

# UKRAINE CHALLENGE

ORIENTATION INFORMATION ~ 2006

**“Blessed are the flexible for they shall not be bent out of shape!”**

Travel and work on God's agenda not yours.

## First things first!

**Relationships** - The relationship that you have with the Father should be renewed daily with **private and group devotions**. Always take time. Relationships with your team members are so important. The relationships that you will make with the Ukrainians are priceless--more valuable than the building, the camp, etc.

## What is not flexible:

**Who is in charge** - The team leader or his designee is always in charge.

**2 large bags @ 50 pounds** each - not more than 62 linear inches, marked with current ID  
**(Airlines prefer not to have the large plastic containers.)**

Put a copy of your passport inside.

Take a photo or description with you in case it is lost.

**1 carry-on of legal airline size (22"x16"x8" @40 lb.)**

Include as much of your personal things here as possible but at least a change or two of clothes, several changes of underwear, medicine, and toiletries.

**The second carry-on item** must be a purse, camera bag, fanny pack, or computer bag.\*

**Each person will be given a card with emergency telephone numbers and lost luggage information on it. Keep it with your passport. Only a few places take credit cards; carry at your own discretion.**

Make a plan for your **return tickets**. Staple one **passport photo** inside the back cover of your passport.

## Now, some things that are flexible

\*A bag with the following items is a necessity for your convenience and peace of mind in Ukraine. Don't go anywhere without it. Include: **water bottle**, snacks, gum, hard candy, t-paper or pkg. of Kleenex, small flashlight, Tylenol, Tums, Neosporin, a few Band-Aids, prescription meds, toothbrush, emergency number card, insurance info, phrase book, and PASSPORT.

Clothes - (think European) **no shorts**  
two sets of work clothes  
two or three sets of everyday clothes  
one set of Sunday clothes  
comfortable work/ walking shoes & dress shoes  
(may be the same as work/walking shoes)  
slippers or extra thick socks to wear inside  
married ladies--head covering-scarf or hat  
**no jewelry** except wedding band, watch, small earrings for pierced ears  
toiletries - emergency toilet paper, detergent  
prescription medicines  
2 towels & 2 wash cloths

extra glasses or contacts  
special batteries  
adapters  
Bible - devotional material  
hymnal or chorus book; special music and accompaniment. tracks  
your testimony or greetings written down for the interpreter  
gifts for your host family  
things to give away  
things for camp  
\$250-500 for souvenirs or projects  
~bring anything that you feel *impressed* to bring~

## TRAVEL TIPS

- **Wear your Ukraine Challenge T-shirt**, coming and going!
- Arrive at the airport at least two hours ahead of departure time.
- **It is better for everyone to check in as a group.**
- **Check luggage all the way to Kiev, Borispol airport (KBP)**
- **Use the buddy system as you travel and in Ukraine.**
- Have a positive attitude and smile. Pray for everyone processing through customs.
- Immigration paper (?) You may or may not be given this on the plane.

## ARRIVAL IN UKRAINE TIPS ~ **STAY CALM**

- **Passport control**-A man from the Intourist office will meet your team and ask for the team leader and all your passports. It may seem that he is rude and aggressive but he will guide you through customs. **Follow his directions!** The team leader will collect \$20 per person for this service before leaving US.
- **Baggage claim**-Use the buddy system: one person go for a cart; the other start to claim the luggage. Put only enough luggage for two people on a cart.
- **If you have lost luggage**, go immediately to the office at the end of the baggage claim area and start the paper work. Give the address for lost luggage from the emergency card to the claims person.
- **Do not leave anyone alone in the back!**
- **If you have less than \$1000** with nothing to declare, go through the green line without a customs declaration.
- **If you have more than \$1000**, fill out a customs declaration. Be honest about all amounts of money.
- **At the customs desk**, be very positive in your responses. “These bags contain my personal belongings for a two week stay, materials for children’s camp, materials for construction, etc.” **Do not at any time say humanitarian aid, gifts or presents or give anything a dollar value.**
- When you are finished at the customs desk, come out the front door. We will be waiting. At this point, put all papers that you have been given and your passport in a safe place. Keep everything that you are given.
- **Exchange about \$20 in the airport.** There may not be an opportunity later.
- If you do not have a water bottle already, **buy one here** and keep it with you at all times.

