



## Overseas Team Manual 2026

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## About Flame International

*“Releasing God’s Healing, Forgiveness and Reconciliation”*

### Vision Statement

Flame International is a Christian ministry with a passion to reach out with God’s love to broken and hurting people particularly those in the poorest countries of the world and to see nations healed and walking in forgiveness and reconciliation.

### Mission Statement

The hardships of war, oppression, poverty and injustice have left their scars on many nations. Flame International seeks to bring God’s healing, forgiveness and reconciliation both to individuals and also to their land.

Through healing conferences, trauma workshops, seminars and prayer ministry, Flame International equips and trains leaders at every level in the church, the military and in wider society to impact their communities.

Flame International takes teams of trained individuals into countries such as Armenia, Uganda and South Sudan.

### Our beginnings

Flame International was founded in 2003 by Lt Col Jan Ransom MBE and six other trustees, most with military backgrounds, who had a passion and a united vision to reach out with God’s love both to the armed forces and also to those affected by war, poverty and injustice. A prophetic word at that time indicated that the ministry would spread like **flames**, going out throughout the world, communicating the light of God and the power of the Holy Spirit.

From small beginnings Flame International has grown. We worked initially with women in the jungles of Borneo, before God started directing us towards Africa. The Lord Jesus Christ gave Jan Ransom, the founder, a vision in which she saw a map of Africa, vivid green in colour, which after many minutes turned orange and then eventually to red! He also gave us the interpretation - which the way is open for us to work in Africa at this time, although it may not be that way forever.

The following scripture was given along with the interpretation

“Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest.” John 4:35

### What we do

Our passion is to see people healed and set free from the pain and traumas that have held them in bondage, often for many years. We teach them about the love of God and pray with them, so that they may be healed and restored.

We run conferences, seminars and workshops, teaching them about forgiveness and healing, providing an opportunity for the delegates to have prayer ministry for themselves, and teaching them how to pray for others. We work with Christians very often in war-torn countries who share our vision. We also run teaching days, weekends and regional seminars within the UK and in Europe.

Flame International seeks to communicate the hope, forgiveness and reconciliation that only Jesus Christ offers, in order to see lives changed and dignity restored.

“For this reason, I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. <sup>7</sup>For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” 2 Timothy 1:6-7



## Teaching Topics

Our teaching topics are:

- Foundations & Submitting to Godly Authority
- Healing the Human Spirit
- Walking in Godly Beliefs
- Healing from Fear
- Forgiveness and Bitter Root Judgements
- Covenants
- The Father's Heart
- Godly Sex /Ungodly Ties
- Generational Sin
- Right Relationships
- Jesus as Lord
- Grief, Loss and Depression
- Emotional Healing
- Anger Control
- Domination, Manipulation and Control
- Blessings and Curses
- Deliverance Ministry
- Accident and Trauma
- Cleansing the Land
- Reconciliation
- Restoration and Walking in Healing

Teaching must be contextualised in order for us to be culturally relevant. All teachers must try and use examples which are relevant to the culture that we are ministering in.

Simplicity and drama to illustrate the teaching is essential.

## Values

### Beliefs

- We are a Christ-centred organisation and seek to follow him and discern the Father's plan for our work. (John 5:19)
- We believe in the truth of the Word of God, and this underpins all our relationships, teaching, and ministry. (2 Timothy 3:16)
- We believe in the power of prayer and seek to 'soak' every nation where we work in prayer for the church and its leadership, the government, and the people. (Philippians 4: 6-7)
- We believe that individuals are important to God and to us. (Luke 15: 4-6)
- We seek to build unity at home and overseas. (Psalm 133:1)
- We believe that love and compassion for the poor in spirit are key to binding-up the broken hearted, proclaiming freedom for the captives and release from darkness for prisoners. (Isaiah 61:1 and Luke 4:18)
- We aim to serve others in humility. (Philippians 2: 1-4)
- We believe in God's healing power. (Acts 4:30)

### The Biblical Basis for Teaching and Ministry

The following statements form the basis for our approach to all teaching and prayer ministry.

- Our foundational objective, when practising the Christian healing ministry, is the restoration of God's order in a person's life.
- We believe that God's order can only be established from the teaching and application of Scripture (the Bible).
- Our starting point is therefore the Bible and what it says about Jesus Christ and about living as a Christian. Undergirding our understanding of the Bible, we have the substantial body of historic church teaching.

Therefore...

- The Bible provides the foundational principles and guidance for the activities of Flame International.
- True Christian healing can only be achieved by the acceptance and practice of what the Bible teaches.
- In seeking to help people to a place of wholeness we need to be truthful about the reality and consequences of what the Bible describes as sin.
- Misrepresenting or disobeying what the Bible says is harmful and a barrier to healing. We therefore need to be open about what the Bible says and the need to honour it.

Below are some important Biblical beliefs/practices which are central to the Christian healing ministry, (this is not intended to be an exhaustive statement of Christian theology)

- Proclaiming that belief in Jesus Christ, his death, and his resurrection, is the only way we can be reconciled to the Father God. (John 14:6)
- Helping people see how beliefs, behaviours or lifestyles which are sinful are damaging. (John 8:1-11)
- Seeking what is pure and of good repute. (Philippians 4:8-9)
- Encouraging wholesome and edifying conversation and behaviour.
- Accepting the order and value of the traditional family. (Ephesians 5:2-6:4)

- Endorsing God’s created order (being distinct but complementary) for male and female. (Matthew 19:4; Genesis 2:24-25)
- Marriage being a life-long covenant between one man and one woman. (Matthew 19:5-6)
- Sexual intimacy being only permissible for a Christian believer within the covenant of marriage. We believe that marriage is a profound spiritual mystery which illustrates the relationship between Jesus Christ and the Church. (Ephesians 5:31-32; Hebrews 13:4)
- Embracing and growing in the fullness of God-given identity, including our innate, biological sexual identity. (Romans 12:1-2)
- Using our bodies only in the way that God designed them to be used. (1 Corinthians 6:18-20)
- Loving the truth. (2 Thessalonians 2:9-10)

## Guidelines for Ministry

“My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on men's wisdom, but on God's power.”

