



LATVIA

Expansion of Church Facilities

Dates: May, June or August

Individual Costs: \$580. This includes food, lodging, in-country transportation, translators, and travel/health insurance. This is an estimated cost and does not include visas or international flights, and is based on a team of 10 people for 11 days in country.

Project Costs: \$10,000. This includes all construction materials. This is a shared cost between team members.



Project Description

Join LHM-Latvia in expanding the church for the Bolderajas congregation in Riga. During communist times, Latvian community was suppressed by the Russian communists because Bolderaja is an important industrial center. The Bolderajas congregation is now a growing church. This project will expand the existing building to make room for normal church activities like Bible class, Sunday school and seminars. With the congregation growing in this community, the expansion will give them the opportunity to invite more people to share the good news of the Gospel, plus partner with LHM-Latvia on outreach activities even through the winter months.

Project Location

The Republic of Latvia is a country in the Baltic region of Eastern Europe. It is bordered to the north by Estonia, to the south by Lithuania, to the east by the Russian Federation and to the southeast by Belarus. Across the Baltic Sea to the west lies Sweden. It has a temperate seasonal climate. Latvia reflects the strong cultural and religious influences of centuries-long Germanic and Scandinavian colonization and settlement. Eastern Latvia (Latgale) retains strong Polish and Russian cultural influences. Latvian is the language of the Latvian people and the official language of the country. It is an inflective language with several analytical forms, three dialects, and German syntactical influence. The oldest known examples of written Latvian are from a 1585 catechism. Latvian and Lithuanian are the only surviving direct descendents of the Baltic languages of the Indo-European family. While Latvia was a component of the U.S.S.R., Russian was the official language, so many Latvians also speak Russian, and the resident Slavic populace generally speaks Russian as a first language.

LHM International Volunteer Trips provide the opportunity to learn through authentic cross-cultural experiences and have the opportunity to share the love of Jesus. If you are interested in touching lives, please call Chris Myers at 314-317-4268 or 1-800-944-3450, ext. 4268; or by email christine.myers@lhm.org.



Sample Itinerary

- Day 1. Arrive in Riga and rest.
- Day 2. Worship. Visit ministry area. Orientation.
- Day 3. Workday
- Day 4. Workday
- Day 5. Workday
- Day 6. Workday
- Day 7. Workday
- Day 8. Workday
- Day 9. Worship and sightseeing
- Day 10. Workday
- Day 11. Wrap up project
- Day 12. Depart for home

A detailed itinerary will be customized and provided to you by LHM according to your travel days and team size.

Entry Documentation

- U.S. Passport must be valid 6 months beyond arrival date
- No visa is required to enter Latvia for the time frame of the trip

Embassy of Latvia

2306 Massachusetts Ave., NW
 Washington DC 20008
 Phone (202) 328-2840
 Fax (202) 328-2860
 Email: embassy.usa@mfa.gov.lv
 Web: www.latvia-usa.org

Jurisdiction: Washington, D.C., California, Texas, Ohio, New York

Please visit the Embassy of Latvia website for the most current visa information.

Sightseeing

The team will be offered sightseeing trips outside of Riga. There are many sights to see within 2 hours of Riga.

Travel Insurance

Medical Evacuation for all team members is mandatory and LHM provides insurance from AIG at the cost of \$3.30 a day. We will provide you with an insurance card with a policy number on it and a contact number in cases of extreme emergency – i.e. something that requires evacuation. The person you talk with will advise you on what to do in those circumstances. For all other claims please pay any bills that you incur and make a claim directly to the insurance company when your return.

Lodging and Meals

Based on availability, accommodations can be made at a hostel called Backpackers Planet www.backpackersplanet.lv or accommodations are available for the team at the Latvian Ministry building. All meals will be at nearby café's or local restaurants.

Budget

Sample budget based on 10 people for 10 days:

Individual Costs		
Travel Insurance	\$3.30 per person per day, including travel days	\$39.60
Lodging	\$21.25 @ 11 nights per person	\$233.75
Food- lunch & dinner	\$20 average for 11 days	\$220.00
Transportation (include airport)	\$2/day for 10 days for tram, \$5 to/from airport	\$32.00
Bottled Water	\$5 per day x10 days	\$50.00
Total		\$575.35

You must also budget for your international flights, miscellaneous cost with sightseeing and souvenirs. An airport tax should be included with your flight costs. Be sure to check this when booking your flights.

The budget is an estimate and your team may choose to eat more or less expensive, which would affect your budget. We generally over-budget as much as possible so you do not run short of funds; it never hurts to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies that may occur or unexpected costs.

Project Costs

Project costs are \$10,000.00 which covers all the materials for the construction of the expansion of the church facility. These costs are a shared cost from all the team members. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 6 weeks prior to departure and Individual Costs must be paid 2 to 3 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline.

Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

Rabies vaccination is only recommended for certain travelers, including:

- travelers with high occupational risks, such as veterinarians
- long-term travelers and expatriates living in areas with a high risk of exposure
- travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals, such as wildlife professionals, researchers, veterinarians, or adventure travelers visiting areas where bats, carnivores, and other mammals are commonly found

This information is based on current information from CDC and often depends on where the team travels in Latvia. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.

<http://www.cdc.gov/travel>

Forms

Please return all required forms to LHM St. Louis if you have not already done so.

LHM-Ministry Latvia

Lutheran Hour Ministries (LHM)- Latvia has been a support to the Lutheran Church in Latvia. Its Equipping the Saints (ETS) program teaches everyday Christians to communicate their faith to others within their community. Along with this training is the Bible Correspondence Courses (BCC) which offers three different courses to adults and one course that is specifically for children. The Bible studies are geared to the various needs and questions of the Latvian people and adapted to different learning styles from small group to independent study. Another LHM – Latvia connection is through the weekly radio broadcasts. One broadcast discusses what is happening at LHM – Latvia as well as upcoming church activities throughout Latvia, which helps people learn about the ministries and encourage involvement. The other weekly broadcast is a story that emphasizes a different Christian message or moral, providing the public examples of the positive impact Christianity can have on their lives.

Contact Information

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Skype: Eiroartis

Ministry Established: 1991



Through authentic cross-cultural experiences you will have the opportunity to share the message of Christ's love.

If you are interested in touching lives please call

Chris Myers @ 314-317-4268 or email christine.myers@lhm.org