

JUSTICE & MERCY INTERNATIONAL

MOLDOVA TRIP GUIDE AND JOURNAL



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1.1 WELCOME TO THE JMI EXPERIENCE

We are thrilled that you have chosen to step out in faith and join us on our next JMI Moldova trip! Most of us who have traveled to Moldova before never imagined how much we would be changed by the experience, much less that we would find ourselves wanting to return. The Lord awaits you in Moldova. You will recognize him in the eyes of everyone you encounter. He is hungry ...thirsty...in need of clothes...sick...and imprisoned in lonely hearts. May you be blessed as you offer the Gospel and God's grace to the people you will encounter on your trip.

Every trip we make will have a specific service mission at its core, but we also want to allow you to sightsee and take part in cultural opportunities when they are available. This handbook is designed to make your mission trip as safe, secure and comfortable as possible. It is important that you read through it carefully and keep it available as a reference. Hopefully, it will answer most of your initial questions and inform you of things you might not have anticipated. Mission trip travel often has unexpected twists and turns, however, and flexibility is a word you will hear repeated again and again.

Part One of this guide will give you insight into Justice & Mercy International and help you prepare for travel. Part Two highlights Moldova in-country pointers. Finally, Part Three includes a trip journal. We invite you to use this section to capture your thoughts, experiences and reflections throughout the trip.

As you prepare, we encourage you to pray for your trip, for your own preparation, for a servant-attitude, for your fellow volunteers, for the advance work of the Lord in preparing hearts and smoothing out obstacles, and for the safety of all. Being faithful to pray will be the most important prep work you do.

We encourage you to take seriously all the information and cautions we've laid out for you in this trip guide. You will be visitors in a country in which you have limited rights and resources. The safety and success of every group is determined in large part by how responsible and self-sufficient each individual is in acting upon what you've been told.

Thank you for prayerfully considering becoming a part of the ministry happening in Moldova and seeking how God might want to use you in this unique region of the world.

If you have questions that can't wait for future meetings, please contact Kari Bidwell, Logistics & Finance Coordinator, at kari.bidwell@justiceandmercy.org.



1.2 JMI AT A GLANCE

Justice & Mercy International exists to mobilize the Church to make justice personal for the poor, the orphaned and the forgotten people of the world.

JMI'S CORE VALUES



SCRIPTURE

In all things we seek to honor Jesus Christ and love those we serve according to His Word.



THE CHURCH

We believe God intends to use the Church to care for the poor, orphaned and forgotten. Therefore, JMI seeks to partner with churches and pastors in order to accomplish our mission whenever possible.



PEOPLE

We believe all people are valuable because they are made in the image of God. Therefore, we believe the giver and the receiver are equally blessed through our work.



STEWARDSHIP

We believe that every resource (financial and otherwise) entrusted to us is also a gift of God and must be managed with the highest level of integrity and accountability.



IN MOLDOVA

Justice & Mercy Moldova (Speranta si Caritate, means “Hope and Charity”) is our non-profit in Moldova, and is led by our National Director, Alina Magdaliuc. In Moldova, JMI is devoted to providing redemptive solutions to the needs of the country’s orphaned, most destitute, and most at-risk children. The most glaring problems these children face are:

- Absence of safety and security within a stable family
- Underdeveloped or nonexistent social support system
- Lack of financial support
- Lack of life and vocational skills
- Lack of opportunity
- A culture in which they are marginalized and regarded as less intelligent and less capable
- Lack of encouragement to attend church or develop a personal relationship with Christ
- Naiveté about the world and its dangers
- Victimization by ruthless men and women in organized crime
- Anonymity and obscurity

TRIP GOALS

- Provide a structured camp in an orphanage or village setting with a balance of worship, Bible study, recreation, crafts and free time
- Demonstrate the love of Christ to children on a group & individual basis
- In the orphanage setting, provide encouragement to the kids’ teachers through activities that are carved out especially for them
- Provide life skills training for the kids
- Collect photographs and informational data on the kids that are eligible for JMI’s Sponsorship Program
- Have our own lives changed by encountering Christ in a different culture



1.3 WHAT TO EXPECT

Moldova is a beautiful country with fertile soil and can be very rural in the areas surrounding the larger cities like Chisinau and Balti. The smallest and poorest country from the former Soviet Union, Moldova is about the size of Maryland and it has a very weak economy. Many people leave the country to find jobs . . . often leaving children behind. This poor economic system is also a contributing factor that leads to the high percentage of Moldovan children and women who fall victim to human trafficking in Europe.

