

STENSHULT HEALTH & MISSION CENTER

Stenshult 1 • 511 95 Öxabäck • Sweden

Phone & Fax +46 (0)320-56144

E-mail: stenshult@gmail.com • www.stenshult.org

Dear Friend!

Greetings from your Stenshult staff!

We thank you for your interest in our missionary training program. Our philosophy and principles are based upon the Bible and Spirit of Prophecy and are designed to equip you to be helpful in any kind of missionary work. Since we have received so many blessings from following these principles, we endeavor to share as much as we can to our fellow students who would like to gain more knowledge and experience in these lines.

Enclosed is the additional information that you have requested in regards to our missionary training program. (See beginning date below.) This application packet will help you to better understand our program and prepare you for your arrival at Stenshult.

The course dates for 2012 are from the 8th of April to the 30th of November. You may attend the entire course, or you may choose to come for a shorter time to attend a specific part of the course.

We pray that God may bless you as you consider coming to Stenshult. Please, contact us with any questions or concerns. We look forward to assisting you in any way we can.

Sincerely,

Stenshult staff

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Important Information

Please, read through the whole application. You will keep pages 1 - 6, which contain important information which will help you in preparing to come.

Please, send to Stenshult Health & Mission Center pages 7 - 8, which contain important information that we will need to receive at least two months before the program begins. You will need to have two references that know you. Each should fill out a reference form, page 9 or page 10, and send that page to Stenshult. (If you are not able to meet the time deadline, please contact us.) To process the application we require a 250 SEK deposit that you may send together with the application. This deposit is non-refundable but will be applied to the cost of the program.

The entire cost of the program should be paid no later than the first day of the program.

See the section entitled "Payment Information" in order to pay through the bank.

Your Arrival at Stenshult

If you cannot reach us at the home telephone +46 (0)320 5614 when traveling to Stenshult, then try our mobile number +46 (0)70 7782257.

You will need to arrive at Stenshult on the afternoon of the Sunday upon which the course begins. Please, take this into consideration when booking flights to the airport in Gothenburg and when coming by bus or train. After your arrival, it may take about two more hours to come to Stenshult. We ask that all students be at Stenshult by 15:00 on Sunday afternoon. This way you will have time to settle in before orientation begins.

Orientation begins at **17:00** on Sunday, 8 April 2011.

List of Items to Bring

The following list is designed to help you know, in preparing for your visit to Stenshult, what will be beneficial and what is not necessary to bring.

Please, bring:

1. Personal toiletries, such as, shampoo, soap, toothpaste. You may also purchase some of these items in our book and health food shop.
2. Beddings will be provided for those with limited baggage allowance. You may purchase detergent.
3. Sleepwear, robe, house shoes, and shower shoes.
4. Bathing suit (swimsuit) for hydrotherapy.
5. Modest, casual and dress clothes, which are suitable for the climate and with Christian standards. Exercise / working clothes and shoes or boots. Clothing suitable for the Sabbath and other similar occasions.
6. Rain wear! Umbrella, rubber boots, waterproof shoes.
7. Winter clothing (if staying during the winter months) –gloves, scarf, hat, warm clothing!
8. Classroom materials: notebook and pens or pencil to use during lectures. You may want to bring a recorder so that lectures can be recorded.
9. For those traveling internationally, remember appropriate travel documents (passport, etc.).
10. A willing and positive attitude.

Please, do not bring:

1. Televisions, radios, inappropriate music or viewing.
2. If bringing mobile telephones and computers, please do not bring any games.
3. Pets.

We appreciate your willingness to comply with the program.

Text books:

1. Bible, *King James Version*
 2. Bible Concordance (or Bible program on laptop).
 3. *Education*, by E. G. White
 4. *Ministry of Healing*, by E. G. White
 5. *Steps to Christ*, by E. G. White
 6. *The Desire of Ages*, by E. G. White
 7. *The Great Controversy*, by E. G. White
- Other text books will be used as well. You may choose to bring your own text books. Some of these books may be purchased at Stenshult, or borrowed from the library.

Principles and Standards

1) Classes and worships

It is the privilege of students to experience the blessing of attending classes and worships. Attendance is required, unless an acceptable excuse is provided. All are asked to come on time, so that others do not have to be delayed or interrupted. Mobile telephones should not be used during class and worship time and are to be turned off.

2) Practical training and outreach

Besides receiving training in the classroom, students will also be trained practically by helping in different vocational areas and in various outreach programs. This part of the education is also required and should be regarded as equally as important as time in the classroom. Students are asked to view these experiences as positive and to have cheerful and willing hearts and minds. Mobile telephones should not be used during this time, unless it is for the purpose of training. All are asked to come on time.

3) Food and meals

Food served from the kitchen is prepared in a simple and healthy way without use of meat and dairy products. Meals are served two times a day. If a third meal is required, a light meal will be provided. Meals are to be without animal products (i.e. no meat and dairy products). No eating is allowed in the dorm rooms and other restricted areas. Narcotics, alcohol, tobacco, beverages with caffeine and other harmful products are prohibited as well.

