

INFO PACK



CMO 2023

www.cmoproject.org

INTRODUCTION

Thinking about joining Carpathian Mountain Outreach 2023? If you're like most, you probably have a lot of questions. That's where the CMO 2023 Info Pack comes in. Here you will find information on everything from what kind of tent you'll need, to how much you can expect to pay for living expenses. So if you think God may be calling you to join us, we encourage you to read over this document carefully. Of course if you have further questions, you're welcome to email us directly at info@euroteamoutreach.org. May the Lord guide your steps as you seek to serve Him!



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PROJECT OVERVIEW

So what's this project all about anyway? Carpathian Mountain Outreach (or "CMO" as we call it) is a lot more than an overseas camping trip. In fact, camping in the Carpathians is simply a necessary means to higher end: the advancement of the Gospel of Jesus Christ in a region where He is not known. Yes, it's true that many of the people of Ukraine's Carpathian Mountains are very religious. But do they KNOW Christ? No more than you know William Shakespeare.

Since CMO began in 2006, our teams have reached 101 mountain villages with the Gospel message. In addition to that, over 2,100,000 pieces of Bible literature have been distributed in L'viv, mountain villages, and other cities throughout Ukraine. As a result, we maintain a regular enrollment of over 100 active students in our Bible correspondence course, *Bible First*.

CMO 2023 has two primary goals: the advancement of the Gospel of Jesus Christ, and the training/discipleship of men in foreign missions. While in Ukraine, you'll not only assist our team in proclaiming Christ to Ukrainians, you'll also learn the methods you need to be successful as a missionary anywhere in the world - including your own home town.



Morning at the campsite



Hiking to the top of Mt. Parashka in the Carpathians



Distributing Bible literature in L'viv

TESTIMONIES

"As an aspiring missionary abroad, the knowledge and experience gained during CMO was priceless. I learned many invaluable lessons of evangelism strategy, both in practice and theory, that are applicable to spreading the gospel, regardless of where you are in the world. The daily action of ministry is the closest I've ever come to living my dream."

Emanuel Schrock, CMO 2015

"Camping with the purpose of spreading the Gospel of Christ is incredible."

Kurt Hein, CMO 2006

"I would give my highest recommendation for young men, who are already soul winners, to pursue this opportunity with great fervor. Additionally, I would encourage dad/son teams if at all possible. Experiencing the vision of the CMO ministry has confirmed my direction for the future. Onward!"

Ben Sargent, CMO 2015, 2018, 2019

"Having been apart of other mission trips I was greatly encouraged by the hands-on nature of the work. This is missions without the training wheels. Learning and working alongside the missionaries was a great blessing and learning opportunity."

Samuel Henderson, CMO 2013

"CMO is a great opportunity for all guys whether they are interested in being a missionary overseas or not. I cannot think of a better way to spend a summer (or life for that matter) than

servicing and telling others about Christ. I pray that many more young men take advantage of this opportunity and in order to catch/fuel a burning passion for reaching others with the Gospel."

Benjamin Anna, CMO 2008, 2010

"During CMO...I felt I was a key member of the team. In a day's time, I could do as much as they. The work is so structured, that an American guy, with practically no knowledge of Ukrainian, can keep pace with the full-time missionary in the day's work. No more tagging along watching. Get in there and do it yourself. You can be a missionary for the summer!"

James Slice, CMO 2014

"How can you summarize CMO 2006? In one word: life-changing. ... I would highly recommend CMO to all young men who are wanting to be men of God. Not just those who are interested in foreign missions, but even those who are going to stay in the States for the rest of their lives. CMO 2006 changed my perspective. I now understand the world-wide need for the Gospel. I have met people I would have never met before, who challenged me in my beliefs. They forced me to reevaluate; to decide what I believe and why I believe it; to research the Bible to prove it, not rely on faulty human reasoning. CMO 2006 was an amazing experience for me and I pray that the lessons I have learned will never fall away."

Bryan Shufelt, CMO 2006, 2009, 2010

"How can you summarize CMO 2006? In one word: Life-changing!"

Bryan Shufelt, CMO 2006, 2009, 2010

A TYPICAL WEEK

It's good to bear in mind that Ukraine is, as we like to say, the land of the liquid schedule. Things change constantly no matter how much you plan. However, the following is intended to give you a general idea of what you can expect during a typical week. Understand that the schedule below is a projected plan, and is subject to change. Times are approximate.

Sunday/Monday - Mountain Ministry

Sunday

- 10:30** Church in L'viv.
- 12:00** Load gear, depart in the van.
- 15:30** Arrive in Carpathians, village #1.
- 17:00** Evangelistic presentation (film/music)
- 19:30** Travel to camp site, setup camp, prepare dinner.