TRAVEL

Generally groups traveling to Moldova with JMI will fly United, Delta or Lufthansa airlines. Typically groups will fly through a hub city in the US like Washington, D.C. and then connect in a major European city like Frankfurt, Rome, or Paris before landing in Chisinau which is Moldova's capital city. From there your JMI team will arrange ground transportation to which ever city your team will be working in during your trip.

ACCOMMODATIONS

Accommodations will vary depending on the destination and purpose of your trip. Your JMI liason will advise you as to the specifics of what you can expect. However, in Moldova we use several very comfortable and modern Team Houses with adequate shower facilities, wonderful cooks, and washing machines and dryers if needed. One of the homes can accommodate smaller groups of up to 20 or so and, if staying there, you'll get a more first hand feel for Moldovan hospitality. If your team travels north to Balti, there are other team houses available to us. Teams working at Carpineni Orphanage will actually stay in part of the orphanage which is more rustic than our other team house options, but also gives team members a better perspective on the living conditions children have in this setting.

FOOD

The food that will be available to you in the city restaurants we select for you is considerably better than that which you can expect at a camp or mission site. If you are staying at a team house, most of your meals will be eaten there.

Eating out in Moldova is considered an "event" that may last for a few hours at minimum. Service is often slow. JMI staff can advise you on what to expect. We can also order things ahead of time if the group is not picky, and save some of your valuable time.

We generally eat at a restaurant at least once a day. In addition to a few McDonalds,

there are several nice "American style" places to eat in Chisinau, including the restaurant at the LeoGrand Hotel, the Irish Pub, El Paso (and yes, their Mexican food is good!), La Taifas (for authentic Moldovan food) and Andy's Pizza. Good restaurants outside of Chisinau are not so numerous or convenient. And many of our volunteers have enjoyed trying the native, inexpensive restaurants we've found such as the Yellow Box almost as much.

In Chisinau and Balti, we have excellent cooks who will prepare meals that are a cross between American and Moldovan. Two of the meals that you eat at the Team House in Moldova and Balti each day are included in the cost of your trip. Meals away from the Team House will be accounted for in your total trip cost.

Usually we will plan to eat breakfast and supper at the Team Houses when residing there, and take lunch out. In some locations there are restaurants convenient to where our mission is taking place. If not, it is possible to get sandwich supplies to take to the mission sites if necessary.

We suggest that you pack some trail mix and munchies to tide you over on days when the menu looks less appealing. It would be polite to avoid being critical of the way anything looks or tastes. The reality is that you will probably enjoy Moldovan food as much as American and it will likely be less processed.

SCHEDULE (AND CHANGES)

Be flexible and prepared for schedule changes. Often there are circumstances that alter our plans regardless of how hard we try to stick with a schedule. Moldova is still a poor, third-world country. Nothing works there like it does in the U.S. It's important to go in with a plan, but to be understanding and in tune with the Holy Spirit as changes arise.

SHOPPING FOR SOUVENIRS

At the outdoor markets of Moldova you may be able to bargain with merchants for a reduction in price of the goods they sell. Most items may be purchased at the market more cheaply than in town. If you would like, one of your translators might be available to try and buy something for you, or help you with the negotiations.

BEGGARS

You will likely encounter beggars on the streets of Chisinau, Moldova. Many of them are elderly or small children. Some of them can become fairly aggressive in asking you for money. Different people feel differently about dealing with beggars. If you feel compelled to give to them you might consider buying the street children something to eat rather than giving them money, which may be used for less desirable purposes.

