



Bulgaria JOC 2019 Information Document

Air Travel

You are responsible for purchasing your own airline tickets to Sofia (SOF) Bulgaria. All team members must arrive at the airport on Sunday September 1st, preferably by mid afternoon, and depart on Friday September 13th, preferably later in the day. This is because it is preferable to drive during daylight, about a 3-hour trip to Plovdiv. We will provide dinner on the 1st and breakfast on the 13th. The costs for any extended stay beyond these dates/times are at your own expense.

Please do not purchase airline tickets until you have sent your itinerary to jeri@impactnations.com for approval. You will be responsible for any charges incurred if you have to change your ticket. If you prefer, Impact Nations has a travel agent who will make all your arrangements.

Passports & Visas

All people going from any country require a passport, but not a visa. Make sure your passport does not expire within 6 months of travel date. Please bring a photocopy of your passport and return air tickets.

Vaccinations

There no required vaccinations for Bulgaria. The CDC recommends the usual routine immunizations, about which you can learn more [here](#).

Schedule

- **September 1st:** Arrival in Sofia, Bulgaria (SOF). Once entire team has arrived, –Travel to Plovdiv, about a 3-hour trip.
- **Monday & Tuesday September 2nd and 3rd:** Worship, prayer, orientation teaching, impartation, sorting medicine.

- [Wednesday September 4th - Thursday September 7th](#): Ministering in various Roma (gypsy) villages. Mobile medical clinics, installing water filters, distributing food, open air evangelism and healing meetings.
- [Sunday September 8th](#): Minister in local churches. There will also be a day off for rest, sightseeing &/or shopping.
- [Monday September 9th - 13th](#): Ministering in various Roma (gypsy) villages. Mobile medical clinics, installing water filters, distributing food, open air evangelism and healing meetings.
- [Friday September 13th](#); Drive to Sofia, depart

Hotel Accommodation

We will be staying at **Business Hotel Plovdiv, 11 Naicho Tsanov Blvd 4000, Bulgaria +359 32 270 370** Contact person: Steven Aprilov +359 88 6115 978

All rooms will be shared. We recommend bringing earplugs if you are a light sleeper. If you plan on reading after dark, we recommend you bring a personal reading light.

Luggage

Usually we allow each team member to bring only one check-in piece and one carry-on piece of luggage. There is more information on the packing list.

Remember that you will be responsible to carry your own luggage so please choose a style and size that you will be able to manage by yourself.

Label your luggage inside and out with your full name and home address, including country. Also include the destination address with the dates you will be there. It is not uncommon to find luggage identical to yours on the airport conveyors so marking your luggage in some way for easy identification is a good idea. Be sure your suitcase can be locked while in the hotel.

Any carry-on toiletries must be in containers less than 90ml/3oz. and placed within a 1 liter/quart sized clear Ziploc bag.

DON'T FORGET TO PACK IN YOUR CARRY-ON ANY PRESCRIPTION MEDICATIONS THAT YOU NORMALLY NEED TO USE. YOU MAY NOT BE ABLE TO OBTAIN THEM WHILE IN BULGARIA.

Bring a small backpack as your carry-on or in your luggage to carry your water, toilet paper in a ziplock bag and any other personal items when doing village ministry. If you have a favorite water bottle you can bring that along as well.

Orientation

On our previous JOCs we have spent two days of orientation teaching the basic messages and methods of how we extend the kingdom. Recently we recorded these teachings so we can broaden what we do while in country. I have attached a link to the new orientation videos (5 in total). ***If you this is your first Journey with Impact Nations, it is mandatory that you watch these videos.*** If you have been on a Journey before, feel free to brush up on the teaching. Please do not share these links/videos, as these are products that we sell, and they are only free for Journey team members. If you would like to take your home groups or other small groups through them, please contact us and we can make them available to you. If you have any problems viewing these please contact the office.

Here is the link to the orientation teachings: <https://bit.ly/2m7VZef>

Dress Code

Each team member will receive 2 Impact Nations t-shirts that will be laundered daily (cost is covered by us).

WOMEN

During Daytime and Evening meetings

Pants or long capris are fine. Please no form fitting or low cut t-shirts or blouses or short skirts. Always make sure your knees and shoulders are covered. Shorts can only be worn at the hotel.

Sunday; skirt and blouse or dress preferred

MEN

Daytime and Evening meetings

Jeans and a t-shirt are fine but avoid shirts with slogans or humor. Words are used differently in other cultures and this can often cause offense. Shorts can only be worn in the hotel.