Monday

- 7:00** Rise/prepare breakfast/pack gear.
- 8:00** Team meeting.
- 8:30** Break camp. Depart for next village.
- 9:00** Arrive in village #2. Stamp invites, pass out. Possibly speak with other village heads in the area about future showings
- 12:00** Depart for L'viv.

Tuesday - Day Off

Summary

After a demanding week of both urban and mountain ministry, Tuesday is a much needed day off. In addition to rest and leisure, this is the day on which you'll catch up on various chores that you don't have time for during the week. First of all, you'll dry your camping gear and prepare it for the next weekend. You'll also take care of house cleaning responsibilities, laundry, as well as making trips to the grocery stores and outdoor markets to restock on food for the coming week. When all is in order, you'll be able to rest, play sports, and explore L'viv at your leisure.

Wednesday through Saturday - City Ministry

Summary

These days are usually similar to each other. The schedule to the right provides a general plan, but again, adjustments are likely. Most of our weekdays are spent distributing tracts and other Bible literature. We also plan to do other types of public ministry, such as chalk art and street preaching. As a rule, we cut off around 5:00 pm. Evenings will offer some free time but will also be used for study assignments.

Sample mid-week schedule

- 6:30** Rise/prepare for the day
- 7:00** Breakfast*
- 8:30** Team meeting (Bible study/prayer)
- 9:30** Begin ministry time (tracting, etc.)
- 12:00** Lunch*
- 17:00** End ministry time. Team members return home.
- 18:00** Dinner*
- 19:00** Free time, study assignments

* You will be responsible for preparing/purchasing all your own meals during CMO 2023.

MINISTRY OUTLINES

People often wonder just exactly what missionaries do way over there across the ocean. We strongly believe that the Great Commission given by Christ to His disciples commands us to do two things: preach the Gospel to all nations and disciple those who believe. (Matt. 28:18-20) That is what we strive to do. With that in mind, here is an overview of the various types of ministries you will experience during CMO.



Our home base, L'viv

Literature Distribution

Ever handed out any tracts before? You will during CMO! Since our first project in 2006, we have put out over 2.1 million pieces of literature in Western Ukraine. Is it worth the effort? The results speak for themselves. Over the years, many hundreds of people across Ukraine have enrolled in Bible First. To date, over 200 students have graduated from the program, and many have expressed a desire to become Bible First coaches themselves.

Tracts and Bibles make their way into places that we could never go, often reaching more than just the original recipient. We've gotten letters in the mail from people requesting literature for themselves and others too.

During CMO projects, we print multiple thousands of tracts, booklets and other forms of Gospel literature for distribution by the team. Each of these includes a registration card which the recipient can mail in to enroll in Bible First.

Here's how the outreach works. After the morning team meeting, each man loads his backpack with about 2,000 tracts. Once we arrive in the designated area, we divide into smaller teams of two to three and go from one apartment complex to the next, filling the PO boxes with tracts. On a full day, a team of eight guys can easily put out 10,000 - 15,000 tracts.*



Distributing Bible literature in PO boxes



Heading to a new city for a Gospel literature blitz!

* On days when we target smaller towns or rural housing areas, this number is much less.

MOUNTAIN TRIPS

The highlight of our week is the trip into the Carpathians to show an evangelistic film* (e.g. Fireproof, Courageous, etc.) Though grueling at times, these trips often prove to be the most exciting part of the summer. As one CMO team member put it, "Camping with the purpose of spreading the Gospel of Christ is incredible."

Our trips begin on Sunday morning with a two to three hour ride south to the Carpathian Mountains. In the event that the team is too large to fit in the van, we take a train. Our first destination will usually be the village where we passed out film invites the week prior. We try to arrive at the local community center about 30 minutes to an hour early, giving the men plenty of time to set up the film equipment.

The film itself runs about two hours, after which we preach a short Gospel message and invite people to enroll in Bible First. As the audience exits the auditorium, the CMO men distribute Bible First starter packets and copies of Good and Evil.

When the film showing is over, we pack everything in the van and drive to our camp site. Depending on the area, just finding a suitable site can prove to be a challenge. After all, these are mountains, and camping at a 45° angle isn't ideal.

Once the tents are up, we have the rest of the evening to fellowship and relax. Sometimes we even take a swim in a nearby river! Each man is responsible for bringing and preparing his own meals. Our diet in the mountains usually consists of simple, individually packaged foods which can be boiled in water. (Think oatmeal and Ramen noodles.) We usually bring most of our



