

Travel Requirements and Tips for the Bear Valley Bible Institute of Ukraine

Bear Valley Bible Institute of Denver

Visa Requirements

A U.S. passport is required to travel outside the United States. To be allowed to board a plane traveling to Ukraine, there must be at least six months of validity left on your passport. No visa is required to enter into Ukraine. You will be allowed to stay up to 90 days without a visa. Currently, there is no other requirement for a U.S. citizen to enter Ukraine.



Money Matters

Expenses: Bring clean money (no tear marks). \$100.00 bills are easier to carry, and must be newer than 2006. The exchange rate as of June 2012 was 8 Ukrainian grivna (hryvnia) to 1 U.S. dollar.

Do not bring items of great value such as jewelry or numerous credit cards. Use caution when using credit cards outside the United States, and call your credit card company and inform them you are going to Ukraine before you leave the country. There are ATM machines in Kiev, Donetsk and Gorlovka. However, most of them are in Russian/Ukrainian, so you may need a trusted translator.

Airfare: Depending upon the airline, place of departure, and travel date, the average flight cost may be between 1,200.00 to 1,600.00 U.S. dollars (including fees and taxes) for round-trip flights between the U.S. and Ukraine.

Be aware that if your flight connects you through Kiev to Donetsk, you must claim your luggage and recheck them through another terminal. This will entail that you manually carry your luggage possibly across a parking lot and also pay additional fees if your luggage is more than 20 kilos (44 lbs) – and this is only for ONE piece. This is the case if you fly a Delta/KLM/Ukraine International combination flight. There is a United/Lufthansa combination flight that connects through Munich to Donetsk. On this flight, full international luggage allowances are permitted to be checked all the way to Donetsk. However, this flight requires an overnight stay in Munich on the return flight. There are several good hotels close to the airport (Holiday Inn Express, etc.). It should be booked on-line before your flights to ensure availability.

While it is not recommended, if you decide to fly into Kiev and then take the train to Donetsk, the flight cost may be a few hundred dollars cheaper. However, the train takes around 14 hours, is at night, and is not very clean. In addition, you may need to have your train ticket purchased in advance by a Ukrainian who can escort you by train from Kiev to Donetsk. Traveling alone is not recommended but by only the most seasoned travelers who know some Russian/Ukrainian.

Accommodations: Arrangements will be made by the director, Dennis Sopelnik for you to stay either in the efficiency apartment located at the BVBIU building, or he will find a nearby apartment within walking distance. You will need to cook for yourself, or you may eat at some of the local restaurants. However, because most menus are in Russian, you will need a translator.

There is Wi-Fi available at the BVBIU building for unlimited internet/ email use. If you wish to have telephone use, you may either purchase a cell phone locally, or bring with you an “unlocked” GSM cell phone and purchase a local SIM card and airtime. Be aware, however, that airtime for international calls may be expensive depending upon usage

Immunization Requirements

There are no unusual health requirements for traveling to Ukraine. Basic precautions should be taken as when traveling to any country outside the U.S. Be sure your standard immunizations are up-to-date (measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.). The following link may prove helpful: <http://wwwnc.cdc.gov/travel/destinations/ukraine.htm>

Medical/Hospital Information

There is a hospital located in Gorlovka for any general health emergencies. It is recommended that you bring with you a general first-aid kit including medicines for diarrhea, allergic reactions, swelling, and fever. Also bring antibacterial wipes or alcohol-based hand sanitizer. Any prescription medicines should be clearly marked.

While malaria is not a problem in Ukraine, mosquitoes can be quite active in the evenings. It is recommended that you bring a small bottle of mosquito repellent if you will be visiting during the warm months.

Travel Tips

Pack sufficient appropriate clothing. Ukrainians normally walk everywhere they go, so wear comfortable walking shoes. No shorts except in the evenings. Teachers should wear shirts and ties when teaching (no jeans) and dress in a neat and professional manner.

Most electronic equipment today (such as computers, cameras and phone chargers, etc.) will use either 110v or 220v; check your equipment to make sure. You may want to bring a traveler's electric adapter kit to accommodate Ukrainian electrical receptacles.

As a rule, do not drink the water straight from the tap or brush your teeth from the spigot. Water boilers and filters can be purchased to make tap water safe. Or, bottled water can be purchased.

Emergency Contacts

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