POLICE

The police in former Soviet countries are not always there "to protect and to serve." There is a high degree of corruption throughout all layers of government and it filters down to the police. It is advised to stay in groups, have an interpreter near by, and dress in a manner that does not attract attention.



1.4 DOCUMENTS, IMMUNIZATIONS, INSURANCE

PASSPORTS

Individuals must apply for their own passports. This can be a lengthy procedure (allow a minimum of six weeks for processing your application), so you'll want to begin the process as quickly as possible. Apply online at <http://travel.state.gov/passport/>.

Applications for passports should also be available through a post office near you, or by visiting CIBTvisas at <http://cibtvisas.com/passports/>. CIBTvisas works with the U.S. Passport Agency and can process a passport within 24 hours (for a fee, of course).

The expiration date on your passport should be at least six months after the dates of your trip. If it is not, you will be denied passage on your flight.

Always carry identification. Guard your passport and have it or a copy of it, in your possession every time you leave your room. If your passport must be given into the custody of a hotel (which is infrequently the case whenever a team house is unavailable), carry a copy of it with you. (Group leaders may choose to collect passports and airline tickets when the team arrives so that no one loses them). We recommend keeping a copy in each piece of your luggage as well for identification purposes.

There is no need to obtain a visa for travel to Moldova as of January 1, 2007.

RECOMMENDED VACCINATIONS

JMI strongly advises all volunteers to consult their physicians prior to this mission trip to determine their health risks, needed inoculations and medications and general ability to tolerate the conditions of the international travel.

See the following website to obtain necessary health information. <http://wwwnc.cdc.gov/travel/destinations/traveler/none/moldova>. The information below is in no way all-inclusive, so it is best to double-check the CDC website.

INSURANCE

JMI has a robust travel insurance policy through United Healthcare Global that will cover everyone on a JMI trip. This policy offers medical coverage while out of the country and some trip interruption coverage as well



1.5 PACKING SUGGESTIONS

Packing for an international trip is an art form. Here are some tips that will make the trip there and packing less complicated and more manageable.

- Pack only one hard shell or non-collapsible suitcase (preferably with rollers). If your extra bags are nylon or of a collapsible material, you can pack them in your hard shell on the return home (usually we take clothes to leave with the children, so there might be less to bring home than when you came, unless you buy lots of souvenirs). Less bags, less hassle. Limit your checked bags to one. Extra bags will be used for team supplies and will cost at least \$100.
- Pack two days worth of clothes and toiletries in your carry-on so that if a bag is lost, you still have things to wear while you wait for its arrival. (If you can't afford to be without it, put it in your carry-on or leave it at home.) On your return flight your carry-on must weigh no more than 17 pounds or you will be assessed a fee.
- Pack in such a way that you can manage your own luggage without the assistance of another.
- If you're a coffee drinker you will want to pack a small coffee pot or coordinate a plan to share another member's. Coffee may not be readily available, depending on your destination. (Check that out with your JMI representative)
- Pack a roll of American toilet paper! Also, be aware that in Moldova used toilet paper is sometimes put in waste baskets rather than flushed.

PACKING LIST

- Passport, Airline Tickets
- Driver's license
- Luggage Tags (2 checked bags and 1 carry-on)
- Pack 2 days of clothing in carry on with toiletries... soap, shampoo, deodorant, toothbrush, toothpaste, brush, hairspray, etc.
- Toilet paper
- Spare glasses (if needed) or contacts
- Bible, journal, and recreational reading material
- OPTIONAL: Cipro, Levoquin (or other antibacterial medication prescribed by your physician)
- A copy of your passport in each packed bag
- Your money belt with crisp new bills (nothing with water marks or bills that have writing on them)
- All teaching, crafts and recreational materials (if needed)
- Rain resistant coat, poncho or umbrella
- Gifts for children, teachers and translators, as planned or appropriate
- Watch or alarm clock
- Pictures of your family to share with kids
- Trail mix and/or snacks
- Debit card (at your discretion)
- Pen (and journal)
- Electrical transformer/adaptor
- Hair dryer
- Flashlight (small)
- 2 copies of your itinerary
- Your personal first aid kit and prescriptions
- Motion sickness medication (if needed)
- Insect repellent (if traveling out of the city)
- Sunscreen
- Travel mirror
- Disinfecting hand wipes or lotion
- Scarf and skirt (if you are a woman and plan to visit a church you may be required to "cover your head")



