



CMO 2016

www.cmoproject.org

Introduction

Thinking about joining Carpathian Mountain Outreach 2016? If you're like most, you probably have a lot of questions. That's where the CMO 2016 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. You'll find our contact info on page 17. May the Lord guide your steps as you seek to serve Him!



Contents

Project Overview..... 3

Testimonies..... 4

A Typical Week..... 5

Ministry Outlines..... 6

All About Gear..... 9

Electronics..... 13

Computer and Internet Guidelines..... 15

Air Travel..... 15

Health..... 15

Housing..... 16

Finances..... 16

Ukrainian Language..... 17

Email Updates..... 17

How to Apply..... 18

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 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 86 mountain villages with the Gospel message. In addition to that, over 1,650,000 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 around 500 students in our Bible correspondence school.

CMO 2016 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

"Racing my son from mailbox to mailbox to deliver the Gospel message and seeing how much he enjoys doing mission work is a memory worth all the cost and difficulties to be here."

– Jeff Rhoades, CMO 2006

"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

"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 serving 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

"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

"I think living in a different culture will affect my outlook on life. Ministering here has helped the fire for evangelism become greater."

– Jonathan Steele, CMO 2006, 2012

"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 Show evangelistic film.
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. On occasion, we may also do chalk art, street preaching, literature collation, and so forth. As a rule, we cut off around 4:30 pm. Evenings are usually free.

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* (carried with you in backpack)
16:30 End ministry time. Team members return home.
17:30 Dinner*
18:00 Free time

*You will be responsible for preparing/purchasing all your own meals during CMO 2016.

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 base city, L'viv



Distributing Bible literature in PO boxes



Heading to a new city for a Gospel literature blitz!

Literature Distribution

Ever handed out any tracts before? You will during CMO! Since our first project in 2006, we have put out over 1.6 million pieces of literature in Western Ukraine. Is it worth it? Our regular enrollment of over 500 Bible students says it is.

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, our correspondence Bible course.

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.*

*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 three-hour ride south to the Carpathian Mountains. In rare cases where 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 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.



Stamping up film invitations



A late dinner



The only flat spot for miles around



Arriving at the village community center



Setting up the film gear



The Gospel goes forward

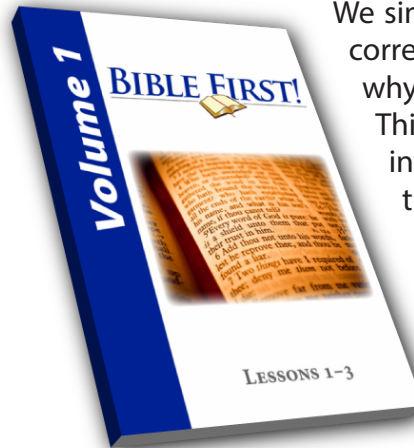


Handing out Good & Evil's after a showing

Bible First!

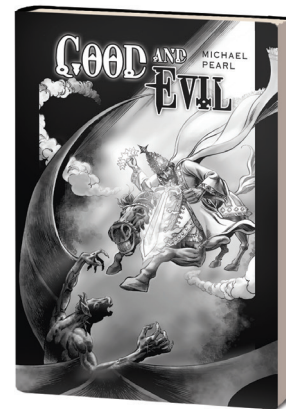
As missionaries serving on a foreign field, we have observed that by far the most effective tool for winning a person to Christ is the simple, pure Word of God. With this in mind, our avenues of ministry here in Ukraine are geared towards encouraging people to read and study the Bible. It is not possible 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!



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 <http://goodandevilbook.com/comicbook.php>.



All About Gear

Due to the nature of Carpathian Mountain Outreach 2016, 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 will 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 2016 Gear List

The following is a list of the items that you will need to have during Carpathian Mountain Outreach 2016. 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. Please also note the list in column two of items that you may NOT bring. 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.