4) Entertainment

True Christian recreation is not the same as entertainment. Television is not allowed, but appropriate videos or DVDs are permitted. Acceptable music is that which brings glory to God, uplifts the hearer, and brings pure and holy thoughts. Such activities as walking, hiking, cycling, canoeing, and working in the garden are encouraged in the place of competitive sports.

5) Social relations

The students are encouraged to focus on the education they have come to receive and to interact with one another in a way that will promote this goal. Courtship between students is not permitted. Men and women should guard against familiarity between the genders. Modesty, reserve and purity are to be exercised in behavior and deportment.

6) Dress and adornment

Students are encouraged to cultivate the inner beauty of a heart fully surrendered to God and to abstain from all artificial adornment that takes the attraction away from Christ. As Christians, we desire to break away from the slavery of fashion and dress in a way that is in harmony with simplicity and beauty that God has ordained (Psalm 104:1; 1 Pet. 3:3-4; 1 Tim. 2:9-10). We also want to be in harmony with God-given instruction not to have men and women dressing like the opposite gender (Deut. 22:5). We ask the students to accept the following guidelines during the school period:

Men: No short pants, tank tops, tight-fitting clothing, nor clothing that unnecessarily exposes parts of the body. Clean and neat clothes and shoes are to be worn for classes, worship and especially the Sabbath.

Women: We encourage the women to wear skirts and dresses. No pants, mini-skirts, tight-fitting clothing nor clothing that unnecessarily exposes parts of the body. Clean and neat clothes and shoes are to be worn for classes, worship and especially the Sabbath.

Jewelry and cosmetics: Such things as rings, necklaces, bracelets, ear rings, body piercings etc. are not in harmony with the simple life of Jesus. Cosmetics also take away the natural beauty that God has created and are unnatural. Please, do not wear jewelry or cosmetics.

If you have questions in regard to these principles and standards, please feel free to share them with us when sending in your application.

Program Costs

Cost for entire 8 months:

24,000 SEK

Cost per month:

3000 SEK

Cost per week:

1000 SEK

Payment Information

Payments in Sweden:

Bank: Mjögäcks Sparbank (Swedbank)
Name of Bank Account: International Institute of Health & Education
Bank Account No: 8222-2, 14 008 844-4
Bankgirot: 5665-9030
PlusGiro: 14 72 92-7

Payments outside Sweden:

Bank: Mjögäcks Sparbank, Sweden
Name of Bank Account: International Institute of Health & Education
Bank Account No: 8222-2, 14 008 844-4
IBAN: SE2580000822220140088444
Swift Code: SWEDSESS

Payments in Denmark

Bank: Nordea
Name of Bank Account: International Institute of Health & Education
Reg. No: 2520
Bank Account No: 6267-827-425

Directions to Stenshult

By airplane:

International flights should arrive in Gothenburg and not in Stockholm. Gothenburg has one major airport (Landvetter) which is about one hour from Stenshult and a minor airport (City or Säve) which is about 1 hour and 30 minutes away. Both of the airports have bus connections to the city of Gothenburg, from where another bus may be taken to Kinna or Örby. The price to come with bus from the airports to Örby is about 200 kronor.

By bus and / or train:

Public transportation is relatively inexpensive and convenient. Bus companies such as GoByBus and EuroLines have connections from Copenhagen, Oslo, and other large cities in northern Europe. The arrival destination is Göteborg (Gothenburg). The train can also be taken to Gothenburg. From Gothenburg there is a bus, which can be taken to Kinna or Örby. Örby is a small village that is located only about fifteen minutes from Stenshult. The bus ticket from Gothenburg to Örby is about 100 kronor.

By car:

Looking at the map, you will find that Stenshult lies nearest to Borås, Gothenburg, Varberg, and Halmstad. Eventually, the goal is to come to Överlida (from Ullared) or Öxabäck (from the Kinna area). The directions from these two villages are given below.

From Överlida: From highway 154 in Överlida drive towards Skene / Öxabäck. Stay on the paved way! Do not take the gravel way to Getås! After 8.1 km turn left at the T-crossing towards Skene / Öxabäck. After 200 m turn right towards Spjutås. (The sign says “4 Spjutås”.) Continue on the asphalt way 2.8 km. At a yellow and red sign with “Strixbo” turn left onto a gravel way. After 750 m you have arrived at Stenshult. Look for a blue house and a large red utility building.

From Öxabäck: From Q-Star in Öxabäck drive from the village towards Överlida. After 2.6 km turn to the left by the blue and white sign “4 Spjutås”. Continue on the asphalt way 2.8 km. At a yellow and red sign with “Strixbo” turn left onto a gravel way. After 750 m you have arrived at Stenshult. Look for a blue house and a large red utility building.