PART TWO: MOLDOVA

2.1 MOLDOVA AT A GLANCE

Moldova is a place where people live, caught between their Romanian heritage and their Soviet past. In Eastern European countries, the Soviet era is regarded as a nightmare and the Russians are deeply distrusted and feared to this day. In Moldova, on one side, there is a genuine nostalgia for the Soviet period as there is in other parts of the former Soviet Union, which gives you a sense of how bad things are now for many Moldovans. On the other side is hope that the European Union and NATO will create and defend a nation that doesn't exist.

In Moldova, Communist rule didn't end until 1992. Russian is widely spoken in addition to Romanian; older Moldovans were taught Russian in school and learned to use it in everyday life, but younger Moldovans also speak Russian, and signs are in Romanian and Russian. There is great tension about this.

AN ECONOMY OF SHADOWS

People in Moldova and in Romania have told us that the largest export of Moldova is women, who are lured into or willingly join (depending on whom you might ask) the Moldovan diaspora to work as prostitutes. Some say that Moldovan women constitute the largest number of prostitutes working in Europe's legal brothels. This is a discussion for which there are few valid statistics and many opinions. Yet in talking to people, the claim does not seem controversial. This is a sign of a desperate country.

It is said to be one of the poorest countries in Europe, if not the poorest. About 12 percent of its gross domestic product is provided by remittances from emigrants working in other European countries, some illegally. The children of these emigrants and of those who cannot afford to care for their children, are, in large part, the reason for so many orphanages.

SEE THE FOLLOWING LINKS FOR MORE INFORMATION:

- <http://travel.nationalgeographic.com/travel/countries/moldova-guide/>
- "Geopolitical Journey, Part 4: Moldova" by George Friedman
http://www.stratfor.com/weekly/20101118_geopolitical_journey_part_4_moldova

2.2 USEFUL WORDS AND PHRASES

English	Romanian	Phonetic
Yes	Da	da
No	Nu	noo
Please	Va rog	ver rog
Thank you	Multumesc	Mooltsoomesc
Good morning	Buna dimineata	Boona deemeenatsa
Good night	Buna seara	Boona sara
Good night	napte buna	nopte boona
Good bye	La revedere	La revedereh
Hello	Buna!	Boona
How are you?	Ce mai faceti?	Chah my fachets
Good/Fine	Bine	Beeneh
Okay	o.k.	
My name is	Ma numesc	Mer noomesc
What's your name?	Cum te keyama	Coom te keyama
I don't understand	Nu intelleg	Noo intseleg
You're welcome	cu plăcere	cooplacheri
How old are you?	Cati ani ai?	Cat ahn i?
Beautiful	frumos	
Excuse Me? Can you repeat?	Pofteem?	
Sorry	scuze	
Faster	repede	rapide, rapide
Where is?	Unde este?	Unday estay

We have a helpful video that reviews these phrases to help you with pronunciation. Visit <http://justiceandmercy.org/go-on-a-mission-trip/> to see the Basic Romanian video and a trip promo video.

2.3 TRAVEL AND SAFETY TIPS

PHYSICAL FITNESS AND PRE-EXISTING MEDICAL CONDITIONS

It is inadvisable to attempt a trip to a third world country if you are in poor health. Our travel agendas always require a considerable amount of walking, often over cobble-stoned or uneven roads and terrain. In addition, our schedule calls for long days with little rest. If you have a pre-existing physical condition that requires special monitoring, a specific diet or refrigeration needs, please consult your physician before committing to travel.