1 Corinthians 2:4-5

### Attitude

Love is what we must take first and foremost. Love must prevail whatever we do, and we must daily seek to show love. As we do that, we will change attitudes, challenge fear and see healing and deliverance. Some are just happy that you have come to see them and see this as a sign of love. Do be encouraging about their country; they are very proud of their land.

We must go in with humility; it is unhelpful if we go in arrogantly thinking we have all the answers. We should not go with a typically British white culture inferring we know it all. We have a huge amount to learn from other nations. Particularly in African nations, they have a huge understanding of deliverance, which the church in the West does not generally have.

You should try and distinguish between being Christian and “born again”. In some countries people will say they are Christian if they are not Muslim, it is important to establish whether they are born again. They will know the difference!

### Issues When Teaching

**Interruptions:** tea being brought in, chairs being moved, stories being told, goats and chickens wandering in, cow herds passing making a noise, unusual people coming in, questions being asked. Local dignitaries arriving means everything MUST stop, move chairs, sing a song etc. People are more important than programmes!

**History:** It is so helpful to know historical issues i.e. slavery, cattle rustling, murder, polygamy, sexual sin, witchcraft, and cannibalism, tribal rites, worship of idols and foreign gods. Ask them about history they love to tell you and they love to be listened to. Ask about how they get married, how they bury their dead and what happens when children are born.

**Fear:** is a dominating spiritual issue in many countries.

**Blessing and Curses:** This subject causes the greatest reaction in the heavenly realms when being taught and the enemy hates this teaching in particular. The reaction can be anything from noise disturbance, to the teacher getting confused, to disturbances in the audience. We always get extra prayer cover when this subject is being taught. Example in Borneo when Jan spoke and a man saw “soldiers” trying to kill her when she was teaching.

**Father Heart of God:** One of the key teachings is the Fathers love; many have been brought up with the “iron hand” and have suffered violence in the home and wider community. They need to have the Father’s love imparted to them as often as possible.

**Notes:** All participants like having notes to take away including all the scriptures.

**Drama:** All nationalities respond well to drama and will remember the drama and they will take it away and use it so the more drama can be used the better. They do take away the spiritual message and soak the talks up like sponges and can repeat them back. Many people see things in pictures and all drama is helpful. However, you need to make sure they know the scripture if you are telling a bible story i.e. the unmerciful servant.

**Women:** It is essential that women should be seen to be honoured, this is not always done in other cultures, and so anything that can be done to uphold and honour women is helpful, particularly during teaching from the front.

Emotions can be well suppressed, and it can be hard to get any emotional response. There was a breakthrough at a widow’s conference when a few started crying and singing was used to reverse the tears. Unreality and denial is a problem!

## Other Issues

Timekeeping is a very frustrating issue for us from the West. Be patient.

Personal witness: Alcohol, smoking, drugs would all be considered sinful in any measure!

Each day you should pray with each other to check for unseen curses put on you. Remember a curse does not land without a cause. *PR 26:2 Like a fluttering sparrow or a darting swallow, an undeserved curse does not come to rest.* However, watch for times when you may be fearful or make a judgment unwittingly, this could allow a curse to come on you.

Women may not be respected in the same way as in the West. There can be male dominance that becomes an emotional or spiritual issue. Interestingly white women are viewed differently and there does not seem to be a problem with them teaching.

Marriage: they watch married couples interact, and modelling good marriage can be a huge witness i.e. talking and consulting each other, not just dominating your wife and not sidelining her. Try to model good marriage if appropriate to you.

Singleness: Older single women may not be understood.

We operate “buddy buddy system” in that we never go out alone; minister alone and we look out for each other.

Be careful not to buy cursed objects and jewellery.

Children: the children are a delight and if you take a picture, they love seeing the photo of themselves on a digital screen. Be careful about giving children gifts as there may be a smash and grab incident. We recommend t-shirts given to a responsible adult.

Personal behaviour must be godly at all times and submission to the leadership is essential. We are vulnerable to the enemy when we are stepping out and taking risks for Lord. The Lord is sovereign and he will honour our obedience.

## Conclusion

Ministering on mission is so fulfilling, normally those who come are open to ministry and always appear hungry for more teaching. They love the teaching and will listen for hours. They will listen word for word and then it will be repeated verbatim in their homes, their churches and at work.

It is the greatest privilege to minister on mission to people who understand the teaching and probably fully understand the spiritual battle. Be bold and loving.

## Spiritual Preparation

“The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners” Isaiah 61:1

### Introduction

**Ministry:** The ministry of Flame International is healing and deliverance. We aim to focus on the Lordship of Jesus Christ in our own lives and those of the people to whom we minister. It is aimed to bring healing, forgiveness and reconciliation.

**Topics:** The topics we teach are all biblical and we hope to apply the teaching in the lives of individuals. There is a requirement to ask individuals to take the rights of Satan away and then ask Jesus to deliver them of demons and ask the Holy Spirit to bring His healing. We also minister healing to emotions and the spirit. The teaching is challenging and if there are unhealed areas in the life of a team member this may bring pain and issues up whilst on mission. It is not unusual for personal strongholds to emerge.

**Submission to Team Leader:** All team members are asked to submit to the authority of the team leader who will hopefully be walking in their anointing. It is essential that all the team pray for the team leader who has the responsibility of the team on their shoulders under the Lordship of Jesus.

### Before you travel on mission:

**Call of God:** Firstly, it is essential that you know the call of God on your life and the fact that He is the one who called you onto a Flame Mission. When the going gets tough you must know for yourself that you were called by the Lord Jesus Christ to attend the mission. This is reassurance for yourself and the team leader.

**Spiritual Battle:** There will be a spiritual battle before, during and after the trip. Satan will be active and will try and undermine, bring fear, sickness, doubt and stir up anything else where we have a weakness or are vulnerable. We cannot be passive and the team needs to be spiritually alert. We need to ensure we confess our sin daily and keep close to Jesus. There is no need to fear because as it says in: [1 John 4:4](#) “You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.” We do need to be aware of the battle and fight the enemy with the weapons given to us by the Lord.