Stamping up film invitations



A late dinner



The only flat spot for miles around

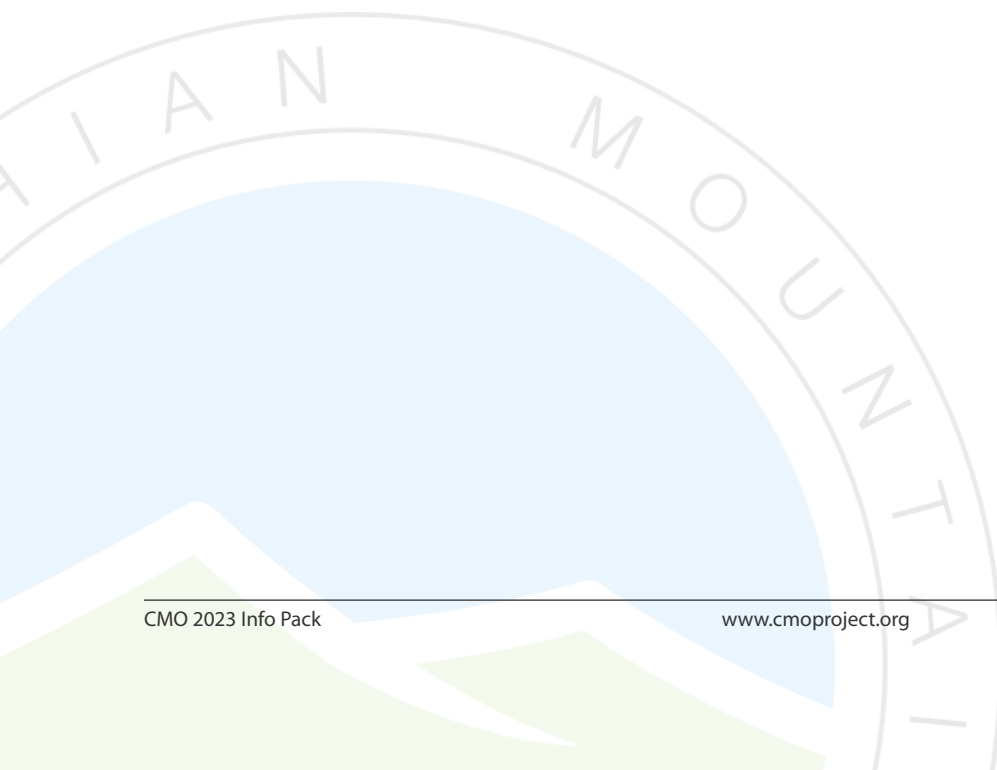
* This year, due to circumstances related to Russia's invasion of Ukraine, we may instead opt for other kinds of presentations, such as a musical program.

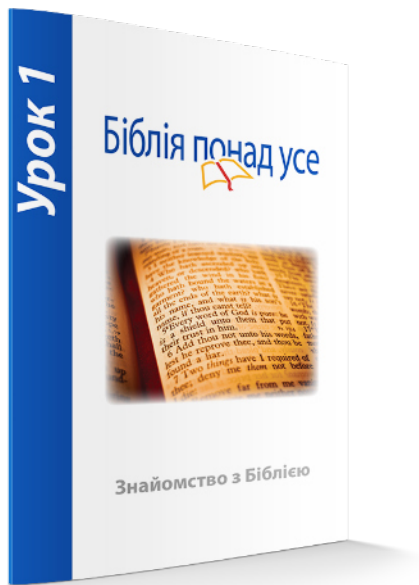
food and water from L'viv, though some basic items can be purchased in the villages. After dinner, everyone crawls into their tents for a well-deserved rest.

The next morning, we pack up our gear and head for village #2. This is the village where we'll show the film the following week. Once we've confirmed all the details, we stamp up invites and fill in the blanks on our color posters. Then we split up and walk through the village, placing invites at every house and hanging posters in high visibility areas such as stores or bus stops. This done, we hop back in the van and head for L'viv.

About Long Distance Hikes

During past CMO projects, there have been many occasions where the team has hiked for long distances in the mountains carrying all our gear in our backpacks. These days, however, we almost always have access to a vehicle, rendering most long-distance hiking unnecessary. The exception to this is our two-day trip to Mt. Parashka - the highest point in the L'viv region. Most guys find this hike to be a serious test of endurance. Bottom line: bring a decent backpack and be ready to hike if the need arises.





ABOUT BIBLE FIRST

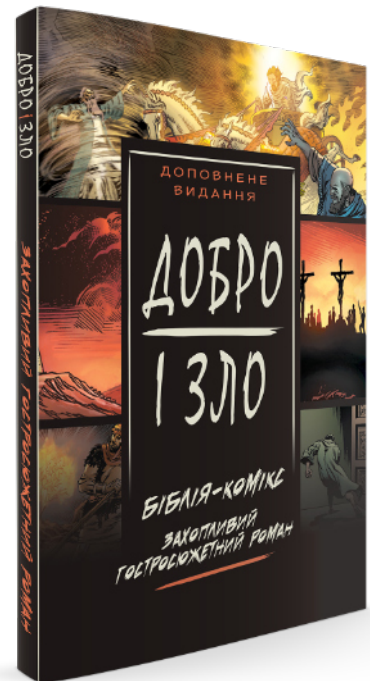
As missionaries serving on a foreign field, we have observed that by far the most effective tool for winning a person to Christ is the simple, pure Word of God. With this in mind, our avenues of ministry here in Ukraine are geared towards encouraging people to read and study the Bible. It is not possible for us to personally teach every person we minister to here. We simply can't reach them all. But a correspondence course can! That's why we've established *Bible First*. This distance-learning course introduces students to Christ through the book of Genesis. During your time at CMO, we'll show you how our course works, what's involved in maintaining it, and how you can start your own *Bible First* ministry after you return to the States!