FIRST AID KIT

In most cases, a JMI staff member will have a first aid kit available for minor medical needs. However, we advise that you individually prepare an availability of the following or assign the responsibility to an accompanying nurse:

- Prescription drugs (Consult your doctor to determine need; transport in original labeled container)
- Anti-diarrheal medications (e.g., Lomotil or Imodium)
- Antibiotics (e.g., Bactrim, or Septra for children, and Cipro, or Levoquin for adults)
- Nausea medications (e.g., Phenergan or Compazine)
- Motion sickness medication (e.g., Antivert or Transderm-Scop)
- Sleeping pills (for jet lag) (Resporil, Ambien or Sonata)

NONPRESCRIPTION DRUGS

(Routine medications should be transported in original containers with 7-14 days worth of extra doses beyond the anticipated length of your trip)

- Aspirin or acetaminophen (in its original container)
- Antihistamine/decongestant (cold remedy)
- Pepto-Bismol
- Glucose-electrolyte powdered mix for dehydration (e.g., Gatorade mix/World Health Organization rehydration solution)
- Eye drops (lubricating drops)
- Antacids (Tums, Rolaids)

TOPICAL PREPARATIONS

- Antibiotic ointment (Neosporin or Triple Antibiotic)
- Insect repellent with DEET (a good gift to provide the kids at camp as well as for summer volunteers. . .mosquito netting for the kids cabins is also appreciated)
- Calamine lotion
- Sunscreen (SPF 35 or greater)
- 0.5% cortisone cream (for insect bites or allergic dermatitis)
- Wound disinfectant

ADDITIONAL RECOMMENDED SUPPLIES

- Digital Thermometer
- Bandages, gauze, tape, ace bandage
- Sterilizing towelettes and/or antibacterial lotion or gel

TRAVEL TIPS

Itinerary copies – Make itinerary copies...one for your family and/or office and one to replace the original you are bound to misplace.

Electrical adapters – The voltage in most former Soviet countries is 220-250 volts instead of 110-115. You may need a transformer with an adapter plug (check your appliance to see if it takes both or not), which can be purchased at most electronic stores.

Clothing - Take comfortable and modest clothing that can be easily laundered. Comfortable walking shoes are an absolute necessity. A fold-up raincoat or umbrella will come in handy. Laundry facilities may not be available in some areas.

Summer days are hot in Moldova and winters are bitter cold. Winter weather exists from about October to March.

Married women attending church in Moldova should bring a scarf to cover their heads as well as a skirt (skirts are suggested for unmarried young ladies as well). Men should bring one pair of nice slacks and a nice shirt to wear in church.

Cosmetics and jewelry – Cosmetics should be used sparingly if at all, as is still the prevailing custom among Christians there. Jewelry, other than a watch and your wedding band, should be on the smaller, less ostentatious side.

TRAVEL

Plan to arrive at the airport two hours prior to departure for an international flight. Never leave a bag unattended, even for a few minutes. Never accept anything from someone you have just met, even if it's a helpless mother with toddlers or an elderly gentleman with a walker. Do not touch an unattended bag. Never talk about contraband, guns, bombs, or other weapons jokingly or otherwise. These subjects are taken very seriously by airport security in all countries.

Avoid ticket counter and customs checkpoint delays by having your tickets and passport readily accessible. Additionally, have your passport and boarding pass out when you approach the security check-in area. Wearing shoes that are easily removed and put on helps you get through the checkpoint more readily. Keeping jewelry to a minimum and wearing clothes without metal will speed you more quickly through checkpoints. Be sure to remove computers from carry-on luggage and place them in a tray along with your shoes, coins and metal objects. Liquids, gels and aerosols must be placed in quart size, zip top baggies and must not exceed 3 ounces each. Turn off your cell phones and do not take pictures in customs areas.

If our flight includes charges for baggage, you will be encouraged to pack one bag that will collapse into your other bag on the return flight.

IN-FLIGHT SUGGESTIONS TO KEEP YOU COMFORTABLE

Take off your shoes - Most people find that their feet tend to swell during flights due to the lack of exercise and low atmospheric pressure in the plane.