**Prayer and Fasting:** Once you have decided to go on mission it is essential that you pray daily about the trip. You need to be spiritually prepared as much as possible. Flame International teams go to some very dangerous areas where health and safety is nonexistent, sometimes people walk around with guns and travel on roads is dangerous. Prayer is a must. If you can fast for a meal or a day each week in preparation this also will help prepare the way for the mission.

**Spiritual Cover:** It is very helpful if the minister or pastor of your church knows you are going on a mission and gives his or her authority and is prepared to give prayer cover from the church. Commissioning to go on the mission from your church leadership is also helpful. You will be under the cover of the leadership of Flame International when you travel and it is essential that you are willing to submit to that leadership whilst on the mission. You may not always agree with the

leadership, but the Lord will honour your obedience for submission. It is essential that you pray for the team leader who needs constant wisdom and discernment.

**Host Spiritual Cover:** Flame International aims to work with Godly church leaders in country. We only go where we are invited and very often have been recommended by missionaries and Godly people who we know. We aim to come under their spiritual cover and respect their leadership from which ever church we are ministering in.

**Spiritual Training:** Team members are encouraged to attend the Forge North or Forge South. Flame International like team members to have an understanding of deliverance ministry and if possible, to have undertaken some training. Courses run by Ellel Ministries into Prayer Ministry Skills, the Prayer Modular Courses or Flagship Courses are all particularly helpful applications and can be done through [www.ellel.org](http://www.ellel.org) There are also other places which offer training which we accept as very suitable. We like team members to have had some prayer ministry themselves because if we are going to pray with others it helps us in our understanding and we will be more effective team members.

**Mission Training:** There is a course held at All Nations Christian College called “En Route *express*” which will prepare you to travel on mission and understand the mission environment. Courses can be looked up on [www.allnations.ac.uk](http://www.allnations.ac.uk)

### During the Mission:

**Team Unity:** We ask the team to choose to stay in unity even though sometimes decisions are made with which we do not agree. Psalm 133 “1 How good and pleasant it is when brothers live together in unity!”

**Daily Devotions:** The team meets each day for a morning devotion to prepare for the day and each evening to debrief and give thanks to the Lord, ask for cleansing and prepare for the night and the next day. These devotions are taken by the team members.

**Daily Protection:** We remind you to wear the armour of the Lord daily. Keep clean hands and pure hearts. This ministry is not for the faint hearted!

**Daily Cleansing:** We endeavour most days to break off any curses which may have come on you and talk about anything which may have disturbed you.

**Godly Behaviour:** We ask all team members to behave in a Godly manner and in line with the word of God. It has been necessary in the past to discipline team members who have chosen to do their own thing. This puts the team and the mission at risk and is taken very seriously by the leadership of Flame International.

**Team Ministry:** The mission is not for the prayer ministry needs of the team, and we ask team members not to undertake prayer ministry on other team members without the knowledge of the team leader. From time to time there is a requirement for individual team members to receive prayer ministry, and the team leader or team pastor will arrange for this as appropriate.

**Final Day of Mission/Final Debrief:** There will be a final debriefing for each team member by the Team Leader or Deputy Team Leader. There is also an opportunity to be prayed for to ensure that any trauma suffered or unpleasant ministry which occurred on mission will be prayed into.

### After the Mission:

**Homeward Bound:** It is hoped that the experience with Flame International under the Lordship of Jesus will have been a challenging one and one which offers growth in the Kingdom of God for individual team members. If something has happened which needs further prayer you should contact the Flame International office.

**Prayer:** Please ask your prayer supporters to continue to pray for you as you re-enter the country, sometimes coming home has its own cultural challenges and continued prayer is recommended. We hope the team members will continue to pray for each other.

**Finally:** It is hoped you will consider joining a Flame International team again and pray for us on the Prayer Carpet on a monthly basis.

## Practical Preparation

### What happens when it has been agreed that you are going on a Flame mission?

The admin process starts for each mission two to three months before the date of travel, or as soon as a team is established whichever is the earlier. The Mission Administrator (MA) will be in touch with you by email during the months leading up to your mission.

The MA will request various bits of information from you and will also be sending information out to you. If information is requested, we would be grateful for a quick response, so that we can avoid any last-minute problems, which can impact on the whole team. You will need to arrange and pay for your own vaccinations (Yellow Fever vaccination is required for African countries. You may also need others and you will need to speak to your GP or clinic).

If you have any questions or concerns about your mission, please contact the MA directly at [missionadmin@flameinternational.org](mailto:missionadmin@flameinternational.org).

Things that Flame will do	Things that you will need to do
At the beginning of the process, we will send you a form to complete with your personal information, along with a copy of our Mission and Ministry Team Handbook. You will also receive a Flame Volunteer Agreement and Annex A, which lists our policies. You will be asked to read these, sign and return them to the MA to say that you agree to abide by our policies whilst on mission. You will also be sent the Mission Team manual at an early stage, to prepare you for going on mission with Flame.	Complete and submit the personal information form.  Sign and return the Agreement and Annex A to say you are happy to abide by our policies.  Note: this will only be necessary if you have not previously signed the Agreement for Mission volunteers.
We make all arrangements for the mission, including flights, accommodation, travel, insurance and food requirements for the team.	You will need to arrange and pay for your own vaccinations (Yellow Fever vaccination is required for African countries. You may also need others and you will need to speak to your GP or clinic).  We have an annual insurance policy that we arrange group insurance through. We will then send you your documents closer to the time of travel.
We pay up front for all flights and accommodation for the team, but we will ask you to make a part contribution when flights are booked, and then request the remainder of your contribution a few weeks before the mission.	You will be asked to make an initial contribution to cover your costs once flights have been booked (usually £500), and the remainder will be required a few weeks before the mission starts. <b><i>Please see note on costs below**</i></b>

We will organise and pay for any conference/workshop/teaching material for delegates attending the mission.	
Visas are usually required, and the process varies depending on the country. For example, Uganda, you will need to purchase your own visa online, at a cost of approx. £40.00. For South Sudan, we purchase the team visas from the Embassy in London. Sometimes a Ugandan and South Sudan visa are both required (if we fly to Uganda and take a MAF flight into South Sudan). Specific instructions will be given for the country being visited.	The MA will be in contact with the process and documents needed closer to the time.
We will send you your flight reservation documents and e-tickets for printing, along with the admin instructions, travel and accommodation details, insurance documents, names of other team members, emergency contact in the UK, itinerary, programme, roles and responsibilities, teaching topics & relevant teaching notes.	You will be responsible for printing and carrying your own flight tickets, visas and Yellow Fever certificate.