In case you're curious, you can view our Ukrainian *Bible First* site at <https://www.bibliya.net.ua>.

ABOUT GOOD AND EVIL

Written by Michael Pearl and illustrated by retired Marvel Comics artist Danny Bulanadi, *Good and Evil* presents a fascinating journey through the Bible in comic book format. Each page is filled with stunning images depicting the Creation of the world, Noah and the Flood, Abraham, Moses, the history of God's chosen people, and of course the life, death, and resurrection of Jesus Christ. From the very beginning, the reader is introduced to God's promise of a Redeemer who would one day come to save mankind from sin. Scripture references are included at the bottom of each page so that the reader can look up the stories himself in the Bible. To learn more about *Good and Evil*, or to order your own copy in English, visit No Greater Joy's website at <https://goodandevilbook.com/english>.

In case you're curious, you can view our Ukrainian *Good and Evil* site at <https://dobroizlo.com.ua>.



ALL ABOUT GEAR

Due to the nature of Carpathian Mountain Outreach 2023, it is imperative that each team member be properly equipped with good-quality gear. You will need to be prepared for all-day tract outreaches in the cities as well as overnight trips into the mountains. You are likely to face all kinds of weather, including hot sweaty days in L'viv (~90° F) and cold, rainy nights (~40° F) in the Carpathians. With this in mind, please read the following gear list carefully.



CMO 2023 Gear List

The following is a list of the items that you will need to have during the project. This is *not* a complete packing list. Basic clothing and toiletry items, as well as medications or other specialty items should be packed at your discretion. Items marked with a star (*) are further explained under the **Gear Recommendations** and **Electronics** sections. Items marked with a cross (†) may be purchased in Ukraine to save packing space. Items marked with a carrot (^) are optional and may be packed at your discretion.

Backpacking

- Hiking backpack*
- Backpacking tent*
- Tent repair kit (may come with tent)
- Footprint*
- Sleeping bag*†
- Sleeping pad*†
- Backpacking stove*
- Personal first-aid kit*
- Headlamp*
- Pocket knife
- Rain jacket*
- Rain pants^
- Compression shorts*
- Waterproof hiking shoes*
- Water bottle*
- Microfiber towel*
- Mess kit*
- Eating utensils*
- Fleece/sweater
- Stocking cap

Clothing

Ministry

- Collared shirts
- Trail pants/Dickies/jeans*

Recreational

- T-shirts
- Jeans/trail pants*
- Shorts
- Athletic shoes

Other gear

- Daypack*
- Towel/wash cloth†
- Ukrainian Phrasebook*^

Electronics

- Smartphone*
- Laptop or tablet*^
- Smartphone battery pack*^
- Digital camera*^
- USB flash drive^

Please do NOT bring video game consoles or similar devices.

GEAR RECOMMENDATIONS

The following information is included in order to help you choose high-quality gear which will serve you well during CMO 2023. Unfortunately, quality gear is not cheap, and determining how much to spend can be a tough call. **Feel free to borrow gear or buy used if possible to help reduce costs.** Hopefully, the recommendations we provide will help you find the right balance of quality and value. Remember: you will be using most of this stuff every day for nearly a month. Choose wisely!

Tent - ESSENTIAL

You will need a waterproof, backpacking tent with a full rain fly. We recommend you select a tent large enough that you can comfortably fit yourself and all your gear inside. If you prefer to travel extra light, you might consider a one-man tent, such as the MSR Hubba, and store your gear under the vestibule. A two-man tent will be heavier but will give you more room to spread out. Whatever tent you choose should weigh no more than 7 pounds. It must also have a rain-fly that comes all the way to the ground and at least one vestibule. If you can find a tent with a flow-through vent at the top this is ideal for reducing condensation - a real benefit in the Carpathians. Also, make certain that the seam connecting the floor of the tent to the wall of the tent is off the ground (often called a "bathtub" floor).

Hiking Shoes - ESSENTIAL

Over the course of the project, you will walk many, many miles in both urban and rural environments. During the week, you'll spend hours pounding the pavement in hot dry cities, while on weekends (and especially during the Parashka hike) you'll be trekking through wet mountainous areas, facing everything from muddy village roads to narrow trails overgrown with tall wet grass. Experience has shown that light, waterproof hiking shoes provide the best support and protection. Be sure to get shoes that have a quality membrane built in such as Gore-Tex or similar technology.



