**Saying Goodbye**

1. Do not be afraid to show emotion.

*More than likely the nationals have fewer inhibitions than you, so learn from them! Hugs and words of appreciation are expressions you won’t regret.*

1. Treasure the moment.

*So often we live our lives for the future and fail to appreciate the present moment. This is a good moment, and one that cannot be duplicated. Value what is happening.*

1. Get the addresses of those you intend to write.

*Don’t make commitments to everyone. Be realistic. That will help you have integrity at home and abroad.*

1. Give a small gift as a token of your friendship.

*The giving of gifts should not be elaborate because that may introduce awkwardness into the friendship. Choose something personal that will remind the person of you. Often times it is a good idea for the team to bring a gift and leave a gift. However, gift-giving may not be accepted in the culture. Be sure to check with your host prior to the trip.*

1. Talk about your feelings with the team after you have departed.

*This will create an environment where others may feel it is okay to share their grief and joy.*

1. Don’t expect others to handle the goodbyes as you do.

*We all respond differently to emotionally charged events. Be accepting of others’ inhibitions or tears.*

1. Get plenty of photographs or video footage.

*You (and perhaps only you) will value this once at home. You may also want to send photographs to the host community once you’re home. (Be sure photographs and video are appropriate in the host community.)*

1. Agree to pray for one another.

*This is the most important expression of love you may be able to share with your newfound friends. Let them know they will be in your prayers.*

1. Avoid making financial commitments during the goodbye.

*You may confuse a very valuable time introducing finances into your farewells. Furthermore, you might make a commitment you are unable to keep once at home. Wait and think through your financial decisions.*