

We exist to

DISCIPLE

and

EQUIP

believers, as we

SEND

them to be part of God's Transformation
of lives and Communities among the nations.

DISCIPLE. EQUIP. SEND.



WELCOME TO MISSION DISCIPLESHIP TRAINING

If you are signed up and ready to get started or considering MDT as your step into missions we hope we can give you an insight into who we are, why we do what we do, what to expect when you arrive. Before we get started here is a little bit more about us.

South Africa is home to over 50 million people from many different cultures. The vision of OM in South Africa is to work in relationship with Churches to disciple and send workers to see lives and communities transformed both locally and among the nations. We aim to mobilise, train and support people into mission around the world but also have a variety of ministries here in South Africa.

The training team started back in 1987 when a handful of trainees gathered on a farm in Pretoria to begin their missions journey. MDT has now been running over 30 years and seen over 2500 people take part. People come from all around the world and each year we disciple and equip over 100 trainees. We are passionate about people and aim to provide quality training that challenges each individual to a deeper relationship with Christ, and helps them to be prepared for effective ministry.



AT MDT WE BUILD OUR PROGRAMME AROUND FOUR KEY AREAS



COMMUNITY

Living with people from
all over the world

You will get to know people of different ages, cultures and theological understanding as you live, work and study in a cross cultural community of believers. You will be placed in a shared room with people from other countries and also have many opportunities to work in a team, learn about people and support and challenge one another.



MENTORING

walking a journey with an
experienced missionary at MDT

As a trainee you will be assigned a specific person who will be your mentor throughout training. Mentoring takes place about once a week and the purpose of the mentor is to accompany you through your time at MDT, someone you can share concerns, struggles and joys with as you walk this journey with God.



KNOWLEDGE

laying a Biblical foundation
for ministry

Through lectures from experienced teachers and missionaries along with assigned reading and small groups you will study a wide variety of topics aimed to equip you in understanding more about God, His word and His world. There are also practical workshops giving you tools for missions and ministry.



EXPERIENCE

exposing you to many different
kinds of ministry

South Africa's diverse community provides a great setting for learning about a wide variety of cultures and ministry. During your time with MDT you will take part in several outreaches working alongside our ministry partners and local Churches. You will visit rural villages, inner city ministry, townships and world faiths communities.



WHAT DOES A DAY LOOK LIKE?

AN AVERAGE DAY



06:00	Compulsory exercise	06:30	Team devotions	06:45	Personal devotions	08:00	Breakfast	08:50	Lecture 1	10:00	Morning Break	10:15	Lecture 2	11:15	Morning Break	11:30	Lecture 3	13:00	Lunch	14:00	Afternoon activities	16:30	Optional team sports	18:00	Supper	19:30	Evening activities	22:00	Curfew
--------------	---------------------	--------------	----------------	--------------	--------------------	--------------	-----------	--------------	-----------	--------------	---------------	--------------	-----------	--------------	---------------	--------------	-----------	--------------	-------	--------------	----------------------	--------------	----------------------	--------------	--------	--------------	--------------------	--------------	--------

AFTERNOONS

Each afternoon is a rotation of activities including mentoring, practical work to help maintain the base, mall trips (on average once a fortnight), men's and ladies meeting and reflection afternoons.

EVENINGS

Each week we have an MDT prayer night. You will also be assigned to a Bible study group and a family group, a time to socialise with others. Once a week we have an optional 'going deeper' evening, usually a guest speaker, video or discussion.

WEEKENDS

Saturdays are a time for relaxing. Some weekends we will ask you to remain at the base, some you will be free to leave for the day. Some Saturdays will include ministry or outreach. On average you will have 2 off weekends during your time at MDT. Sundays will be a service at the base or visiting a local Church.



WHO IS MDT FOR?



WHO IS MDT FOR?

MDT IS FOR ANYONE WHO



Has committed their life to Christ and desires to see lives transformed by the gospel



Has a desire to grow in their knowledge and experience of God.