During the administration process, we will ask you for the following information at some point:

- Full name, address, email address, phone numbers
- Passport number, date of issue and expiry date (**please make sure you have at least six months remaining on your passport after you return from mission and two blank pages in your passport if visas are required**).
- *If* MAF flights are necessary, we will ask you for your clothed body weight
- Next of kin details – name, address, email address and phone numbers for your emergency contact
- Details of any allergies, health issues or medication you are on (for team leader only)
- Names and email addresses of **three** prayer contacts/supporters who will pray for you while you are away (they may be ‘hubs’ to pass information on to others)

When visas are required, the MA will email instructions to you, along with the answers you will need to complete the form. Unless the visa is applied for online, you will be required to fill in the visa application form and post it back to us, along with your Passport, and the specified documents. We will ask you for this at the appropriate time. Your passport will be returned to you with your visa by the visa office, and we will return your Yellow Fever certificate to you.

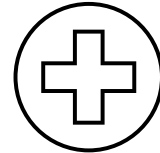
Where the visa is applied for by you on-line (e.g., Uganda), the MA will provide the answers specific to the mission before you apply.

For mission cancellation information, please see our refund policy.

**\*\* Contribution for the Mission:** *You will be expected to contribute towards the team costs of the mission and will be given an estimated amount as we prepare, and a final overall amount just before 3 you depart. It is hoped that in most cases you will be able to contribute in full prior to going on*

mission. Please speak to us if your personal circumstances prevent you from achieving this, as some alternative arrangement may be possible. Please note that your contribution towards the mission will be regarded as a donation to Flame International for financial purposes. If you are a UK taxpayer, we encourage you to Gift Aid your contribution, to enable Flame to reclaim the tax.

## Health and Medical



### Introduction

Flame International teams normally only go on mission for a couple of weeks, but we go to areas where there is poor if any medical cover and we like our teams to be as well protected as possible. We normally have at least a trained nurse on the team and we carry a small supply of prescribed drugs.

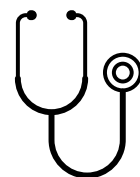
For travel information you can go and see your local travel nurse at the doctor's surgery or go onto the website of "Inter Health Worldwide" who are experts in travel worldwide and can provide an excellent service prior to your departure <https://www.interhealthworldwide.org/health-resources>. They will advise on injections required for the country of travel and the medicines you may need – tailored to your destination.



### Before Travelling

The things you must do - a check list:

- Get all Jabs done:** boring – expensive – painful! Not a great start but they do cut down the nasty things which might happen to you while you are away. It is good if you have a lead in time of 3 months so you can get them all done. If you need yellow fever, make sure you get a signed, stamped certificate which may be demanded on entry to a country.
- Antimalarials:** Get advice about whether you need them, what to take, when to start and how to remember them. There are quite a few and nothing is 100% effective and completely free of side effects but by taking regular malaria prevention tablets you can reduce your chance of real danger and possible death. Flame International recommends getting antimalaria tablets and protective lotions from [www.travelpharm.com](http://www.travelpharm.com) which we have found to offer competitive prices. It is also recommended that a strong "Deet" based anti-mosquito cream is carried and used regularly.
- First Aid/Health Kit:** Flame International takes needles and a small supply of first aid stuff but you may like to carry your own. We have suggested a few things on the packing list.
- Personal Medicines:** Think carefully about this. Obviously take enough of any medication you usually use and plus a bit extra in the event of a delay. Take enough of the pills and potions you may need as you will be unable to buy anything whilst you are away.



- ❑ **Doctors and Dentists:** If you have any serious health issues you need to let the Flame International office know so that it can be declared to insurance companies but also your GP to check it is safe to travel. It may be worth having a dental check prior to going! Few dentists where we go!!
- ❑ **Know your Blood Group:** It is worth knowing your blood group in case you should need a blood transfusion. It will probably not be in your GP records and if you ask to find out it may cost you. You can always become a blood donor and then we do ourselves and others a favour and do not have to pay!
- ❑ **Finally:** Have a travel health consultation with some GP or overseas health clinic if you are travelling with Flame International for the first time. It is your choice!








## Staying well on Mission

**First Aider:** Each mission will have a First Aider, possibly combined with the pastoral role. This person will need to be clear where the Medical facilities are located - this is listed on the Admin Instruction.

**Medication:** When you send your details for mission we ask you to list your medication so we are aware of your needs in an emergency. It is your responsibility to make sure you have enough medication to cover the mission and that for any serious health conditions you have checked with your GP that you are safe to travel.

**Rooms:** Once you arrive at your accommodation, please share room numbers with the team so everyone is aware where others are sleeping in case of emergency.

**Bowels:** We recommend checking in daily with each other, using the Bristol scale. Being open as a team allows people to share when their digestive system isn't playing ball! Lower numbers on the scale are a sign of dehydration and/or deficient fibre. Expect the number to be higher if eating a lot of vegetables.

