adversity should be seen as a chance for growth and learning!

Flexibility: If you can be flexible, you won't get bent out of shape! In ministry, this is especially true. Sometimes it seems that you can "give it your all" and see no results. Remember that everything happens in God's timing! Everything is a process! Remember that Rome wasn't built in a day. The kingdom of God isn't built in a day either!

We know that being away from home and not having all your comforts can be hard, but remember that God uses our circumstances to mold our characters. Be ready to receive everything that He has planned for you on this mission trip and to share with others what He has done in your life.

8.21 Knowing how to Protect yourself.

3 Basic Rules

- Do stay alert. Keep your mind on your surroundings, who's in front of you and who's behind you. Don't get distracted. If you're worried about crime, ask a friend to accompany you when you go out.
- Do communicate the message that you're calm, confident, and know where you're going. Stand tall. Walk purposefully, and make quick eye contact with people around you.
- Do trust your instincts. If you feel uncomfortable in a place or situation...leave.

When Walking

- Plan the safest route to your destination and use it. Choose well-lighted busy streets and avoid passing vacant lots, alleys, or construction sites. Take the long way if it's the safest.
- Ignore verbal harassment
- Know your neighborhood. Find out what stores and restaurants are open late and where the police and fire stations are.
- Carry your purse close to your body and keep a firm grip on it.
- Don't flaunt expensive jewelry or clothing.
- Walk facing traffic so you can see approaching cars.
- Don't overburden yourself with packages and groceries that make it hard to react

- Bring “emergency” change for cab fare.
- Have your car or house key in hand as you approach your vehicle or home.
- If you suspect you’re being followed by someone on foot, cross the street and head for the nearest well – lighted, populated area. Walk quickly or run to a house or a store. If you are really scared, scream for help.
- If you are being followed by someone in a car, change direction immediately and make a visible point of writing down the license number.
- Never hitchhike
- Walk with a friend. Never walk alone.
- Carry a cell phone.
- Tell a family member or a friend where you are going and what time you expect to return or arrive at your destination.
- If you have a large dog, consider taking it with you.
- Never walking during dark hours.

Friday and Saturday night are most drunk driving accident avoid driving these nights

- Keep your car in good running condition to avoid breakdowns.
- Plan your route in advance, particularly on long or unfamiliar trips. Have enough gas and money to get there and back.
- Drive with all car doors locked. Keep windows rolled up whenever possible.
- Never pick up hitchhikers.
- If your car breaks down, raise the hood, use flares, or tie a white cloth to the door handle . Stay in the car. Carry a cell phone with you and make sure it is charged.
- Be particularly alert and careful when using underground and enclosed parking garages.
- If you are being followed while driving, drive to the nearest police or fire station, open gas station or other business, or well – lighted residence where you can safely call a family member or friend. Try to get the car’s licence number and description. If no safe areas are near honk the horn repeatedly and turn on your emergency flashers. Don’t drive home.
- When you are stopped in traffic they leave enough space between you and the car in front of you.
- Park in well – lighted areas that will still be well – lighted when you return. Lock your car doors. Case of an emergency you can have an escape route. (you must know your vehicle and how sharp you can turn and how well it operates.)
- Never have your valuables lying on the front seat in plain view.
- Carry a map of the City with you.
- Keep a flashlight kept in your car (check the batteries every month)

In Elevator

- Look in the elevator before getting in to be sure no one is hiding.
- Stand near the controls.
- Get off if someone suspicious enters. If you’re worried about someone who is waiting for the elevator with you don’t get on.

- If you're attacked, hit the alarm and as many floor buttons as possible.

Jogging, Biking, and Other Outdoor Activities

- Choose routes in advance that are safe and well populated.
- Vary your route and schedule with someone.
- Do Not jog and bike at night.
- Consider not wearing your stereo headphones. It's safer to be alert
- Do Not take shortcuts where bushes, weeds and trees. Where people can hide.
- Do not go alone.
- Let someone know your route and the expected time you will be gone.

At Home.

- Don't open the gate to anyone that you do not know, even if they know your name.
- Insist on calling companies to I.D. Workes
- Insist on having packages left outside the gate
- Have a secondary line of defense: a secure room, if possible with a phone line or cell phone in it.
- Always use the dead bolt locks
- Beware while opening and closing your gate. Watch for unusual people and avoid opening the gate/door if things do not appear normal.

General.

- If a weapon is used, give the criminal what he wants. No belonging you have is worth more than your life.
- If you are threatened with personal harm (physical or sexual) YOU must decide whether to fight, try to flee, or co-operate. Only YOU can make the choice. If you survive the situation, You made the right choice.
- Trust your instincts. If you feel unsafe in a situation take whatever measures necessary to get out of it. No matter how foolish it may seem. Pay attention to your uneasy feelings.
- Should you use Mace? What ever you choose to use you must know how to use it and be ready to use it if needed. You should check the expiration date on the can and make sure that it has not expired. Do you have it in a place that is accessible? Do not all Mace to give you a false sense of security.
- Be up to date on the crimes in the area.
- Stay Alert.