

Travel Information to Czech Republic or Slovakia

Estimated Trip Costs

AIRLINES

Delta/Czech Airlines (partners) - R/T Prague and Bratislava (800-223-2364). Other airlines are also available, but seek assistance from a travel agent.

Cost: \$650 (winter) to \$1000 (summer)

TRAVEL INSURANCE

\$109

HOTELS

Prague, UMC guest apartment (if available) - \$14/first night, then \$10/night = \$24

Local small hotels - \$30/night x 6 = \$180

Subtotal: \$204 - \$240

MEALS

Some meals in restaurants, and possibly some in camp and/or homes. Breakfast is frequently included in room cost.

Estimate: \$8/day x 8 = \$64

LOCAL TRANSPORTATION

Reimbursement for the cost of gasoline @ \$3.00/gallon for airport pickup and delivery, and bus/RR travel in country.

Estimate: \$62

Total Estimate: \$1100 (winter) - \$1500 (summer)

OTHER

Miscellaneous, contribution to church, purchase of gifts and emergency - take \$300 extra just in case.

Note: Many hotels and restaurants take credit cards & travelers checks.

Suggested Packing List for Mission Team Trip

LUGGAGE (remember you have to carry your own!)

- 1 lockable suitcase, (3 dimensions must not exceed 62", and weight not over 70 lbs.). Tag and otherwise clearly mark with your name and address (inside and outside). Consider some special marking, such as colored wrap around belt or braided cord on the handle.
- 1 carry-on (medium size backpack or cloth brief case) - use for a change of clothes and all essentials (medicines, toiletries, etc.)
- Women's purse or "fanny pack"

TOILETRIES/MEDICINES

- Small shampoo, soap, toothpaste, toothbrush, hair brush/comb
- Razor and shaving cream (men), cosmetics, sanitary supplies, small mirror (women)
- Prescription medicines (original containers with doctor's name)
- Over-the-counter medicines (headache, cough drops, vitamins, Imodium AD)
- Small Kleenex travel packs and Handi-wipes
- Several plastic bottles of water OR one of the new filtration bottles (Nikkon & others)
- Small first aid and sewing kits, insect repellent, sunscreen
- Hair dryer and electric razors will need 220v converters (perhaps share with roommate?)

CLOTHING - Travel light

- Relatively few outfits of casual clothing, sport coat/dress for church
- Avoid flashy or valuable jewelry, watches, etc.
- Comfortable boots/walking shoes, heavy and light socks
- Layers (shirts/blouses, sweater), rain or warm jacket, hat, gloves (depending on season)

MISCELLANEOUS

- One or two "body safes" for passport, money, tickets and other valuables (there are several different styles). Carry personal ID in case of accident or getting lost.
- Passport (valid for at least six months past one's planned stay), plus photocopy of the signature/picture page to be kept in a separate place.
- Camera, extra film & batteries (you might also want a film shield)
- Small flashlight & batteries, travel clock
- Bible and daily devotion items
- Czech or Slovak dictionary/phrase book
- Small gifts/souvenirs (pins, crosses, bookmarks, books, candy, etc.)
- Light snack foods (dried fruit, granola bars/candy bars, tea bags, crackers)
- Sunglasses and extra set of prescription glasses
- Pocket knife (Swiss Army style)
- Notebook & pens (you may want to keep a trip log)
- Small musical instrument
- Some Zip-lock bags - for fluids, snacks, etc.
- LOVE

Travel Insurance - Trip & Medical

Alternative international travel insurance plans for consideration:

I. TRAVEL GUARD INTERNATIONAL:

1145 Clark Street, Stevens Point, WI 54481-9970

Telephone: 800-826-1300 or 4919

Fax: 800-955-8785

Web Site: www.travelguard.com

Their "Cruise, Tour & Travel" plan: includes trip cancellation & interruption, trip cost default protection, up to \$10,000 medical expenses (no deductions), up to \$20,000 emergency medical transportation, up to \$1000 lost luggage, trip delay, baggage delay, up to \$25,000 accidental death and dismemberment, 24-hour emergency hotline.

Costs: trip cost per adult: \$501- 1000 = \$75, \$1001 - 1500 = \$109, \$1501 - 2000 = \$154

II. GATEWAY INTERNATIONAL INSURANCE:

c/o Seabury & Smith (Gateway Plan Administrators)

1255 23rd. Street, NW, Washington, DC 20037

Telephone: 800-282-4495

Fax: 202-457-6877

Gateway International Plan A: includes up to \$25,000 accidental & sickness medical (\$100 deductible), up to \$100,000 emergency medical evacuation, up to \$20,000 repatriation of remains, medical & travel assistance services, and up to \$25,000 accidental death and dismemberment (additional \$100,000 available at \$0.55/day). No trip cancellation is included.

Cost is \$3.00/day (under age 70), \$7.50/day (over age 70), minimum of 15 days.