Bristol Stool Chart	
Type 1	 Separate hard lumps, like nuts (hard to pass)
Type 2	 Sausage-shaped but lumpy
Type 3	 Like a sausage but with cracks on its surface
Type 4	 Like a sausage or snake, smooth and soft
Type 5	 Soft blobs with clear-cut edges (passed easily)
Type 6	 Fluffy pieces with ragged edges, a mushy stool
Type 7	 Watery, no solid pieces. <b>Entirely Liquid</b>

### If the Bristol score is high:

- Avoid Imodium unless it's necessary in order to travel or do something unavoidable. Any infection will clear more rapidly without slowing things down with medication.
- Avoid milk.
- Use glide wipes instead of toilet roll.
- Pepto-Bismol and Gaviscon are helpful to reduce nausea and stomach symptoms.
- Anti-spasmodics (used for IBS) may help.
- Active charcoal tablets remove toxins but beware stools go black.

**Wash Hands:** Please remember to wash Hands regularly - washing with soap and water for at least 20 seconds, covering all surfaces—palms, backs of hands, between fingers, thumbs, and under nails. Be aware of exposure through handrails at airports, and transport hubs particularly. Regularly use hand gel along with hand washing.

### Tips:

- Avoid non skinned foods and salads whilst on Mission as these can cause stomach upset.
- Most people may have one day of not being well. Be gracious with each other and don't link physical health to spiritual health – it may cause people to hide illness.
- Be careful what you eat before travelling home i.e. airport, on the plane and the last meal out. These can affect how you are on your travel home.
- Probiotics as a preventative treatment can help.
- Ciproxin and Metronidazole are good all round anti-biotics.

## Health Guidelines while on Mission

### Avoid:

- Bought water where the seal is not secure
- Water which has not been boiled
- Fruit which has not been peeled
- Vegetables which have not been cooked
- Peanuts which are not in their shells



### Do

- Drink much more water than you are used to drinking at home
- Take 'Dioralyte' if you feel light- or fuzzy-headed even if you are not having diarrhoea or vomiting



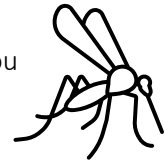
### If you start having diarrhoea

- Take 'Imodium' following instructions on the pack
- Take 'Dioralyte' following instructions on the pack (this is better than water as it contains the right sugar-salt balance also)
- Keep Drinking
- If you are vomiting take 'Buccastem (prochlorperazine)' which is placed next to your gum and absorbed from there and should stop the vomiting
- Continue to take sips of water as much as possible
- When vomiting has stopped continue drinking and taking 'Dioralyte'

If diarrhoea persists e.g. more than 2 days &/or you have persistent stomach cramps. Start a course of Antibiotics e.g. 'Ciprofloxacin' 500mg twice daily and continue to take them until course is finished unless you have a reaction to them.

If you are about to fly on a plane without a toilet and have diarrhoea take 'Imodium' even if you have already taken it earlier in the week.

**Remember:** Malaria can kill! Always take your anti-malarial tablet, even if you have diarrhoea / vomiting. If you have a high fever, shaking episodes, sweats, headaches you could have malaria – seek urgent medical assistance!



Finally, your health and safety is our concern and we ask you to inform the person who is nominated the “medic” for the trip if you are sick or have a problem. We need to be praying for you and we ask you not to be too brave for too long so that we ask the Lord to bring healing as well as get you medical assistance if we need to.

## Packing List

### Packing Information

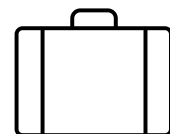
You will be informed about the weight allowance once flights are confirmed. We recommend taking a grip or holdall, rather than a suitcase. You may be able to get one with wheels but that does increase the weight.

Check out the latest guidance and restrictions on cabin baggage. Take great care to avoid carrying any prohibited items on the plane with you. If in doubt, put it in your checked baggage. If allowed, carry a partial change of clothing, toothbrush, etc. with you in your day rucksack just in case you arrive before your luggage. Again, if allowed, carry prescription drugs and valuables on the plane.

We may ask you to travel in a Flame T Shirt and Flame fleece which gives us a corporate identity which is provided by Flame International office.

Baggage allowance: Normally, one bag of 23Kg

**\*\*IMPORTANT: MAF flights - 15Kg - including hand luggage!\*\***



### PACKING LIST

#### Documentation

- Passport, tickets, currency, insurance, proof of immunisations
- Photocopy of passport picture page, 2 spare passport photographs

- Emergency Money recommended US \$100 (In case of robbery or ambush it is good to have something to give because robbers would not believe you have nothing!)

### **General**

- Loo Roll – mostly supplied but useful to have one for travel and conference.
- Small packets tissues
- Wet wipes/Hand sanitiser
- Towels
- Camera & battery recharger
- Sunhat, sunglasses, sun lotion, after sun
- Umbrella &/or something waterproof
- Insect Spray/Bed bug spray
- Chewing Gum – when can't brush teeth
- Plastic bags – v useful for dirty washing, rubbish
- Your favourite teabags, coffee etc.
- Cereal Bars, dried fruit e.g. dates / wrapped sweets
- Water Bottle

### **For Ministry:**

- Bible
- Talks / ministry prayers file
- Anointing Oil in e.g. film cannister
- Tissues for ministry
- Diary/notebook and Pen

### **Nightwear**

- Earplugs if you are a light sleeper
- Alarm clock
- Torch

### **Clothes**

- Clothes washing powder (check if laundry service is available)
- Robust shoes/sandals
- Smarter shoes/sandals
- Flip flops for 'shower'
- Spare specs if you wear them
- Clothes
- Underwear
- Washbag
- Toothbrush & paste, dental floss etc
- Shower gel, Shampoo & conditioner
- Cosmetics
- Razor – check availability of electricity.
- Hairbrush, hairdryer, plug adaptor (see above)

- Flame fleece and Flame T shirts to travel in
- Travel pillow and flight socks for the flight

### Medical Kit

- If applicable: Anti Mosi & Anti-malarials (+ extra for flight delays) & Vit B Thiacin helps prevent mosquito bites
- Dioralyte sachets – take several as may need to combat dehydration
- Anti-histamines
- Paracetamol
- Diocalm/Lomotil/Imodium for diarrhoea
- Indigestion tabs
- Steristrips
- Small tube Savlon
- Scissors
- Diff width Plasters
- A mild laxative
- IV needle kit Boots plc
- Puritabs or similar for water (check if needed - the team has a water purifier pump)
- Stugeron for anti-travel sickness

### Dress Code

Men: should wear trousers with a shirt or tee-shirt. Shorts are not suitable as they are considered only suitable for boys who would not make decisions. A shirt & tie is needed for church on Sundays.