Sunday; Slacks and collared shirt

EVERYONE

Comfortable shoes! You could be standing a long time. Avoid open toed shoes, as you will be walking on rough paths in the villages that are often littered with animal droppings.

Also, in many places, body piercings, except for women's earrings, are offensive and should be removed for the trip.

During personal time, we ask that all dress remain modest. We may have an opportunity for a swim, so you can bring your best conservative swimsuit.

Spending Money

Your trip fee includes 3 meals a day (starting with dinner on the 1st, ending with breakfast on the 13th, water, your accommodation (September 1 - 13) and domestic transportation in Bulgaria. Please be aware that it does not cover additional costs such as telephone calls personal shopping, laundry, etc.

The exchange rate is 1 USD equals 1.73 LEV at the time of this writing. For the latest exchange rate in your currency, you can click [here](#).

If you are planning on spending money while in Bulgaria, we recommend that you exchange money at the airport. You also may be able to withdraw LEV at an ATM. The amount of spending money you bring depends on you, but for 10 days, you'll probably find \$50 US sufficient, plus any money you want for souvenir shopping.

Security

Some tips for cash & valuables: try not to appear wealthy, only carry what is necessary, remove all excess materials, and carry your money on the front side of your body. **It is highly recommended that you have a money belt or document pouch, which is worn around your neck or under your clothing to store your money and important papers during travel.** These are readily available at travel stores and wilderness outfitters. Upon arrival you may prefer to leave your valuables in your room. **Bring a lock so that you can lock your suitcase while you are out of your room.**

Communication

WITH US DURING THE TRIP:

You will receive a name badge on the first day of the mission along with an emergency contact phone number and address that fits in your badge holder. One or two of the team will be carrying a cell phone and will be available for emergency assistance.

WITH HOME:

Because this is a ministry trip rather than a vacation, we encourage you to let go of home issues and focus on ministry. In any case, you should not make promises with friends and family that you will be in touch frequently by phone or by email as this is not likely possible.

If you have a cell phone you hope to use during the trip, or a calling card from your telephone service provider, please call your service provider before the trip to learn whether these are operational in Bulgaria and what special instructions you might need. Wireless Internet may not be available at the guest house.

YOUR FAMILY AND FRIENDS CONTACTING YOU:

Shortly after we arrive we will have a cell number that your family can use for emergencies.

Medical Insurance

Impact Nations provides travel medical insurance. It is in-country coverage only.

It includes:

- \$600,000 Medical Coverage with \$0 deductible (age 70-79 is \$50,000, age 80+ is \$12,000)
- \$100,000 Emergency Evacuation
- \$50,000 Return of Mortal Remains
- and \$25,000 accidental death.

No pre-existing medical conditions are covered (existing prescriptions or conditions for which you are currently under a doctor's care). If you choose to purchase your own travel medical insurance, it will be the primary policy. You must provide a copy of this coverage to Impact Nations. Impact Nations will pay expenses in country for your care.

You will be responsible to reimburse Impact Nations when you receive funds from your insurance company.

Requests for money, gifts or personal information

It is not unusual in the developing world, or the poor areas of other nations, for the locals to request donations of money and gifts from ministry team members. They will also often want to have your personal telephone and email contact information so that they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

Impact Nations is a *ministry*, not a foundation. What we have to give is spiritual impartation, training, primary local medical assistance during a Journey, power evangelism, healing and love.

We seek *transformation* through Kingdom principles. We therefore ask our team members to refrain from giving out money or personal contact information. We sometimes will give the team the opportunity to give a love offering to the local church, which will be administered by the local church leaders. We also sometimes do likewise for our translators and others who have served the team faithfully (drivers for example).

When requested for personal contact information, you can provide them with our Impact Nations website (www.impactnations.com) and our email address (info@impactnations.com). We will forward any inquiries to you that come through us if you wish.

If a Team Member feels that the Lord has put it on their heart to give a donation to an individual or for a specific local cause, we ask that they discuss this with the Impact team leadership who will consult with the local leadership.

It is important to understand that this tendency to ask for support is culturally normal, and should not be viewed by us as wrong or bad behavior on their part. But in the long term, we can easily be hindering God's work through monetary gifts rather than helping.