Hiking Backpack

Get an internal frame backpack with a volume of about 4000 cubic inches. When you go to buy your pack, be sure it fits you well. (A good store attendant should be able to help you with this.) You should be prepared to trek many miles with this pack, loaded with about 35 to 40 pounds of gear. You **MUST** have a rain cover for your pack. Some models have this built in. If yours doesn't, you can buy a separate rain cover.

The Essentials

Gear can get expensive! With some items, it's OK to go for a bit lesser quality to save money. However, there are two things you should NOT skimp on:

1) Tent



2) Hiking Shoes



**IF YOU SKIMP,
DON'T SKIMP
HERE!**



Daypack

In addition to your large hiking pack, bring a quality, medium-sized backpack with a volume of around 2000 cubic inches. It doesn't have to be the fanciest pack on the market, but it should be roomy and sturdy enough to withstand rigorous use. You will carry your daypack extensively in L'viv and other cities when distributing literature.

Water Bottles

A good water bottle is a must-have for CMO. Get at least one bottle that you can carry with you as you trek. We recommend Nalgene bottles or similar. It doesn't need to be anything too fancy — just a sturdy bottle that cleans easily.

Backpacking Stove

You will need a lightweight backpacking stove that is compatible with standard, threaded gas canisters. **Gas canisters are not allowed on airplanes.** You must purchase canisters for your stove after you arrive in Ukraine. We recommend the Snow Peak GigaPower stove, as it is light, sturdy, and extremely small. Also, we recommend that whatever stove you choose has auto-ignition.

Sleeping Bag

The Carpathians are notorious for being wet and cold at night. You will need a high-quality, lightweight sleeping bag rated down to 30° F. Be aware that temperature ratings on these bags assume that you are using a proper tent and sleeping pad.

Sleeping Pad

This is a must. We recommend the Therm-a-Rest and REI brands. They make self-inflating pads that are very sturdy, light, and will keep you warm. You might also consider their ultra-light models which fold up smaller than a football. Simple foam pads can be purchased in Ukraine, though the inflatable pads are far superior and worth the extra money if you can afford them.

Mess Kit

Pick the one you like best, but make sure you can put it on an open flame. Boiling water is a must. Also, try to get one as lightweight as possible (titanium is great if you can afford it).

Tents

Two of our favorite tents



MSR Hubba NX
(one-man tent)



REI Half Dome 2
(two-man tent)

Other Gear

A few more CMO faves



SnowPeak GigaPower
Camp Stove (auto-ignition)



Therm-a-Rest
Sleeping Pads
(self-inflating)



Nalgene Wide Mouth
Water Bottle

Backpacking Utensil Set

Leave the metal stuff at home and get yourself a set of Lexan or Titanium eating utensils. If you want to go even lighter, bring a spork.

Tent Footprint

This is a piece of tough plastic or polyester which goes under your tent. It will keep you dry and also protect your tent floor from getting punctured. Many tents have a custom footprint (sometimes must be purchased separately) which actually attaches to the corners of the tent. This is the best option if you can get it. If you need to buy a generic footprint, get one just an inch or two smaller in size than the floor of your tent. If you can't find one that's exact, get the closest one you can find and trim it later.



Headlamp

There will be many times when you'll find yourself trying to move about in the mountains at night. Reading, organizing the inside of your tent, or making that midnight run to the trees are all good reasons to bring along a basic LED headlamp.

Microfiber Towel

These towels weigh less and are many times more absorbent than regular towels. Microfiber towels regain 90% of their absorbing capacity when wrung out. This is especially important for mopping up water that gets into your tent and drying off the rain fly before packing up.

Personal First-Aid Kit

Injuries are a real possibility in the mountains, and thus a good first-aid kit is essential. Yours should contain adhesive bandages, sterile gauze pads, adhesive tape, duct tape, antiseptic, Moleskin, New-Skin, & scissors.

Shirts

Experience has shown that the best shirts for outdoor ministry in Ukraine are lightweight cotton or synthetic button-ups. These provide protection from the sun and tend to dry quickly. If you're willing to spend a bit more, you could consider UV-protected nylon trail shirts. Heavy knit polos, on the other hand, are not recommended. Be sure that whatever shirts you wear are neat, clean and collared.