Ladies: should wear longish loose dresses or skirts with loose fitting T Shirts or blouses. We ask you not to wear anything tight fitting and no sleeveless dresses or t shirts. It may be wise to avoid wearing white clothes because of African dust. You may have to wear a half-slip, if skirts are see through. We are happy for you to travel in trousers and if you want to you can take a spare pair to wear around the accommodation area. Skirt and top/dress for church.

Flame T-Shirt and Fleece: We encourage the team to wear these when travelling in African nations. Although we may be travelling to hot countries, there can be times when it is cold and you may need the fleece for the flight.



## Essential Things you need to Know

**Passports/Visas:** Your Passport must have a minimum of six months validity from the date of arrival is required of you. It is recommended that you carry a photocopy of your Passport and keep it in a safe place. Exchanging the photocopy of this and your insurance with somebody else in the team is one suggestion.

**Money:** The cost of accommodation, food, bottled water and transport will be paid centrally. You will need personal spending money for drinks and private purchases.

**Insurance:** We now use our group insurance that normally accepts most of our destinations and most existing medical conditions of the Team. Small claims such as loss of personal items and money will not be accepted where personal responsibility could have prevented the loss. You are advised not to take valuable items with you, and to be vigilant in your personal security. Existing Medical conditions will need to be declared and you will be asked to provide this information. There are medical exclusions and health related issues that are not covered and outline detail can be obtained from the Flame office. Once the insurance has been purchased the full individual insurance details will be given to all team members.

If we are not able to obtain insurance we will inform you and ask that you contact your insurance provider. Normal personal travel insurance may not be available for travel to countries where the Foreign, Commonwealth & Development Office (FCDO) advise against all but essential travel. If the FCDO states that there is a high threat from terrorism it is likely that normal travel insurance will not provide cover. The insurance will provide cover against all the usual travel sections and against terrorist activity with the exception of use of nuclear, chemical or biological agent.

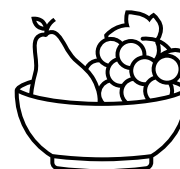
**Emergency Cover:** Flame International will have someone who is asked to act as emergency cover whilst we are away and their contact name and telephone number will be given to you to give to your emergency contact or other supporters. They can be contacted in the event of an emergency. Normally the leader will have a phone either mobile or satellite phone which can also be used as a point of contact.

**Next of Kin (NOK):** You will be asked to provide an emergency contact (NOK), giving their name, telephone numbers, address, and relationship status (such as father, wife, husband or pastor). In the event of something happening to the team, it will be impossible for the NOK to be visited at home, but they will be contacted by telephone at the earliest opportunity. You should have this in mind when you select your emergency contact.

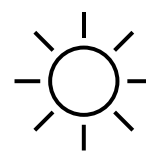
**Alcohol:** Flame International has a policy of no alcohol during the Project, including at the airport and on the flight in any form. Please respect this policy whilst you are representing Flame International. We need to have spiritual awareness at all times as well as presenting an acceptable face of Flame International to all those we meet. It is preferred that you do not even talk about alcohol as some believe that you cannot be a Christian and drink alcohol which could undermine all the work we do for the Lord.

**Personal Clothes Washing:** In some places it is possible to ask for washing to be done at for a small extra charge which you need to pay for yourselves. However, it may cause offence if you ask for underwear or socks to be washed. We ask you to not even ask and do these yourselves.

**Food:** Food in most places is likely to be good but basic. Fruit is available when it is in season. However, we usually take a supply of vitamin supplements, dried fruit and nuts, and biscuits/snack bars. Food is very much part of the culture and it is good to eat what we are offered. Tea bags are usually provided, and you may wish to take coffee and dried milk according to your need. A plastic cup is a useful item to have, and knife/fork and spoon may be useful as cutlery is not always available.

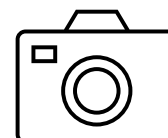


**Climate:** In hot countries we must ensure we drink more water than we do at home and ensure we do not get dehydrated. If we are overwhelmed by the heat, we must rest and not push ourselves too hard.



**Valuables:** As we go to some of the very poorest countries in the world and minister to some extremely poor people, you are asked not to take too many valuables. Expensive cameras, jewellery, gadgets are inappropriate. We must be careful not to look like Christian tourists.

**Photographs:** When group photographs are being taken it is better that one camera is designated to take a picture rather than 5 or 6 which just gives the wrong impression. While we are happy for you to take cameras, the less they are seen the better. Most photographs can be shared at the end of the trip.



**Giving Personal emails to people:** We encourage you not to give your own personal emails to individuals that you meet on mission. If they want to contact you, they can do it through the Flame International website. If asked you can just say that it is not the policy of Flame International to give out email addresses and this is generally enough to deter people. Clearly if you feel led to keep in contact with a specific person that is your choice however if you do not want to be bothered regularly with requests for money and assistance you need to be wise.

**Gifts:** Flame International will take some gifts to give the organisers but we do not expect the team to take gifts. You may be asked for money and while it is your choice if you do this, we advise against it. Please do not agree to give money in the future unless you specifically know that you will be able to honour the commitment. If you see a need and are prompted to give by the Lord that is fine but please be discreet.



## Job Descriptions on Mission

Everyone will be offered a specific role suited to their experience and abilities, which supports the mission. Those who are coming for the first time are given less responsibilities while they learn the way our missions work. Some team members will take on multiple roles if the team is small.

Tasks and roles which are likely to be delegated are as follows:

### Team Leader

This person carries responsibility for the safety and success of the mission. They are very experienced with Flame missions and well trained for the role.

### Deputy Team Leader

This person will support the Team Leader and may need to lead the Team as and when it's required. They will also be given other duties depending on the needs of the mission.