## CULTURAL SENSITIVITY TIPS

- Relax your hold on American culture and follow the Ukrainians lead.
- Be sensitive about what is being worn, being said and being done.
- Use your eyes and ears more than your mouth.
- Always take off your shoes and hats (men) at the door no matter what your host says.
- Stand to pray before and after meals, hands in front.
- Try everything at the meal in small amounts.
- Ladies, unless you know the situation, **wear only dresses or skirts.**
- If you are doing construction, carry your work clothes and change at the church. Then change back to go home.
- Be friendly but don’t call undue attention to yourself. Avoid loud talking or laughing (at least the first few days).

- Plan to spend a good deal of time around the table at almost every meal.
- Try every possible means to communicate with your host family. Share your team's translators to make the most of family time.
- Bring encouragement and hope into every situation. The entire country needs lifting up. Your host family will be no exception.
- Ask before using electronic things like hairdryers, etc.
- Take advantage of other invitations but check with the team leader.
- Take photographs of your family and your life in America. Again, be careful about giving things dollar value.
- **Toilet paper - don't flush it!**

### **WORSHIP TIPS**

- Married ladies wear their heads covered with a scarf or simple hat inside the church building, in house churches and sometimes in family prayers like blessings, etc. Just watch.
- Everyone be prepared to share something - write it down before you get there.
- Take music and accompaniment tracks.
- Speak to the audience, not to the interpreter. Use short simple sentences. Show the interpreter the scripture passage before you speak and let him or her read the scripture. There is no need to read the passage in English.
- If it is **communion Sunday** (1st Sunday of the month), stand to receive the elements when your row does, pray and eat or drink individually then sit down. It will be a common cup and real wine.

### **Here are the arrangements with the host family:**

- 1.** From your trip money, an amount is given to the team leader for the families. It is a fair amount discussed with pastors and other mission people for food and household expenses. Sometimes the money that the families are given for your stay is more than their income for a month. They will, in return, treat you like royalty. Don't assume that they eat like this all the time. Be aware others will eat after you leave the table. **Everyday will be Christmas while you are there.**
- 2.** If you make long distance calls from their phones, leave additional money- at least \$4 per minute. If you plan to use calling cards, etc., make sure you know all the necessary codes to make it work. Your host family will not have this info.
- 3.** It is suggested that you take a personal gift for your host family to be given at the **end** of your stay. (Something that is representative of your family or your area is a good idea.) If you would like to give them additional money or make arrangements concerning some need, this is your decision.

**Make no promises that you do not intend to keep.**

## EXIT INFO

**Leaving Ukraine – You will not be prepared for the emotions that you will feel even though you will probably be ready to go home.**

- **Wear your Ukraine Challenge T-shirts. This is not an option no matter the condition of it!!! It keeps the group together.**
- **Have your passport, ticket and all documents in your hand.**
- Be on time, keep the line moving, make good-byes quick, stay with your group. There is no customs check downstairs now.
- It is illegal to take out any Ukrainian money.
- Check baggage straight to final destination.
- For those groups staying over night somewhere, take carry on.
- Upstairs - passport check and security screening.
- There are only two gates in the departure hall so listen for your flight.
- First stop in the US, claim all your luggage and go through US customs. Recheck your luggage and continue on with your itinerary.

**Absorb and enjoy** every opportunity that you have. Every moment of every day, you are representing your Savior, your family, your church, and your country. In all things you should be modeling a Christ-like life. Keep a journal of your experiences and observations recording what the Lord is teaching and revealing to you. You may not realize the total impact of this trip until sometime later and this will be a valuable tool to aid your memory.

**These items are available in Ukraine for camps.**

**Tell us what you need and save pounds.**

Scissors	Pencils
Markers	Glue
White and colored copy paper	Colored pencils
Cups & small plates for snacks	Drinks, cookies, other snack items
Napkins	Paper towels
Film but not Polaroid	Batteries
Bibles	Religious coloring books
Bible story books	Religious videos and DVDs
Ukrainian/Russian praise and worship songs on CD/tape	

**These items are not readily or inexpensively available in Ukraine.**

Thin, white paper plates	Styrofoam cups
Crayons	Craft paints
Construction paper	Poster board
Beads, buttons, glitter, etc.	

We can have color sheets, craft patterns, etc. copied for you in Ukraine. Email the document and the number that will be needed.