Trail Pants

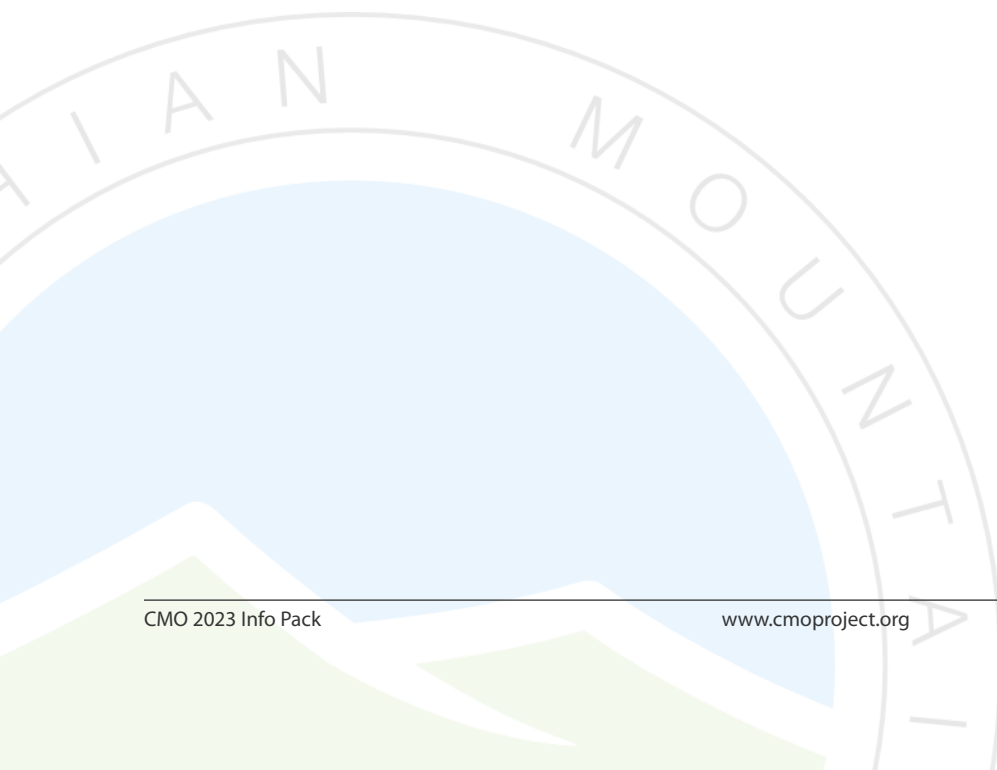
Over the years, we have found nylon trail pants to be the best choice for outdoor ministry venues in Ukraine - both in the cities and in the mountains. These pants are light, have multiple cargo-pockets, and dry very quickly. Many brands also provide UV protection which is helpful on hot days. Our favorite trail pants are REI's Sahara Convertible Pants. Lighter colors help keep you cooler on sunny days, but darker colors are much more forgiving when it comes to stains and slogging through the mud.

Rain Jacket

Bring a good rain jacket with a hood. You don't necessarily need the fanciest Gore-tex jacket on the market, but get something that breathes and will keep out the rain. Rain pants are nice too, though not strictly necessary for most CMO activities.

Compression Shorts

Conventional cotton underwear is not ideal for long sweaty hikes. Compression shorts, on the other hand, do a much better job of keeping moisture away from your body. During periods of extended walking (especially mountain hikes), they help to prevent chafing.



ELECTRONICS

As time passes, technology is playing an ever-increasing role in evangelism. Notebook computers, tablets, and especially smartphones have proven to be valuable resources even while trekking through remote mountain villages. As you prepare for your trip to Ukraine, there are several pieces of tech that we recommend you consider. Most of these devices are not required, but if you already own any, we encourage you to bring them along.



Laptop Computer

Got a laptop? Bring it. You'll find it very useful for accessing the web, checking email, preparing Bible lessons, writing reports, and keeping in touch with your family. Laptops are also very useful for managing and editing all the photos you'll take during your trip.



Tablet

If you have an iPad or similar tablet, be sure to bring it along. In fact, depending on the type of tablet you own, you may find it a sufficient replacement for your laptop and an advantage in terms of packing space. Tablets are great for accessing the web, checking your email, instant messaging, photos, and a variety of other tasks you'll encounter during CMO.



Smartphone - NOW REQUIRED

In recent years, smartphones have proven their value repeatedly during CMO projects. **This year, because of the war in Ukraine and other factors, we are requiring that all CMO team members bring a smartphone (Android or iPhone) for use during the project.** In addition to the obvious facility of communication, smartphones are excellent GPS navigators. As you move through the twisting streets and towering apartment buildings of Ukraine's cities, a smartphone with Google Maps installed can be a true lifesaver.

Smartphones are also essential for effectively coordinating team movements. We use instant messaging apps like Telegram or Facebook Messenger to keep in touch during the day, reporting to each other which buildings have been finished, where we're meeting for lunch, and where each group needs to be picked up when it's time to head home.

Any smartphone you bring from the US or Canada will need to be unlocked before you come, meaning the phone can be used on any carrier. Your phone must also be compatible with GSM cellular networks. Once you arrive in Ukraine, we will provide you with a SIM card that you can use during your stay. eSIM is also an option if your phone supports it.