### Intercessor Lead

This person will be asked to lead the team in Intercession; this usually takes place the few days before the mission conference starts.

## **Conference Teachers**

Teaching notes will be sent in advance of the mission to people who have some experience in teaching the subjects that we teach. Not all team members will teach, especially if it is your first time on mission with Flame. These teaching notes are the same as those in the Forge notes folder.

## **Mission finance**

This person will be responsible for the spending of cash on mission. They will also need to keep receipts and a clear record of all spend on cash and card through the duration of the mission, to be reconciled with the OSM on return to the UK. The team leader will be responsible for returning accounts to the OSM.

## **Administrator**

Normally someone who is gifted in this area and has travelled regularly with us. They will be responsible for liaison between team and host/hotel regarding issues with accommodation, meal requirements, transport and other administrative duties requested by the Team Leader.

## **Pastor**

This person would provide pastoral care and support to the team. The need for this will be decided by the Team Leader depending on the size of team and mission. It is important the Pastor checks in with individuals at least every other day about their physical, emotional or spiritual health.

## **Ministry Manager**

On a large team a ministry manager will be designated who will oversee the entire prayer ministry. All team members will pray with individuals generally in pairs unless otherwise told by the Team Leader.

## **First Aid/Medic**

Someone will be nominated to be the First Aider, possibly combined with the pastoral role in the event of sickness or medical emergency; hopefully they will be a trained medic or nurse. They will need to know where the medical facilities are located (these are found in the Admin Instruction).

## **Conference morning devotion**

Certain individuals will be asked to lead a short devotion before the start of the conference/workshop each morning. This is only relevant on certain missions mostly in Africa.

## **Team devotions**

A team member will organise the team to lead morning and evening team devotions. This is like a thought for the day maybe including a scripture followed by prayer. This is not a bible study and we ask you not to prepare too much in advance, if issues are happening either at the Conference or within the team It is helpful sometimes to bring relevant scriptures.

## **Notes**

A nominated person to organize collation and distribution of the written notes to delegates.

## **Diary /Testimonies/Mission Stats**

A mission diary is maintained to keep a record of the mission. Please add all Testimonies to the bottom of the Diary page. You will receive the Mission Stats document that will need to be updated whilst on Mission with Conference/Church meeting size etc. Please see Mission Stats document for exact information you need to capture.

## **Props Bag**

Someone will look after the props bag and its contents during the mission to enable dramas to be undertaken. This is a task which needs care as anything lost from the bag cannot be replaced whilst away.

## **Drama**

All team members will take part in dramas. You will receive the list of standard Dramas before the Mission, but be prepared to be flexible, according to the requirements of individual teachers, in discussion with Team Leader.

## **Welcome/Registration**

A few team members will be designated to welcome people with local hosts and give them name badges and try to get to know them. A few words of local language to greet them would be welcome.

## **Lead for Cleansing of venue**

One person will be allocated as the Lead for Cleansing of the venue. This person will need to co-ordinate the other Team members on the cleansing team.

## **Photographer**

We will have a designated Photographer for each Mission. You will be given a document that will give guidance on what is required.

## **Gift Giving**

We may nominate someone to arrange gifts to be given out to the delegates on Mission.

## **Article for Burning Issues**

You may be asked, in advance, to write an article for our Burning Issues magazine. You will need to take notes on Mission and write this on your return and send the article to the Team Leader at your earliest convenience. This is often linked to the person writing the diary!

## **Prayer Support**

Prayer Support is vital for your protection, wellbeing and anointing while you are away on mission. It is probably the most important thing you put in place prior to going on the trip.

We strongly urge you to get 3 people who are on email and we will arrange to get daily emails to them from our Mission Prayer Coordinator about requirements for prayer and our programme. We try to text or send messages each day to keep our supporters in touch with how the mission is going. We rely heavily on their prayers for protection, spiritual breakthrough, healing, forgiveness and miracles.

We then suggest that you ask one of these people to cascade down to other friends of yours who will pray for you. We allow each team member only 3 contacts and then Flame International has a number of prayer supporters who are sacrificial in their support for us.

We will ask you for your contacts about 2- 4 weeks in advance of the mission and we believe these people are an integral part of the team. They are front line troops and often face a battle in their own lives as they support us. It is worth informing them about this.

Flame International office also sends an email out on a wide distribution to ask for prayer from our supporters who will get an email at the end of the trip informing them about the trip. You are encouraged to include your own church and those who are not on e-mail to pray. A prayer letter or card can be helpful.

Finally, we have our regular prayer supporters who are on the Flame International Prayer Carpet who will be praying for us.

## Security and Crisis Management

### Introduction

Flame International travels in areas where there is danger and often the Foreign and Commonwealth Office may advise against travel. All team members must know that there is a risk when you travel. Flame takes the safety and security of its personnel on mission very seriously and tries to minimise the risks as much as possible. We are mindful of safety and security and ask the teams to be aware also. The Team Leader will be in charge in the event of an emergency, please pray for their wisdom and discernment.



A Risk Assessment is completed for each mission and is carried by the team leader and deputy team leader. Local contacts will be on the Administrative Instruction for all team members, in the event of a medical or security emergency.

Flame has a crisis management policy which is available for you to read if you require it.

### Security and God

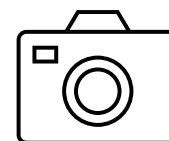
We are completely reliant on the Lord, but we have to be careful. Even when we live Christ-centred lives we still may suffer. We value life and we have been given common sense which must be used. We need to be accountable to the Lord and also to other team members. We must also be careful not to attract problems. Psalm 32:7 – “You are my hiding place; you will protect me from trouble and surround me with songs of deliverance”

One commentator said that in any community ten percent will be bad, ten percent will be good and the other eighty percent will be open to persuasion. We must keep security in our minds at all times particularly when travelling. While we have a God who will protect us, we have our part to play.