Location Information

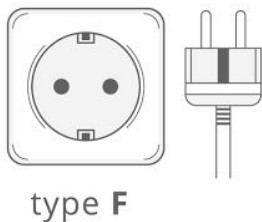
Climate

The average temperature in Bulgaria in September is between 24° Celsius, or 75° Fahrenheit during the day and 15° Celsius, or 59 °Fahrenheit at night. Some thunderstorms are possible, so be prepared.

Electric Current

You will need to consider what to pack, to ensure you can use your personal electrical appliances safely whilst abroad. This normally includes the use of a travel adaptor, which is a device that simply allows you to plug any UK electrical appliance into a foreign electrical socket. It is important to note that it does not convert the voltage or frequency.

For Bulgaria there are two associated plug types, types C and F. Plug type C is the plug which has two round pins and plug type F is the plug which has two round pins with two earth clips on the side. Bulgaria operates on a 230V supply voltage and 50Hz.



Language

Bulgarian is the only official language in the country. It is spoken by the vast majority of the Bulgarian population and is used at all levels of society. It is an Indo-European language and a member of the Slavic linguistic group. Its closest relative is Macedonian and the main difference between the two is on a dialect level. Bulgarian is written with the Cyrillic alphabet, which is also used in other languages, such as Russian and Serbian.

Packing List

Travel light. Pack only what you think you need; you will probably find that you need and use less than you originally thought. It is possible to hand wash personal items and there may be laundry facilities at the hotel. Clothes items should be versatile and

efficient. Be prepared for variances in temperatures and humidity. Loose clothing is cool in warm temperatures.

Essential Items:

- One clearly labeled suitcase and carry-on (include in these a small backpack for day use)
- Passport (or government-issued form of photo identification (ID) for US citizens.)
- Airline tickets and Itinerary (always keep a copy in carry on)
- Copy of Passport (photocopy, digital picture, scan)
- A lock for your suitcase to be used in your room
- Money belt/document case to be worn in front, or the kind you wear around the neck
- A list of emergency contact numbers (lost cards, etc.)
- Cash, an optional credit card and/or bank card
- Your personal toiletries: shampoo, soap, etc
- Hand sanitizer
- Your favorite diarrhea medicines
- All necessary prescription medications, and a copy of the prescription.
- Mosquito repellent
- A good, RELIABLE, travel alarm clock (might be a long walk to the ministry site!)
- All your chargers for cameras, shavers, phones, etc. (Optional; a short extension cord - 3 outlet.); if bringing these add a plug adaptor and possibly a voltage converter.
- Bible, pen(s) & notebook
- Breath Mints for the ministry sessions! (You'll be up close & personal).
- Sun equipment: sunglasses, suntan lotion, hat(s)
- Face cloth and towel (hotel towels can be quite small, a cloth for sweat is helpful)
- A roll of toilet paper in a plastic bag (to be on your person at all times!!!!)
- Small packets of tissues
- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Warm sleepwear or sweats (sometimes bed clothing can be inadequate)
- A light jacket or sweater (evenings can get cool)
- Ladies: A skirt below the knee and/or large scarf/sarong
- Men: Collared shirt

Recommended Optional Items:

- A small umbrella. (hopefully won't be necessary)
- Conservative bathing suit
- A comfortable pillow if this is essential to your ability to sleep
- Sleeping aids: Ear plugs, blindfold, drugs... whatever you require.
- Extra eyeglasses or contacts in case current ones are misplaced

- Snack food: trail mix, energy bars, breakfast bars. Meals aren't always on time.
- Spare batteries for camera, flashlight, etc.
- Digital Camera
- Digital voice recorder or mini-cassette for recording healings, notes, worship, etc.
- A travel coffee maker if your morning coffee is essential to your well-being and sociability
- A few Band-Aids, perhaps a small first aid kit, pain pills, antacids... your normal
- pharmaceuticals
- A few pictures from home to show the locals when they ask about your family, etc.
- Some re-sealable plastic bags of various sizes for items that are soiled, wet, smelly, etc.
- Personal water bottle; you will be given a standard bottle there

Other Items:

- These are some items that would be put to good use. If possible, you could purchase some of these and bring them in your suitcase. Thanks!

Medicine:

- Children's and Prenatal Multi-vitamins

Other:

- Cheap face cloths, small toiletry items.
- Small gifts for translators; possibly something unique to your country.

For Kids:

- Clothes
- School supplies
- Coloring books & markers or crayons
- Small toys, bouncy balls, cars, stickers, pens & notepads... Dollar Store Stuff!
- Also, any other supplies for playing with children or giving away to local schools and
- churches