III. AMERICAN EXPRESS:

For American Express card members

Web site - travel.americanexpress.com/travel/E/TM/E1

Travel Medical Protection plan: includes up to \$100,000 medical and dental, including prescriptions, up to \$100,000 emergency medical evacuation, no deductible, transportation of a visitor to your bedside if hospitalized for more than 5 days, doctor and dentist referral, referrals to translation services, 24 hour assistance. Must be 150 miles from home.

Cost is \$79/year. Does not include trip cancellation.

IV. HEALTH CARE GLOBAL:

c/o Wallach & Company, Inc. (administrators)

PO Box 480, Middleburg, VA 20118-0480

Telephone: 800-237-6615

Fax: 540-687-3172

Health Care Global Plan: includes up to \$100,000 medical expenses (\$100 deductible), emergency medical evacuation, repatriation of remains, dental expenses (limitations), up to \$25,000 accidental death and dismemberment (\$100,000 available for \$3/week, 2 week minimum).

Cost is \$16/week, 2 week minimum. Trip cancellation is available, for \$500 minimum, \$5000 maximum at \$0.05 per dollar of requested coverage (example: \$1250 x \$0.05 = \$62.50).

MISCELLANEOUS:

A catalogue of travel medical items and supplies is available from:

TRAVEL MEDICINE, INC., 351 Pleasant Street, Suite 312, Northampton, MA 01060

Telephone - 800-872-8633

Fax - 413-584-6656

Email - travmed@travmed.com

Web Site - www.travmed.com

Top 10 Tips for Travelers

1. Make sure you have a signed, valid passport (and visas, if required). Also, before you go, fill in the emergency information page of your passport!
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit. (See "Consular Information Program" section for more details.)
3. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the US Constitution does not follow you! While in a foreign country, you are subject to its laws.
4. Make 2 copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.
5. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.
6. Do not leave your luggage unattended in public areas. Do not accept packages from strangers.
7. If you plan to stay abroad for more than two weeks, upon arrival you should notify by phone or register in person with the US embassy in the country you are visiting. This will facilitate communication in case someone contacts the embassy looking for you.
8. To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.
9. In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.
10. If you get in trouble, contact the nearest US embassy.

US Government Information

I. US STATE DEPARTMENT

- Czech Republic - www.state.gov/r/pa/bgn/index.cfm?docid=3237
- Slovakia - www.state.gov/r/pa/bgn/index.cfm?docid=3430

II. US CONSULAR INFORMATION

- Czech Republic - travel.state.gov/czech_republic.html
- Slovakia - travel.state.gov/slovak_republic.html

III. GENERAL US CONSULAR INFORMATION

- travel.state.gov/yourtripabroad.html
- travel.state.gov/asafetripabroad.html

General Information for Travel - Eastern Europe

- Continue always in prayer.
- Be flexible and adaptable, time is not always as important to others as us.
- Be a good team member; be on time and follow instructions, do not stray off alone, cooperate with and pray for other members of the team.
- Keep a positive and pleasant attitude.
- Live and demonstrate Christ-likeness at all times.
- Do not complain about the foods you may not be accustomed to.
- Be careful about showing initial outward affection; let that come from them first.
- Limit discussion about politics, especially your opinion about theirs.
- Do not extort the virtues of American life and downgrade their systems and life.
- Ask a lot of questions such as; the history of their cities and country, culture, their faith story, etc.
- Listen to what they perceive as their needs, especially as a church.
- Study and read as much as you can about where you are going before you go. Check out libraries, bookstores, tourist offices and the Internet.
- Study some of their language, even a few words will show you care.
- Show appreciation - they do not have much, and sharing will be a sacrifice.
- Respect their culture, heritage, nation, and questions they have about America.
- The people will probably be curious about America, the Bible and how we perceive God. Answer their questions as best you can.
- Take every opportunity to be a good witness - share your faith story with them. You will not offend them by sharing a witness for Christ.
- Do not leave cash, passport or any valuable papers in your room. Use "body safes" for this.
- Do not take anything with you that has special sentimental or material value, but do take family pictures to show them.
- Hotels are usually not up to American hotel standards. You are going to a third world nation as far as hotels and restrooms are concerned. Take along extra rolls of toilet paper.
- Cash should be new, crisp, bills with no markings on them - \$20/10/5 a few 1s, let your bank know early so they can have this for you. Do not display cash in public.
- Make two copies of itinerary and passport (picture and number page) -- leave one with someone at home (family, friend, church) and place the other somewhere other than where your passport is.
- When traveling on the plane, eat lightly, drink lots of water and/or juices, try and sleep as much as possible, set your watch once on board.
- You may want to take some humanitarian supplies - this should be discussed in team meetings.
- Teams should have devotion and prayer each morning and each team member should be asked to lead once. Let the Holy Spirit lead you.
- You should plan to take some "small" gifts for persons you visit, especially in their homes. Take something that expresses your faith, your church, or your city. You may also want to take a larger gift from your church to your partner UMC (banner, communion set, etc.). Discuss this in team meetings