Is committed to learning and serving.



Has been sent by their home Church and their OM home office.



Is willing to adjust and be flexible to different experiences and cultures.



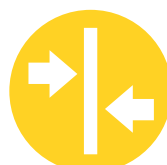
Is a team player willing to learn and grow alongside others.



Is committed to the core values of OM.



Is committed to 100% participation in the life of MDT.



Is willing to submit to the boundaries set out by OM South Africa and the leaders of MDT.



VISA'S, FINANCE & VACCINATIONS

DO I NEED VACCINATIONS?

Before you come to MDT please visit your doctor to find out any vaccination they recommend. You will not visit a Malarial area during your training. If you wish to travel in Africa after your training you will need a yellow fever injection to return to South Africa.

WHAT VISA DO I NEED?

You'll need a MINIMUM of a 6 month visa. We recommend you check your visa before you come to MDT. Especially check:
Your visa covers at least a few days either side of the start and end date of MDT given to you by your home office.
Your visa is a MULTIPLE ENTRY

visa to allow you to join outreaches outside of South Africa. We cannot extend 1 or 3 months tourist visas any longer in South Africa so please ensure your visa covers your time at MDT.

HOW DOES FINANCE WORK?

MDT charges a set fee for the training depending on what country you come from. This can be paid through your sending field. Your field will sometimes add other costs to the fee, please speak to them about details of this. Your MDT fee gets spent in the following way;

- 8% MDT Development.
- 3% Training materials.
- 2% Office & IT.

What is covered during MDT? Your accommodation, food, ministry travel, outreaches and all training materials are paid for. You will also receive pocket money of R400 a month during your time with us. What is not covered? Any social travel (off days) or holidays are not included in your MDT fees. You will have on average 2 off weekends and **some off Saturdays** during your time, you will need to cover your costs for these. Toiletries and personal provisions will need to be bought yourself, your pocket money should cover this. We believe everything we have is given by God and belongs to him. We encourage you to live a simple lifestyle while on the base and your pocket money should cover basic needs. Outside of this it is your responsibility. Please be respectful and considerate of the people around you who may have more limited resources.

- 10% OM South Africa administration fee.
- 30% Accommodation (including utilities, maintenance, replacement)
- 20% Food (including pocket money).
- 17% Outreaches.
- 10% Transport.

WHAT DO I BRING?

WHAT DO I BRING?

☒ **BIBLE** (in your own language, you can buy English ones cheaply here).

☐ **NOTEBOOKS**

☐ **PENS**

☐ **BOOKS**

☐ **CUTLERY BAG**

☐ **PLATE**

☐ **MUG**

☐ **BOWL**

☐ **EATING UTENSILS**

☐ **WATER BOTTLE**

☐ **DICTIONARY** if needed

☐ **CELL PHONE** if you require one (sim cards can be purchased here).

☐ **SLEEPING BAG** for outreaches (we can provide you with a roll mat).

☐ **MUSICAL INSTRUMENT** if you play and have a portable one!

☐ **TOWEL**

☐ **WASHCLOTH**

☐ **PERSONAL TOILETRIES** (please bring enough for your 1st month).

☐ **HAT**

☐ **SUNGLASSES**

☐ **SUNTAN LOTION**

☐ **OUTFIT FOR PRACTICAL WORK**

☐ **SMART OUTFIT** for Church visits (with smart shoes)

☐ **SPORTS OUTFIT**

☐ **CLOTHES AND SHOES** for summer and winter

☐ **GIRLS PLEASE BRING 2 OR 3 LONG SKIRTS FOR RURAL OUTREACH**

☐ **GIRLS PLEASE BRING 3-4 T-SHIRTS WITH LONGER SLEEVES FOR WORLD FAITHS OUTREACH**

Many items can also be purchased here in South Africa.
Bedding is provided for you.



IS THERE A DRESS CODE?