Smartphone Battery Pack

Because of the heavy usage which is typical during ministry days at CMO, your phone's battery may struggle to last a full day. External battery packs can be very useful for juicing up your battery on the go. Traditionally, these have come in two varieties: battery cases that fit on your phone, and external power banks to which you can plug in your phone with a USB cable. Some phones, like recent-model iPhones, support magnetic battery packs that snap on the back of your phone and charge it wirelessly. Very convenient! Regardless, we recommend that you bring some kind of external power source to ensure you don't get stuck with a dead phone.



Digital Camera

Chances are, the camera built into your smartphone will be more than enough for all your video and photographic needs. Still, if you want to bring a dedicated camera, such as a DSLR, you're welcome to do that. Just bear in mind that this will mean extra weight in your bag during outdoor ministry venues.



Internet Access

Staying connected won't be hard while you're in Ukraine, assuming you have an internet-enabled device (laptop, smartphone, etc.). Our Ministry Center is equipped with WiFi internet which you'll have access to any time you're there. Free public WiFi is also readily available at McDonald's and many coffee shops. You should also have LTE internet on your phone in most areas.

COMPUTER AND INTERNET GUIDELINES

While technology is a great asset, it can also be a terrible enemy. In addition to the obvious evils of online pornography, electronic devices can steal valuable ministry time and even become a stumbling block for fellow team members. For this reason, we ask that you observe the following guidelines as you serve at CMO.

1. Avoid questionable websites, movies, music, and games.

If you find yourself asking, “What’s wrong with this?”, stay away from it. You are coming to Ukraine as a representative of Jesus Christ, and your first concern should be His reputation. Don’t look at something on a screen that might cause offense to others or damage the name of Christ.

2. Keep play time and work time separate.

This is simple: if the team is out doing ministry, you shouldn’t be watching YouTube videos or playing Angry Birds on your phone. You’re welcome to do these things on your own time, but even then, exercise discretion.

3. Don’t tune out.

Listening to music on your phone is normal. Plugging in your earbuds at every available moment is not. While at CMO, you are part of a body of believers that will undoubtedly suffer if any single member begins to spend too much time in his own digital world. Stay alert. Be involved in the activities of the group. Get to know the other guys on your team and be sensitive to their needs. There are times when music and other media can provide respite from a tiring day, but be careful not to get lost.



AIR TRAVEL

Ukrainian airspace remains closed to all commercial air traffic due to the war. For this reason, it is not currently possible to fly directly to Ukraine. **All CMO team members will therefore need to book travel to Kraków John Paul II International Airport (KRK) in Poland.** The team will gather in Kraków, then drive across the border into Ukraine.

Because of the added complexity of overland travel between two countries, it is essential that everyone arrive on the same day. **Please book your tickets to arrive in Kraków on Tuesday, August 8, 2023.** Be aware that most flights coming to Europe from the US arrive the next day after departure. Thus, in order to arrive in Kraków on August 8, you will need a flight that departs the US on August 7.

Departure plans also need to be tightly coordinated since we will need to get the whole team back across an international border. **Please book your return tickets to depart from Kraków on Wednesday, August 30, 2023.**

For both legs of your itinerary, do your best to avoid overnight layovers as these complicate your trip and increase the likelihood of lost baggage and other delays.



goldenruletravel.com

Getting Tickets

We strongly recommend that you book your tickets to Kraków through Golden Rule Travel. GRT is a Christian travel agency that specializes in international adoption, humanitarian, and missionary travel. We have used them many times in the past, and we've always been very pleased.

During the booking process, you will likely be asked what organization you are partnering with for your trip. Tell them you are traveling for a short-term missions trip with Euro Team Outreach, Inc. If you need any kind of reference, just let us know.

Once you have purchased tickets, please email us a copy of your complete itinerary.



HOUSING

While in Ukraine you will share a rented apartment in L'viv. You will likely be housed with two to three other team members. While certainly adequate for survival, the typical L'viv apartment is no luxury condo. Many apartments do not have simple amenities which we take for granted, such as constant hot water or a washing machine. Your rent is included as part of the Operations Fee. (see below)

FINANCES

We recommend a minimum personal support amount of **\$700** for all CMO 2023 team members. This amount does not include airfare, nor does it include your Operations Fee (see below). During your time in Ukraine, you will be responsible for all your own expenses including, but not limited to, the following:

- Food
- Transportation
- Medical Treatment (if needed)
- Camping Gear
- Souvenirs

Bear in mind that if you plan to eat at restaurants often, you will want to bring extra money for that.

Operations Fee

In addition to the expenses listed above, all CMO team members are required to pay a one-time Operations Fee of **\$700**. This fee covers your rent, utilities, literature, and other ministry-related expenses.