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 suit*
- ☐ Compression shorts
- ☐ Waterproof hiking shoes*
- ☐ Water bottle*
- ☐ Microfiber towel*
- ☐ Mess kit*
- ☐ Eating utensils*
- ☐ Fleece/sweater
- ☐ Stocking cap

Clothing - Ministry

- ☐ Collared shirts*
- ☐ Trail pants (or other light-weight pants)*
- ☐ Light jacket

Clothing - Recreational

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

Other Gear

- ☐ Daypack*
- ☐ Ukrainian Phrasebook (see page 17)
- ☐ Towel/washcloth†

Electronics (optional)

- ☐ Notebook computer*
- ☐ Tablet*
- ☐ Smartphone* (strongly recommended)
- ☐ Smartphone battery pack*
- ☐ Digital camera*
- ☐ Flash drive

Please do NOT bring:

- ✗ Video game consoles
- ✗ DVD movies

Gear Recommendations

The following information is included in order to help you choose high-quality gear which will serve you well during CMO 2016. Unfortunately good gear is not cheap, and determining how much to spend can be a tough call. Hopefully, the recommendations we provide will help you find the right balance of quality and value. Remember: you will be using this stuff every day for nearly two months. 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).

Trail Pants - ESSENTIAL

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 (pictured at right). 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.

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 a similar technology.



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.

The Three Essentials

As you purchase gear for CMO, you will soon find that it can get quite expensive. With some things, it's OK to go for a bit lesser quality to save money. However, there are three things you should NOT skimp on:

1) Tent



2) Hiking Shoes



3) Trail Pants



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



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.

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 (often 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.

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).



Water Bottles

A good water bottle is a must-have for CMO. Get at least one bottle that you can carry with you as trek. We recommend Nalgene bottles and also the newer Blender Bottle SportMixers. The latter come with a mixing ball, which is handy if you take supplements that need to be dissolved in water, like Emergen-C packets and the like.

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.

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 have 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

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 favorites:



**SnowPeak GigaPower
Camp Stove (auto-ignition)**



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



**Blender Bottle
SportMixer (20 oz.)**

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 which 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.

Rain Suit

We've tried ponchos - they don't work. You need a full rain suit (pants and a jacket with a hood). You don't necessarily need the highest-dollar Gore-tex suit on the market, but you do need something sturdy that will completely cover your body.

Microfiber Towel

These towels weigh less and are many times more absorbent than a regular towel. 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.

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.



Daypack

In addition to your large hiking pack, bring a sturdy, medium-size backpack with a volume of around 2000 cubic inches. You will use this extensively in L'viv and other cities when distributing literature.

Backpacks

Tried-and-true backpack brands:



Where We Shop

There are many great outdoor retailers, both online and brick-and-mortar stores. Here are a few of our favorite sources for high-quality gear.



backcountry.com

amazon

Cabela's

Zappos
Zappos.com

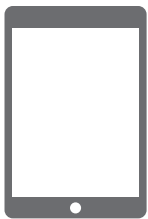
Electronics

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 which we recommend you consider. These items are not required, but if you already own any of these devices, we encourage you to bring them along.



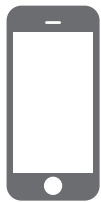
Notebook Computer

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 over Skype. Computers are also very useful for managing and editing all the photos you'll take during your trip.



Tablet

If you have an iPad, Galaxy Tab, or other tablet computer, 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, Skype, photos, and a variety of other tasks you'll encounter during CMO.



Smartphone - ESSENTIAL

It's not required, but almost. In recent years, smartphones have proven their value repeatedly during CMO projects. In addition to the obvious facility of communication, these phones 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 life-saver.

Smartphones are also essential for effectively coordinating team movements. We use text-based chat threads 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 for home.

IF AT ALL POSSIBLE, bring an iPhone or Android phone that can run common apps like Google Maps and Facebook Messenger. If you don't already have a smartphone, you can purchase one reasonably on eBay. Or, if you prefer, lower-end Android phones can be purchased in Ukraine for around \$100.

Any smartphone you bring from the US 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 cell networks**. Once you arrive in Ukraine, we'll provide you with a SIM card which you can use during your stay.