Yes! Trainees and leaders at MDT are asked to respect the dress code; WHY? Because of the diversity of the community we live and work in we want to respect each other and not cause a stumbling block to other people. From about May until September the base can be ***VERY*** cold! The nights can reach freezing temperatures and we have no indoor heating. Make sure you bring a warm coat / hat / scarf and enough jumpers and warm pajamas, especially if your joining the February to July team.

GENERAL DRESS

The dress code around the base is casual but when out doing ministry in Churches you will need to dress smartly, including smart shoes. For other specific occasions the leaders will advise you. We recommend a pair of flip flops and a pair of trainers.

- Trousers must not be very low waist
- Tops must not show any midriff (back or belly)
- Clothes must not be too tight fitting.
- Necklines should be modest (i.e. No deep V-necks)
- Shorts are OK but must not be too short (need to reach mid-thigh)
- Sleeveless tops are OK but no spaghetti straps or halter necks.

SWIMMING

Girls you will need to have a one piece swimming costume or shorts and a top that doesn't show any midriff. Bikinis and tankinis are not allowed. Guys no Speedos please! Board shorts are great. We ask that when you travel to and from the base swimming pool you wrap yourself in a towel or get dressed. Please don't wander around the base in your swimming costume.



LIFE AT MDT

In what ways will I need to adapt?

Be prepared for a change in lifestyle, diet, exercise and living with a group of diverse people. It can bring its challenges but a Godly attitude and a willingness to be flexible will help you settle in!

WHAT FOOD WILL I EAT?

3 meals a day are provided, usually the evening meal is the hot meal. A small fridge is provided for trainees to store their own items if needed but your support will cover your food. Let us know if you have any allergies, we can cater for gluten intolerance, lactose intolerance and vegetarians, if you have dietary requirements outside of this we will need to see a medical note from your doctor. Everyone takes part in a kitchen team at least once a week to help prepare food and clean up the kitchen.

DOES MDT FOLLOW OM'S SOCIAL POLICY?

Yes! We submit to the policies designed by OM to help you grow spiritually and in community life. You are not allowed to develop any romantic relationship in your first year with OM. We also encourage you to socialise in groups and avoid exclusive relationships. Guys are not allowed in or near the girls accommodation and likewise, girls are not allowed in or near the guys accommodation.

HOW DO I DO MY LAUNDRY?