Don't eat too much or drink too much caffeine - You use almost no energy during flight, so you don't need to eat much. Caffeinated drinks contribute to dehydration. Drink lots of water.

Stretch your legs - Stand on tiptoe as often as possible when you are in a queue or standing still in the aisle of the plane.

Time changes and sleeping in-flight – Some people say that if you set your watch to Moldovan time (8 hours ahead) and try to adjust your sleep schedule to that orientation, you will experience fewer consequences of jet lag upon arrival. If you have a hard time sleeping on flights or adjusting to a time change, Tylenol PM, Simply Sleep, Melatonin pills, and other forms of sleeping aids may be useful for you to pack.

PLANE TO DESTINATION

Check with the carrier to determine whether your bags will be checked all the way through to your final destination. Meals served on the flight are safe to eat.

We will consult your group leader about some things of which to be aware when you arrive at your final destination. However, it would be a good idea to search for a customs form at the airport if you are not given one on the plane in the event that you are bringing such things as guitars, expensive cameras or power tools into the country that you want to take home with you. If you are questioned about the contents of your bags, say you are bringing the supplies for friends (do not use words like "mission trip" or "humanitarian aid"). If you continue to be questioned, find your team leader and/or JMI staff, who have experience handling these situations. The customs workers want to be sure you are not bringing items into the country to be sold. Beyond that point, our Justice & Mercy Moldova staff will be waiting to greet you, help you get your luggage to our van, and move us on to our destination.

CLEARING U.S. CUSTOMS ON RETURN

You may be given a Customs Declaration form to fill out on your return flight. Avoid customs penalties by declaring all articles acquired and in your possession at the time of your re-entry into the United States. This includes articles you purchased in regular and duty free stores, gifts presented to you, items you have been asked to bring home for another person and any articles you intend to sell or use in your business. If in doubt whether an article should be declared, always declare it first and then direct your questions to the Customs Officer. Normally, customs agents will ask for verbal declaration of articles, check passports of non-US citizens traveling with our group, and allow us to pass. As always, be courteous and cooperative.

SAFETY TIPS

Any trip poses some safety concerns; however, it is JMI's goal to keep you as safe as possible at all times. NEVER leave the group and go anywhere alone. Always go in at least groups of 2 or 3 as advised by your trip leader.

Conditions of food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink and brush your teeth with bottled or boiled water. Avoid tap water, fountain drinks, and ice cubes.
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked, best if still hot. Don't eat anything raw that's not washed or can't be peeled.
- Avoid dairy products, unless you know they have been pasteurized.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot
- Avoid biting your nails as it can introduce foreign bacteria to your system
- Don't handle animals (especially dogs, and cats) to avoid bites and serious diseases including rabies and plague.

2.4 CULTURE SENSITIVITY

There are a few things to know about Moldovan culture that can keep you from being thought of as "the ugly American!"

- Take your shoes off before entering someone's home
- Don't throw things to people like candy, pens, or other objects. They associate this with tossing scraps to a dog, so it is better to walk over and hand things off.
- Children in Moldova are taught that sitting on the ground will make you sick. If they don't want to sit on the ground you may try spreading a tarp or blanket for them to sit on.
- Public displays of sadness tend to be reserved for family and are otherwise viewed with contempt.
- Many children smoke. Unfortunately, these are children who are growing up without role models, much less anyone people in the world who really care about them. Among the Christians in Moldova, smoking would, at best, be a sign that one has not worked out that part of their salvation. Regardless, the most helpful thing is to approach this issue, if you approach it at all, as a health factor and not let it hinder your attitudes toward them as people.
- You will observe theological differences. Ultimately, the kids who are listening to you and watching you will make their own decisions, probably not by what you say but whether or not they see the love of God in your actions!
- Always be gracious. Prior to glasnost, people from the former Soviet Union grew up being taught that Americans were all rich, decadent, and power hungry. Throughout Europe we are looked upon as dangerously imperialistic. Likewise, many Americans have been taught that people from the former Soviet Union were godless Communists. The fact of the matter is that 99% of them were just people trying to survive and live their own lives just like us.
- Tone down the noise level in the city and in airports. In that part of the world, shouting or loud talk has historically been perceived as a sign one is mentally shallow.
- The concept of "lines" is occasionally disregarded (in food and airports), and may strike you as rude. People will not think twice about stepping in front of you if there is any room to do so, and you will need to understand that and be more aggressive yourself if you want to be served or make your flights! Additionally, the honking of horns in traffic is normal and frequent.
- Flushing Toilet Paper: Check first to see whether flushing toilet paper is allowable in a team house. If their plumbing cannot handle it, trash cans are provided for that purpose.