### Steps to Reduce Risk

We all need to be part of reducing the risk for the team:

- Be well briefed about the areas we are travelling through.
- Carry ID/contact information (waterproof if possible).
- Do not take photos of strategic locations i.e. bridges, military and government areas, restricted areas. Do not just stroll round these areas.
- Do not take photos without asking people; be careful with people with guns.
- Try to fit into culture
- Take care of revealing money, cameras and valuables in public (careful not to leave valuables on car seats etc....)
- Keep emergency stealing money on you.
- Watch your image.



Basic Rules to protect Image:

- Do not attract attention pointlessly
- Avoid external signs of wealth
- Be careful what you wear (modesty)
- Avoid conversations that attract bad intentions
- Respect local customs and traditions
- Do not wear military style clothing

- Maintain and uphold image
- Never forget reason for being there; reaching out and assisting the deprived and the lost!

## Vehicles and Travel

Traffic Accidents are the main cause of death among expatriates. Wear seatbelts where possible. Fifty percent of security incidents occur during travel.

### Specific Security Issues

Check Points  
 Hold Ups, Car Jacking & Robbery  
 Crowds to Mobs  
 Sexual assault  
 Being Arrested  
 Kidnap, Hostage taking  
 Caught in crossfire  
 Mines & UXOs



Day to Day risks are opportunists; pick pockets, mugging and money changing.

Check Points and Border Crossings:

- Guards may be afraid so no sudden moves.
- Always obey an order to stop.
- Identify yourselves when asked.
- Do not object if checking the luggage and or the vehicle.
- Resist pressure to give unauthorised lifts unless demanded by force.
- Turn off headlights and turn on interior lights if you HAVE to travel at night.
- Keep hands in sight at all times, tell them what you are doing and when you have to reach somewhere.
- Humour is not always appreciated.
- Shooting - STOP at once.

Hold Ups, robbery and hijacking:

- Always co-operate.
- Do what you are told.
- Do not try to escape, do not be funny or aggressive
- Move slowly
- Carefully initiate conversation
- Always hand over property demanded by armed assailants.
- Team Leader to negotiate if possible.



## Flame Policy on Crisis Management

Flame has a policy and procedures in the event of a crisis occurring while a mission is abroad. Examples of potential major crises are:

- Risks to safety and security of personnel e.g. Capture of personnel by armed group

- Outbreak of unrest in the area of the mission
- Serious road accident

The policy includes establishing a Crisis Management Team in the UK who will handle communications with Government agencies abroad and in the UK, contact with families etc. The Crisis Management Team will liaise with the Team Leader to resolve the situation.

All communications will go through the Team Leader and the person nominated by the Crisis Management Team. This means all communications for the team members will go through the Team Leader and all involving family members, through the Nominated person from the Crisis Management Team. Team members on mission will be asked not to contact family and friends direct and family members asked not to contact team members direct. This is to assure security and consistency of communications.

It is important you are aware Flame will not pay ransom money in the unlikely event of someone being taken hostage. This is in line with UK Government policy.

Teams of Flame International have been in two security incidents since its inception and under the protection of the Lord and with a commonsense approach we were kept safe. We have heard gun shots a few times and we kept our heads down. It is important to keep calm, pray and act as appropriate under the direction of the Team Leader.

“Trust in the Lord with all your heart and do not lean on your own understanding. In all ways acknowledge Him and he will make your paths straight.” Proverbs 5-6

## Coming Home



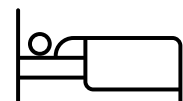
### Entering Western culture again

When you return home, you may find our culture difficult to stomach but also be so grateful for your own lifestyle. There will be different reactions by each team member and also people who you talk to. Some will be good and some will be bad.

Prior to returning we nearly always pray personally for each participant to remove any ungodly spiritual residue which may have landed, if there is a recurrence of a spiritual issue be mindful that you may need further prayer.

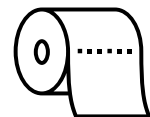
### Ourselves:

You will be tired on return and it is good if you can build a few days of rest on your return. You may also not be fully fit just because of the environment you have come out of so take time to allow your body to recover.



We may react in an unexpected way towards waste, luxury, overstocked supermarkets, materialism, shallow relationships etc. Some of us need to talk through some of our experiences which may be life changing with someone who will listen and understand. This may be done with another team member or with a close friend from church. It is helpful to talk the issues through. If you want to change how you do things wait a week or two and then change, try not to forget your passion and conviction that you have as you return.

We may find ourselves thanking the Lord for our luxury toilets on our return and it is so good to reflect how fortunate we are without beating ourselves up for it. There may be other things we are grateful for and we may like to list them to remind ourselves in the future.



We need to make sure that we are still covered with prayer for at least 3 weeks after our return. Things will be different and we will see things in a different light after a trip. Life will return to normal quite quickly but we need to enter our culture without being too critical or unloving.

### **Others Reactions:**

You may be surprised that other people are not as interested in your trip as you would have hoped. Remember that others have not had what might have been a life changing experience for you and may act with indifference. Forgive them!

There will be many who will want to see your pictures and hear your stories. It is good to be selective and not show 120 pictures to everyone! Ask the Lord which stories you should tell. There will be many and it is good to tell of the Lord's glory.

Some people have had amazing opportunities at work to tell people who do not know Jesus about their experiences, tell them, sow seeds and think through in advance why you have been so radical for the Lord.

## **Booklist**

Ministry:

- Healing and Deliverance - Peter Horrobin
- Healing the Human Spirit & Deeper Healing of Human Spirit - Ruth Hawkey
- Generational Sin – Ruth Hawkey
- Atonement – Derek Prince
- Blessing and Curses – Derek Prince

Bibliography:

- African Traditional Religion and the Christian Faith – Cornelius Olowola
- A Missionary Handbook on ATR – Lois Fuller
- Unearthly Powers – David Burnett
- ATR in Biblical Perspective – Richard Gehman
- African Religions and Philosophy – John S Mbiti
- Entering Another's World – Margaret Wardell and Robin Thomson
- Travel Health in your Pocket – Dr Ted Lankester InterHealth
- Operation World 21<sup>st</sup> Century Patrick Johnstone & Jason Mandryk
- Food for the Hungry UK – Orientation Manual –Doug Wakeling