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. Typically, these come in

two varieties: battery cases that fit on your phone, and external battery packs to which you can plug in your phone with a USB cable. The cases are more convenient, but usually offer a smaller charge. The external packs are more powerful, but using your phone while it's plugged can be cumbersome. In the past we've used Mophie Juice Packs (cases) and Mophie Powerstations (external packs) and been pleased. Google around for reviews on the best cases and packs available.



Digital Camera

Many smartphones today come equipped with cameras that shoot excellent photos. Traditional point-and-shoot cameras are also a great option in terms of quality and size. Either way, you'll definitely be taking lots of pictures in Ukraine so bring a device that will do the job. If you have a DSLR, feel free to bring that too, but be ready to deal with the extra weight.



Internet Access

Staying connected won't be hard while you're in Ukraine, assuming you have an internet-enable device (notebook, 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.

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 web sites, movies, music, and games.

If you find yourself asking, “What’s wrong with this?”, then 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 things 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 you brought from home 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

You are responsible to arrange your own air travel to **L’viv International Airport (LWO)** in Ukraine. In our experience, you’ll find the best prices on tickets by using an online travel tool, such as **Kayak.com** or **CheapOair.com**.

As you shop, pay attention not only to price but also to layover times. You need at least one hour between flights. Some flights are cheaper because they include overnight layovers. Avoid these if possible. Note that if you do have an overnight layover, the airline usually will not pay for your lodging.

Health

CMO 2016 will be a rigorous, physically demanding project requiring international travel to 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 on 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 2016, 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 web site for more information: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/ukraine>

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

ETO recommends a minimum personal support level of **\$140** per week for all CMO 2016 team members. This amount does NOT include airfare NOR does it include your weekly 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 will be charged a weekly Operations Fee of **\$140**. This fee covers your rent, utilities, literature, and other ministry related expenses. In order to calculate your Operations Fee, follow the steps below.

1. Calculate the number of days you will be in Ukraine and divide by 7.

Example: 45 days ÷ 7 = 6.4

2. Round up to the nearest week.

Example: 6.4 → 7 weeks

3. Multiply by 140 to determine your total Operations Fee.

Example: 7 weeks x \$140 = \$980

The box below provides a sample overview of expenses for someone coming to CMO for 45 days.

Total support needed for a stay of 45 days		
Personal Support	\$140 x 7 weeks →	\$980
Operations Fee	\$140 x 7 weeks →	\$980
	TOTAL	\$1960

TIP! Use this handy web tool to quickly calculate the duration of your stay: www.timeanddate.com/date/duration.html

How to Pay

Your Operations Fee is due in full on the day you arrive in Ukraine. 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.

Accessing your funds from Ukraine

Before you come to Ukraine, you need to have a checking account set up in your name with a Mastercard or Visa ATM card. It is imperative that you have the ATM card, as this is the only access you will have to funds while in Ukraine. ATM machines are plentiful here, and you can withdraw funds in local currency. Be sure to contact your bank before you leave to notify them that you will be making ATM withdrawals from Ukraine. Failure to do this will almost certainly cause your account to be frozen.

Ukrainian Language

Once you arrive in Ukraine, we'll teach you some basic phrases that you'll use during ministry and daily life. Additionally, we recommend that you bring a copy of Lonely Planet's Ukrainian Phrasebook. (www.lonelyplanet.com) 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, check out these online Ukrainian-language resources:

- <http://www.pimsleur.com/Learn-Ukrainian> << **BEST OPTION!**
- <http://www.101languages.net/ukrainian/>
- <http://www.omniglot.com/writing/ukrainian.htm>
- http://mylanguages.org/learn_ukrainian.php



Email Updates

The goal of this packet is to provide you with as much practical information about CMO 2016 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 web sites:

- www.gmail.com
- www.outlook.com
- www.yahoo.com

How to Apply

When you are ready to apply for CMO, you will need to fill out the 2016 application. This document can be downloaded in PDF format from our website: www.cmoproject.org. Once you have filled out the application, please mail a copy to our US office:

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

You may also contact us by email at: info@euroteamoutreach.org.



We look forward to serving with you in Ukraine!