Building Solid Foundations Trip Guidelines

1. **DRESS**
   - Team polo/tee shirts are issued for each trip. Please wear your shirt while travelling to and from Ghana. The shirts help team members locate each other in busy airports and tourist attractions.
   - Please do not wear short-shorts, shirts with inappropriate art, or suggestive/revealing clothing.
   - Please do not wear soiled scrubs and/or shoe covers in the dining room.
2. **AFTERHOURS**
   - Alcohol is to be consumed in the dining room. Alcohol may be consumed in the dorm common area within reason.
   - There are separate dorms for men and women. Members of the opposite sex are allowed in the dorm common area only.
   - Many team members begin the day very early! Please be considerate with noise in the dorm areas.
3. **DORMS**
   - **Dorm Rooms** – Please respect your roommate(s) by keeping your sleeping area neat and clean.
   - **Common area** – Please return plates, silverware, and glassware to the dining room or WASH and DRY it in the dorm kitchenette. Take a moment to straighten cushions, dust and sweep as needed.
   - **Showers**– Please take personal items back to your room after showering. Dispose of trash properly.
   - **Toilets** – We follow the dictum *if it's yellow… let it mellow, if it's brown… flush it down*. **NEVER** FLUSH TOILET PAPER, SANITARY PRODUCTS, OR ANYTHING ELSE THAT DID NOT PASS THROUGH YOUR BODY.
   - **Air conditioning and lights** – Please turn off lights and the air conditioner when you leave the room.
4. **ILLEGAL DRUGS AND CONTROLLED SUBSTANCES ARE <u>NOT</u> PERMITTED.**
5. **WATER**
   - Please mark water bottles with your initials or name immediately after opening. Use every drop – we do not have an endless supply.
   - Dispose of water bottles in trash bags in the dorms or bring them to the dining room. Locals recycle.
   - Please fill all water buckets found in the dorm shower stalls whenever running water is available.
6. **SAFETY**
   - Please do not give gifts of money to locals.
   - Please be very careful about making promises to locals. We lose credibility if you/we cannot deliver on a promise.
   - While safety has not been an issue in the past, we strongly recommend that you do not walk away from the hospital grounds – even to the beach – alone. Women in groups of three and preferably with a man, and men in groups of two or more are safest.
7. **MINDSET**
   - Keep your expectations to one day at a time.
   - We are GUESTS. Things may not happen according to our schedule. Be flexible, adaptable, and culturally sensitive. Be open to doing things in a way that is different from your usual.
   - Take a moment to reach out to a team member who may be home-sick or lonely.