



## **2022 ACYOA ASP**

*Armenia Service Program*

July 5 - July 26

TRAVEL FACT SHEET

### **COST OF THE PROGRAM**

The actual cost of the program is \$4,100.00, which includes airfare to/from JFK to EVN, lodging, ground transportation, two meals a day, and entrance fees to all sightseeing locations. The first 20 participants to register will receive a discounted rate of \$2,600.00, thanks to the generosity of the Dadourian Foundation, ACYOA subsidies, and grassroots donations. Your deposit check of \$1,300.00 is due by APRIL 15. The final payment of \$1,300.00 is due by JUNE 1. Please feel free to Jennifer Morris should you want to set-up a payment plan. You may choose to cancel anytime before MAY 15 without penalty. After MAY 15, 50% of the total cost of the trip is non-refundable. After JUNE 1, the total cost of the trip is non-refundable.

### **WHAT'S COVERED & WHAT'S NOT?**

Your program fee covers your round-trip flight from JFK to Yerevan, full ground transportation and transfers in Armenia, two meals a day, accommodations at 4 star hotels in downtown Yerevan, Lake Sevan, Goris and Dilijan; lodging and meals while at camp for the service project, Fuller Center fees, entrance fees to all sightseeing destinations, and tour guides (English and Armenian). Not included: travel insurance, soft drinks, alcoholic beverages, outings to nightclubs, after-hours cafes, concerts, theater, etc. Bring enough cash to cover these additional expenses.

### **TRAVEL INFORMATION**

Participants will need to coordinate their own transportation to JFK. The group will meet three hours prior to the scheduled departure in the Qatar Airways Terminal at JFK, and check-in together as a group. Participants will receive an e-ticket for them to print and bring to the airport along with their passport at the time of check-in. Participants will be able to check-in and select their seat 24 hours in advance. Any variations from the group travel must be discussed at the time of your application, so the travel agency can provide options and costs associated with traveling separate from the group. All participants are required to be up-to-date with all vaccinations, including COVID-19, for international travel.

### **THE DOLLAR & THE DRAM**

Your leader will assist you in exchanging US dollars for Armenian dram. The exchange rate as of January 2022 is approximately \$1 = 483 dram. Do not bring travelers checks; they are very difficult

to spend in Armenia. ATM machines are now more accessible than in the past; therefore, you will be able to make withdrawals with your credit/debit card. Note that the cash will be in the local currency (dram). As far as budgeting your money is concerned, you can expect a typical restaurant meal to be about 4500-6,000 dram, or \$9.00-\$12.00. Past participants have brought between \$500 to \$1000 for spending money over the three-week period. The amount you bring depends on your spending and shopping habits.

### **GENERAL PACKING**

You will be permitted to check one suitcase (weighing no more than 50 pounds) free of charge and have one carry-on bag, which must fit under the seat or in the overhead compartment of the plane. We are providing you with a list of suggested items to pack, but you may also want to speak with people who have traveled to Armenia for their ideas. Please pack lightly; your goal is to be as mobile and self-sufficient as possible. Be sure to attach name tags to your luggage. With heightened security at airports, be sure not to pack nail files, scissors, tweezers, etc. in your carry-on bags. Do not bring alcohol, illegal drugs or anything that could be construed as a weapon. Do not bring your computer; it is unnecessary and often a distraction. Your group leader will have a computer and there are many internet cafes in Yerevan if you wish to contact home. Allow yourself to disconnect and truly enjoy your homeland.

### **CLOTHING**

Yerevan summer days are often very hot and dry. The ASP group is always on the move! We take many hikes and do a lot of walking during tours, so be prepared. Also, please pack one or two nicer outfits as you may have an audience with the Catholicos and other dignitaries. Do not bring expensive jewelry, clothing, or high heels. While in Etchmiadzin with the Catholicos, you are expected to dress modestly and in proper church clothes. Should you have any questions, please ask your trip leader before traveling. While in Armenia, you should respect the cultural norms of the country. As ASP participants, you will be representing the Armenian Church and young Armenian Americans in general; therefore, we want you to make a favorable impression. Please take this into consideration when packing. Please do not wear short shorts/skirts, revealing or very tight tops or clothing with text or graphics that may be offensive to others.

### **WHAT TO PACK**

1. **Clothing:** casual, comfortable clothes (t-shirts, shorts, jeans, pants, sundresses, skirts), proper dress for church, sneakers, comfortable shoes, sandals, light jacket/sweatshirt, bathing suit (hopefully, the weather in Sevan will allow you to enter the lake).
2. **Toiletries:** soap, shampoo, toothbrush, toothpaste, deodorant, razor, tissues, feminine hygiene products, band-aids, baby wipes, sunscreen, bug repellent, medications, hand sanitizer, etc.

3. **Miscellaneous:** Bible, towels, notebook and pen (to keep a daily journal), battery operated or wind-up alarm clock, sunglasses, camera, laundry detergent to wash clothes in hotel room.
4. **Please Note:** (1) The voltage in Armenia is 220 (50-60Hz). If you are bringing electrical appliances (hair dryers, curling irons, razors, etc.), then you will need a converter. Most video cameras are automatically converted. (2) There are full-service laundry facilities in Yerevan should you need them or you can wash clothes in your hotel room and air dry. (3) If you forget something, don't worry; most American hygiene products, snack foods, batteries, etc. are now available in Yerevan for about the same cost as at home.

## **MEDICAL**

There are no immunization requirements for travel to Armenia, however you must be up-to-date with your COVID-19 vaccine for international travel and to return to the US. Please consult with your physician about having a tetanus shot (or booster) if you have not had one in the last ten years. You may also want to consult your doctor or the [Center for Disease Control Traveler's Health page](#) (and select Armenia) for the most current travel information. If you are taking medication, be sure to bring an adequate supply (or get an additional prescription in case of loss). You should also bring any over-the-counter medication that you may need (cold pills, anti-diarrhea medicine, aspirin, decongestants, etc.). If you wear glasses or contact lenses and cannot see without them, we suggest you bring a spare pair just in case. The water in Armenia is mountain water – pure, delicious, and safe to drink. If you prefer bottled water, it is available for purchase; otherwise, be sure to bring a reusable water bottle to fill each day.

*Should you have any medical concerns during your trip, please inform the leader immediately, and he will consult with the closest medical facility and get you the care you need.*

## **VISITING FAMILY & FRIENDS IN ARMENIA**

If you would like to visit family or friends living in Armenia, we request that you arrange for them to come see you at the hotel. Please be sure to consult with the group leader before making plans for visits, and he will assist in the coordination of your visit. Participants are asked to follow curfew guidelines set by the leader, and return to the hotel each evening for rest. In addition, no guests are permitted to visit your room or stay overnight with you at the hotel.

## **EMERGENCY CONTACT INFORMATION**

Your family may contact Jennifer Morris at 248-648-0702 or at [jenniferm@armeniandiocese.org](mailto:jenniferm@armeniandiocese.org) if they have any questions or concerns while you are traveling. The trip leader will be Fr. Hratch Sargsyan, pastor of St. Gregory of Narek, Richmond Heights, OH. He can be reached while in the USA at 440-264-3541, while in Armenia at +374-43-232223, or by email at [fr.hratch@gmail.com](mailto:fr.hratch@gmail.com).