2.5 WORKING WITH TRANSLATORS

Interpreters are (generally) very conscientious about wanting to do the very best job they can to interpret your words and meaning accurately, although not all are equally skilled or comfortable. Interpretation is not a word for word process. We have words or expressions that are unknown in other languages and they have words that don't have an equivalent in English.

Speaking through an interpreter will take some getting used to. In order to help you communicate with the least amount of difficulty, here are some good suggestions.

- Speak directly to your audience. . .not to the interpreter. (e.g., always speak directly in the first person. Avoid such things as "Tell them I am glad to be here.")
- Speak distinctly, but do not exaggerate the pronunciation.
- Shorten your normal sentences so that the interpreter does not have to try and remember a long thought.
- Develop a rhythm. Do not listen to the interpreter as he translates. . .speak, pause for the interpreter to repeat it, then be ready with the next sentence when he/she pauses.
- Keep it concise. It will take twice as long to speak because of the translation. When given ten minutes to speak, plan to speak for five minutes and allow five minutes for interpretation.
- Keep it simple. Try to stick with the least complex words that express your thought. Occasionally you will use a word that the interpreter will not understand or which cannot be adequately translated. In such cases you may be asked to select a different way of saying something. Do not use illustrations that only relate to the U.S. mindset.
- Be patient and appreciative. Your attitude will show if you become disgusted or blame the listener.
- If you use Scripture as a part of your presentation, it would be best to advise your interpreter of that ahead of time. I have found that most of the interpreters do not feel they should translate Scripture, but prefer to read from their own Bibles.

In addition to your formal presentations with your interpreter, it would be wise and appropriate for you to set aside time every day to get to know him or her on a personal basis. Similarly, be ready to share information about your family, occupation, and interests as well.

2.6 CONTACT & COMMUNICATION INFORMATION

WHILE IN MOLDOVA

For the most part, teams will enjoy the benefits of having a phone provided to them and have access to a computer for emailing loved ones in the States.

Calling family members from Moldova is expensive. Emailing or setting up a Skype account is encouraged. Most of the accommodations we have for you in Moldova have email access, though the wireless connection will be taxed and unreliable when large numbers are trying to use it simultaneously.

EMERGENCY CONTACT NUMBERS FROM THE U.S.

JMI U.S. Office: 615-472-7455

Steve Davis, JMI Executive Director of Programming 210-240-2707

Alina Magdaliuc, Moldova National Director 001-373-690-25-811

Serg and Aurica, Transitional Living Contact: 001-373-22-46-20-62

From within Moldova the numbers are as follows:

Alina Magdaliuc: 0690-25-811

Igor Avram (Boys2Leaders): +373 (069) 481593

Boris Cosovan: 0691-49-378

To call a taxi in Moldova, dial 1407.

If staying at Serg and Aurica's house, indicate Posta Vechia; 94A Podgorenilor. (*Be sure your driver understands where the address is before getting in his taxi.*)

The Grace House address is Pietrarilor 48 in the Telecentro district. (*Taxi drivers may have a hard time locating this street because most people own their own cars and little taxi service is required.*)

EMAIL ADDRESSES

Kari Bidwell: kari.bidwell@justiceandmercy.org

Steve Davis: steve@justiceandmercy.org

Alina Magdaliuc: alina@justiceandmercy.org

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PART FOUR: ITINERARIES AND FINAL DETAIL



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