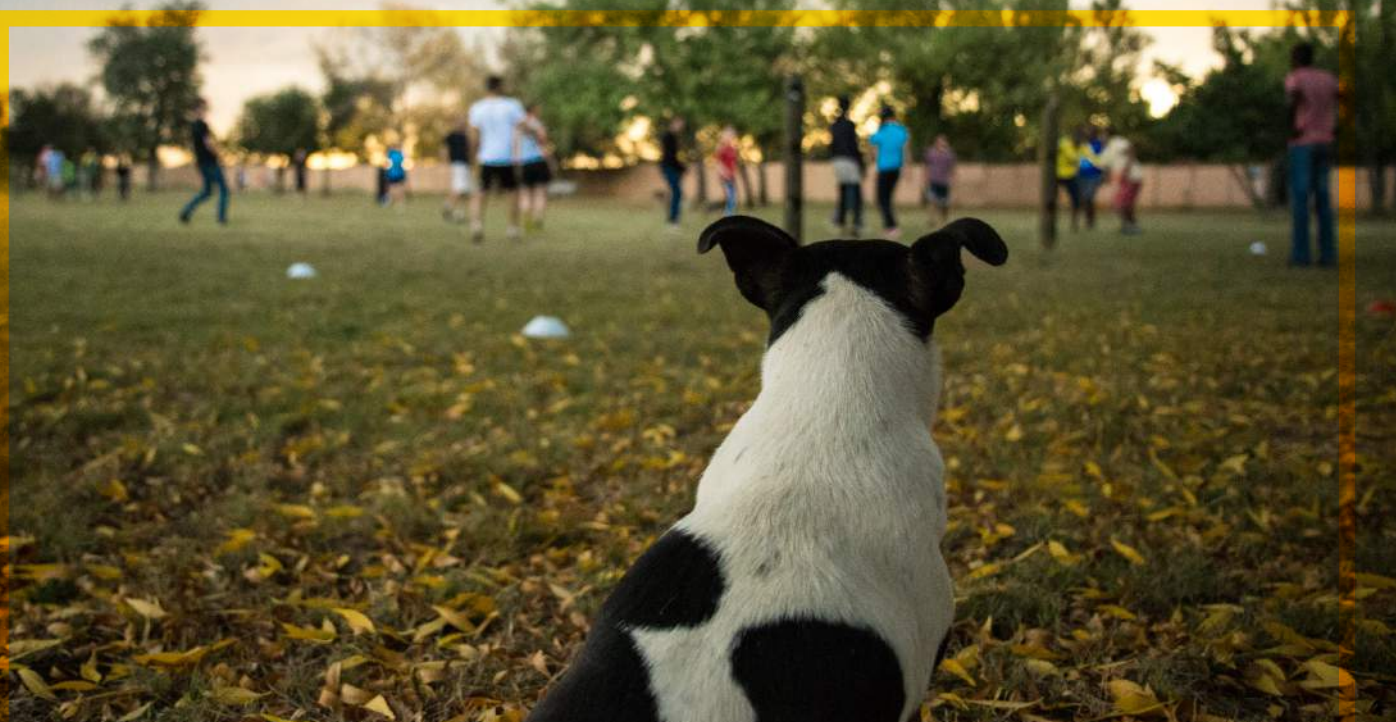
Wash powder is free and you can wash by hand or you can use the base washing machines for a fee.

IS THERE A SPECIFIC STYLE OF WORSHIP IN OM?

No. We encourage people to worship in whichever way they feel comfortable. We use a variety of music and encourage trainees with musical gifts to get involved in the band. We want our collective worship times to be focused on God and not on us.

HOW DO I KEEP IN TOUCH WITH PEOPLE BACK HOME?

You will be assigned an OM email in your first few weeks (if you have not been given it by your home office). We have a computer room where you will be able to check OM email only. Sorry we can't provide wifi to trainees.



We encourage you to keep in touch with your supporters at least twice a month and you can make use of the free postal service we provide. This is for letters and postcards only (packages must be covered on your own expense).

Our postal address for friends and family is;



OM MDT
PostNet Suite #436
Private Bag X37
Lynnwood Ridge
0040 Pretoria

Please let friends and family know post can sometimes get lost or take a long time. We collect from our mailbox once a week.

HEALTH

We ask that ALL trainees come with medical insurance in place. International trainees will often need to pay upfront for medicine or accidents and claim back from their insurance.

We use local doctors that provide a good standard of care. The water on the base is safe to drink, if you are on outreach we will advise you regarding the water.

SAFETY

South Africa is sadly known for its high crime rate. We are quite remote at the base and ask you to listen to the leaders regarding safety.

Never go out of the base alone (minimum of three people for jogging or walking) and never after dark. The local malls are usually quite safe but please be careful. We will advise you differently for areas we minister in.

Your belongings are your own responsibility, please look after them and lock your room if you are not there. Do not leave anything lying outside or in common areas, especially at night.

HOLIDAYS AND VISITORS

The programme is busy and you will only have 2 off weekends and some off Saturdays. It is your

responsibility to make your own plans during this time. International students will not have time for traveling home during the training.

Cars can be hired locally and there is limited public transport, If in doubt, ask a leader!

You are welcome to have visitors to the base on Saturdays / Sundays after the first month of the programme, please let the duty leader know so we know who is on the base.

If family and friends would like to stay overnight please speak to a leader for permission in advance. We ask for R50 a night for accommodation and R50 a day for 3 meals.