Total cost estimate for CMO 2023*

Personal Support →	\$700
Operations Fee →	\$700
TOTAL	<u>\$1400</u>

How to Pay

Your Operations Fee is due in full no later than July 1, 2023. To pay, please send a check, payable to Euro Team Outreach, Inc., to our US office:

Euro Team Outreach, Inc.
16723 Britford
Houston, TX 77084

NOTE: You must mail your check to our office in the United States. We cannot accept payments in Ukraine.

* Does not include airfare.

Accessing your funds from Ukraine

We have traditionally directed CMO team members to bring an ATM card from their US bank. While this is still a good idea, ATMs are not as useful as they once were. Due to currency controls put in place by the Ukrainian government at the outset of the war, it has become harder to get cash from ATM machines. Non-Ukrainian ATM cards are currently limited to 1000 UAH (~\$27) per transaction.

In order to ensure that you have access to the funds you need, we recommend a three-pronged approach:



1. US Checking Account + ATM card

Before you come, set up a US checking account with a Visa or MasterCard ATM card. If possible, choose a bank that does not charge high fees for international ATM transactions. We highly recommend Charles Schwab's Investor Checking account.



2. No-fee Credit Card

Try to bring a Visa or MasterCard credit card that does not charge foreign transaction fees. We recommend Capital One's Quicksilver card. This will provide a convenient and low-friction approach for daily purchases like groceries.



3. Cash (USD)

Given the relatively short time you will be in-country, it's a good idea to just bring your funds in cash. That way, you can exchange them for local Ukrainian currency as needed. ATM and credit cards are still a good idea for convenience and as a backup, but as they say, "Cash is king."

If you do opt for an ATM or credit card, be sure to contact the relevant bank in advance of your trip to let them know you will be traveling to Poland and Ukraine. Failure to do this will almost certainly cause your account to be frozen.

HEALTH

CMO 2023 will be a rigorous, physically demanding project requiring international travel to both Poland and Ukraine. You should only consider taking part in this project if you are in good health and of a reasonably strong constitution. While health care in Ukraine is improving, it is certainly not at the level we are accustomed to in the United States. If you require any specific medications on a regular basis, suffer from any diseases, or have any other significant health conditions which would affect your ability to fully participate in CMO 2023, you need to notify ETO staff about this before you come. Please submit this information to us with your application. If you wish to avail yourself of CDC-recommended vaccinations before traveling to Ukraine, please visit their website for more information: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/ukraine>

Note that COVID-19 vaccination is not required for travel to Poland and Ukraine.

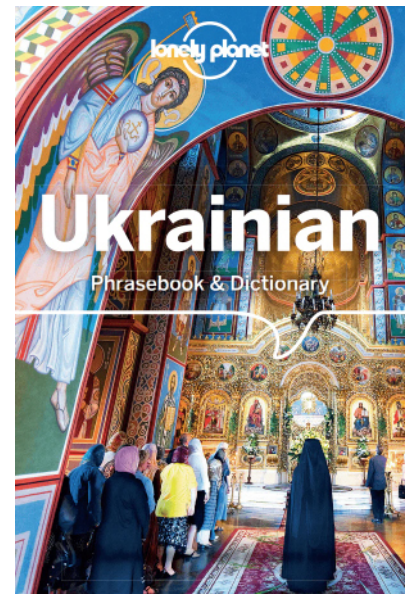
UKRAINIAN LANGUAGE

Once you arrive in Ukraine, we'll teach you some basic phrases that you'll use during ministry and daily life. You will also find the Google Translator app to be very useful.

If you can find a copy for sale, Lonely Planet's *Ukrainian Phrasebook and Dictionary* is also an excellent choice. You will find this book useful throughout the project as you attempt to communicate with the locals in various real-life situations.

If you would like to get a head start on the language before you come, be sure to check out these online Ukrainian-language resources:

- <https://www.duolingo.com/course/uk/en/Learn-Ukrainian>
- <https://www.pimsleur.com/learn-ukrainian>
- <https://www.101languages.net/ukrainian/>
- <https://www.omniglot.com/writing/ukrainian.htm>
- http://mylanguages.org/learn_ukrainian.php



EMAIL UPDATES

The goal of this Info Pack is to provide you with as much practical information about CMO 2023 as possible. However, we cannot cover everything, nor can we foresee new developments which we may need to make you aware of in the future. In order to keep you informed, it is imperative that we have your email address. We ask that you provide this address on your application form. If this address should change, please notify us immediately. If you do not have an email address, please get one right away. You can set up a free email account at any of the following services:

- Google - **gmail.com**
- Proton Mail - **proton.me**
- Outlook - **outlook.com**
- Yahoo Mail - **yahoo.com**

HOW TO APPLY

This year, for the first time, our application process is completely online. Now that you've finished reading the Info Pack, please visit our website for further instructions on how to submit your application.

➔ **cmoproject.org/apply**



**We look forward to serving with you
in Ukraine!**