Travel costs per person by a Stenshult car:

| | |
|--|---------|
| From City (Säve) Airport in Gothenburg:..... | 350 SEK |
| From Landvetter Airport in Gothenburg:..... | 250 SEK |
| From bus / train station in Gothenburg:..... | 300 SEK |
| From bus / train in Kinna: | 100 SEK |
| From bus in Örby: | 75 SEK |

Group discounts may be offered. (For example, if two or more persons arrive at the same time and travel together in the vehicle returning to Stenshult.)

For more details or questions, please, contact us. Have a pleasant journey!

Student Registration Form

Please, complete the entire application, pages 7 - 8, with two references (Reference Form # 1 on page 9 and Reference Form # 2 on page 10) and return it to Stenshult Health & Mission Center to be reviewed by one of our staff members as soon as you are able. Please submit a 250 SEK non-refundable fee with the application, which will be deducted from the total cost of the program. (Payment information is given on a previous page). Thank you! FORWARD YOUR APPLICATION TO STENSHULT HEALTH & MISSION CENTER BY MAIL, EMAIL OR FAX.

Name: _____ Date of birth: _____

1. When did you fully accept Christ as your Savior, Master and Lord, and yield your life to Him? And how have your life and goals changed since then?

2. What has led you to consider Stenshult Bible and Medical Missionary Training Program?

3. What is your previous education?

4. What have been your work and / or involvement in missionary activities during the last five years?

5. What skills or talents do you believe that the Lord has given you?

6. Have you experienced God's special call to a specific branch of missionary work?

7. Do you think that the Stenshult Bible and Medical Missionary Training Program may assist you in fulfilling the plan God has for your life?

8. Are you able to cooperate well with other people? How do you deal with problems?

9. Do you have the desire and ability to follow instructions?

10. Do you plan to stay for the whole program, or just a part of it? In case - what part?

11. Do you have economy to pay for your stay, or are you hoping to work off some of your fee? If you are not able to pay, please give us a short description of how much you will be able to pay, and why you are not able to cover the rest of the cost. Include also the time that could be relevant for you to work at Stenshult.

12. Do you use any medication or have any specific health problems that may limit your ability to attend certain classes, outreach and practical training or to eat certain foods?

13. Have you read through the principles and standards? Do you understand and agree to follow each of these principles?

14. Give two references that are not relatives (and provide each of the references with a copy of the student reference form (pages 9 and 10):

1) Name _____ Phone: _____
Address: _____ Country: _____
Zip/postal code _____ City _____

2) Name _____ Phone: _____
Address: _____ Country: _____
Zip/postal code _____ City _____

Date _____ Applicant's Signature _____

Office use only

Date ___/___/___ Name of Staff Member:

Applicant accepted: Yes No

Date ___/___/___ Name of Staff Member:

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Student Application Reference Form # 1

Name of applicant: _____ Date of birth: _____

Your name (reference): _____ Date of birth (reference): _____

1. Tell shortly about yourself - profession, involvement in religious life etc.

2. How long have you known the applicant and in what way have you known the applicant?

3. Have you in some way been involved together with the applicant in church settings, Bible groups, missionary activities etc? What were your impressions?

4. What would you say about your experience with the applicant in relation to the Christian life?

5. What skills or talents do you believe that the Lord has given the applicant?

6. Do you believe that the applicant will have the desire and ability to co-operate and follow instructions?

7. Is there any particular area of the applicant's life that may require special guidance or counsel?

8. Do you recommend (name of applicant): _____
as a student for the Stenshult Missionary Training Program?

Any comments are welcomed and may be written on the backside of this sheet.

Date _____ Reference's Signature _____

Thank you for filling in this student application reference form! PLEASE FORWARD THIS FORM TO STENSHULT HEALTH & MISSION CENTER BY MAIL, EMAIL OR FAX.

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Student Application Reference Form # 2

Name of applicant: _____ Date of birth: _____

Your name (reference): _____ Date of birth (reference): _____

1. Tell shortly about yourself - profession, involvement in religious life etc.

2. How long have you known the applicant and in what way have you known the applicant?

3. Have you in some way been involved together with the applicant in church settings, Bible groups, missionary activities etc? What were your impressions?

4. What would you say about your experience with the applicant in relation to the Christian life?

5. What skills or talents do you believe that the Lord has given the applicant?

6. Do you believe that the applicant will have the desire and ability to co-operate and follow instructions?

7. Is there any particular area of the applicant's life that may require special guidance or counsel?

8. Do you recommend (name of applicant): _____
as a student for the Stenshult Missionary Training Program?

Any comments are welcomed and may be written on the backside of this sheet.

Date _____ Reference's Signature _____

Thank you for filling in this student application reference form! PLEASE FORWARD THIS FORM TO STENSHULT HEALTH & MISSION CENTER BY MAIL, EMAIL OR FAX.